

Shotokan

Karate of Arizona

Newsletter Fall 2008

Grand Canyon Games
Simeon Ekrisson does it again, takes 1st place in Kumite.
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Payson Camp
Sensei James Field is Guest Instructor.
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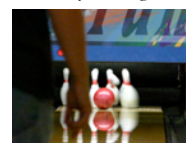
Kumite Seminar
ISKF western region team members host a very successful kumite seminar.
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SKA members attend



AAU Nationals in New York.
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Kyu Exam Results
Results of recent kyu exams. Dan Certificates presented. The Big Bowling event was very successful & great time.



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ISKF 2008 Nationals

This year will be the 30th annual International Shotokan Karate Federations National Karate Championships. The event is being hosted by the Southwest region & Sensei Field in Los Angeles CA., November 14-16, 2008.

This annual event is not only the organizations yearly tournament but is also an annual gathering that has a full agenda of activities that all members are expected to participate in. You may wonder what these activities are and why. As in any organization; corporate, non-profit, and private they usually have year end business meetings or retreats.

In our association we not only have a tournament, but a board of directors meeting, executive board meeting, Judges training & exams, Rank exams, and a seminar. The banquet includes Meritorious selection awards, Rank & Judges Exam results, and competitor selection announcements for those making the US team for international competition.



This is not your typical Karate Tournament but an organization year end conference which includes a tournament.

The ISKF has two venues which are national conferences; the Master Camp held in the Philadelphia area in June and the year end ISKF Nationals. I choose to call these events conferences as we have many new, non participating parents, spouses, friends and even advanced members who don't understand the nature of these events. Most of you understand the meaning of a conference, think of it in those terms, instead of a tournament or a camp.

We want all of you to enjoy this years end event to it's fullest. So bring your bright smile and pleasant personality to this event. Remember the two founding Masters of this organization, who I have

the utmost respect for, are Master Okazaki & Master Yaguchi who are now moving beyond their mid 70's. With your attendance, please show the Western Region's outstanding attitude, support & behavior.

With respect to the tournament we want all of you to do well and be rewarded with your strong effort of training in the competition. Winning and losing at this event is not the only accomplishment. Not everyone can take 1st place. Stop and think about it. Because of your effort for this event, your skills have greatly improved your attitude and ultimately you have achieved personal growth. Sweat does amazing things for one's self. That's the ultimate goal to be a better person in society.

If you have trouble understanding this and are only looking at this as an every day tournament, then maybe this is not the event (conference) for you.

We have many other tournaments that people can attend. You show up, pay your entry fee & go home. They are "sports only" events where winning is the main focus. That's not this event.

OSS! - Be Your best - Do Your Best- Just Train

Chuck Coburn, Sensei

Shotokan Karate of Arizona

Winter is coming - which means cooler weather, so you can train harder!



2008 Summer Games

Kata

5-7 years old- Intermediate

Bronze: Alex Howard

Intermediate Men

Silver: Nathan Eskey

Advanced Women

Gold: Liz Sambach

Advanced Men

Bronze: Kevin Dee

Kumite

5-7 years old – Intermediate

Bronze: Alex Howard

11-13 years old – Advanced Boys

Gold: Brandon Schramm

Men's Intermediate

Silver: Nathan Eskey

Men's Advanced

Gold: Sean Green

Women's Black Belt

Gold: Liz Sambach

Men's Black Belt

Gold: Simeon Ekrisson

Silver: Kyle Harder

Bronze: Jihone Du

40 years and Over Black Belt

Silver: Tim McClellan

Team Kumite

Gold: Shotokan Red

Silver: Shotokan White

2008 Summer Camp Payson



A special thanks to Sensei Tom Hyder for inviting our members to his annual camp.

The camp was held in the nice cool summer weather of Payson, Arizona. It was just a short drive from the East Valley.

The Guest instructor was Sensei Field from Santa Monica CA. Most of the advanced members have known Sensei Field for many years.

His credentials are second to none. He has not only been a National champion in Kumite & Kata but also Internationally. Sensei Field holds the rank of 8th dan and is a class "A" Judge & an "A" Certified Instructor. Sensei Field has also spent time training in Japan to further his Karate training.

Sensei Field is also the Southwest Director of the ISKF. His organization will be hosting the ISKF Nationals this year in Los Angeles, CA.

I can speak for everyone who attended the camp that we all enjoyed his training greatly.

The camp was very affordable and well run. We look forward to having a much better showing from our members next year.

It's was great time and a chance to get out of the heat and enjoy the cool country.

Kumite Seminar given by ISKF Western Region Team members



This past June, members of our Western Region Team hosted a Kumite only seminar. They had great response with over 35 people in attendance.

The seminar was held at our Dojo for over 4 hours of training. It was not only for the adults but the youth as well.

The majority of the people stayed throughout the whole seminar.

This is a strong indication that the instructors kept everyone interested, which is especially tough with the hot weather. Lots of sweat!

It appears everyone had such a great time, they are hosting another one on October 4th, at the Scottsdale Martial Arts Center.

If you would like further information, it is posted in the Dojo or contact Liz at 480-751-5506

I heard nothing but positive remarks on everyone's experiences in the seminar. I encourage everyone to give it a try and support their efforts.

The team did an outstanding job - keep up the great work!

A positive action is the seed of a positive result.

Chuck Coburn, Sensei



2008 AAU Karate Nationals - New York

Our very own Liz Sambach in action!

Liz had one of her best days. She had matches against two very good brown belts. Although she was down in her first match 1-0, and again later 2-1 she managed to rally back and win 6 half points to two. She won her final match against a very good competitor by an astounding score of 6 half points to zero. This was courtesy of two full ippon techniques - lunge punches to the face.



Sean Greene was loose in New York. Coming from behind in two of his three matches. At one point he even had to fight a 250 lb. Mongoose who seemed to want nothing more in life than to run him over. The Mongoose did a great job in beating 3 tough opponents.

Its been 17 years since Jason has trained hard. Due to college football, moving, severe knee injuries and normal life intervening. Even with bad knees Jason managed to finish 2nd in the 35-39 division.

I am not afraid to admit that I was far from being the best in my class. Last years champ was there. So was the guy who medals every year in the division. There were 8 fighters, 7 of which were very tough. There was one guy there at 6' 3" that kicked like Marcus, only with more length. I bled. I did a little sideways shuffle after eating a punch and I threw my first ever flying side kick. If it wasn't for you guys I would have never won. I had to come from behind in my last two matches and win them both in overtime. Both were against fighters I think the judges did not want me to beat. It was a Rocky Balboa experience for me and all of the extra work we do on Saturday mornings was the only reason I could even compete in the field.

Report by Tim McClellan

AAU Results: 1st place Liz Sambach,
1st place Sean Greene, 1st place Tim McClellan,
2nd place Jason Berbaum



1st Annual Dojo Summer Bowling Championships

Get Ready for the Fall Classic

This past July, the Dojo had it's first Bowling event. A special thanks to everyone who showed up to support our youth attending the ISKF National Karate Tournament. We were able to raise enough money to pay their entry fee's and buy each of them an ISKF National T-shirt. Thanks to ALL!!



Many non members and friends showed up to support the effort. Everyone had a great time. We are going to make this an annual summer event. Some of you asked about having a couple more. That is being considered. Maybe the Fall Classic in October? Amazing fact - Our high score bowler was Angie Zapustas. We think she is on the pro tour. Marcus was very depressed, maybe the score?



Summer Kyu Exam Results

July 15, 2008

8th Kyu

Kumiko Hunter
Arman Sheydayi
Don Marovich

7th Kyu B

Ben Bousquet
Shawn Barnett

7th Kyu

Matt Duncan

5th Kyu

Nathan Eskey

3rd Kyu B

Eli Lien

2nd Kyu

Sean Greene

Alexander Zaplatin

1st Kyu

Bill Brophy

Vance Holman

Michael Marquez

July 9, 2008

5th Kyu Leo Nakano

4th Kyu Maryose Syawish

3rd Kyu B Christopher Roark

Dan Certificates Presented July 2008

Shodan

Brandon Schramm, Alexis Sosa, Andrea Lore, Janet McClellan, Kyle Harder

Nidan

Julian Fisher, Diana Klien

Sandan

Jihone Du

Yondan

Andre McWilliams

Godan

Fred Kess, Cheryl Coburn

Dan Certificates will be presented to Kirsten Young, Shodan & Valeria Grijalva, Nidan at our next Kyu Exam.

Upcoming Events & Schedule

Kyu / Rank Exams

09/18/08 Tuesday 6pm

12/09/08 Tuesday 6pm

Kumite Seminar

10/4/08-SMC

Dan Preparation Classes

10am-11am Saturdays

09/20/08, 09/27/08

10/05/08, 10/25/08

Judges Training Class

8:15am - 9am Saturday

09/20/08, 09/27/08

Special Team Training

9am - 11am - Sunday Morning

09/ 21 /08, 09/ 28 /08

10/05/08, 10/26/08

Karate Fall Bowling Classic

10/25/08 - ? Details Soon

Tentative Fall Seminar and possible tournament with Sensei Field Details Soon

ISKF Nationals

11/14-16/08

Dojo Christmas Party

12/20/08 Saturday 5-8pm

ISKF National Participants & Team members:

At the beginning of the year in our newsletter we listed a schedule of activities. This included additional team training which at that time I requested you review and adjust your plans to be at those sessions. These classes are conducted under my supervision.

Per that schedule the first one we had was 9/14/08 this past Sunday at 9:30am. Those competitors in attendance were Diouf, Simeon, Enesa, Yoko, Kirsten.

We will again have Team Training on 9/21/08, 9-11am. This class will be open to anyone attending the ISKF Nationals.

Those interested in going to the ISKF Nationals are now expected to be training at least 3-4 times a week at the Dojo in class.

I hope to see all of you on Tuesdays and Thursdays, Saturdays 9-11am and if possible on Sundays 9-11am. If you have religious activities on Sundays and cannot attend of course that is acceptable.

We now only have 4 schedule Sundays of training before the ISKF Nationals. We all have things would like to do at that time but we are making an extra sacrifice.

Instructor & Judges Classes:

We will have Instructor & Judges classes on a regular basis. Class will be for Brown & Black Belts only. These classes will normally be held on the weekends, 1-2 times a month as the schedule allows. The fee for this class will \$10 per class.

For Black Belts we now offer an official Instructor Program with the ISKF. To enroll for credit you must be Nidan & above. Upon request, you will be provided the necessary information & requirements to enroll.

Dan/ Black Belt Exam Preparation Classes:

In order to enhance & improve your effort with your next exam we now offer Black Belt Exam Classes. This class will be for Brown Belts, 3rd kyu and above and Black Belts only. These classes will normally be held on the weekends. The fee will be \$10 per class.

We now have many Martial Art Supplies available at the Dojo.

Tokon Karate Gi's and Supplies

Judges Rule Book & Flash Cards

DVD's , Books, T-Shirts, Patches

The Dojo's Official Karate Gi

TÔKON
FIGHTING SPIRIT

