



The Feminist Karate Union is a 501c3 non-profit

# FKU Punchline

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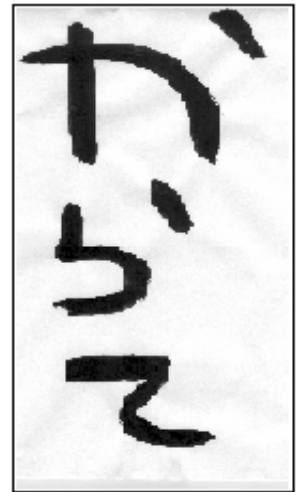
## Karate & Krafts

*Every year FKU invites a variety of local instructors to the school to teach martial arts and Japanese cultural crafts at our summer camp. The weeklong camp is something we all look forward to and it gives us all a chance to learn something new.*

### **Karate Camp** By Amelia Hooning

Karate Camp is one of my favorite parts of doing Karate, because, not only do I get to hone my Karate skills, I also get to sample other martial arts and other Asian arts. My favorite

activity at camp this year was calligraphy. I loved doing calligraphy, because our calligraphy teacher was very good and I got to practice my Japanese with her. Another one of my favorite activities was learning to play Go, an ancient east Asian board game. Our other activities included rolling and falling, Aikido and modern Arnis, just to name a few. We ended up with a very busy schedule, but we were still able to fit in some practice of our Karate basics and Kata. In all, it was a very fun week.



Karate  
Calligraphy by Maggie Hargus

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## Stance Stress

By Alicia Crowley

Last school year, I did a science project on karate stances and how much pressure or stress they put on your feet. My friend, Melissa Wong, helped me conduct an experiment on all of the stances to find out which stance puts the most pressure or stress on any one part of your foot.

The experiment was executed by performing the stances with each foot in a slab of clay. This made imprints that showed how hard each point of every foot was pressed down when doing the stance. To find the stance that put most pressure on one point, we measured the deepest spot of every footprint and compared

the results.

We found that Cat stance (Neko ashi dachi) puts the most pressure or stress on any one spot or point on your foot when performed. The second deepest was Front stance, or, Zenkutsu dachi, (fifteen mm) showing that that put the second-most pressure or stress on any one spot of the foot.

The two stances that had the shallowest overall deepest point in their imprints were Horse stance (Kiba dachi) and Hourglass stance (Sanchin dachi).

We already knew that Cat stance puts more weight on one foot than any other stance (with the

exception of Crane stance, or Sagi ashi dachi, which is on one foot), but we did not know if that would matter if the weight distribution on other stances put all the weight, or even most of the weight, on one point of one of the two feet. That would put more stress on one point of a foot, where cat stance, though with more weight, might evenly distribute the pressure to the whole foot, and so putting less stress on any one point on the foot. After analyzing the results, however, we found that Cat stance does put the most pressure/stress on any one point on your foot.



Students from Japan teach us how to make our own sushi

## Sushi Chefs!

Tiny, florescent orange fish eggs adorned the floor of the dojo and the fingers of the participants during the sushi-making class on July 16. Visiting students from Japan joined FKU students in the children's and adult classes as well as families and friends in this gathering.

First, the ingredients had to be chopped. Students and teachers took turns slicing the ingredients for our culinary delights. The big trick was learn-

ing how to slice cream cheese. Then, with the traditional bamboo screens wrapped in plastic, Hiro expertly demonstrated how to fashion a triangular sushi roll, with sticky rice and a smattering of orange fish eggs as the outside layer. Insides were stuffed with avocado, crab, egg, cucumber, and cream cheese.

Students followed his lead, and wasabi and soy dipping delights ensued. Some of the rolls fell apart during the eat-

ing, but most of the sushi ended up in stomachs, rather than on the dojo floor! All in all, the day proved to be both educational and delicious!



### PROMOTIONS

YELLOW: Nee'mah Cobell, Quinten Lagmay

ORANGE: Brigitte Manos, Amber Avery, Marissa Muniz, Melissa Hancock,

### Weapons

8th kyu kobudo: Jennifer Sweigert

5th kyu kobudo: Amanda Rose Smith,

2nd kyu: Alicia Crowley

## Special Thanks

The Feminist Karate Union is a 501(c)3 non-profit organization. Our mission is to provide high-quality and personalized karate training at an affordable rate. We are supported solely by tuition, and a few fundraising activities we've begun last year.

Sensei Joanne and FKU's Board thank these Lowell families who generously donated funds

towards making FKU a better karate school:

Ed and Dan Bronsdon & Monica Fawthrop; Peter and Galen Chuang & Elaine Tsai; Lisa, Scott and Jamie Coughlin; Gary and Ben Faigin, & Pamela Belyea; Margaret, Neal and Evan Futran; Richard and Aaron Kovar & Bernadette Creaven; Jana, Lance and Cole Pettit; Monica, Jason and Angus

Rush; Richard and Daniel Seroussi & Louisa Turner; Mardean, Nathaniel and Julie Ann Wilson; Holly, Daniel and Levi Zimmeroff.

And special thanks to Pamela Belyea for initiating and organizing this fund drive!

## FKU Meets the Rat City Rollergirls

FKU students cheer at a roller derby game



On September 18th, a demo team from the Feminist Karate Union opened the semi-finals bout of the Rat City Rollergirls at Magnuson Park. RCRG is Washington's first and only all women roller derby league. Our students enjoyed the opportunity to mix and mingle with these

like minded athletes who strive to build self-discipline and character while promoting their sport and having lots of fun along the way.

To find out more about the Rat City Rollergirls or to buy tickets to the finals in October, check out their website at [www.ratcityrollergirls.com](http://www.ratcityrollergirls.com).



# Board Notes

## BOARD OF DIRECTORS

### Our Wish List

A new computer capable of running Microsoft Office, QuickBooks, and other office software. We are looking for a new computer that will be reliable and useful for years to come. We have need of a DVD writer for a video library project on the horizon and internet connectivity for website maintenance and community outreach.

[info@feministkarateunion.org](mailto:info@feministkarateunion.org).

### Grant Application

Cross your fingers. FKU is hoping for big money from the Balance Bar Company's Community Grants program. In an effort to increase student enrollment, cover the entire dojo floor with spongy mats, send more students to tournaments in Sacramento, and host martial arts seminars, such as a weekend with Sensei John, we've submitted a grant requesting \$14,500. The Balance Bar Com-

pany receives hundreds of applications and funds at least four each year. Statistically, this may not look good, "...but our grant application is strong," says Sensei Tracey. "The proposal does a nice job of reaching to the community to share karate with others who may not otherwise be able to afford classes, tournaments and special trainings." We'll know if our grant proposal will be funded by the end of this month.

Chair:  
Aleeta VanPetten  
Treasurer:  
Laura Hooning  
Members:  
Donna Hargus  
Tracey Drum  
Charlie Smith  
Susan Ware

## Yes! I want to help FKU support women and children in martial arts

The Feminist Karate Union is a non-profit organization and your donations help us fulfill our mission of providing affordable, quality martial arts training to women and children.

Enclosed is my gift of:

\$25       \$50       \$100       Other \_\_\_\_\_

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Kick-a-thon & Membership Meetings—Oct 15

The FKU Board of Directors is on the move! We're busy updating FKU's by-laws and policies & procedures to better reflect how FKU operates and what our current goals are. There will be an annual meeting of the entire membership of the dojo in conjunction with this year's Kick-a-Thon to get everyone in on the news. At the meeting we'll hold an election for members to the Board of Directors, have a vote to ratify the new bylaws, provide a financial report, and discuss our goals for the future. Your Board of Directors is currently made up of Sensei Aleeta; Sensei Tracey; Susan Ware; Charlie Smith, Amanda Rose's father; Laura Hooning, Amelia's mother; and Donna Hargus, Maggie's mother. All seats are open - you should consider joining us in our work! All members may vote and all

actively training adult students with paid membership are members as are a parent or guardian of a child in the kids' classes. We're looking forward to moving forward! See you there.

## 1000 Kicks 2005

Last years Kick-a-thon was a great success in fundraising for the school and athletic achievement for our students. Nearly every student completed 1000 kicks with exceptions for those who had to leave early. We were proud of the students' commitment to the school and of their individual accomplishment. We raised \$1300 and this year hope to hit \$2000. We are excited to bring the kick-a-thon back this year and hope to see all of your faces there!

We will again be taking pictures of every participant so if you have not filled out a

photo release form, please see Sensei Joanne and get that done.

Following the event will be pizza and beverages as usual. The meeting will start as the kick-a-thon wraps up around noon. Go to the website for more information:

[www.feministkarateunion.org](http://www.feministkarateunion.org)

## EVENTS CALENDAR

Oct 15	Kick-a-thon and Membership Meeting
Nov 1	Board Meeting
Nov 16	AAU tournament at EDCC
Dec 6	Board Meeting



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*Come discover your  
strongest self*