

USA WADO-RYU ZENSHU-KAI

Holiday Issue

November/December 2009

MESSAGE FROM SENSEI

Dear Students and Parents,

As we enter November, the countdown to the end of the year has begun. I would like to thank everyone for all the support you have given us this year. The tournament in March was a great success; we had over 230 competitors and everything ran very smoothly. During the summer, we had many people participate in the summer camp and Orange County Fair Demonstration, which I thought also turned out very well. In addition, I was able to place in the top 3 at the Wado-ryu World Championship, which ossifies the fact that we are on the right path. I would also like to point out

that 80% of all our competitors at PATMA tournaments were able to place in the top 3. I believe this is the result of everyone's hard work and dedication. In December, we will be having our annual dojo tournament and I hope everyone comes to show the progress they have made this year. Finally, there will be a black belt test at the end of the month. I especially recommend brown belts to come and watch the test because I believe you will be in this position in the near future. Lastly, I hope everyone stays happy and healthy for the upcoming year.

SENSEI

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Upcoming Events

- Sat, Dec 5th
General Dojo Clean Up
Volunteers needed
- Sun, Dec 6th
Annual Jr.Dojo Tournament and Pot Luck
- Mon, Dec 28th
Black Belt Testing
- Sun, Jan 31st
TeKenjutsu Tournament
- Sun, Mar 28th
USA Wado Tournament
- Sat, May 29th
UCSD Tournament
- Sun, September 19th
Soka University Tournament

TECHNIQUE OF THE MONTH

URAKEN

(back-fist)

Uraken is a technique that was once very popular during competition due to its speed and accuracy, but is now sadly under utilized. With uraken in your arsenal of tournament techniques, you will stand a better chance at scoring a head shot, as this technique is easier to control. To perfect a quick back fist to the head, you will need to develop your speed and snap. Even though Uraken is a back handed technique, it is very important to use

your hips correctly. To perform a Uraken, first move your right arm across your body with the back of your hand facing outwards. Twist your hips to the left as you snap your fist towards your opponents face. This technique is especially effective when directed towards your opponents temple. Remember to raise your opposite arm into a defensive position across your chest (not touching) to avoid any counter. Practice on a spot on a punch bag first, try to make your contact as light and as gentle as possible, this will help with your accuracy and control. If you can make your contact feather light, imag-

ine what you can do to your opponent if you ever had to use this in a real situation!

NUKITE

(spear-hand)

This technique is commonly used during kata practice. Nukite can be used with one, two or all of the fingers. One finger spearhand is used to attack the pit of the neck and the stomach. Two finger spearhand is used to attack the eyes, and four finger spearhand is used to attack the eyes,

and stomach. Because this technique is very dangerous, it cannot be used in free fighting or competition.

DID YOU KNOW....

Karate is a martial art system in which all possible parts of the body are used; in other words, there is no limit as to how it can be applied. But in a human body there are parts and point which are quite dif-

ficult to develop. These places are known as vital points. You have to be very careful to protect those weak points by mastering your blocking techniques. But it is wise to know where these points are, doing so will enable you to weaken your opponents defenses.



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

DECEMBER

Anthony V Gutierrez (1st)
 George Kamei (2nd)
 Matteo Marsella (6th)
 Jessica Monali (6th)
 Alexander Friend (9th)
 David Sperber (9th)
 Nicholas Nguyen (11th)
 Bonnie Kahle (12th)
 Emily Kahle (12th)
 Lee Timmen (13th)
 Bridget Chu (14th)
 Neil Kalenak (14th)
 Ryan Jones (18th)
 Chiara Ghidoli (19th)
 Kensuke Tokutsu (20th)
 Jeremy Vogel (21st)
 Quyen Dang (23rd)
 Manuel Duran (23rd)

Kaizo Hall (30th)
 Takazo Hall (30th)
 Sensei Shoji Nishimura (24th)
 Paul Jai (26th)
 Moeh Harmelink (27th)
 Kaizo Hall (30th)
 Takazo Hall (30th)

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.

STUDENT PROFILE-AUSTIN LEUNG



Hello, my name is Austin Leung and I am ten years old. I have been taking karate for about 5 1/2 years. I have an older brother

(Andre) who also takes karate lessons with me. I also have a dog named KCEE and a turtle named Repto. In my spare time, I like to read, draw,

and play on the computer. My favorite sports are swimming, basketball, and racquetball. I took karate for self-confidence and for self-defense. Karate is so much more than learning to defend myself. It helps me to stay in shape and also helps me to stay focused in school. My favorite kata is Chinto because it has many different stances and techniques. Right now I'm a brown belt with a stripe, and I am working toward my black belt. But with hard work and determination, I know I will achieve my goal.



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

PHOTOS FROM 2009



KYU TEST RESULTS

13th Kyu

Neil Bernas
Jaime Cross
Marcelo Donoso
Christine Lee
Kenneth Lee
Nadia Owen
Tasmin Owen
Rodney Trunnel
Travis Yeh

12th Kyu

James Fryer
Edwin Voorhees
Armon Kianipey

11th Kyu

Ali John Salehi
Yuya Kamiya
Tobimaru Nagai

Tyler Ramirez

10th Kyu

9th Kyu

Greg Chlebeck
Anthony V. Gutierrez
Matteo Marsella
Keanu Miyashiro
Rayhaan Shaikh
Stephanie Tam
Kensuke Tokutsu

8th Kyu

Vincent Nguyen
Arturo Torres Jr.
Blake Zarraga

7th Kyu

Raymond Chlebeck
Katie Saaty
Kaizo Hall
Takazo Hall

Alicia Haumann

6th Kyu

Dean Balagot
Michael Vees

5th Kyu

Chiara Ghidoli
Brandon Montes
Jonah Montes

Nathan Montes
Tanner Mauro

Dylan Pagaduan

4th Kyu

Brian Nguyen
Keith Nguyen

Sean Sng

Chai Yen Tan

Jessica Chin

Tyler Genevay

Sabrina Medina

3rd Kyu

Richard Chin

Noelani Murayama

Chelsey Sellona

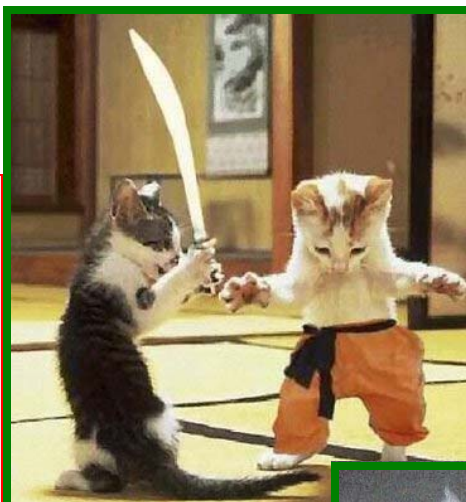
2nd Kyu

Tim Hall

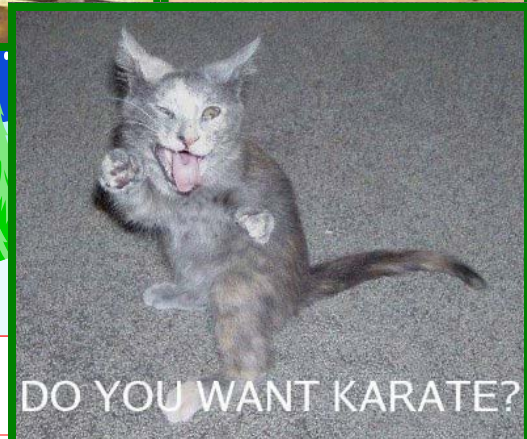
1st Kyu

Andre Leung
Austin Leung
Colin Yamamoto

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



HAPPY HOLIDAY SEASON



Student of the Month

Brian Nguyen
Tyler Genevay
Richard Chin

Spirit Award

Keanu Miyashiro
Chiara Ghidoli
Chelsey Sellona

Achievement Award

Keith Nguyen
Tyler Ramirez
Colin Yamamoto

On our Website
New photos
Calendar of Events
Video
For Sale
Photo Gallery
And much more...

Junior Dojo Tournament & Winter Potluck

Start 9:30am

Potluck 1:00pm

Volunteers Needed

Please bring a delicious dish to share Raffle Prize
Donations appreciated

Due to limited seating, own chairs are recommended.

We look forward to seeing you there.