



Issue 07-04 ** August 18, 2007

SKC NEWSLETTER

Chief Instructor: **Sensei Paul Imada**, 7th Degree Black Belt
For more info: www.skckarate.com

Welcome!

Welcome to new members to our SKC Family since **June 2007**: Maximo Alania, Carmen Kaichi, and Tiara Lovato!

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.

New Shodan!

Congratulations to SKC's newest black belt: **Irene Shimabukuro!** She took her exam on Saturday, 6/30/07. For those of you who were lucky enough to watch, it was quite a long exam! She may have had some challenges with stamina, but everyone could see that she threw all her spirit into it. **On top of good techniques, she was 110% heart!** Her loud *kiai* showed us her enthusiasm and it also boosted her own morale, allowing her maintain her snap and focus from beginning to end. We are both sad and proud to lose her to Washington State University on 8/13/07 where she will be studying neural science. Good Luck Sempai Irene and Welcome to our Black Belt Family!

Exam Results

Saturday, June 30, 2007

1st Degree Black (Shodan)	Irene Shimabukuro
1st Brown (Ikkyu)	Nathan Choquette Megan Oshiro
2nd Brown (2 nd Kyu)	Kylee Reis
1st Purple (5 th Kyu)	Tyler Oho-Watt Kevin Whang
1st Green (7 th Kyu)	Spencer Dickinson Mose Pedro
1st Blue (9 th Kyu)	Giordan Kitts

Beach Training!

This year we had an extra special *gasshuku*: Beach Training! It was held **Saturday, July 28, 2007** at **Magic Island** from 6:00am – 11:00am. It was a very long session, but we had quite a few water breaks due to training under the hot sun. We started with deep breathing, tai chi, and jogging.

We had so many activities that day: 420 punches and kicks on the sand, *kihon* and 2-man combinations and *kata* on the grass, a couple *judo* techniques on the sand, then punches in the water. We closed the session at about 11:00am and ATE. Food never tasted so good!

SKC would like to send special thank you's to **Sensei Paul** for running the whole session, to **Robert Loui** for taking pictures, to chaperones **Brian & Roxanne Dickinson** and **Pauline Kajiwara**, and to **Sempai Marc** and **Sempai Chris** for their help.

You all made it a very special day – it wouldn't have run this smoothly and wonderfully if it weren't for all of you! We were glad that so many parents and families were able to relax with us during lunch. **Go to our website to relive the fun!** It's located under **Gallery, Special Training**, and **2007 Summer Gasshuku**.

Keep On Walkin'

From whites to blacks, the most important part of your karate is your foundation: the front stance. If there's anything to practice and continue to refine, it's walking in your front stance.

1 – DRIVE

Shift your weight forward and drive your knee down toward the floor.

2 – BUMP YOUR HIP

Tuck your hips up and forward (almost like you're rounding your lower back, do not arch).

3 – HALF MOON

Making a half moon shape with your back foot, bring it in feet together then step it out 1 shoulder wide.

You can work on this with each step as 1 count. Gradually bring up the speed to smooth everything out. Remember the motion is FORWARD, not side-to-side.

Future Events

4th Quarter Exam ... Sat., October 6, 2007

Pearl City Highlands Elementary School

Tuesdays 5:45 – 6:45pm / Saturdays 9:30 – 10:30am ... Monthly Fee: Child (6-18) \$35 / Adult \$40

Inquiries: 456-9407 ** www.skckarate.com ** SenseiSherine@skckarate.com

Tai Chi

TAI CHI PEARL CITY

Chief Instructor: Sifu Paul Imada

Welcome!

It's always a great pleasure to have new students join us. Please welcome new members since **June 2007: Joy Blaum, George & Joan Ganal, Lovelyn Voorhees, Gail Yoshida, and Trisha Yoshida.**

New Format

What some of you may not realize is that TCPC has changed our teaching format. We had originally thought to keep all the beginning students together in one class. But we were seeing some problems and students weren't picking up basic concepts.

We decided to split the class between the beginners and the "advanced beginners," and teaching according to the different levels. It's been working a whole lot better. So we do basics like stance and walking, and at the same time go into techniques details with those who have been with us a while.

Stance is Key

Many of you had a hard time with the front stance: forgetting to bend your knees, stepping short, pulling your front knee back. Well, it's understandable because it's a really odd position to be in! But we are relentless on stance! We forced you into proper stances and through all the grimaces, groans, and laughter you give us, we began to notice we don't have to fix as often as before. It's starting to become second nature!

That's why you always want to be in the

correct stance all the time and why we've relentless on mistakes. Your body will remember what it does the most often (muscle memory), and you always want to train your body to do the correct thing.

Get Strong

So why the heck are we doing this? What's the big deal? The proper front stance will teach you to be more stable not just in the form, but also in daily life. Forcing you to bend your knees will strengthen leg muscles. The weight bearing exercise of the front stance will also increase bone density. This is excellent for creating a strong foundation for the rest of your life!

Know Your Body

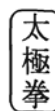
As you continue your journey with tai chi, you'll start to learn and understand different parts of your body that you never gave a second thought (or even a first thought) to. This will increase your control - initially, you'll see that you can correct yourself faster and pick up tai chi concepts better. The added benefit is a better handling in regular life, avoiding injuries and preventing falls.

Move On!

Some of you need to be kicked out of the 1st class and booted into the 2nd. You need to do the whole form in continuous motion to really benefit from tai chi. It may be a little hard at first, but it's not near as scary as people think! Just try and you'll see! We hope to see a lot of you in the 2nd class soon!

Pearl City Highlands Elementary School Cafeteria

Wednesdays 6:30 – 7:30pm
Saturdays 7:30 – 8:30am
Call for Inquiries: 456-9407



Monthly Fee: 1x per week = \$25
Monthly Fee: 2x per week = \$35
SenseiSherine@skckarate.com

For more tai chi information, please visit: www.skckarate.com