



2760 I Forbes Road, #41  
Laguna Niguel, CA 92677

Volume 1, Issue 1

Jan./Feb. 2009

# USA WADO-RYU

## Message from Sensei

Dear Students and Parents, I hope everyone had a great new year. This year is going to be tough for everyone but we will try to keep things the same as last year. For our drills and techniques we will be doing plenty of kicking and punching to stay healthy and so that we can sweat and develop more muscles, a very important part of growing. This year, there will be a World Wado-ryu Karate Championship in Tokyo, Japan. And I am going to compete again. Please let me know if anyone is interested to compete at this level. We're going to try our best and are looking forward for good results. Sensei

米国和道流空手道連盟

## USA WADO-RYU KARATE-DO RENMEI 14TH ANNUAL TRADITIONAL KARATE-DO CHAMPIONSHIP



City of Laguna Hills  
Community Center  
25555 Alicia Parkway  
Lagina Hills, CA 92653



March 22, 2009

\$100 Prize to First in place. Men's and Women's ages 15-34 Black belt Kata and Kumite

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### Upcoming events:

- World Wado-ryu Karate Championship, Tokyo, Japan Aug. 22-23
- Te-Kenjutsu-Kai tournament Feb. 8
- SCKA Referee training seminar @Laguna Niguel Dojo March 15
- Sensei Setamatsu seminar, March 21
- USA Wado -ryu Tournament, March 22

## Student Profile: Max Nishimura



I am nineteen years old, 145 pounds (usually), 5'9" with my favorite boots, my blood type is O+, have a type B personality, agnostic, and

seemingly mellow. Three things I cannot live without are my family, coffee and my iPhone, in that order.

I have been training in Wado-ryu karate for roughly fifteen years. I achieved my first-degree black belt when I was twelve years old and my long overdue second degree last month. During the many years I have been practicing karate, I have been to countless tournaments and acquired many awards and accolades.

My success in wrestling during my high school career can be largely attributed to karate, as both emphasize physical fitness, perseverance, and discipline. Let me tell you that I am not talented or gifted by any means, I believe that with hard work, you can achieve whatever you want. My investment of blood, sweat and tears is what allows me to stand where I am today.

## Technique of the Month

### EMPI and HIJI UKE

The elbow is a very hard area of the body that can be used for striking and blocking. It is closer to the shoulder and core of the body than the hand, therefore with proper body twisting and weight shifting it can be accelerated very quickly creating a very powerful strike or block. EMPI is the term used for an attack with the elbow while HIJI Uke is generally the term used for an elbow block. Just about any way you can move your arm with your elbow could serve as an EMPI strike. For example think about when you pull your hand back into HIKITE when you retract your punch. Your elbow protrudes to

the rear. That could be considered an USHIRO EMPI or backward elbow strike for someone attacking you from the rear. There are many ways to perform EMPI. We will concentrate on MAWASHI EMPI. MAWASHI EMPI is a roundhouse elbow strike. Step forward as in Gyakuzuki, keep your fist close to your body and your arm in the same configuration as HIKITE but twist your body while moving your whole arm across your body to strike with the elbow. Remember, if you step out with



**MAWASHI EMPI**  
(Round house elbow strike)

the left foot you are striking with the right elbow and vice versa. Your elbow should protrude out slightly further than your fist. Pinan Yodan demonstrates MAWASHI EMPI. As for HIJI Uke, it is a block with the elbow. HIJI Uke can be either jodan, chudan, or gedan. Pinan Sandan demonstrates HIJI Uke chudan by using the elbow to block an attack while moving forward. Kihon Kata #8 demonstrates both HIJI uke and EMPI. Now go find a punching bag and try a few hundred elbow strikes for yourself. Good luck and keep training.

## PHOTOS: Sensei Shiomitsu seminar and O.C .Gakuen Demo



## Kyu Test Results

### H.B. Kyu Test Promotion December 13, 2008

#### **Orange (13th)**

Katie Price  
Nathan Robledo-  
Hunter Seals  
Scott Stone

#### **Yellow (12th)**

Nolan Anderson  
Clay Conaway  
Kayla Hayashi  
Maxwell Holley  
Adam Jandga  
Leila Kaye  
Nathan Ling

#### **Blue (11th)**

Kellen Andrunas  
Nico Brown  
Kennedy Jackson  
Ryan Jones  
Yavor Kirilov  
Kenneth McGrath  
Samantha Parcell

#### **Blue w/s (10th)**

Alden Andrunas  
Jax Johnson  
Emma King  
Darius Moaddeli  
Nicholas Nguyen

#### **Green (9th)**

Kyle Accocello  
Sara Chin  
Jodi Conaway  
Timothy Elmore  
Paul Jai  
Robbie Kleppe

#### **Green w/s (8th)**

**Purple (7th)**  
Steven Chin  
Lee Timmen

#### **Purple w/s (6th)**

Ian Anderson  
Christine Chen  
Grant Conaway

Moeh Harmelink  
Conrad Walt

#### **Red**



**Congratulations!!**

#### **(5th)**

George Nagasaka

#### **Red w/s(4th)**

Patricia Iba  
Joy Iwamoto

#### **Red w/s(4th)**

Emma Nagasaka  
Keiju Nagasaka  
Matthew Tsai  
Jeremy Vogel  
Joseph Vogel  
Jonathan Wong  
Brown (3rd)  
Brown w/s (2nd)  
Joey Bush  
Emily Gong  
Kengo Kishimoto

#### **Brown w/2 s (1st)**

#### **Black w/s (Shodan-Ho)**

#### **Student of the Month**

Sara Chin  
Kenneth McGrath

#### **Spirit Award**

Joey Bush  
Samantha Parcell  
Achievement Award  
Kyle Accocello  
Yavor Kirilov

### Main Dojo KYU TEST

#### Promotion

#### November 19, 2008

#### **Orange (13th)**

Stephanie Tam  
Kensuke Tokutsu

#### **Yellow (12th)**

Greg Montes

#### **Blue (11th)**

Alicia Haumann  
Blake Zarraga

#### **Blue w/s (10th)**

T.J. Medina  
Michael Vees

#### **Green (9th)**

Dean Balagot  
Lam Ho  
Corazon Karlan  
Tanner Mauro

#### **Green w/s (8th)**

Kaizo Hall  
Takazo Hall  
Tyler Genevay  
Brandon Montes  
Jonah Montes  
Nathan Montes  
Dylan Pagaduan

#### **Purple (7th)**

Chiara Ghidoli  
Sabrina Medina

#### **Purple w/s (6th)**

Jessica Chin  
Ethan Sellona

#### **Red (5th)**

Richard Chin  
Chelsey Sellona

#### **Red w/s (4th)**

#### **Brown (3rd)**

Brooke Hollingworth  
Boris Shirman

#### **Brown w/s (2nd)**

Andre Leung  
Austin Leung  
Deanna Pagaduan  
Steven Uchi

#### **Brown w/2stripes (1st)**

Sasha Shirman

#### **Black w/s (Shodan- Ho)**

Naoto Hall

#### **Black Belt**

#### **STUDENT OF THE MONTH**

Deanna Pagaduan

#### **SPIRIT AWARD**

Sasha Shirman

#### **ACHIEVEMENT AWARD**

Brooke Hollingworth

#### **YMCA KYU TEST**

#### **Promotion Results**

#### **November 1, 2008**

#### **Orange (13th)**

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**

#### **Rayhaan Shaikh**

#### **Andrew Sinsiooco**

#### **Sydney Vega**

#### **Yellow (12th)**

Anna Chan  
Kiara Gries  
Piper Harris  
Nicole Hayase  
Paige Hayase  
Brain Liang  
Kelly Liang  
Nicholas Masi

#### **Mikaela Zaragoza**

#### **Blue (11th)**

Greg Chlebeck  
Raymond Chlebeck

#### **Mikael P. Lamayo**

#### **Kaitlin Lim**

#### **Vishank Raghavan**

#### **Jeret Ranches**

#### **Arturo Torres, Jr.**

#### **Blue w/s (10th)**

Brian Nguyen  
Rushil Raghavan

#### **Green (9th)**

#### **Green w/s (8th)**

#### **Purple (7th)**

Chai Yen Tan (Kelly)

#### **Purple w/s (6th)**

Jessica Monali  
Sara Mudallal  
Brian Nguyen  
Manda Nguyen  
Keith Nguyen  
Alix Rousseliere

#### **Red (5th)**

#### **Red w/s (4th)**

James Peck  
Brown (3rd)

#### **STUDENT OF THE MONTH**

Keith Nguyen

#### **SPIRIT AWARD**

Sara Mudallal

#### **ACHIEVEMENT AWARD**

Manda Nguyen

17601 Forbes Road, #41  
Laguna Niguel, CA 92677



Phone: 949-233-2691

Email: WWW.  
USAWADO@COX.NET

#### HARDWORK QUOTES FROM A FAMOUS PERSON:

I do not know anyone who has gotten to the top without hard work. That is the recipe. It will not always get you to the top, but it will get you pretty near.  
-- Margaret Thatcher  
1925-, British Stateswoman, Prime Minister (1979-90)

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[www.usawadoryu.com](http://www.usawadoryu.com)

**USA WADO-RYU**

## Back Page Story Headline

### January Birthdays

Ian MacElwee (2<sup>nd</sup>)  
David Park (3<sup>rd</sup>)  
Parker Schultz (3<sup>rd</sup>)  
Annie Weiss (4<sup>th</sup>)  
Luke J. Thompson (6<sup>th</sup>)  
Daniel Aguilar (9<sup>th</sup>)  
Tatiana Celentano (9<sup>th</sup>)  
Daniella Lloyd (10<sup>th</sup>)  
Thomas Logan (11<sup>th</sup>)  
Jordan N. Barrera (13<sup>th</sup>)  
Trevor Davies (16<sup>th</sup>)  
Ronak Patel (17<sup>th</sup>)  
Ian Schilling (19<sup>th</sup>)  
Jasmine Dang (23<sup>rd</sup>)  
Alexander Klauss (23<sup>rd</sup>)  
Nicholas Nojiri (24<sup>th</sup>)  
Larry Castro (25<sup>th</sup>)  
Ryan Dalusag (26<sup>th</sup>)  
Ajay Bhatia (27<sup>th</sup>)  
Waloe Shaik (27<sup>th</sup>)  
Shawn Shiba (27<sup>th</sup>)

David Hunt (28<sup>th</sup>)  
Sara Chin (29<sup>th</sup>)  
Katsuko Yamanishi (29<sup>th</sup>)  
Koki Yasuhiro (31<sup>st</sup>)

### February Birthdays

Mabel Gamino (1<sup>st</sup>)  
Manda Nguyen (2<sup>nd</sup>)  
Angie Luna (3<sup>rd</sup>)  
Alexander Nishimura (4<sup>th</sup>)  
Steven Chin (5<sup>th</sup>)  
Douglas Chuck (6<sup>th</sup>)  
John Kalenak (6<sup>th</sup>)  
Ian Anderson (7<sup>th</sup>)  
Danika Pagaduan (7<sup>th</sup>)  
Natalie Flores (8<sup>th</sup>)  
Brett Miller (9<sup>th</sup>)  
Brooke Hollingworth (10<sup>th</sup>)  
Firdausi Sudarmadji (10<sup>th</sup>)  
Nicholas Chian (11<sup>th</sup>)  
Austin Leung (12<sup>th</sup>)  
Fox Fagundes (14<sup>th</sup>)  
Miriam McGorin (15<sup>th</sup>)

Reanna Chew (17<sup>th</sup>)  
John Giahi (17<sup>th</sup>)  
Emma Nagasaka (17<sup>th</sup>)  
Alexis Yumul (17<sup>th</sup>)  
Brandon Drucker (19<sup>th</sup>)  
Garrett Drucker (19<sup>th</sup>)  
Mark Schenkelberg (19<sup>th</sup>)  
Joseph Vogel (19<sup>th</sup>)  
Jay Takuya Maehara (20<sup>th</sup>)  
Anna Kufta (22<sup>nd</sup>)  
Vincent Wu (22<sup>nd</sup>)  
Cameron Eden (23<sup>rd</sup>)  
Rushil Raghavan (24<sup>th</sup>)  
Amir Sharifi (23<sup>rd</sup>)  
Noelani Murayama (25<sup>th</sup>)  
Brian Liang (27<sup>th</sup>)  
Kelly Liang (27<sup>th</sup>)

Keiju Nagasaka (27<sup>th</sup>)  
Quiana Dang (28<sup>th</sup>)

