



Special Interest

December Exam Results

2005 Club Officers

Jan/Feb Calendar

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This newsletter is for the members of JKA of Albany and its affiliated clubs at the Albany YMCA, Bethlehem YMCA, and the Kodomo Karate Club. Its mission is to keep the membership informed of club activities and to offer articles of interest to the club. Please forward any submissions or ideas for articles to the club secretary.

Annual Club Meeting and Elections

Club elections were held during the annual business meeting held January 12, 2005. Elected to one-year posts were:

President – Janet Mangold
VP – Patty Gallagher
Treasurer – Dennis Cogan
Secretary – Diana Cogan

The Club extends a hearty "thank you" to our 2004 Club Officers: Tom Frazier (President); Delma Phillips-Siegel (VP); Dennis Cogan (Treasurer); and Liz Souder (Secretary).

Items of Discussion

The Snow Rule: 6" of snow means no class! If it's 4-5 inches and still snowing – no class. If it's 4-5 inches and stopped snowing – there is class! Sensei Luft advised that students may call his house at **445-0830** for the close calls.

Although Sensei Carlos will no longer be instructing on **Tuesday evenings, there will still be class from 6:30 pm-8:00 pm.** Instructors to be announced.

Club members expressed an interest in a "**dues card.**" We agreed to utilize our annual membership cards to keep track of our dues schedule. Also, a club phone and email listing will be out soon!

Bring a Friend Night will continue to be held (usually the first Friday of the month). Sensei Luft advised that if your friend signs up for three months, you will be credited a month's dues! Remember, next Bring-a-Friend is Friday, February 4th.

December Kyu Examination

Congratulations to those that participated in the December Kyu exam. If we had a "marathon" award, it would go to Eric Johnson who successfully tested 8th to 3rd Kyu!

Kyu

- 3 Eric Johnson
- 4 Jeff Mangold
Dakota Shaw
- 5 Patty Gallagher
Jim Gallagher

Kyu

- 6 Aura Briceno
Max Flatow
Jason Wan
Teh-yuan Wan
- 6B Christopher McClure
- 7B Lauren Martin
Kelly SanFilippo
- 8 Nicholas Kern
Christina Lavin
Stacy Matthews
Gina Conenello

The next Kyu testing will occur in March, so everyone is encouraged to work on their next kata or two!

The Thursday kata class has been reinstated. The class is for all levels and meets from 6:00 pm to 7:00 pm, but there **must be at least five people signed up on the calendar** at the dojo ahead of time.



"The yoi or ready stance is the most important stance in the Art of Karate. In this stance, one is alert, aware, attentive. A space is created in this attention, a space where one is not in reaction psychologically, so there is no fear. It seems that fear is present only when one is inattentive."

(Karate: The Art of Empty Self by T. Webster-Doyle)

New Affiliate Club at Bethlehem YMCA

To help spread traditional Karate throughout the Capital Region, Sensei Carlos Medina is starting a new club in Delmar at the Bethlehem YMCA on Delaware Avenue. There are two demonstrations scheduled:

Tuesday, January 25 7:00 pm
(no class in Albany this night)
We will meet at the Albany dojo at 6:00 pm to carpool.

Saturday, January 29 12:30 pm
We will meet at the Albany dojo at 11:30 am to carpool.

Volunteers are needed to help display what JKA training is all about. All ranks are encouraged to participate. If you've never been in a demonstration before, there is nothing to be bashful about. It will be fun and a good learning experience for everyone. The entire demonstration, with Q&A, will probably take about 45 minutes. In the first 10-15 minutes we plan to demonstrate what a basic class looks like. Thanks to all who can assist!

The demo will briefly run through punches, kicks and few combinations like we usually do in class. Then we will run through three-step, one-step, and semi-free sequences. We will show basic kata followed by advance kata performed as a group. Sensei Luft has agreed to perform an individual kata! Also offered will be a brief demo of free-sparring and self-defense. Our audience will be invited to try a few basic techniques.

Food for thought...

Reprinted from *Karate: The Art of Empty Self*.

Gichin Funakoshi, the father of Karate-do, stated, **"To subdue the enemy without fighting is the highest skill."**

What is the meaning of subdue? Who is the enemy?

To subdue can mean to overpower by superior force, to conquer, vanquish, oppress. Another

meaning is to put at rest, quiet, soothe, calm, to still. Here are two different meanings. One is forceful, controlling. The other controls in a more peaceful manner, with ease and gentleness. Yet both are strong in dealing with the enemy. And who is this enemy? It may seem that the enemy is another, as in war. But here, perhaps, the enemy is one's self, the internal battle of thought trying to control itself.

Fighting, then, is not done with weapons or with the body but with the mind, for the mind is divided and is in a state of conflict, producing outside itself a world of conflict and violence. So the "highest skill" may be to put to rest, to quiet the internal "enemy" created by the divided self. Perhaps the "highest skill" is finding out the truth or falseness of our thinking.

Winter Camp January 22-23

JKA of Boston will be hosting the 2005 Winter Camp at Wellesley College, Massachusetts on Saturday and Sunday, January 22-23. (Note: there will still be a Saturday class at the Albany dojo.)

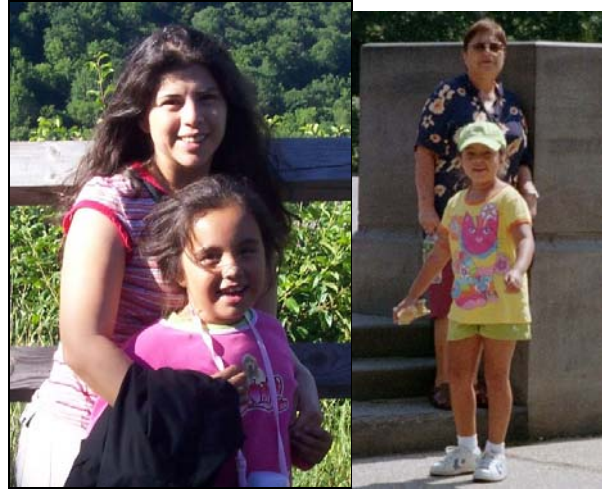
Approximately four times a year, the various JKA clubs in the Northeast gather to train under Sensei Mori, 8th Dan. The Albany club has the honor of hosting the Fall Camp. Spring Camp is

hosted by the UCONN club. The most comprehensive camp is Summer Camp, held over five days in Connecticut - usually at Quinnipiac College. Camps are great fun and outstanding training.

Aura's Visitor

Miss Aura Briceno has had a special visitor these past six months. It is her grandmother – her mother's mother, Senora Carmen. She is from Chile in South America. Chile is a beautiful place where the highest mountain in the southern hemisphere is situated in the Andes Mountain Range. Chile is famous for its excellent wines and ski resorts. Chile is bordered by Antarctica to the South, the countries of Peru and Bolivia to the North, and the Pacific Ocean to the West. Senora is the Spanish term for missus. Senora Carmen has come to many a karate class to watch her granddaughter Aura practice the basics (kihon), sparring (kumite), and kata.

On behalf of the club, we would like to thank Senora Carmen for all her visits to the dojo and for many the day she swept out the entry way of the dojo. She is a very kind and generous lady. We wish her a safe journey home to Chile and hope she can visit Albany again sometime soon.



Left: Aura and her Mother Carmen at the Club Picnic
Right: Aura and her Grandmother, Senora Carmen



Kime: The Essence of Karate

Reprinted from *Best Karate* by M. Nakayama.

Karate-do is a martial art designed to develop character through training, so that the karateka (student of karate) can surmount any obstacle, tangible or intangible.

Karate-do is physical exercise leading to mastery of all body movements. The karateka learns to move

limbs and torso backward and forward, left and right, up and down, freely and uniformly.

The essence of karate techniques is "kime." Kime means an explosive attack to the target, combining the right technique and maximum power in the shortest possible time.

Kime may result from striking, punching or kicking, but also from blocking. A technique lacking kime is never true karate. A contest is no exception: it is against the rules to make contact because of the danger involved.

"Sun-dome" means to

arrest a technique just before contact with the target. (The term literally means a distance of approximately three centimeters). But execution of a technique without kime is not true karate, so the question is how to reconcile the contradiction between kime and sun-dome. This is the answer: fix the target slightly in front of the opponent's vital point. It can then be hit in a controlled way with maximum power without making contact.

Through training, parts of the body become effective weapons. The most essential factor is self-control. To become a victor, one must first overcome his own self.



Dakota Shaw
practicing
Heian Sandan

Movie Corner

MOVIE NIGHT AT THE DOJO
Friday, January 28th

The Twilight Samurai

Bring your own cushion and/or blanket. We'll order pizza delivered to the dojo **after** Friday night class!



Now playing at a theater near you...**The House of Flying Daggers**.

www.houseofflyingdaggersmovie.com

A beautifully crafted film by the world-renowned director, Jhang Yimou. The Film is subtitled and may not be appropriate for children (tragic love story). The female star, Ziyi Jhang, is an exquisite beauty and an awe-inspiring dancer. However, the Cogans would vote to re-write the ending.

Spotlight on the Young

Dakota Shaw is 8 years old. She has been studying karate for two years and is now ranked 4th Kyu. She is currently practicing Tekki Shodan as her new kata. Tekki Shodan is a much different kata than the first five Heian katas. The whole kata is completed in the kiba-dachi (straddle-leg) stance.

Camilo Medina is 10 years old. He is now a brown belt, 3rd Kyu. He is practicing Bassai Dai as his new kata. Bassai Dai has 42 moves! This kata's meaning is to develop the spirit and strength to break through a fortress.

Camilo Medina in stance



Member in the Spotlight



Patty Gallagher is our club's new Vice President. She and her husband, Jim, joined the club in late summer 2004. They had both studied karate previously and were looking for a dojo that

offered traditional karate training. What does she like about the martial arts? "The fact that there is no end to improving oneself and one's technique – that's the awesome part of karate." She is learning

how to better focus her techniques. Patty also appreciates the meditative aspect of the martial arts. Perhaps she and other interested members will join Sensei in Zen meditation before class!

On Etiquette

Reprinted from *Karate: The Art of Empty Self*

In Karate, we hear our instructors speak of manners, of proper behavior or, in other words, etiquette. Hopefully, it is obvious what good manners are, especially in the dojo. But how does one behave really? Is it because we are told to do so, because it is a part of the rules? Or is there something within ourselves that wants order in relationship, some intrinsic need for proper behavior. For, if there is this internal sense for order, for proper

behavior, then there is no need to impose it from the outside, by another.

One of our dojo rules (dojo kun) is to "Respect others." *True respect is the essence of the Art of Karate. Respect is the right relationship between teacher and student and between student and student. Respect comes from real affection and not from meaningless rote tradition. Respect is alive and active. It is not mere repetition or blind allegiance. Respect is in the present. It is not the dead weight of the past, no*

matter how glorified the past may seem to be.

Respect and proper etiquette is of utmost importance in the Asian culture in general, and by extension, in the JKA. The Japanese film, *The Twilight Samurai* demonstrates the central value of respect and good manners.

At the dojo, practical aspects of good manners include no yawning or chewing gum. We show respect to Sensei by trying our best. We demonstrate respect to our fellow students when we bow before sparring.

"We ask our young students to put their shoes by the entrance of our place of practice. They line them up just so, taking care to observe the order in this simple gesture. They think that Karate is punching and kicking. We know that the Art of Karate is lining up their shoes – just so."



Mark it on Your Calendar – JAN/FEB

JAN 17 Dr. Martin Luther King Jr. Holiday ONE CLASS ONLY 6:30p-8:00p

JAN 18 Sensei Carlos teaches LAST regular Tuesday class at JKA of Albany

JAN 21-22 WINTER CAMP at Wellesley College, MA. Saturday class still meets.

JAN 25 KARATE DEMO at the Bethlehem YMCA 7:00p. No class at the dojo.

JAN 28 MOVIE NIGHT at the dojo, *The Twilight Samurai*

JAN 29 KARATE DEMO at the Bethlehem YMCA 12:30p

FEB 4 BRING A FRIEND NIGHT!

FEB 12 DOJO CLEAN UP after Saturday class

FEB 18 MOVIE NIGHT at the dojo.

FEB 21 Presidents' Day - ONE CLASS ONLY 6:30p-8:00p

FEB 25-26 Instructor's training with Sensei Mori, NYC



NOTE: We will be updating our members' applications and release forms over the next few weeks. The new release form is a legal document required by our current insurer.

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Of Albany**
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Member Announcements

We join in sympathy as a club to extend our heartfelt condolences to Rose Rizzo and her family at the recent loss of her brother, James Rizzo. Rose, please know that you and your family are in our thoughts.

With gratitude and pride, we welcome back Andy McClure. Andy has just completed a tour of duty in Iraq with his National Guard unit. Words cannot express our sincere appreciation for your dedicated service and your family's sacrifices to our country. Welcome home!

Happy Birthday to club members celebrating January and February birthdays!

Justin Medina – Jan 30
Kelly SanFelippo – Feb 9
Dennis Cogan – Feb 25

Class Schedule

Monday 6:00p-7:00p
Beginning/Intermediate
Monday 7:00 pm-8:30 pm
Advanced

Tuesday 6:30p-8:00p
All levels

Wednesday 6:00p-7:00p
Beginning/Intermediate
Wednesday 7:00p-8:30p
Advanced

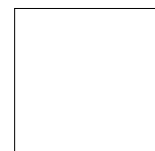
Thursday 6:00p-7:00p Kata
All levels

Friday 6:30p-8:00p
All levels

Saturday 10:30a-12:00p
All levels

Saturday 12:00p-1:00p
Masters level per Sensei Vilko Green's schedule

JKA OF ALBANY
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We're on the Web!
See us at:
www.jka-albany.org
