



Shotokan Martial Art's Center

Tele: 480-820-8656

1515 West San Angelo Street • Gilbert, Arizona USA

email: info@karateaz.com

OUR SCHOOL'S NAME



Branding of a name provides easy recognition and identity. A name should be simple and easy to remember.

To clear any confusion of our legal name it is quite simply **Shotokan**^{LLC}.

Over the years we have had many names and changes but what has always remained the same is the name **Shotokan**. When pronouncing **Shotokan** the phonetic sound might be “show toe con”.

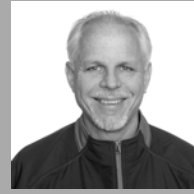
What is the meaning of **Shotokan**? The Japanese language is a very difficult language and words can have multiple meanings. In terms of martial arts **Shôtô** has one meaning of “billowy pine trees” and was the pen name of Karate Master Funakoshi when he wrote poetry in his youth. **Kan** has the meaning of a large building or hall.

Shôtôkan was chosen by Master Funakoshi's students and was in the beginning, the name of the honbu dôjô (Central Dôjô) of that time and not the name of the style of karate.

The “**Shôtôkan**” (Hall of **Shôtô**), was the first independent karate dojo in the world, was completed in 1939 when Master Funakoshi reached the age of 70. Unfortunately it was destroyed during an air raid in the war in 1945.

Today **Shôtôkan** is most recognized as a style of Karate Dô that is practiced.

ISKF Western Region



Chuck Coburn - ISKF Regional Director

Names to Remember

Our Karate Name:

Shotokan Karate of Arizona (SKA)

Our Karate Websites:

www.karateaz.com

Affiliated Organization: ISKF

International Shotokan Karate Federation

Our ISKF Region: Western

Email:

info@karateaz.com

Tele: 480-820-8656

Our Other Websites:

www.bigtimekarate.com

www.budoevents.com

Our Dojo / Schools Name:

Shotokan Martial Art's Center

Dojo Kun

Hitotsu! Jinkaku kansei ni tsutomuro koto!
Seek Perfection of Character (Character)

Hitotsu! Makoto no michi o mamoru koto!
Be Faithful (Loyalty)

Hitotsu! Doryuku no seishin o yashinau koto!
Endeavor to Excel (Effort)

Hitotsu! Regi o omonzuru koto!
Respect Others (Etiquette)

Hitotsu! Kekki no yu o imashimuru koto!
Refrain from Violent Behavior (Control)

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UPCOMING EVENTS

July

July 24th

Black Belt Class

Saturday 7:45 - 8:30am

*5th Dojo Closed - No Class
Happy Fourth of July*

9-11th Summer Karate Camp
Payson, Arizona
Host Tom Hyder, Sensei

29th July - Aug 1st
Mtn. States Summer Camp
Host Master Yaguchi
Greeley, Colorado

August

7th & 14th

Black Belt Class

Saturday 7:45 - 8:30am

Aug. 5th - Kyu Exam
Thursday 6pm SKA Dojo

14th - Saturday 3rd Annual
Bowling Tournament
Nationals Fund Raiser

Special Events

Members who want to see
Karate Kid Movie
Date & Time ?

October 15th - 17th

**Fall Camp & Cactus Cup
Tournament - Arizona**

**Special Guest:
Master Okazaki
Sensei Field**

**November 5 - 7, 2010
32nd ISKF Nationals
Sioux Falls, South Dakota**

**Dojo Christmas Party
December 18 - Saturday ?**



国際松濤空連

ISKF Instructor Program

Kenshusei (instructor intern) program.

In 1956, the JKA started its Kenshusei instructor inter training program at the JKA honbu dojo in Tokyo Japan. This program was instituted by Master Nakayama. Master Okazaki was in charge of the overall duties of the program until he moved to the United States. The training program has promoted the consistency and quality control of the JKA/ ISKF training practice over the years. Today the ISKF continues that program with Master Okazaki as the chairman and chief instructor of the ISKF.

**Officially registered ISKF Western Region
Kenshusei/Instructors interns for 2010 are:**

**Cheryl Coburn Andy Krohn
Fred Kess Julian Fisher
Andre McWilliams Fred Lien
Dave Bracklow**



RECENT KYU EXAM RESULTS

7th Kyu "B"

Colin Furedy 5/6

7th Kyu

Leslie Villalobos 6/17

Mark Pierce 6/29

6th Kyu "B"

Zavier Pike 5/6

Arman Sheydayi 6/17

Corbin Lien 6/17

6th Kyu

Anthony Caudillo 6/17

5th Kyu "B"

Asalay Adou 6/17

Elliot Lien 6/17

5th Kyu

James Pike 6/17

4th Kyu "B"

Yvana Sosa 6/17

Rei Fujita 6/17

Siam Hunter 6/17

Kai Fujita 6/17

4th Kyu

Kumiko Hunter 5/6

Andrew Fisher 5/6

3rd Kyu "B"

Susumu Sato 6/29

2nd Kyu "B"

Ben Bousquet 6/17

Jon Bousquet 6/17

Tyler Robb 6/17

2nd Kyu

Rich Bousquet 6/17

Scott Robb 6/17

1st Kyu "B"

Callum Fisher 5/6

Scott Chien 6/17

1st Kyu

Omeed Khatami 6/29

1st Kyu "A"

Makoto Hunter 5/6





ISKF MASTER CAMP 2010

INTERNATIONAL GOODWILL TOURNAMENT

June 11 - 18, Camp Green Lane, PA U.S.A.

Coming soon 2nd Annual Fall Camp & Cactus Cup Karate Tournament.
October 15 - 17, 2010. Special Guest Master Teruyuki Okazaki 10th Dan
Sensei James Field 8th Dan

A Special Thanks to ALL those that helped send Alexis Sosa to this year's Master Camp. Without your help he wouldn't have been able to attend.

He not only got to attend an international camp and meet many people from different countries but also with Mr. Julian Fishers gracious help made a trip to Philadelphia to see many of the historical sites including the Liberty Bell.

These type of functions are very important for our youth, not only attending a karate camp of this caliber but having a better understanding of America and it's history. This is part of what our school is about. As said in our Dojo Kun, become a better person and citizen in our society.

Next year we would like to be able select and support two youth to attend Master Camp that might not otherwise be able to attend.

2010 Master Camp attendee's from the ISKF Western Region.

Mr. Andre McWilliams
Mr. Julian Fisher
Mr. Andy Krone
Callum Fisher
Alexis Sosa

Camp Tournament & Exam Results

Alexis Sosa won youth Kumite & Kata
Callum Fisher had a good showing & experience.
Andy Krohn had a good showing.
Mr. Andre McWilliams made class C Judge
Mr. Julian Fisher made class D Judge
Congratulation to all who attended!

Make plans now to attend the 45th Annual Master Camp This will be a special camp and will fill up to capacity early. June 2011

GLOSSARY OF JAPANESE KARATE TERMS

Note regarding pronunciation of basic karate terms for punch, kick and stance

Although many students of karate are familiar with the Japanese names of specific punching/ kicking techniques and stances, there remains confusion over the correct pronunciation of the basic terms for punch (tsuki), kick (keri) and stance (tachi).

TSUKI VS. ZUKI

In Japanese, the term tsuki is used to refer to the punching techniques used in karate. Due to a pronunciation characteristic of the Japanese language, when tsuki immediately follows a descriptive component, it is pronounced zuki, as in gyaku-zuki (reverse punch) and oi-zuki (lunge punch). However, when referring to punching techniques in general (as opposed to a specific type of punch), the proper pronunciation is tsuki (not zuki).

KERI VS. GERI

Keri is the basic Japanese term used to refer to kicking techniques. In the same way that tsuki becomes zuki depending on its usage, keri also changes in a similar manner. When keri follows a descriptive component, it is pronounced geri, as in yoko-geri (side kick) and mawashi-geri (roundhouse kick). When referring to kicking techniques in general, however, the correct pronunciation is keri.

TACHI VS. DACHI

Tachi is the Japanese word used to refer to stances used in karate. Like tsuki and keri, its pronunciation changes when affixed to a descriptive component. Tachi becomes dachi when describing specific types of stances, such as zenkutsu-dachi (front stance) and kiba-dachi (straddle-leg stance). But, when referring to stances in general, the correct pronunciation is tachi.

Pronouncing Japanese

The Japanese terms appearing in most karate books and materials have been written in accordance with the modified Hepburn romanization system. With only five vowel sounds, the pronunciation of Japanese is not overly difficult once the pronunciation of each vowel has been learned.

Each vowel is pronounced as follows:

a - ahh, as the "a" in father or ah ha

e - eh, as the "e" in get or bet

i - ee, as the "ee" in feet or reed

o - oh, as the "o" in go or bone

u - ooh, as the "oo" in food or soon

ae is pronounced ah-eh

ai is pronounced ah-ee

Vowels with a mark above them (as in the words jōdan and chōdan) indicate lengthened vowels. They are pronounced in the same fashion as their shorter counterparts but last a little longer when spoken. Most consonants are pronounced

much as we would pronounce them in the English language. There are a few exceptions. For example, the "L" is pronounced as a rolling "R" much like "R" is pronounced in Spanish.

Improve Your Training Immediately!

You don't need a magic potion or special equipment to instantly improve your training experience. You just need to take full advantage of Seiza.

Use those few moments of quiet at the beginning of class to completely empty your mind of outside distractions, negative self talk and fear.

When class begins, you'll be completely in the moment, fully aware, and ready to learn with an open mind.

At the end of class, again empty your mind so your subconscious can take what you've learned into your life outside the dojo.

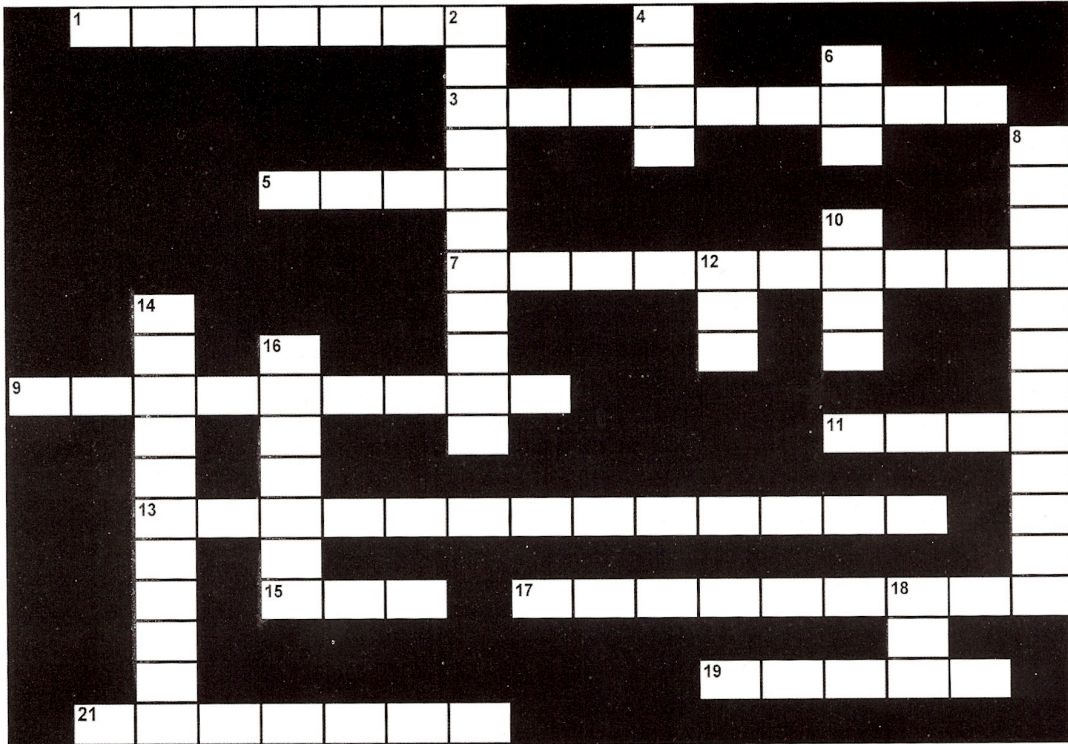
Shoto Cubs & Tigers

Youth Martial Art & Shotokan Karate News

July 2010

Kiai Corner

for kids of all ages



CROSSWORD PUZZLE CLUES

What's the English word for these Japanese karate terms?

Across

1. gi
3. gedan-barai
5. kiai
7. kohkutsu-dachi
9. mae-geri
11. yame
13. oi-zuke
15. ni
17. age-uke
19. san
21. sensei

Down

2. soto-uke
4. kyu
6. rei
8. yoko-keage
10. Heian Shodan
12. seiza
14. zenkutsu-dachi
16. kohai
18. ichi



ShotoCubs Dojo Kun - "Dojo Rules"

- ★ "Respect Others and respect yourself"
- ★ Listen
- ★ Do what you are told when you are told
- ★ Keep your hands to yourself
- ★ Speak when asked or it is appropriate
- ★ Treat others the way you wish to be treated

Violations of the Dojo Rules

- ★ First Violation - warning from instructor
- ★ Second Violation - sent to the "Cub Cage" (If you leave the "Cub Cage" that will be considered your third violation and you will be dismissed from class for that day)
- ★ Third Violation from class (for that day)