

Hoitsugan News

SPECIAL POINTS OF INTEREST:

Sensei has selected the following students for grade advancements based on TIG and skill progression

- Devoe Donaldson
- Rachelle Torcivia
- Sam Ryan
- Chris Encinas
- Jacob Warren
- Tony Torcivia

CONGRATULATIONS!

INSIDE THIS ISSUE:

- What is Karate? 2
- How important is Kihon? 2
- Upcoming events 2

Japanese Weekend

Japanese Week... April 8-9 is Hoitsugan Japanese weekend. It is a weekend of good training and good time with our classmates and friends. It is our time to remember and bring forth the spirits of the old Shotokan masters.

The spirit of our Hoitsugan Kyokai dojo is Nakayama Sensei.

About Nakayama Sensei, He was a prominent student of Master Funakoshi Gichin, the Father of Modern Karate Do.

When Funakoshi Sensei passed away, Nakayama Sensei became the 2nd Chief Instructor of the JKA and in turn, passed this knowledge on to his students. He was responsible for the global dissemination of Karate throughout the 1960's and 1970's where

graduates of his elite Instructor Program were allocated assignments to establish and develop Karate overseas.



Nakayama Masatoshi Sensei at a glance

- 1913 - Born In Yamaguchi Prefecture
- 1932 - Enters Takushoku University
- 1937 - Studies at Beijing University
- 1948 - Founding Member of the Japan Karate Association
- 1955 - Becomes Senior Master of the JKA
- 1957 - Holds the Inaugural All Japan Karate Championships under his newly formed rules
- 1958 - Commences policy of Globalising Karate by sending key students overseas to teach
- 1972 - Hold the first JKA World Championship Tournament
- 1987 - Passes away aged 74

Hoitsugan Kyokai dedicates the Japanese week training to Nakayama Sensei.

Instructor Profile



Sempai Mik Ryan with Yamaguchi Sensei

Sempai Mik Ryan, 2nd Dan.

Years of Shotokan Training: 21

Major Championships competed:

- KUGB Championships
- KUGB Crystal Palace
- RAF-Inter-Service Championships

Karate Master admired most:

Shihan Kanazawa

Favorite karate technique:

Uraken-Ashi Barai

Positive aspects gained from

Shotokan:

Peace of Mind

Satisfaction

Makes me happy

My Way of Life

Ultimate goal in Shotokan:

To be able to do Bassai dai when I reach the age of 100.

Win the RAF Championships

What is Karate?



Sensei performing Jiin Kata

The following words are attributed to Nakayama Sensei;

What is Karate-do?

Karate is not a martial art whose ultimate goal is victory or defeat, rather, it is where one overcomes visible and invisible trials in the attempt to round out one's character in the midst of the toil of training. It is an art of self-defence, where one systematically trains the hands and legs bare-handed, and as if displaying a

weapon-like force, one forestalls unexpected opponents with each thrust and kick.

It is a form of physical exercise where one moves the limbs and entire body forward and back, left and right and up and down uniformly, and furthermore where one masters all types of actions including bending and stretching, leaping and balance. It is a hand-to-hand skill, where through will-power, one uses well-controlled skills, and accu-

rately grasping the target, proving the superiority of one's skill by instantaneously releasing the maximum impact force to the target which is assumed to be just before the vital organs of the human body.

"Life itself cannot give you joy; Unless you really will it. Life just gives you time and space - It's up to you to fill it."

Womens Self Defense



How important is Kihon?

By Sempai Mik Ryan

You know what's like, you turn up for training, looking forward to some kata, who knows, maybe sensei will let us do some advance techniques? Instead it's straight into gedan barai, gyaku tsuki, age uke for what seems like an eternity, seem pointless doing the same techniques again and again when you know one of

the techniques you KNOW you can do to a decent standard, why can't we do something else? It's a good question. Personally, I found out why we constantly repeat these techniques again and again. Imagine the scenario, at the bus stop there's always some idiot who'll give you a dead arm, all the time he knows that he's going to get

away with it. Unknowingly ignorant about what you can do to him, so his attempt to bully you, you sent him back in his seat rubbing his jaw with a look of shock in his face, so with everyone else's in the bus why? Well Remember Sensei chanting those words " age uke, gyaku tsuki again and again. What he's been doing is conditioning your mind and

Body to carry out the techniques so when you use karate you automatically respond to the danger and to the situation..."Repetitions builds Reflexes" so just remember when you've got another 20 gyaku tsuki, age uke to execute, there a point to it all. Just think of the things you can do learning all complex super doper advanced stuff, KIHON works, why do you think higher grades still do it.

Upcoming Events

- **March 17-18,** Women's Self Defense Course
- **March 11-12** RKV, Ubungsleiter Seminar, Wittlich -Teil I
- **April 8-9,** Japanese Week

Any Hoitsugan member who would like to contribute to our quarterly newsletter please

talk to Sensei. Everyones contribution is greatly appreciated.

NEXT QUARTERS NEWS

GASSHUKU in Switzerland
SENSEI BOLOSAN