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UNITED STATES INTERNATIONAL FEDERATION OF KARATE KYOKUSHIN NEWSLETTER



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Any comments or suggestions please contact Sempai
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IN MEMORY OF SEMPAI DONNA ROWLEY



Gone but not soon forgotten.

On November 16th 2012, Sempai Donna Rowley lost her battle to cancer. True to her form, she battled this disease with only the way Sempai Donna could have with blatant defiance, perseverance, and comic relief.

Our Kyokushin family lost a very special person that day but I lost much more. Sempai Donna was the kind of student who never backed down from any challenge I threw at her. Instead, she got upset because she couldn't master the task at hand as fast as she would have liked to.

Sempai Donna had a very unique way of labeling the enemy at hand. Shortly after the building for Holley Karate was completed, I was offering cardio classes during the day. During the first month it was only Sempai Donna and I. One day just prior to starting the session she said, 'time the take the garbage out'. Not having a clue what she was talking about, I asked her to explain. She said, 'its garbage day... time to get rid of the junk in the trunk'. It took me five minutes to stop laughing. There is also the nick name she gave her cancer out of defiance, 'the Shi_Weasel'.

Shortly after Sempai Donna received her black stripe, she decided to make a major career change with the best interest of her family in mind. She left her dental hygienist position to become a NYS Correctional Officer. The personal sacrifices she made to achieve this goal are un-measureable....Not only the time away from her family but the physical training she endured. When Sempai Donna did something, she did it with 120% conviction and dedication. She out performed all of the other females to be the only female named to the advance tactical group usually dominated by males. She quickly gained the respect from her peers and instructors. During one of her short trips home, she could not wait to tell me how much her Kyokushin training had helped her achieve the level she had. I was so proud of her. It is any teacher's highest reward to know you made a difference.

With all that Sempai Donna had sacrificed, overcome, and accomplished, she truly showcased the word 'perseverance'. One of the words used to embody the philosophy of Kyokushin. Osu Sempai Donna, you lived it.

Though Sempai Donna is gone, she is not soon forgotten. I often recall her strength and defiant, never give up spirit to aid me in challenges that arise as I'm sure many of you do as well. While I was in New York for the Tournament in early November, I was able to visit with Sempai Donna. Not to say good bye but to say I'll see you in heaven and to thank her for enhancing the quality of my life by being a part of it.

OSU!

Sensei Larry

SHIHAN'S Corner

On November 1st and 2nd of this last year we were honored and privileged to have had the opportunity to train with one of the true legends of Kyokushin Karate, Soshu Shigeru Oyama 10th Dan. As many of you may have read in the last article. This man is a living legend having been one of Sosai Oyama's first students. He was the second behind Hanshi Arneil to complete the 100 man kumite. In fact if you missed his interview during the session he actually completed 121 fights before Sosai had to take an important telephone call or he would have continued on!

With Shihan's encouragement Soshu will hopefully grace us with possibly another seminar this year. It was an honor to be taught by such a legend.

This year should be filled with great Kyokushin training. Hanshi Arneil will be coming to the United States this year so we are in for a treat.

More pictures in the back of the newsletter. OSU!



Seated in front: Soshu Shigeru Oyama. Second Row Shihan Greg, Sensei Dave, and Shihan Mike

From Shihan Dave Muscarella

December 7th was the scheduled testing for the Pennsylvania dojo. There are two small schools that came together for the first time to test as Kyokushin.

The families from Hermitage don't want to go to New Wilmington and visa versa because "It's too far away" (there is a 15 mile difference between the two schools)

My reply is usually, "Are you walking?"

I find it hard to believe that this is the reasoning that I am given for not wanting to train 5 days a week or any day of the week according to your schedule. Both are available to you for no extra cost.

Get ready to travel back in time, That's what us ole timers like to do, I used to travel 18 miles every night, 5 days a week, to train. When my sensei opened a school in Niles Ohio, that was a 35 mile drive. I was expected to help teach at both schools. 3 days at one and 2 days at the other and the following week I'd reverse the venue.

Shihan had to travel to New York City! He'd drag shihan Greg and sensei Jim and sensei Dave along.

There was a student, that I remember, who would be at class 3 days a week. He never talked much and was gone as soon as class ended. One day I went outside to go home and there he was, trying to peddle a bicycle up a hill, in the snow. I forced him off the road and I threw his bike in the bed of my truck and told him to get in.

He was so embarrassed that he wouldn't talk. It finally comes out that he lived in a town about 8 miles past my house.

He walked or peddled his bike 26 miles Every Class. Never complained, never bragged, he just made it to class and always on time.

Don't miss an opportunity to learn more about Kyokushin because of "It's too far"

It's your education, it's your chance to build yourself into someone who could be great.

Not just in the martial arts, but in life, in business or school. Those who go the extra mile usually are the ones who make the most out of life. Family, jobs and friends.

COURAGE

"Courage is not the absence of fear, but rather the judgment that something else is more important than fear."

- Ambrose Redmoon –

We often mistake courage for rash bravery we see in movies with the so-called hero rushing in to danger. If we refer to the quote above we realize that courage is much more profound than Hollywood portrays and can be found in everyday mortals like you and I.

Courage does not mean that we foolishly attempt something dangerous like jump out of a high tree to impress our friends or refusing to give up your wallet in the face of a robber with a gun or knife.

Courage is a choice that is made either out of the desire to do what is right or out of service to a greater cause. Firemen and policemen choose to ensure the safety of the citizens of their communities.

A soldier chooses to protect the freedom of our country. These individuals face danger and are afraid every single day of their service. They know what they do is of great importance and thus choose to protect and defend in spite of their fears.

Courage is also doing something that is right, even if it is not popular. This may mean that you will stick up for a friend when other kids or adults tease them for the way they look or because they are considered different. Maintaining that friendship by still eating lunch with them or walking to school with them is a choice that may be difficult due to the peer pressure but it would be the right choice to make.

Saying "NO" to drugs, alcohol or cigarettes when offered so you can be part of a group is an excellent example of showing personal courage to do what is right.

In Karate there are several opportunities to plant the seeds of personal courage by making the choice to work through something you fear.

For some people it may be sparring or breaking that first board. For others it may be performing in front of a large crowd or competing in a tournament that they fear the most. Some new students struggle to find their voice to "Kia". The karate dojo is a place to practice and grow

If you step out of your comfort zone and try something new, you will grow as an individual and you will be on your way to developing personal courage.

Personal courage can take you places that you never thought possible and it is within everyone's grasp to choose.



Sensei George in front of his dojo in Lyndonville, NY



ElkKyo Kyokushin

Our Kata Champion under a different kind of excitement. Photo to the right:

NJKO Sempai Artur Kuzio (NiDan) had a privilege of marrying his longtime girlfriend Krystyna (Christina) Gronska. The reception took place on Saturday 9/10/12 at a beautiful Krakus Manor. The newlyweds enjoyed their special occasion with about 200 guests and in a great atmosphere celebrated the wedding until the late hours in the night. In attendance Sensei Roman Herman and Sempai Kamil Maras had the privilege of enjoying this special occasion with their Kyokushin brother and his new wife. Congratulations to the Newlyweds and we wish them all the best on their new life journey.



Garfield Dojo becomes even more "international" Photo to the right:

NJKO dojo is pleased to welcome a new student in our adult ranks. Sempai Lorinc Zord (34 yr) comes to us from Hungary. He started his Kyokushin training in 1986 under Sempai Tibor Koller and Sempai Gabor Barany. Sempai Lorinc had an opportunity to compete in many national competitions under Sensei Peter Stasznyi. In 1997 Sempai Lorinc passed his 1st Kyu test and also won his first international championship in 1998. He reinstated his Kyokushin training in our dojo after a few years of being away from the art, but has impressed us all with his ability and overall knowledge. We are very glad to increase our ranks with such a quality Karateka.



EagleWings Kyokushin Karate, OKC

Seasons greetings from the Sooner State!!!

As the point-saturated market here in Oklahoma shows little flexibility towards reaching beyond their traditionally-established methods of tournament fighting we are rising to the occasion of developing a true stand-up style kumite here is a challenge we welcome.

Our first clicker/knockdown tournament in September was met with great stiff-arming from the locals, but the entourage from New York and the local clubs with a visionary mentality has started a momentum that is proving to show great promise for future events, including tournament and seminars.

We here in OKC want the USA-IFK to know how fortunate we ALL are to be under the supervision of Shihan Monaco and the rest of the shihans, sensei and sempais who prove themselves time and again to support others events, regardless of local.

Greater strides to raise the banner of the IFK is our goal 2013, and we are pleased and honored to have what so many organizations lack-a real family mentality, and we're grateful for it. Looking forward to seeing more of you in 2013.

Osu.

Sensei Ellis Weber

Eaglewings Kyokushin

OKC



Above: Shihan Dave, Sensei's Lee, Todd, Nicki, and Ellis taking a break from training.

Hilton NY Dojo



Above: Sempai Jackie getting ready to fight. Right: Young kohai at the annual Halloween party

We at the Hilton dojo would like to congratulate all of the kohai that participated in the Soshu Oyama seminar as well as the AIKC tournament this last November.

The next year should be filled with great new challenges as well as some great training .

Osu



Pictures from the Soshu seminar



UPCOMING EVENTS

USA-IFK KATA CHAMPIONSHIPS

JAN. 26, 2013, 12:30-4:00 PM

HOLLEY ELEMENTARY SCHOOL

See your dojo owners for more information

Tentative Schedule: April 5th Adult BB,

Kyu, and Kobu-jutsu Test

May 11th , 11th Annual Sensei Jim Grafe
Memorial Tournament: Hilton High School

Osu,

If you have articles, pictures, or comments on the newsletter please do not hesitate to contact me. My information is on the front of the newsletter. Thank you for your continued support.

Osu,

Sempai Allen Wood