



USA WADO-RYU NEWSLETTER

MESSAGE FROM SENSEI

Dear Students and Parents,

I hope everyone is having a great summer. As you may already know, we have had some big events this season, starting with our Summer Camp, the Orange County Fair Demonstration and finally our annual Beach Party at Huntington Beach. I would like to thank every one who participated in these events, and especially the parents who donated their time and effort in making them a success. Thank you for the wonderful food offer-

ings at our annual beach get together also. I hope you enjoyed these events. In late August, some of my students and I are going to compete in the National and International Championship in Tokyo, Japan. I'm hoping for good results!

This is proving to be an eventful summer, with many of you taking some time off training for family vacations and events. I hope you have the opportunity to practice a little while you are away, and I look forward to seeing you at the dojo on your re-

turn.

Please remember to stay hydrated during this hot weather, bring sports bottles of water/electrolyte drinks to the dojo because as you sweat you lose valuable salts.

Have a great summer.

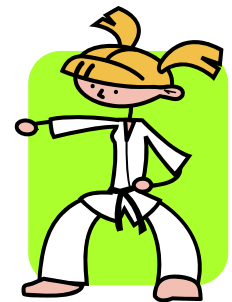
Sensei



JULY/AUGUST 2009

CALENDER OF EVENTS

- ☺ Sat, Aug 22nd- Wado Championships Japan
- ☺ Sun, Sept 20th- Soka University Open
- ☺ Sun, Oct 25th- Hollenbeck Invitational
- ☺ Sun, Nov 8th- Food Drive Tournament
- ☺ Sun, Dec 6th- Wado Junior Tournament Main Dojo



FOUNDATIONS OF KARATE TECHNIQUE

As the basic punch and kick are the foundations of all Karate techniques, it is impossible to make progress in the more advanced techniques with out first acquiring these foundations. Young people today, especially in the rush of modern life, find it unbearable to repeat the same exercise again

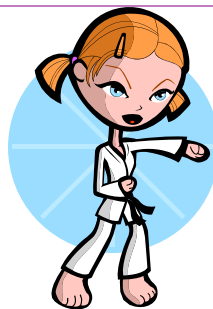
and again, but this essential practice; the most monotonous repetition of basic skills, is the only sure foundation for effective Karate. Many beginners who come to learn Karate, dream of marvelous skill and prowess, give up too soon because they get tired of repeating these simple but essential

exercises. It is no exaggeration to say that it is impossible to repeat these simple techniques too often. There is infinite meaning to be gained from their repetition. On the mental side, we can build up our character through concentration, and on the physical side, we acquire
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TECHNIQUE OF THE MONTH- KIAI (the art of developing fighting spirit)



Kiai is the art of developing fighting spirit, a type of self-hypnosis by extreme mental concentration. In order to perform one's attacking or blocking

techniques properly, it is necessary to develop perfect concentration of spirit and strength. Only if you concentrate your whole strength in your abdomen and maintain perfect balance, will you achieve the art of aggression and of knocking your opponent down at one blow. There are two types of **Kiai**, one without yelling and one with yelling.

1) **Kiai without yelling.**

When warding off the opponent's **Kiai**, you must also put your strength in your abdomen in order to keep up your courage. When the opportunity to attack comes, you

must use your **Kiai** in attacking (put your strength in your abdomen and concentrate your whole effort on the punch or kick.

2) **Kiai with yelling.**

This is the same as the **Kiai** described above but the difference is that you yell at the same time. In yelling you must yell from the whole of your body, not just your mouth. The sounds made in '**Kiai with yelling**' are ei, oh, ya orya and so on. Ei is the easiest to yell. The object of yelling is to weaken the opponent's attack or to put him off his guard, so one must yell properly in each given situation. It is important to practice yelling without restraint and at the top of your voice (preferably in a deserted place). It is said that there was once a student of Karate who improved his **Kiai** after hearing a lion roaring in the zoo.

STUDENT OF THE MONTH

DAISY HAUMANN



Hello my name is Daisy Haumann.. I am 11 years old. I enjoy doing many different things, like scrapbooking, playing with my brother, reading, and especially karate. I have been taking karate lessons since I was seven. Right now I have a brown belt with one stripe. My goal is to become a black belt by the time that I'm fifteen years old. Karate is the only sport I do, but I also play the guitar. Karate and guitar are both lifetime commitments that I can continue to improve on. If I keep my focus, I will achieve all the plans that I have for myself.

BASIC TECHNIQUES

There are eight forms of basic technique.

1) **Junzuki**

This is a forward punching exercise

2) **Kette-Junzuki**

This is a kicking and punching exercise

3) **Gyakuzuki**

Reverse punching in the sense that the opposite arm is used to deliver the punch compared to the Junzuki punching stance.

4) **Kette-Gyakuzuki**

The kicking action is the same as Kette-Junzuki but the punch is delivered with the opposite arm.

5) **Junzuki-no-Tsukkomi**

This punch is delivered at the same time as the pace forward (same arm and leg)

6) **Kette-Junzuki-no-Tsukkomi**

The leg moving forward is used to snap kick and then the forward leaning punch stance is adopted.

7) **Gyakuzuki-no-Tsukkomi**

The step forward is wide, ending with a reverse punch with the body leaning forward.

8) **Kette-Gyakuzuki-no-Tsukkomi**

Again the forward moving leg is used to snap kick and then the forward leaning reverse punch stance is adopted.

SUMMER CAMP



JOKES

Why don't they build skate parks in space?

Because you can't get any air there!

Which big cat can you never trust?

The Cheetah!

What did the wizard name his daughter?

Wand-a!

What did the skydiver say when her pack didn't open?

Chute!

What kind of ship did Dracula captain?

A blood vessel!

What is a British scientist's favorite food?

Fission Chips!

How do you stop an elephant from charging?

Take away its credit card!

Why did the surfer cross the water?

To get to the other tide!

What do you get if you cross a hen and a poodle?

Pooched eggs!

What do you get if you cross a jeep with a dog?

A land rover!

What do you call a greasy pachyderm?

An oily-pant!

What did the big male buffalo say to the little male buffalo as he left for school?

Bison!

Why do only very small elves live under toadstools?

Because there is not mushroom!

What is Beethoven doing in his coffin?

De-composing!

KYU TEST RESULTS

Orange (13th)

Nesta Fitzgerald
Savannah Kondo
Sophia Kondo
Chase Leblanc
Alyssa Real
Nolan Walt
Tobimaru Nagai

Yellow (12th)

Gillian Gordon
Jacquelyn Gordon
Payton Moore
Julie Nguyen
Matthew Nguyen
Alyssa Real
Yuya Kamiya

Blue (11th)

Nolan Anderson
Leila Kaye
Nathan Ling
Nathan Robledo
Duc Pham
Stephanie Tam
Kensuke Tokutsu

Blue w/s (10th)

Kayla Hayashi

Green (9th)

Kellen Andrunas
Ryan Jones
Yavor Kirilov
Kenneth McGrath

Blake Zarraga

Green w/s (8th)

Alden Andrunas
Brian Burton
Jax Johnson
Darius Moaddeli
Nicholas Nguyen
Michael Veas

Purple (7th)

Kyle Acocello
Robbie Kleppe

Dean Balagot

Purple w/s (6th)

Tyler Genevay
ChiaraGhidoli
Sabrina Medina
Brandon Montes
Jonah Montes
Nathan Montes
Dylan Pagaduan

Red (5th)

Quentin Frivaldi-Vargas
Ethan Sellona
Ian Anderson
Christine Chen
Moeh Harmelink

Red w/s (4th)

Chelsey Sellona

Brown (3rd)

Daniel Iba
Joy Iwamoto
Malia Kaye
Jeremy Vogel
India Frivaldi-Vargas
Max Haumann

Brown w/s (2nd)

Jack Hamamoto
Megumi Kishimoto
Boris Shirman

Brown w/2stripes (1st)

Chris Iba
Jay Takuya Maehara
Shodan Ho
Arryan Kianipey

(cont. from front page)

bodily powers and control, learning how to relax our shoulders in action, how to concentrate our energy on a single point or movement,

JULY BIRTHDAYS

Chelsey Sellona (1st)
Sierra Tucker (1st)
Noah Brumfield (2nd)
Grant Conaway (4th)
Craig Jenquin (4th)
Victor Kianipey (5th)
Leen Mudallal (6th)
Chris Iba (8th)
Cathryn Lynch (10th)
Andrew Sambrano (15th)
Caroline Edmonds (17th)
Tyler Montgomery (17th)
Nathan Park (17th)
Lindsey Pan (17th)
Kaitlyn Halpin (18th)
Joshua Trivino (20th)
Maxwell Harrigan (21st)
Radmila Rihter (21st)
Lauren Hoenecke (22nd)
James Peck (22nd)
Michael Veas (23rd)
Raymond Chlebeck (26th)
Yoseph Salem (28th)
Matthew Mina (31st)

how to twist our waist or our fist, and how to preserve perfect balance at all times. It does not take long to acquire the actual foundation in principle for this consists of only a few basic techniques; however, it involves practice. And it is understood, that it may take a life time to reach perfection. You must think of this every time you enter the dojo if you want to improve your technique.

AUGUST BIRTHDAYS

Jakob Balandran (1st)
Gwen Vecchio (1st)
James Ritchey (2nd)
Emma Cusack (3rd)
Cameron Gomi (3rd)
Ali Matin (3rd)
Joshua Tango (4th)
Blake Zarraga (4th)
Alejandra Duran (5th)
Arryan Kianipey (5th)
Steven Uchi (5th)
Diego Medina (6th)
Christopher May (8th)
Branden Paz (9th)
Simona Rihter (9th)
Breana Virgilio (9th)
Chris Nassour (10th)
Avery Dennis (13th)
Conrad Walt (17th)
Charles King (18th)
Timothy Elmore (19th)
James Perez (19th)
Ashley Vigil (19th)
Holly Vigil (19th)
Nickolas Bastian (21st)
Joshua Strickfaden (22nd)
Matthew Chalabian (23rd)
Hanna Nagasaka (23rd)
Sarah Park (23rd)
Colin Yamamoto (23rd)
Malia Kaye (24th)
Brandon Montes (27th)
Bradley Smith (27th)
Dennis Bystritsky (29th)
Tyler Genevay (29th)
William Yoon (29th)

HAPPY BIRTHDAY

STUDENT AWARDS

STUDENT OF THE MONTH

Jacquelyn Gordon
Tyler Genevay
Arryan Kianipey

SPIRIT AWARD

Chiara Ghidoli
Boris Shirman

ACHIEVEMENT AWARD

Nathan Robledo
Max Haumann
Chelsey Sellona

CONGRATULATIONS TO THOSE OF YOU WHO HAVE WON A SPECIAL AWARD, YOUR DEDICATION, HARDWORK AND COMMITMENT HAS PAID OFF, KEEP UP THE GOOD WORK

