



PUNCHLINE

Feminist Karate Union – 1971 - 2011
Still Going Strong After 40 Years!

June 2011

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Attention all Students

Your thoughts and musings are what allow this newsletter to exist. Please consider participating by writing something for our next newsletter. Thanks!

Sacramento Tournament *by Jennifer Sweigert*

On June 11, 2011, I attended the 18th Annual Sacramento Karate Championships organized by Sensei John Limcaco of IKF Sacramento. This was my first out-of-state tournament, but the folks there made me feel very welcome.

The experience taught me so much. First, it was eye-opening to see a very different karate culture, so to speak. The small seating area for spectators at the Sacramento Asian Arts Foundation was packed, standing room only. At times it was a challenge to weave through the crowd to make one's way from the seating area to the staging area.

Unlike tournaments I have been to in the Seattle area, the crowd did not disperse when the children were finished competing. While it did thin out considerably, there were still many spectators in attendance when it came time for the final divisions late in the afternoon. Five of the six rings were shut down and everyone watched the 18– 34 year old female, then male division sparring. Raucous cheering for local favorites was something I had not really experienced before.

But the most important part of the experience for me was to see so many high-level karate practitioners. I witnessed focus and speed, grace and stillness that is hard to describe in words. Sometimes I think one of the best ways to improve my karate can be simply visualizing someone I want to emulate, and intuitively trying to make my body match that image in my mind. The Sacramento tournament gave me lots of those images. The prowess of many competitors was an inspiration to see and a reminder to keep pushing every day, like the motto of the Olympic games: Citius, Altius, Fortius, or “Faster, Higher, Stronger.” In the film “Without Limits,” Bill Bowerman, University of Oregon track coach and co-founder of Nike, explains this motto does not mean faster, higher, or stronger than the next competitor. It means faster, higher and stronger, than you were yesterday, faster, higher, stronger than you thought you could.

PROMOTIONS

KARATE-DO

1st Yellow Stripe: Ezra Angelou-Lysaker; Darden Burgess; Hunter Christianson; Cameron Dancer; Oscar Fleet; Jack Hensley; Lucia McLaren

2nd Yellow Stripe: Ezra Angelou-Lysaker; Darden Burgess; Daniel Chizhikov; Hunter Christianson; Cameron Dancer; Seamus Finnigan; Oscar Fleet; Hans Garcia; Jack Griffith; Jack Hensley; Formosa Huang; Jordyn Hubbard; Ariel Igielski; Truth Jones; Hailey L'Heureaux; Lucia McLaren; Andy Miller; Brady Olsson; Radu Richardson; Jasper Toms

3rd Yellow Stripe: Ezra Angelou-Lysaker; Darden Burgess; Daniel Chizhikov; Cameron Dancer; Oscar Fleet; Jack Griffith; Jack Hensley; Formosa Huang; Jordyn Hubbard; Ariel Igielski; Truth Jones; Hailey L'Heureaux; Lucia McLaren; Andy Miller; Brady Olsson; Radu Richardson; Jasper Toms

10th Kyu-ho: Ezra Angelou-Lysaker; Darden Burgess; Daniel Chizhikov; Oscar Fleet; Jack Griffith; Formosa Huang; Jordyn Hubbard; Ariel Igielski; Hailey L'Heureaux; Andy Miller; Brady Olsson; Radu Richardson

10th Kyu: Ezra Angelou-Lysaker; Darden Burgess; Daniel Chizhikov; Oscar Fleet; Jack Griffith; Formosa Huang; Jordyn Hubbard; Ariel Igielski; Hailey L'Heureaux; Andy Miller; Brady Olsson; Radu Richardson; Justin Zhang

9th Kyu: Juliet Ahrens-Siegel; Myles Garrett; Aiden Lee; Jacob Linden; Tatiana Linden; Olivia Ruby Neumark; Lucia Njegovan; Liam Powers

8th Kyu: Zachary Burpee; Henry Cladouhos; Coulter Dittman; Annie Hosch

7th Kyu: Renee Agatsuma; Nikia Antioquia; Kiera Azar; Will Mueser

6th Kyu: Nikia Antioquia

3rd Kyu: Nick Hall

KOBUDO

9th Kyu: Renee Agatsuma; Nikia Antioquia; Adela Parra

7th Kyu: Elana Mabrito

6th Kyu: Nick Hall

2nd Kyu: Jennifer Sweigert

The Privilege of Training *by Eileen Michel*

In the Japanese language, the word “gaman” can be interpreted as “to endure in the face of difficulty”, or “to never quit”. Once we are hooked on karate, we accept bruises, sore muscles, and stubbed toes as all being part of the fun. Occasionally, though, there are bigger setbacks, and these give us a chance to exercise the quality of “gaman”.

All true karate fanatics know the meaning of hard work, but one of the biggest challenges we can face in our training is to be given the dreaded prescription *—rest!* Oh no, anything but that! Of course, our doctors and physical therapists know what they are doing, and sometimes the body does just need time to heal. However, lately my own experience of being prescribed this harsh medicine has made me realize as never before — *any day we can train is a good day!*

The problem with resting, I think, is that it creates momentum in the wrong direction. Before we become hooked on karate, it is easy to make excuses to not go to class. Of course there are always work and school and family pressures, all of those are real and need to be integrated into our training schedule. However, sometimes it is just laziness. Maybe it is dark and raining out and I am warm and comfortable at home, in the middle of a good book. I might tell myself “I’ll go tomorrow”, and then maybe tomorrow I’ll want to stay home and watch Scooby-Doo cartoons. At that point, I might have to question my commitment to training.

When we have to rest in order to heal, we do not need to give in to the inertia of laziness, and can still use that time as part of our training. We can do our rehab exercises to improve strength and flexibility. We can practice our kata for memory, and review our one-step sparring routines. If we are teaching, we can think about and develop new ideas for getting across certain concepts. If all goes well, we will return to karate practice with a renewed sense of purpose, and a deeper appreciation for the great privilege we have of being able to train.

Why I Go to the Dojo *by Myles Garrett*

I am almost 9 1/2 and I go to Thurgood Marshall Elementary School. This is not the first time I have taken martial arts. I went to Tae Kwon Do in NJ. I have been taking karate for about 1 1/2 years. A year and a couple of weeks after I got my yellow belt, I received my blue belt.

I go to the dojo (instead of Thurgood Marshall) because they have mats, more weapons and older kids to refer to for information about katas.

The four katas I am working on are: Pinan Sandan, Matsukaze, Bo no Kihon Kata, and Kensei dai, which are nothing like Kihon Kata Ichi. Kihon Kata Ichi is very simple, which I don’t like. Matsukaze and weapons kata are pretty fun. Bo no Kihon Kata is pretty simple but working with the bo makes it fun. The brown and black belt katas look fun (as in complex.)

Photos



Adela + Rat
at Roller Girls



Minakami student + Eileen
Trying to stay alive



Maggie



Amanda Rose



Some of the peeps at the
Hayashi Cup Tournament
June 2011

Board Notes *by Donna Hargus*

It's been a busy six months since the last Board Report. We have a new Board of Directors, elected at the Annual Meeting this past February. Returning members of the Board are: President, Sue Williams, Secretary Laura Mueser, Chief Instructor, Aleeta Van Petten, Newsletter Editor Eileen Michel, and member at large Richard Farr. New members to the Board are Amanda Hosch, our new Treasurer, Kelly O'Hara, Adela Parra, Renee Agatsuma, and alternate Crista Johnson. It is wonderful to have such a full and energetic Board! And they have been busy - this year's Kickathon took place the same day as the Annual Meeting and Elections and was a great success, bringing in nearly \$2000 for our scholarship funds. Thanks so much to all of our hardy kickers and our generous donors! You are so important to this organization.

March saw our Black Belt team go off to Hawai'i where our latest Black Belt candidate found success and her shodan-ho promotion! Congratulations to Amanda Rose Smith!

We celebrated the 40th Anniversary of FKU at the annual Spring Demonstration on May 1st. Forty years and still kicking! Several generations of Senseis were present including Py Bateman, FKU's founder, and Linda Kenoyer, Sensei Aleeta's sensei. We also had a large contingent of our newest, youngest members from the elementary school programs and nearly a full complement of students from our dojo classes. Performances were fabulous, the potluck delicious, and a good time was had by all. A great deal of planning and hard work by many went into making the Demo such a big success - Thank you!

In addition to all of that, the Board held a retreat at the beginning of June so that deeper conversations could be had about matters important to the dojo. Some of the issues discussed included dojo finances, bookkeeping, and long-range planning; scholarships and the financial needs of our students; facilities maintenance and improvements; training; advertising and marketing; and recruitment of new students. Several topics had to be tabled as they ran out of time, but the conversations will continue.

We have a raft of thank you's to express. Kudos go out to the Board's Painting Committee of Richard Farr and Jeana Kimball, and to Richard's son and wife, Decland and Kerry, for all their masking, prepping and painting efforts! They gave the dojo's street entry alcove a much-needed facelift and it looks mahvelous! We thank you for the many hours you put in to improve the first impression the dojo gives to the public. We want to thank Adela Parra for her work and negotiations to get us a booth at the Rat City Rollergirls' last two bouts of this season and for staffing it in June! We hope we might get a recruit or two from her efforts. Thanks to the Scholarship Committee for wading through the sensitive materials and considerations thrown their way and for their equanimity in meting out scholarship funds. Your fairness and long views toward the needs of FKU are much appreciated.

(continued on next page)

Board Notes (cont.)

We offer much appreciation to Sensei Aleeta for the hours she expends for the dojo, for the traveling she does for our students, and for her teaching. We appreciate our other Senseis as well - Joanne, Tracey, & Kim, and the many senseis who help with classes. You are the backbone of our organization and everything we do and have is thanks to you! Thanks to Sue and Floyd for the incredible spread at the Board Retreat and to Sue for all her thoughtful planning on behalf of the Board and the organization. Lastly, thanks to Eileen for four years' hard work as the editor of Punchline. She's created a fine newsletter, often writing as much or more than any other contributors, in addition to doing the typography and layout.

Looking ahead, we hope to continue making improvements to the physical space of the dojo. Board Committees are looking into a number of projects to give the dojo a spiffier look and feel. The Board has also decided to offer Punch Cards for summer tuition for students in our kids' classes. Punch Cards are on sale now through the first of September. They cost \$90 for 10 classes and are good through to the end of September for classes at the main dojo. We hope this will encourage students from the elementary schools to come to the main dojo and continue their training through the summer, and will allow dojo students to keep training despite summer travel plans that may have kept them from attending any full month during the summer.

The Board would like to remind you that Board meetings and Committees are open to everyone. Your presence adds a voice and a perspective we'd otherwise miss out on. We hope you'll attend a meeting soon and add your two-cents' worth to our deliberations. We have an amazing group here at FKU. Our students, parents, Senseis, and Board offer so much to the organization. The Feminist Karate Union has 40 years of history and it's all thanks to our members - You!

Board of Directors

CHAIR:
Sue Williams

TREASURER:
Amanda Hosch

Members:
Renee Agatsuma
Richard Farr
Eileen Michel
Laura Mueser
Adela Parra
Kelly O'Hara
Aleeta Van Petten

alternate:
Crista Johnson

OFFICE MANAGER:
Donna Hargus

**NEWSLETTER
EDITOR:**
Eileen Michel

Yes! I want to help FKU support women and children in the 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

Friday, July 8	Advanced Training 7-9 PM
Sunday, July 10	Rat City Roller Girls See Flyer
Wednesday, July 13	Board Meeting 5:30 - 7:00 PM
Tuesday, July 19	Kobudo Testing 7:00 PM
July 20-24	NWMAF Special Training Brockport, NY
Friday, July 29	Advanced Training 7-9 PM
August 8-12	Kids Summer Camp
September 2-5	PAWMA Camp Seattle, WA
Saturday, November 26th	All Hawaii Tournament

Additional Friday night advanced training dates scheduled so far include:

August 12th and 26th

September 16th

October 14th and 28th

November 18th

After the first of the year, Black Belt test training will be held most Friday evenings. If you are an advanced student, you should plan to attend as many of these classes as possible.

Check calendar on dojo bulletin board for changes, additions, and updates!

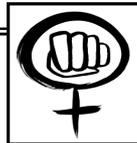
CONTACT INFO:

admin@FeministKarateUnion.org

www.FeministKarateUnion.org

www.facebook.com/FeministKarateUnion

206.325.3878



Feminist Karate Union
1426 S. Jackson
Seattle, WA 98144
(206) 325-3878