



# USA WADO-RYU ZENSHU-KAI

Holiday Issue

December 2008

## MESSAGE FROM SENSEI

Dear Students and Parents,

The year is almost over and I hope everyone is getting ready to enjoy the upcoming holiday season. Our Dojo had great results in 2008, as approx 90% of all tournament participants took placed in their divisions, which is amazing. In addition, the turnout at the OC Fair demo was spectacular, we had over 40 people attended this demonstration and everyone performed very well. I think everyone enjoyed this particular event.

Karate is about doing your best and striving for perfection, not just kicks and punches. I hope now that you realize that



HAPPY HOLIDAY SEASON

karate is not just a sport but an ongoing lifestyle. Lastly, I recommend you make a New Year's resolution so you have a goal you can reach by the end of the next year.

Keep doing your best and happy holidays!

Sensei

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### Upcoming Events

Sat, Dec 13th

Kyu Test 9:00 am  
Huntington Beach

Sun, Dec 14th

Black Belt Test 10:30  
Main Dojo

Sun, Jan 11th

Winter Camp 10-3:00 pm  
Main Dojo

Sun, Feb 1st

Shiomitsu Master Seminar  
10-11:45 pm  
Main Dojo

Mon, Feb 2nd

7-8:45 pm  
YMCA

Sun, Mar 22nd

USA Wado Championships  
Lagun Hills Community Centre

## TECHNIQUE OF THE MONTH

### YOKO-GERI

Yoko-geri is a side kick. It can also be referred to as Sokuto-geri which depicts the outside area of the foot or knife edge that is used for striking. Yoko-geri is a very powerful kick because it requires extending the large muscles of the leg in a straight line. An easy way to practice is to stand in heiko-dachi (parallel stance). Stay in the same spot and turn your head to the right as that will be the way you will be prac-

ticing yoko-geri. Pick the right leg up as if you were going to kick mae-geri to your front but instead extend the kick out to your right side where you are looking. Remember that as the name sokuto implies, you are to strike with the knife edge of the foot preferably near the heel. When the kick is fully extended there should be a straight line from your hip to your heel running through your knee. Now retract the kick in the same manner that it went out and set it back down on the floor in heiko-dachi. After

you practice it on the right a few times, turn your head to the left and kick in this direction. Practicing left and right side from heiko-dachi will allow you to practice in the same spot without requiring too much space. As mentioned earlier, this is a very powerful kick. This kick becomes even more powerful when combined with your momentum. An easy way to practice with momentum is the similar to how we practiced from heiko-dachi. Get into a kiba-dachi (horse stance) and look to the right. Step your left foot up to the right

foot. Pick the right foot up immediately and kick out as previously described from heiko-dachi. Retract the kick and set it down in another kiba-dachi stance. Continue moving to the right by stepping up kicking and setting down. Now you have added your momentum to the technique. Of course to move and kick will require you to utilize more space to train. There are many other ways to practice yoko-geri but this will get you well on your way. **Good luck and keep kicking.**

## NEWSFLASH

For those of you who would like a little extra practice to work on your skills, we have a class just for you.

Come to the main dojo on at **3:00 pm on Sundays**, and we will help you with whatever you would like to work on. Maybe you would like to perfect your kata, or figure out the combinations you need for that next test. Whatever it is, we will help you master your technique.



As the weather becomes gradually cooler it is a good idea to intensify your warm ups.

## WE WOULD LIKE TO WISH A VERY HAPPY BIRTHDAY TO

### NOVEMBER

Peter Counihan (1<sup>st</sup>)  
 Saman Tajalli (1<sup>st</sup>)  
 Johnathan Masi (3<sup>rd</sup>)  
 Tim Medina (5<sup>th</sup>)  
 Nicholas Rathbart (5<sup>th</sup>)  
 Ocean Lee (6<sup>th</sup>)  
 Jack Hamamoto (8<sup>th</sup>)  
 Samuel Peng (8<sup>th</sup>)  
 Davis Evans (12<sup>th</sup>)  
 Daniel Phan (14<sup>th</sup>)  
 Bryce Lutz (15<sup>th</sup>)  
 Emily Gong (19<sup>th</sup>)  
 Youstina Mina (19<sup>th</sup>)  
 Boris Shirman (19<sup>th</sup>)  
 Annie Berhe (20<sup>th</sup>)  
 Lam Ho (20<sup>th</sup>)  
 Gian Vizcarra (21<sup>st</sup>)  
 Jacob McGorrin (22<sup>nd</sup>)  
 Kenneth McGrath (22<sup>nd</sup>)  
 Alexander Wong (25<sup>th</sup>)  
 Sean Cutting (27<sup>th</sup>)

### DECEMBER

Anthony V. Gutierrez (1<sup>st</sup>)  
 George Kamei (2<sup>nd</sup>)  
 Matteo Marsella (6<sup>th</sup>)  
 Jessica Monali (6<sup>th</sup>)  
 Alexander Friend (9<sup>th</sup>)  
 David Sperber (9<sup>th</sup>)  
 Nicholas Nguyen (11<sup>th</sup>)  
 Bonnie Kahle (12<sup>th</sup>)  
 Emily Kahle (12<sup>th</sup>)  
 Lee Timmen (13<sup>th</sup>)  
 Bridget Chu (14<sup>th</sup>)  
 Neil Kalenak (14<sup>th</sup>)  
 Ryan Jones (18<sup>th</sup>)  
 Chiara Ghidoli (19<sup>th</sup>)  
 Kensuke Tokutsu (20<sup>th</sup>)  
 Jeremy Vogel (21<sup>st</sup>)  
 Quyen Dang (23<sup>rd</sup>)  
 Manuel Duran (23<sup>rd</sup>)  
 Sensei Nishimura (24<sup>th</sup>)  
 Paul Jai (26<sup>th</sup>)  
 Moeh Harmelink (27<sup>th</sup>)

Kaizo Hall (30th)  
 Takazo Hall (30th)

On our Website  
 New Training  
 Schedule for  
 Huntington Beach  
 New photos  
 Calender of Events  
 Video  
 For Sale  
 Photo Gallery  
 And much more...

## FUNDRAISER

Thank you to everyone who helped to make this years Sees Candy fundraiser a success. The money raised from this event will allow us to provide you access to camps, seminars and visiting dignitaries in the art of Wado-Ryu. Your support is greatly appreciated.

## CHRISTMAS RIDDLES

What do you have in December that you don't have in any other month?

*The letter 'D'*

What do you call a polar bear wearing ear muffs?

*Anything you like, he can't hear you.*

What happened when Santa's cat swallowed a ball of yarn?

*She had mittens.*

What's red and white, red and white, and red and white?

*Santa Claus rolling down a hill.*

Where did the mistletoe go to become rich and famous?

*Holly-wood.*

Why did Frosty go to live in the middle of the ocean?

*Because snow man is an island.*

Where do you find reindeer?

*It depends on where you leave them.*

What do reindeer say before telling you a joke?

*This one will sleigh you.*

## USA WADO JUNIOR TOURNAMENT & POT LUCK

Congratulations to everyone who competed in this years Annual Junior Tournament. I was very impressed to see how well you all did. For some of you, this was your first tournament, and I hope you enjoyed it. The experience you gained here will definitely help you in future competitions.

A special thank you goes to all of our wonderful parents helpers for making this tournament a success. We definitely could not have succeeded without you. Thank you also for all the delicious food items, I know the main courses where a hit for the adults and

the deserts were an absolute hit with the children. Thank you as well for the fantastic donations for our raffle; for some kids, Christmas definitely came early this year!

**DON'T FORGET** that our next major tournament will be the USA Wado Championships on March 22nd at the Laguna Hills Community Centre. We will be needing a number of volunteers to help with time-keeping, score keeping, belt tying, sales and much more, if you are interested, please contact Sensei to sign up.



Wishing you peace, happiness and lots and lots of practice.



## KYU TEST RESULTS

### 13th Kyu

Nolan Anderson  
Clay Conaway  
Maxwell Holley  
Adam Jandga  
Leila Kaye  
Nicola Palmer  
Danyal Rao  
Matthew Cutting  
Sean Cutting  
Nervana Fadle  
Nouran Fadle  
Rachal Finn  
Steven Galvan Jr  
Caike S Godoy  
Anthony V Gutierrez  
Matteo Marsella  
Keanu Miyashiro  
Stephen Nwaiwu  
Alex Peng  
Samuel Peng  
Julia Pressel  
Ali John Salehi  
Rahyaan Shaikh  
Andrew Sinsioco  
Sydney Vega  
12th Kyu  
Kellen Andrunas  
Gil Hovav  
Yavor Kirilov  
Samantha Parcell  
Anna Chan  
Kiara Gries  
Piper Harris  
Nicole Hayase  
Paige Hayase  
Brian Liang

Kelly Liang  
Nicholas Masi  
Mikaela Zaragoza  
Alicia Haumann  
Blake Zarraga  
11th Kyu  
Alden Andrunas  
Hana Chin  
Jax Johnson  
Emma King  
Nicholas Nguyen  
Greg Chlebeck  
Raymond Chlebeck  
Mikael P Lamayo  
Kaitlin Lim  
Vishank Raghavan  
Jeret Ranches  
Arturo Torres Jr  
T.J Medina  
Michael Vees  
10th Kyu  
Kyle Acocello  
Brian Burton  
Sara Chin  
Jodi Conaway  
Timothy Elmore  
Jon Healing  
Paul Jai  
Brian Nguyen  
Rushil Raghavan  
Dean Balagot  
Lam Ho  
Corazon Karlan  
Tanner Mauro  
9th Kyu  
Tyler Genevay  
Dylan Pagaduan

### 8th Kyu

Steven Chin  
Matthew Harris  
Daniella Lloyd  
Lee Timmen  
Sabrina Medina  
7th Kyu  
Ian Anderson  
Christine Chen  
Grant Conaway  
Ryan Sueki  
Conrad Walt  
Chai Yen Tan (Kelly)

### Jasmine Karlan

### 6th Kyu

Erika Yoshikawa  
Jessica Monali  
Sara Mudallal  
Brian Nguyen  
Manda Nguyen  
Keith Nguyen  
Alix Rousserliere

### 5th Kyu

Sean Prager  
Matthew Tsai  
Dannika Pagaduan

### 4th Kyu

Daniel Iba  
James Peck  
2nd Kyu  
Chris Iba  
Jay Maehara  
Deion Pagaduan

### 1st Kyu

Joseph Karlan

### Student of the Month

Adam Jandga  
Daniel Iba  
Keith Nguyen  
Danika Pagaduan

### Spirit Award

Kyle Accocello  
Ian Anderson  
Sara Mudallal  
Blake Zarraga  
Deion Pagaduan

### Achievement Award

Yavor Kirilov  
Christine Chen  
Manda Nguyen  
Tanner Mauro  
Sabrina Medina

**GOOD JOB IN PASSING YOUR GRADE, YOU ARE CLOSER TO ACHIEVING YOUR BLACK BELT.**

### STUDENT PROFILE

My name is **Deanna Pagaduan**. I am 10 years old. I am the 2<sup>nd</sup> oldest of 4 siblings. I have been doing Karate for 3 years. I am a brown with 1 stripe and now striving for a brown with 2 stripes. The reason why I like Karate is because it taught me discipline, self confidence, and made me stronger .A side from karate, I do other, sports or hobbies such as gymnastics, piano, swimming, boogie boarding, snow boarding and listening to music. My goal is to get to a black belt and try to win first place in all tournaments.