

SKIF Kanazawa Group Trinidad & Tobago

OKAN KARATE-DO INTERNATIONAL

Heijo Shin

國際
柔道

NOVEMBER 2018

"Karate begins and ends with courtesy"



SKIF KG TT INTERNATIONAL SEMINAR 2018

Happy Birthday Sensei Alejandro!!





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

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HEIJO SHIN

COVER STORY

Our cover in this edition talks about the historic visit by two internationally known and respected Instructors. Hanshi Hiroshi Ishikawa and Kyoshi Alejandro Castro. It was the first time these instructors visited our shores together since 2004.

—by Sean Taylor

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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.

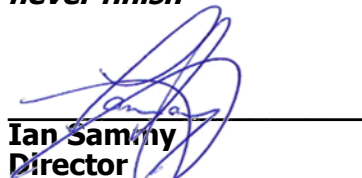
Over the years we have seen our students achieve success in many aspects of their lives, be it in school, their jobs or even general relationships (friends, family, parents etc.). Our goal, to strengthen positive values in our members so that they can become valued and contributors to our society.

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

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平常心

EDITORIAL

Welcome back, Heijo Shin readers! On the behalf of the Shotokan Karate-do International Federation Kanazawa Group Trinidad and Tobago, I have to say it is a pleasure to still have you all turning our pages, and eagerly awaiting for our news and updates. We definitely have a lot in store for you once again.



Last year posed a few challenges as any organisation would expect, but the beauty in these hurdles is usually in the journey, and in that regard, a few journeys came to a satisfying conclusion last year.



Of course, the seminar at the end of November comes to mind as that is the freshest memory, but there were a few other winding paths that led to great achievements as well.

First off, we should all congratulate the efforts of Senseis Celeste and Ian, as they have had to steer the SKIF KG TT ship through rough waters during the last two and a half years. Apart from that, both instructors graded to godan (fifth-degree black belt) during Hanshi Hiroshi Ishikawa and Kyoshi Alejandro Castro's visit, which is a phenomenal achievement for a West

Indian traditional karateka.

Most people who know them, know how challenging the 12-year journey between fourth and fifth dan was for them both, and it was a breath of fresh air for all the family and friends present when the results were announced.

The same sentiment could be held towards the other promoted instructors, who also had a slow, but steady push towards promotion.

Sensei Keiron Renaud has been around since La Joya dojo's beginning in 1997, and graded to sandan (third degree), as did Jennifer De Silva, who is also one of La Joya's founding members.



Rebecca Mohammed graded to nidan (second degree) after an 11-year wait to do so, while in the nidan examination, senpai Aaron Marson managed to survive not just the grading, but the ENTIRE weekend's training with an injury to his lower back. All these and more, are stories of triumph over adversity, which is a concept Kyoshi explained over the weekend.

Pride in country, SKIF karate-do and conquering challenges, were some of the Venezuelan instructor's messages, which can be found in this edition's "Weekend of karate" story. These principles are very im-

portant taking SKIF KG TT forward in the near future.

We are moving swiftly towards our next major milestone which will be to host the SKIF Caribbean Championships in 2021. That competition will be an attempt to revive the Caribbean region under the SKI Pan-American umbrella. The path to the tatami at that competition is going to be long and definitely eventful.

For instance, this year we have to look forward to the SKIF World Championships in Prague, Czech Republic, and the following year, in Cancún, Mexico for the SKIF Pan American Championships in Hanshi's backyard.



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AND
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ITEMS

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**SEASON'S GREETINGS
TO ALL OUR
MEMBERS**



**MAY YOU ALL HAVE A HAPPY AND
A PROPEROUS NEW YEAR
2019**

When the dust settled, there were aching legs, and bumps and bruises; nights without sleep, long days making sure that the events came off without a hitch and pains in every conceivable part of the body, but in the end SKIF KG TT as an organisation grew from the experience.

There were a lot of expectations of what was to come when both Ishikawa Hiroshi Hanshi, and Alejandro Castro Kyoshi stepped off the plane on the afternoon of Thursday November 22. Thoughts of a weekend of hard training, seminars in humidity and pushing one's body to the limit, most likely crept into the thoughts of most of the students who participated.

For the black belts and instructors, there was the minor challenge of their own examinations and making sure that the 2018 seminar weekend was an unforgettable experience for both guests; while of course surviving the hard training, seminars in humidity and pushing one's body to the limit!

Few could anticipate however, the experiences and lessons that we came away with at the end. It's not often that the average karateka in



Trinidad and Tobago gets the opportunity to be trained by one of the top international instructors in world. It's even rarer still to be able to have two of them at the same time on hand to offer decades of karate knowledge. With that being said, last month's seminar was a rare treasure for most of the students and parents who came for the experience. So rare even, that it was the first time since 2004 that both instructors came to our shores to teach together.

sible.

Apart from the technical knowledge, both Hanshi and Kyoshi had some of their wisdom to share not just for the instructors and black belts, but for everyone. Firstly, the feeling of pride. Pride for our country, our organisation and for SKIF karate-do. Without belief in what we are doing, or where we come from, achieving our potential would be impos-

According to Kyoshi Castro, that pride in self and organisation develops the bond and loyalty that SKIF had built its foundation on since the late 70s. Loyalty is an often overlooked part of karate nowadays as some of the traditional values have been abandoned for only the sporting side of the martial art. Castro made it clear that that loyalty is the glue that will hold SKIF KG TT together for the future, but there will be speed bumps ahead.

It wasn't an easy weekend for everyone involved in the floor, but it was especially challenging for the black belts who took dan examinations. Another constant message on the floor was to endure the pain and fatigue, to not push through, but to conquer adversity. A very important message for anyone involved on the weekend, as it moved away from punches and kicking on the floor, and was actually more relatable to everyday life.

Castro, an instructor from our nearest neighbour Venezuela, knows a lot about how challenging life may get, but he emphasised (sometimes painfully so) that it was important not to give up. These messages were integral for our growth because they also are instructions for the direction SKIF KG TT needs to take moving forward in 2019 and beyond; and the timing is just right. With the World Championships this year, Pan American in 2020 and with us hosting the 2021 SKIF Caribbean Championships, growth and stronger ties are the ways forward for a brighter future. SKIF KG TT intends to continue growing and evolving, and successful seminars like our latest in 2018, will help us to realise our dream of becoming the best holistic karate organisation in the region, as well as a more prominent member the international SKIF family.

Oss!

SENSEI'S CORNER



GO Dan...GO!

Godan (fifth-degree black belt). It has been a tireless road for Sensei Celeste and myself to reach this point in our karate journey. After achieving yondan (fourth-degree black belt) it takes about five years before the opportunity to move up in rank presents itself. Sensei Celeste received her fourth dan in 2004, and I received my fourth dan in 2006. However, under our original instructor, we were denied the opportunity to grade for many years and this 'inability' to grade continued even when we formed our new incarnation of SKIF in Trinidad and Tobago.

Nevertheless, this never slowed us down in our commitment to our students and our organisation. In the years that followed, we approved shodan and nidan (first and second-degree black belt respectively) gradings as we knew that our upcoming students were deserving of moving on in their study of karate-do and this would have been healthy for the organisation's growth path.

It should be understood that moving up in the black belt ranks is not based on entitlement but it is tied in to loyalty, commitment and your contribution to the growth of your organisation... to your karate-do. Sensei Celeste and I spent over a decade as fourth dan and despite that at times we thought about the years we spent as fourth dan, our commitment to our students and SKIF had more relevance. So it was not until in a conversation that was held with Sensei Alejandro Castro in 2015 that we were advised to go for our 5th dan. After some discussion with Hanshi Ishikawa in 2017, Sensei Celeste and I were approved to grade.



As young upcoming karateka, the attainment of rank is foremost in the minds of the karateka, and at times even the parents. There is great joy when one achieves a higher rank, but what is often not considered is the responsibility that comes with it, not just the physical growth but the mental and attitude changes that must also come with the rank. It has undoubtedly been a long road to reach the level of fifth dan, and as leaders, much is expected of us, both locally and internationally, but despite not being able to grade, when we were due to, the time we spent as fourth dan has taught us many lessons...lessons that has indeed prepared us for the next chapter in our journey. In fact, we are better equipped now as we are ready to take the next evolutionary step in SKIF KG TT direction and with our roles in the organisation.



SKIF KANAZAWA GROUP Trinidad and Tobago welcomes their new Dans

"Success!!!"

It was a weekend of success for the Shotokan Karate-do International Federation Kanazawa Group Trinidad and Tobago (SKIF-KG-TT), as the local karate club hosted two of their top foreign instructors from November 22-26, to facilitate seminars and black belt grading.

The instructors were Hiroshi Ishikawa, a Japanese karateka based in Mexico, and his student Alejandro Castro who flew over from Caracas on Thursday.

Ishikawa, a ninth-degree black belt, whose title is "Hanshi"; which can be loosely translated as "teacher of teachers", is the Technical Director and the President of the SKIF Pan American/Caribbean Region, while Castro, who was awarded the title "Kyoshi", is the Chief Instructor of the SKIF Venezuela and National Coach of the Venezuelan Karate Team. Castro is a seventh-degree black belt.

Over the weekend, the two instructors in a collaborated effort, **taught seminars at SKIF KG TT St Joseph dojo at the La Joya Sporting Complex.** These seminars covered fundamental techniques in an effort to improve the technical level of the students present.

Along with the teaching, they both emphasised the importance of approaching the global SKIF organisation as a family, approaching the martial art with pride and overcoming adversity through training.

The grading, which was held on Friday 23 November **at the SKIF KG TT Barataria Dojo, St Columbus Hall,** resulted in the promotion of 13 members of SKIF KG TT.

For Sensei Celeste Nottingham, Chief Instructor and President of the local branch of SKIF, these seminars are important for the club as they are building towards stronger ties with the Latin-American arm of the Federation, which will include participation in the SKIF World Championships in Prague, Czech Republic this year, the 2020 SKIF Pan American Karate Championships in Cancun Mexico, as well as the 2021 SKIF Caribbean Karate Championships to be hosted in Trinidad and Tobago.

SKIF KG TT is a locally-based traditional karate organisation with branches ranging from Barataria, Port of Spain, Arima and St Joseph, and is affiliated to the Shotokan Karate-do International Federation (SKIF) which has branches in over 130 countries.

Promoted Members:

First Degree

Jarrood Cooper, Talisa Thompson and Gabriel Hosten.

Second Degree

Nigel Lewis, Sean Taylor, Andrew Frederick, Stephon Mar and Aaron Marson

Instructors Promoted:

Rebecca Mohammed - (second degree)

Jennifer De Silva - (third degree)

Keiron Renaud - (third degree)

Ian Sammy - (fifth degree)

Celeste Nottingham - (fifth degree)



KARATE DO HIGHEST TRADITION

The Shotokan Karate-do International Federation Kanazawa Group Trinidad and Tobago (SKIF KG TT) are preparing for an exciting run-up to the end of year after they hosted their National Karate Championships at La Joya Sporting Complex a week ago.

The competition, the tenth since the organisation started in 2009, featured roughly 120 students from all ages and ranks, and featured notable performances from several young competitors.

The tournament signals the first phase of SKIF KG TT's plans in 2018 to improve the overall technical standard of the club. The second phase will feature a seminar and black-belt grading weekend this November, co-hosted by Japanese instructor Hiroshi Ishikawa and Venezuelan instructor Alejandro Castro.

The third phase will include a trip to the SKIF World Championships which will be held in Prague, Czech Republic next year as well as the 2020 SKIF Pan American Championships and ultimately SKIF KG TT's intention to host the first Caribbean Championships in 2021.

"I think in terms of organising the event and coordinating everything, it played off really well," explained Rebecca Mohammed, one of the tournament coordinators. "I feel as though as long as the children continue to train consistently, and as they get a little bit more exposure... they will put us in a much better position to raise the level."

Mohammed also expanded on the upcoming visit from the international karate instructors. "It's going to be very exciting since it's the first time we're going to have both of them here at the same time. I think we're going to benefit greatly as they both have a wealth of experience under their belts."



SKIF KG TT is a locally-based traditional karate organisation with branches ranging from Barataria, Port of Spain, Arima and La Joya, and is affiliated to the Shotokan Karate-do International Federation (SKIF) which has branches in over 180 countries.



Karate

"Karate begins and ends with respect"



CALL: 704-1045

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&
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COME AN
EXPERIENCE
THE BENEFITS OF
SHOTOKAN
KARATE-DO
FROM ONE OF THE
LEADING
ORGANIZATIONS**

IMPORTANT NEWS UPDATES

Karatekas as of 2019 our Annual Membership fee has been adjusted.

These fees become due in January 2019 and the deadline for payment is March 31st 2019

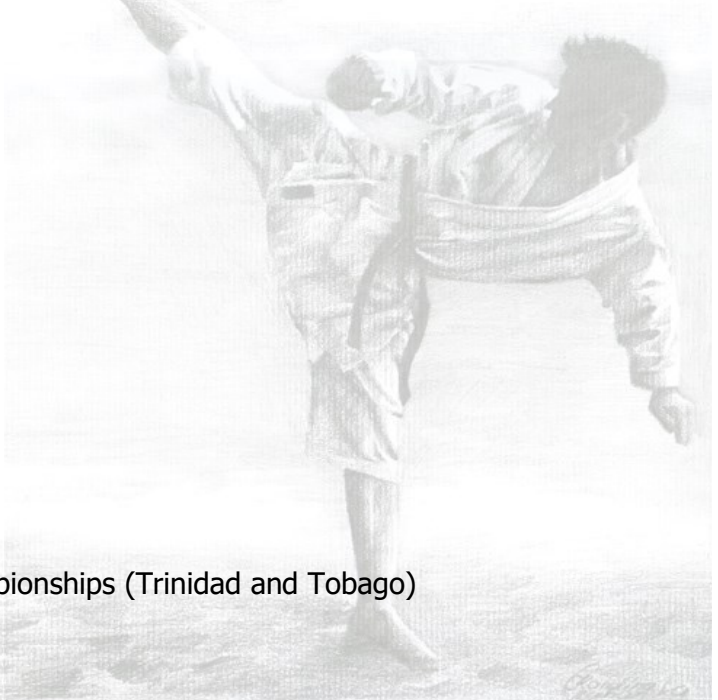
We will be introducing a seminar before each grading to keep in line with international practice.

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

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 International Camp (Venezuela)
- SKIF KG TT International Camp and National Championships– General Membership

2020

- SKIF Instructor Training (Tokyo Japan)
- SKIF 10th Pan American Championships (Cancun Mexico)- General membership can participate

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

Honour and Glory – the problem with Olympic Karate

In our last issue of *Heijō Shin*, Sensei Ian Sammy put together a piece about the differences between sport karate and traditional karate. In this edition, I'd like to expand on some of the ideas discussed, and why sports karate or rather, Olympic karate as it should now be called, is bad for the martial art.

"Honour and Glory" that is the overall message you get from the World Karate Federation (WKF) in their promotional videos. Those are main advertised benefits of joining the movement for Olympic karate, competing and becoming a future Olympian, but it seems athletes are more concerned with the glory, than the honour.

When you go on social media, Instagram in particular, and enter "karate" in the search engine, there's a good chance that Olympic competition is what you're going to see. It's also what the average person with no knowledge of karate sees. It is what the onlooker feels karate to be. It's a sport, and now that it's recognised as an Olympic event, there's no getting out of that argument either; sports karate is real karate. Or that is the way the athletes that participate in these events act.

Also, with the increasing number of interest in the young sport with major competitions hosted on all corners of the globe, and athletes racking up their frequent-flyer miles to get to the tatami in their quest for gold, it wouldn't be a stretch to say that karate is becoming one of the more popular sports in the world. So why is that a bad thing? No wait, is it a bad thing?



In its current format, it's not the best way forward for the martial art, and here's why. Olympic karate, (two people competing with one side wearing red and the other blue) is fundamentally the sporting branch of karate-do, being pushed as the "real thing". There is a major philosophical difference between karate-do and Olympic karate. The variation of the martial art we are going to see in the 2020 Olympics is the sporting side of the martial art, and even that the WKF changed to suit their needs.

The object of karate as a sport is to win, and that's it. As much the fancy promotions on YouTube would like to suggest that it's a noble art, it all comes down to winning – that's the point of all sports. That's not to say that valuable lessons can't be learnt from sports, but the basic concept goes against the core of traditional karate competition, which is to practise lethal technique in a controlled environment, while still maintaining respect for the opponent and officials. Staying on the topic of philosophy however, the superficial desire to become a champion has changed the way the martial art is perceived by its own practitioners – and that's the big issue. Kata competition in spite of a change in the rules, have remained more or less the same. If you really want to see the ugly side of the Olympic style competition, kumite is the name of the game.



Traditional fighters tend to be some of the most humble people you could meet, always downplaying their gifts in the ring, and even courteous in defeat. However, in the more sports-oriented WKF arena, fighters celebrate as if it's the World Cup Final and even argue with referee decisions that didn't go their way. Some fighters are so overwhelmed when they lose, or disqualified, that they throw a tantrum in the ring leaving many spectators to believe they are going to kick down the referee. That was the case at the Beijing 2008 Olympic Games where taekwondo player Angel Matos round-housed the referee in the face after he rightly disqualified him for taking more than a minute on a time out. Matos was banned for life, but the real damage was the image on taekwondo, which started off as a South Korean offshoot of Shotokan karate, but is now seen just a combat sport.

THE K HAS ARRIVED...con't

International instructors have also complained that some of their most promising students became disloyal, and left their home organisation to permanently train with the national team. Karate-do is more focused on the improvement in character of its students. That is our focus at Shotokan Karate-do International Federation Kanazawa Group Trinidad and Tobago (SKIF KG TT). In other words, the aim is to make well-rounded individuals of healthy character.



Individuals who can excel in competition, but not let that success get to their head. Individuals who do as well in their personal lives as they do on the floor. Individuals who can become warriors when their life, and the lives of others are in danger, but at the same time can be one of the most courteous persons you know. SKIF KG TT, under the international SKIF umbrella tries to create a balance in our day-to-day interactions with students and parents.



Ultimately Olympic karate is a fantastic opportunity for upcoming karateka, but it is only a segment of the overall karate philosophy as a martial art. The sporting side of karate-do is a temporary stage in the overall karate journey, and shouldn't be seen as the all the martial art has to offer.

Some men dream of worthy accomplishments...while others stay awake and do them.

Hanshi Ishikawa



2018



Kyoshi Castro



國際松濤館



KARATE

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KARATE-DO**

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- IMPROVED SELF CONFIDENCE
- BUILDS CHARACTER
- RESPECT
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- LEARNING SELF DEFENCE SKILLS

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SENIOR INSTRUCTORS: Sensei Rebecca Mohammed

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SENIOR INSTRUCTORS

- Sensei Rebecca Mohammed: 492-3570

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2019 New Year's Message

Happy New Year everyone,

Good fortune, prosperity and success to you all in 2019.

SKIF KG TT had a very successful year in 2018...and we would like to thank you all for the support that you gave. Our success would not have been a reality if not for the support you all gave us.

In 2019 we celebrate our 10th year as the new incarnation of SKIF Trinidad and Tobago. During those 10 years we faced many obstacles which only served to strengthen us and drive us forward. If we fell, we fell forward and pushed on.

Our achievements in 10 years was no small feat...but it came as a result of supportive parents, determined karateka and committed black belts.

Our commitment to continue teaching and imparting the benefits of training in traditional karate to our members is unwavering. We appreciate the positive comments and feedback about how our karate programme is positively adding to the lives of you and your children. We intend to continue adding value and making positive impacts on our membership..."one punch at a time." Again, we thank you...we look forward to strengthening our relationship and ensuring a successful 2019.

Oss!!

SKIF KG TT

EXECUTIVE COMMITTEE



SHOTOKAN KARATE DO INTERNATIONAL FEDERATION KANAZAWA GROUP TRINIDAD AND TOBAGO

“ We are what we repeatedly do...Excellence then, is not an act but a habit”

Happy New Year



2019

From
SKIF



KANAZAWA GROUP
TRINIDAD AND TOBAGO



SKIF KG TT

10th Year

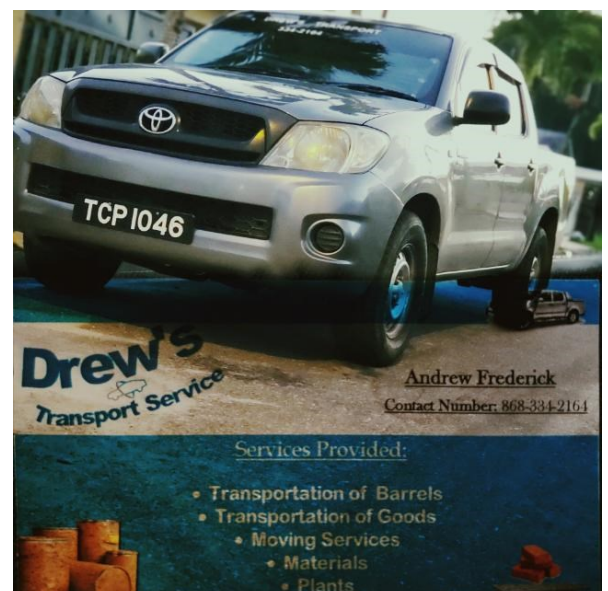
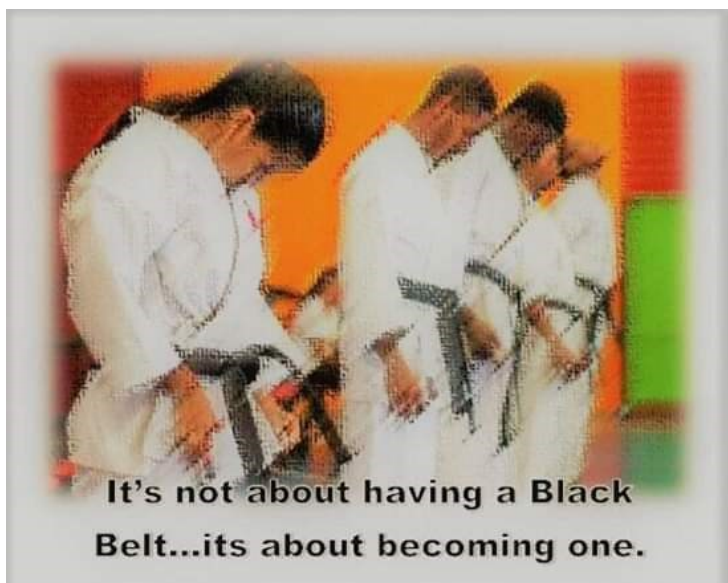
Anniversary

‘TOGETHER WE ARE FAMILY’

TIME MACHINE



**CAN YOU GUESS
WHO?**



Five ways teaching can improve your karate

So you've finally done it. You finally have your black belt in your hands. Years and years spent on the tatami including hundreds if not thousands of hours of blood sweat and tears and here you are; you are a black belt. So now what? Where do you go from here? How do you improve on the foundation you built?

The answer is simpler than you think. You need to start teaching the art, and here are five ways teaching will make your karate better, and make you a better karateka.

Your technical knowledge will skyrocket. When sit down in class at school, you'd prefer to deal with someone who knows their craft inside out, right? That is exactly you will realise that you have to do as a trainee instructor. Not only do you have to learn the SKIF syllabus, but you will also have to be able to **demonstrate** the techniques as well, in order to teach students. The first time you make a mistake while demonstrating, or don't demonstrate to the best quality, it will change your approach to karate and add more meaning to your training.

You become more versatile. One of the best lessons teaching karate can teach an instructor is to be prepared for the worst-case scenario. This is a beneficial lesson not just in karate-do, but in life. For instance, students will come in all shapes and sizes, and you're going to have to move and twist to suit the type of class you have. A good instructor won't teach children karate the same way they may teach adults, and then take into consideration different religious backgrounds and individuals with disabilities and you have a proper mixed bag. Once you stick it out and push forward, learning while you do so, your ability to teach a wide variety of people will improve.

You will become more patient. As a follow up to the last point, your patience will become one of your best attributes too. Not everyone who walks in the door will come with the understanding to train with the karate mindset. Some students will need a lot more work than others, and that is where being adaptable in your approach, and patient overall will carry you forward. Be careful not to mix up patience with being lenient, however. Order and respect still have to be maintained on the dojo floor.

You become the student again. Believe or not, your students are also teaching you at the same time as they go on their journey in training. It may seem strange but it's true, a teacher has to correct mistakes in order to become better at teaching, and who better to test that ability than a beginner student who is trying their best to improve? You will encounter some unique problems with students' technique that will test your knowledge, and there will also sometimes be students who want to test your ability as well as your knowledge which you will have to be ready for. Be prepared to review or refresh a technique or kata through training in order to stay fresh for the following class, which will be good for your karate.

You get to witness the joy of progress. While you were a kyu grade, it was usually impossible to see your improvement unless it was pointed out to you, or years later in your training. It's only when you begin teaching students and deal with them on a weekly basis for an extended period of time, you get to see the gradual improvement in not just their technique, but in the way they carry about themselves as well, which is the best-possible reward in being a karate instructor. Sometimes if you're observant enough, you will actually notice the change in character the day it happens which is an sign that you are getting something right in your teaching.

Granted there are faster ways to get better at karate, such as competition or joining the gym, teaching the definitely going to be the best way to make lasting improvement in your karate-do training. You just have to open up your mind to the journey first. Oss!!!



SUPPORT OUR 8 MEMBER TEAM WITH THEIR MISSION TO PARTICIPATE IN THE 13TH SKIF WORLD CHAMPIONSHIPS IN AUGUST 2019

CHASING THE VISION...NOT THE COMPETITION— by Ian Sammy

The highlight of our operations for 2018 was the hosting of Hanshi Hiroshi Ishikawa and Kyoshi Alejandro Castro. These two Karate masters and world renowned SKIF representatives were our guests and our teachers from November 22nd to November 26 2018.

During their visit, these world-class instructors shared a wealth of knowledge with our instructors and our general membership.

Our goals as a karate organization is not only for our members to benefit from the obvious physical and personal safety perspectives, but we are about equipping our members with tools that they can use to assist them with their progress through life. Karate as education helps build respect for self, respect for others, confidence, discipline, determination, achievement, and we cannot deny the value of such traits. Inter-woven in the ideology of karate is the concept of self-improvement and this forms a large part of karate-do philosophy. We strive for this self-improvement in terms of building our character and conduct, its purpose to enhance our lives in general. That in itself makes karate-do a lifelong pursuit. In our training comes the idea that we need to be good people and productive members of society. It is important to understand that when we have control of ourselves, we become better citizens and at that point we are in a better position to help others.

The success stories that we can share is second only to our efforts to continue add value to the members who are a part of our organisation. Part of our strategy to achieve our objectives includes working in conjunction with the leading Instructors of SKIF, hence our hosting of these international seminars since 2009. As a karateka for 31 years and teaching for 28 years, I can attest to the value of these seminars. I have been participating in these type of International Seminars since 1990. I sincerely hope that as parents and karateka you see and recognise our commitment to you and your children and our efforts to support your vision for you children, by helping them build certain core values.

As such, the organising team would like to thank everyone who supported us and helped us in making this event a reality. There were many challenges we faced in our preparations, but based on the feedback we received from Hanshi Ishikawa and Kyoshi Castro, the event was a success.

The new year is now upon us, and preparations for objectives for new year have already begun. This year will prove itself to be filled with its own challenges with some of our goals being participation in SKIF instructor training (Japan), SKIF 13th World Championships (Czech Republic), SKIF International Camp (Venezuela) and for the first time we will be merging our SKIF KG TT International Camp and National Championships.

But we will face the challenges and continue to be relentless in our pursuit to have a successful 2019!!

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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 SENSEI IAN SAMMY

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

In 1991 Sensei Ian 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 Ian 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.



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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



國際松濤館空手道連盟
SHOTOKAN KARATE DO INTERNATIONAL FEDERATION

INTERNATIONAL KARATE SEMINAR



NOVEMBER 22-26

TRINIDAD AND TOBAGO



THE WAY OF THE TIGER- OVERCOME TO BECOME – STORY OF A BUTTERFLY

A little boy was playing outdoors and found a fascinating caterpillar. He carefully picked it up and took it home to show his mother. He asked his mother if he could keep it, and she said he could if he would take good care of it.

The little boy got a large jar from his mother and put plants to eat, and a stick to climb on, in the jar. Every day he watched the caterpillar and brought it new plants to eat.

One day the caterpillar climbed up the stick and started acting strangely. The boy worriedly called his mother who came and understood that the caterpillar was creating a cocoon. The mother explained to the boy how the caterpillar was going to go through a metamorphosis and become a butterfly.

The little boy was thrilled to hear about the changes his caterpillar would go through. He watched every day, waiting for the butterfly to emerge. One day it happened, a small hole appeared in the cocoon and the butterfly started to struggle to come out.



At first the boy was excited, but soon he became concerned. The butterfly was struggling so hard to get out! It looked like it couldn't break free! It looked desperate! It looked like it was making no progress!

The boy was so concerned he decided to help. He ran to get scissors, got it and then came back. He snipped the cocoon to make the hole bigger and the butterfly quickly emerged!

As the butterfly came out the boy was surprised. It had a swollen body and small, shriveled wings. He continued to watch the butterfly expecting that, at any moment, the wings would dry out, enlarge and expand to support the swollen body. He knew that in time the body would shrink and the butterfly's wings would expand.



But neither happened!

The butterfly spent the rest of its life crawling around with a swollen body and shriveled wings. It never could fly...

What the boy in his kindness and haste did not understand was that the restricting cocoon and the struggle required for the but-

THE WAY OF THE TIGER

terfly to get through the tiny opening were nature's way of forcing fluid from the body of the butterfly into its wings so that it would be ready for flight once it achieved its freedom from the cocoon.

Sometimes struggles are exactly what we need in our life. If nature allowed us to go through our life without any obstacles, it would cripple us. We would not be as strong as what we could have been.



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

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TRINIDAD AND TOBAGO



10 Year Anniversary

2019





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Karate

When you love it,
every day you
train is a good day.

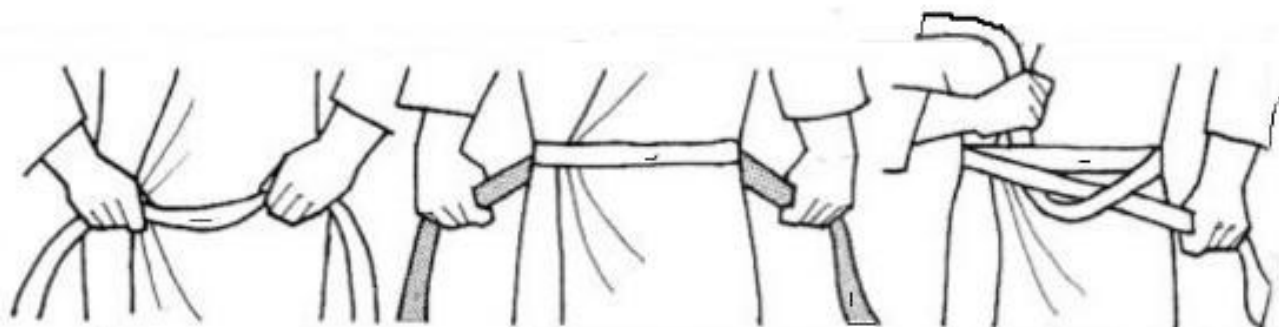
Karate Viewpoints

SHOTOKAN KARATE-DO



From left to right
Master Gichin Funakoshi, Master Masatoshi Nakayama, Soke Hirokazu Kanazawa, Kancho Nobuaki Kanazawa

How to tie your belt



1

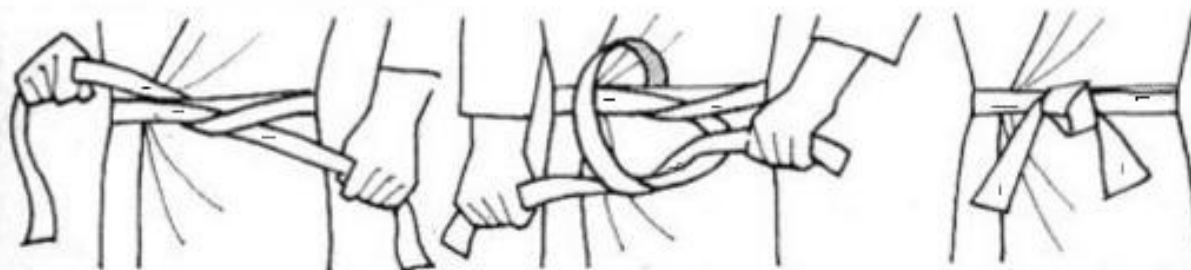
To tie the obi(belt), hold the centre of it on your belly button. Draw it around form the front

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"



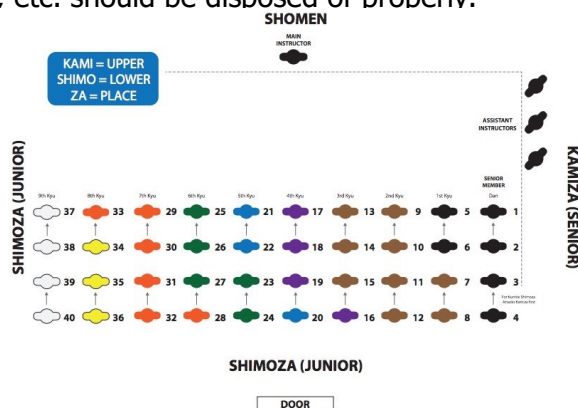
Important Points During Seminars (Training)

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.

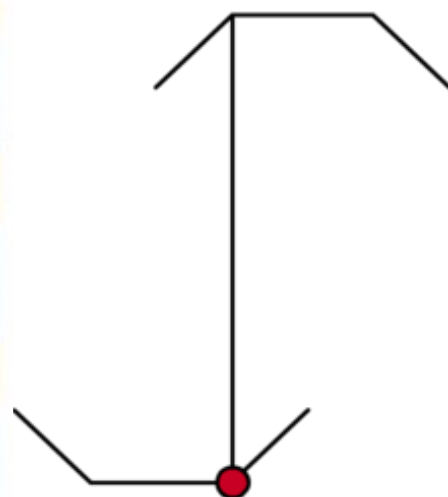


Heian Katas Revealed– Heian Nidan

HEIAN NIDAN



Heian Nidan , the second kata in the Shotokan system. This kata is more complex than Heian Shodan as it involves regular use of the kokutsu dachi. However this must not demean the importance of Heian Shodan. In fact movements of Heian Nidan complements Heian Shodan as these two kata can be blended.



"Ease is the greater threat to progress than hardship. So, keep moving, keep growing, keep learning".

Denzel Washington

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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.

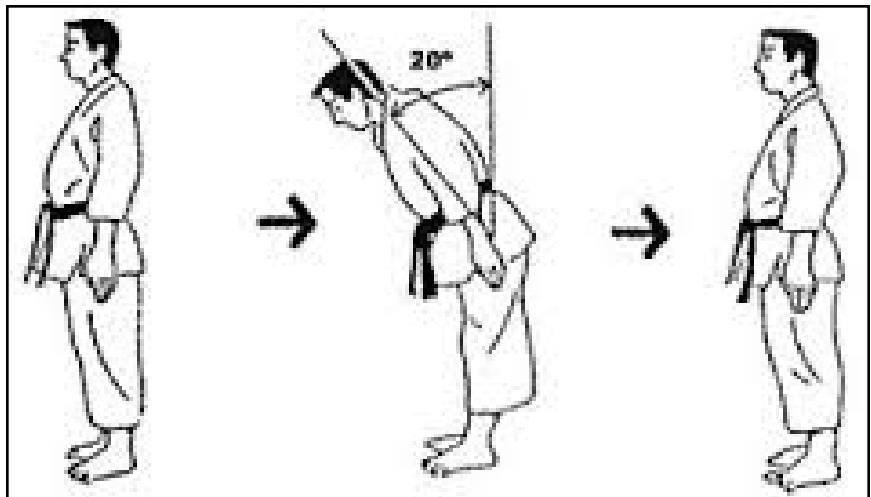


In karate-do when we interact with others, rei is a display of respect for the other person. This builds well balanced relationships in the dojo between karateka. Rei, however, is also not only reserved for the instructor, in fact it is the normal greeting that karateka display to each other.

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.

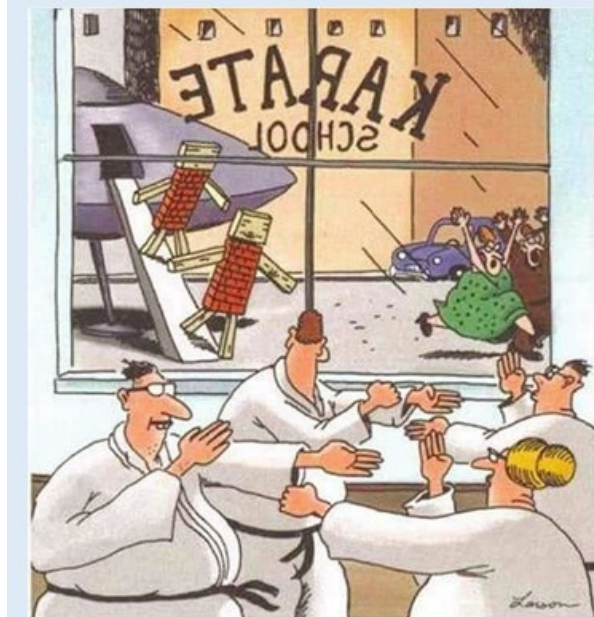
To perform rei you must first bring in your right foot to meet your left foot. Heels alone must be touching...toes apart. At the same time you perform this movement your hands must drop to your side, palms on the outside of your thighs (do not slap your hands against your thighs). At this point you bend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



Jus 4 Kyx

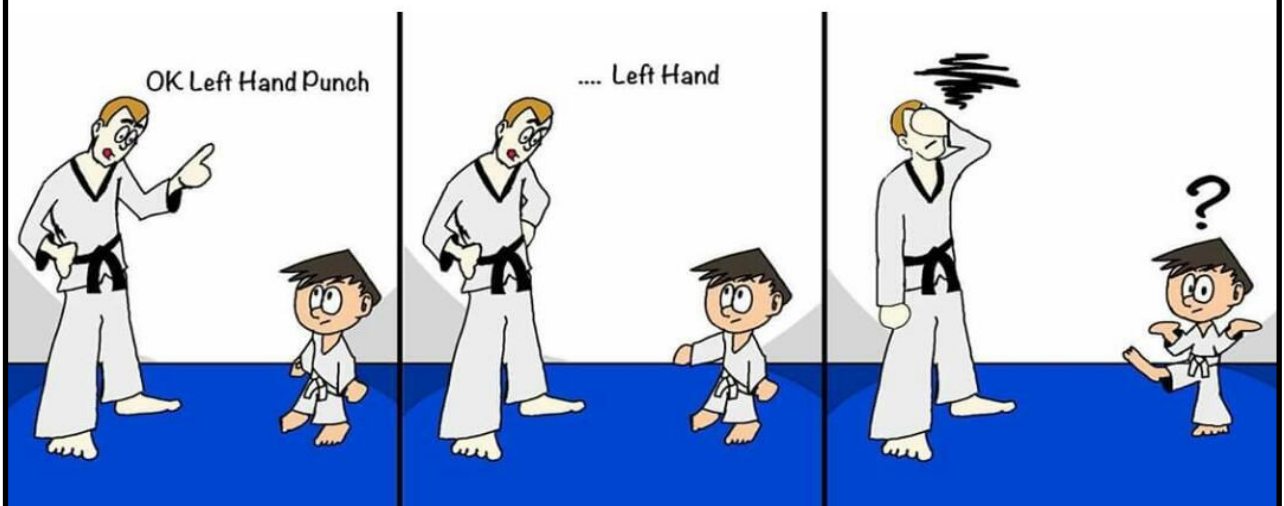


Jus 4 Kyx



Jus 4 Kyx

For anyone who has every tried to teach martial arts to kids.



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)**

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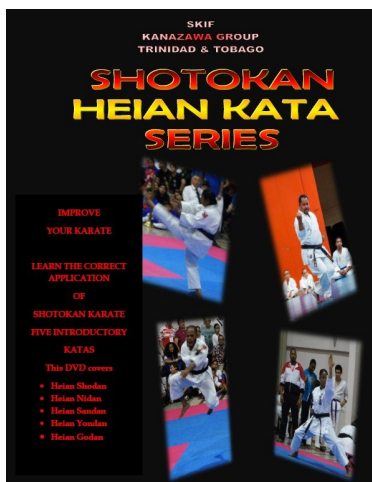
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Style
Founder

SHOTOKAN KARATE-DO
Mejin Gichin Funakoshi

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

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President of SKIF -	Kancho Nobuaki Kanazawa
Chief Instructor of SKIF -	Manabu Murakami
President and Technical Director of SKIF Latin America/ Caribbean-	Hanshi Hiroshi Ishikawa

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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