
THE OKU TECHNIQUE

Volume XX Issue 4

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THE MAGAZINE OF THE OKINAWAN KARATE-DO UNION

“Not the biggest but the best.”



Happy Holidays

It is now time to renew your membership



Knowledge Shared

By Roger Overholt

After 34 years of martial arts training, I continue to be amazed by the opportunities for growth that are available to martial arts students. This year at the OKU Summer Seminar I heard the same lesson being taught by senior instructors from different styles of karate.

“They also advised the students to keep their minds open.”

While many instructors spoke about the importance of mastering a core style or system, they also advised the students to keep their minds open, learn from other instructors, and learn the different styles.

“I try to teach each student to watch, obey and learn.”

For many years, it seemed we thought the way to preserve our fighting art was to study a single system and to avoid influences by other styles. Thirty-four years of karate training and almost thirty years of police work have taught me to listen and learn from those willing to share their knowledge.

As an association we share our knowledge, give our time, and allow our students an opportunity for the growth that many of us did not have in our early years of training.

I try to teach each student to watch, obey, and learn from the senior instructor, of the style we study, and instructors of other styles.

“Thirty-four years of karate training have taught me to listen and learn from those willing to share their knowledge.”

The OKU Association allows both the students and instructors the opportunity to watch, obey, and learn; this was demonstrated at the OKU Summer Seminar. Each instructor and student who attended the seminar should be commended, not only for the efforts they made to advance their martial arts skills, but the way of karate. 🤝



Tigikai

Theories and Analyses of Isshin-ryu
Karate Do Kata
by Don Roberts

Seisan, Seiuchin, Naihanchi,
Wansu, Chinto, Kusanku, Sunsu,
Sanchin, and Tokomeni

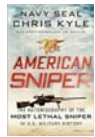
We are able to send copies of the above books at a greatly reduced price in Adobe format.
Please contact Jan Roberts,
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Book Reviews

By Don Roberts



Into the Fire by Dakota Meyer



American Sniper by Chris Kyle

America is at war. Too often that fact seems to slip out of focus, as we become caught up with the realities of our daily lives. The Afgan War, and our young people who are still fighting it don't seem to be particularly newsworthy. Fortunately, two recent books, **Into the Fire**, by Medal of Honor recipient Dakota Meyer, and **American Sniper**, by Navy Seal Chris Kyle allow the reader to vicariously experience the war through the eyes of two intrepid men.

“A self-confessed adrenaline ‘junky’, his skill, decisiveness, and coolness under fire save countless lives.”

Both Kyle and Meyer fight two battles; one in their respective combat zones, and one as they try to reintegrate themselves back into their non-military lives. Chris Kyle, America's top scoring sniper, is a Seal that hates water, and would rather not jump from perfectly good aircraft. Behind a rifle scope, however, he is a man among men. A self-confessed adrenaline “junky”, his skill, decisiveness, and coolness under fire save countless lives.


Dakota Meyer, ironically also a trained sniper, is a master warrior. His skill sets allow him to

call in fires from aircraft and artillery, as well as fight to the death using a rock as his weapon! On one incredible day, which he calls “the worst day of my life”, he faces certain death again and again to rescue his men from a deadly ambush.

“His guilt at not being able to save everyone nearly kills him.”

He manages to save many, but like Chris Kyle his guilt at not being able to save everyone nearly kills him.

“Chris Kyle, America's top scoring sniper, is a Seal that hates water.”

The stories of these two men is not always grim, but is often spiced with humor. I highly recommend these books to anyone who wants to learn more about the wars of the middle east, and the courageous men and women who are still there fighting them. 

SPECIAL INTEREST

Individual membership	\$12.00/yr
Foreign membership	\$30.00/yr
Lifetime membership	\$150.00
Dojo membership	\$20.00/yr
Dojo Listing (for member dojos only)	\$10.00/yr
Kyu Promotion Certificates	\$5.00

Please mail news or articles to Jan Roberts, 610 Waterboy Rd., Fairburn, GA 30213. Please send to: Gambatteisshin@aol.com. Deadline November 1, 2012.

Because I believe that those in the rank and file of the OKU would like to know something about the distinguished members of our board of advisors, I have requested that they send short biographical sketches of their many achievements. I hope you will be as impressed as I was with these accomplished ladies and gentlemen. More will follow.

Don Roberts



Sensei John S. Dritt

John Dritt has been studying martial arts since the age of 14. He began training with Master Allen Wheeler in 1983 and continued as a student of Sensei Wheeler until Sensei Wheeler's death. As a profession John is a finance executive with Southwest Airlines in Dallas, Texas. He is also a licensed Pastor in the Methodist Church. John devotes extensive time in healing work with terminally ill children and adults, as well as people with a wide variety of issues. His healing ability came from the study of Isshinryu Karate with Master Wheeler. John said, "Master Wheeler told me that helping

others is the highest calling on a man's life. He said he wanted me to continue to work and train with what he taught me in order to help others."

Objective

To promote the growth of Isshinryu Karate Do from Tatsuo Shimabuku as taught by Allen Wheeler. To pursue personal improvement and perfection of character of myself and my students through training in Isshinryu Karate Do.

2007 Promoted to Nana Dan by the OKU Board including Scott Shamblin, Bill Wright & Don Picket.

2003 Awarded the Master Shimabuku Award the OKU's highest award.

2001 Currently training in Isshinryu Karate Do with Master Allen Wheeler.

Promoted to Roku Dan in Isshinryu Karate in August 2000 by Master Allen Wheeler, Sensei Bill Wright, and the OKU board.

Certified Master Instructor in Wheelers Method of Pressure Point Study 1999 by Allen Wheeler and Rick Money maker.

Head Instructor of the Martial Arts program at Saint Francis School in Roswell GA.

Inducted World Martial Arts Hall of Fame, "Master Instructor of the Year 2000."

Level 3 Reiki Master, by Sifu Richard Mooney.

1993 · Promoted to Yon Dan in Isshinryu Karate Do by Master Allen Wheeler and Sensei Bill Wright.

1990 · Promoted to San Dan in Isshinryu Karate Do by Master Allen Wheeler and Sensei Bill Wright.

1987 · Promoted to Ni Dan in Isshinryu Karate Do by Master Allen Wheeler and Sensei Bill Wright.

1985 · Promoted to Sho Dan by in Isshinryu Karate Do by Sensei Bill Wright.

1982 · Began training in Isshinryu Karate with Bill Wright and Sensei Bill McMillan

1978 Began training in Tae Kwon Do under Sun Yul Sin in Knoxville Tennessee.

1974 Began training in Isshinryu Karate at Harold Long School of karate in Oak Ridge and Knoxville Tennessee under Sensei Cass Cox and Master Harold Long



Sensei Michael Patrick

Mike Patrick has a diverse background in both practical reality-based personal defense and martial arts.

He began his martial arts training in a small dojo in East Tennessee. It was so small it was even named “Hole-in the Wall Dojo”. The training was on traditional Isshin-ryu with a heavy focus on basics and kata.


Upon becoming only the second student to earn a black belt in the dojo, he began to add to his training with a variety of martial arts. Though,

never leaving his original focus of Isshin-ryu. In time, his instructor, Max Jones, recommended that he continue his training with Allen Wheeler who was very involved with adding Pressure Point knowledge to the Isshin-ryu system. As fate would have it, Grandmaster Wheeler invited Grandmaster Rick MoneyMaker to begin teaching a series of Master Series Seminars at his Knoxville dojo. Mike attended one of these as he was immediately “hooked” on Torite Jutsu.

From that time on Master Patrick has worked tirelessly to enrich as many students as he can reach with the art of Torite Jutsu. He has taught internationally at seminars and conventions, published books, produced videos, and more to get the word out to enrich as many people as possible.

He is currently a 6th degree black belt. This was received from Master Allen Wheeler.

He has been recognized by both the World Martial Arts Hall of Fame as well as the United Karate Systems of America Hall of Fame for his accomplishments in the Martial Arts and was inducted as “Instructor of the Year”.

To continue his passion for protection of others and his desire to give them the ability to defend themselves and their families, he founded a system called Personal Defense Tactics which he has taught to individuals of all ages and abilities. This system eventually evolved into a more robust system through his partnership with Rick MoneyMaker. Together, they developed a new system, known as CombatiX which is the practical application of their many years of experience in testing what works in real world environments. These techniques have been taught to and studied by individuals from a number of law enforcement agencies and military groups. 



Noodle Bo and Medicine Ball

By Don Roberts

For those dojos operating on a tight budget, finding new training techniques often require a certain amount of ingenuity. For our classes, the following implements have helped to add a little spice to our traditional lesson plans.

The medicine ball has been around for a long time, and has been used extensively to train boxers. A medicine ball of about 10 lbs. can be employed as follows. Form the students into a circle, facing inboard. Then, pass the ball using a two-handed push aiming for a spot between the solar plexus and obi. To get full benefit from the drill, instruct the students not to catch the ball with their hands, but allow the ball to hit the stomach area before trapping it. Also, students should be told to execute a short exhale just before the ball arrives on target, and to assume a “hunched over” posture to help lessen the effect of the impact.

“To get full benefit allow the ball to hit the stomach area before trapping it.”

If the ball is passed around briskly to differing partners, the exercise can be used to simulate surprise blows to the midsection. If children participate in the drill, care should, of course, be taken to moderate the speed of the throw.

The benefits of this exercise are significant, and perhaps best of all, it’s fun!



Another way of using the medicine ball is to combine it with the sit-up. Two students can sit facing each other, feet to feet, in the “up position”. One student should lie back with the ball clutched to his chest, and then reach back over his head, touching it to the floor. The student should then bring the ball back over his head, while sitting up, and pass the ball sharply to his partner. The partner, of course, then duplicates the ball-sit-up.





A number of students may participate, either sitting in a line, facing each other, or sitting in a circle. If in a circle, all must sit close enough to be able to pass the ball into the partner's



midsection. With a little imagination, I am sure that many other drills can be concocted using the medicine ball.

“Impact levels can be agreed upon in advance.”

Another contrivance is called the “noodle bo”. For those of you unfamiliar with “noodles”, they are long, cylindrical, flotation devices made of thick foam. They can be purchased wherever pool equipment is sold, and in general cost about a dollar each. To fabricate a “noodle bo” one need only slip a noodle over the end of a light weight bo. Cut the noodle, leaving it about two inches longer than the tip of the bo. The noodle should cover about 1/3 of each end of the bo, leaving the center third open. Duct tape should be wrapped around the end of the noodle to prevent splitting.




The purpose of the “noodle bo” is to permit the safe practice of free-style kumite. More protection for the participants can be provided by using head protection gear, as well as thumbless gloves, which will protect the hands while allowing the bo to be easily manipulated.

“Impact levels can be agreed upon in advance.”



Before beginning kumite, some rules need to be established. First, impact levels can be agreed upon in advance by the partners taking turns striking each other. Poking or thrusting should be limited to body targets. As in empty hand kumite the chief benefits will be the



appreciation of the bo as a weapon, along with the timing and distancing needed to employ it as such. Remember, safety first! 



Teaching Tools

By William Scott Shamblin

Beginning with this issue of **The OKU Technique**, I would like to share a series of short articles on concepts and teaching ideas that may be of some benefit to new instructors and those responsible for assisting in the instruction of others.

“Master Wheeler use to say that there is a time for ‘plain talk’,”

The purpose of these articles is to put some of these concepts into concise and simplistic terms, that are to the point and easy to understand and pass on. They are intended to be guidelines for students, but they are good teaching points for instructors to use.

Feel free to add to, delete, or re-word anything that you like. Don't be put-off by the simplicity of the wording, for that is the point. Master Wheeler use to say that there is a time for “plain talk”, and I agree whole-heartily.

We are going to start with two articles. The first is Common Sense in Self Defense. The second is Learning Kata -What You Need to Know. I hope that our readers enjoy these articles.

Common Sense in Self Defense

- Don't go to places where you don't belong.
- Never show off or brag about knowing karate. That just makes you look foolish, invites attack and disgraces your art.
- If you act like a tough guy / girl, someone will eventually “clean your plough.”
- There is ALWAYS someone out there who is tougher than you are.
- Do ANYTHING you can to avoid a fight. When people fight, people get hurt.
- Walk away from insults - Refuse to argue - Don't “smart off” to anyone - Don't talk too much.
- There is NOTHING anyone can say that is worth fighting over.
- Control your temper. If you react out of anger, you will regret it.
- Never “warn” a person that you know karate. That is foolish; you will only give away your element of surprise.
- If you have to defend yourself, keep it simple. Real life is not like the movies. If you try to get fancy, you WILL get hurt.
- Your main objective is to go home safe.

Learning Kata – What You Need to Know

- Don't try to learn too many movements at one time. It is better to learn only two or three movements well, than to learn several incorrectly.

• **An iron-clad rule:** Whenever you learn a new part to a kata, practice the new part **a minimum of 20 times** before you add it to the rest of the kata. (No exceptions!) This is where you learn discipline – you cannot by-pass this important step!

• Practice the movements slowly and precisely until you learn the entire kata.

• Make sure that you are always breathing properly through out the kata. Don't hold your breath. (Breathe **out** through your mouth when you punch, kick or block – breathe **in** through your nose in between movements.)

• In the beginning, don't worry about punching or kicking hard or fast while you are learning the movements. Just do them nice and easy. Stay relaxed.

• Once you have learned the entire kata, and can perform it without having to stop and think about what movement comes next, **only then** start adding speed and power.

• When you change direction in the kata, look first **before** you move. Remember eyes first, feet second, hands last.

• Also, always keep your eyes up and looking straight ahead. **Don't** look at the ground.

• Once you have completely learned the kata movements, and as you begin to understand what the movements represent, try to **visualize** what you are doing. That is, "see" in your mind your opponents in detail every time you practice. Imagine them punching and kicking at you, and "see" yourself blocking and striking back. The greater the detail, the better your concentration becomes.

• As you learn about kiai, place them in the kata as directed by your sensei. **What** you yell really doesn't matter that much...**when** you yell is more important. Moreover, when you perform the kiai, do it with spirit and enthusiasm. (In other words, make it loud! A weak kiai is useless!)

• Remember, each kata has a name. Learn them. (Note: These are the Isshinryu kata. Substitute the names of the kata of your style.)

They are as follows:

1) Seisan - pronounced "say sohn"

2) Seiunchin – pronounced "say ooh chin"

3) Naihanchi – pronounced " nigh hon chee"

4) Wansu – pronounced "won soo"

5) Chinto – pronounced "chin toe"


6) Kusanku – pronounced "koo sohn koo"

7) Sunsu - pronounced "soo un soo"

8) Sanchin – pronounced "sohn chin"

• Strive for perfection of your kata, but don't worry about whether or not you do them perfectly – no one ever does. Just do them to the best of your ability and enjoy the training that they provide.

• Try to practice a little each day. It doesn't have to be for long. Even a few minutes every day is better than not at all.

• Keep it all in perspective. It may sound cliché, but it is true - it is the journey that does you the most good; not the destination. 



The President's Corner

So that our members can be more informed as to the state of the OKU, here is what's happening within our organization to date. Thanks to our members and board of advisors, I think we are making some real progress. First I want to give special thanks to Steven Croft, a brown belt member of the One Heart dojo in Athen's, Tenn. Steven volunteered to help us in any way, and as a result of his hard work and expertise, we now have an exciting facebook page, **Okinawan Karate-do Union**. Largely because of reading about us on Facebook, we have six new members, two dojo memberships, and one dojo listing. I want to list them here, because they are the nucleus of our new growth. First we have Sensei M.C. Deck and Anna Deck of the Misfits Isshinryu Karate Dojo. Also there is Sensei Karl Wagner, and his students Richard Freck, Charlie Farmer, and Paul Meisner of the Asheville Shuri-Ryu Karate-Do Kai. Welcome to our family, everyone.


"I think by now you should detect a pattern developing."

Speaking of hard work and expertise, *domo arigato gozaimasu* to our student and friend, Sensei Kirk Harding. Kirk-san is responsible for building and maintaining our new web site, www.OKUfamily.com. Kirk owns an IT firm and one of his employees, Jon Lee and Jon's wife Chris, are helping with the work. It has a terrific look, up to date and professional.

We will be adding to the website, and I am sure it will greatly help in getting the word out about the OKU, as well as providing a forum for information and upcoming events. It is difficult to express my gratitude to everyone, who have provided their services to us for free.

We continue providing a quality quarterly newsletter, thanks to the hard work of Sensei Jan Roberts, who will also be creating a database for the organization. Now that she is retired, she will be able to put in even more hours (just kidding, dear). Sensei Scott Shamblin and Roger Overholt provided excellent articles for this issue. We are now using a free video link to certain OKU Technique articles using YouTube. These videos can be seen at **OKU newsletter/article one (two, three, etc.)** Scott gets another pat on the back for creating our new dojo membership certificate. It is outstanding, so good that it appeared on a facebook page.

I also want to again thank Sensei Overholt for my custom chest shield, which allows me the opportunity to spar without worrying about damaging my pacemaker. Mr. Overholt did this for me free of charge.

Although I could mention other examples, I think by now you should detect a pattern developing. The strength of the OKU is in the willingness of our members to contribute and to share. Master Wheeler envisioned the OKU as a family, and as a vehicle for pure learning. I think he would be pleased. 





Opening Seiuchin

By Don Roberts

I have often felt that the essence of any kata is reflected in its beginning. In many cases, the opening sequence is repeated three times, indicating its importance, and offering a key to the rest of the form. One example of this supposition is the opening of Seiuchin kata.

From the position of “yoi” the kata begins by stepping into Seiuchin dachi, hands held low. In order to implement the bunkai, the first step should be along a 45-degree line.



Thus, if uke kicks, tori will be able to both slip it and jam the leg, hands high on the upper thigh.



Next in the kata both hands are raised.



If, upon having his kick blocked, uke punches with his right hand, tori should stop the blow by raising both hands.



For the subsequent “double downward block”



Tori should grasp uke's arm with his left hand while striking to the exposed ribs with his right fist. This is a loosening technique.



For the hook block . . .



. . . tori should use the right arm to wrap uke into a “hammer” lock.



At the same time the left hand should be turned over, so as to apply a painful wrist lock.



Simulating the gouging motion . . .



. . . the locked wrist should be shoved forward.



As in the kata, tori should turn. Pulling back the right foot and then stepping across with the left will again place tori into Seiuchin dachi. It will also send uke, joints sill locked onto the ground.



The next two segments of the kata are duplicates of the first. However, individual explanations of these sets will be offered. For example, if uke grabs tori's lapels, he should raise his hands and press in and pull back on the inside of uke's wrist.



(Tori must be aware that uke may try to attack with his knees and respond accordingly.)



Tori may now remove uke's hands by striking him on the muscular portion of the forearm.



With uke's hands now cleared, tori may strike at the side of the neck with the ridge of his hand.



The following should occur simultaneously. Tori should turn his left hand over and grab uke by the “scruff” of the neck. Tori should reach around uke with his right hand, and grab uke’s obi.



Tori should now turn into uke, by stepping into Seiuchin dachi. (Note: do not shuffle the feet, as in the first explanation. Stepping as in the kata will unbalance uke.)



Uke can now be thrown to the ground.



For the third set in the opening of the kata, the attack should be a “full nelson” . If tori anticipates the attack, he may quickly drop his arms, preventing the “nelson ” from being completed.



From this position, tori is free to grab the fingers, bend them down, and force uke to his knees.




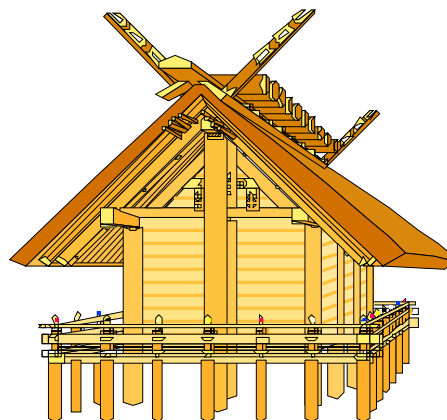
If uke successfully applies the full nelson, tori should break free by pulling at the tips of uke's fingers. Upon prying up one finger, tori should bend it by rotating his wrist until it is palm up the hook block of the kata).



Uke may now be maneuvered so that tori can grab the arm with the other hand. This has been called by Professor Wall Jay "making a base", and will provide additional control. The amount of pain applied will be at tori's discretion.



This is but a few of the many uses for the opening of Seiuchin kata. Videos of these (and other) explanations may be seen on "You Tube" using the caption, "OKU newsletter article 3." They may also appear on our face book page "..." and on our web page,"OKU family". The close engagement range would seem to indicate grappling melding smoothly with striking Could this be the original "mixed martial art"? 



DOJO NEWS



Gambatte Dojo Jonesboro, Georgia

Well, I have to say that we have had an active Fall. On November 3, Jan, myself, my “kids” Suzan and Keith Lowry, Keith’s sister, Barbara, and four other intrepid adventurers drove into the mountains just north of Dahlonega, Georgia for a day of rappelling.



*“I envisioned this challenge as
a way to face fear.”*

It was eight years since our last visit, and some had never tried sliding down ropes before. The day was absolutely gorgeous and our “hill” just as intimidating as I remembered. The 100 ft. granite cliff is actually a part of Stone Mountain, which is just East of Atlanta. The climb was



tougher than I remembered, but the descent made it all worthwhile. I initially envisioned this challenge as a way for the students to face fear, and conquer it using breathing and technique (just like karate). Eventually, I came to enjoy it just for itself (just like karate). We came away tired but happy.



Jan and I then travelled up to Powell, Tenn. to share Thanksgiving dinner with the Wheeler family. We always enjoy the time spent with Mrs Wheeler. She is just a joy to be with, and

DOJO NEWS

Thanksgiving is about the only time we get to visit with the whole clan. They surely have some good cooks in that family, and our meal was terrific.

***“Mrs Wheeler is just a joy to be with,
and Thanksgiving is about the
only time we get to visit with
the whole clan.”***

We then drove over to Gatlinburg, to see our friends, the Meltons. Sarah and G.T. are our godchildren, and their mom, Sandra, a great pal. I can't forget to mention Gunther the wonder dog. Gunther is 145 lbs. of Great Dane, and is very particular about who he permits to visit his home. On our first visit, we definitely did not hit it off. But several trips and many dog treats later, we are the best of buds. He even did me the honor of sitting in my lap, which has to be seen to be believed.



This trip allowed us to celebrate a lot of things simultaneously. There was Jan's retirement, her birthday, our 45th anniversary, and my birthday. Sandra who works in a weaving shop expressed an interest in our spinning wheel, so we brought it with us. It was handed down through my mom's family, and Sandy guesses that it is about 200 years old. It is now on display in the window of their shop.

Hope everyone has a wonderful holiday season, and safe training in the new year.



Overholt Karate School Morristown, Tenn.

The students of the Kingswood Childrens Home have chosen the name KO School of Karate for their newly formed karate school. The students indicated that KO could stand for “Kingswood and Overholt” or “Knock out”. The students of the Kingswood class attended the McMinn County Isshinryu Karate Tournament in October, hosted by Sensei Tony Hester. Student Andrew Dodson, of Overholt

DOJO NEWS



Karate Studio, placed first in Brown Belt Kata and moved up to fight in the Junior Black Belt division where he placed third.

The Overholt Karate Studio, assisted by the Walters State Karate Club, conducted a seminar for the students of the KO School of Karate in November. Twenty-two of the twenty-six students that currently reside at the Kingswood campus were able to attend the seminar. The Overholt Karate Studio has also hosted a series of point fighting seminars, which are being conducted by Master Mark Aycock.



Master Overholt and the students of Overholt Karate Studio appreciate the help they have received from Master Bill Mason and his students, as well as, Master Mike Johns and

his students with teaching the classes for the Kingswood Karate School. The classes are being taught with emphasis placed on physical conditioning and building self-esteem. The karate class is currently the only physical fitness program being taught at the Kingswood campus. For more information about the Kingswood Home for Children go to www.kingswood-school.com.



One Heart Dojo Athens, Tenn.

Greetings from One Heart Dojo in Athens, Tenn. We have lots of news and updates from our dojo this quarter. There was a swarm of tournaments recently and we had a lot of our members compete and do quite well.

Steven Croft attended Wheeler's Fall Classic and placed 1st in adult weapons 18-34, 4th in men's brown belt kata 18-34, and 1st in continuous fighting under black belt.

One heart Dojo and member Tony Hester held the 2nd Isshinryu Invitational Tournament at the Elks Lodge in Athens, Tenn. All proceeds from the tournament went for the Needy Children's Christmas fund. Tony would like to thank all the who attended and put in the hard work to

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make this tournament a success. \$1,300 was raised.

Tournament results for the Invitational include Jacob Strough, 2nd in adult under black belt weapons, 1st in men's green belt kata, 2nd in men's green belt kumite.

Scott Radford placed 2nd in men's brown belt kumite.

Dewayne Haney placed 3rd in men's black belt kata.

Carole Radford placed 1st in women's black belt kumite and 2nd in women's black belt kata.

Joseph Guffey placed 4th in men's brown belt kumite and 3rd in men's brown belt kata.

Steven Croft placed 1st in adult under black belt weapons, 2nd in men's brown belt kata and 3rd in men's brown belt kumite.

Josh Hall placed 1st in men's black belt kumite, 2nd in men's black belt kata, and 3rd in adult black belt weapons.

Zach Thonas placed 1st in young men's kumite, kata and weapons (black belt)

Daniel Piertz placed 2nd in men's white/orange belt kata and 2nd in men's white/orange kumite.

In other news we had three promotions: Dakota Bassham, Karrie Williams and Daniel Piertz were all promoted to orange belt on September 20, 2012. Congrats to these three.



Notes & Quotes

It is not the critic who counts: not the man who points out how the strong man stumbled or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs and comes short again and again; who knows the great enthusiasms, the great devotions; who spends himself in a worthy cause; who, at best knows in the end the triumph of high achievement, and who at the worst, at least fails while daring greatly, so that his place shall never be with those timid souls who know neither victory or defeat.

--- Theodore Roosevelt



A limited number of t-shirts are now available. Please contact Jan Roberts via email. Jan has medium, large, x-large and xx-large. Price is \$22. This includes shipping.

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