

# Seishin Shotokan Newsletter

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*Seishin Shotokan Karate, Inc.*

## Special points of interest:

- Master Kanazawa to visit Apple Valley next month
- How important is the Black Belt?
- Women's Self-Defense
- Equipment Sale
- Calendar of Events
- UC Riverside Shotokan Championships

## Inside this issue:

Club News	1
Ideas and Concepts	2
Special class	2
Equipment sale	3
Tournament	3
General information	4
Master Kanazawa schedule	4

## Master Kanazawa to visit Apple Valley next month

Next month on Thursday June 24th, our dojo once again has the tremendous opportunity of hosting my sensei, Master Hirokazu Kanazawa.

Master Kanazawa is currently the highest ranked Shotokan master in the world at the 10th degree black belt rank. There is only one other person in Shotokan who holds the same rank and that is Master Teruyuki Okazaki.

Master Kanazawa will turn 79 years old this month and he is one of the last surviving students of the founder of our style Master Gichin Funakoshi. Master Funakoshi was born in 1868 and died in 1957. Master Kanazawa received his black belt from Master Funakoshi and later became the first person to win the famous Japan Karate Championships back in 1957,

just after his sensei had passed away, and despite sustaining a broken arm during practice for the championships!!

Despite his advancing age, Master Kanazawa continues to travel all over the world visiting his federation *dojo* that now spread throughout over 100 different countries.

Our dojo here in Apple Valley is just one of those *dojo* in just one of those countries! When I saw Master Kanazawa last year he asked me to host him once again and I said I would do my best to fulfill his wish. He visited our members here in Apple Valley back in March 2005 together with Murakami-sensei before we had an actual *dojo*.

In June 2006 he was scheduled to come again with his son Nobuaki-sensei but unfortunately

had to go back to Japan due to illness.



For him to personally request to visit our dojo one more time is a huge honor that

I do not take lightly, as there are many deserving *dojo* all over the world who would love to host him.

Many of our dojo members already got a taste of this visit just a couple of months ago in February when his eldest son Nobuaki-sensei came to visit our *dojo*. Nobuaki-sensei will be here once again together with his father for an evening of great seminars. See page 4 for the seminar schedule and pricing.

## Club news

1. Master Kanazawa will be visiting Apple Valley next month on Thursday June 24th. Please see page 4 for a seminar schedule.
2. We will be holding a Women's Self-Defense class on Saturday May 22nd from 11:00 to 12:00pm. The cost of this special class will be \$15 per participant.
3. The UC Riverside Shotokan Championships will be held on Saturday May 15th on campus at UCR. Please see the flyer in the dojo for full information.
4. Testing will be held next month on the week of June 1-5. There will be a free testing preparation class on Saturday May 29th from 10:00 to 11:30am.



The Black Belt: A sign of skill and achievement. What is its real importance?

## How important is the Black Belt?

A lot of significance is given to the black belt in most martial arts studios and also by the media.

We are led to believe that the black belt is the ultimate goal of karate and that anybody who wears a black belt should be respected and treated as somewhat special.

In addition to this exalted status, black belts are seen by many as "lethal weapons" and there is even a myth out there that a black belt needs to register his or her hands with the

police. All of this is complete nonsense!

I also hear, from time to time, students say that they are going to try another sport once they make it to the black belt, or I hear parents say that their son or daughter can quit once they make it to the black belt. It is a shame that the black belt has been given such importance and significance when the actual truth of the matter is really quite different.

So what is the importance of the black belt?

Let me try to put things into perspective. Although it is not easy to become a black belt, a diligent student can attain the black belt in three to four years of consistent training. At this point, they become a first-degree black belt. There are TEN degrees of the black belt with each one requiring more and more time of study between tests. To become a third-degree black belt, for example, usually requires about 10 years of training. A fifth-degree black belt will usually have been training for 20 years or more. An

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*"The first-degree black belt means that the student has mastered the basics..."*

eighth-degree black belt more often than not has over 40 years of training and is recognized as being a legitimate master of the art.

When you compare 4 years of training to 40 years of training it should be obvious that the actual black belt is not what is important, the length of training is what is more important.

The first-degree black belt is

definitely a great achievement and I think that any black belt should be treated with respect, provided that they show the same respect to others. This achievement, however, is simply a stepping stone in the right direction along the path of karate training. The first-degree black belt means that the student has mastered the basics and is now beginning the long and arduous process of refining

and polishing his or her techniques, learning yet more kata and partner work drills and studying the art more deeply.

To quit karate after reaching the black belt is like graduating from high school and getting into the college of your choice, only to drop out after the first month. Please stick with your karate after the black belt, that is where all the fun starts!

## Women's Self-Defense Class



Learn how to defend yourself and come out ahead!

On Saturday May 22nd from 11:00am to 12:00pm our dojo will be hosting a special Women's Self-Defense class. Members and non-members are invited and encouraged to join us.

In this class you will learn many things that could one day help you to defend yourself against a potential attacker or a danger-

ous opponent. These are some of the key topics that we will cover in the class:

- How to improve awareness
- Numerous practical self-defense skills
- How to increase your confidence so that you can avoid potential conflicts

- Strategies to help you feel empowered
- Quick and easy techniques that use minimal effort to maximum effect

The cost for the class is \$15 per participant. To sign up for the class please register in advance by e-mail, phone or at our front desk in the dojo.

## Equipment Sale

For the first two weeks of May, we are offering a special equipment sale on several different types of martial arts equipment.

Here is a brief rundown on the special deals:

- Sparring gear—20% off the retail price on all gloves and shin guards
- Pads and targets—15% off any Wavemaster purchase and 20% off the purchase of a square hand target or an oval target
- Books and DVDs—10% off any in-stock book or DVD
- Uniforms—10% off the purchase of an 8oz middle-weight gi, 15% off the purchase of a 12oz heavy-weight gi
- Deep discount corner—several of our in-stock pro-shop items will be for sale at deep discounts to the usual price, check out these items next time you come to class

In addition to the listed equipment discounts, we will cover your sales tax on any purchase.

Our equipment sale will begin on Tuesday May 4 and will end on Friday May 14.

To take advantage of our equipment sale and special discounts please visit our dojo during our usual class times. For a current schedule, just visit our website at [www.seishinshotokan.com](http://www.seishinshotokan.com).

If you have any questions please let us know.



Take advantage of this month's equipment sale on gloves, pads and targets, and more!

## Calendar—Important Upcoming Dates

In an effort to stay on top of what is going on with our karate dojo, here is a current calendar of our upcoming events and important dates.

May 15 (Sat): UC Riverside Shotokan Championships, 9:00am, UCR Campus, Riverside

May 22 (Sat): Women's Self-Defense Class, 11am to 12pm, Seishin Shotokan Dojo

May 29 (Sat): Grading Preparation Class, 10am to 11:30am, Seishin Shotokan Dojo

Jun 1–5 (Tues–Sat): Testing week, times TBA, Seishin Shotokan Dojo

Jun 24 (Thurs): Master Kana-zawa Seminar, 5:00–8:00pm, James Woody Community Center, Apple Valley

Jun 29–Jul 3 (Tues–Sat): Dojo

closed for one week, reopens on Tuesday July 6th.

Jul 12–14 (Mon–Wed): Summer Camp Week 1, 8:30am–4:00pm, Seishin Shotokan Dojo

Jul 26–28 (Mon–Wed): Summer Camp Week 2, 8:30am–4:00pm, Seishin Shotokan Dojo

Aug 9–11 (Mon–Wed): Summer Camp Week 3, 8:30am–4:00pm, Seishin Shotokan Dojo

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*Mark your calendars with these upcoming events and important dates.*

## UC Riverside Shotokan Championships

The UC Riverside Shotokan Championships will be held once again this month on campus at UCR. This is a good tournament to attend for our club as it is focused solely on our particular style of karate.

It is also a good starter tournament for those students who want to see what karate competition is all about. There are categories for kata and for

kumite that are separated by age, by rank and by gender.

The tournament costs \$45 in order to participate in one or more events and as far as I know it is free for spectators.

Please let me know if you are interested in participating in this tournament and I will set aside a time for us to get together and practice.

The tournament usually begins at about 10am but registration opens at 9am and if you are participating in the junior events then you must be there by 9am. All registration is done at the door on the day of the event.

As usual, let me know if you have any questions about whether you or your child would be eligible for this tournament.



Kata



Kumite

*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)  
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**President & Chief Instructor**  
**Paul Walker, 5th Dan**

*Seishin Shotokan*  
**精神**  
*Karate*

Visit our website at  
[www.seishinshotokan.com](http://www.seishinshotokan.com)

## Seminar schedule—Master Kanazawa visit

On June 24, 2010 Master Hirokazu Kanazawa, 10th Degree Black Belt, and his eldest son Sensei Nobuaki Kanazawa, 6th Degree Black Belt, will visit Apple Valley, CA! This is a huge honor for our club and also a huge opportunity for our members and friends to train with the most famous karate master in the world today.

Master Kanazawa really needs little introduction as he is one of the last surviving students of the famous karate master Gichin Funakoshi. He holds the highest rank possible in karate and he runs a worldwide organization (the Shotokan Karate International Federation) that has over 2 million members in more than 100 different countries.

### Seminar descriptions

There will be two separate seminars held on June 24th. The information is as follows:

5:15—6:15pm (60 mins) Beginner and Intermediate students (this class is targeted at the beginner through purple belt ranks and is open to both juniors and adults)

6:30—8:00pm (90 mins) Advanced students (this class is for brown and black belt students and is open to both juniors and adults)

### Registration and pricing

There are two ways to sign up for these seminars, one is by pre-registration and the second is at the door on the day of the event.

Pre-registration opened on Monday April 19 and will close on Saturday June 19. There are discounts on the seminar fees if you sign up by pre-registration.

The pricing for the seminars is as follows:

#### Pre-registration

General class (5:15—6:15pm)—\$30

Advanced class (6:30—8:00pm)—\$45

General and Advanced class—\$65

#### At the door

General class (5:15—6:15pm)—\$35

Advanced class (6:30—8:00pm)—\$50

General and Advanced class—\$75

All seminar registration forms can be downloaded from our website at:  
[www.seishinshotokan.com](http://www.seishinshotokan.com)

Please sign up soon to take advantage of this incredible training opportunity with one of the greatest karate masters of our time.

