



MŌ ICHI DO

IOGKF-USA NEWSLETTER

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IOGKF-USA

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From the Editor's Desk

Recently, I was checking out the news on CNN.com, when I noticed a video clip entitled "Life as a Grandmaster." The picture showed the face of a young man smiling for the camera. I must have rolled my eyes and sighed when I saw that. And then, whether out of curiosity or that sick desire which leads us to stop and look at car accidents, I clicked on the link.

Imagine my surprise when I learned that the young man, Maurice Ashley, was a grandmaster in chess. Realizing that put me at ease and I started listening to what he had to say. By the end of the clip, I was truly impressed by this fellow.

He didn't spend his time talking about his accomplishments, travels, or winning competitions. He spoke about what he had to offer others. He spoke about how he tries to encourage children. "I tell kids all the time, losing is learning... It's part of the process. Failure is only when you don't get up and try again."

He did speak of the hard work that excellence requires: "For me, when I set my mind to something... I'm going to break through, no matter what it is." His point was not how wonderful and hardworking he is, but to inspire others to achieve excellence in various aspects of their lives.

While much of his lessons and advice were for children, he had some for adults as well. "We are all role models in some way, be it positive or negative." With that reminder of the burden we share, whether we want to or not, he challenged his listeners to be better human beings.

How remarkable that when this man had a moment to bask in the glory of international attention, he focused it away from himself. He chose to speak about the ethics that guide his life, and should guide ours as well.

For those of us who have been given the opportunity to teach others, whether children, teens, or adults, we have much to learn from this grandmaster: "The important thing is, trying to be the best role model I can be."

Indeed!

Getting to Know
You



(The following is the seventh in a series intended to help acquaint members of the IOGKF-USA with one another.)

By Michael V. Gardner

"There is no speed limit in the pursuit of excellence." My family includes a long line of military officers who have served in the U.S. Army, Navy, Air Force, and Marines. As the son of a highly decorated Army officer and pilot who survived two tours of duty in Vietnam, our family has lived and traveled around the world in places like Europe, Asia, Hawaii, and numerous states across America. My martial arts training has provided more travel to Canada, Japan, USA, and other

places. My family was accustomed to constant change in people, locations, housing, foods, and various cultures.

As a skinny, sickly child, I was born with severe bronchial asthma and allergies, which caused many life-threatening emergency room visits to the hospital.

Without medication, asthma reduces my breathing lung capacity to 50 percent from that of a normal person, which can be dangerous if an attack drops the lung capacity down to 25 percent.

Fortunately, modern medical treatment and five different medications help control the asthma and allergies, and enable me to get 75 percent lung capacity, a safe level. Just imagine, an asthma attack feels like you are drowning in a room full of air.

Mental panic only escalates the asthma, so you must learn to control your emotional reaction to the attack and stay calm. A Goju-Ryu karate-ka with asthma, how ironic! As a high school and college athlete in martial arts, basketball, baseball, and track, I have had my share of sports injuries, including knee surgeries. Like some kids, I was interested

in exciting pursuits, such as exploring caves and castles in Europe, riding cable cars up the Swiss Alps, crab fishing and mountain climbing in Hawaii, surfing with sharks, white water rafting, and skateboarding like Tony Hawk in half-pipes. Similar to Miyamoto Musashi, I am an artist, poet, and calligrapher. I have attended art training and received awards for my past work at art shows.

In 1996 as an adult, I was impacted by a life-threatening car accident. I spent 6 painful years with thousands of injections in my neck and back plus physical therapy to recover from chronic neck and back injuries. During this time, I trained through the pain to become a state, regional, national, and world tournament champion by year 2000, and then I retired from competition to focus on teaching and helping students. There is an old saying, *"If it doesn't kill you, it only makes you stronger."*

I have worked in public policy, journalism, politics, and for many information technology (IT) corporations in the Northern Virginia and Washington, DC areas. My professional career

includes work for the following: the *Journal of National Defense*; National Senatorial Committee supporting 25 U.S. Senators on Capitol Hill, Washington, DC and U.S. Congressmen Frank Wolf of Virginia; and Apollo 13 Astronaut Fred Haise with Grumman Aerospace at the NASA Space Station Freedom Program in Virginia. IT corporations I have worked for include: Hewlett-Packard/EDS Corporation (currently), General Dynamics/Anteon Corporation, Unisys, ManTech International, PRC, and others, bidding and supporting numerous Department of Defense (DoD) contracts for U.S. military services (Army, Navy, Air Force, Marines, Coast Guard, and National Guard) and the intelligence and security community (DHS, CIA, FBI, NSA, and DOJ). I have lead and managed teams of up to 100 staff and 40 subcontractor teammates on DoD, multi-million dollar megadeals with the U.S. Government, some of which involved U.S. national security and anti-terrorism programs.

I am trained and certified in several areas, including: (1) CPR and First Aid by the National Safety Council, First Aid Institute, and American Heart Association; (2) Executive Protection and Security through Vance

International by former U.S. Secret Service and FBI agents, and I have worked on Personal Protection Security Teams for VIPs; (3) Firearms Safety and Shooting through the National Rifle Association by master firearms instructors, FBI agents, and police officers; (4) a state court-approved Concealed Carry Weapons (CCW) permit for firearms; and (5) IT business development and proposal management.

Joining the IOGKF in 2001, I have appreciated training with Morio Higaonna and other members as part of an international karate family. I gratefully have had the privilege of training with many reputable instructors of different styles, such as: Hirokazu Kanazawa, Shugoro Nakazato, An'ichi Miyagi, Shuichi Aragaki, Morio Higaonna, Meitatsu Yagi, Bakkies Laubscher, Takeshi Kamimura, Kazuo Terauchi, Kimo Wall, Doug Perry, Chuck Merriman, Leon Pantanowitz, Ernie Molyneux, Bill Hayes, George Andrews, Tetsuji Nakamura, John Ralph, and Kevin Thompson.

I began training in the martial arts in 1975 and my experience includes four primary

martial arts - karate, kobudo, judo, and jujitsu: (1) USA, Japanese, and Okinawan Goju-Ryu Karate; Okinawan Kobayashi Shorin-Ryu Karate; Japanese Shito-Ryu and Kyokushinkai Karate; and American karate; (2) Okinawan/Japanese Kobudo (weapons) - rokushakubo, tonfa, nunchaku, sai, and kama; (3) Japanese Judo; and (4) Machado Brazilian Jujitsu. I have dan ranking in several martial arts, with the highest level being rokudan (6th degree) in USA Goju. I also have trained in mixed martial arts, boxing, kickboxing, defensive tactics, and firearms/knife defense and disarms. I have performed tameshiwari (breaking) demos with wood boards, bricks, and ten 2-inch thick concrete blocks. In the past, I have taught at martial arts schools with up to 500 students, but I now run a small, traditional dojo called U.S. Shobukan in Herndon, Virginia near Washington, DC.

My experiences have been used to develop students with the samurai mindset of fudoshin (indomitable spirit) to persevere and overcome challenges in life, help other people, and

become future leaders and role models for their community. I am dedicated to the personal growth and success of my students - helping them improve and pursue excellence in their lives. As part of this philosophy, I have (1) taught self defense and sexual assault prevention seminars to police officers and women's groups; (2) taught martial arts to specially challenged students, such as Attention Deficit Hyperactivity Disorder (ADHD), Attention Deficit Disorder (ADD), asthmatic,

deaf, and emotionally troubled children; (3) provided free karate training scholarships for economically-challenged students; (4) taught anti-drug seminars to children and adults with police officers in Fairfax County, Virginia; and (5) conducted Washington, DC inner-city, non-profit events with martial arts demos, free karate instruction, and gift giveaways to families.

I also live and work in Herndon, have been married to my wife,

Jane, since 1994, and have two sons, Kain and Grant, who are both karate and kobudo tournament champions. My wife and I use our college educations to teach students - me with my company and martial arts, and she teaches elementary school children. We truly believe in helping the next generation succeed and contribute to society. *"Pursuing Excellence, Achieving Results!"*



*Never tired of learning about great martial arts and great martial artists?
Check out [Classical Fighting Arts](#) magazine.*

Just head to [IOGKF.com](#). Click on "magazine" at the top of the page and then "Dragon Associates."

Or go straight to: <http://www.dragon-tsunami.org/Cfa/Pages/cfahome.htm>

2008 Okinawa Budosai



I imagine that anyone who has ever been to an IOGKF event in Okinawa will remember the awe-inspiring feeling of walking into the Naha Budokan to see hundreds of IOGKF members of all ranks from all over the world gathered together with the common purpose of learning from Morio Higaonna Sensei and his most senior students. The IOGKF World Budosai in June of 2008 delivered just that kind of impact as greater numbers than ever before assembled for this year's event.

For participants, this one week in Naha permits them to leave behind their daily routine of work or school and focus entirely on Karate. And, the presence of the IOGKF is reflected everywhere you look in the city. Early arrivals and late departures mean that, for about two weeks, Kokusai Dori and its neighboring streets are filled with Karate-ka from around the globe, all eagerly exploring local cuisine, seeing the sights, opting for a reflexology massage to relax from the day's work out, or simply trying to find the local Starbucks for a taste of the familiar. A trip to Shuri Castle is certainly encouraged, as it's a highlight among the island's varied and memorable sightseeing offerings.

On the training front, the format of the gasshuku itself exposes every participant to

phenomenal training sessions conducted by the most senior instructors, many of whom are IOGKF Country Chiefs. Although sharing a common style, each senior instructor has their particular specialty and a unique way of imparting their own experience and expertise. This kind of diversity within a common system translates into an enhanced learning experience and revelations anew for all of us.

I won't deny that the heat of Okinawa in June presents a bit of a challenge for me personally, contributing to a doubly memorable experience. Yet, despite the physically demanding schedule, it seems that once the much-anticipated gasshuku begins, it ends all too quickly. In its wake, participants leave with new insights into their individual practice and fond memories of seeing friends old and new. After returning home from each trip, and this trip proved no exception, I am inspired once again to improve and continue practicing.

In closing, I offer my thanks to the organizers for coordinating such a successful and productive event and accomplishing their goal of making this the largest event ever in IOGKF World Budosai history.

-Roberto Schipp, Nashville, TN

Supplemental Strength Training

This section of the newsletter will be devoted to presenting supplemental strength training exercises that can be practiced easily, in many places, and with minimal investment. Whether at home or in the dojo, we can often find a little more time to tend to these often neglected areas of our bodies.

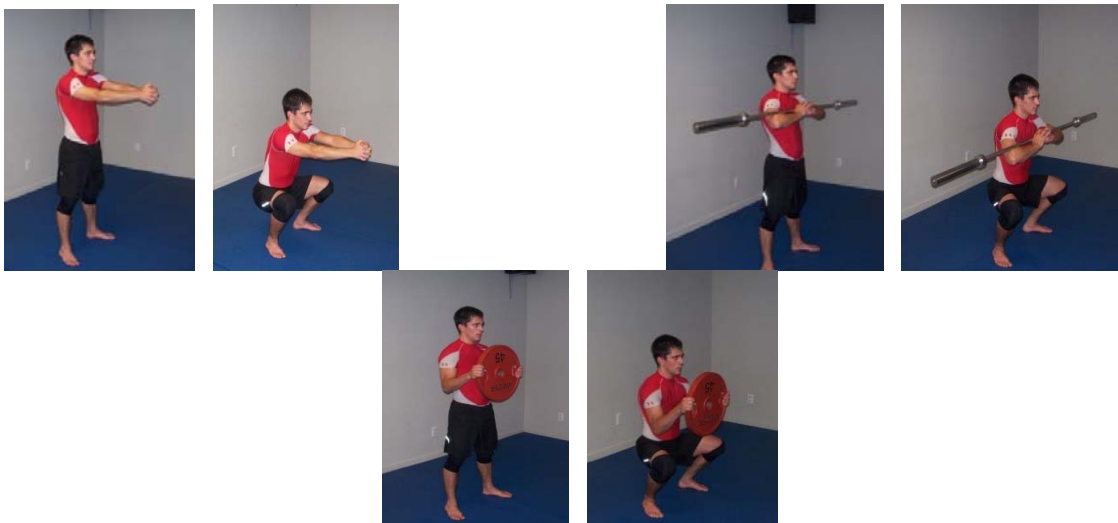
Squats

Strong legs are an obvious asset for the martial artist. However, as we get older, strong legs can also translate into healthy knees, and healthy knees allow us to train effectively as we get older. Many of us grew up strengthening our quadriceps on leg-extension machines, but more and more health professionals are finding that these can do more harm to one's knees than good. What to do? Try adding the squat into your training regimen.

I avoided the squat for a long time, as I had images in my mind of giant men inside squat racks, knees wrapped tight, straining under a bar curved with multiple plates. Fortunately, a rowing coach showed me that good quadricep health and strengthening can take place much more easily and safely.

One needn't even use weights. Grasp one's hands in front, to create balance, and slowly lower yourself until your thighs are horizontal - while maintaining good posture. Push back up through the heels with a controlled motion. Not only will you strengthen your quadriceps, but your hips as well. This is also a good warm-up exercise, getting blood to muscles.

Variations abound: 1. Cross your arms in front of your chest and lay a bar across. The bar in front facilitates good posture. 2. Hold a plate in front of your body and do the same. 3. Lower yourself all the way down, press halfway up, lower again, and then come all the way up. 4. After the completion of each repetition, balance on one leg and perform *mae geri* with the other. Many other variations can be found on-line as well, along with more detailed advice on proper form.





“Do mug en”

“There is no end to learning.”

**- Old Budo expression
(Nagamine, 2000, p.123)**



Notes from the North America
Chief Instructor

– Sensei Nakamura

The 5th IOGKF World Budosai in Okinawa was a great success. There were over 800 IOGKF members and their families from 50 countries. It was the biggest event that any single Okinawan martial arts organization has held in Okinawa. This event was broadcasted by local Okinawan TV and radio stations, and of course the event was reported in the newspaper.

From the USA, we had over 60 members and their families participate in this special event, and everybody had a lifetime experience in the birthplace of karate. There were five days of special training sessions with Higaonna Sensei and the world's top instructors, a lecture by Shuichi Aragaki

Sensei (a direct student of *Goju-Ryu* founder Master Chojun Miyagi), and the finest demonstrations by masters from various Okinawa traditional styles, sightseeing, and fun parties.

At the masters' demonstration, Hirokazu Kanazawa Sensei (Chief Instructor of Shotokan Karate International Federation) and Hoshu Ikeda Sensei (Chief Instructor of Joshinmon Karatedo Shorinryu) came to celebrate Higaonna Sensei and IOGKF members. There were many top masters from other Okinawan martial arts styles who demonstrated their fine skills. There was a wheelchair self-defence demonstration by John Marrable Sensei (IOGKF New Zealand). Herbert Allen Sensei (IOGKF USA) also performed *Sepai kata* as a memorial performance for the late Mr. Susumu Kurokawa who passed away in April of this year. Mr. Kurokawa was a black belt student of Herbert Sensei. I myself performed *Sesan kata* and *bunkai*. Higaonna Sensei performed *Tensho kata*. And the final performance was *Sepai kata* by Shuichi

Aragaki Sensei (79 years old).

In October, Bakkies Laubscher Sensei is coming to Spokane, Washington for the USA Black Belt Gasshuku. For all IOGKF USA black belt members, please do not miss this opportunity to train under this top instructor of IOGKF International. Bakkies Sensei (8th dan) is the chief instructor of South Africa and the highest ranked instructor after Morio Higaonna Sensei in the IOGKF.

During the Budosai, I was appointed as a vice-chief instructor of IOGKF International. It was a great honour to be appointed to such a position, and I will try my best to preserve and promote this great culture to our next generation.

“Traditional Karate at its best!!”

Upcoming Events

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|----------------|---|
| October 3-5 | Canadian Gasshuku (Burlington)
By Sensei Bakkies Laubscher |
| October 10-12 | USA Black Belt Gasshuku (Spokane, WA)
By Sensei Bakkies Laubscher |
| December 1-4 | IOGKF INT'L Black Belt Gasshuku
By Sensei Morio Higaonna
Okinawa, Japan |
| Apr. 30-May 3, | <u>Miyagi Chojun Festival</u>
By Sensei Morio Higaonna
Burlington, ON, Canada |