

OKINAWAN KARATEDO UNION

Newsletter Edition #13

December 1989/January 1990

OKU Update

Welcome three new dojos. They are Kennedy's Karate USA, LA; Isshinryu Karate Club, IN and Abbotts Karate School, TN.

We would like to welcome 20 new black belts: Ron Matthews, MA; Lincoln Barton, TN; Donald R. Sharp, TN; James D. Moore, TN; Andrea M. Moore, IL; Michael Patrick, TN; Harvey L. Kennedy, LA; Charles Groats, TN; Danny Dombroski, TN; Candy H. Croon, TN; Rick Rodriguez, NC; John Moore, TN; Tim Vanbiber, TN; Ronnie Brasher, TN; Dennis F. Gregory, TN; Tom L. Hensley, NC; Tom M Reed, NC; Dan Blankenship, IN; Charles Abbott, TN, Shelby Abbott, TN.

Statistics:

Dojo:

September 58
December 61

Black Belts

September 267
December 287

Kyu Rank

September 522
December 543

To The Editor

Mr. Wheeler;

I wanted to write and personally tell you how much I enjoyed the Isshinryu Fall Classic. I was thrilled to see so much talent. I was great see so much potential in all the children divisions. I enjoyed finally getting to see all the people I had read about in the OKU newsletter. My husband and I want to thank you for taking the time to pose for the pictures with our club members. They all enjoyed the opportunity to meet and talk with you. We all had a good time, enjoyed the competition and enjoyed the fellowship. Even if some did not come back with trophies we all came back as winners. Thank you

Sincerely
Denise Nagy
Pickins, SC

Notice

Remember to start sending
dues for 1990.

Dues are due
January 1st, 1990
Get them in as soon
as possible.

Mr. Advincula recently conducted his second seminar this year in the New Jersey/New York area. Earlier this year Mr. Advincula directed a three day seminar for Donald J. Nash at Tom's River, NJ. The seminar covered all aspects of the Isshinryu system. Mr. Advincula also covered Okinawan Judo and Philippine art of escrima. His latest seminar was held for George Trim at Bay Shore, NY. The recent seminar was conducted over a five day period and it covered more in depth subjects on the specific aspects of the Isshinryu, empty hand katas and self defense techniques. Techniques of the bo were also covered. Videos showing Isshinryu's

founder Tatsuo Shimabuku along with several other Okinawan masters demonstrating their styles of karate. Mr. Advincula also showed old photos he had brought back from Okinawa during his training and also handouts and letters that Master Shimabuku gave out to his students.

Mr. Advincula is available for seminars or clinics. Anyone interested in contacting Mr. Advincula: 1606 Buckboard Dr., Oceanside, CA 92056 (619) 726-4140.

CONGRATUALIONS TO:

Mr. & Mrs. Carl (Diane) De-Blonk of Cleveland, TN on the birth their son Cullen Martin De-Blonk, September 28th at 4:20PM, 7lb 4 oz. all are doing fine. Mr. & Mrs. Calvin Patten of Nashville, TN on the birth of their daughter Courtnei Maurisha Patten, born August 30th at 7:30PM, 8 lb 5 1/2 oz. Calvin says she is as cute as her dad and as tough as her mom.

One of our black belts, Robert Rhea, in Louisville, KY assisted the police in running down a purse snatcher, who in the process of taking the purse knocked the lady and broke her arm. The woman who was attacked was the wife of Circuit Judge Lawrence M. Higgins. Mr. Rhea was given a Mayor's Citation for Valor for his deed. (which follows) Dear Mr. Rhea, Your heroic action in assisting a fellow citizen in distress deserves every recognition. I have learned that many of the citizens living near Dolls market and throughout the community were appreciative of your effort. One of the joys of being Mayor is that of bestowing honors upon citizens such as yourself. Please accept this enclosed Mayor's Citation For Valor in recognition of your heroic deeds. Sincerely, Mayor Jerry E. Abramson.

Mr. & Mrs. Allen Wheeler on their 50th Wedding anniversary, December 1st, 1989. I don't see how she stood me that long.

DOJO NEWS

Senseis David Ray and Herman Cornet of the Spruce Pine Karate Center, NC would like to announce the promotion of Tommy Reed to Sho Dan, Tommy Hensley to Jr. Sho Dan. They have also

started what they call technique of the month at the dojo. They all concentrate on this particular technique for the entire month. The technique of the month for October was Left forward, left hand side block and a right hand upper cut. This was the technique put into use by one of David's young students, Chase Slagle. Jay and his 6 year old brother were on the school bus going home and a bigger boy was picking on Paul, Chase ask him not to be picking on Paul. The larger boy said OK I will pick on you. The larger boy threw a roundhouse punch at Chase and Chase stepped in with the side block and a right hand upper cut and ended the fight with the larger boy crying and going back to his seat. That's the way that the technique of the month was chosen for the month of October. So congratulations to David and Herman for the proper instruction and to Chase for standing up for his smaller brother and using enough good karate technique to handle the situation. Keep up the good work. David and Herman have done a lot of work and spent a lot of time and money on their dojo and they've done a real good job.

From Ron Reed in Sullivan, IN — Promotions include: Jared Wright promoted to yellow belt, Scott Lampton to orange belt, Josh Welch to orange belt, John McCamic to orange belt, Beth Wrin to orange belt, Michelle McCammond to blue belt, Jeff Pitts to blue belt, Jean Turpin to 2nd Kyu brown, Phylicia Stewart 1st degrees junior black belt. Also, during the month of September and October, Sensei Reed had three of his former students visit with him, Susan Reed who is home on leave from the United States Navy and John and Michelle McCavin who recently moved to Troy, IL. Ron said we really enjoyed seeing them again. Michelle competed and won first place in Kata at Sensei Reed's tournament. We hope Michelle and John can find a good school in their new town and continue their training.

From Sensei Don Robert's School in Georgia — Bobby Hughes received three certificates of merit for having the highest average in the school in three different subjects. Tom Bates, firefighter, is also a trained diver. Tom is rated as an open water diver. In the school he recently attended, he was certified not only in the advanced open water diving but also in rescue diving. He credits his training in karate stretching and breathing for his good per-

formance. Other candidates were forced to drop out do to exhaustion and cramps. Good grades in school Jennifer and Bobby Hughes all "A," Melissa Parker, Kimberly Rolin, Robin Meade received all "A's" and "B's." Michelle Sober, although she started school three weeks late, passed the requirements of firefighting school in Clayton County; in addition she also passed the rigorous National firefighting examination making her only the second woman in county history to do so. She is now qualified to work for any fire department in the country. She is working for the busiest station in the county and already has several fires under her belt.

From Wheeler's Dojo in Powell, TN — As an incentive to make our youngsters keep their grades up we require them to make at least a passing grade up through green belt level to be promoted and after they pass the green belt level they must maintain a "B" average in their grades at school in order to be promoted. These youngsters have maintained at least a "B" average in the first two grading periods this year: Kenny Worley, Anthony Rickman, Travis Black, Jeremy Beck, Josh Inman, and Adam Cline. I would also like to mention Chris Hayes, who in the first grading period failed one subject and through some encouragement and finding ways to give him some incentive, in the second grading period he made 2 "A's," 2 "B's," and 3 "C's." This was a great improvement for him. Keep up the good work Chris.

Other news from Wheeler's Dojo— Charles Abbott held a sword workshop at Wheeler's Dojo with all the proceeds going to the OKU. Charles we want to thank you for first of all holding the sword workshop and secondly for being so liberal and donating the proceeds to the OKU. Our competition team, although rather small this year, has done very well all year long. They have won a lot of trophies, and I am really proud of them for the leadership they have displayed in various things like sportsmanship, self-control, respect and so forth. Also for their help with such worthy organization as the Leukemia Research Foundation. In June of this year we held a kick-off for the Leukemia Research Foundation.

With the help from Brother Phillips' dojo in Maynardville, TN and Mike Clark and Bill Marshall's dojo in Seveirville, Tn. Wheeler's dojo collected almost \$900.00 for the Leukemia Research Foundation. It worked much like a walkathon. Karateka would get people to sponsor them for so much a kick or maybe just a flat or set donation. Each karateka

was allowed 30 minutes to kick on a heavy bag. Wheeler's dojo had 3 people to make over 2,000 kicks each on the bag. Chuck Reynolds, Roger Coffee, and Jason Thurman in that order. Chuck had more kicks and collected more money for the L.R.F. than anyone else in the state of Tennessee. Good work Chuck, keep it up. Wheeler's demonstration teams have put on 10 demos during the year (89) and have 3 to do during January of 90. Now just a quick run down on our annual Kics Tournament held at the dojo on November 10th.

8 years & under Kata

Novice

Bobby Lee 1st
Chris Slagle 2nd
Tom Gibson 3rd

Advance

Mick Emit 1st
Jarrett Martin 2nd
Austin Beeler 3rd

9-11 Kata

Novice

Mark Frazier 1st
Todd Cureton 2nd
Kenny Worley 3rd

Beginners

Jeremy Beck 1st
J.P. Easter 2nd
Stacie Catlett 3rd

Super Advance

Jason Thurman 1st
DeWayne Perry 2nd
Adam Cline 3rd

12-14 Kata

Novice

Jason Emitt 1st
Travis Griffin 2nd
Donnie Pittman 3rd

8 years & under Kumite

Novice

Dustin Perrin 1st
Anthony Richman 2nd
Christ Slagle 3rd

Advance

Marcie Harmon 1st
Mike Emitt 2nd
Austin Beeler 3rd

Success comes in cans, failure comes in can'ts.

9-11 Kumite

Novice

J. P. Easter	1st
Jason Moyers	2nd
Jeremy Beck	3rd

Advance

Kenny Worley	1st
Travis Collins	2nd
Mark Frazier	3rd

Super Advanced

DeWayne Perry	1st
Adam Cline	2nd

12-14 Kumite

Travis Griffin	1st
Jason Emit	2nd
Donnie Pittman	3rd

Self Defense Demos

8-11 years

Mike Emmitt	1st
Keith Bird	2nd
Jarrett Martin	3rd

9-14 years

DeWayne Perry	1st
Travis Griffin	2nd
Donnie Pittman	3rd

Congratulations To Sensei James P. LaRocco of Roswell, GA. On June 18, 1989 Sensei LaRocco was inducted into the International Karate Hall Of Fame in Cleveland, OH. Mr. LaRocco is a black belt instructor with more than 25 years experience. He is also the first person from the state of Georgia to be inducted. He joins such notables as Bruce Lee, Chuck Norris, Bill Wallace, Gary Yano, the first National AAU Champion, and his instructor (LaRocco's) Mr. Harry Acklin. LaRocco and Acklin are the only Isshinryu karateka in the I.K.A. Hall Of Fame. The Cleveland City Council presented Mr. LaRocco with a certificate of congratulations. Nice going Jim, it's always nice to be recognized by your hometown.

Mr. LaRocco would like to announce also that Master Angie Uezu will be at his place in Roswell, GA sometime in May 1990. More information to follow.

Also it is possible that Senseis Joe Lewis and Bill Wallace will conduct a one day intensive training session at my dojo during the fall of 1990. The Lewis-Wallace session is till in the talking

stage. But let me know what your feelings on this are. Just imagine, working out and studying all day, talking to, having your picture made with two of the greatest tournament and full contact champions that we have ever had. I know both of these fellas and they are great.

Clayton Karate Tournament Results - June 1989
Jim LaRocco - 1st place in Weapons & Kata
Wyatt Hannah: 1st place Kata & 3rd place Kumite
Thomas LaRocco: 3rd place Kata
Tyler Parker: 1st place Kumite, 1st place Kata & 3rd place Weapons
Ashely Tisdale: 1st place Kumite
David Scott: 2nd place Kumite & 3rd place Kata
Al Cothran: 1st place Kumite
Adam Trimble: 2nd place Kumite
Seth Trimble: 2nd place Weapons, 2nd place Kumite & 2nd place Kata
P.D. Howard: 1st place Kumite & 2nd place Weapons
Steven Trauffer: 2nd place Kata
Perry Trimble: 2nd place Kata
Chris Conrad: 3rd place Kumite
Kris Conrad: 1st place Kumite
Shamus Yandle - competitor
Congratulations to all of you!

Clinic & Seminars & Workshops

Master Sherman Harrill has been busy this fall holding workshops for several OKU instructors. On October the 6 & 7 he was at Wheeler's Dojo in Powell, TN. Then November 18th he was in Quincy, IL at Mike Fleetwood's dojo. On December the 9th he was at Keegs Harbor, MI at Dan Holloway's. On November the 4th at Spruce Pine, NC Senseis Allen Wheeler and Robert Gasho held a clinic on kata, self-defense and weapons for Senseis David Reed and Herman Cornet. Congratulations to Herman and David on the splendid condition of their dojo there. They spent quite a bit of money and time cleaning up, repainting, putting carpeting down and putting some exhaust fans in and so forth, and their dojo looks really super. On October the 28th Charles Abbott held a sword clinic at Wheeler's dojo with all the proceeds going to the OKU. Charlie w

thank you for holding the seminar and being so gracious as to donate the proceeds to the OKU. November 11th, Mark Aycock held a seminar at Wheeler's dojo in Powell. This was an all day seminar on nutrition, the six classes of nutrients and on eating to win; plus kata training, techniques and applications from Seisan and seuchin katas, aerobic work out, station workout and sparring techniques. They spent the last 30 minutes of the seminar in a cool down period and a question and answer time.

OKU Awards Dinner

OKU Awards Banquet was held October the 20th at Duff's in Knoxville, TN. There were about 268 people that were present at the dinner. Everyone had a real good time. Major awards went to: Master Shimabuku Award, for people between the ages of 18 and 35 years old who have done an outstanding job during the year, went to Sensei Dan Holloway, Keegs Harbor, MI. Others that were nominated for this award were Gary Bishop, Cleveland, TN and Jack Lassie from Clinton, TN. Outstanding Executive Award, for over 35 years-old. The award this year went to James "Brother" Phillips, from Maynardville, TN. Others nominated included: Sensei James Keenan, Lynn, MA and Joe Smith, Urbana, IL. Outstanding Achievement Award went to Missy Hill, Missy at present is a law student at the Vanderbilt University in Nashville, TN. Not having an Isshinryu club at Vanderbilt, she got into Judo and this past year she won the National Judo Championship for Ladies and incidentally she is only a Green Belt in Judo and she had to defeat a black belt lady twice in double elimination to win the championship. She then went on to place third in the International Events held in Kansas City, MO, this past July. There were about 25 to thirty Kyu rank Awards that went to different Kyu rank people from the different dojos. There were two promotions Miss Loraine Lewis was promoted to 4th Dan, Lorraine is from Asheville, NC where she is the chief instructor of the Shori-Ryu School. Sensei David Ray was promoted to 5th Dan, David is owner and chief instructor of the Isshinryu School in Spruce Pine, NC. Special Recognition award went to J.P. Barfield for continually getting all his paperwork in and always being neat

and doing such a good job for the OKU. We also had a special award going to Jami Schmid for always being so good to help with work around the dojo and always being able to do just about anything around the dojo that needs to be done. Another award went to Rosemary Parton for also being helpful around the dojo and being a liaison between the dojo and the parents that are so supportive of our kids program at Wheeler's Dojo. We had several Booby Trap Awards that are always fun to talk about and award. We had a real good time at the award dinner and looking forward to next year.

We also had on the following Saturday, October 21st, an outstanding tournament, The Isshinryu Fall Classic, at Powell High School. There were 350+ competitors from 15 different states. This was an extremely competitive tournament and the tournament ran very well. We had a minimum of disagreements and foul-ups that usually go along with tournaments of this size. We want to take this opportunity to thank everybody that supported us in the tournament and in the OKU Awards Dinner. We hope that you will be able to come back next year, and that it may be even bigger and better, and enjoy the fellowship together.

Tournament results for the Isshinryu Fall Classic are not available. I sent the results to N.A.S.K. and TN.K. Circuit, but failed to keep a copy for my self. However, Mark Aycock won both the Kumite and Kata Grand Championship Awards at the tournament.

In Memory Of

instructors that have passed on in 1989. I am sure that there are other but these three are the only ones I can recall. Sensei Richard Bellargion on February 14 from cancer. Sensei Robert A. Trias on July 11 from cancer. Sensei Thomas Dickson, McMinnville, Tn on November 27. Mr. Dickson and his father were going deer hunting and their pick up truck went out of control on a rain slick bridge about 5:35AM. The truck apparently slid, stuck a small railing and flipped over and landed on it's top in Clear Fork Creek. Our sympathy goes to these families and let us all remember them in our prayers.

Trivia

Trivia question for September was: When and where was the first karate dojo opened in the

US and who was the instructor and owner? We did not get an answer on this one. The correct answer is: 1946 in Phoenix Arizona, the owner and instructor was Master Robert Trias.

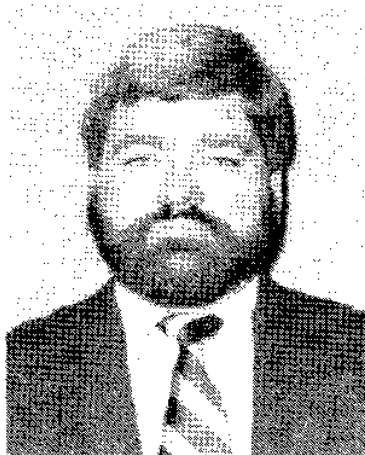
Trivia question for December is: While we are on the subject of early dojos, when and where was the first karate dojo in the Southeast US and who was the instructor?

Late News

From Steve Holy, Guardian Angel Dojo in Champaign, IL - Promotions to yellow belt: Brian Hauerperger, Donna Hoeflinger, Jay Hoeflinger, Tai Kaug, Gary Thomasson, Ruth Ann Box, Denise Buck, Joe Freeland, George J. Harmon, David A. Hartke. Steve wishes a happy and prosperous new year for everyone. He suggests that the OKU slogan be, Karate is the Kick of the 90s. Thank you Steve.

From Don and Jan Roberts, Fairburn, GA - Students that made all A's and B's on this second grading period from their dojo were: Bobby and Jennifer Hughes, David Massey, Kimberly Roland, Lisa Parker, Spencer Rowland, Michael Richard. Congratulations to these youngsters. I see three new names that were not on the last period. There is also one new name that was on the last honor roll, that is missing on this one. I will be looking for the name to be back in place the next grading period. To Bobby Hughes: To win 100 victories in 100 battles is not the highest skill. To subdue the enemy without fighting is the highest skill. Think about it.

Health & Welfare



Head Injuries Warrant Close Observation

By Dr. L. Bruce
Holbrook

Any martial artist who sustains a head injury needs to be watched closely. Even those injuries

that don't appear serious can involve internal hemorrhaging or other conditions that later become dangerous or even fatal.

After an examination of the injured athlete, it is important to understand that in some cases certain symptoms may appear later on. These signs and symptoms may show up in the next 24-48 hours after the injury to the head. It should be noted that head injuries are statistically the most fatal type of athletic injury.

HEAD INJURY INFORMATION SHEET

If any of the following symptoms are present 24-48 hours after a head injury, the martial artist should be taken immediately to his family physician or to an emergency room.

1. Severe headache (deep throbbing)
2. Dizziness or loss of coordination
3. Temporary loss of memory/mental confusion
4. Ringing in the ears (tinnitus)
5. Blurred or double vision
6. Unequal pupil size
7. No pupil reaction to light
8. Nausea and/or vomiting
9. Slurred speech
10. Convulsions or tremors
11. Sleepiness or grogginess
12. Clear fluid from nose and/or ears
13. Numbness or paralysis (partial or complete)
14. Difficulty in being aroused

OTHER INSTRUCTIONS

- A. check breathing rate, heart rate and color as well as other symptoms every two hours.
- B. Awaken every two hours at night and check condition.
- C. Allow athlete to consume only clear liquids for eight hours.
- D. Do not have the athlete take any medications in the initial 24 hours unless directed to do so by a physician.

Cardiovascular Exercise

by Kelly Williams
B.S. Physical Education
Kinesiology/Biochanics

Cardiovascular exercise is any continuous

activity that lasts for a minimum of 20 minutes, and involves the large muscles of the body. In order to receive the best benefits from cardiovascular exercise, the exercise should be performed at a certain intensity. If the intensity of the exercise is too strenuous, or too easy, you will not be maximizing your workout time.

Studies have shown that the cardiovascular exercise has many benefits, the most important of which is maintaining a healthy heart and improving the function of the cardiorespiratory system. Other benefits include: reducing blood pressure, managing body weight, reducing stress, increasing basal metabolism, and increasing the good (HDL) cholesterol in the body. Any one or all of these benefits can help improve your karate workouts and overall wellness. Being in good cardiovascular fitness will help your endurance in bag workouts and in sparring.

A good question at this point would be, "How do I know how hard to workout in order to obtain a cardiovascular training effect?" There is a formula based on age that will predict a heart rate range for cardiovascular exercise.

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- 1 Chinese Double Crescent Knife
- 2 Chinese Single Crescent Knives
- 2 Steel Tai Chi Swords
- 2 Alloy Chinese Broad Swords
- 1 Alloy Hook Sword
- 3 Butterfly Swords
- 2 Kusargama
- 2 Moon Axes
- 1 Horse Killer

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220 - age = estimated maximum heart rate (maxHR)

now take 70% and 85% of your maxHR and this will give a range of heart beats per minute. This range is called your target heart rate range. Now if you divide both numbers in the range by six, you will get a range for a 10 second pulse count.

Example:

26 year old male.

maxHR = 220 - 26 = 194 beats per minute

.70 x 194 = 135.8 beats per minute

.85 x 194 = 164.9 beats per minute

The target heart rate range = 136 to 165 beats per minute.

Now divide both numbers by 6 to get a range for 10 seconds.

136/6 = 22.6 beats in a 10 second pulse count

165/6 = 27.5 beats in a 10 second pulse count

The 10 second target heart rate range is 23 to 28 beats per 10 second of a 26 year old person. (as long as the person has no physical limitations.)

When starting a cardiovascular program,

only exercise at first for 15 - 20 minutes, 3 times per week, (every other day), and stay in the low end of your target heart rate range. As you begin to get in better cardiovascular shape, and you are experiencing no bone or joint problems, you can increase the time of the workouts and the frequency as you can tolerate. Remember to always get a 5 - 10 minute warmup involving low intensity exercise to get the blood flowing to the muscles in the body, and include some stretching. also remember to cooldown for 5 - 10 minutes after the exercise bout, to allow the body to return to the resting state. Stretching in the cooldown is very beneficial for improving flexibility.

After you have completed the warmup, and have been exercising for about 5 minutes, stop and take a 10 second pulse to see how close you are to your range. If you are above your range, slow down a bit, and if your are too low, maybe increase the intensity a bit depending on how you feel. It is very important to use this range as a guide, because it is just an estimation based on your age. Whenever exercising, listen to your body and use common sense. If the exercise is too hard and you are below your range, you would not want to increase the intensity. LISTEN TO YOUR BODY!!! If you are in your range, and you feel great, continue for the rest of your workout time and have fun.

If you are 35 years or older and have not been engaging in cardiovascular exercise regularly, you should see your physician before starting a cardiovascular program. also if you are on any medication that may affect heart rate, or if you are diabetic or asthmatic, consult your physician before beginning this type of program.

If you teach a class and want to add a cardiovascular portion to the class, make sure you teach the students how to take a 10 second pulse, and about every 5 minutes, give them the opportunity to take their own pulse. A target heart rate range chart can be purchased and placed on a wall, or you can calculate the ranges based on the ages in your school and post a chart on the wall.

NEW BOOK

Sensei Joel Chandler, 7th Dan has published a new book titled "The Secrets Of Isshinryu Karate." It contains interesting facts of the early life of Master Shimabuku, along with rare photos. There is an Isshinryu family tree tracing back from Master to Master to the origin of the Martial Arts. There is a good picture of Sensei Harold Mitchum.

Role Of Tournament Competition In Karate

By Jami Schmid

Tournament competition has become a big issue in karate. Many people believe that tournaments have made people more aware of the martial arts and their usefulness in society. Others feel that tournaments draw attention only to the more violent side of karate and neglect the nonviolent aspects on which karate is based. It matters not which side of the fence you stand on however, because like it or not, tournaments are here to stay.

The first tournament in the United States was held in 1957. Its purpose was for Japanese students of the martial arts to meet together and share their different styles of karate. Six years later, an open tournament was held in Chicago, Illinois. This tournament was of a much more competitive nature, and later became known as the United States Karate Association National Championship. Because this was the first tournament of its kind, a rules committee was appointed to lay the groundwork for the judging of the competitors. While many of the rules from this first tournament have been changed over the years, most remain the same today. The first tournament to held in Knoxville, Tennessee occurred in 1965, and tournaments became more popular by the early seventies.

Since tournaments seem to be here to stay, three important issues about them must be decided. First, what are the positive aspects of tournament competition? Second, what are the negative aspects of such a competition? Finally, what can be done to accentuate the positives and to change the negatives? To find the answers to these questions, I interviewed six black belts of the Isshinryu system about their feelings towards tournament competition. All of these men had at one time or another participated in or had sponsored a tournament. Their feelings towards tournaments were in many ways very similar, but the differences were distinct.

Most of the black belts interviewed felt that tournaments promoted fellowship between schools and the different styles of karate. They cited them as a means of competition and a way to check your progress against others. One stated that tourna-

ment fighting was the closest thing to street fighting that he had ever experienced, and that he felt better prepared to defend himself in the street because of his tournament experience.

The attitude of "winning at all cost" was the unanimous negative aspect of tournaments selected by the group. They were all adamant in their belief that such an attitude had no place in karate. They also felt that tournaments could be negative if students felt that they had to compete in order to prove themselves to their peers or instructors. Many admitted to competing for this very reason until they came to the realization that being a good tournament competitor did not enhance or detract from their becoming a good karate student.

Finally, the black belts discussed their ideas of ways to improve tournaments. Surprisingly, they were almost unanimous that the accumulation of circuit points be outlawed as well as huge trophies and money prizes. All of those in favor of this believed that this would help eliminate the ego problems some competitors seemed to have, and they also felt that those competitors who caused problems during competition should be disqualified. These men were in favor of a return to the original reason for having tournaments, which was to share ideas and learn from others. shouldn't this be our ultimate goal?

Did I mention that young Christopher Shannon attended his first tournament, in November at Sensei Dave Domers. Did quite well too. Start 'em young Scott.

A few pearls of wisdom:

A diplomat is a person that can tell you to go to hell in such a manner, that you look forward to the trip.

After all is said and done, more is said than done.

Why be disagreeable, when with a little effort you can be impossible?

Invest now for later life. The pay is not much, but the retirement plan is out of this world.

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Cleveland State Karate
(Isshinryu)
Scott & Ruth Ann Shamblin
3215 Vista Dr.
Cleveland, TN 37312
(615) 479-8813

Dan Holloway Isshinryu
1700 Beechcraft
Keego Harbor, MI 48320

Mitch Kobylanski
Isshin-Ryu Karate Club
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1955 E. 44th St.
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Annendale Acres
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13190 East Erie Rd.
Albion, MI 49224
(517) 531-4320

Bryant School Of Karate
Rt. 5 Box 84
Lafollette, TN 37766

Bill McMillan
P.O. Box 61
Clinton, TN 37717

The Hole In The Wall Dojo
612 W. Church St.
Greeneville, TN 37743
Max Jones, Instructor

Keely's Monahans Isshin
Ryu Karate School
200 South Allen
Monahous, TX 79756
(915) 943-8818

Ron Reed Karate School
332 West Beech St.
Sullivan, IN 47882
(812) 268-5610

Dave Domers Samurai
Karate Schools
1912 Nantucket Dr.
Woodstock, GA 30188
(404) 928-6001

Jim LaRocco Isshinryu
Karate Institute
4641 Woodstock Rd.
Roswell, GA 30075
(404) 587-2623

**Some of you
need to take care of renew-
ing your dojo listing fee for
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