

Heijo Shin



國際松濤館空手道連盟

SHOTOKAN KARATE-DO AT ITS BEST

"Where Life Champions are Born"

A PUBLICATION OF SKIF KG TT

ISSUE 9 2019



13TH SKIF WORLD CHAMPIONSHIPS 2019
CZECH REPUBLIC
TEAM 868



國際
松濤館

KARATE

SKIF KANAZAWA GROUP TRINIDAD & TOBAGO

國際松濤館空手道連盟

**AUTHENTIC JAPANESE
SHOTOKAN KARATE-DO**

BENEFITS OF PRACTISING SHOTOKAN KARATE-DO

- IMPROVED SELF DISCIPLINE
- IMPROVED SELF CONFIDENCE
- BUILDS CHARACTER
- RESPECT
- GOAL SETTING AND ACHIEVEMENT
- LEARNING SELF DEFENCE SKILLS

CONTACT INFORMATION

HEAD INSTRUCTOR:
PHONE :
EMAIL:

SENSEI Ian Sammy
704-1045
ircsammy@yahoo.com



CALL NOW TO FIND OUT ABOUT CLASSES



HEIJO SHIN

COVER STORY

Our cover in this edition talks about the our team that participated in our 13th SKIF World Championships. This was our Organization first time at a World Championships. The Championships was held in Hradec Karlove, Czech Republic.

—by Ian Sammy

07



STORIES

THE CZECH EXPERIENCE—

by Ian Sammy

07



PLEASE PASS THE SUGAR-

by Ian Sammy

09



WHAT IS THE SRI CHINMOY OPENESS HOME PEACE RUN (Adapted)

10



THE K HAS ARRIVED PT 3—

by Sean Taylor

14



AS GOOD AS IT GETS-

by Sean Taylor

17



TRIBUTES—

by Jose Fortune

20



MAY THE FORCE BE WITH YOU-

by Ian Sammy

21



SECTIONS

- EDITORIAL
- THANK YOU
- THE WAY OF KARATE
- KARATE QUOTES
- SHOTOKAN KARATE-DO
- TIME MACHINE
- THE WAY OF THE TIGER
- ADS
- SENSEI'S CORNER
- PHOTO GALLERY
- THE REAL MEANING OF REI
- IMPORTANT NEWS UPDATE
- OSS SENSEI
- HOW TO TIE YOUR BELT

*Season's
Greetings*



HAPPY NEW YEAR

2020

From: The Director's Desk

Dear Parent,

Welcome!

You may not know as yet, but by making this step to enroll your child in our karate programme, you have made another step in investing in your child's future. Many parents register their children to do karate classes and in our experience they see it as just as another activity. Nothing could be further from the truth.

By enrolling your child in our karate class you have allowed us to partner with you to assist with your child's overall development and prepare them to lead successful lives. One obvious benefit to signing up, is for personal safety. How many of us have heard about bullying in our schools or seen videos of students being taunted, ridiculed physically and verbally? It is sad, but a reality in our society. Karate provides avenues to deal with and arrest this type of behavior that can be projected on your child. We don't teach your child to become "violent" in the process. What we do is to prepare them to understand the different ways they can deal with such situations. Physical solutions is a reality but is **ALWAYS** the last resort.

We help your child physically through karate training (exercises and self-defense skills) and ensuring the growth of healthy bodies. In addition, we are also building in them core values that can assist with improving school work, overall behavior and general attitudes. These core values will provide them with the tools than they can carry into their adult life, helping them push through adversity and lead them to success after success. They will develop raised levels of personal standards and constructive rituals that will help them with decision making and guide them in their everyday lives.

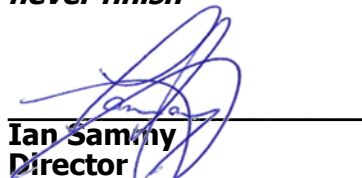
Over the years we have seen our students achieve success in many aspects of their lives, be it in school, their jobs or even general relationships (friends, family, parents etc.). Our goal, to strengthen positive values in our members so that they can become valued and contributors to our society.

Our methods of training helps with building confidence, discipline, respect, commitment, loyalty, goal setting and achievement. These are just a few of the values that are intertwined in the practice of karate. I will say at this time, that to realise any real progress in training, there must be commitment, effort and consistency in training. The benefits do not happen overnight, but it is a process and it takes dedication and conviction and most of all your support.

I encourage you, please support your child's karate training. We cater to all students, there is no mold for the ideal student...you only need effort and the desire to improve yourself.

Thank you and we welcome you to your next step.

"Without commitment you will never start, but without consistency you will never finish"



Ian Samny
Director
Shotokan Karate-do International Federation Kanazawa Group
Trinidad and Tobago



空手道

KARATEDO

KARATEDO

空手道

HEIJO SHIN STAFF

MAGAZINE DIRECTORS

Ian Sammy
Celeste Nottingham

SENIOR EDITOR

Sean Taylor

CONTRIBUTING EDITORS

Ian Sammy
Celeste Nottingham
Keiron Renaud

CONTRIBUTORS

Ian Sammy
Celeste Nottingham
Keiron Renaud
Jennifer De Silva
Rebecca Mohammed

平常心

EDITORIAL

This year we celebrate our 10th year not as a completely new entity but we celebrate the evolution of an Organization that made a huge impact on the Karate world in Trinidad and Tobago. SKIF KG TT was formed in 2009 following a split in the Shotokan Karate-do International Federation (SKIFTT) headed by Sensei Neville Mason. Both the Chief Instructor and the Vice Chief Instructor of SKIF KG TT were students and former instructors of Sensei Neville Mason. They began their training with Sensei Mason since 1985 and 1987 respectively. They were part of team of 6 instructors who assisted in the shaping of SKIFTT under the guidance of one of Trinidad and Tobago leading Karate instructors, Sensei Neville Mason (7th Dan). These instructors have been members of SKIF since 1989 and have always been committed to the ideals and philosophy of SKIF, the motivation for their drive and commitment.

SKIF KG TT, under the guidance of Sensei Celeste Nottingham and Sensei Ian Sammy, have seen tremendous growth and success over the years. Between them, they have 66 years of combined experience and they bring with them a rich history that continues to be created as they move forward. Sensei Celeste one of the first female Chief Instructors of an Traditional Japanese Karate Organization in Trinidad and Tobago, a position she has held since 2016, has lead a very successful karate career. As a competitor she was a force to be reckoned with...a champion in every way. She was a fierce fighter leaving most of her opponents doubting their ability. As an instructor her legacy is no different, teaching since 25 years old, her mantra as an instructor was making sure her students we prepared for any untoward event in their lives, be it physical or life challenges. "I train for the street" she says...up to today. One of the examples of her love for teaching karate was demonstrated by her charging \$10.00 per student the Aranguez Junior Secondary School in the early 90's. To attest to her impact some of those students still around today and still support her efforts.

Sensei Celeste has trained many successful karateka. Some of her students were National Champions, TTKU National Champions, SKIF Pan American medalist, PKF Champions and nominees for First Citizens Sportsman and Sportswoman Awards for Karate. Her greatest success came in the form of the many students who progressed well under her tutelage and were success in their life goals. Many of whom are Doctors, Medical students, Law Officers, High Profile Insurance Agents and some currently pursuing university degrees in different fields.

Sensei Ian also followed in the path of his Sempai (senior), Sensei Celeste. He led a very successful karate career as a competitor from 1987 to 2006. He started early in competition, winning his first Championship in 1988. He was SKIFTT National Champion many times, he also placed in many Invitational Championships both local and International. He was the Barbados Karate Federation Champion in 1996. Not one to step away from challenges and wanting to improve his karate skill, he also participated in eclectic style tournaments at one time placing 4th in an International Free style Championship in Margarita and place 4th in the Purple Dragon Grand Slam in 1990.

Sensei Ian started teaching in 1992 in Dinsely, Trincity and then in 1996 at La Joya. His love for karate and how it enriched his life, fueled his desire to pass on what he learnt with the hope of giving others the opportunity lead positive lives. In the early years of 2000, he served as Assistant Coach to the National Team and he was a qualified National Referee. Sensei Ian was also a member of the Technical Committee, Selection Committee and Referee Council of the National Body, TTKU. His additional training includes certificates in the Psychology of Sport and Science of Coaching. Despite he no longer serves on these committees for personal and directional reasons, he has not forgone his support for the National Body as he can humbly boast of many of his students that competed with the National Team suc-

cessfully, with one of his members being nominated for the First Citizens Sportsman and Sportswoman of the Year Award on one occasion. However, within the last ten years Sensei Ian devoted most of his time to development of SKIF KG TT and its members, working alongside his friend and sempai of over 30 years Sensei Celeste.

The success of SKIF KG TT cannot not be measured, why...because success for us is a journey we travel every day...every month...every year. We see members affected positively by what we do all the time. Some do slip through the cracks for various reasons and some simply have visions no longer in sync with what we are striving to do. This is a part of Life. In the ten years they have hosted 8 International Seminars, attended 4 External International Seminars, participated 3 SKIF American Championships and 1 SKIF World Championships. The programme from Sensei Celeste's and Sensei Ian's eyes has seen many members, accomplishing their goals and leading successful lives. Their membership have grown from 80 students to 250 members and they continue to open Dojos and School Programs including introducing their Little Tigers Programme.

The journey has not been a smooth one, and they would not prefer it any other way because no matter what comes their way, SKIF KG TT has shown that they are relentless and they will continue to strive and work for SKIF KG TT and its vision.



COSMOBODY FASH-
ION

FOR ALL
YOUR
BRIDAL CLOTHING
AND
ASSESSORIES

CALL
280-1578



YINXIANG KIDZ
FOR
KIDS CLOTHING
PARTY
AND
EDUCATIONAL
ITEMS

280-1578

SHOTOKAN KARATE-DO INTERNATIONAL FEDERATION KANAZAWA GROUP TRINIDAD AND TOBAGO



WHERE LIFE CHAMPIONS ARE BORN!!

The Czech Experience

by Ian Sammy

The 13th Annual SKIF World Championships took place in the Czech Republic during July 15th – 21st, 2019. A team from the local branch of the Shotokan Karate-do International Federation were proud to participate and represent Trinidad and Tobago at this World Championships. The five (5) member Team, comprising Head of the delegation and President of SKIF KG TT, Celeste Nottingham, Coach and Director, Ian Sammy, as well as competitors Rebecca Mohammed, Jennifer de Silva and Stephon Mar who competed against teams from 50 countries in the group phase of the competition.

Overall, Team T&T did reasonably well in their attempt to fly the Trinidad and Tobago Flag with pride. Mar, the lone male competitor competed in the 20 years to 39 years Male Kata, there were approximately 213 men competing in this category. Mar performed admirably but was eliminated in the first round. Both De Silva and Mohammed competed in the 20 years to 39 years Female Kata, which had a total of 60 competitors. De Silva was eliminated in the first round, however Rebecca Mohammed who was progressing nicely, was eventually eliminated in the quarter final round of the competition.

During the event the Sri Chinmoy Oneness Home Peace Run Relay Torch was in Hradec Kralove, Czech Republic. The runners carrying the torch were present at the Championship



with each country having the opportunity to bear the torch at the opening ceremony on July 20th. It was a proud moment for us, representing Trinidad and Tobago and to be a part of this very special event.



Head Coach and Director Ian Sammy expressed great pride in the Team for their fearlessness and inspiring mode of competition. Nottingham, the Head of Delegation said that she too was quite pleased with the Team's performance, despite many challenges faced in getting the Team ready for the Tournament. She said that she would really appreciate greater intervention by the authorities/corporate entities towards financing similar ventures. However, praise also went to all contributors and donors for providing the Team with the opportunity to not only visit the Czech Republic but also participate and appreciate a different culture and make new contacts. In particular, SKIF wishes to acknowledge the kind contributions of TCM, Republic Bank Ltd, Unicomer, Caribbean Finance Company Limited and all other well-wishers and supporters for their generous contributions and encouragement, which aided in providing travel to the delegation.



The Team returned to Trinidad on July 29th via Virgin Atlantic Airlines.

Next on the Agenda for SKIF KGTT is hosting their 2019 edition of the 11th SKIF KG TT National Championships on September 28, 2019 which starts their preparation to participate at the 10th SKIF Pan American Championships which will be held in Mexico 19 -22nd August 2020.

SKIF KG TT is a Karate-do organization established with the primary mandate of promoting and building character through the art of Karate-do. SKIF KG TT caters for persons between the ages of 4 years and older, with the different programmes they offer, and they use karate to reinforce and instill positive values, attitudes and behaviors among its membership. Through the training regime, individuals develop values such as honesty, discipline, courtesy, integrity and resilience. SKIF KG TT is philosophy is steeped in Traditional Karate-do values, as a result engaging and participating in local, regional and World Championships are among the many avenues the organisation uses to accomplish its goals to develop balanced and empowered persons.



SENSEI'S CORNER— To Compare or not to Compare

One of the most destructive mistakes we can make is to judge and compare all children as if they are all working from the same starting point. SKIF KG TT and their dojos, since its inception has always built its philosophy and training ideology on development. One of the common mistakes or assumptions many members and on lookers make is comparing the karatekas who train, with each other. Sometimes the motivation of comparing your child to others is to prompt competition in the child. Even though competitiveness is a driving force for performance it can be detrimental to individual growth. No two children has are the same, from the environment at home, to skills, physiology, psychology or even talent. These factors are instrumental is allowing children to develop and mature at their own rate. We have to remember that every child is unique, they have different strengths and weaknesses.

At gradings we have seen where parents question a child's success in that exam, its easy to decide on the outside that our system is somewhat "easy".

Nothing can be further from the truth, but to understand the real dynamics



parents would have to be actively involved in each member karate journey...an impossible task. As instructors we get to experience each member's strengths and weakness. We usually try and

strengthen and guide their strengths so as to improve them as individuals and we also work on identifying their weakness, help them understand it and guide them through it so as to improve

them. We have children with physical deficiencies, learning disabilities, challenging home environments and various stress levels (SEA level members). So what does this mean? Well in our 26 years of teaching, it means that the only person we compare each child to is to themselves. We look for the member to improve on their own ability and become better versions of themselves as Karatekas and as individuals, overcoming their own challenges. So in reality the greatest opponent one can face is his/her self. It's the only person that can decide how and where they go in Life. So our philosophy...ideology...is built on teaching individuals, training individuals not just to become better than the next person...but to always become better versions of themselves everyday by competing with themselves and comparing themselves to their past self.

*"Comparison
is the thief of
Joy"*

Theodore Roosevelt

DISCIPLINE...

Pass the Sugar...Please

On the onset most parents when they bring their child to join our class they do not know what to expect. They sit and watch and assess. In a mere six months many have become experts in field of karate. They can identify the good students, the average students and the bad ones. They question the ranks...how the level of competence varies in the same rank. They question when students pass their exam...the quality of their performance. I like here they say...it's easy.

Ironically all this is said from sitting on the side lines...formulating opinions from coming to class and watching. This brings to mind a Zen saying..."how can you explain the taste sugar to someone who does not know what sweet is?" Only the experience of tasting it, can help someone understand.

As such Karate do is not understood through books, idle chatter from persons claiming to have exposure to some form of martial art or even the person who sits and watches the class week after week. The only way to understand Karate do is to get on the floor and train. Sooner than you think, you will realize the difficulty and challenges that will unfold and when you do not overcome them they continue to hinder your growth. You will see that your own limitations are your enemies...they keep you from progress. You will realize that karate reveals fears and uneasiness and to move forward you must face them. This is what a training karateka faces on the dojo floor.

Real growth occurs whenever you see a karateka overcome one of those difficulties, surpass their perceived limitation or simply conquer their fears. How is real growth noticed, well not everyone sees it really. You have to be a part of it if you want to see it. You have to understand what is demanded and not in the mind but through you own experience. You have to be on spot to help that beginner who is crying and afraid to come on the floor and then a few months later they are doing a kata among his peers...all smiles. How about the student who seem physically incapable and is self-aware. Then they suddenly push that "false" consciousness aside and try their best to perfect their own technique. Oh and better yet that child who comes from a home with various challenges ...but still manages a smile, enjoys their training and improves his social skills.

So next time some of you want to assess what we do...there is no better way than getting on the floor and train. By doing that...you would have overcome your first challenge...you would have understood the taste of sugar.



國際松濤館

Karate

"Karate begins and ends with respect"



CALL: 704-1045

OR

EMAIL: skifkanazawagrouptt@gmail.com

FOR DETAILS

**CALL NOW
&
JOIN TODAY
COME AN
EXPERIENCE
THE BENEFIT S OF
SHOTOKAN
KARATE-DO
FROM ONE OF THE
LEADING
ORGANIZATIONS**

What is the SRI CHINMOY ONENESS-HOME PEACE RUN

The Sri Chinmoy Oneness-Home Peace Run is a global torch relay that embodies humanity's universal aspiration for peace. Since its inception in 1987 the Run has traversed over 150 nations and territories and touched the lives of millions of people. We estimate since 1987 the torch has been carried over 395,000 miles (632,000 km). The Peace Run does not seek to raise money or highlight any political cause, but simply strives to create goodwill among peoples of all nations. By passing the torch from one person to the next, the relay offers people from many nations the opportunity to express their hopes and dreams for a better, brighter future.

People from all walks of life hold the symbolic torch to wish for a peaceful world. Passing the torch from one person to the next unites us together in our common aspiration to offer something positive to our world – together we can make a difference!

The Sri Chinmoy Oneness-Home Peace Run Inc., is a 501(c)(3) non-profit entity incorporated in the State of New York. We are funded through a combination of financial donations, grants and in-kind donations. The New York office is the global headquarters and cooperates with and supports the activities of independently organized events around the world Sri Chinmoy devoted his life to the pursuit of harmony and oneness between people and between different cultures. He dynamically pursued this vision through the arts, athletics and humanitarian service. He was always a strong advocate for the role of sports as a powerful instrument for promoting global harmony.

During his lifetime, Sri Chinmoy was internationally recognized for his numerous initiatives that have united people from many cultures and walks of life to work for a more fulfilling world. As an athlete, philosopher, artist and poet, Sri Chinmoy dedicated his life to advancing the ideals of world peace and oneness.



In 1987 he founded the Oneness-Home Peace Run as a way to bring people together in a global yet grassroots event. Since its inception the Run has traversed over 140 nations and touched the lives of millions of people. Known between 2005 and 2013 as the World Harmony Run, the Peace Run does not seek to raise money or highlight any political cause, rather, the Peace Run provides an opportunity for people to give expression to their own hopes and dreams for a more peaceful and harmonious world.

People from all walks of life hold the symbolic torch to wish for a better, brighter future. Passing the torch from one person to the next unites us in our common aspiration to offer something positive to our

world – together we can make a difference! In July 2005 Sri Chinmoy commented "World harmony, world peace: these are not mere dictionary words. These are realities, divine realities and supreme realities."

"May the flames of peace-torch...Kindle and awaken...Each and every world-citizen." Sri Chinmoy

IMPORTANT NEWS UPDATES

As a reminder, Karatekas as of 2019 our Annual Membership fee has been adjusted.

These fees become due in January 2020 and the deadline for payment is March 01,2020.

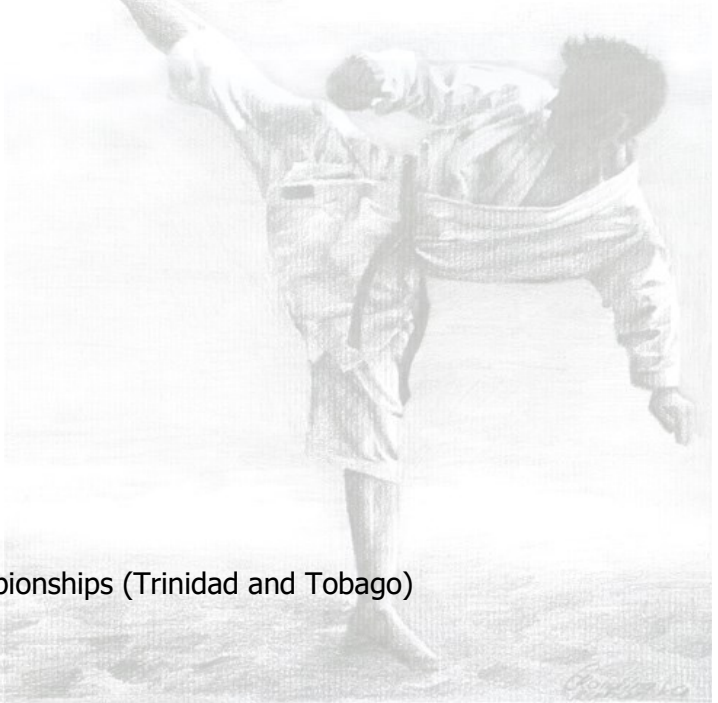
We will be introducing a seminar before each grading to keep in line with international practice.

Gradings will be held every three months. However grading is **NOT** an entitlement. Based on International practice the following will be implemented for approval to grade:

- Attendance
- Technical Competence
- Monthly Fees current
- Grading Fees paid
- Annual Membership Fees Paid

OUR MAIN ACTIVITIES FOR 2019

- ~~SKIF Instructor Training (Japan)~~
- ~~SKIF 13th World Championships (Czech Republic)~~
- SKIF International Camp (Venezuela)
- SKIF KG TT International Camp and National Championships (Trinidad and Tobago)



**HAVING A BLACK
BELT MEANS
NOTHING IF YOU
DON'T CONDUCT
YOURSELF AS A
BLACK BELT.**

**BE COURTEOUS.
SHOW RESPECT.
MOTIVATE.
INSPIRE.**





**THANK
YOU**

- Sensei Celeste Nottingham
- Sempai Atisha Delpesche
- Ms. Ronha Chin
- Ms. Renaud
- Ms. Paul
- Ms. Marcel
- TCM
- Republic Bank
-

OSS!



HELP PROMOTE SKIF KG TT

INVITE YOUR FRIENDS AND FAMILY TO TRY KARATE WITH SKIF KG TT. ENCOURAGE THEM TO BECOME PART OF THE SKIF KG TT KARATE FAMILY.

FEEL FREE TO SHARE OUR CONTACT INFO:

- EMAIL: skifkanazawagrouptt@gmail.com
- MOBILE: 376-6534/704-1045



WE NEED YOUR SUPPORT!!

TO ALL MEMEBRS, PARENTS AND SUPPORTERS,

The period 2019 to 2021 is projected to be an eventful period in our operations. The main events we have planned for this period are as follows:

2019

- ~~SKIF Instructor Training (Japan)~~
- ~~SKIF 13th World Championships (Czech Republic)~~
- SKIF KG TT 11th National Championships– General Membership

2020

- SKIF Instructor Training (Tokyo Japan)
- SKIF 10th Pan American Championships (Cancun Mexico)

2021

- SKIF 1st Caribbean Championships (Trinidad and Tobago)

WE ARE LOOKING TO PARTNER WITH OUR MEMBERSHIP, PARENTS AND SUPPORTERS TO ASSIST US IN MEETING OUR OBJECTIVES. IT IS OUR HOPE THAT WE WILL BE ABLE TO SECURE SUPPORT IN ALL AREAS:

FUND RAISING, VENUE ACCESS, EQUIPMENT, TEAM MANAGEMENT, DONATIONS, SPONSORSHIP, INVESTMENTS, EVENT PLANNING, CONSULTATIONS...ETC.

IN ADDITION WE ARE CURRENTLY SELLING ADVERTISING SPOTS IN OUR MAGAZINE AS A MEANS OF GENERATING FUNDING AND SPONSORSHIP FOR OUR PROJECTS FOR THE NEXT 3 YEARS.

ANYONE WANTING TO ASSIST THE ORGANIZATION IN ANYWAY CAN CONTACT THE FOLLOWING:

- SENSEI CELESTE NOTTINGHAM– 376-6534
- SENSEI IAN SAMMY-704-1045

The last time *Heijo Shin* delved into the world of sports karate, it was to compare the differences between tradition and sport, as well as to highlight the fact that the shiny new Olympic version of the martial art is slowly creeping into traditional waters and taking over, like an errant oil spill.

Seriously though, we have previously discussed the conflict of interest that exists between both interpretations of karate in two previous articles. The feature that kicked off this "K on the Way" series was written by none other than Sensei Ian, where he swiftly laid down the cards on why the traditional aspect of karate-do matters.



In today's feature it is more of the same I fear, but this time I'd like to go deeper into the sports karate machine, particularly our local governing body, and how much they are falling short in pushing the art as far as it could go.

But before we go there, let's paint a quick picture for the uninitiated what the Trinidad and Tobago Karate Union (TTKU) is all about where the art of empty hands is concerned.

The TTKU has made a habit of bastardizing the art for just about a decade now. In the pursuit of promoting karate as a pure sport, they have pushed athletes into the black belt arena long before they are ready. In the golden years, only black belts were allowed to compete, or demonstrate anything. Times have changed obviously, but that rule has still been an understanding, even in the sports world. In both Olympic judo and taekwondo, competitors must all be black belts.

On the local scene, if you look close enough, you would see brown belts competing at the black belt level, or purple, or green. Rank doesn't matter; it's just red versus blue. The national kumite team members have been littered with lower ranks over the years.

But now it's happening in kata too. Imagine an orange belt doing the kata Unsu. Sounds crazy right? Not in the local sports karate world. And speaking of crazy, the way how coaches, competitors and parents conduct themselves during competition is a bit crazy. Everyone wants to win all the the time in every competition - an impossible task.



And the results reflect just that, especially when the national team competes overseas. The recent Caribbean Championships in the Dominican Republic yielded just six medals, none of which were gold, and a seventh-place finish overall in the medal table. Three years ago, when T&T hosted the same event, the national team finished third overall with 44 medals.

It's safe to say things aren't looking too good for T&T's hopes to send a "karate athlete" to the Olympics next year.

How does this get fixed? The current structure has to be torn down and reconfigured. Let's segue into some recent good news for our leading instructors in the region Kyoshi Alejandro Castro. You may remember Kyoshi from his last visit to our shores in November alongside his mentor Ishikawa Hiroshi Hanshi.

THE K HAS ARRIVED...con't

Recently his former student Luis Manuel Plumacher was appointed coach of the Canadian national karate team, news that he was excited to announce on social media. Appointing a foreign coach is nothing new in the sports world. Swedish coach Pia Sundhage is currently the coach of the Brazilian national women's football team. She is possibly the first foreigner to coach a Brazilian football team of any level, but she also helped the current World Champions the United States, to win two Olympic Gold medals in 2008 and 2012.



But that's international football Sean, why don't you keep it more local? I agree. Keshorn Walcott (*yes that Keshorn*), has trained under the tutelage of Cuban Ismael Lopez Mastrapa for years. George Bovell III has trained in the US for years at the highest level. The coach that took us to our World Cup debut in 2006 was a Dutchman.

You get the point I hope, but in case you haven't just as yet, the point is that T&T karate is desperately in need of a neutral influence. Someone who has no affiliation to any local club, and will choose athletes on merit. It won't be a viable long-term solution, but it is almost guaranteed to bring better results. Take for instance the meteoric improvement of the national cycling team in the last 24 months since Erin Hartwell came back in the driver's seat for a second stint in charge of national cycling.

Meanwhile, local traditional clubs may finally feel as if they could work uninterrupted with their students and start back to provide the best possible candidates for karate competition, while continuing to develop their students in the way of karate.

Ease is a Greater Threat to Progress than Hardship – Denzel Washington

THE WAY OF KARATE- A TREE NAMED OSS!



One day Hanshi was driving across a desert. He stopped when he saw a lone tree on the road side...in fact it was the only tree around in the desert . This desert was 200 miles from the closest town. Hanshi placed his hand on the tree and he went on to say that this tree is like the **"Spirit of Shotokan Karate"**.

Why? Well because there were no other trees in the desert, and this lone tree though was persevering through all hardships...but managing, not only to survive but to grow. Pushing each day...despite the harsh environment around.

Hanshi then symbolically named the tree **OSS!** He stressed the analogy that as shotokan karatekas must be able to weather the hardships of life that may come our way, we must persevere through our training so as to continue to grow and develop. He then took a bottle of water and pour it



on the tree...he then invited a student of his to do the same.



國際松濤館



KARATE

SKIF KANAZAWA GROUP TRINIDAD & TOBAGO

國際松濤館空手道連盟

**AUTHENTIC JAPANESE SHOTOKAN
KARATE-DO**

COMES TO

BARATARIA

BENEFITS OF PRACTISING SHOTOKAN KARATE-DO

- IMPROVED SELF DISCIPLINE
- IMPROVED SELF CONFIDENCE
- BUILDS CHARACTER
- RESPECT
- GOAL SETTING AND ACHIEVEMENT
- LEARNING SELF DEFENCE SKILLS

INSTRUCTORS

HEAD INSTRUCTOR: Sensei Celeste Nottingham

SENIOR INSTRUCTORS: Sensei Rebecca Mohammed

CONTACT INFORMATION

HEAD INSTRUCTOR: Sensei Celeste Nottingham
PHONE: 376-6534
EMAIL: celestialsensei@yahoo.com

SENIOR INSTRUCTORS

- Sensei Rebecca Mohammed: 492-3570

CALL NOW TO FIND OUT ABOUT CLASSES



AS GOOD AS IT GETS— By Sean Taylor

So you've made the big step. You're going to start your first karate class. Congratulations! But what do you know about karate-do? Wait, it's called karate-do now? I shouldn't it just be karate? No worries, both names are indeed correct; so relax, kick back, and start the scrolling, because there is a lot more to karate-do than what you may see from the outside.



There are some things you should probably know before you join. Like the typical karate or martial arts school for that matter, will tell you that they only train the next potential national champion, or that self-defence can be mastered after a two-year class, or that their method is street-tested. Or that they're the best.

Well, here at SKIF KG TT (Shotokan Karate-do International Federation Trinidad and Tobago) we're the best; but definitely not for the reasons listed in the paragraph above. We're the best because we offer something more. We go deeper than the traditional, or rather modern approach to the martial arts school. We go deeper not only into what makes a school of karate-do run, not just students with well-developed karate skills, but also developing individuals who are well-rounded and are of

good character. This is what we do!

For instance, look no further than our black belts for an example of our pedigree.

When you step into our Hombu dojo (headquarters), you will be greeted by our administrative team comprising two members; Sensei Jennifer De Silva, and Sempai Talisa Thompson. Both are young, capable, and are focused on settling you into our organisation as a parent or beginning student, so that when either you or your child steps out on the tatami for the first time in their gi, you would have had the most comfortable orientation, and will be ready to invest in your karate-do training through sweat.

Sensei De Silva has been at it for almost eighteen years, and forms a crucial part of the SKIF engine room. Her professional life also rivals her accomplishments in karate, which includes her promotion to sandan, or third-degree black belt, as well as a competitive career which has seen her travel to both Japan and Panama to represent her country at the SKIF World Championships, and Pan American Championships respectively.

Off the floor, she's also the chief administrator at our club, facilitating registration for class, tournaments and seminars with equal measure. At our recent Curry-Que fundraiser, she would have been the smiling face at the distribution point, handing you your well-prepared meal.

On the floor, you have another Sensei, Keiron Renaud, who is a familiar face at the club. As a matter of fact, his is one of the oldest faces at the club, as he was the first student to walk through the door when the La Joya Dojo was established in 1997. Twenty-two years later, he is now also a sandan, and is running his own business.

Both Sempai Andrew Rivaux, and Stephon Mar, are some of the most relatable faces you'd see at SKIF KG TT. In Rivaux's case, he's a ball of energy which he transfers to his students in every class. Mar, more easy-going in his approach, is one of the best in the business when it comes to making your child as comfortable as possible in their first six months at our school. And though he's a black belt, he's also a sensei in fixing electronics; name anything with more than 20 moving parts and a motor, he probably can, and already has fixed it before.

The Hosten siblings are both new to the black belt life, and they are learning quickly. Maria, the older of the two, is adapting to life in the instructor programme, and has just finished her Bachelors degree, while her brother Gabriel who works with youths at their hometown church, has already expressed his desire to one day become an instructor.



AS GOOD AS IT GETS... CONT

Overseas Chelsea Clarke isn't a black-belt face you may know yet for couple years, as she is in college, but along with Hosten (M) designed our latest website two months ago. Clarke believes that karate has given her the tools overcome her life's trials, and she has been living her life with her head up ever since she received her black belt in 2017.

From the Barataria wing of the organisation, Tyler Neptune is still creeping into his late teens, and yet has displayed the maturity that being a black belt requires. It doesn't come as a surprise that he was recently promoted to sensei, as in his personal life he takes leadership roles in all his peer groups. Neptune wouldn't have become Barataria dojo's standout student it wasn't for the years of guidance under one of his instructors of the dojo, Rebecca Mohammed.

Mohammed recently finished her Master's degree in Business at the University of the West Indies, translates and teaches Spanish in her free time, is a multiple-time SKIF national kata champion, and is a SKIF World Championships quarterfinalist in kata. At Barataria, she is helping to shape the group of young black belts not just through her leadership, but also her experience as a karateka. So our black belt roster is stacked. But I know what you're thinking, and I haven't forgotten. What about the main Sensei?

Both Sensei Celeste Nottingham, and Ian Sammy, have extensive professional profiles, which I'm sure they would be willing to divulge with you if you asked them, but their humanity is what will always stand out for you. One of the warmest faces as a parent stepping in on a Wednesday afternoon at La Joya you will ever meet will be Sensei Ian's. Sensei Celeste isn't far behind, as both instructors embody the true essence of karate-do which is to develop good character through hard training.

Together, they have steered the organisation for the last ten years past choppy waters, and continue to steer us towards a hopeful future. A future that we hope you and your family will be a part of. That's what we do. That's what we are about. We're not just limited to the whole "self-defence and win-trophy" mantra, we invest in human potential and our black belts are a testament to that potential being fulfilled.

This is what we do!



OSS SENSEI- Visit from a Shito-ryu Instructor– by Sean Taylor

The Shotokan Karate-do International Federation Kanazawa Group Trinidad and Tobago (SKIF KG-TT) conducted a cross-training exercise in kata (forms) on Wednesday evening featuring Sensei Marisa Sydney (5th dan) at their La Joya headquarters.

The session, which featured the kata (training form) Seienchin, forms an essential part of their current training programme, where elements from other karate systems will be used to help strengthen the technical base of the organization's training programme.

Sydney, whose father, Hanshi Anthony Sydney and heads the Goshindo Karate dojo, currently resides in the United States, and is currently a Pan American Karate Federation (PKF) licensed referee, with a wealth of experience as a referee and as a competitor. The session was reserved for advanced ranks and included black belts ranging from first to fifth-degree ranks.



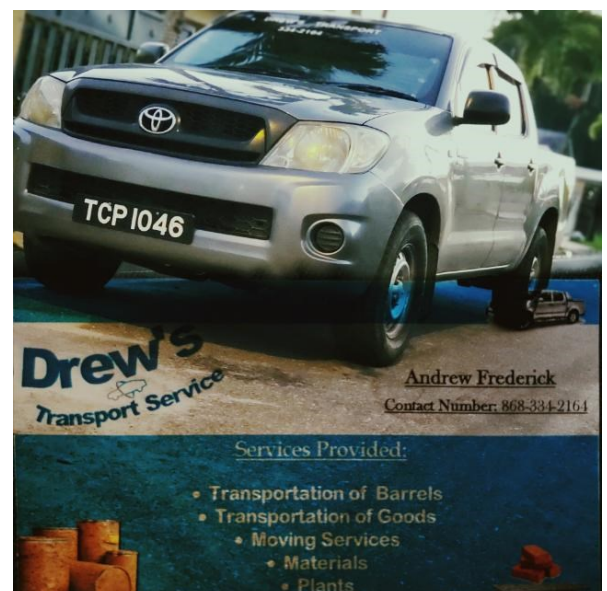
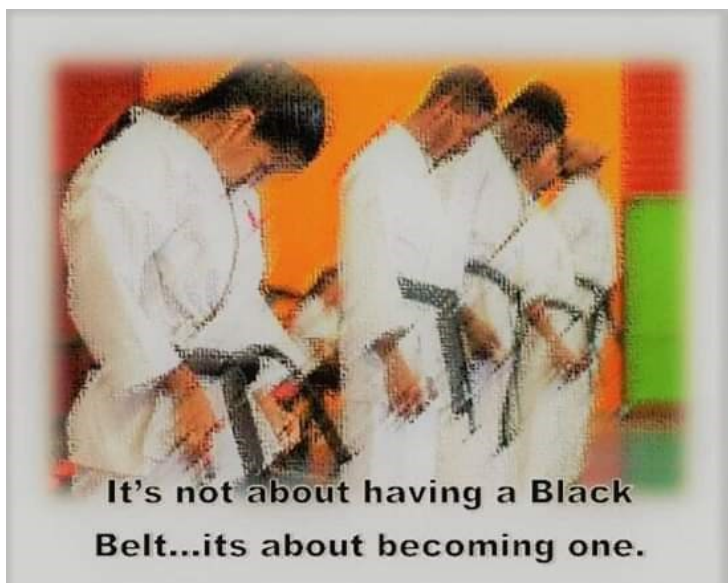
Seienchin is an advanced kata from the Shito-ryu style of karate, which is one of the four major systems recognized in the Olympic Karate body (World Karate Federation).

SKIF KG-TT is currently preparing for next year's SKIF Pan American Championships, which will be hosted in Cancún, Mexico and has five major dojo in the country, including in Barataria, Arima, Brazil, St James and their headquarters in St Joseph.

TIME MACHINE



**CAN YOU GUESS
WHO?**



TRIBUTES

Hello, everyone. My name is Jose Fortune and today I'm going to take a few minutes to tell you all how karate has impacted my life. Everyone will have their own unique story about what originally led to them first stepping foot into a dojo, but regardless of how different everyone's stories may be, the one thing that is for certain is that whoever you are, if you put in the time, hard work, and dedication in and out of the dojo walls, you will benefit in ways that you may have never imagined. I will share with you my story.

My journey with karate started in 1998. I was eight years old and had recently moved back to Trinidad from Miami, Florida. Compared to schools in the United States, Trinidad is, a different animal to say the least. Being the new kid in school, with an American accent to go along with it...let's just say it wasn't the easiest transition for me. On the first day of school, I got roughed up a good bit. I didn't know how to defend myself, I didn't know how to respond...it was a wake up call that life is not all cartoons and ice-cream, you know?

So that evening my mother came home from work and I begged for us to move back to Miami. I didn't want to have to go back to that school tomorrow. As a child you might not realize but...moves are not that easy to make. So my mother told me that this was not an option. My grandmother who was home at the time, said that she had heard of a karate school not too far from here. So my mother walked me down to the karate school in La Joya, and that's where I met Sensei Ian Sammy for the first time. After hearing what happened in school earlier that day, Sensei Ian Sammy placed someone else in charge of teaching the class that night, and spent the majority of time with me, one on one in the back of the dojo. Sensei made sure that by the end of class that day, I was prepared to return to school the following day.



The next day at school was a very fun day, for me at least. This is where karate paid its first dividends. Unfortunately, we live in a world where if people believe that they can physically bully you, they seem to never truly respect you 100%. Although it is sad this is the way things are the majority of the time, we have to acknowledge these things and put ourselves in a position to be prepared for these situations when they arise. Karate has surely done this for me. I'm not saying that if you take karate classes you will never be able to be beaten, but I am saying that you will not be an easy target. This makes all the difference. But I want to shed light on the fact that karate brings much more than what can be seen on the surface. Of course self defense is the main idea that people have when they think of karate, but deeper than this superficial level, karate also teaches discipline and humility. I can tell you first hand that when you learn karate at a young age, it's easy to start feeling you bad. You know? "Who could beat meh?!" Haha. But this opens the door for another valuable lesson that karate has to offer. I am grateful to have learned under a Sensei who truly cares about his students entirely, and is willing to teach them lessons that they may not want to learn at the point in time. I remember getting in trouble in



school, talking back to my mother...and one day Sensei had heard enough. That day in the dojo, Sensei decided that today, "You will learn you not bad." He put me in the middle of the floor and had me spar with each of the guys in the dojo one by one. And of course, being young and prideful, I wanted to show Sensei that I could fight everyone. But...things don't always work out the way you plan. At the end of the string of fights, Sensei was the last man up. I learned that day that I wasn't bad. Afterwards he told me that he did not want to hear about any disrespect towards my mother, or any trouble in school again. I received the humility lesson on this night.

I can probably speak for hours about how much karate has impacted my life, but I will close off with one of



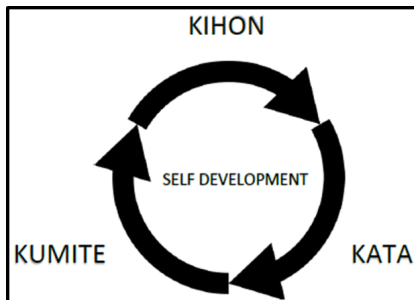
the greatest ways that I have benefited from karate. This lesson is to never give up. Years of going in and out of that dojo has taught me the value of discipline and determination. It taught me that there is no shortcut. If you want to be faster, you can be faster. If you want to be stronger, you can be stronger. You can achieve anything you set your mind to as long as you're willing to put in the work and believe in yourself. Sensei Ian not only teaches karate, he breeds life champions. I remember one tournament in particular. There were many more fighters than usual. Good fighters. I remember that by the time I made it to the final fight for silver or gold, I was completely exhausted. This fight felt like it was never ending. I remember contemplating giving up in the ring, and allowing the other competitor to take the gold. But you know...I really could not bring myself to do this. Although it felt like I was about to vomit, and it felt like I had no energy left in me, we don't learn to give up in our dojo. We don't know how to

give up. That's not the way we represent the club. I will always remember that very moment during that fight, when I decided that I will pass out and die on this floor before I give up. This lesson is one that I have applied to life over and over again. To believe in myself. To set goals and never settle for less. To never give up. Karate will have a special place in everyone's life if they only willing to give it their 100%. And I would not trade the Sensei that I shared this journey with for any other. So...thank you for listening and I hope that everyone who is considering to join a dojo is benefited as much as I have been.

MAY THE FORCE OF KARATE BE WITH YOU- by Ian Sammy

As with most things in life Karate-do also has the duality of good and bad. Just as we can use the internet, social media and simply just information for good or bad, karate also carries this weight on its shoulders.

Most karatekas when they start their training, they are told of some of karate's core values such as becoming a person of character, having loyalty, commitment, respect and becoming a person of peace. In their training they learn physical techniques, techniques that are deadly but in learning these outwardly obvious lethal skills, they are also developing the values that karate stands for. It goes hand in hand as they say, the philosophy that without these values, there is no karate stands true. Karate has many methods that it employs to help a practitioner accomplish karate's ultimate aim...and that is to continue to polish one character so as to become a better human being day by day. Ki-



hron (basics) is the first introduction, then Kata (forms) and lastly Kumite (sparring) were the tools used to enhance physical skill but it was also used to polish one own being. Kumite was divided up into two main areas, with off shoots, but they were basically Dojo sparring and Competition sparring. Since its development and refinement, Karate was used to art from to strengthen society through the exposure to young persons. It was felt that through karate, persons would become beacons for justice, honesty, integrity, defenders of the path of truth and valuable members of society...sort of Jedi like qualities.



Fast forward to 2019, now with the World Karate Federation promotion especially in the last 15 years or so of "sport karate", creating the illusion that this as a result of Karate's evolution, many karatekas first introduction to karate is strictly competition. They claim that this will greatly attract many more persons to the "art form" but in fact what is happening is that person are now joining for the sporting aspect and not for the more austere and idealistic reasons. These persons have pull out one aspect of karate's ideology, competi-

MAY THE FORCE OF KARATE BE WITH YOU- by Ian Sammy

tion or we can say sport and made that the basis of their practice.

The objectives of the Karateka of the 21st century is one of personal outward achievement. Instead of pursuing the deep attributes on which the art was built on, they now pursue medals, world championships and glory. The very traits that a Traditional Karateka was training to avoid, are the traits that the Karateka of today exemplifies. Training on the dojo floor to polish one's character, build respect, honor and discipline will become a thing of the past. It is not the say the with event of sport karate there was not the best intentions for the art form but now they have pulled out one aspect of Karate which is competition and promote it entirely as this is karate truly is concerning. The tag line "the K is on the Way" denotes that this now is karate.



In Trinidad and Tobago we have seen the effects of this, such as 20 years friendships broken, lack of respect to senior instructors' people who have committed their lives to this, lack of loyalty, disrespected even from Instructor to Instructor or Instructor to student. The karate world is fractured. But this is not end for karate as we know it. Helping the next generation of karatekas understand and remind them of Karate's real legacy, teaching them that "sport karate" has only one agenda but the karate's agenda is more honorable. Sport

karate can bring a dark side of the art form to the front but with the focus on Karate's real purpose one can have balance and become a true and prime exemplar of this principled art.

SHOTOKAN KARATE-DO INTERNATIONAL FEDERATION KANAZAWA GROUP TRINIDAD AND TOBAGO

國際松濤館空手道連盟

KARATE

Focus Energize Effort Determination Success



COMMAND WORKING
DOGS

CANINE TRAINING CENTER

SPECIALIZES IN
OBEDIENCE AND PROTECTION

DIRECTOR



645-3883 VET CLINIC

PHOTO GALLERY

SHOTOKAN KARATE-DO







ABOUT

SHOTOKAN KARATE-DO AND THE SHOTOKAN KARATE-DO INTERNATIONAL FEDERATION (SKIF)

The formal systemization of karate and its introduction to the Japanese, newly termed Karate-do, is wholly credited to Gichin Funakoshi, a school teacher from Okinawa. He is considered the founding father of present-day karate.

The name Shotokan means "Shoto's Hall (Shoto was the pen name used by Funakoshi and Kan means hall). Initially it was the name given to the building (dojo) where Funakoshi taught karate, but as time went by Shotokan was used to describe the type of Karate that Funakoshi taught.

It places a great importance on kata training and the use of low stances. Shotokan also fosters a strong, determined attitude. The techniques employed are well suited to competition, because they are essentially strong and vigorous.

In 1957 an association called the Japan Karate Association (JKA) was formed, with Masatoshi Nakayama, one of Funakoshi's best students, as chief instructor. The JKA is largely responsible for the world-wide promotion of Shotokan Karate and its supporting elements. In 1977, the legendary Hirokazu Kanazawa a student of Nakayama and Funakoshi, parted from the parent body, JKA and formed the Shotokan Karate International Federation (SKIF). They were unwilling to continue with the promotion of a primarily sport-oriented form, and reassessed their aims to include a karate practice that would foster and develop the budo spirit. Since their for-



mation SKIF has grown into the largest Shotokan Organization in the world, with over 3 million members in 102 countries.

Today the Shotokan that is taught at SKIF has grown and has become uniquely a style that developed from the innovations, skill and experience of Kancho Hirokazu Kanazawa himself.

SKIF KG-TT has its affiliation to the Shotokan Karate International Federation (SKIF). We aspire to pass on to our members, Shotokan karate-do as is practiced by SKIF. To accomplish this we participate in local seminars, conduct gradings, participate in competition both locally and internationally and we host foreign instructors every year.



ABOUT SKIF KG-TT

The SKIF Kanazawa Group Trinidad & Tobago is a traditional Shotokan Karate-do organization based in Trinidad and Tobago. SKIF KG-TT is managed by a group of highly qualified black belts all of whom has trained under renowned masters such as Shihan Nakayama, Shihan Okazaki, Shihan Kanazawa, Shihan Miura, Shihan Dozono, Sensei Ichikawa, Sensei M. Murakami, Sensei Tanaka, Sensei Yaguchi, Sensei Mikami and Sensei Koyama.

It is SKIF KG-TT vision to promote karate-do as a form of budo (Japanese Martial Art) that can enhance the lives of its members by improving their mental and physical abilities. SKIF KG-TT brings with it a rich and diverse wealth of experience that spans 165 years amongst the instructors.



ABOUT SENSEI IAN SAMMY

Sensei Sammy first started practicing karate in 1987, at the Arima Branch of the Young Men Christian Association.

In 1991 Sensei Sammy was graded to first degree black belt by Sensei K. Dozono. In 2006, Sensei Ian Sammy travelled to Japan to participate in the 9th SKIF World Championship, while there he was graded to 4th degree black belt by Soke Hirokazu Kanazawa.

Sensei Ian Sammy started teaching Karate in 1992 and assisted Sensei Thomas Henry at the Dinsley Trincity branch. In 1997 Sensei Sammy opened his dojo at the La Joya Sporting Complex. He also conducts classes at two other locations, International School of Port Spain (together with Sensei Nottingham) and Bishops' Girls' High School / Trinity Boys' East.



SIGN UP TODAY!!

LA JOYA SPORTING COMPLEX

Phone: 704-1045

Email: ircsammy@yahoo.com



CLASS INFORMATION

VENUE

La Joya Sporting Complex

TIMES

Wednesday: 5:00 pm to 6:00 pm
6:00 pm to 7:00 pm
7:00 pm to 8:00 pm

Saturday: 12:30 pm to 2:30 pm

REQUIREMENTS

- Annual Registration
- Monthly Fee
- Uniform



KARATE-DO

SKIF KANAZAWA GROUP TRINIDAD AND TOBAGO



10TH NATIONAL KARATE-DO CHAMPIONSHIPS

**LA JOYA SPORTING
COMPLEX**



SATURDAY 02ND NOVEMBER 2019

9:00 am

KATA AND KUMITE COMPETITION

**CHANGING LIVES...
ONE PUNCH AT A TIME
BUILDING LIFE CHAMPIONS...
ONE KICK AT A TIME**



THE WAY OF THE TIGER— A *Rebecca Mohammed Interview*

Heijo Shin Magazine recently sat down with instructor and multiple SKIF KG TT national kata champion, Rebecca Mohammed, to hear her views from the trip and competition at the World Championships last July in the Czech Republic.

She went as far as the quarter-finals in the kata division, an admirable feat considering the level of competition she would have faced. Here are some of her thoughts about the experience.

Heijo Shin: Tell us about the overall experience going to the SKIF Worlds at the Czech Republic

Rebecca Mohammed: It was a fantastic experience going to a country like that... it's a very peaceful country, and it was amazing to see how many other people from across the world are a part of this organisation, and this discipline of karate. I think competing at the world level is really - it's kind of hard to explain - it left an impact on my mind; I can't get it out of my head.

Maybe too because it's so recent... maybe it was something that I had always hoped for - to compete at that level at a young age - so to be able to do it at this point in life was for me a really great experience. The competition level was really high. You could see the level of training that people from other countries put in to get the results that they want. Overall competing at the tournament it was just a wonderful enjoyable experience.

It was kind of nerve-wrecking at the same time, because there was a lot of pressure on you and the competitors are at such a high level, and coming from Trinidad and Tobago where we don't have as many resources as they do, or the fact that we also have full-time jobs and we have to go and train... but overall it was a really good experience for me.

HS: What was the biggest lesson learnt from the World Championships?

RM: The biggest thing that I took back from it is that we are capable of reaching their level, whether or not we come from a third-world country and they are from a developed country, we are capable.

Yes they are at a high level, but it's not to say that it cannot be achieved. They achieve it because they put in the work to get it. They train really hard, and some of their careers are dealing with karate alone. So putting so many hours and their involvement in the art, it allows them to get to that level, where as we having a full-time job, it affects us in that we are (more) tired (than they are) for training. But it's not to say that we aren't capable, or that we can't do it. It's just a matter of putting the work in, training hard, and setting our goals and going for it.

HJ: In competition in general, what goes through your mind when you're on the mat and about to compete?

RM: For this one in particular, I would say that I wasn't as prepared as before, because I was kind of out of the loop for a while where competition is concerned so mentally I was not as prepared as I would like to be... this is such an important thing to be mentally calm and prepared because it impacts you a lot more than you could ever imagine. For this tournament however, given all the challenges and the back-and-forth that we had going to compete initially... my mind switched off from competition.

For me, having been out of it for so long I just had to focus when I went on the mat. I had to think about what I needed to do and just remain calm within myself, I had to kind of breathe a certain way to get myself to be calm because it was so nerve-wrecking seeing some of these women go up before me, and seeing how good they were, and I think for me it's just a matter of calming myself through just thinking about what I have to do, and what my goal is; not just beating the competitor, but performing better than I've performed in the past.

HJ: How important was it for the club to participate in the Worlds?

RM: It was extremely important to compete at the Worlds, because SKIF KG TT turned ten years old this year. For the past ten years, we've been achieving different things little by little, making ties in the Pan American Federation, and bringing Hanshi (Ishikawa), and Kyoshi Alejandro, so we are more familiar with the Pan American region than we are with the European side of the federation. So to have an opportunity to go (to) this one was really important because everybody on this side (of the world) has an idea that Trinidad and Tobago exists. So going to this one now (Worlds) gave us the opportunity to leave a mark, or at least establish contact as competitors to go and represent Trinidad and Tobago, and for the flag to fly high, because if we weren't there, the people most likely wouldn't have known anything about us.

We were able to speak with Hanshi, and we were able to interact with Kancho Nobuaki Kanazawa and Sensei Murakami and some of the other top-of-the-line instructors. It was really important in terms of making people aware of the fact that we are part of this organisation.

THE WAY OF THE TIGER

HJ: Going into the future now, what potential does SKIF KG TT have?

RM: We have a lot of untapped potential. When I say untapped, I mean we have a lot of people in the club, a lot of young ones especially who have a lot of talent, and a lot of ability. It's just a matter of getting them to train more, and really allow them to extend themselves in a such a way that they reveal their ability to people around them.

We intend to carry a bigger team to the Pan Ams in 2020, and I'm hoping that we're able to carry a few of the young ones as well, because they have a lot of talent. They just need to believe in themselves, and we as instructors need to make them know that. I think it's a matter of structuring things and putting things in place to get the work done that we need to do, and doing that we will be able to get there.

Getting to know our Leadership Team

SENSEI KEIRON RENAUD

What is your full name? -Keiron Renaud

What is your profession? - Martial Arts Instructor & Entrepreneur

What year did you start Karate-do? - 1997

What is your current rank? I am a third dan

Why do you continue to train? - Why stop?

What do you prefer, Kihon, Kata or Kumite? I have no preference. Kihon allows my concentration of body to flourish. Kata allows my mind to open and focused and kumite keeps the fire inside alive.

What is your favourite quote? In all sincerity I cannot say I have favorite quote. Each day brings a new challenge, lesson and result...therefore I live and learn.

What is your favourite book? What I say when I talk to myself.

What is your philosophy for life? As we think...so we believe...What be believe...is who we become.

If you had to say one thing about yourself, what would it be? I was not put on this earth to live a mediocre life. I shall not accept anything less that better than best. I will not be denied what I deserve.





EFFORT PERSEVERANCE ACHIEVEMENT

"TOGETHER WE ARE A FAMILY"

SHOTOKAN KARATEDO INTERNATIONAL FEDERATION

KANAZAWA GROUP

TRINIDAD AND TOBAGO



10 Year Anniversary

2019





C3 COPY CENTRE
&
Stationery Supplies
65 Chin Chin Road, Cumupia
Telephone: 364-0189
Email: sales@c3copycentre.com

❖ Photocopying

❖ Laminating

❖ Book Binding

❖ Scanning

❖ Custom Printing

❖ Office Stationery

❖ Party and Gift Items

❖ Toys

❖ Computer & Printer Accessories

❖ School Supplies

❖ Art & Craft Items



To see some of our products
Like C3 Copy Centre on Facebook 

Opening Hours
Monday - Friday: 9am - 5pm
Saturdays: 9am - 1pm
(July 8th - September 2nd 2017)










Will it be easy? NOPE!
Worth it? ABSOLUTELY



*A black belt simply holds your gi in place.
Being a Black Belt is an attitude,
a state of mind, a way of life.*

*Anyone can buy a black belt.
It takes years of learning, sweat,
hard work, and introspection to create one.*

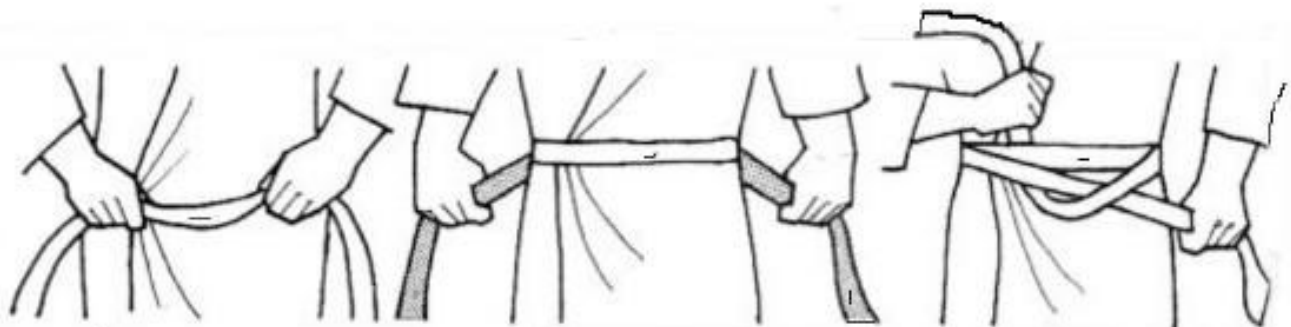
Tradition....has its Values!!



From left to right

Master Gichin Funakoshi, Master Masatoshi Nakayama, Soke Hirokazu Kanazawa, Kancho Nobuaki Kanazawa

How to tie your belt



1

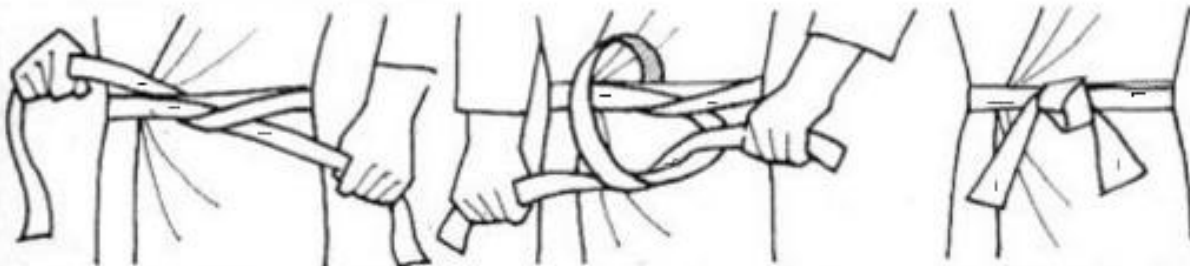
To tie the obi(belt), hold the centre of it on your belly button. Draw it around form the front

2

Pull it firmly across the front, pass both ends around the back and bring them to the front again.

3

Pass one end over the other and up between the body and the whole of the obi



4

Pull hard on bothe ends in an outward direction to ensure the obi is fitting tightly around the body.

5

Loop the right end back over and under the left end and pull both ends outward to form a reef-knot.

6

Arrange the ends of the obi neatly, adjust your jacket and your ready to go



LA JOYA KARATE-DO DOJO

22 Year Anniversary

2019

"22 YEARS AND CONTINUING TO PUSH TOWARDS EXCELLENCE AND SUCCESS"



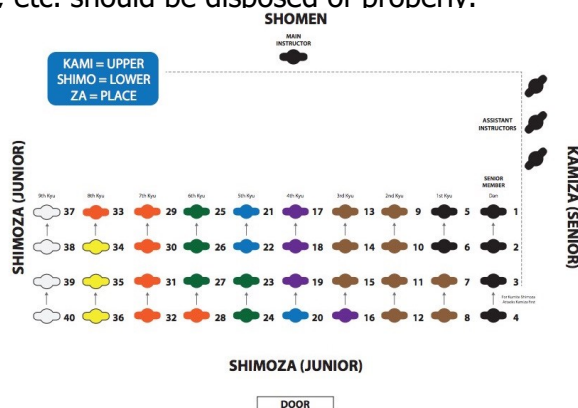
Important Points During Seminars (Training)

The following points apply not only to SKIF seminars, but also to regular training in the dojo.

Accordingly, every effort should be made to follow these points on a regular basis.

- Training should begin promptly at the designated start time.
- Lining up is a vital part of karate-do. Students should always maintain straight rows during training, not only during seminars with large numbers of participants, but also when training in the dojo. (Please See Diagram below)
- At seminars, although many students often try to line up in the front row, everyone should line up according to their rank (according to "dan" level, title, Sempai (senior) - Kohai (junior) relationship, etc.)
- When lining up and bowing at the start and end of training sessions, no one (observers, photographers, etc.) should be in the area in front of the instructors.
- When arriving late for training, upon entering the floor, first kneel (in "seiza" style), bow and wait. Once the instructor has granted permission to join the class, line up in the first open position in the rearmost row. After a break (brief rest) in the training, it is acceptable to line up according to one's rank. If it is necessary to leave early (before the scheduled end of the training session), permission should be obtained from the instructor in advance.
- For students who are unable to sit in "seiza" style due to bad knees or other reason, it is acceptable to stand and bow in the rearmost row.
- Depending on the layout of the dojo, the front-back orientation may change.
- As a general rule, photography and video recording is not permitted.
- At seminars, for official photography by the organiser, permission should be obtained from the instructor(s) in advance.
- Posting videos on YouTube, Facebook and other social network sites is not permitted.
- At seminars, please refrain from requesting instructors for autographs and photos during mid training rest periods. (Instructors also need the time to rest and make use of such opportunities to plan training menus for later in the day.)
- If you would like to take a photo with or receive the autograph of an instructor, please do so after the seminar has finished or during a time set aside by the organiser for such activities.
- During seminars, move quickly when lining up, when gathering to listen to technical explanations, and when returning to one's original position following such explanations.
- During seminars (and regular training), all rings, necklaces, bracelets, earrings and other jewellery should be removed.

For any gymnasium (or dojo) used for karate training, the aim should not be to simply return the venue in the same condition that it was found, but rather to return it cleaner than it was to begin with. In other words, all trash, plastic bottles, etc. should be disposed of properly.



Heian Katas Revealed– Heian Sandan



Heian Sandan , the third kata in the Shotokan system. This kata breaks the normal embusem as with Heian Shodan and Heian Nidan. Kiba dachi is introduced.

This kata though it seems simple, it is very difficult to perform. This kata is done at orange belt level.

Embusem



LIFE TAKES COURAGE. EVERY DAY WE HAVE OUR STRENGTH TESTED BY THE TRIALS AND TRIBULATIONS OF THE HUMAN EXISTENCE. AND SOME DAYS IT CAN REALLY JUST FEEL LIKE IT'S TOO MUCH. AND THE LAST THING YOU FEEL LIKE DOING IS FINDING COURAGE.

BUT LUCKILY, YOU DO NOT HAVE TO LOOK FAR, BECAUSE IT IS ALWAYS WITHIN YOU. EVEN ON THE DAYS WHEN YOU ARE CERTAIN IT ISN'T

ADVERTISEMENTS



PAUL TRIM

Air Condition Maintenance and Repairs

Maintenance and Repairs to all types of Home Air Condition Units

For Appointments call

Paul Trim

361-3329

WANT TO KEEP AN EYE ON YOUR HOME OR BUSINESS WHEN YOU ARE NOT AROUND?

DO YOU WANT TO FEEL SAFE IN YOUR HOME OR BUSINESS

INSTALL SURVEILLANCE CAMERAS....NOW!

CALL STEPHON MAR @ 325-7325

The way of Karate- *Seiza* (formal Japanese sitting)

The word *seiza* means literally "correct sitting", with knees together, back straight and buttocks resting on ankles. The Japanese have used *seiza* as long as they've had clothes that required a formal, modest seated posture- since well before reliably recorded history.

Through the early history of Japan, various ways of sitting were regarded as 'proper', such as sitting cross-legged, sitting with one knee raised, or sitting to the side. People's social circumstances, clothing styles, and the places where they sat naturally brought about their manners of sitting. The development, in the Muromachi period, of Japanese architecture in which the floors were completely covered with *tatami* (thick straw mats), combined with the strict formalities of the ruling warrior class for which this style of architecture was principally designed, heralded the adoption of the sitting posture known today as *seiza* as the respectful way to sit. However, it probably was not until around the years surrounding the turn of the 18th century (the Genroku to Kyōhō eras in Japanese history) that the Japanese generally adopted this manner of sitting in their everyday lives. In modern time, by the end of the 20th century, traditional-style tatami-floored rooms, and circumstances where one should sit 'properly' in this manner on the tatami/floor, became uncommon in Japan, consequently many Japanese are unaccustomed to sitting in *seiza*.



THE REAL MEANING OF REI (BOW) IN KARATE....

Karate-do begins with a bow and ends with a bow.

Rei (bow) is a formal procedure in karate-do that plays a significant role on the development of the karateka. Many times it is taken for granted and most of the time it is either done hurriedly or incorrectly. But as with all movements in karate-do there are principles behind the concept of rei...this is called setsu. To state it another way, setsu (principles) represent the proper etiquette for expressing rei.

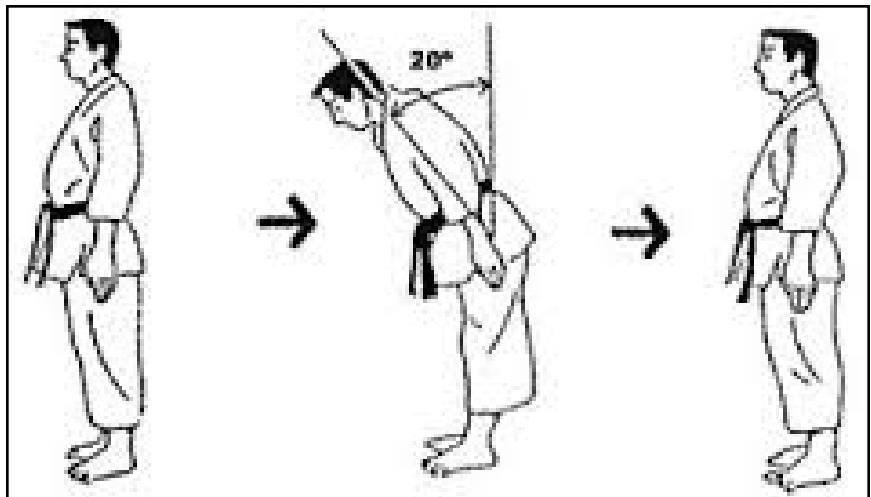


In karate-do when we interact with others, rei is a display of respect for the other person. This builds well balanced relationships in the dojo between karateka. Rei, however, is also not only reserved for the instructor, in fact it is the normal greeting that karateka display to each other.

So how to perform rei and why is it important to maintain how it is performed. Rei is a very simple procedure that must be done in a particular way. Doing it the way it must be done lets the person whom you are greeting know that you truly respect them and that you are taking the time to perform the greeting correctly. This formal procedure must be returned to the other person with the same feeling.

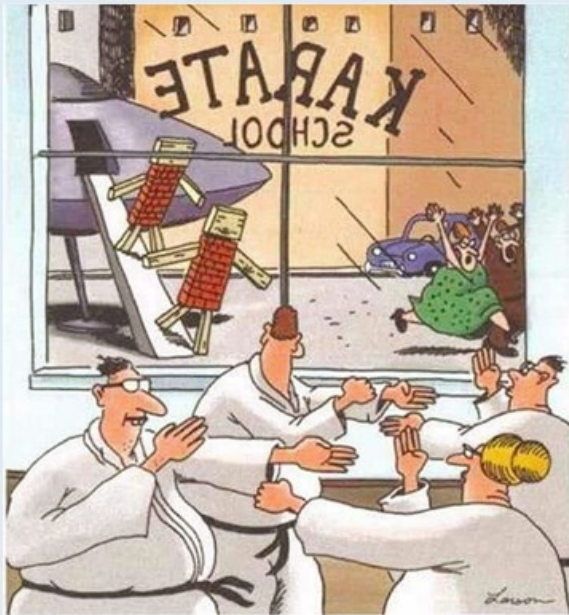
To perform rei you must first bring in your right foot to meet your left foot. Heels alone must be touching...toes apart. At the same time you perform this movement your hands must drop to your side, palms on the outside of your thighs (do not slap your hands against your thighs). At this point you bend at your waist at an angle of about 20 degrees and you say

OSS! (very sharply and from the pit of your stomach). You then straighten up hands still at your side, from this position you begin to shift your right foot back out into ready position, make sure that you cross your right hand over your left, pulling it to your hip and pushing them forward over the front of your thighs when returning to the ready position. Make sure that you perform one breath out (exhalation) when doing this movement.



As a karateka, rei is of utmost importance and it is one of the building blocks that develop the complete karateka.

JUS 4 KYX

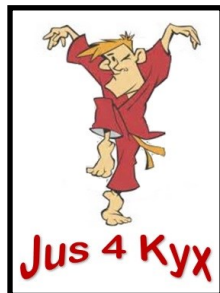
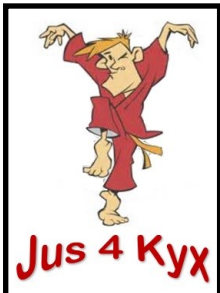


The class abruptly stopped practicing. Here was a chance to not only employ their skills, but also to save the entire town.

KARATE HUMOUR



myLife Without Jetpack



33 · Karate Kraze.



MaGnUs · script and lettering
Taibox · art and color



2012 · nojetpack.tk

KARATE QUOTES

"No matter how you may excel in the art of te, and in your scholastic endeavors, nothing is more important than your behavior and your humanity as observed in daily life." ~ Teijunsoku (Nago Oyakata)

MERCHANDISE

KARATE BELTS (OBI)



KARATE BELTS

ALL colors. Black Belts with kanji will cost more.

PRICE

- COLOURED: \$55.00
- BLACK: \$80.00

TORA SHIN GIS



LIGHT WEIGHT GIS

SIZE 0000 TO 0: \$300.00

SIZE 1 TO 3: \$350.00

SIZE 4 TO 7: \$400.00

HEAVY WEIGHT GIS PRICE GIVEN ON REQUEST

KUMITE MITTS



PRICES

SM: \$140.00

MED: \$140.00

LG: \$150.00

SKIF KG TT JERSEYS



PRICE

SM: \$60.00

MED: \$70.00

LG: \$80.00

THE FOLLOWING ITEMS WILL BECOME AVAILABLE IN 2017

SKIF CAPS AND GI PATCHES



PRICE:

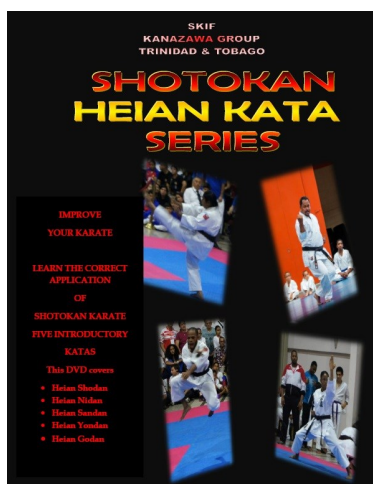
\$50.00



PRICE:

\$100.00

SKIF HEIAN KATA SERIES & SKIF KG-TT LA JOYA KARATE-DO DOJO PUBLICATIONS



PRICE:

\$100.00



PRICE

STUDENT BASIC
TECHNIQUE GUIDE:

\$60.00

CONTACT INFO

Mobile Number: 1-868-704-1045

Email: skifkanazawagrouptt@gmail.com

Facebook: Shotokan Karate-do International Federation
Kanazawa Group

SKIF KG-TT
HONBU DOJO
LA JOYA KARATE-DO DOJO

La Joya Karate-do Dojo
La Joya Sporting Complex
Eastern Credit Union
Eastern Main Road

PHONE : 1-868-704-1045
EMAIL: irsammy@yahoo.com

*SEEK PERFECTION
OF
CHARACTER*

CHECK US OUT ON FACEBOOK



SHOTOKAN KARATE-DO INTERNATIONAL FEDERATION KANAZAWA GROUP TRINIDAD AND TOBAGO SKIF KG-TT

Style
Founder

SHOTOKAN KARATE-DO
Mejin Gichin Funakoshi

INTERNATIONAL ORGANIZATION

Shotokan Karate-do International Federation (S.K.I.F.)

Founder of S.K.I.F.-	Soke Hirokazu Kanazawa
President of SKIF -	Kancho Nobuaki Kanazawa
Chief Instructor of SKIF -	Manabu Murakami
President and Technical Director of SKIF Latin America/ Caribbean-	Hanshi Hiroshi Ishikawa

DOJOS

Umi do Dojo	Sensei Celeste Nottingham
Providence Dojo	Sensei Celeste Nottingham
ISPS Dojo Sensei	Sensei Celeste Nottingham
Ghandi Dojo	Sensei Celeste Nottingham
El Socorro Dojo	Sensei Celeste Nottingham
Acono Dojo	Sensei Celeste Nottingham
Holy Rosary Dojo	Sensei Ian Sammy /Sensei Keiron Renaud
Arima Dojo	Sensei Ian Sammy /Sensei Keiron Renaud / Sempai Sean Taylor
Brazil Dojo	Sensei Keiron Renaud / Sempai Andrew Frederick
La Joya Dojo	Sensei Ian Sammy / Sensei Jennifer De Silva/ Sensei Keiron Renaud
St Joseph Girls' RC Dojo	Sensei Ian Sammy /Sempai Andrew Frederick
Malabar Government	Sensei Ian Sammy/ Sempai Sean Taylor

Shotokan Dojo Kun

Hitotsu - Jinkaku kansei ni tsutomeru koto
First - Seek perfection of character

Hitotsu - Makoto no michi o mamoru koto
First - Be faithful

Hitotsu - Doryoku no seishin o yashinau koto
First - Endeavour

Hitotsu - Reigi o omonzuru koto
First - Respect others

Hitotsu - Kekki no yuu o imashimuru koto
First - Refrain from violent behavior

一、人格完成に努むること
一、誠の道を守ること
一、努力の精神を養うこと
一、礼儀を重んずること
一、血氣の勇を戒むること