



The Feminist Karate Union is a 501c3 non-profit

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FKU Punchline

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FKU Summer Camp

Sensei Joanne Factor

It's hard to believe that this was already our fifth annual summer camp! Sixteen campers, 2 sempai, and a parade of guest instructors enjoyed the mixture of karate training as well as lessons in new arts.

Several perennial favorites returned for their fifth year. Sifu Michelle McVadon showed some modern arnis basics and disarms, and even taught a kata. Sensei Gina Taylor, a fellow IKF instructor, worked on sparring speed and movement. And Scott Arnold of the Seattle Go Center

once again captivated campers into capturing go stones.

Two guest instructors were brand new to camp. Former FKU student Kris Caldwell (qigong) had students visualize themselves as sea turtles calmly floating in the sea as they developed their chi energy. Jordan Blair (sticky-hands) showed how to feel and work with a partner's energy without bursting their balloon.

We were fortunate to have back Sensei Pam Cooper (aikido) to develop our rolling and falling skills, while Sensei Hiroe Nishikawa again graced our school with her lessons in calligraphy and Japanese culture.

For the first time, two of our campers were not officially connected to FKU. Cassie Gill and Lauren Berry, students at Quan-



tum Martial Arts, joined the fun. They and the more advanced FKU students got to perform kata for the group and tell each other about their forms. At one session, Cassie and Lauren led an exercise for our advanced students in sparring drills done in their style. And finally, after two years of having our outing cancelled by rain, we went to the park! Sempai Alicia quickly organized a game of capture the flag, and on that high note the fifth annual camp officially ended.



Instructors Get Red Cross Certification

As part of our new requirements at FKU, all instructors have been certified in First Aid and CPR through the American Red Cross.

Congratulations to everyone who completed their Red Cross training: Joanne Factor, Tracey Drum, Kim Jarvis, Kinney Kimlinger, Nancy Yamaguchi, Deb Schaack, Susan Ware, Melissa

Hancock, Sue Williams, Mark Bun and Amanda Rose Smith.

Safety in the dojo. Though First Aid kits are available at all FKU training locations, students should provide their own hot/cold packs, bandages, athletic tape, and any other personal need items.

Please remember that part of

karate training is knowing where you as well as others are in space, and that your safety and the safety of fellow karate students is your responsibility. If an accident does happen, be sure to tell a sensei immediately so they can help you participate in class safely. Classes are a lot more fun when we all agree to keep each other safe.

PAWMA Camp and NWMAF Special Training Susan Ware



FKU students at PAWMA camp in Olympia, WA.

Both Sensei Joanne and Kim went to NWMAF Special Training camp this summer. Sensei Kim got to relax and take classes in arts she particularly enjoys such as capoeira and tai chi. Sensei Joanne, who is on the NWMAF Board of Directors, worked with the self-defense groups on developing infrastructure to support the premier program for developing self-defense teachers and took

some great classes in two-person kata and developing focus.

Quite a few FKU students attended PAWMA camp this year. We all spent 4 days taking classes in tai chi, aikido, pokelan, and more. This camp is a great opportunity to learn new skills, explore other arts, and especially to learn more about ourselves and meditate on our personal experiences with martial arts; but the best part is that all of this is combined with the pure fun of

camp. We don't have a lot of opportunities as adults to have this kind of carefree fun. I enjoyed a swim in the lake, having all my meals prepared for me, and hanging out in the sun laughing with my friends.

Of course, I had a lot more sore muscles at the end of this camp than the ones I went to as a kid.

I look forward to the next time I get to go to PAWMA and I hope even more of the adult class will join us next year.

PROMOTIONS

10th KYU-ho: Daphne Monary-Ernstorf, Kiera Azar, Kathy Shih, Sven Hansen, Alex Lopez, Lukas Wiedemann, Alexander Hoppe, George Otis

10th KYU: Cole Pettit, Amelia Clark, Declar Farr, Kiki Hansen, Elliott Hoppe, Pearl Lam, Miyo McGinn, Jake Shields, Matthew Song, Andrew Wang, Sam Wolfson, Angela Yu, David Zhu

9th KYU: Eileen Michel, Rita Weikal, Brigitte Manos, Ben Faigin, David Kim, Daniel Seroussi, Linda Xu, Theadora Westlake-Stearns

8th KYU: Melissa Hancock, Marisa Muniz, Eileen Michel

7th KYU: Melissa Hancock

6th KYU: Renee Wong, Amelia Hooning

5th KYU: Theo Floor

1st KYU: Alicia Crowley, Mark Bun

Weapons

9th KYU: Deb Schaack, Susan Ware, Galen Chuang

8th KYU: Nancy Yamaguchi, Deb Schaack

7th KYU: Jennifer Sweigert, Amelia Hooning, Theo Floor

Physical Affairs from Central Physical Therapy Jutta Schneider

Q: When the senseis ask for speed & power during basics, I only feel slow & wimpy. How can I improve my speed & power?

A: The most powerful way to increase strength, speed and balance is through core or spinal stabilization. Core stabilization involves coordinated recruitment of the muscles around the spine, abdomen, and pelvis. Think of a tree that's deeply rooted in the earth. Imagine your spine and abdomen as the tree trunk and your pelvis, the roots or foundation of the tree. Deeper roots contribute to a more solid trunk, which in turn can support tree limbs buffeted about in stormy weather. If the roots or foundation are unstable, so is the trunk and the limbs risk damage (shoulder or knee pain anyone?). Without a strong core, your limbs must work much harder to accomplish any given task, diminishing efficiency of motion, speed, and balance and increasing injury risk.

In Sensei Ohshima's book, *Notes on Training*, he describes the hips as the center of human strength. In his use of the term "hips", I believe he is referring to the area from navel to pubic bone or core. He states that one who knows how to use the hips is "a strong man, an expert." I would wholeheartedly agree. Of course, becoming an expert requires more than core stabilization. However, the ability to recruit your core will improve your karate.

Core stabilization is a broad topic. I'll narrow it down to core stabilization as it relates to abdominal muscles. You have 4 layers of abdominal muscles. The core consists of the deepest layer called transverse abdominis. It's the primary spine stabilizer in the abdominal group and the only abdominal muscle that attaches directly to the spine. It's also the only one that can flatten your lower abdomen.

When transverse abdominis is contracted properly, the navel travels back towards the spine

and acts as a corset, stabilizing your spine. You may notice that your pelvic floor muscles slightly tighten when contracting your transverse abdominis. This is due to a neurologic link between them. Now the trick is to activate transverse abdominis without holding your breath! Here's a beginning exercise called Pelvic Bracing:

Lying on your back, knees bent, take a big breathe all the way to your belly. As you breathe out, tighten your pelvic floor muscles (same muscles that would be tight after drinking 32 oz. of your favorite caffeinated beverage) & hold while simultaneously pulling your belly button towards your spine. Hold this for 10 seconds, while you continue breathing. It's a subtle exercise, but well worth practicing and incorporating into your karate practice.

Jutta Schneider, MSPT (Jutta co-owns Central Physical Therapy & Fitness with her partner & FKU student, Deb Schaack.)

Training Tips Sensei Aleeta VanPetten

Who said that an unexamined life is not worth living? I don't remember, but I believe it is true.

I hope that all martial artists ask themselves from time to time why it is that they train and what they gain from their training. The answers can help to give satisfaction, meaning, balance and direction to what we do, not only in the dojo, but even in our personal, professional, family and spiritual lives as well. (I have heard it said, and I believe it is true, that our training and struggles in the dojo are a reflection of those in our lives outside the dojo.)

I would like to ask everyone in the dojo who is interested to find some time in the next month to consider several questions. It is my belief that addressing these questions from time to time can help to bring focus to

our training, help us address training problems and improve the quality of experience for everyone in the dojo.

The questions: Why am I training? What are my goals? Do I enjoy my training? What would make my training better? How could I get more out of my training? If after this process you have questions, interesting observations or are feeling neglected or "stuck" in your training, please talk to me or one of the other black belt instructors.

I know that I seem very busy at the dojo, but I can always make time to talk to anyone about their training or other dojo related problems. My role as Chief Instructor is not just to set standards, teach, drill, test and promote students on basics, combinations, kata, sparring, paired drills, Kobudo, etc. My job goes beyond setting the rules, being the enforcer and com-

municating with Sensei Kotaka. My role is to help guide students through their training. I can help set, rethink and modify goals. It is my job to help you through rough patches in your training and to answer questions you have about your training. I want you all to know that if you have questions or concerns you can ask to speak to me in person and in private. If it is not appropriate to talk immediately I will make a time to meet with you in person or communicate by phone or e-mail. I will also remind everyone that your more advanced peers have very often faced some of the struggles that you may face and can be an excellent source of advice and support. If nothing else I hope that they can tell you that I am a good listener, approachable and willing to hear complaints, if you have any, openly and fairly.

Sensei Aleeta

Board Notes



Sensei Kim takes capoeira at Special Training

Special thanks to Pamela Belyea for instigating and organizing an end of year fundraising drive for our Lowell School program. We'd also like to thank all of our donor families: Belyea/Faigin, Bronsdon/Fawthrop, Wilhelmi/Beveridge, Biehl/Hill, Coughlin, Hoppe, Otis, Seroussi, Wiedemann/Gudmundsdottir.

Congratulations to Amelia Hooning and Mark Bun on their acceptance to

the University of Washington transition program.



Tai chi class at PAWMA camp in Olympia

BOARD OF DIRECTORS

- Chair: Aleeta VanPetten
- Treasurer: Laura Hooning
- Members: Tracey Drum, Charlie Smith, Susan Ware, Melissa Hancock, Marisa Muniz, Natalia Murinova

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 28

BOARD OPENINGS

There will be at least two openings on the FKU Board of Directors this year. I encourage anyone who is interested to talk to someone serving on the board to find out more. We will be having elections after the kickathon on Oct 28.

Board members meet once a month at the dojo to discuss fundraising, school events, expenditures, grants, and various other programs. Time commitments outside the meeting vary according to your schedule, the school's events calendar, and your projects. Depending on your interests, you can choose from a wide range of projects to work on throughout the year.

In my time on the board over the last three years, I have developed skills that have improved my performance in everything from my career in software to planning my partner's surprise birthday party! I've had a lot of fun learning project management with the support of a great group of people.

Three years ago I wrote a proposal for the Kickathon and with the help of everybody at the school, I was able to see the project take

shape. We raised money for the school and I got to take pictures of all the kids who participated. Every year I get to see new students complete 1000 kicks, a feat they are often surprised they can do with such ease. Being on the board has increased my commitment to the school and my sense of community.

This year, I will be out of the country for a few months and have decided it would be a good time to take a break. I look forward to joining the board again in the future.

If you want to join this group or if you aren't sure and want to ask some questions, find someone on the board and let them know.



Susan Ware at an FKU event at the dojo

NEW! Teen Class

Generally, third Friday of the month, beginning in October.

Dates are: Oct 20, Nov 17, Dec 15

Time is 7:00 til 8:30 or 9:00

Open to all levels, age 13+

Talk to Joanne for more info.

EVENTS CALENDAR

Oct 11	Board Meeting
Oct 28	Kick-a-thon and Membership Meeting
Nov 8	Board Meeting
Nov 11	AAU tournament at EDCC
Dec 2	All Hawaii
Dec 13	Board Meeting

We're on the Web!
www.feministkarateunion.org



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*Come discover your
strongest self*