

Seishin Shotokan Newsletter

精神

Seishin Shotokan Karate, Inc.

Special points of interest:

- Strong Character
- Sensei Nobuaki Kanazawa visits Apple Valley
- New Member Website
- Focus Lessons and Events
- In Memoriam—Debbie Schultz

Inside this issue:

Club News	1
Nobuaki-sensei visit	2
New Member Website	3
Focus Lessons and Events	3
In Memoriam	4
General information	4

Strong Character

There are times in life when everything is thrown up in the air and you can't possibly catch all of the pieces on the way back down.

We're not supposed to catch everything, and in some cases we probably shouldn't catch anything! Such times usually represent a big change in our lives. Some of us embrace change, others among us reject it vehemently. But change is a necessary part of our growth!

In times of hardship, stress and loss, a certain kind of relationship emerges. It is the kind of relationship that reminds us of the values of commitment, challenge and strong spirit. It is the value of honest and unconditional friendship!

In the past couple of weeks, I have been on both sides of this

relationship and in each case I have noticed that the people with strong character always show through.

A good friend of our dojo lost his wife very unexpectedly (see page 4) and had so many tasks to take care of in such a short period of time. Several of our dojo members and friends stepped up so selflessly and supported his family in any way that they could, such was the impact of his wife on all of us.

A friend of mine and fellow instructor from San Jose, upon hearing of our dojo's loss of a valued member and friend, handed me an extremely generous financial contribution to the family during my brief visit to Fresno on Saturday. He said his club members just wanted to help—plain and simple.

A valued club member's job was thrown up in the air. Instead of complaining, he asked what he could do to help me and our dojo prepare for Nobuaki-sensei's visit.

A fellow instructor offered to help our dojo by cleaning the parking lot and floors in preparation for Nobuaki-sensei's visit. He also brought many of his members to the event. And they all honored him with tremendous effort and respect.

My wife Erin and my brother-in-law, Joe, continue to be the two people that I can always rely on for anything.

When people show honest and unconditional friendship, even in the busiest of times, all of the beautiful hues of the human character and spirit shine through so brightly!! Thank you!

Club news

1. Thank you to all club members who participated in the Nobuaki-sensei seminars on Friday 5th. The event was a big success and Nobuaki-sensei was very impressed with our club members' effort and spirit.
2. On February 27th from 11:00am to 12:00pm we will be holding a focus lesson on the padded nunchaku. The class will cost \$15 per participant, or \$25 if you would like to purchase the nunchaku too.
3. Testing will be held next month during the week of Tuesday March 9th to Saturday March 13th.
4. Please check page 3 for a list of other upcoming events that you might be interested in.



Sensei Nobuaki Kanazawa visits Apple Valley

On Thursday February 4, 2010, I met Sensei Nobuaki Kanazawa at LAX to bring him to Apple Valley. Before coming back from the airport we had to make a stop at Masters Magazine for a photo shoot and interview. After that we stopped for lunch and then came home.

Nobuaki-sensei is the eldest son of Master Hirokazu Kanazawa and, as our members were about to find out, he is a phenomenal exponent of Shotokan karate. During my time in Japan, he and I became friends



blocks and kicks—and lots of them! Much to the amazement of all present he showed how he could kick me in the back of the head with a roundhouse kick despite standing right next to me, shoulder to shoulder. We finished the class with some partner work.

The final class of the evening was for brown and black belts and was to be 90 minutes long although Sensei went well over



Desert Shotokan, who also attended the event. Sensei Marquez didn't just bring his students, but he also helped me prepare for the event by cleaning up the outside of the dojo and by cleaning the mats on the day of the event. I also owe thanks to one of our black belt members Cameron Geiger and his Dad Scott who also helped to clean up and get



and I was very fortunate to train together with him many times.

On Friday he put our members through their paces and treated us to an exhibition of beautiful technique and precision kicking ability.

It started with the junior class from 4:30 to 5:30 and focus on technique was one of the main themes. Each technique was broken down into pieces and performed step by step, which required a lot of concentration from the juniors. I felt that the whole junior group did very well

despite the fact that we started a little late.

We also covered a whole host of basics that focused mainly on the 1st degree black belt syllabus, then some partner work and we finished with an advanced black belt kata—Gojushiho-dai.

Everything was covered in minute detail and step by step so that everyone could understand

ready for the event.

My brother-in-law Joe, who I can always count on, did a lot to help me too, as did Allen who put up all of the new pictures that you see in the dojo and took care of the registration desk for the evening.

The next morning I had to drive Nobuaki-sensei to Fresno for his next day of seminars. On

because the content was quite difficult at times. Sensei finished with one of his favorite kicks, which he likes to call the "scorpion kick". With this kick he steps forward with one leg and then swings the other leg up behind him towards the opposite shoulder and kicks his opponent in the face. It is a fun kick and some of the juniors were actually able to do it.

The next class was focused on the beginner and intermediate levels and Sensei gave a master class on basic punches,

the key points and the important concepts of each technique. As usual Sensei led by example showing perfect technique and incredible speed and power.

The seminars were a big success and we had excellent attendance. I have to say a huge thank you to all of our club members who supported this event and also to Sensei Don Marquez and his group, High

the way, I asked him what he thought of our members. He was very impressed and he said that we all showed good basic techniques, good etiquette and strong spirit.

Thank you to all of you who participated. We can now look forward to June when Nobuaki-sensei visits again together with his father, Master Hirokazu Kanazawa!!

New Member Website

After many months of hard work and preparation I have finally managed to release an updated version of our club website, that includes a special password-protected "Members Only" website.

Over the past few years I have been consistently asked by club members for curriculum support and resources that can help everyone practice at home in addition to the weekly classes.

So over the past five or six months I have gradually been

putting together a website for members that focuses on the quarterly testing content at each rank level.

Members can now log in to the new Member Site and click on their current rank level to see the testing syllabus at that rank level in addition to online videos that show the specific kata and also partner work drills at their respective level.

The Member Site also includes a terminology section, some free reports, general information, a printable grading syllabus

and other key resources.

The new website will soon be accompanied by an Online Dojo with extended video and audio content, as well as an article bank in the form of a blog.

If you have not yet accessed our new member site then I highly encourage you to do so. If you need the username and password, just e-mail me at pwalker@seishinshotokan.com or pick up an info sheet on the website from our registration desk at the dojo. I hope you all like the new addition!

Seishin Shotokan
精神
Karate

Focus Lessons and Events

In the coming months our dojo will be holding a few different focus lessons and events for our members.

Here is the schedule for the next four months:

Feb 26th (Fri) 7:30pm to 8:30pm: Instructor Training

Feb 27th (Sat) 11:00am to 12:00pm: Padded Nunchaku Class, \$15 per participant, \$25

for the class and a pair of nunchaku

Mar 6th (Sat) 10:00am to 11:30am: Grading preparation class for all Shotokan members, free for all participants

Mar 9th (Tues) to Mar 13th (Sat): Testing week for all club members

Mar 16th (Tues) to Mar 20th (Sat): Bring a Buddy Week

Mar 19th (Fri) 7:30pm to 8:30pm: Instructor Training

Mar 20th (Sat) 11:00am to 12:00pm: Board Breaking class, \$20 per participant, includes 5 boards any size

Mar 22nd (Mon) to Mar 24th (Wed): Spring Break Karate Camp, 8:30am to 4:00pm, \$90 per participant

Apr 1st (Thurs) to Apr 4th (Sun):

"In the coming months our dojo will be holding a few different focus lessons and events for our members."

Ozawa Cup International Karate Tournament—Las Vegas

Apr 9th (Fri) 7:30pm to 8:30pm: Instructor Training

Apr 10th (Sat) 11:00am to 12:00pm: Wooden Sword Class, \$15 per participant, \$25 for the class and a wooden sword

Apr 17th (Sat) 10:00am to 11:30am: Spring Spirit Training, free to all Shotokan members

Apr 24th (Sat) 11:00am to 12:00pm: Tournament practice, \$10 per participant

Apr 30th (Fri) 7:30pm to 8:30pm: Instructor Training

May 1st (Sat) 10:00am to 2:00pm: 2nd Annual Seishin Shotokan Club Championships, Main Dojo, full details TBA

May 15th (Sat) UC Riverside Shotokan Championships

May 21st (Fri) 7:30pm to 8:30pm: Instructor Training

May 22nd (Sat) 11:00am to 12:30pm: Women's Self-Defense Class, \$15 per participant

Full details of these upcoming events will be released by means of flyers, e-mails, announcements in class and of course through our newsletter.



Try our padded nunchaku class on Saturday Feb 20th!

Seishin Shotokan Karate, Inc.

Our new dojo is located at 13599 Del Mar Road, Apple Valley, CA 92308. We also offer classes through the Town of Apple Valley and the City of Victorville.

Phone: 760-961-2336 (Dojo)
760-240-7880 (Apple Valley)
760-245-5551 (Victorville)
Fax: 760-961-2337 (Dojo)
Instructor Cell: 760-220-6820
E-mail: pwalker@seishinshotokan.com
www.seishinshotokan.com

President & Chief Instructor
Paul Walker, 5th Dan

In Memoriam—Debbie Schultz

On Thursday January 28, 2010 our dojo lost a good friend. Debbie Schultz sadly passed away after a series of challenging health problems. She is survived by her husband George, her son Austin and family.

In January 2005, Debbie joined our club after being inspired by Austin who had started karate the year before. She quickly became hooked and progressed through the ranks. She took her training very seriously and studied hard at home in addition to her weekly lessons. Over the course of the next few years she made it to the second brown belt rank.

In the meantime, her son Austin had made it to the black belt level and continued to help his mother learn the syllabus. Debbie's husband, George, was also inspired by the efforts of his son and wife and started joining the weekly classes. He is currently a brown belt.

Karate meant a lot to Debbie, both in terms of its physical and mental benefits, and also in terms of the friends that she made in the club. Debbie supported our club in so many ways but from a personal perspective, I feel that her greatest contribution to our club was her open-minded friendship and sincere desire to help others in any way that she could. She was a really neat lady, who was so fun-loving, yet serious and sincere when necessary.

On Saturday February 6, 2010, Debbie Schultz was awarded a posthumous *Shodan* (1st Degree Black Belt) from our Dojo. Her husband George and her son Austin accepted the belt on her behalf. George told me later that "she will be jumping for joy in heaven!" The belt had her name embroidered in Japanese on one end and the word "*heiwa*" which means "peace" embroidered on the other end. We all hope that she is at peace now!

Seishin Shotokan
精神
Karate

Visit our website at
www.seishinshotokan.com



Debbie Lorraine Schultz
Jan 15, 1958—Jan 28, 2010