

The SAR E-News

LETTER FROM SAR DIRECTOR

As Director of the South Atlantic Region, I would like to extend my sincere condolences to the family of Tim Mann following his untimely death. Tim fought a courageous battle with colon cancer and passed away on March 15, 2010.

Tim Mann played an important role in the formative years of SAR. Tim and Ben Williams became SAR's first directors in 1986. They watched over the region until the arrival of Sensei Toru Shimoji in the mid 1990's. Tim helped to create an annual summer training camp which drew high level AAKF instructors including Master Hidetaka Nishiyama. Participants came from all over the U.S. and internationally as well. It began in 1991 and was an annual event for many years. Those of us fortunate enough to have attended have many fond memories of the training and fellowship from those times. On a personal note, Tim's camp is where I first met my dear friends Sensei Toru Shimoji, Hai Nguyen, Gene Price, and Phil Sellers. These friendships are very important to me and remain as treasures found in those training times.

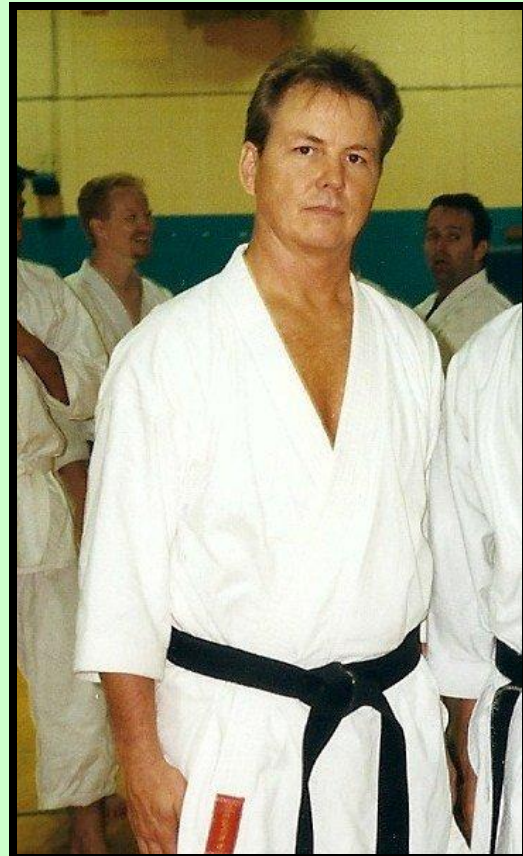
Tim choose to leave SAR in 2009, but he continued to value the friendships and associations he had with all of us. His death was unfortunate and he wanted it to be used to benefit others through awareness of colorectal cancer and health monitoring in general. Our lives are so brief and our time together is very special. At whatever stage of life you find yourself to be, please aggressively assume responsibility for your health with proper medical testing and healthy lifestyles. It would truly honor Tim if his death served you in preventing yours.

Thank you, Tim, for the contributions you gave in the development of our region.

Scott Wietecha

FEATURES

2	➤ GREETINGS FROM TECH CHAIR ➤ SAR DOJO DIRECTORY
3	➤ Q&A by TORU ➤ SAR MED REPORT
4	➤ SAR DOJO NEWS
5 & 6	➤ SAR EVENTS



James Timothy Mann
December 20, 1957 - March 15, 2010

GREETINGS FROM TECH CHAIR

The SAR Board of Governors has worked hard since last year on developing and improving the organizational Bylaws that govern the operations and regulations of the region. These Bylaws specify the requirements for club and individual membership in the region, what club officers shall be elected and what their duties comprise, and the various committees that shall be appointed. With the passing of Nishiyama Sensei in 2008, the national AAKF body had much organizational work to do as well. Since the beginning of this year, SAR's Shimoji Sensei is now the President-elect of the AAKF, and he is leading the efforts to modernize and tighten the AAKF Bylaws. SAR, as a region of the AAKF, will conform to its rules and regulations of AAKF.

This reorganization will particularly affect such matters as the technical standards for rank examinations, judging, testing, and coaching licenses for the members. The Technical Committee is responsible for implementing these standards, overseeing the technical development of the region through organizing training and competition events.

This year's Sakura Taikai tournament will be held April 9-10 in Atlanta, with an international group of competitors, and with extraordinary volunteer support by members of SAR. Sakura Taikai has become a benchmark for innovation and well-run competition, and this year promises even more.

Nationally, the last weekend in March saw the inaugural Seminar presented by the newly reorganized AAKF in Dallas, Texas. Training sessions were led by some of the most senior members of AAKF, including Bob Fusaro, Mahmoud Tabassi, Alex Tong, Albert Cheah, Tim Hanlon, Brad Webb, and our own Toru Shimoji. The seminar was a great success, and more are planned. For SAR, the Technical Committee is also organizing a training seminar with a similar format for our own region in August, with senior members of the region leading sessions on kata, kumite and kihon, as well as general conditioning and training methods. Watch for this new event!

On June 9-13, the AAKF Nationals will be held in Seattle, Washington. This is another great opportunity for our region's black belts to participate in competition and judging at the national level. Please put this event on your calendar.

SAR Technical Committee
Gene Price, Cochairman

SAR DOJO DIRECTORY

Head Office

SAR Office

c/o Traditional Karate Atlanta
PO Box 813124
Smyrna, GA 30081
shimojitoru@hotmail.com

SAR Officers

Director: Scott Wietecha
Assistant Director: Rene Rodriguez
Secretary: Hai Nguyen
Treasurer: John Hyatt

South Carolina

Academy of Shotokan Karate, LLC

(JKA-US, SAR)
821-C East Main Street
Lexington, SC 29072
Contact: John Hyatt
(803) 808-5787,
jhyatt@infinonline.net, or
jkashotokan.com

Aiken Traditional Karate

(JKA-US, SAR)
118 York Street SE
Aiken, SC 29801
Contact: Hai Nguyen
(803) 649-0094, or
haimaria@ymail.com

Florida

Palm Beach Shotokan Karate Club

(JKA-US, SAR)
Dojo Address:
Tequesta Recreation Center
399 Seabrook Road
Tequesta, FL 33469
Mailing Address:
4448 Nicole Circle
Tequesta, FL 33469
Contact: Ron Morrin
(561) 748-2024, or
ronmorrin@bellsouth.net

Georgia

Traditional Karate Atlanta

(JKA-US, SAR)
Dojo Address:
1295 W. Spring St., Suite 240
Smyrna, GA 30340
Mailing Address:
PO Box 813124
Smyrna, GA 30081
Contact: Toru Shimoji
(404) 641-2840, or
shimojitoru@hotmail.com, or
www.karateatl.com

Q & A
BY TORU SHIMOJI

Q: Do you typically teach students just the Kata they need for their next level, or do you teach them Kata based on what the class is working on?

A: As I think about my colleagues around the country who teach Traditional Karate, I would say that the majority of them teach or emphasize one Kata at a time based on rank. This has distinct advantages; allow students to stay focused in developing one Kata, and stay motivated to reach the next rank.

Having said that, however, I don't follow this method. Instead, I teach six basic Katas, Heian Shodan to Godan and Tekki Shodan, to all Kyu-level students who are interested. For those that train too infrequently or not comfortable learning more than one Kata, the curriculum allows them to stay with one Kata as well.

I designed the curriculum to give more flexibility to those motivated students who want to excel beyond their rank. I think each Kata has unique movement patterns and particular concepts that can effectively be used to enhance students' overall development.

Q: Now that you are on the AAKF Technical Board, what changes would you like to see at the national level?

A: I feel that many positive changes have already taken place. Just to name a few items, we are upgrading the examiner qualification system, Kyu and Dan rankings, and regional/national training seminars.

Usually with the passing of a famous and great master like Sensei Nishiyama, senior students usually split into two groups; one attempts to preserve the teachings and the other continues based on the teachings. This is more human nature than anything, and I am not making any judgment for or against either.

If you study Sensei's teaching career, you can say that he was an "evolutionist" in a sense; he took what he learned from Master Funakoshi and others, combined them and did his best to improve Traditional Karate—which he did to a great extent. His insights and innovations made him as one of the premier martial artist of our time.

It is my opinion that the best way to "preserve" his brand of Traditional Karate is to "continue" improving the art by using the principles he taught us. We can achieve this with the newly formed AAKF Technical Board, and I am confident that all of us will work hard in unison and harmony.

SAR MED CORNER

As we approach the Spring Tournament in Atlanta, I thought it might be appropriate to share some insight into the workings of a Medical Judge / Tournament Committee format. The process is more involved than you may see during the tournament. Actually the Medical Committee's actions are somewhat sanctioned by the international rules from the ITKF. The SAR has fine tuned the procedure for judging, and we have developed a medical focus to guard the safety of our athletes.

From a judging perspective, it is the role of the Medical Judge to appraise the degree of injury that occurs when contact is made during Kumite. Any time an athlete is hit, the ring judge can call for a doctor's ruling. The purpose is to identify the injury's severity and in some cases offer trauma evaluation. Technically the medical judges do not provide any medical care, however in a regional event SAR medical judges often treat wounds.

When contact occurs, one of four levels of injury is recorded. The Medical Judge's ruling is submitted to the Kansa and the ring judges in order to award a penalty or to determine improper contact. In many competitions, the outcome can depend upon the Medical Judges' call.

The Medical Judge is empowered to stop a fight when serious injury is possible. An example might be a reckless athlete that has been cautioned about inappropriate targets and continues to strike after warnings. The Kansa cannot overrule the Medical Judge.

Besides following the events, the Medical Committee is responsible for evaluating safety gear, acceptable wraps and bandages, safety glasses for athletes, and fitness to compete. The judges review medical forms submitted prior to events, and document all injuries during tournament. This assists in preventing injuries to be incorrectly judged twice.

On a national level, the Medical Judge may request and advise the site to provide certain medical parameters for competition. An adequate med kit, oxygen or defibrillators are needed at tournaments. Often some type of EMS unit is made available to provide treatment as needed.

Luckily there are few injuries in tournaments. The process of contact appraisal is a part of the safety for competition level karate.

Submitted by Phil Smith

SAR DOJO NEWS

Academy of Shotokan Karate, LLC

Director: John Hyatt

This quarter has been busy with katas 1-3, along with Bassai-Dai, Empi, and Gankaku. We rotate into a new kata every month and by the year's end we will have covered most of the kata in our style. We've worked in bunkai, using kihon basics to give students more of an opportunity to understand basic application of karate techniques with a partner. This forum has been received well and it's exciting to see students develop their skill. We had another successful kyu rank exam in January, and I thank the SAR technical committee for their help and support. Our newest project is our Little Tiger's program being coached by Bailey King. The Little Tigers program is a 30 minute class geared towards 4 and 5 year olds combining exercise and traditional karate techniques.

Submitted by: Sensei John**Aiken Traditional Karate**

Director: Hai Nguyen

In the past few months, Aiken Traditional Karate (ATK) club has been focusing on floor pressure. Although this topic is not new to many of the ATK members, a new concept was introduced to help everyone to gain deeper understanding. To date, many have learned to exert pressure to floor using primarily upper body and leg muscles. This old technique caused stiffness in the movements and restricted mobility. The new concept ATK has been working on is literally built from floor up. Simply put, once stance is properly established and breath is settled to the lower abdomen, members are asked to focus on every square millimeter on the sole of their feet. The next thing is to activate every fiber on the sole of the feet and begin to "feel" the floor. Body weight is then divided evenly half-and-half on each foot. Like everything in our art, it always takes time to explore and build muscle-memory until it becomes second nature, but our members are excited about learning the new technique.

Submitted by: Sensei Hai**Traditional Karate Atlanta**

Director: Toru Shimoji

Winter is finally relenting and for Atlanta, it was particular harsh. Yet we managed to keep warm and busy inside the dojo.

Looming large over our members is Sakura Taikai. We have committees scurrying around with the logistics needed. Large indispensable items like the facilities and registration, small things like tape and whistles, and even the offbeat keg of beer. Behind every item there are volunteers that make it happen and leaders like Dean, Sam, Chris and Deidre that see it come together.

But Sakura Taikai has also given deliberate intensity to the way our Karatekas train.

The Brown Belts, as of late, are an interesting lot. They make me think of sword smiths hammering away, at their skills. They are trying to transform themselves; they want to become highly accomplished in Karate. They seem to relish their drills with the Black Belts. They are so close! They have achieved so much!

Our lower ranks are also stirred. Yes, their development stage is still to bring together their skills into this shapely blade. But, they are improving their skills against the higher ranks who in turn meet and challenge them while they grow together. They too will be in top shape for the tournament.

The black belts just hone, rebalance, and explore... and... hone, rebalance and explore. They are deliberate in what they do.

Our children flood the place with energy and laughter. They train and learn, they play and learn. At times you see no difference with adults in their determination and intensity while performing a drill, but then, in short order, you will see them giggling away at some game that is developing their body dynamics, strength and timing. When training with the children one can only feel rejuvenated.

While all this goes on, Sensei trains even harder and sets an example of discipline and accomplishment. Everyone understands the privilege it is to train with him and thus we show up again for another session.

Spring is finally with us, and TKA is blooming.

Submitted by: Rene Rodriguez

SAR EVENTS

SAR REGIONAL MEETING MINUTES

In an effort to inform SAR members of what's going on in the region, below are SAR Council meeting minutes from the special meeting held on January 16, 2010.

Attendees: Sam Cushman, John Hyatt, Dean NeJame, Hai Nguyen, Rene Rodriguez, Toru Shimoji, and Scott Wietecha.

The American Amateur Karate Federation (AAKF) National Body, is being reorganized.

- Toru Shimoji was appointed AAKF President (Congratulations!)
- Ratified AAKF Rules & Regulations have been distributed
- Officers of AAKF
 - Toru Shimoji - President
 - Albert Cheah - Vice President
 - Mahmoud Tabassi - Treasurer
 - Alex Tong - Secretary
 - Janice Tori - Executive Director

AAKF Bylaws were reviewed and discussed relative to SAR documents. Changes to SAR Bylaws, proposed, discussed, and voted in.

- Change SAR Officer terms to 3 years
- Current SAR officers: Administrative Director Scott Wietecha, Assistant Director Rene Rodriguez, Treasurer John Hyatt, Secretary Hai Nguyen.
- All existing officers will stay on this year and an additional 2 years
- Rescinded our amendment eliminating reference to the AAKF in our bylaws
- Voted to remove all JKA-US references from our bylaws and art of incorporation
- Change our corporation name to "Traditional Karate of SAR"
- "SAR Council" will be changed in name to "Board of Governors"
- Add the following statement to bylaws section concerning technical committee: "SAR will follow Kyu and Dan level testing protocols as outlined by the AAKF."
- Added Puerto Rico and Virgin Islands to locations within our region
- Strike the section stating SAR will issue a regional membership card
- Delete the section entitled "Research Committee"
- Change Fiscal Year to October 1- September 30.
- SAR should be considered an INDEPENDENT ORGANIZATION that has chosen to participate in AAKF

SAR Technical Committee

- Gene Price and Hai Nguyen appointed as co-chairs of SAR technical committee
- Gene and Hai reported to our Board of Governors regarding seminar ideas for 2010....likely to include SAR Dan level instructor participation with funds going to SAR.

Dojo Injury Reports

- Since SAR has enough injury data, injury reports will no longer be collected.

SAR EVENTS**SAR REGIONAL MEETING MINUTES (cont.)**New Dojo in SAR

- Jeff Everett's dojo will be handled per AAKF procedures, which are as follows:
 - First, dojo must register with AAKF
 - Second, contact SAR for affiliation. First year of SAR affiliation will be probationary with no voting rights
 - After first year, SAR can vote new dojo in with full voting rights
- A dojo can choose to be part of AAKF and not part of SAR, but will forfeit AAKF voting rights and ranks will NOT be recognized by the National body

AAKF National Events - Jun 9 - 13

- Nationals will be June 11-12 in Seattle, WA.
- Nationals' Judges Seminar will be Jun 10
- Short National AAKF Camp will be held Jun 9-10 (in order to allow competitors to make the most of the trip to Seattle).
- International Team Training will be Jun 13
- AAKF training seminars will be in LA and likely in Baltimore later in the year.
- SAR will host the Nationals in 2011 (50th anniversary of AAKF).

SAR event planning for 2010

- Summer seminar in planning
- Fall Tournament & annual SAR Meeting in Lexington, SC in October

Sakura Taikai - April 9 - 10

- Below is the schedule:
 - Fri 2PM - 5PM Black Belt Kata Training/Competition
 - 5PM - 6PM Dan Exam
 - Sat 9AM - 1 PM BB Kumite/Kogo
 - 1 PM - 2 PM Lunch
 - 2PM-2:45PM - Judging Calibration
 - 3PM - 5PM Kyu Level Competition
 - 7PM-11PM Banquet, Auction, Skits, Music, Fun.

Submitted by: Hai Nguyen