

## Shotokan Karate Center Newsletter

**Chief Instructor: Sensei Paul Imada, 6<sup>th</sup> Degree Black Belt**

*Pearl City Highlands Elementary School*

Tuesdays 5:45 – 6:45pm / Saturdays 9:30 – 10:30am

Monthly Fee: Child (6-18 years) \$35 / Adult \$40

**Inquiries: 456-9407 / ShotokanKarateCenter@gmail.com**

### Welcome New Members!

Please welcome the newest members to our Karate family since **August 2005: Joseph Kawamoto and Kylee Kawamoto**. We have only 2 more months! So bring in your new member for your free SKC t-shirt!

### 3-Month Beginner's Special:

**Child = \$100 ... save \$25!**

**Adult = \$110 ... save \$35!**

3 months tuition (including month of sign-up) at reduced rate plus **FREE KARATE UNIFORM!**

*Additional karate uniform and belt, school patches, protective gear, and weapons must be purchased separately by each student.*

### Exam Results!

Saturday, October 8, 2005

<u>Student</u>	<u>New Rank</u>
Christian Hara	Ikkyu (1 <sup>st</sup> Brown)
Kristie Nakamura	5 <sup>th</sup> Kyu (1 <sup>st</sup> Purple)
Leni Nakao-Yamada	5 <sup>th</sup> Kyu (1 <sup>st</sup> Purple)
Robin Oshiro	6 <sup>th</sup> Kyu (2 <sup>nd</sup> Green)
Megan Oshiro	6 <sup>th</sup> Kyu (2 <sup>nd</sup> Green)
Ashley Oshiro	8 <sup>th</sup> Kyu (2 <sup>nd</sup> Blue)
Kalani Hurst	8 <sup>th</sup> Kyu (2 <sup>nd</sup> Blue)
Keith Hurst	8 <sup>th</sup> Kyu (2 <sup>nd</sup> Blue)
Amy Lee	8 <sup>th</sup> Kyu (2 <sup>nd</sup> Blue)
Daniel Reis	8 <sup>th</sup> Kyu (2 <sup>nd</sup> Blue)
Kylee Reis	8 <sup>th</sup> Kyu (2 <sup>nd</sup> Blue)
Kelsi Choquette	8 <sup>th</sup> Kyu (2 <sup>nd</sup> Blue)
Nathan Choquette	8 <sup>th</sup> Kyu (2 <sup>nd</sup> Blue)
Aaron Wong	8 <sup>th</sup> Kyu (2 <sup>nd</sup> Blue)
Bryson Yoshimi	9 <sup>th</sup> Kyu (1 <sup>st</sup> Blue)
Zachary Kahookole	9 <sup>th</sup> Kyu (1 <sup>st</sup> Blue)
Julie Hiromoto	9 <sup>th</sup> Kyu (1 <sup>st</sup> Blue)

It was a big exam and everyone did a **great job!** From here on, it's important that all of you **attend class regularly** so you can all continue your advancement through the ranks. So **train hard**, we look forward to having you join us in the advanced class!

### Special sessions

SKC got their first taste of **Muay Thai, Grappling, and Boxing** on **8/2/05**. Due to its dangerous nature, these were closed sessions for adult advanced students only. SKC is privileged that

Sensei Paul brought in **Tyson Nam** to teach the basics of all 3 different arts.

### Tyson Ka'oo Nam

He first became interested in martial arts (like a lot of us) because of TV. He's taken judo for 7 years since he was 8-years old. Now at 21, he's been training for almost 2 years in Muay Thai (Gee Yeung), boxing (Kalakaua Gym), and grappling (Grappling Unlimited). Tyson is currently training for his fight in **Icon Sports: Opposites Attract** on **10/28/05**. He's already achieved 2 previous SuperBrawl wins in his division (135 lbs) in April 2005 (by TKO) and July 2005 (by unanimous decision).

Tyson feels we've **made vast improvements**, gaining knowledge in different art forms to add to our karate. His basic advice for us at this point is **conditioning**: building up our stamina with cardiovascular work like running and swimming.

### Muay Thai

The first things we learned were Muay Thai-style kicking and elbow strikes. This martial art originated from Thailand and has **influenced the creation of modern American kickboxing**. We learned various Muay Thai kicks and various elbow strikes, practicing them by hitting pads and bags.

**Sensei Paul:** *Muay Thai deals with reality and real life situations. Muay Thai will only make our karate techniques better and more effective. The leg kick is a prime example; so are the empi strikes.*

### Boxing

At the same time, we started to delve into the basics of boxing and we discovered it's not just about slugging the other guy! With hand wraps and 16 oz. boxing gloves, SKC sparred with Tyson and Sensei Paul. It was certainly a **very humbling** and **eye-opening** experience where we found out a lot about our **open areas, control, and rhythm** more than ever before.

**Sensei Paul:** *I am a firm believer that all martial artists should have some experience in boxing. It compliments all systems of martial arts. The rhythm,*

*timing, and counter movements are best in boxing. It is the closest to real life without getting injured.*

### Grappling

The final art we learned is the most alien for most *karate-ka* who are used to having a lot of distance between them and their opponent. On mats, we **learned choke holds, arm and leg bars**, and then got our experience with **ground fighting "bull ring" style**. It really forced us to learn the body well, manipulating and arranging yourself as well as your opponent. It was definitely a new and difficult area for all of us.

**Sensei Paul:** *Most martial artists are very aware that they are helpless if the fight ever got to the ground. The ability to protect yourself in all situations is the aim of any martial arts.*

### The vision

SKC will maintain a **firm foundation in Shotokan karate**, however, Sensei's vision for SKC's future **will incorporate various other disciplines** to add to advance level karate to eventually **create a complete martial artist**. The fledgling program has taken root, and it will require the **fortitude and spirit** of the advanced adults to perpetuate the program.

**Sensei Paul:** *If you are a serious martial artist, you will always feel left out if you don't have a firm understanding of all systems of martial arts. SKC has taken the most popular systems available in the World and made it available to our students. The end result is a complete martial artist who should be able to protect themselves in all situations.*



### SKC's Upcoming Events!

**Special Winter Training – Dojo**  
**SKC Dojo Tournament**  
*Sat., December 3, 2005*

**1<sup>st</sup> Quarter Exam – Dojo**  
*January 2006*

# Tai Chi

TAI CHI PEARL CITY

Chief Instructor: Sifu Paul Imada

Pearl City Highlands Elementary School  
Wednesdays 6:30 - 7:30pm  
Saturdays 7:30 - 8:30am



Monthly Fee: 1x per week = \$25  
Monthly Fee: 2x per week = \$35  
Inquiries: 456-9407

Newsletter 05-05 \*\* October 22, 2005

## Free stuff!

It's October!  
You've got only 2 more months to get your Very Cool and Very Free **TCPC T-SHIRT** for signing up a new member!

## New Members!

Welcome to the recent additions since **August 2005** to Tai Chi Pearl City's family:

**Jean Miyashiro, Fely Rojas, Tommy Samante, Linda Sato, Kyle Takamoto, & Iris Yonamine**

## Direct from you!

We wanted REAL comments direct from the REAL students: tell us, what do YOU think of tai chi?

## Why tai chi?

The biggest reason for most students seems to be **exercise** and by **doctor recommendation**. "The exercise promotes my physical and emotional well-being," says **Jimmie Paulino** (4 yrs), "It has practical uses in daily life, such as walking, balance, breathing, moving, energy, etc. Tai chi doesn't require a lot of space, equipment or time."

## How good is it?

Well, like starting any new exercise regimen, it's hard to see visible improvements in the beginning. At this level, Sifu Paul doesn't consider this real tai chi because students are still trying to figure out where their arms and legs are going!

But even in this beginning stage, students are already seeing the benefits. **Jean Miyashiro**, who's

been with us for about a month, has already felt some strengthening of her thighs. **Kyle Takamoto** (1 mo) says, "My tolerance for muscle pain/ tension has improved."

**Stan Sato** (4 yrs) says, "I have more stamina and I feel better."

**Joyce Inaba** (3 yrs) agrees, "It's a whole body exercise that forces you into building stamina."

## Body awareness.

As the student continues, they start to gain a better understanding of how their own body works. **Chris Roller** (11 mo) noticed: "I am learning a lot about the body and [its] movements." **James Yamamoto** (3 yrs) commented he has "a little better posture and balance."

## Emotional stability.

Tai chi is often referred to as "meditation in motion," helping to relieve stress and daily tension. There are those who've started to feel this soothing aspect: "I feel more calm [and] less anxiety," says **Karen Brookshire** (11 mo).

## Words to newbies?

**Sheila Fukuda** (6 mo) says it best: "Make a **personal commitment** of no less than 4-5 months. If possible, **attend twice a week. Don't be self-conscious** and feel that others are watching you - everyone is concentrating on their own actions and are not judging others. **Be patient.** Practice at least **5 minutes a day** - it helps."

## Teaching excellence.

We're happy to see that everyone seems to be enjoying the classes and have commented on **Sifu Paul's**

## patience and excellent teaching.

He insists on proper form and low stances so his students can get the most physical and emotional benefits as possible.

**Dennis Miyaki** (4 mo) enjoys the "explanation of form and style."

**Amy Shiraishi** (3.5 yrs) agrees, "I think the specific comments on how to improve stances and movements are more helpful than just being told to follow and copy." **Esther Ogasawara** (11 mo) says it concisely: "Very personable; easy to learn; good teacher; friendly atmosphere."

## Sherine's 2 cents.

"I wasn't sure what tai chi would do for me, but I'm finding that it's extremely flexible because no matter your age or physical condition, **it meets a student exactly where they're at.** It can help seniors with basic needs like gaining strength and balance, and simultaneously, that same martial art can seriously challenge someone like me with 7 years of karate training. It's really amazing! And with first-rate teaching and wonderful students, I truly enjoy every class."

## Sifu Paul's Heart.

"I love the people in our classes. **I really 'love them.'** One of the nicest comments about our class is a student mentioning to their friend that 'our teacher is just like one of us.' **That warms my heart.** I hope that taking tai chi has **enlightened everyone's lives and brought a little sunlight** into what usually amounts to a hustle bustle dreary day. When students mention how tai chi has helped them health-wise **it makes it all worth it to me.**"