



The Feminist Karate Union is a 501c3 non-profit

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# FKU Punchline

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## Reflections on Summer Camp *by Maggie Hargus*

Karate camp is always a highlight of my summer. I have managed to attend almost every year since I started karate, in second grade. This year, camp was the biggest yet, with nearly thirty students and three junior counselors. We ranged in age from six to sixteen, and in ability from white belt to black belt.

At camp, the days were structured so that we got to do both karate and other things. In the mornings we did karate. The white belts learned how to do punches, blocks, and kicks, and how to move and punch in stance. Everyone else got to learn new kata and practice their promotion kata. Then in the afternoons, we got to do a number of activities. Monday we did calligraphy. Tuesday, we did Go (a Japanese strategic board game) and Tai Chi. On Wednesday we got to do calligraphy again, and Nin-jutsu, another Japanese martial art. Thursday was Go again, Arnis, and Aikido. On Friday morning, Abby, a black belt student from the Bremerton IKF dojo, came in and taught us some sparring drills. Friday afternoon, we did calligraphy for the third and final time, and we took a trip to nearby Pratt Park. At the park, there are pivoting fountains that we got to use to spray each other with, necessitating allegiances. Everyone enjoyed the trip to the park, and most of us got soaking wet. All of the activities were quite fun, and it is always cool to have a taste of a few other martial arts.



*Maggie and Amanda*



*Grace and Alicia*

Summer camp is a great way for students of all levels to get to do new stuff. Beginners get to try out karate to see if they want to start classes. Camp also has the bonus of making it possible to do some martial arts other than karate and learn a little about Japanese culture through calligraphy. For older students, camp offers a chance to see and learn more advanced kata, and to see what you can work up to. The most advanced students get to help some with the younger kids, watching and giving feedback on their kata. Kids of many ages and levels all have fun at camp.

I always love going to karate camp. I really enjoy doing all of the cool things, and every year I look forward to what I will get to try the next year at camp. Favorite guest teachers from the past have taught things such as fan fighting, and Pokolan, a type of martial art from the Philippines based on four animals and the way they move (monkey, snake, crane and tiger). I recognize some of the teachers at summer camp from years past, such as the Go teacher and the Arnis teacher. Having them come every year to karate camp means that I remember some of the things they have taught before, so I can get more out of their visits each time. Camp has always been a lot of fun, and I hope to continue coming every year.

*More summer camp pictures on page 2*



# Fun Times at PAWMA Camp

*by Alicia Crowley, Amanda Rose Smith, and Abby Horn*

Greetings fellow martial artists and spectators. We are three teenagers from the Feminist Karate Union of Seattle/ International Karate Federation of Bremerton, and this was our first time experiencing PAWMA. We must say, this camp was a remarkable experience! It was such a thrill to learn from different teachers, meet other women who are as passionate about martial arts as we are, and create memories that will last a life time. PAWMA was filled with encouragement, diversity, and good food. It is something that women and teenaged martial artists should experience at least at one point in their training.

One thing we definitely enjoyed at camp was the variety of classes that were offered. There were hard styles, soft styles, creative styles, modern styles, traditional styles and the list goes on and on. It was a great opportunity for a diverse group of martial artists to get together and learn something unusual and different from their "normal" practice. The encouragement we received from the teachers made camp even greater. We walked away with fresh ideas of ways to incorporate what was taught into our own style.

One example that sticks out to us was the "Using Judo In Sparring" class taught by Sifu/Sensei Kore Grant and Shimeji/Sempai Naomi Munzner. Exploring close range sparring and learning how to do take downs when positioned on the inside was an amazing, eye-opening experience. All three of us were able to take the applications they taught and modify them to our style without losing the principles or techniques of the take down.

Another thing we enjoyed was that PAWMA camp provided classes that were about more than just the physical aspect of martial arts. Two of us took the class "Self Defense For Teens" taught by Sifu Debbie Leung. The class was about exploring and playing with the options a person could use to get out of difficult situations. We looked at situations in our everyday lives that made us uncomfortable and considered the best ways to deal with the circumstances in a non-physical way.

The teachers had so much to offer but they were not the only ones we learned from. We learned a great deal about other styles from participating in and watching the demonstration held on the second night. As teenagers, we got to participate in the teen demonstration. For the first part of the piece we had several teens performing their versions of the same kata/form. It was fascinating to see the parallels between the different styles. Sitting down with fellow teammates as well as some new friends to support each other was a delight. It is not every day that you get to relax on a calm night and watch women do what they love to do.

We obtained a vast amount of knowledge about the world of martial arts from the teachers and fellow participants at PAWMA. It was truly a privilege as teenagers to see strong, intelligent, passionate women martial artists. As the next generation, we hope to go back to PAWMA and continue to grow in this diverse group of martial artists.

## 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: \_\_\_\_\_

\_\_\_\_\_

## Events Calendar

## Board Notes

## Board of Directors

Oct 20	Sana Shanti Workshop	<p>Board members Jeanne Hoppe and Brenda Winter-Hansen have stepped down after their 2-year terms. Thanks to both of them for their service and ideas to the dojo. New Board members are now eagerly sought. All FKU members - adult students and/or parents of kids in either dojo or Lowell classes - are eligible for office. We could really use some members with fund-raising and development experience. Meetings are the 2nd Weds. of the month at the dojo at 6 PM. All are welcome to attend any meeting any time. Come see what you could do with us.</p> <p>The FKU website ( <a href="http://www.feministkarateunion.org">www.feministkarateunion.org</a> ) has been revamped and updated! It is a great place to check out the upcoming calendar of events and see what's up at the dojo.</p> <p>The dojo office is in need of some computer help. We have WindowsXP and would really benefit by an upgrade. We could also use software manuals for new software. Can you help with a donation of these items? Many thanks!</p> <p>The Open House for Lowell students and their families will be held on Sat., Nov. 15th. The kids' class will be abbreviated to allow for questions from kids or parents. The adult class will start a little late and the Annual meeting, which includes elections of Board members, will be held between the two classes.</p>
Nov 8	Pacific NW Karate-Do Classic Tournament at Edmonds CC	
Nov 12	Board Meeting	
Nov 15	Open House at FKU for Lowell Students and Families	
Nov 15	FKU Annual Meeting and Elections	
Nov 29	All Hawaii Tournament	
Dec 10	Board Meeting	

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*Come discover your  
strongest self*