



# FKU Punchline

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## Karate in Hawai'i a Photo Essay by Sensei Joanne Factor

Each and every November for the past two decades Sensei Aleeta has traveled to Hawai'i. Though the beaches and sun are enticing, she spends most of her time training with her teacher, Sensei Chuzo Kotaka, learning new material and further refining her skills so she can be a better teacher for all of us. This last year myself, Nancy Yamaguchi, Kim Jarvis, and Alicia Crowley also came to train and enjoy the camaraderie of working with some of the best karate practitioners in the world. Any student at any level is welcome to join. All you need are a longing to learn, stamina, and sunscreen.

The Feminist Karate Union is a 501c3 non-profit

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Sensei Aleeta practicing tonfa, the new short weapon adopted in the IKF repertoire.

Sensei Kotaka shows kata explanation ("bunkai") for the advanced kata Empi.



Nancy and Alicia at Hanauma Bay, the ideal spot for snorkeling

PROMOTIONS

10th KYU-ho: Misty Benham, Silver Denovan, Clara Dixon, David Feng-Krause, Kimi Haraguchi, Owen Hardeman - Wood, Alexander Ivanoff, Gabriel Kaplan - Nelson, Isaac Kim, Kiernan Lee, Aubrey Matter, Griffin Orser, Lily Stanton, Tai Warner, Nickolas Williams, Aileen Zeng

10th KYU: Kiera Azar, Misty Benham, Andrew Biehl, Kimi Haraguchi, Aubrey Matter, Daphne Monary-Ensdorf, Madeline Musselman- Brown

9th KYU: Alexander Hoppe, George Matter

8th KYU: Nicholas Hall, Audrey Musselman-Brown, Rita Weikel

7th KYU: Ari Kaufman, Eileen Michel

6th KYU: Galen Chuang, Melissa Hancock, Eileen Michel

5th KYU: Maggie Hargus, Amelia Hooning

4th KYU: Kinny Kimlinger, Nancy Yamaguchi

Weapons

10th KYU: Melissa Hancock, Ari Kaufman, Eileen Michel, Amanda Triandafilau

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

8th KYU: Deb Schaack, Nancy Yamaguchi

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

# Congratulations Kim and Alicia !

Earlier this year, Alicia Crowley became FKU's newest black belt, attaining the rank of Shodan-ho, or provisional black belt. Alicia is also the first junior student in FKU history to attain black belt rank. Kim Jarvis tested at the same time, and was promoted to the rank of Shodan. Both of these students trained almost super-humanly hard to attain their goals, and are an inspiration for all of us. It must also be said that Sensei Aleeta worked her heart out helping these students to reach their goals, and in doing so demonstrated to all of us the kind of dedication and commitment that is possible to bring to karate.

-- Eileen Michel (speaking for many, I'm sure)

## Physical Affairs from Central Physical Therapy Jutta Schneider

**Q:** Recently I've noticed that I have shoulder pain after some of our "advanced basics" training sessions. I've never had pain with blocks before, what's going on?

The shoulder is one of the most elegant & highly mobile joints in the human body. Unlike the knee joint which primarily acts as a hinge-type joint, the shoulder is a ball & socket that can move in all directions. Due to its extreme mobility, the shoulder is particularly vulnerable to even a little weakness.... and weakness at the shoulder typically translates into pain, often noticeable w/ karate blocks, push ups, or weapons kata.

The rotator cuff is a collection of 4 muscles that wrap around the shoulder like a cuff and rotate the arm, hence "rotator cuff". They, along with the scapular stabilizers are key to healthy shoulder function. The following exercise works several of the rotator cuff muscles and as a bonus also several scapular stabilizers. Try the following exercise: Lie face down, with your entire shoulder & arm dangling over the edge of the bed (Figure A.)



Figure A

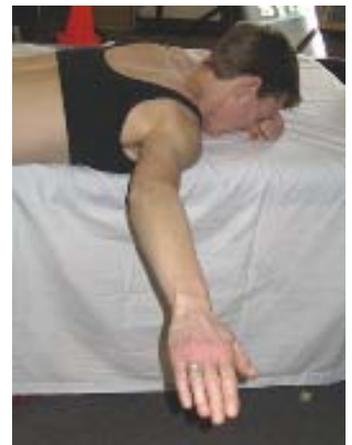


Figure B

Now raise your arm to the side (90 degrees to your body), knuckles up towards ceiling, so your arm is the same height as your body & hold 3 seconds (Figure B.) Mental focus should be on lifting your arm, while simultaneously pinching your shoulder blade together & downwards. This exercise can be freakishly hard, so start without any weight, moving slow & controlled. How many can you do before you get to fatigue or you lose good form? If you can do 20, you're ready to add 1/2 to 1 lb. Remember, if you have pain, listen to it! and consult with your healthcare provider. It's not a good idea to work through pain.

# Some Thoughts On Returning to Karate by Eileen Michel

Once one attains the level of black belt, after training for a while the belt begins to fray and turn white. It is sometimes said that this occurrence represents the return to the “beginner’s mind”, and symbolizes the idea that there is always more to learn. In my case, though, the transformation from black belt to white belt has turned out to be literally true. As many of you know, I used to train in karate at FKU under Py Bateman, starting way back in '78, and started back again in January of '06. The experience of training at an advanced level, and then starting over as a beginner, has been an eye opener for me in various ways, and since there are some aspects of it that I think are unique, I thought I'd write this little piece and share some of my thoughts.

I remember clearly what initially drew me to karate. I had been working as an advocate for Seattle Rape Relief, and listening to women’s stories of violence and victimization was making me feel increasingly angry and powerless. I decided that it would be better for my mental health to work on the prevention aspects of violence against women, and began to study karate and self-defense at FKU. I ended up leaving 7 or so years later, for reasons too complex to go into here, after attaining the rank of Shodan-ho, teaching self-defense workshops and weekly karate classes, competing in tournaments, and basically being completely obsessed with karate during most of that time. In all the time that I was gone I never did find any kind of sport or athletic activity that grabbed me the way that karate had, and after years of school and work I was feeling a bit like I was just a brain on a chair, and sadly out of shape. My friend Sue, another veteran from “back in the day”, was training again, and convinced me to drop into a class with her. I found that I was hooked again almost immediately, and I dove right back in. (Continued on p. 4)

## Board Notes

The 36th annual open house was a great success. All of the students performed well, and were on their best behavior. Special thanks go to our generous donors: Tully’s Coffee, Hot Mama’s Pizza, and Central Physical Therapy, and to all of the Lowell and dojo students and families as well. Tracy Drum and Deb Schaak, our resident filmmakers, instituted a new tradition with their showing of their films “Special Training with Sensei Aleeta” and “Barbie and Ken se Dai”. It will be interesting to see what they come up with next.

## Board of Directors

- Chair:  
Aleeta Van Petten
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Melissa Hancock
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- Office Manager:  
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# 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: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

On Returning to Karate (continued from p. 3)

The first thing I noticed was that even though *almost* all of the teachers and students were different people, there was something about the atmosphere that felt much the same as it always had. I'm sure that some of this was due to the sense of continuity provided by seeing the old pictures and trophies around the dojo, and to sensei Aleeta's obvious respect for tradition and those who have gone before her. In addition to that, though, the spirit felt the same – warm, welcoming, and supportive, underpinned by the realization that violence against women was still all too prevalent, and that in spite of the fun we were having we were also here to support one another in a serious mission.

The next thing I noticed was how terribly out of shape I was, as evidenced by the fact that I could not do even one pushup! I was quite sore for the first week or two, but it was a joy to be using my muscles again, and to realize that, fortunately, muscle memory is a lot stronger and more long-lasting than mental memory. Although this was mostly a good thing, because I wouldn't have to learn everything from square one, it was also a bit of a mixed blessing. Sometimes when I was training in the past I used to feel that the kata would just kind of take over, as if it were basically performing itself through me. I suppose this is what is sometimes referred to as "being in the zone". This is all very well, except for one thing. As far as I know, there is no such thing as "joint memory", so when I resumed my training and my kata tried to perform itself like it did in a 20+ year younger body I realized that if I didn't watch it I was going to permanently injure myself, and then I'd be back to being a couch potato again. As my flexibility began to improve, and I began to gain a more reality based sense of my present capabilities, this became less of a problem, but I realize that it may always be an issue for me. Even so, I think that we all struggle with trying to find a balance between pushing ourselves and respecting our limitations, and each person has to work with that in her/his own way. Particularly as we get older, it might be necessary to take a more cautious approach, but then there is the danger of falling into being rather half-hearted in our training. I think that having to struggle with this duality is a perfect illustration of how karate training can be both endlessly exasperating and endlessly compelling.

Coming later: Part II -- Some thoughts on rank, and how we measure progress.

Events Calendar	
July 9 -- July 13	Kids' Summer Karate Camp
July 11	Board Meeting
Aug 8	Board Meeting
Aug 31 -- Sept 3	PAWMA Camp
Sept 12	Board Meeting
Coming Up	
The 13th Annual Pacific Northwest Karate-do Classic	
Tournament Nov 7th at NEW LOCATION:	
Seattle Central Community College More info in Fall Newsletter	



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*Come discover your  
strongest self*