

Mid-America Karate



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THE MID-AMERICA MONITOR

January-February-March-2006

WINTER HIGHLIGHTS

Indianapolis Club Hosts Winter Training

The third annual "Winter Training" was held on January 21, 2006, at Ben Davis High School, in Indianapolis, Indiana. Sensei Vaughan, godan, was the chief instructor; he was assisted by Jerry Baker, sandan, from the Dayton Shotokan Karate Club. Forty-two students braved the cold winter weather to attend a two hour rigorous training session held from 12:00 until 2:00 PM. Students worked on basic combinations, evasive movements in blocking and countering one attack sparring, and basic kata.

Additionally, Sensei Vaughan spoke of posture, stance, moving through the middle, breathing, and the use of tense-relaxation in blocking and attacking techniques. For the last portion of the class, Sensei Vaughan took the national competitors to another room to apply the reviewed skills to kumite; while Jerry Baker, worked with the rest of the group on the Heian katas, emphasizing these same points. Participation in this rigorous training was a great way to start the new year.

Regional Clinic Impresses

The February clinic was taught by Sensei Vaughan, and was held at Willis Intermediate School, in Delaware, Ohio. The class started off by working on hip rotation and punching, included testing combinations, review of evasive moves in blocking and countering, and blocking kicks. The class was divided into two groups, (national competitors, and non-national competitors) so each could work on specialty areas. For example, national competitors worked on blocking kicks while on one knee. Both groups also worked on slow free sparring, and individual kata. Only 33 karateka were able to attend this training due to poor weather conditions in both southern Ohio and northern Kentucky.

There were forty-three karateka in attendance at the March clinic, which was also held at Willis Intermediate school. Sensei Golden was the chief instructor and was very impressed with the improvement he saw in those present. He started the clinic with demanding drills, which were used to strengthen the legs. In addition, the clinic emphasized footwork using heian shodan, "chained tiger"

one step sparring attacks to jodan, chudan, mae geri, and yoko geri. Competitors worked on "chained tiger" semi-free sparring attacking jodan, chudan, mae geri, yoko geri, and added mawashi geri. Then they changed to no announcement of the level or type of technique (organized free sparring). The clinic ended with individual kata and *sentei* kata.

These regional clinics are among the many events taught on a monthly bases by Sensei Golden, Sensei Vaughan, or other ISKF instructors from around the US. All ages and ranks are invited (and encouraged) to attend these great training opportunities.

The next regional clinic will be on Saturday, August 5, 2006, at Willis Intermediate School, starting at 11:00 AM.

New Constitution and By-Laws Passes Unopposed

As of February 28, 2006, Mid-America has a new constitution and by-laws. The new document replaces the old handbook, which was developed by Jim Oberschlade (Brown County Shotokan) and Jerry Baker (Dayton Shotokan). A lot of time and effort went into its development, and the key

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Constitution...

people involved were Sensei Martin Vaughan, Kim and Jeff Weber, Michael Busha, Betty DeMeester, and Jim Nelson. Information from the old handbook served as a guideline for this new creation. In addition, new things were added to help the region become a not-for-profit organization. For example, the the mission statement and objectives of the region were codified, and a framework for a governing body for the region was developed. Elections will be held in April, at which time students from the region will be voting for the following offices: President, Vice-president, Executive Director, and two non-appointed board members. Nominations will be opened one month prior to elections. Completed nomination forms must be submitted to the Executive Director at least one week prior to elections for an individual to be named on the ballot. All current members of the Mid-America Karate Region in good standing are eligible to be nominated for an office. These newly elected officers shall take charge starting with the May meeting to be held on May 21, 2006.

Another important change is that in addition to an ISKF membership card, new members will now also receive an ISKF membership patch, which is to be worn on their gi/uniform. If you would like a copy of the constitution and by-laws, please visit the web site at: <http://midamericaiskf.com>, or ask your club instructor for a copy.

Spring Camp 2006

This year's annual spring camp will be held on April 22 and 23, 2006. It will be hosted by Sensei Greer Golden, with special guest instructor James Field, rokudan, San Monica, California. Saturday's training will be at the Willis Intermediate School starting at 11:00 AM, with another session to follow at 5:00 PM. On Sunday, it will be held at the Delaware Hotel, starting at 8:30 AM. Preregistrations are due by April 20, 2006.

There are family discounts available. For more information, visit our web site or contact Jim Nelson at: MidAmericaRegion@aol.com, or by phone at: 810-635-7841.

**Regional Tournament
and Dan Test
Coming Soon!**

Mid-America will host its annual regional tournament and dan test on May 20-21, 2006. The tournament will be held at Willis Intermediate School, 74 West William St., Delaware, Ohio 43015, starting at 11:00 AM. The dan test and Board of Directors meeting will be held on Sunday, May 21, 2006, at the Delaware Hotel, 351 South Sandusky St., Delaware, OH. The dan test will start at 11:00 AM, with the Board of Directors meeting to follow.

If you are planning on spending the night at the Delaware Hotel, reservations need to be made by April 28, 2006. Please call 1-800-837-1262, and ask for group block 100977, or Mid-America Karate. This will be a very busy

weekend for the area hotels, so if you do not make your reservations by **Friday, April 28, 2006**, chances are you will be unable to find a room.

Registration forms for the tournament and dan test will be available at Spring Camp, or online at:

<http://midamericaiskf.com>

**Do Kata Like Kumite and
Kumite Like Kata**
By Martin Vaughan, Ph.D.

Do kata like kumite and kumite like kata. This sounds like a contradiction. However, the two have so much in common, if you think about it, it begins to make sense. Kata are made of a variety of blocks and attacks, stances and movement. Kumite uses a variety of attacks, blocks, stances and movements. Kata develops many positive outcomes such as footwork, speed (fast/slow), muscle use (expansion/contraction, strength, kime), mental attitude (calm, clear), timing, breathing, repetition (efficiency of movement, speed). All of these attributes can be applied to kumite.

Kata can be practiced without a partner. This solo practice should be transferred to your practice of kumite techniques. Practice a combination of moves that you plan to use in kumite just like you would kata. Repeat the combination over and over again until they become smooth and almost second nature, like Heian shodan. Then move on to another combination (Heian nidan). This can lead to the use of consecutive techniques

Do Kata Like Kumite...

(combinations) (renzoku waza) which are smoothly connected (Tanaka, 2001).

Then just like kata you must practice application (bunkai). Your solo practice will have given you some ideas of how your techniques will play out in a match, but you will not know exactly how the techniques will work until you are faced with a live opponent. Some things may work, others may not. So you may need to make adjustments. You may need to test your technique with many different opponents to be sure that you have your "weapon sharpened". Practice with an opponent also provides an opportunity to work a valuable attribute that kata does not teach in solo practice, distance. This is a crucial element of kumite and must be mastered. It has been said that kumite is the practice of kata with maai (distance) (Kanazawa, 1987). Technique, distance and timing added to a calm spirit, all are necessary for kumite and all have their foundation in kata training.

Kumite supports kata. Kumite develops the feeling and spirit required for the highest level of kata performance. The experience of kumite helps develop the proper interpretation of kata techniques that produces the combination of beauty and power that is kata.

Kata must be practiced with the same seriousness and attitude as kumite. The techniques of kumite must be practiced with the accuracy and precision of kata. Kata and kumite are like two wheels of a cart (Kanazawa, 1987). The

careful practice of one supports the development of the other. Do kata like kumite and kumite like kata.

Mid-America Club Profile

This quarter we are profiling the Cleveland Shotokan Karate Club, located at the Jewish Community Center, in Beachwood, Ohio. The club is instructed by Larry Rothenberg, and was founded in 1979.

Currently, there are ten students who train on Sunday, from 9:15 AM to 10:45 AM, and on Thursday from 7:30 PM until 9:00 PM. The club has six men, two women, and two youth. The cost for training is \$113.00 per quarter.

Larry was born on September 18, 1953 in Cleveland, Ohio, and started his karate training as a freshman at Ohio University in 1971. He obtained shodan in 1974, and was on the Ohio University team with Chris Elsaesser and Bruce Green, which took first place in team kata at the 1974 Nationals in Phoenix. Larry also won first place in collegiate kata at the 1978 national tournament, and during his free time, he obtained his law degree from Ohio State College of Law. Larry has been a partner at the law firm of Weltman, Weinberg & Reis in Cleveland since 1979, the same year he started the Cleveland Shotokan Karate Club. Larry also hosted and won third place in individual kata at the national tournament in Cleveland in 1985.

This is Larry's thirty-sixth year in karate, and his twenty-seventh year as an instructor. He became a yondan in 1993. The reason he started

karate is that his freshman roommate, Bruce Green, started karate in the fall quarter, so he thought he would give it a try during the winter quarter of 1971. He planned to take karate for a little while and then quit, but never found a good enough reason to do so. Bruce now teaches karate in Boulder, Colorado, and with karate in common, Larry and Bruce have maintained a lifelong friendship.

The most important lesson that Larry has learned in karate is, "The ultimate objective is to seek perfection of character. It is a non obtainable goal, but we must continue striving for it."

His favorite training happened about two years ago, when there were a number of people from other countries in his club. At the end of the training, they did standing punches with each person taking a turn counting in a different language. During that practice, thirteen different languages were heard; English, Japanese, German, Turkish, Hungarian, Ukrainian, Russian, German, French, Italian, Romanian, Spanish and Hebrew. What a fun way to end training!

Larry married his beautiful wife Kyra, in 1981. They have three sons, Brian age 20, Kyle age 18, and Craig age 16. Kyra obtained her Ph.D. in Communications, and teaches at Case Western Reserve University. Besides work, karate, and being a father and husband, Larry's other interest include religious studies. His leadership and insights are much appreciated by Sensei Golden and the rest of us in the Mid-America region.

Master Camp: A Must Do

The 40th Anniversary ISKF Master Camp and International Goodwill Tournament will be held June 9-16, at Camp Green Lane, Pennsylvania. Chief instructor will be Teruyuki Okzaki, 9th dan, ISKF/US-East Coast and guest instructors, Takayuki Mikami, 8th dan, ISKF/US-Southern Yutaka Yaguchi, 8th dan, ISKF/US-Mountain States, Masaaki Ueki, 8th, JKA/Japan-Tokyo, Shojiro Koyama, 8th dan, ISKF/US-Western, Hideo Ochi, 8th dan, JKA/Europe-Germany, and Shigeru Takashina, 8th dan, ISKF/US-South Atlantic.

Mid-America is expected to have a large turnout for this special camp. If you would like more information, please contact ISKF national headquarters at: ISKF.com, or by mail at: International Karate Association, 222 South 45th Street, Philadelphia, PA 19104. Applications returned by April 16, 2006, will receive a \$30.00 discount from the full tuition. Please contact your club instructor or Jim Nelson if you need an application.

Golf Scramble: Volunteers Needed

On Saturday, August 12, 2006, we will have our first annual Mid-America golf scramble, at the **Friendly Meadows** golf course, 809 State Route 125, Hamersville, Ohio 45130, next to the Brown County Shotokan Karate Club dojo. The purpose of this scramble is to raise money for students going to the Shoto Cup in Sydney, Australia, and the ISKF national tournament in

Anchorage, Alaska.

The scramble will be open to the public, and will include 18 holes of golf, dinner, and a host door prizes. Many volunteers will be needed in the planning and execution of this very important fund raiser. If you are interested in serving as a committee member, please contact chairperson Kim Weber, by phone at, 513-233-3656, or AndersonKarate@aol.com.

Michigan's 25th Anniversary Summer Camp Celebration

Mid-America will celebrate it's 25th Anniversary Michigan Summer Camp on July 7-9, 2006. YMCA Camp Copneconic, Fenton, MI, will again be the site of this 25th Anniversary camp, with special guest instructors Shigeru Takashina, 8th dan, ISKF/US-South Atlantic, Greer Golden, 6th dan, ISKF/US-Mid-America, and Martin Vaughan, 5th dan, ISKF/US-Indiana.

Please mark your calendars for this very special event. If you have any questions, please contact Jim Nelson at: MidAmericaRegion@aol.com, or by phone at, 810-635-7841.

NUTRITION & EXERCISE

What You Should Know About Trans Fats By Amy Paturel, M.S., M.P.H.

It's the sinister ingredient often overlooked in a quick scan of food labels. Trans fats may add that extra crunch to crispy foods, but they also raise your bad cholesterol. Now, health

officials plan to expose "hidden" trans fats in your favorite foods. Until this month, consumers had to seek out words like "partially hydrogenated" to uncover the unhealthy ingredient, but under the new rule, food manufacturers must disclose the amount of trans fats in their products. A quick glance at the nutrition facts panel will reveal trans fat content right below saturated fat -- unless the product has less than 0.5 grams per serving.

What Makes Them So Bad? Trans fats are formed when hydrogen is added to a vegetable oil, converting it from a liquid fat to a solid, more shelf-stable fat (think margarine). The process allows greater functionality in foods, making crunchy foods crispier and creamy foods smoother. Commonly found in processed foods like cookies, crackers, baked goods and the like, these fats raise harmful LDL cholesterol levels. The result: an increased risk for heart disease. Seemingly healthful foods, like granola bars and cereals, may also contain trans fats, surprisingly. Plus, they're a natural component of some high-fat meat and dairy products. Health officials say that making consumers aware of the damaging ingredient could prevent up to 1,200 cases of coronary heart disease and save between 250 and 500 lives over the next three years. How to Lighten Your Load The American Heart Association recommends restricting total fat intake to no more than eight teaspoons per day. And while there's no recommended dietary

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allowance for trans fats, experts claim intake should be limited. The best way to lighten your fat load: rely on whole foods, lean meats, fruits and vegetables. And when you need some fat to make foods more palatable, stick to oils like olive, canola and peanut rather than saturated and trans-fat laden butter or margarine.

Best Abs Ever:**6 Great Exercises!**

**By Raphael Calzadilla, B.A.,
CPT, ACE**

Are you ready to lose like Oprah? Drum roll, maestro, please... Time to work the abs! Let's begin with the brutal truth. If you read my articles often, you know that I place a great deal of emphasis on reducing body fat through a calorie-reduced nutrition program and by incorporating weight training and cardiovascular exercise to stimulate the metabolism. Abdominal exercises serve to strengthen and tighten the abs, so that when your body fat reduces -- you see the fruits of your labor. Abdominal work is vital, but it's only part of the formula. No amount of abdominal work will flatten the midsection. Recognize that fact and you're off to a good start. However, the good news is that when your body fat reduces, the exercises I'm providing will help display a set of beautiful abs. I recommend that you incorporate two of the exercises below into your workout program. Perform three sets of 12 challenging repetitions. After two weeks, replace the exercises with two other exercises on the list. Repeat the same process in weeks 5 and 6.

**WEIGHTED CRUNCHES ON
FITBALL**

Weighted crunches are one of my favorite ab exercises. This exercise developed my abs more than any I've ever performed. Choose a weight that allows you to perform three sets of eight to 12 repetitions. Position yourself on the ball (with hands crossed over a weight plate on your chest). Begin with your lower back positioned toward the front of the ball. Feet shoulder-width apart. If you're performing this for the first time, spread your feet wider for additional stability. Also, make sure you have a spotter to assist you. Next, lower your torso back on the ball. Your neck and head should be in a neutral position and never extend. Focus on your abs and contract as you raise the upper torso. Do not swing back and forth on the ball (the ball should not rock). Focus your eyes on the ceiling and crunch tight. Lower to parallel or just a bit below and repeat. This added resistance is extremely effective in working the abs. Let's face it, people perform crunch after crunch and never really make a significant impact on their abs because of the lack of resistance. When purchasing a fitball just remember that one size does not fit all. Follow these size guidelines: Under 5' 45 cm ball 5'1/4" to 5'6" - 55 cm ball 5'6 1/4" to 6'0" - 65 cm ball Over 6'0" - 75 cm ball

**CABLE KNEELING ROPE
CRUNCH**

You will need to use a cable machine in a gym for this exercise. Begin with a moderate starting weight on the machine. Kneel in front of the cable machine with your body facing

the machine. Hold a rope attached to the upper cable attachment. Keep your elbows in by the sides of your head. Contracting the abdominals, curl your body downward toward your legs stopping when you've reached a full contraction of your abdominals. With control, return to the starting position stopping just short of the weight stack touching. Exhale while crunching down and inhale while returning to the starting position.

REVERSE AB CURL

A great exercise is for the lower abdominal region. To perform the exercise, lie on a mat with your back relaxed and your hands on the floor by your hips. Keep the upper back pressed into the floor throughout the exercise. Contracting your abs, raise your legs and feet in line with the ceiling. Then, roll your hips off the floor stopping when you feel a full contraction of the abdominals and can no longer lift your hips. Slowly return to the starting position. Exhale while lifting your hips and inhale while returning to the starting position. Make sure your legs and hips are in a straight line toward the ceiling. Place all your focus on the lower abs contracting. It may be difficult to initially concentrate on the area, but once you practice it enough with the correct mental concentration, you'll really feel the area being worked.

BICYCLE MANEUVER

Research consistently rates the Bicycle Maneuver as one of the most effective abdominal exercises. Lie on a mat with your lower back in a comfortable position. Place your finger tips on either side of your head by

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Best Abs Ever...

your ears. Bring your knees up to about a 45-degree angle. Slowly go through a bicycle pedaling motion alternating your left elbow to your right knee, then your right elbow to your left knee. This can be a more advanced exercise. Do not perform this activity if it puts any strain on your lower back. Do not pull on your head and neck during this exercise. The lower to the ground your legs bicycle, the harder your abs have to work.

DOUBLE CRUNCH

I like the double crunch because if performed correctly, you can isolate the lower and upper region of the abdominals. Lie on the floor face up and bend your knees until your legs are at a 45-degree angle with both feet on the floor. Your back should be comfortably relaxed on the floor. Place both hands crossed over your chest or gently place your finger tips on the side of your head. Contracting your abdominals, raise your head and legs off the floor toward one another. Focus on the lower and upper ab region while you contract. Slowly return to the starting position stopping just short of your shoulders and feet touching the floor. Exhale while rising up and inhale while returning to the starting position. Keep your eyes on the ceiling to avoid pulling with your neck. Your hands should not be used to lift the head or assist in the movement.

ABDOMINAL VACUUM

The Transversus Abdominis muscle is the real deal. It's the muscle that holds your gut tight and flat. It's a thin sheet of muscle running along the sides of the abs and joins connective

tissue behind it and is your body's natural corset. When you suck your stomach in, you have just used your Transversus. This is the only muscle that can help pull the stomach inward. Position yourself on the floor on all fours. Keep your back flat and maintain this position throughout the exercise. Start by exhaling absolutely every bit of air from your lungs. Then, relax your abdomen and let it hang like a loose sling, but don't increase the arch in your lower back. Next, pull the navel toward the spine as if I just told you to suck in your stomach as tight as possible. Continue to breathe lightly through your nostrils, but make sure you're pulling your navel in as tight as you can. You must hold the contraction very tight for at least 40 seconds. If you can't hold the contraction for 40 seconds, just practice and your time will eventually improve. In time, you'll notice the abdominal area pulled in and looking flatter. This exercise provides benefit with virtually no repetitious movement. Perform four sets of 40-second cycles. Work your abs with consistency and follow the formula for proper nutrition and balanced workouts. It's the only natural route to success.

**Spring Allergy Tips
by Louise Chang, MD**

With spring rains, there's more mold growth inside and outside your home. Flowers, trees, weeds, and grasses also begin to blossom. And spring cleaning will stir up dust mites throughout the house. Keep pollen under control. Wash bedding every week in hot water. Wash your hair and shower before going to bed,

since pollen can accumulate in hair. Clean every surface. Wear a mask and gloves when cleaning, vacuuming, or painting to limit dust and chemical exposure. Vacuum twice a week. Wash rugs. Limit throw rugs to reduce dust and mold. If you do have rugs, make sure they are washable. Keep indoor air clean. Keep windows closed to reduce pollen entering the house. Change filters in air conditioning units and vents frequently this time of year. Consider allergy medicine. Talk to your doctor about seasonal allergy medication that may be appropriate for your symptoms.

(Originally published March 2003. Medically updated February 16, 2006. SOURCES: WebMD Medical News in collaboration with The Cleveland Clinic: "Tips for Controlling Asthma Triggers" WebMD Medical News: "Allergy-Proof Your Home" American Academy of Allergy, Asthma, Immunology.)

Important Dates To Remember**April 22-23-Spring Camp****May 20-Regional Tournament****May 21-Dan Test****May 21-Business Meeting****June 9-16-Master Camp****July 7-9-Michigan Camp****August 5-Regional Training****August 12-Golf Outing****Contact: Jim Nelson**

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