



American Okinawan Karate Association Newsletter



VISIT OUR WEBSITE AT: WWW.AOKA.ORG

What Have You Given Back?

by Sensei Bob Harris, Yondan, Wetumpka AL

The AOKA tournament ends and begins another great year for our members. It should give all of us a sense of unity to belong to a “relatively young” organization which has enjoyed over 31 years of success and will continue to grow!

For many of us, Isshin Ryu training has become our permanent life style. We are unlike previous generations. We don't get together every couple of years with our buddies and re-live a game winning throw or talk about winning State Championships; reliving the “glory days.” We were never the High School or College athlete. We were just the average, everyday student.

Yet, for some reason, we excelled in the martial arts. We committed ourselves to something which permanently changed us. We developed friendships and bonds which are stronger and longer lasting than those found in a civilian job; the bond is similar to those who spent time in the military.

The primary job we have is to teach. During this process, we instill our values and warn the student of troubles down the road. In a sense, we have taken a different path and changed our lifestyle - we constantly seek to becoming better than what we are and expect the same of others.

Isshin Ryu has changed and helped all of us: at work, at home, in social activities - in everything we do. Each day, the Codes of Karate can be used to enrich us and help us guide our lives into becoming more rewarding. We are indebted to Isshin Ryu - period.

In all that has been given to you, what have you done to pay it back? What have you done to pay back to Isshin Ryu? Do you teach others? Do you volunteer your time to those less fortunate than you? If you are having trouble finding a way to pay back for what you have been given, I have an idea on how you can help.

Write an article and share it with others. Each edition of the AOKA newsletter sees the same core group of authors making a contribution. As of this writing, we do not have a single written contribution. Only a handful of karateka devote a few minutes of their time and step up to make a contribution when called upon. Getting contributions has been an ongoing issue for many years. We need your help.

This newsletter is a reflection of the entire organization, not just a few.

I suggest, if you advance in any rank, you should share something martial arts related for others to read. Don't worry about spelling and grammar issues. We'll do our best to “word-smith” contributions to make you look like a hero. You can email the articles to info@syiks.com or to aokanewsletter@isshinryu.ca.

I ask again, “What have you given back . . . to Isshin Ryu?” When are you going to give something back?

June 2007

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The 2008 AOKA
Tournament will be
held at

Charlotte,
North Carolina!

The tournament date
will be announced
during the AOKA
Banquet.

Seminar Instructors

If you have visited the AOKA website, you know we have several free seminars for those who registered in advance. Four seminars are planned:

- Grand Master Peter Carbone will be instructing use of the Okinawan Tanbo.
- Master Tim Boykin will be discussing bunkai for Naihanchi kata.
- Master Chris Thomas will be discussing pressure point techniques found within kata.
- Master John Holwager will be teaching a two-person bo kumite called Peichin Kumi bo. Please bring your own bo to this seminar.

For those who can attend, it promises to be a

very educational experience. We encourage members to take advantage of these free seminars. Those who registered in advance, make sure you pick up your entry tickets at the registration booth. However, if you did not register in advance, these seminars are booked. You may continue to sign up for the seminars at the website; you'll be placed on a **standby list**.

The seminars are taught by instructors from around the country. Many of our members may not be aware of the instructors and their backgrounds. We decided to post their martial arts biography in the newsletter to better acquaint you with the instructors before the seminar.

Enter the seminars with an empty mind and leave with a full one.

Schedule:

Friday, 6 July from 12:30 - 1:30



Master John Holwager will teach the two-person bo kumite form called Peichin Kumi Bo, All participants must provide their own bo and complete a participation waiver.

Master Holwager began his formal martial arts training in 1977 at the age of fourteen. He started assisting in classes as a kyu, and opened his own school, under his instructor's supervision, when he was a brown belt.

Over many years as both student and instructor, Master Holwager has achieved great respect among martial artists for his skill, dedication and insight. He has worked with many notable instructors to increase the knowledge and skill he passes along to his students. John's commitment to teaching his art has brought him a number of honors, including Instructor of the Year and Spirit of Isshinryu, but he believes his proudest achievement is his black belts, especially those who have themselves gone on to be teachers.

John's primary instructors are Steve Young of the American Okinawan Karate Association; and Patrick McCarthy, Hanshi, of the International Ryukyu Karate Research Society.

Friday, 6 July from 1:40 - 2:40

Master Tim Boykin will be conducting a seminar on bunkai of Naihanchi kata. The bunkai will focus on three areas: strikes/kicks combinations, clothing grabs/joint manipulation and throws.



Master Boykin was born in the Naval Hospital, Charleston, SC, February 28, 1958, and was raised in central NC. He began his martial arts training in Isshinryu Karate under Grand Master Mitch Kobylanski in August of 1977 in Monroe, NC. The following year, he enlisted in the United States Navy, and was stationed in various duty stations including Japan, Spain, Hawaii and the continental US. Despite his overseas assignments, he continued to train in Isshinryu under Master Kobylanski and received his Shodan in August of 1980. Master Boykin received the Spirit of Isshinryu Award in 1996, was promoted to Shichi Dan in 2003 and was awarded the

AOKA Dojo of the Year in 2004. Currently, he is a member of the AOKA Promotion Board.

Master Boykin also holds a Shichi Dan in Isshin Do Tai Goshin Jujitsu, a Sandan in Jujitsu with the United States Judo Association (USJA), and a Black Belt in the United States, Marine Corps Martial Arts Program (MCMAP). He received an Associate's Degree in Science from Wingate College in 1978, a Bachelor of Business Administration Degree from the University of Mississippi in 1985, and a Master of Science Degree in Industrial Technology from Purdue University in 1991. He also has a Project Management Professional (PMP) certification via Project Management International. Master Boykin retired from the U.S. Navy after 29 years on July 1st 2007. He is currently employed with Booz, Allen and Hamilton as a military consultant in support of the Space Warfare Command (SPAWAR) in Charleston, SC. He is married to the former Darcy Chang of Topeka KS and has four children: Zackary, Rachel, Noah, and Kyra.

Friday, 6 July from 2:50 - 3:50

Master Chris Thomas teaches pressure point techniques within the Isshinryu kata.



Master Chris Thomas has studied karate since 1970. He teaches Isshin-Ryu and Ryukyu Kempo. His students come from a variety of styles – taekwon do, goju-ryu, fuchen kung fu, Isshin Ryu and Kempo.) Master

Thomas is mostly known for teaching kata bunkai with an emphasis on kyusho-jitsu and tuite interpretations.

He has been writing essays and articles on the martial arts since 1981, and they have been published in the U.S., U.K., Ireland, Australia, New Zealand, India, Europe, Canada. Master Thomas co-authored a number of books with George Dillman on the subject of pressure point method, and is one of the senior instructors in the Dillman organization.

Friday, 6 July from 4:00 - 5:00

Grand Master Peter Carbone, 9th Dan in Okinawan Kobudo, will provide over one hour of training on the Tanbo.



Grand Master Carbone, Hanshi, Ku Dan in Kobujutsu (old warriors weaponry art) and Kaicho, North America President of the Ryukyu Traditional Kobujutsu Society, based in Okinawa.

Kyoshi, Hachi Dan in Isshinryu Karate and Kobudo. He is noted as the first true student of Master Angi Uezu of Isshinryu Karate and Kobudo. He is a personal student of Grand Master Nakamoto, Kiichi, 10th degree in Weaponry and Gojuryu Karate and a personal student of Professor Remy Presas, Modern Arnis

Grand Master Carbone travels to Okinawa frequently to train. He just returned from his 24th trip.

AOKA Tournament Reminder

Make your plans now! Registrations are already coming in and we have a fantastic facility for this year's big event.

This year, currently registered AOKA members will receive a discount on competition and the banquet **if you pre-register**. Once pre-registration has ended, everyone pays the higher "at the door" price.

State and Regional Representatives are encouraged to come in on Thursday to attend a special workout and brainstorming session.

A new event that we are adding to the competition is Masters Competition. This is for 6th through 8th degree black belts. There will be a combined men and women's kata division, a combined men and women's weapons division and a men's fighting division. These events will take place at 9 AM on the day of the tournament. Winners of the Master's Divisions are NOT eligible for the Grand Championships.

Finally, here is a run down of the events currently planned:

Thursday - July 5

Board of Directors Meeting

Committee Meetings

State & Regional Representatives Workout Dinner

Friday - July 6

Rank Testing (morning)

Seminar 1 (12:00 to 1:00pm)

Seminar 2 (1:15 to 2:15pm)

Seminar 3 (2:30 to 3:30pm)

Seminar 4 (3:45 to 4:45pm)

Tournament registration (1:00 to 5:00pm)

Awards Banquet (6:00pm Social Hour - 7:00pm Dinner)

Saturday - July 7

Registration opens at 8:00 AM

Masters Divisions start at 9:00 AM

Tournament starts at 10:00 AM

Upcoming Isshin Ryu Tournaments

(source: Bohans-Family.com)

Date	Location	Event	For More Information,
28-30-Jun-2007	Princeton, NJ	IWKA Championship	Click here
29-30-June-2007	Burlington, NC	Camp Budo	Click here
6-7-July-2007	Lincolnshire, Ill.	AOKA World Championships	Click here
13-14-July-2007	Arlington, VA	KIAI Grand Nationals	Click here
27-28-July-2007	Gatlinburg, TN	IHOF	Click here
22-Sept.-2007	Bayonne, NJ	Nagle's AOKA Open Karate Championships	Click here
28-30-Sept.-2007	Charlotte, NC	Universal Martial Arts Association	Click here
13-Oct.-2007	Anderson, SC	US Isshinryu Circle of Masters	Click here
19-20-Oct.-2007	West Chester, PA	West Chester Fall Classic	Click here
20-21-Oct.-2007	King George, VA	Tsuyoshi Uechi Seminar	Click here
27-29-Oct.-2007	Burlington, NC	Camp Budo	Click here
3-Nov-2007	Akron, OH	Lennox Legacy	Click here
12-Apr-2008	Knoxville, TN	The Harold Long Memorial	Click here
29-Jun-2008	Fredericksburg, VA	The Don Bohan/Rick Niemira Memorial	Click here



PROMOTIONS



Pictured Left to Right:
 Master William Salinardi?
 Grand Master Lizotte
Don Therrien, promoted to Godan
 Sensei Pete Williams



Pictured Left to Right::
 Raymond Dickey, Nidan, United Kingdom
 Dan Dalton, Yondan, Aurora, Illinois
 Josh Wealer, Yondan, Princeton, Illinois

AOKA Newsletter

The American Okinawan Karate Association is proud to announce the following members are nominated for awards to be presented during the Annual Awards Banquet. The individuals listed below were nominated because of their commitment to Isshin Ryu. We applaud their dedication and contribution to the growth of Isshin Ryu.

Outstanding Youth, Female		Outstanding Youth, Male	
Ashley Clift	Ashley Aman	Charlie Olson	Dallas Dellinger
Billie Findlay	Beth Diederich	Jesse Clift	Tyler Caudle
Tiara Parent	Jodi Polhill	Christopher Cech	Brandon Ringhofer
Shannon Bottrell	Anna Strawn	Riley McColl	Jovan Sovira
		Alexander Cech	Milomar Sovira
		Ryan Marion	
Outstanding Adult, Female		Outstanding Adult, Male	
Denise Santana	Becky Clift	Justin Johnson	John English
Tanya Lemaire	Deborah Hughes	Scott Porter	Rick Franco
		Zach Fiste	Weedie Elmore
		Richard Cech	David McColl
		Gordon Findlay	Mark Aman
		Justin Serpico	Chris Wallace
Outstanding Black Belt, Female		Outstanding Black Belt, Male	
Karen Miller	Maegan Lavallee	Simeon Ostap	Jesse Hill
Jessica Schroeder	Ashleigh Quarrell	Eric Cohen	Chuck Mady
		Josh Wealer	
Outstanding Instructor, Female		Outstanding Instructor, Male	
No eligible nominations received		John Holwager	Joe Rigato
		Shane Hale	John Oshita
		Josh Wealer	Tim Leonard
		Mike Fenton	Harri Makivirta
Spirit of Isshin Ryu		Dojo of the Year	
Mike Fenton	Clifford Morse	Boykin's Isshinryu	Mady's Karate North
Terry Creamer	Mark Ciprich	Toshikai Dojo of Thunder Bay	Carolina Isshinryu Academy-Stallings
Susan Baldassi	Kyle Ringhofer	Toshikai Dojo of Ottawa	Chitora Dojo

New AOKA Membership Benefit

The Enterprise logo, featuring the word "enterprise" in a white, lowercase, sans-serif font on a black background, with a green swoosh underneath.

The AOKA is proud to announce arrangements have been made with Enterprise Car Rental for discounted rates! Here are the details.

AOKA members can now receive discounts on car rentals through Enterprise thanks to the efforts of our Membership Committee. The Discount Program will give AOKA members discounted rates here in Chicago and an extra 10% off Enterprise's nationwide airport rates.

Reservations can be made by going onto www.enterprise.com. Once there, enter your travel date and times, enter our **Corporate ID# 15A9219**, hit search, and enter the first 3 letters of our association name "AME" (for AMERICAN Okinawan etc).

Members can also book by calling 1-800-Rent-A-Car (1-800-736-8222) and giving them our Corporate ID# 15A9219.

Members can also enroll into the Free Enterprise Plus Program to help create faster reservations and rental transactions, and receive membership benefits.

Just log onto www.enterprise.com/plus

Some additional benefits with your new Enterprise account are:

- Waived Airport Surcharge at both Midway and O'Hare airport (Usually and extra \$18 through other vendors) and discounted airport surcharges nationwide
- No city surcharges (except NY)
- Free delivery/pickup service available.
- No franchise surprises! All Enterprise locations will participate with our Corporate ID# 15A9219.

If you are traveling to the tournament or to future AOKA events, take advantage of this great benefit!

One Color Screen Printing

T-Shirts, Sweatshirts, Etc.
At Affordable Prices!!!

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(631) 265-9062

Sensei Fierro teaches many Attack Prevention seminars at her dojo and elsewhere. Check the website below for highlights from some of these seminars. A complete Attack Prevention workshop tape or DVD is also available through Isshinryu Productions.

<http://www.members.aol.com/marilyn774/shows.html>

Master Stephen Armstrong DVD's

- **Seisan Kata** **\$19.95**
- **Seiuchin Kata** **\$19.95**
- **Naihanchi Kata** **\$19.95**
- **Wansu Kata** **\$19.95**
- **Chinto Kata** **\$19.95**
- **Kusanku Kata** **\$19.95**
- **Sunsu Kata** **\$19.95**
- **Sanchin Kata** **\$19.95**
- **Tokomeni No Kun** **\$19.95**

Order at www.sign-up-site.com

AOKA Mizu Gami Patch



\$15.00 (quantity discounts available)

Order at www.sign-up-site.com

American Okinawan Karate Association Memberships may be obtained by going to www.sign-up-site.com.

Place your ad in the AOKA Newsletter. Contact us at info@syiks.com for more information about advertising.

Please send all newsletter articles in electronic format (MS Word) to info@syiks.com.

Would you like to advertise in the AOKA newsletter? How about wishing someone "Happy Birthday" or "Congratulations for your promotion!" The cost is low as \$25 for a quarter page ad. The rates are lower for line ads. Send an email to info@syiks.com for details.