



Brown County Shotokan Karate Celebrates 40 Years

By Laura Graham



Mid-America Karateka commemorate the Brown County 40th Anniversary with a group photo in front of the dojo

Photo courtesy of Tim Cofrancesco

The Brown County Shotokan Karate Club celebrated its 40 year anniversary on June 2, 2017. Sensei James Oberschlake is the founder and chief instructor of the club. He grew up on his family's dairy farm in Hamersville, Ohio, which was later converted into Friendly Meadows Golf Course. Oberschlake's enthusiasm as a yellow belt of Shotokan Karate was apparent. His father intuitively remarked, "One day you will build your own dojo on the golf course." Jim received his first degree black belt under the instruction of Sensei Greer Golden on February 14, 1976, at The Ohio State University. Upon his graduation Jim asked Sensei Golden, where he should continue his training and was told that he must start his own club. Following his sensei's direction, Jim began teaching students in his parent's back yard that summer. Sensei's tough and challenging training style attracted many students and as the numbers grew the club transferred its residence three times. The first move was to a small community gym in New Hope, Ohio, and then to the Southern Hills Vocational School in Georgetown. Later, with his father's words echoing in his mind, Jim decided it was time to build a dojo. In 1980, the construction of the building was completed and the final residence of the

Brown County Karate Club was established on his family's golf course.

Like its chief instructor, the dojo is quite unique. From the slightly clouded mirrors lining the walls, the distinct sound of the plywood floors as you step, to the stifling heat in the summer, it is very special to the people who train there. The aspect that *karateka* revere most is that the doors are open 24/7 and members are encouraged to train as they please making the dojo a karate home.

Congratulations to Sensei Oberschlake and all the students of Brown County. The Club would like to thank all who contributed to their success, especially Sensei Greer Golden, Master Yutaka Yaguchi and Master Teruyuki Okazaki.

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Mid-America Welcomes Back Sensei David Jones

Spring Camp 2017

By Adam Clouser

Sensei David Jones returned to Mid America on April 22 and 23 for our annual Spring camp. The weather outside of The Ohio State University's dojo may have been a bit chilly, but inside, Sensei Jones kept the heat turned up on a group of over 70 *karateka*. The turnout was impressive, but it was the spirit that everyone brought with them that really made the weekend something to remember. Not known for a lackadaisical training style, Sensei Jones put the attendees through three phenomenal trainings over the weekend, and the attendees rose to the challenge each training. Sensei Jones is the Chief Instructor of the ISKF Alberta, President of ISKF Canada, and a member of the ISKF Technical Committee. Having him as a guest in our region is always a treat.

Lazy techniques are never acceptable, as they simply don't generate the effect we, as *karateka*, are looking for in our training. Sensei Jones reminded us of that principle as he led us through a continuous and intense series of drills and lessons.

Every technique, Sensei explained, has to be performed correctly and with strong spirit to build correct muscle memory. The weekend's trainings started off with a warm up drill that started simple, but quickly evolved into more and more complex variations, all while never dropping the intensity.



*Sensei Jones instructing during the first of three trainings
Photo courtesy of the Ohio State University Karate Club*

Basic Drill

1. Starting in *zenkutsu-dachi*.
2. Squeeze back leg up halfway to the front leg, performing *kizami-zuki*.
3. Drive back leg into a full stance again, make *gyaku-zuki*.

Practice the above drill, varying the count and order. Once good motion has been established, vary the techniques, while maintaining the same principles of compression, stance, posture, and *kime*.

Advanced Drill

1. All techniques in *zenkutsu-dachi*.
2. Squeeze back leg up halfway, making *gyaku-zuki*.
3. Drive back leg back to full stance, making *age-uke* followed by *gyaku-zuki*.
4. Step forward making *soto-uke* followed by *gyaku-zuki*.
5. Step back making *gedan-barai* followed by *gyaku-zuki*.
6. Immediately make *gedan-barai* and hold focus for a brief second before resetting.

The above drill is a more advanced evolution of Sensei's beginning drill. It can be varied in multiple ways to include a wide variety of attacking and blocking techniques. Most importantly, maintain strong basics and focus throughout.

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Mid-America Welcomes Back Sensei David Jones

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Sensei put us through a wide variety of partner drills as well, many of which were rooted in *bunkai*. Three of these drills stood out in particular. These drills each contained *bunkai* from the kata *Jion*.

Sensei Jones provided us with three drills from the kata *Jion*. He explained that *bunkai* can be precise, while still allowing for exploration. Test the angles and always keep the attacker off balance, disrupting their ability to make strong techniques and keeping you in control of the encounter.

These 3 drills were practiced separately, but can be combined to create one continuously flowing drill. Note how each drill ends in the starting position of the next. Sensei demonstrated and challenged us to put them together in our own dojos.

Drill 1

A. Starting left leg forward. *Sanbon-zuki* (all *jodan* target)

B1. Start in *shizentai*. Cover with right hand, then complete block by sweeping past your head with the left to perform *manji-uke*. Right leg forward *kokutsu-dachi*.

B2. Move weight forward and step up into *heisoku-dachi* performing *jodan* level *morote-uke*.

B3. Drive right leg back to *zenkutsu-dachi*, making *age-uke*, and *gyaku-zuki*.

Drill 2

A. Starting right leg forward, step forward with *oi-zuki jodan*, *gyaku-zuki chudan*.

B1. Starting left leg forward. Step back catching punch with *kakiwake-uke*, *uraken*.

B2. Block second punch with *gedan-barai*, simultaneously sweeping the right hand across to move opponent's arm away. This opens the body. Strike again with *uraken*.

Drill 3

A. Starting left leg forward. Step forward making *oi-zuki chudan*.

B1. Starting right leg forward. Step back and slightly to the open angle, making *uchi-ude-uke*.

B2. Grab/keep hold of opponent's striking hand, switch feet and strike with *teisho-uchi* (palm heel strike).

B3. Drive forward (right hand and leg) up, bringing foot down on foot and arm down on opponent's sciatic nerve/elbow joint. Break their balance.

B4. Switch controlling hands, so that your right has their right, and shuffle feet, stepping in behind opponent and into *kiba-dachi*. Press hand across the face. Stretch to the feeling of them falling.

Our Mid-America leadership and Sensei Jones worked together to put together a wonderful weekend of training and camaraderie. Sensei Jones set a challenging pace, provided as many drills as there were laughs at dinner, and accepted nothing in our technique but absolute precision. Training of that level requires the high level of concentration and focus, that is, and has been, Sensei Jones' greatest lesson. As always, a friendly reminder that Sensei can only give us the lessons, it's up to us to bring them back to our dojos and train them.

一期一会 Ichi Go Ichi E

By Yukiko Kikuchi

I was given an opportunity to write about the origin of dojo mannerism for this newsletter. For being just a mere fourth degree black belt with less than two decades of training experience, I am not one hundred percent confident about writing this sensitive theme. The reason I am describing it as sensitive is because manner is a visible thing while the meaning behind is usually unspoken. It can be misinterpreted unless we have someone to guide us through, especially when it comes to a foreign and ancient custom. I will do my best to explain and suggest how to apply them in our modern life.

There are many expressions in Japanese that start with *Ichi* which means “One.” Some of the examples are:

- 一期一会 (*ichi go ichi e*, once in a life time opportunity)
- 一所懸命 (*issho kenmei*, strive to achieve one goal)
- 一撃必殺 (*ichi geki hissatsu*, one blow one kill)
- 一心同体 (*isshin doh tai*, united as one)

For this article, I picked 一期一会 since this concept appears on the surface when engaged in any social activities in which Japanese culture is influential, just like our Karate training. It is a philosophy that the Japanese have inherited from the ancient custom of the tea ceremony. The Japanese tea ceremony is not like British afternoon tea, where the guests are served a cup of tea along, with a finger sandwich and scone. Japanese tea ceremonies consist of a small tea hut, a tea master, his or her guest(s), green tea, a pot of water quietly boiling in the center of the tea hut, and flowers of the season arranged in a vase or a flower bowl perched in a visible position. Usually the tea master chooses the tea tools such as cups, a wooden spoon, and a whisk to mix tea and water depending on his or her feeling for the guests. They usually have two types of treats called *Hi-gashi* and *Nure-gashi*. *Hi-gashi* is a small, hard textured cookie made from sugar, flour, or nuts. They are usually not baked but pressed into beautiful shapes like flower, animal, or even a miniature statue. *Nure-gashi* is slightly bigger, softer, and moist. It usually has some sweet beans or fruit in it. These treats too, will be chosen depending on the season and the master’s feeling for the guests.

Guests show up with certain items such as *Kae Shi*, a stack of thick paper napkins to hold the treats and wipe the cup and their mouth. They also must know

unspoken rules such as not to step on the edge of tatami-mat and avoid sitting at the further end of the hut.

When tea was brought to Japan from China (around 1100 AC), it was treated as a medicine. There weren’t any rules or manners. As the country developed, the tea drinking custom started to form a certain shape in noble society and many political decisions were made during the ceremony. But there were also people who simply wanted to keep the custom as a moment to appreciate the arts (tea cups, flowers, calligraphy on the wall, the scenery from the small window) and people. The tea hut was designed intentionally small with a square cut window to lead the ray of light, so everybody’s focus will be only on the tea, arts, and each other.

Unlike us, enjoying the modern protected life, ancient people were living close to death. Disease with no cure, war, shortage of food and clean water were their direct neighbors and there was literally no guarantee for tomorrow. From this perspective, there was not much difference between commoners and nobles. The concept of *Ichi go ichi e* was born from two opposing facts; death, and our love for life.

The tea master welcomes the guests, and the guests humbly receive and appreciate everything that the master prepares for them. They share the moment quietly together and absorb the blessing that the day has presented. It is not necessary to talk loudly or convince someone or argue who is right or wrong. Both guests and master just absorb the moment, perhaps talk about the arts and tea, because this could be the last time to be together.

Even after many centuries, the fact that we are living towards the last day, our life does not change. It is hard to believe but nobody ever has or will avoid that day. The world we believe we dominate is dominating us and it can tip us over at any time. We are just fortunate that we are alive and have each other right now. We often forget that, believing we will have another chance soon.

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一期一会 Ichi Go Ichi E

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When a guest instructor comes to town, I like to chase all my daily thoughts away and become *Mushin* (no mind). I just absorb his or her teachings because it may be the last time for me to be there. I may know something, but there is no growth if I stick to what I know. I want to keep my mind flat and white so my teacher can write something for me to keep.

Staying quiet is not only good manners, it also helps us to improve. A calm mind is even better because

it will make a space for something we did not have before.

When a Master is in front of us, we enjoy what he or she can offer. They made this trip preparing to meet us. As their students (and the guests in the tea house), our job is simply to train like there is no tomorrow. Appreciate that a Master is in the same room, and absorb all the technique and energy he demonstrates. If we take it as a once-in-a-lifetime opportunity, we will realize that there is no reason to talk.

Master Camp 2017

By Laura Graham

After 11 ½ years of karate training, I finally attended my first Master Camp. Master Camp is karate bliss for a full week. There is really no way I can describe all my experiences so I will break it down into five topics: accommodations, food, training, certifications, and relationships/free time!

The first item is the one that has always worried me most - the accommodations. Ten women, occupying one cabin with two showers, two toilets, and no air conditioning definitely seemed unappealing. But because of the differing schedules, the showers/toilets were often available.

Next - the mess hall. We have all heard about the food at camp. I didn't think this would be a problem since I'm not a picky eater. For the first couple of days, the food was good. But, as time passed the food became very bland and eating became less of an attraction.

Fortunately, Sensei Oberschlake brought sriracha sauce and curry powder to almost every meal and quickly became very popular.

Third, and most importantly, was the training. Instructor's training and Judge's training/certification were my focus and both were the real deal! *Shihan* Yaguchi taught all the instructor's training courses, and this was a true blessing to experience. His retirement in 2016 led many to believe that the 2016 Master Camp would be his last. When it was announced that he was planning on coming to camp again, it very clear to me that I should attend. Most fortunately, I was able to attend all four Instructor Trainee courses.

Judges training for me entailed being mentored by Sensei Bob Hoffman at the youth tournament. My skills as a corner judge, referee, and arbitrator were observed, and I was given immediate feedback of what I needed to improve. Mr. Hoffman stated that he wanted the judges to know what was happening in each location. This allowed me to learn far and above what I had anticipated as I was rotated in and out of each of these official posts. It was my busiest day due to the fact that I did not leave the ring for the duration of the youth tournament.

Written exams for judges, instructors and examiners were all on Sunday morning. There were five participants from Mid-America. We also had practical exams that took place later that day or the following day. The judges practical took place on Thursday during the Goodwill Tournament.

Finally, I will finish with free time and relationships. What I found most appealing about Master Camp was that the experience revolved around a freedom to bond with people from over the world. I met many individuals from at least 11 different countries, and with these wonderful people I got to train karate, judge tournaments, run, play bingo, swim at the pool, serve meals, eat, and laugh. There were many friendships formed because of our one love, karate, and I know of no better place to experience this than at Master Camp.

2017 Mid-America Regional Tournament Results

May 6, 2017 - The Ohio State University

Adult Divisions

Description	1st Place	2nd Place	3rd Place	3rd Place (Kumite)
Adult Team Kata	Anderson Men	Anderson Women	Ohio Valley	
Senior Men's Kata	A. Wolff (SKA)	S. Mahoney (CK)	M. Madison (OVK)	
Senior Men's Kumite	T. Cofrancesco (BC)	A. Wolff (SKA)	M. Madison (OVK)	M. Hudepohl (OVK)
Adult Men's Kata (Advanced)	M. Schragger (OVK)	B. Riedel (DSK)	A. Clouser (OSU)	
Adult Men's Kumite (Advanced)	M. Schragger (OVK)	B. Riedel (DSK)	E. Padilla (CK)	A. Clouser (OSU)
Senior Women's Kata	Y. Kikuchi (SKA)	L. Graham (BC)		
Senior Women's Kumite	L. Graham (BC)	Y. Kikuchi (SKA)		
Adult Womens Kata (Advanced)	S. Erfani (SKA)	C. Dewi (CK)		
Adult Womens Kumite (Advanced)	C. Dewi (CK)	S. Erfani (SKA)		
Young Adult Mens Kata (Advanced)	T. Gay III (CS)	J. Esz (BC)		
Young Adult Mens Kumite (Advanced)	J. Esz (BC)			
Adult Men's Advanced Kyu Kata	K. Brown (BC)	M. Herrin (OVK)		
Adult Men's Advanced Kyu Kumite	M. Herrin (OVK)	K. Brown (BC)		
Adult Kata (Beginner Kyu)	E. J. Jimenez (OSU)			
Adult Kumite (Beginner Kyu)	E. J. Jimenez (OSU)			
Adult Kata (Intermediate Kyu)	K. Burwinkel (OSU)			
Adult Kumite (Intermediate Kyu)	K. Burwinkel (OSU)			
Adult Kata (Advanced Kyu)	H. Heavener (CS)			
Adult Kumite (Advanced Kyu)	H. Heavener (CS)			

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2017 Mid-America Regional Tournament Results

Youth Divisions

Description	1st Place	2nd Place	3rd Place	3rd Place (Kumite)
Youth Team Kata	Oreos (CK,LS)	Creekside #2	Anderson	
Boys & Girls 6-9 Kata (Beginners)	K. Brown (BC)	M. Minano (BC)	Z. Ahmed (CS)	
Boys & Girls 6-9 Kumite (Beginners)	K. Brown (BC)	Z. Ahmed (CS)	M. Minano (BC)	
Boys & Girls 10-12 Kata (Beginners)	M. Jorge (CS)	Z. Ahmed (CS)		
Boys & Girls 10-12 Kumite (Beginners)	M. Jorge (CS)	Z. Ahmed (CS)		
Girls 9 Kata (Intermediate)	J. Robbins (CS)	J. Duvall (IKC)	R. Churchwright (OVK)	
Girls 9 Kumite (Intermediate)	J. Robbins (CS)	J. Duvall (IKC)	R. Churchwright (OVK)	
Boys & Girls 10 Kata (Intermediate)	J. Dangol (CS)	M. Attwood (CK)	M. Antonova (OSU)	
Boys & Girls 10 Kumite (Intermediate)	J. Dangol (CS)	M. Attwood (CK)	M. Antonova (OSU)	
Boys 12-15 Kata (Intermediate)	R. Nishonov (SKA)	G. Umbel (CS)		
Boys 12-15 Kumite (Intermediate)	R. Nishonov (SKA)	G. Umbel (CS)		
Boys & Girls 9-11 Kata (Advanced)	A. Glaeser (CS)	J. Varone (CS)	A. Brown (BC)	
Boys & Girls 9-11 Kumite (Advanced)	J. Varone (CS)	A. Glaeser (CS)	A. Brown (BC)	
Boys 12-14 Kata (Advanced)	M. Tyler (CS)	S. Teismann (SKA)		
Boys 12-14 Kumite (Advanced)	S. Teismann (SKA)	M. Tyler (CS)		
Boys 16-17 Kata (Advanced)	E. Wolff (SKA)	N. Gay (CS)	M. Hudepohl (OVK)	
Boys 16-17 Kumite (Advanced)	E. Wolff (SKA)	N. Gay (CS)	N. Kennedy (LS)	
Girls 14 Kata (Advanced)	C. Dressler (IKC)	J. Sorvala (SC)		
Girls 14 Kumite (Advanced)	C. Dressler (IKC)	J. Sorvala (SC)		
Boys 14-15 Kata (Advanced)	C. Morgan (BC)	R. Nurrahman (CK)		
Boys 14-15 Kumite (Advanced)	R. Nurrahman (CK)	C. Morgan (BC)		
Boys 16 Kata (Advanced)	R. Fadhlurrahman (CK)	J. Hudson (IKC)		
Boys 16 Kumite (Advanced)	R. Fadhlurrahman (CK)	J. Hudson (IKC)		



Examination Results

Name	Club Affiliation	Exam Result(s)	Exam Location
Tim Gay III	Creekside Karate	Nidan	Spring Camp
Kim Weber	Shotokan Karate of Anderson	Instructor Class C	Master Camp
David Talley	Creekside Karate	Instructor Calls D, Examiner Class D	Master Camp
Jamie Kennedy	Lightning Strikes	Instructor Class D	Master Camp
Laura Graham	Brown County	Judge Class C	Master Camp

Mid-America Karate Technical Committee

We would like to officially announce the Mid-America Technical Committee. The purpose of this committee is to uphold the technical standard and development of the Mid-America ISKF. The technical committee has been appointed by our Regional Director and Chief Instructor, Sensei Martin Vaughan. Appointment on this committee considers dan rank, and qualifications in instructor, examiner, and judge among other attributes.

Committee Members

Dr Martin Vaughan, 7th *dan*

James Oberschlake, 7th *dan*

Kim Weber, 6th *dan*

Jeff Weber, 6th *dan*



Mid-America board members held their annual meeting on May 6, following the Regional Tournament. Below are some standard operating procedures that have been implemented that will effect our regional members:

National Level Exams

Mid-America members interested in taking exams and re-exams at a national level for dan, instructor, examiner, or judge must ask Sensei Vaughan for permission to take the exam. Students should request permission from their club instructor to take an exam. Upon the instructor's approval, the instructor should send an email request on the student's behalf to regional headquarters at kweber@midamericaiskf.com. Club instructors cannot alone give permission for their students to take an exam on a national level. Additionally, if there is written material that is required for an exam, that material must be proof-read by Sensei Vaughan before being submitted to ISKF Headquarters. Members should be aware of the submission deadlines and plan ahead to allow enough time for Sensei Vaughan to read the material, and for the member to make any corrections they have been given.

Mid-America ISKF Membership

All Mid-America Dojo students should be an ISKF member. It is acceptable to give a beginner a grace period before registering, but they must be registered by or at their first exam. Students do not have to have an ISKF rank to be an ISKF member. *Karateka* transferring to a Mid-America Dojo from another organization should become an ISKF member, and then take steps to receive an ISKF recognized rank. This is especially important for people that are doing any instruction at a Mid-America Dojo. Please contact your instructor or regional headquarters with assistance on ISKF membership or the steps for receiving an ISKF recognized rank.

ISKF Passports

It is a new requirement for all Mid-America black belt students and students testing for 1 *kyu* to have an ISKF Passport. Members need to submit their passport when taking a 1 *kyu*, dan, instructor, examiner, or judge exam and are not permitted to take an exam without one. These passports should be purchased thru your instructor, who will purchase them thru Mid-America headquarters. The cost of the passport is \$60. Instructors should contact regional headquarters to arrange to have passports brought to upcoming regional events. The ISKF passport does not replace the ISKF membership card.

Mid-America 2nd Quarter In Pictures



Sensei Vaughan



Chief Instructor, ISKF Mid-America Region

Sensei Martin Vaughan trained under Sensei Golden and Master Okazaki for over 40 years and is our Regional Director. He is also the Chief Instructor of Indiana ISKF and Vice President of ISKF.

Sensei Oberschlake



President and Assistant Instructor, ISKF Mid-America Region

Sensei James Oberschlake trained under Sensei Golden and Master Okazaki starting in 1974. He is also the Chief Instructor of Brown County Shotokan Karate Club.

Sensei Golden



Instructor Emeritus, ISKF Mid-America Region

Sensei Greer Golden graduated from the Instructor Trainee Program in 1969 and was sent to Ohio University in Athens to begin sharing his knowledge with Mid-America karate students.

Calendar

July 14-15 - Regional Training and Golf Outing

Hosted by Brown County Shotokan Karate and Friendly Meadows Golf Course

August 18-20 - Michigan Summer Camp

Hosted by Swartz Creek Karate Club at Camp Copneconic in Fenton, MI

September 16 - Regional Training

Hosted by Ohio Valley Karate in Cincinnati, OH

Contributors

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Editor

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Mr. Schrage, 5th *dan*, is the Chief Instructor of the Ohio Valley Karate Club in Cincinnati, OH.

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Ms. Randall, 2nd *dan*, is a senior student at the Indiana ISKF club in Indianapolis, IN.