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World Oyama Karate

Honbu Newsletter Issue 11 - Summer, 2006

Reaching Your Goal Is The First Step

Championship Reports By Saiko Shihan Y. Oyama



Tonfa against razor sharp Japanese sword demonstrated by Saiko Shihan Y. Oyama and Sensei Masa

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Champion Sempai Tom (Lightweight)

Champion Sensei Tetsu (Heavyweight)

The past few months have produced some great tournaments for the World Oyama Karate Organization. Here in Birmingham, we held the Ultimate Challenge Knockdown Tournament on April 22nd. This year's tournament was another great success and was a very exciting competition. Shortly afterwards, on June 4th, the second annual Fighter's Cup Knockdown Tournament was held in San Francisco. I've just now returned home after attending this successful and dynamic competition.

The April 22nd Ultimate Challenge Tournament marked the comeback of Sensei Tetsu Yanagisawa in the heavyweight division. Sensei Tetsu retired from active competition a few years ago, but he re-emerged to compete for the prize of a round-trip ticket to the Japan Cup on November 19th. Although he only weighed in at 175 pounds, he fought ferociously against guys weighing around 210 pounds. Sensei Tetsu demonstrated that even at middle-age, he could still fight with tremendous courage and spirit. Everyone was very excited to see him win 1st place and the round-trip ticket to Japan.

In the final rounds of the lightweight division, Sempai Tom Cory from Sensei Saito's dojo in San Francisco faced off against Sempai Brent Smart and Sempai

Alonzo Jackson from Sensei Takahashi's dojo in Atlanta. These three gladiators brought the crowd to their feet with their riveting battles. In physical ability and skill, these three were pretty much equal. However, it was S. Tom's strategy and smart fighting that enabled him to first beat S. Brent, then later S. Alonzo in the finals. Their fights were a thrill to watch as they pushed themselves beyond their physical and mental limits. The spectators became inspired by their courage and determination; the air in the gymnasium was electric.

Another notable fighter at this tournament was Sensei Takahashi from the Atlanta dojo. Sensei Takahashi is 46 years old, but he opted not to fight in the senior division (ages 40+), but in the regular heavyweight division instead. He exhibited tremendous spirit as he faced fighters half his age. Before the tournament, even I questioned his decision. He graduated as my uchi deshi, so I trusted his ability to train for the tournament. But I wanted to be sure of his safety when competing, especially since his parents were coming all the way from Japan to watch him fight. In the end, however, there was no need for me to worry. He did a great job, winning his first 2 matches. Although he was eventually defeated in the semi-finals, he fought with great spirit and did very well.

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Saiko Shihan Y. Oyama and Champion Sensei David (Senior)

Champion Sue Kaminaka (Women)

There are many stories behind the Senior Division. Up until Sensei Takahashi made his decision not to fight in this division, fighters from Birmingham (Sensei David, Sempai Paul, Sempai Lee) were anxious about facing him. When they learned of his decision they relaxed; but they were also disappointed. They could relax because they wouldn't have to train themselves to death in order to face this warrior. But I think they were also disappointed about not having the opportunity to prove themselves. I can't say for sure which feeling was stronger, but I think they felt disappointment more acutely.

In another story from the Senior Division, two Birmingham 1st kyu brown belts made their fighting debut. I often refer to Rick and Tony as the "Three Musketeers", but with my accent, they've come to be called the "Three Mosquitoes". These two longtime students are definitely not the hardcore street-fighting type. I won't give you their ages, but they are definitely over 40. They are very dedicated, and I enjoy teaching them, but I would not classify them as "fighters"; more as "gentlemen". But someday, I want for them to become good Black Belts. Rather than relying on some general idea about what it's like to fight full force without shin pads, gloves, or headgear, I want them to experience it

for themselves. Without that kind of experience, a richer, deeper level of Karate training would always be beyond their reach. That's why I made the announcement that they would have to fight this year.

Right up until the day before the tournament, everyone remained unsure about whether or not Rick and Tony would actually have to fight. Even Shihan Dai Perry Burnett, last year's champion, asked me, "Saiko Shihan, are you *really* going to make them fight?" Without changing my expression, I replied, "Yes, of course." On tournament day, Rick and Tony showed up with their dogs, still uncertain if they would need them. I promptly cleared up any uncertainty, turning to them and saying, "What are you two standing around for!? Get changed!" "Osu!" their faces turned white. "Are they going to be fighting, Saiko Shihan?" asked Shihan Dai. "Of course they are! Get changed, but leave your shin pads in the bag." "OSU!"

Before they each fought, their faces were as white as sheets. However, once they stepped onto the mat, they regained their color. They moved with surprising grace and the speed of their younger days. They

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were like kids as they responded to their coaches' orders to punch, low kick, keep moving. They shouted for the whole two minutes of their respective fights. In the end, both of them lost, but they went the full 2 minutes and never gave up. Afterwards, Rick thanked me for making him fight. "I can't wait until next year," he beamed. "Well, don't get too ahead of yourself just yet." I said he should write down his experience so that you can read it in this newsletter.

In the women's division, last year's winner, Tsuyako (Atlanta dojo) returned to compete for another victory. This year, she showed more confidence as she faced some tough opponents. Hishiki and Sempai Lora Yanagisawa gave her some very hard fights, but in the end, she was able to take 1st place once again.

The excitement from April carried over to the June 4th Fighter's Cup. I know this was true for Karl Julian (Birmingham). Early in his second fight of the April tournament, he was knocked out by a *jodan mawashi geri*. As he continued training hard everyday for San Francisco, I wondered how he would do against S. Brent, S. Alonzo, and S. Tom. He came out very strong, winning the first rounds by knockout. He then faced S. Brent in a very exciting semi-final match. After the first 3 minutes, Karl was slightly ahead on points, but the match was sent into overtime. During the 2 minute overtime, Karl maintained his position. However, in the final 20 seconds, S. Brent connected with enough of a *jodan hiza geri* to move Karl's head, earning a (*wazari*) half-point. Although he finished 4th, Karl showed great improvement from his last fight. S. Tom finished 3rd, and S. Brent beat out S. Alonzo to take 1st place. Both being from the Atlanta dojo, S. Brent and S. Alonzo were very familiar with each other's fighting style. Everyone was on the edge of their seats to see who would finally

win out.

In the heavyweight division, Sempai August Hearn from New York beat out some pretty tough competitors to win 1st place. Sensei Michael Vasques from South Carolina took 2nd place. At 34 years old, Sensei Michael is almost eligible for the Senior Division. Nonetheless, he fought with great spirit and determination. One of his students, Skip Rivelle, also fought well, earning the 3rd place spot.

In the Senior Semi-Knockdown Division, I was surprised to see Shihan John Lehner competing. Shihan John is over 60, easily old enough to qualify for the Senior's coffee at McDonald's. As I came into the gymnasium, he was already sweaty, having won his first fights. In his next fight, he pushed his opponent around the ring and won the match. He turned to his wife, Shihan Mary, and said, "I think I won 3rd place." "No, no, Shihan," she replied, "you won 1st place!" She was right, Shihan John took 1st place. He fought well, but next year, I recommend that he fight in the 55+ Executive Division (if we can find anyone out there able to face him, that is).

CHALLENGE YOURSELF !

Flying back to Birmingham, I began thinking about tournaments and championship matches. "What is the



Heavyweight Champion Sensei Tetsu, 2nd Place Sensei Naoi, 3rd Place R. Barnett

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significance of tournaments in Karate training?" "Why is it important that students compete?" I thought back over my own experiences as a tournament fighter decades ago and the countless other tournaments I've been involved with over the years. For competitors, a tournament is a final goal, but it's also a new beginning in their Karate journey. Tournaments are like milestones marking a student's progress in their training and development.

Having fighters who will compete in a tournament motivates the students of an entire dojo. As the competitors train for the tournament, their anticipation and excitement spreads even to those who have no inclination (for whatever reason) to compete. The dojo comes together to support and push those that will be representing them on the mat. As they observe the training of the fighters, they become inspired and identify themselves with them. Through the investment of time and effort, they gain a stake in the fighters' performance. For the fighters, the support of their dojo gives them a sort of power beyond themselves. There is the sense that when they fight, the dojo is fighting with them. This feeling enables them to push through the times when they might otherwise be tempted to give up.

I believe that everyone, not just Karate people, need some type of ambitious goal or dream to work towards. Having a goal forces you to work hard, sweat, and focus your energy on success. Working towards achievement of a goal builds up your daily life and strengthens your spirit.

People without any particular goals or ambition seem to just float through daily life, never finding fulfillment. They never come face to face with their own limitations and find the strength to go beyond what they believe they are capable of. Day after day, they wake up, eat breakfast, go to work/school, come home, watch TV, eat dinner, play video games, then go to bed. Without any ambitions driving them, the rhythm of their life becomes static and mechanical. Nothing in their daily routine offers particular satisfaction or fulfillment. Perhaps there are people who find happiness this way, but I highly doubt it.

Achieving a goal requires you to work hard, make sacri-



Women Champion Sue Kaminaka in action

fices and push yourself. Often times, this is not easy, but the rewards are great if you persevere and keep your resolve. Along the way, everyone encounters the temptation to relax and find an easier way. As they work toward their goal, it's as if the person has a little devil on one shoulder and an angel on the other. The little devil starts out with, "Why are you still training so hard?" "Don't you think you've already sweated enough?" "Don't you want to go out and have some fun for a change? An ice cold beer would really hit the spot right now, don't you think?" "I know you miss your girlfriend, you could probably skip training just for tonight." "What about your boyfriend? Isn't he more important than all this fighting business?"

On the other shoulder, the angel counters with, "If you quit now, you won't have gained anything." "See the big picture; your training isn't just for today or this week. You're building a foundation for yourself that will make you a stronger person in life." "This is your chance now—you may not get another one." "Your girlfriend will wait for you. If she doesn't you'll have no problem finding another one once you're champion." "Your boyfriend knows how important this is to you; he understands." "You've come this far, you can handle it a little longer."

Anyone working toward an ambitious goal encounters

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this situation. The temptations to relax, not try so hard, and take the easier way, are always present. But if you continue to sweat and work hard you will have to face yourself. You will discover more about yourself and the world around you than you previously thought possible.

I thought to myself, “Why is it so important for us as human beings to have some ambitious goal to work toward?” In the course of life, people go through periods of strength and weakness, happiness and sadness, success and failure. Most likely, people feel that time and forces beyond their control are pushing them in the direction they are moving. The steady march of time is a very powerful force. Along with time, factors such as economics, society, religion, and family often determine the course a person’s life takes; rather than choose their path, they simply follow the road laid out before them. They don’t realize that the majority of their creative energy and potential for fulfillment remain untapped.

But when someone chooses an ambitious goal to work towards, it’s as if they are saying, “Wait a minute! Why am I on this particular path in the first place? Is this what I truly want?” They stand up and take control of their destiny, and their accomplishments become more meaningful because they are working to fulfill their own spirit, not the wishes of any other outside influences.

Time is a master of stealth. It sneaks up on us unseen from day to day, month to month, year to year. Suddenly, years have disappeared into the past. If a person looks back, they are at a loss to explain how all of those years seemed to slip away without notice. It is at this point that they say to themselves, “If only I’d done that when I had the chance.” “I wish I had that to do over again; I wouldn’t have given up so easily.” “I wish I had done more for myself instead of trying please other people.” They feel regret at the chances they missed, they wonder how things could’ve turned out differently. If you take charge of your life now, you still have time to reach the fulfillment you’d otherwise miss.

DISCOVER YOURSELF !

To the general public, a person must be very strong and powerful (and maybe a little crazy) to fight with full-

contact in knockdown tournaments. When they think about competing, they say things like, “Wow! I could never do anything like that—it looks so dangerous!” “I have a wife and kids. I can’t risk fighting in something like that.” “I have a husband to think about. If I get hurt, what’s he going to do?” There are countless other reasons people give for not wanting to compete in full-contact tournaments. Of course, some reasons are well-founded, but some are also based on misconception. In daily life, potential danger is always present. After all, no one knows what might happen one day, hour, or minute from now.

At the San Francisco tournament, I sat next to Soshu, as well as Mr. Makoto Yamanaka, the Consul General of Japan in San Francisco, and his wife, Mrs. Yuriko Yamanaka. Before the Knockdown Division, he turned to me and said, “The chef from my embassy, Yoshiyuki Kashiwabara fought in the heavyweight preliminaries. He lost. I sure hope he’s not injured too badly; he is a good cook.” He then added, “Don’t you have so many injuries in these tournaments if fighters compete without headgear, gloves, or shin pads?” His perception of rampant injuries in a tournament with “full-contact” rules is a pretty common one. I responded that while serious injuries do sometimes occur, they don’t necessarily happen any more frequently than in other sports like baseball, soccer, or basketball.

When a knockdown (or semi-knockdown) fighter goes into a match, they pretty much know what to expect. They will kick and punch their opponent and their opponent will do the same to them. They have a general idea of what is about to happen. In other sports, however, hard contact often comes unexpectedly, which results in a higher rate of injury.

A few years ago, I trained a student who had just finished playing basketball in college. He told me that most of the injuries in that sport happen under the net. If you watched the NBA playoffs recently, you know what he’s talking about. Under the net, players crash hard into each other, get hit with elbows, shoulders, and palm hands. Other times, in rebounding, for example, a player in the air might get shoved from behind and sent crashing to the hardwood floor. This kind of hard contact is not necessarily supposed to happen, but often does.

The same is true for soccer. If you’ve watched any of the World Cup or similar games, you’ve seen how com-

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mon it is for players to kick each other in the shins and calves as they fight for the ball. There is also the mid-air collisions that occur as they fight for position on corner kicks and headers. A player dribbling down field will often be attacked hard from the side or back. Even in baseball, whole teams brawling at the pitcher's mound is not uncommon. In most team sports, players aren't supposed to make hard contact, but they do anyway. Many times, an offending player will raise their hands and make dramatic gestures to plead their innocence. They do enough acting to rival any Hollywood star. Their acting usually fails to convince the referee. Also, if you watch the play in slow-motion, you can often see that the contact was intentional. All this is to say that players in most team sports are not supposed to make hard contact, which is why serious injuries occur when they do. Our style of Karate is full-contact—we're supposed to punch and kick each other. We expect it, which is why injuries are not as common. I mean there are bruises and sometimes broken ribs, but we can handle that.

I didn't go into all these examples with the Consul General, but I explained that fighters at the knock-down level have been training for a long time and generally know what to do. As a result, the injury rate is actually pretty low. I think he understood my point. I continued, explaining that these competitors fight and train every day. Sometimes they even fight in their dreams, always thinking about strategies and combinations they have worked on.

But on the day of the tournament, they are faced with new pressures. They have to face someone they've never seen before. The eyes of their friends, family and fellow students are upon them. At this point, a fighter has to figure out how to control their mind, put their nerves at ease. They have to remain in control of their spirit, their *hyoshi* (rhythm), as Musashi describes in *A Book of Five Rings*. This inward battle is what we mean when we say that before you fight an opponent, you must first fight yourself.

All of this happens during the time leading up to when a fighter steps onto the mat. Once they step onto the mat, first-time fighters experience a strange sensation. They don't feel the mat under them. Their limbs become numb, their stomach tight. Tight and numb, numb and tight; their muscles lose signs of life. They feel disoriented and unsure of what to do. Their body seems to be be-

yond their control and drifting on auto-pilot. Their brain tries to take inventory, "Where's my right hand? Where's my left foot? Where's my head?"

After this initial shock, the countless hours of training and months of preparation kick in. Their *chi*, the fighting spirit they have been building and strengthening begins to surface. If they give a strong *kiai* they regain control; they begin to feel the mat under their feet, a sense of confidence begins to return. On the other hand, if they don't *kiai*, they may remain in a daze as the match starts and suddenly find themselves knocked flat on their back, vowing to do better the next time.

When you step up to fight, the eyes of your friends, family, business partners, neighbors, instructors are all focused on you—you cannot escape. That is why having a strong *kiai*, not just a shout, but a strong fighting spirit, is so essential. Fighters who are better able to face the pressure and control their own spirit may have thoughts like, "I've trained everyday for this. I've pushed myself beyond my limits, and endured injury



Senpai Tom attacks Sepai Alonzo

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Sensei Takahashi shows great fighting spirit

and fatigue. I've spent hours on the bag as my teacher screamed and smacked me for motivation. I've run my legs into the ground day after day. I'm not gonna lose!" The commonality here is that all fighters have split second flashbacks and thoughts race through their mind as they step onto the matt. Over time, they learn how to better handle the pressure, but it is always there.

Leading up to a tournament, knockdown fighters sweat and sacrifice day after day. Sometimes, their mind wanders over the training they endure, the various bruises and sore muscles they experience, the mental and physical fatigue they deal with day after day. Many times the question of "Why?" comes into their mind. "Why am I doing this? Why am I enduring all this training? Why am I putting myself through this when other people are taking it easy?" These are common questions that fighters face over the course of their training. For those that want fulfillment from their journey, the answers to "Why?" are obvious: "Because I made the commitment to fight. I refuse to give up, because I want to break through my limitations and see a new world. I want to make my life stronger and more meaningful. I've already opened the door to new possibilities—I want to burst through it and see what's on

the other side. It doesn't matter if I win or lose; no one can take away the sweat and energy I've put into my training. I want to challenge myself."

Once a match starts, a fighter adds a new opponent (the person in front of him) to his inward battle. His mind moves into the present tense, he considers the strengths and weaknesses of who he is against. He still has to fight himself, though. For example, his opponent lands a hard solid shot. Half of his mind says, "This is painful! I better stop now before it gets worse." The other half says, "I'm still here. I gotta keep going." Maybe he hears his coach telling him to keep moving. As he does, the pain subsides and he regains his resolve.

After the tournament, knockdown fighters (as well as semi-knockdown and other fighters) feel a sense of accomplishment. But they also see the tournament's end as the new beginning in their training for the future. During the training before a tournament, but especially during the actual fight, a fighter experiences a new sensation; a feeling of energy and excitement comes over them. As they move around and exchange blows, a tremendous change begins to take place. They start to discover themselves as the months of training seem to come together to reveal what they are capable of accomplishing. Even if they make mistakes in their technique, the positive force of discovery drives them throughout the match.

After a tournament has finished, competitors replay their experience in their mind. They see themselves in a new light; the energy they felt during the match continues to drive them to want to continue their training. As they reflect on their experience, they have revelations about what they are capable of. They have new goals for the new start they will make when they return to the dojo to continue the journey of their training. At this point, they feel the sense of pride and accomplishment that comes from having endured the hard training and maintained the resolve to compete. Whether they won or lost, there is the feeling of "I did it! I can now appreciate all the hard work I put in. I'm lucky to have had this experience, to have found World Oyama Ka-

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rate. I am so glad that I stuck it out and came to this point!” Whether or not they came in 1st place, they are still a champion in a broader sense. They conquered their own fears, made sacrifices, and pushed beyond their limitations to arrive at this point. Everyone has the potential to reach this level—it’s all up to you.

STEP ON YOUR OWN PATH !

The effects on a person mentally and physically in a fight are different depending upon whether the fight takes place in the dojo, a tournament, or in the street. In the dojo, although there is pressure, it is not as intense. A student is familiar with the surroundings and the person he/she is fighting. The tension is a little more relaxed than in a tournament. In a tournament, 100’s and 1,000’s of people are cheering you. Everyone’s eyes are focused on you; the pressure is more intense. A fight in the street is of a totally different dynamic. If I have time in the future, I’ll write more about encountering different types of fighting situations and how to deal with them.

Whenever you are going to compete, you need to train more often than just going to class a few times a month. You need to schedule more training time. If you train consistently all year, you should be in reasonable condi-

tion. But if you want to compete, you need to build up your level of conditioning for about 3 or 4 months. You need that time to condition yourself physically and mentally. You have to control what you eat, when you sleep, and other aspects of daily life. I know you all are not professional fighters, but I still think you can manage it.

The point I want you to see is that in many areas of your life, you have to make a decision: Are you going to *step* or *stop*? Will you keep going, tough-it-out, or will you give up? If you have an ambitious dream you have to step. That is what is most important, to continue, to keep moving forward. If you do this, eventually you will arrive at a point where your eyes are opened to a new world. You will experience life on a deeper level, you will gain fulfillment from your accomplishments. I believe this to be true. That’s why I believe that if you want to someday get a Black Belt, you should challenge yourself by competing in a tournament at least once. Don’t misunderstand me; I’m not saying that everyone should rush out and fight in the Knockdown Division. You should enter the division that is most suited to your age and condition, and give yourself enough time to train for the competition. Challenge yourself and just sweat ! You can be a champion—it’s all up to you!

Osu!



Soshu, Saiko Shihan, SF Consul Gen. of Japan, Mr. Makoto Yamanaka and his wife, Mrs. Yuriko Yamanaka



Saiko Shihan loosen up Senior fighters before real fight begins

I was in my regular class on a Thursday two months before the 2006 tournament when Saiko Shihan made an announcement. There was going to be an over forty knockdown division in the upcoming tournament and he expected everyone to fight, including the brown belts. I figured he meant the brown belts that regularly fought in tournaments. Then, pointing at me, he said, “Including Rick.”

I couldn’t believe that he meant it. I looked closely at him. I could swear I saw a hint of a smirk on his face.

training. Some would be fighting in semi-knockdown. Others would be fighting in knockdown.

The training was at a different, more intense level. It was lots of fun and very hard. I loved it. But I still didn’t see myself as a knockdown fighter. I felt sure that something would happen to interfere with my participation.

I suspected that Saiko Shihan was only telling me that I

HEY WORLD, I FOUGHT KNOCKDOWN

By Rick Umstead

“Ah,” I thought “he’s just giving me and the other brown belts a hard time.” Class ended as normal and I didn’t think much about it.

As time went on we discussed selling tickets and ads at the end of each class. Saiko Shihan always mentioned that all the over forty fighters would fight in the knockdown tournament. He made sure we were focusing on the event to come. But the tournament was so far away and it didn’t seem urgent.

Conversation after class more frequently turned to whether the brown belts would really have to fight in the knockdown. I asked my friend Tony, another over forty brown belt “Do you think we’ll have to fight?” His answer, “I don’t know.”

As the tournament got closer Saiko Shihan said all the fighters should begin extra training on Sundays. It felt good to be included in a group that was training for a tournament. All kinds of fighters showed up for the

must fight in the knockdown as a motivational tool to get me through the training. But every once in a while a little fear would creep in and put a knot in my stomach. Still, I just didn’t feel like I was going have to fight knockdown.

As the tournament grew closer the training became even more intense. A week before the tournament, the realization that I would really be fighting knockdown took hold. I started thinking about it a lot.

Apprehension set in with a vengeance. I thought about whether I could do it. Just in case this whole thing was real I started thinking about techniques I could use. I started practicing those at home. I was thinking about the knockdown event more and more, all the time.

At one point, a black belt told me we weren’t going to have to fight. Relief flooded my brain. But just as soon as I got used to that feeling a new thought occurred to me. Why wasn’t I going to fight? Wasn’t I good enough? But this doubt was soon laid to rest when I learned that this new information was wrong. I was

HEY WORLD I FOUGHT KNOCKDOWN ... Continue

indeed fighting. The tension returned.

The day of the tournament came and I was there to help as usual. But there was one difference. This time I took my gear with me.

I was still not positive I was really going to fight. After the semi-knockdown they announced it was time for the over forty knockdown. Tony and I took our bags and went to change into our dogis.

Putting on my dogi felt different this time. I didn't put on my shin pads and that specifically felt weird. Wearing a dogi with no pads felt very different. I remember wondering if this is the way a knockdown fighter feels. Then I thought "Cool!"

I felt like a sense of purpose was taking over and with that the fear was being pushed away. I was walking across the gym just like a hundred times before, but this time I was a participant.

As I began stretching and warming up the tension lessened. Once I was on the mat the tension and fear all but evaporated. I was focusing on warming up and the familiarity of the routine helped.

Then it was time to match up the opponents. Saiko Shihan came to the mat and threw a handful of paper chits into the air. They landed on the mat and he told us each to pick one. The slip we picked up told us who we would fight.

The guy I would be fighting was younger, taller and more experienced. We were the fourth in line to fight. I don't remember much about the three fights before mine. I was surprised I didn't pay much attention to the crowd in the bleachers. My focus was totally on my fight.

When it was my turn and I walked onto the mat the rest

of the tension left. I focused entirely on the kumite. I noticed nothing outside the ring.

I remember hearing a few things. I heard someone say "One minute." And I remember the guy coaching me saying "Block the low kick!" But mostly I only remember the guy in front of me.

I saw a flash on yellow as the bean bag signaling the end of the fight flew onto the floor. I had not won the fight against my opponent but I had won the fight against myself. I felt like I was four feet off the ground. I had fought knockdown and the feeling was outstanding.

I am grateful to Saiko Shihan. If he had not pushed me I would never have fought knockdown. And now I can't imagine not having done so. Saiko Shihan told me it was something everyone should experience, at least once. Now I know he's right. The feeling is priceless.



Rick against a younger, taller opponent - Senpai Paul

Japan Cup Ultimate Challenge

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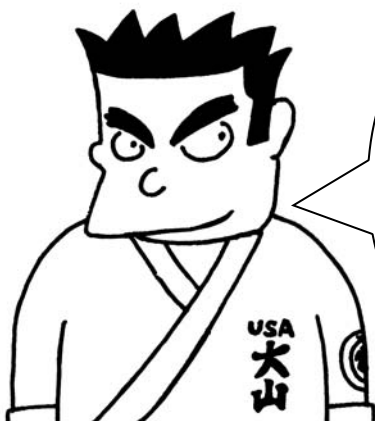
DON'T MISS IT!!!

Check Web site for detailed training schedule in first week of July

World Oyama Karate US Open Tournament

Bare-Hands Bare-Foot Knockdown Sunday, Oct. 15, '06

For more info: NJ Oyama Karate • 201-313-9787 • www.njoyamakarate.com



Don't Miss Summer Camp.

Sweat!
Sweat!
Sweat!

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