



ISKF 47th Annual East Coast Shotokan Karate Championship

March 27-28, 2010



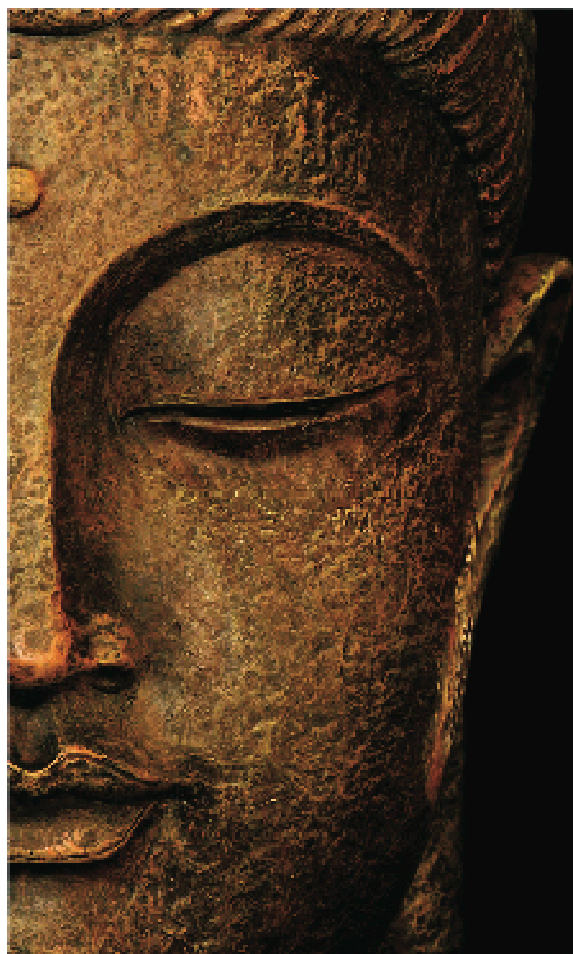
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*Ara yuru mono o karateka seyo; sokoni myomi ari.
Put your everyday living into karate (put karate into everything
you do) and you will find 'myo' (the subtle secrets, the ideal state
of existence, exquisite beauty).*

—Gichin Funakoshi

Hosted by Fairfax Shotokan Karate-Do, Inc.
Westin Hotel—Tysons Corner, VA

www.fairfaxshotokan.com



人の心を剣と抱く

ISKF MASTER CAMP 2010

INTERNATIONAL GOODWILL TOURNAMENT

June 11 - 18, Camp Green Lane, PA - 215-222-9382/iskf@iskf.com

Chief Instructor

TERUYUKI OKAZAKI, 10TH DAN, ISKF/US

Guest Instructors

HIROKAZU KANAZAWA, 10TH DAN, SKIF/JAPAN

YUTAKA YAGUCHI, 9TH DAN, ISKF/US

MASARU MIURA, 9TH DAN, SKIF-I/EUROPE

國際松濤館空手連盟 WWW.ISKF.COM

INTERNATIONAL SHOTOKAN KARATE FEDERATION

Phone:
703-324-5085

Email:
info@fairfaxshotokan.com

Website:
www.fairfaxshotokan.com

Fairfax Dojo Headquarters:
12000 Government Center Parkway
Fitness Center - Suite 114
Fairfax, VA 22035

Tysons Dojo:
McLean, VA
703-597-5541

World Bank Dojo:
Washington, DC
703-508-9420

2010 ECSKA Regional Tournament

Dear ECSKA participants, Club Instructors, and visitors:

It is my honor to welcome you to the 47th Annual ECSKA Karate Championships, hosted by Fairfax Shotokan Karate Club (FSKC).

The Fairfax Dojo began in Northern Virginia in 1983 and became affiliated with ISKF in 1993. Under the guidance of Shihan Teryuki Okazaki our dojo has been growing and today includes nearly 200 active students.

In studying karate, we are also embarking on furthering our own cultural awareness and exemplifying the dojo kun: “Seek perfection of character”, so FSKC developed this year’s theme as: “Ara yuru mono o karateka seyo; sokoni myomi ari.”

Translated this means, “Put karate into your everyday living; that is how you will see its true beauty.”

This saying is especially meaningful this year as we begin our tournament in conjunction with the start of the annual National Cherry Blossom Festival. The National Cherry Blossom Festival celebrates the 1912 gift of the cherry blossom trees from Japan and also highlights the ongoing friendship between the two countries.

With this in mind, we recommend you enjoy the various cultural events during your visit to Northern Virginia and the DC metropolitan area. You can find a scheduled listing of festival events at www.nationalcherryblossomfestival.org. Other events, restaurants, and local attractions can be found later in this program.

Thank you in advance for your participation and continued support to make the East Coast the strongest region of ISKF.

Sincerely,

Mohammad Gharavi
Chief Instructor
Fairfax Shotokan Karate-Do Club
www.fairfaxshotokan.com



國際松濤館空手連盟



March 28, 2010

Greetings!

It gives me great pleasure to welcome all of the competitors, officials and spectators to the 47th Annual East Coast Karate Championships. As all of you are aware, the East Coast is the headquarters for our ISKF: nationally and internationally. It is also the largest region in the ISKF/US. It is where the ISKF began. I am proud to say that neither time nor growth has altered our principles, which is to follow Master Gichin Funakoshi's guidelines within the Dojo Kun and Niju Kun. All of our East Coast instructors understand this and I am confident that they encourage their members to train and live by these principles. Please remember, tournaments are just another venue to practice your karate skills and at the same time your character skills. Whatever your role is in this or any special training, whether you are a competitor, official or spectator, treat each other with respect and dignity at all times. If you do this, you will be demonstrating the characteristics of a true martial artist. The Fairfax Shotokan Karate Club has chosen the theme for this tournament Master Funakoshi's Niju Kun #10: Ara Yuru mono o karateka seyo – Put karate into everything you do. It means, to practice Budo in everything you do and to stop conflict. This is not just with others, but also within yourself. Follow the Dojo Kun and you can do this by continuously seeking to be a better person, respecting others, and to control your behavior.

I'd like to thank Mr. Mohammad Gharavi and the Fairfax Shotokan Karate Club for hosting this year's East Coast Championships. I wish you and all the participants great success in this event. I hope to see everyone at our next big event: our ISKF Master Camp and International Goodwill Tournament June 11th – 18th, 2010.

Sincerely,

Teruyuki Okazaki
Chairman & Chief Instructor
International Shotokan Karate Federation

INTERNATIONAL SHOTOKAN KARATE FEDERATION

Chairman & Chief Instructor: Teruyuki Okazaki

222 South 45th Street Philadelphia Pennsylvania 19106 USA T/215-242-9582 F/215-222-7515 E/iekf@iekf.com W/www.iekf.com

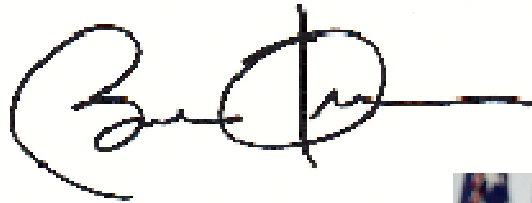
THE WHITE HOUSE

WASHINGTON

March 10, 2010

I am pleased to offer you my best wishes on this special occasion.

Earning martial arts proficiency requires discipline, dedication, and hard work. I trust these values will serve you well in life, and I wish you the best in the future.

A handwritten signature in black ink, appearing to read 'Barack Obama', with a long horizontal line extending to the right.



EMBASSY OF JAPAN
WASHINGTON, D. C.

Gichin Funakoshi, one of the pioneers of Shotokan Karate once said, "The ultimate aim of karate lies not in victory or defeat, but in the perfection of the character of its participants." Striving to achieve this perfection of character is one of the most important attributes of a successful competition, and I have no doubt that those involved with this event are committed to that ideal.

Many of the attributes emphasized in karate – respect, balance, strength, and beauty – are among the best values that each of our cultures has to offer. Your dedication to this sport is a testament to the Japan-US friendship.

As the Japanese Ambassador to the United States, it gives me great pleasure to welcome and congratulate the spectators, participants, and organizers of the 47th Annual East Coast Shotokan Karate Association Championship Tournament. This tournament's continued success is a tribute to the dedication of karate enthusiasts all across the country.

I hope you all attain the goals you have set for yourselves and I wish you all the best of luck.



Sincerely,

Ichiro Fujisaki
Ambassador of Japan

MARK R. WARNER
VIRGINIA



UNITED STATES SENATOR
WASHINGTON, D.C.

March 27, 2010



Dear Friends,

I am pleased to extend warm greetings to all those gathered for the 47th Annual East Coast Shotokan Karate Association Championship Tournament in Fairfax, Virginia.

This tournament is a testament to the pride you take in your communities as well as in your discipline. Karate demands physical fitness, behavioral discipline and moral values. Its appeal crosses cultural boundaries and increases international understanding and friendship. This event provides a wonderful opportunity to share in a true community environment while allowing competitors of diverse backgrounds to vie for the top placement in their respective divisions.

Please accept my very best wishes for a successful tournament.

Sincerely,

A handwritten signature in blue ink that reads "Mark R. Warner".

MARK R. WARNER
United States Senator

JIM WEBB
VIRGINIA



February 23, 2010

Fairfax Shotokan Karate Club
10390 Jenja Court
Manassas, VA 20110-6159



Dear Friends:

Congratulations! It is my privilege to commend you on your participation in the 47th Annual East Coast Shotokan Karate Association Championship Tournament.

I applaud you all on the hard work that brought you to this tournament. Your mastery of the sport has required dedication, focus, and both physical and mental strength. These skills will serve you throughout your lives, and I hope that you will continue to strive for greatness in all of your future endeavors.

I wish each of you the best of luck and a safe, enjoyable tournament.

Sincerely,

A handwritten signature in blue ink that reads "Jim Webb".

Jim Webb
United States Senator

JW: jt



HOUSE OF REPRESENTATIVES
WASHINGTON, D.C. 20515

FRANK R. WOLF
TENTH DISTRICT, VIRGINIA

December 17, 2009



Dear Fairfax Shotokan Karate Club:

I wish to extend my congratulations on the occasion of the 47th annual East Coast Shotokan Karate Association Championship Tournament on March 27 and 28, 2010, in Fairfax.

Your participation in the Shotokan discipline of karate is commendable and I hope that all those involved will enjoy the tournament.

Best wishes.

Sincerely,

Frank R. Wolf
Member of Congress

Mr. Barry Hickey
Fairfax Shotokan Karate Club
10390 Janja Ct
Manassas VA 22110

Best Wishes



SHARON BULOVA
CHAIRMAN

COMMONWEALTH OF VIRGINIA
County of Fairfax
BOARD OF SUPERVISORS

11000 GOVERNMENT CENTER PARKWAY
SUITE 330
FAIRFAX, VIRGINIA 22035-2071

TELEPHONE: (703) 241-1000
FAX: (703) 241-1985
TDD: (703) 241-1111

sharon@fdi.fairfaxva.gov

October 30, 2009

The International Shotokan Karate Federation
Fairfax Shotokan Karate Club
10390 Janja Court
Manassas, VA 20110

Dear Friends:

I wanted to take this opportunity to welcome the participants, coaches, and spectators gathered for the 47th Annual East Coast Shotokan Karate Association Championship Tournament to be held on March 27-28, 2010 in Fairfax County.

Karate is an encompassing discipline that provides physical fitness, athletic prowess, defensive skills, behavioral discipline, and moral values to its devotees. Karate's appeal crosses national and cultural boundaries, and enhances international understanding and friendship.

The Annual East Coast Shotokan Karate Association Championship Tournament has provided and continues to provide to hundreds of healthy adult and youth participants the opportunity to positively compete and vie for the top placement in their respective divisions. This event will showcase their talent, hard work and tremendous dedication to the martial arts culture.

The volunteers and staff of the Annual East Coast Shotokan Karate Association Championship Tournament are to be commended for bringing this prestigious event to Fairfax, Virginia. Best wishes for an exciting and successful competition!

Sincerely,

Sharon Bulova

SB:caz



47th Annual ECSKA Karate Championships Tournament Officials

Tournament Chairman:

Teruyuki Okazaki -10th dan

Chief Instructor – International Shotokan Karate Federation

Chief Judge:

Robin Rielly - 8th dan

Chief Instructor -Kobukan Karate Club

Arbitrator:

Maynard Miner - 8th dan

Chief Instructor -All New York Karate Association

Tournament Director:

Mohammad Gharavi – 5th dan

Chief Instructor – Fairfax Shotokan Karate Club

Judges:

Najib Amin

Sara Grimes

Kristen Hoffman

Steve Majors

Nelia Miller

Steve Pohle

Masahiro Tsukamoto

Julie Viehweg-Mellor

George Chandler

Barry Hickey

Todd Kentzel

Melissa McDonell

Hiroyoshi Okazaki

Elaine Smith

George Vance

Buddy White

Thomas Finnerty

Bob Hoffman

Lois Luzi

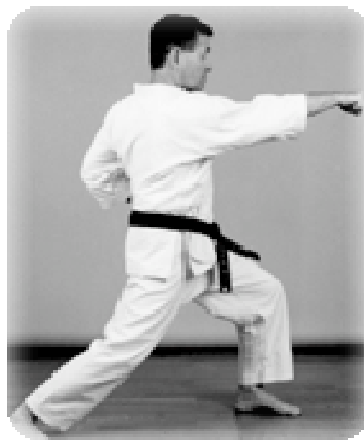
Brad Melton

Hiep Phan

Pedro Taborga

Oath of the Contestants

We, the contestants of this 47th Annual East Coast Shotokan Karate Association Championships, promise to obey the rules of the International Shotokan Karate Federation and compete to the best of our ability. Furthermore, we promise to conduct ourselves in such a manner as to bring credit to our instructors and to our federation.



Schedule of Events

<p>Friday, March 26, 2010 5:00 pm–11:00 pm</p>	<p>Check-in for all competitors</p>
<p>Saturday, March 27, 2010 6:30 am – 8:30 am</p>	<p>Check-in for Youth and Adult Brown Belt Competitors</p>
<p>7:00 am</p>	<p>Doors Open—Oaks Ballroom</p>
<p>8:30 am</p>	<p>Competition Eliminations and Finals Youth Adult Brown Belts</p>
<p>9:00 am</p>	<p>Check-in for Adult Black Belt and Senior Competitors</p>
<p>12:00 pm</p>	<p>Lunch Break</p>
<p>1:00 pm</p>	<p>Competition Eliminations <i>(continued)</i> Senior Black Belt Individual Senior Team Kata Adult Black Belt Adult Team Kata Adult Team Kumite</p>
<p>5:30 pm</p>	<p>Conclude Eliminations</p>

<p>Sunday, March 28, 2010</p>	<p>9:00 am Doors Open—Oaks Ballroom</p>																								
<p>9:30 am</p>	<p>Technical Committee Meeting</p>																								
<p>11:00 am</p>	<p>Opening Ceremony National Anthems Introduction of Honored Guests and Officials Contestant's Oath Cultural Demonstration</p>																								
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<p>5:30 pm</p>	<p>Closing Ceremonies</p>																								

Judges and Referees Corner in the Kumite Contest:

Sometimes it might seem to a spectator at a karate match that a particular technique was worthy of a point though neither the referee nor the judge awarded the point. But it is the referee who conducts the match and the corner judges who can point out the scoring techniques to the referee if his vision has been blocked by the action.

A point is awarded only if the technique appears to have been executed with the proper power, timing and distance and has obviously been directed toward the center of the target. However, it is important to note that a referee can award a point even though a technique is not 100 percent complete. The attacking person may catch his opponent off guard, or with his body turned around in an off balance position.

The attacker may launch a combination of techniques which may not be individually strong, but taken together they may be done well enough to merit one point. A combination technique along with a throwing technique may also be considered worthy of one point. A strong counter attack catching one's opponent when he is coming in to make an attack on his own might also score a point.

However, there are cases when what seems like a strong technique gets no point. The attacker might be all off balance at the point of his attack. or he may be using a so called "blind technique" without any control or specific target. Such a technique or a dangerous throw would be more cause for a foul than a point. If the technique is not delivered directly on target or slips off there is no point.

The referee's location is most important. he must be in complete control of the match. He must stay in a position giving him a clear view of both contestants to observe all techniques and to stop the match immediately, but he would not be so close as to hinder the movements of the contestants.

The corner judges can often see techniques hidden from the referee by the action of the match. It is their job to point these out as well as techniques which may have cause injury.

In the case of body contact, accidental or intentional, the referee and the judges can hold a conference to determine whether there will be a simply warning or disqualification. A person who has been disqualified has lost his match and is eliminated from the tournament.

Examples of Kumite Referee Signals:



Wazaari

An effective technique that does not meet the criteria for ippon – scored as one-half point



Ippon

Perfect scoring technique

Kumite (Sparring):

Free sparring, or kumite, consists of a match between two persons. A point is awarded when, in the opinion of the judges, one of the contestants has executed an effective punch, strike, or kick against the opponent. However, an actual blow is prohibited in the contest. The attack must be stopped just before the target area, usually within one or two inches. Acceptable targets are head, face, neck, or midsection. The rules of this tournament provide that contestants must have attained a certain rank and have had a certain period of training before they can participate in free sparring. The reason for this is that contestants must have trained long enough to develop complete control of their mind and body along with the development of mutual trust and respect for their opponent. Contestants without this level of training, as in a lower rank division, participate in a more basic form of kumite called "ippon", or one step sparring.

Duration of Matches: Each match, except for the final championship match, lasts two minutes during which time each contestant tries to earn one point. The final championship match will last three minutes and each contestant will try to earn two points.

Ippon or one point: See previous page for signal of "Ippon!" or one point.

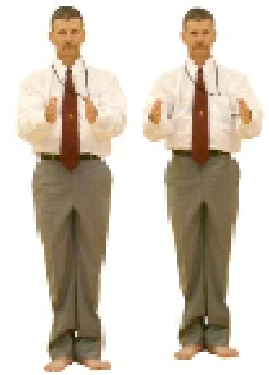
Wazari or one half point: See previous page for signal of a one half point. A contestant may be awarded two half points during a match which will give him or her one full point or ippon, and, declare him or her the winner of that match.

Hantei or judge's decision: If no point is scored by either contestant, the judges are asked to make a decision as to the winner. If one of the contestants has scored a half point during the match, or fought with good technique during the contest, the match may be decided in his or her favor. However, if both contestants show good technique and no points were scored by either of the contestants, and, in the opinion of the judges the contestants were equal in performance, they may call the match a draw. In which case, a one minute overtime will be allowed.

Examples of Kumite Referee Signals:



Auchi
Simultaneous techniques



Maai ga toi
Improper distance



Ukete Iru
Blocked technique



Yowai
Weak attack

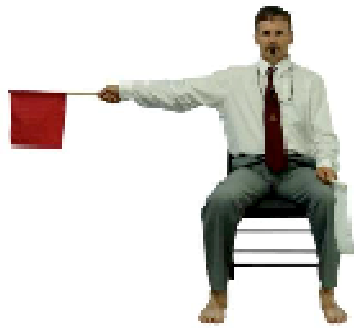


Attate Iru
Contact



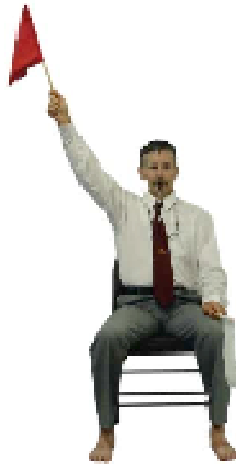
Hansoku Chui
Warning

Examples of Kumite Judge Signals:



Hazaori

An effective technique that does not meet the criteria for *ippon* – scored as one-half point



Ippon

Perfect scoring technique



Aiuchi

Simultaneous techniques

Kata (Form):

Kata or form, is a systematically organized series of defensive and offensive techniques which is performed with one or more imaginary opponents. In performing a kata, the performer must execute each movement with full awareness of its meaning. At the same time, each technique must be part of the flow and unity of the Kata as a whole.

In performing a kata, there are four important principles that are applied: the application of correct body strength; the application of the principles of expansion and contraction of body muscles; the proper application of speed; the fluidness or smoothness in the movements. In addition, vigor, attitude, and self-control displayed by the performer are considered in the judgment.

Since kata is a competition, a mistake in the order of performance, losing of one's balance, or not returning to the original position will lead to the deduction of points. Should the contestant discontinue performing a kata, or forgets the sequence of movement, the contestant will automatically lose the match.

In the preliminary round of a kata competition, two contestants will perform the same kata simultaneously which is determined by the head judge. The winner is declared by the flag system. One contestant is identified as red (*aka*) or white (*shiro*). Each judge will raise either the red or white flag depending on which contestant they feel did better. In the finals of the preliminary round, winners are determined by a point system. Points are awarded by five judges. The highest and lowest scores are discarded and the remaining three scores are added for total points scored. Winners of this final elimination round will compete in the championship match.

In the championship round of competition, each contestant performs their favorite kata. Winners are determined by a point system. There are seven judges in the championship match (six judges and one chief judge). The highest and the lowest points awarded are discarded and the remaining five are added for total points scored.



47th Annual ECSKA Championships - Finals Brackets

Men's Kumite

Men's Kata
Conte stant Score

Women's Kumite

Women's Kata
Conte stant Score

Men's Team Kumite

Senior Kata
Conte stant Score

Women's Team Kumite

Men's Team Kata
Conte stant Score

Women's Team Kata
Conte stant Score



KUMITE SCORE SHEET

Fairfax Shotokan
Karate Club

RED				WHITE			
NAME _____				NAME _____			
POINTS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	POINTS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	WAZA ARI		IPPON		WAZA ARI		IPPON
CONTACT		<input type="checkbox"/>	<input type="checkbox"/>	CONTACT		<input type="checkbox"/>	<input type="checkbox"/>
		CHUI	HANSOKU			CHUI	HANSOKU
OUT OF RING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	OUT OF RING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	KEIKOKU	CHUI	HANSOKU		KEIKOKU	CHUI	HANSOKU
<input type="checkbox"/> _____ WINNER _____ <input type="checkbox"/>							

RED				WHITE			
NAME _____				NAME _____			
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	WAZA ARI		IPPON		WAZA ARI		IPPON
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		CHUI	HANSOKU			CHUI	HANSOKU
OUT OF RING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	OUT OF RING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	KEIKOKU	CHUI	HANSOKU		KEIKOKU	CHUI	HANSOKU
<input type="checkbox"/> _____ WINNER _____ <input type="checkbox"/>							

RED				WHITE			
NAME _____				NAME _____			
POINTS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	POINTS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	WAZA ARI		IPPON		WAZA ARI		IPPON
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	KEIKOKU	CHUI	HANSOKU		KEIKOKU	CHUI	HANSOKU
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RED				WHITE			
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		CHUI	HANSOKU			CHUI	HANSOKU
OUT OF RING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	OUT OF RING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	KEIKOKU	CHUI	HANSOKU		KEIKOKU	CHUI	HANSOKU
<input type="checkbox"/> _____ WINNER _____ <input type="checkbox"/>							



Youth Champions



		Age 7-9	Age 10-11	Age 12-13	Age 14-15	Age 16-17
2003 PHILADELPHIA						
KATA	Beginner Boys	M. Morgan - SKC of MD	Josh Baker - Chester Co		Jon Baker - Chester Co.	
	Beginner Girls			A. Wilson - SKC of MD		
	Intermediate Boys	B. Jaffer - SKC of MD	K. Salada - Kobukan	B. Dickter - Chester Co	F. Ghanbari - Fairfax	
	Intermediate Girls					
	Advanced Boys		R. Younger - Ruskin	A. Sorbi - ISKA of VA	P. Rastegar - Fairfax	S. Sorbi - ISKA of VA
	Advanced Girls	Q. Paramore - West Phila				
TEAM KATA		West Chester				
KUMITE	Beginner Boys		A. Rublev - Northeast	M. Lewis-New Rochelle	R. Ekbatani- Fairfax	
	Beginner Girls	A. Tayebi - ISKA of VA		A. Wilson-SKC of MD	N. Langfield -Hampton Rd	
	Intermediate Boys			B. Dickter - Chester Co.	A. Rumyantsev - NE	
	Intermediate Girls	G. Omelyanenko - NE	J. Bailey - Tuskin	N. Demyan - Frankford		
	Advanced Boys		R. Toppin - Flatbush	W. Chappell - Fairfax	P. Rastegar - Fairfax	S. Sorbi - ISKA of VA
	Advanced Girls	I. Rokhvuarg - Northeast		C. Rinonos - ISKA of VA	A. Ruble - Hampton Rd	V. Vilbert - Chester Co.
2005 WASHINGTON, D.C.						
KATA	Beginner Boys	H.Takane - ISKA of VA				
	Beginner Girls		S. Takane - ISKA of VA	K.Luginbuhl - Chester Co		
	Intermediate Boys		Joe Baker - Chester Co	K.Hawthorne - SKC of MD		
	Intermediate Girls	A. Hartsell- ISKA of VA			D.Toure- ISKA of VA	D. Toure - ISKA of VA
	Advanced Boys				B. Dickter - Chester Co	
	Advanced Girls	A. Tayebi - ISKA of VA	J. Morgan - SKC of MD	P. Sorbi - ISKA of VA		A. Ruble - Hampton Rd
TEAM KATA		Chester County				
KUMITE	Beginner Boys	H. Takane - ISKA of Va		K.Hawthorne - SKC of MD		
	Beginner Girls		S. Takane -ISKA of VA	K. Luginbuhl - Chester Co		
	Intermediate Boys		Joe Baker - Chester Co			
	Intermediate Girls	A. Hartsell - ISKA of VA				D. Toure - ISKA of VA
	Advanced Boys		R. Berger - North Shore	H. Swartout -W.Chester	B. Dickter - Chester Co	D. Elliott - W.Chester Y
	Advanced Girls	G. Elliott - W.Chester Y		J. Amanin- Hampton Rd	J. Medvigy- ISKA of Va	A. Ruble - Hampton Rd
2006 NEW YORK						
KATA	Beginner Boys		M. Saka - MUKC			
	Beginner Girls					
	Intermediate Boys		K. Lamb - Chester Co	A. Petrosyuk - MUKC		
	Intermediate Girls	N. Shershakova - URKC			J. Luginbuhl - Chester Co	
	Advanced Boys	E. Mattout - Ruskin	H. Takane - ISKA of VA	I. O'Brian - SKC of MD	J.Dickter - Chester Co	B. Dickter - Chester Co
	Advanced Girls					
TEAM KATA		Chester County				
KUMITE	Beginner Boys		M. Saka - MUKC			
	Beginner Girls					
	Intermediate Boys	G. Smolyak - SRKC	K. Lamb - Chester Co		C. Lightbourne - FSKC	
	Intermediate Girls					
	Advanced Boys	R.Edelbaum -NorthShore	M. Morgan - SKA of MD	J. Morgan		
	Advanced Girls			S. Takane - ISKA of VA	J.Dickter - Chester Co	D. Elliott - W.Chester Y
2007 BALTIMORE						
KATA	Beginner Boys	W. Bushnell - Chester Co		M. Helm - ISKA of Va		
	Beginner Girls		T. Helm - ISKA of VA			
	Intermediate Boys		D. Smith - SRC of MD			
	Intermediate Girls	B. Lucas - SRC of MD		A. Dickerson - Glenside	J.Ramsus - Glenside	K Luginbuhl - Chester Co
	Advanced Boys			B.Losey - Hampton Rd	D. Stein - Hagerstown	A. Sorbi - ISKA of VA
	Advanced Girls	A. Hartzel - ISKA of VA	A. Tayebi - ISKA of VA			N. Losey - Hampton Rd
TEAM KATA		Chester County				
KUMITE	Beginner Boys			M. Helm - ISKA of Va		
	Beginner Girls	K. Healey - W Chester Y	T. Hekm - ISKA of VA			
	Intermediate Boys	G. Akopov - Northeast	R. Zarafshar - Fairfax		Z. Marion - SKC of MD	
	Intermediate Girls			A.Dickerson - Glenside		K.Luginbuhl - Chester Co
	Advanced Boys	E. Mattout - Ruskin	M. Morgan - Fairfax	V. Miller - Fairfax	H.Swartout - W Chester	J. Dickter - Chester Co.
	Advanced Girls			C.Moscoso - ISKA of VA	P. Sorbi - ISKA of VA	Jean.Baker - Chester Co
2008 WILLIAMSBURG						
2009 CHESTER COUNTY						
KATA	Beginner Boys			K. Chen Hui Lu-PSKC		
	Beginner Girls	E. Nordstrom-PSKC	C. Na-Fairfax			
	Intermediate Boys	S. Gustafson-West Chester Y	K. Lui-PSKC			
	Intermediate Girls			D. Alcantara-Fairfax		S. Anagnostou-Dominion
	Advanced Boys	J. Miller-Fairfax	G. Smolyak-Ruskin	M. Morgan-SKC of MD	B. Losey-Hampton Roads	C. Lightbourne-Flatbush
	Advanced Girls			G. Elliott-West Chester Y		B. Blackburn-Glenside
TEAM KATA		Fairfax Team 'A'				
KUMITE	Beginner Boys			K. Chen Hui Lu-PSKC		
	Beginner Girls	K. Horgan-Chester County	C. Na-Fairfax			
	Intermediate Boys		A. Morris-Glenside			
	Intermediate Girls			D. Alcantara-Fairfax		Nica Vigilar-Fairfax
	Advanced Boys	J. Wong-Ruskin	S. Ayzenshtat-Ruskin	M. Morgan-SKC of MD	Issac O'Brien Hagerstown	C. Lighthouse-Flatbush
	Advanced Girls			G. Elliott-West Chester "Y"		A. White-Yeadon
2010 FAIRFAX						

Dojo Etiquette

by Master Teruyuki Okazaki

As Master Funakoshi states, "Without courtesy you cannot practice Karate-do."

This applies not only to our training but to life in general. The word "dojo" is actually two words: "do" which means "the way" or "the path" and 'jo' which means 'the place'. When the two words are combined it means "the place where the way is studied". The dojo is the place where we learn to live together as human beings. This is a serious subject and therefore we must always follow dojo etiquette. This is the first step to practicing Karate-do.

Upon entering the doorway of the dojo, face shomen side, (the side with Master Funakoshi's picture) and bow. This is called ritsu-rei and shows deep respect to the teachings of Master Funakoshi as well as the seriousness of your study. Always try to arrive to class 10-15 minutes early so you have time to stretch and practice.

When the instructor says line up, move as fast as possible to form the line.

Remember, more than two steps, you must run. When making seiza, always go down left knee first, then the right knee. The hands should rest comfortably on the thighs. Sitting in seiza is much more than just kneeling. Historically, the samurai always had to be ready to defend themselves at any time. Since the sword was always carried on the left hip, the left knee went down first so they could draw the sword without injuring themselves. Always keep both balls of the feet in contact with the floor when kneeling down or rising to the standing position. If your posture is not straight and your feet not gripping the floor, then it is almost impossible to effectively defend against an opponent. Try this for yourself.

After making seiza, then you must close your eyes in mokuso. This term means to cleanse or make blank your mind to prepare for training. You have to forget all your thoughts and concentrate only on what the instructor is trying to convey. By only existing in the moment can you really learn.

After the command mokuso yame, open your eyes. Shomen ni rie- bow to the shomen side, Sensei ni rei, bow to the instructor. Every time you bow push your ego further down and become as empty as possible.

What is Karate?

An excerpt from 'What is Karate?' by Ronald A. Johnson

Karate is a scientific and philosophical art of fighting that was developed over many centuries in the orient. The literal translation of the Japanese characters that make up the word *karate* is "empty hand". It also has the philosophical meaning of rendering oneself empty: empty of selfishness and wickedness and all other negative influences. As a fighting art, karate skillfully uses every part of the body for self-defense. It consists basically of evading or blocking an attack, then counterattacking the opponent by punching, striking, kicking, joint-twisting, or throwing in such a way as to cause with one counterattack a fracture, internal hemorrhage, unconsciousness, or death. Over the years, these techniques have been continuously studied, modified and reorganized. As a result, modern karate has three divisions – as a self defense art, a physical art, and a sport – all of which are composed of the same basic techniques.

As an art of self defense, karate has a lengthy and impressive history. Karate, long ago, established itself as an effective and efficient means of unarmed combat. It was a means of self-defense against multiple and armed opponents. In Karate, the feet, as well as the hands, are used for self-defense. In no other self-defense art, are they so rigorously and subtly trained. The techniques used by these practitioners are now being scientifically studied and updated to reach their maximum effectiveness and efficiency. Diligent training in these techniques will prepare the modern student of karate physically and psychologically to defend himself against any antagonist.

Karate begins and ends with defense. The philosophy of karate prohibits its use aggressively. Since karate has been developed as an art of self-defense, its defensive techniques are very highly developed. Most of them are performed with the hands but there are also many blocking techniques using the feet. Many of karate's blocking techniques are ones in which the aggressor's attacking hand or foot is struck, deflected, or in some other way thwarted, so that the attack is rendered harmless. A unique feature of many karate blocks is that they are performed with 'focus', which means that the whole strength of the body is concentrated at the point of the block and then withdrawn. This is done with the intention of inflicting such pain on the aggressor's attacking arm or leg, that he would be unwilling or unable to continue his aggression. Another unique aspect of karate is that even attacking techniques can be used directly for blocking. The point of offensive techniques in karate is to render an aggressor's attack harmless. Consequently, they are never to be used against an opponent whose attacks pose no threat.

As a physical art, karate is a superb method of physical exercise and discipline. It exercises all the major muscle groups and develops strength, coordination, and agility. Kata, the formal exercise of karate, consists of a series of defensive and offensive techniques performed in a set sequence against multiple imaginary opponents. They are composed of many combinations of body shifting, blocking, punching, striking and kicking techniques ranging from easy to very difficult. Kata training develops form, balance, speed, control, and alertness.

As a sport, karate is quite new. Because of the danger of powerful karate techniques, there was no way for students to test their prowess against each other. Consequently, the strength of their properly executed techniques had to be tested by board and tile breaking. However, within recent years, revisions in training methods have been made that enable students to compete safely with each other. Contest rules have also been established. Today, contestants, using a wide variety of techniques and combinations thereof, with great skill, speed, distance judgment, accuracy, split-second timing and self-control can enjoy the thrill and satisfaction of competition the same as other athletes.

The ultimate goal of karate, however, is not solely development of physical prowess. It seeks to develop a person and encourage them to achieve spiritual and psychological fulfillment, using a sound healthy body as a medium. Karate also develops respect for one's opponent, etiquette, sincerity, effort, and self-control.

Special Cultural Attractions

Extracted from "About Washington D.C." (<http://www.washington.org>)

10/11/2009-10/11/2010	US National Arboretum Asian Collection US National Arboretum (www.usna.usda.gov/Carbons-collection/Asian.html)
10/16/2009-10/16/2010	Asia Trail National Zoological Park (www.nationalzoo.si.edu)
10/16/2009-10/16/2010	Chinese Porcelains National Gallery of Art (www.nga.gov)
03/27/2010-04/11/2010	National Cherry Blossom Festival (www.nationalcherryblossomfestival.org)
10/16/2009-10/16/2010	National Bonsai and Penjing Museum US National Arboretum (www.usna.usda.gov)
11/19/2009-03/31/2010	Film Screening: The Real Dragon Emperor National Geographic Museum (www.warnerbros.com)
11/19/2009-03/31/2010	Terra Cotta Warriors: Guardians of China's First Emperor National Geographic Museum (www.nationalgeographic.com/terracottawarriors)
11/02/2009-03/31/2010	TenPenh Prix Fixe Lunch & Dinner TenPenh Restaurant (www.tenpenh.com)



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Good luck to all competitors!



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 UMass Shotokan Karate Club
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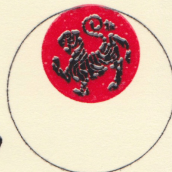


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Chief Instructor



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Good luck to all of the competitors!

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Sensei Ernst
and our club members
wish all participants the best of luck!

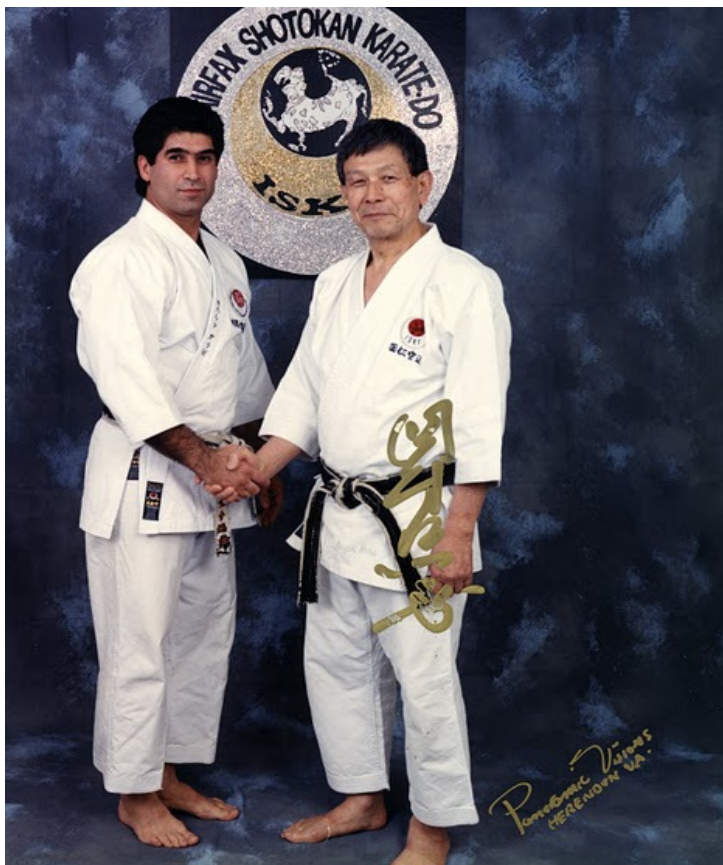
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FSKC would like to thank all of our volunteers – from the committee members, tournament judges, and tournament volunteers who have made this tournament possible, especially Tammy Le!
Thank you!!



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