



# SKIF-USA NEWSLETTER

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# SKIF-USA

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## Message from the President

Dear Members,

On behalf of the SKIF-USA 2021 Board of Directors, we hope you are doing well and staying healthy during these trying times. We are looking forward to a time when we can gather together in person for training. In the meantime, our organization has worked hard to develop virtual training partnerships to continue to unify and develop strong international relationships with the Honbu Dojo Instructors and SKIF-USA Dojos. These virtual trainings have provided many with opportunities they would not have had otherwise. Our hope is to continue to grow and advance SKIF-USA by following Kanazawa Soke's precepts of harmony, continued training, and development of the SKIF system with respect and open and friendly communications among all.

SKIF-USA is a special organization made up of karateka who enjoy training and continued development and are interested in continuing to spread and promote Kanazawa Soke's inspiring philosophy of harmony and unique system of Karate-do.

I would like to thank all of our members who have continued to support SKIF-USA and helped make our organization successful. We all look forward to meeting new friends and renewing old acquaintances.

Kind regards, Oss!  
James Shea

President  
SKIF-USA

# Sōke Kanazawa Memorial Service

By SKIF USA Board of Directors

SKIF GHQ in Japan held a memorial service for Kanazawa Soke on March 14th 2021, after a year of delay due to the Covid-19. Although it was limited only to Japanese dignitaries, GHQ was able to live stream the event on YouTube for the entire SKIF family. Hopefully, many of you were able to watch the event and mourn the passing of our great leader, Hirokazu Kanazawa Soke.



# Perfection in Details

by **Robert Nouchi**

SKIF Chozen-Ji Dojo, Honolulu, HI

Suzuki Sensei once talked about how almost every karateka want to perfect the fantastic moves in kata such as the jump in Unsu. The best-performed kata however, lie in the perfection of the details. Most everyone can do the fantastic parts but may not be paying attention to details of other less impressive moves. Not exactly how he phrased it, but something close to that... you get the point.

This thought came to light recently, when covering Heian Sandan, movement #9. Application aside, I had over these years never looked closely at that technique, only that the right hand, after the nukite, push forward, turns and goes behind the small of the back with the palm facing out prior to hikite of right fist and left fist tettsui.

While teaching this move to an 8th kyu student, I was told that an instructor taught her that there was a change sometime ago and that I was teaching the old way and that the newer way is performed with the right hand in front prior to hikite and the left hand tettsui. I had not heard of this, so I said let me look into it.

The book "Karate The Complete Kata", by Hirokazu Kanazawa (2009), outlines this movement clearly in print-movement #9-B: "Continue drawing the left foot forward and behind the right foot, further rotating the hip while pulling the right hand up to the small of the back with the palm facing outward.", #9-C: "draw the right arm around to the front of the body above the left arm.", and 9#: "kiba-dachi/hidari chudan tettsui-uchi". Okay, I learned something... always learning!

At Chozen-Ji Dojo Hawaii, we have five instructors taking the responsibility of instructing students on a rotational basis. We had agreed from the start that we would share the responsibilities among us, rather than designating a Chief Instructor. This arrangement has its positive points and also negative points. We won't go into this topic in detail but one of the things that we realized right away was that we needed to standardize, not the teaching methods but what we were teaching. Given five instructors, we invariably had differing approaches to what we taught of the same things. But, as much as possible to not confuse students, we always seek to follow SKIF ways as much as possible.

So, let's get back to the Heian Sandan movement #9. The old way is simply to bring your right hand from the small of the back to hikite, while the left hand tettsui. Another version is same as the old way but momentarily bring the right in front with the right hand under the left hand prior to left hand tettsui, and right hand hikite. The third version is same as the second, but the right hand is above the left hand prior to tettsui and hikite.

Now, you might think, what's the difference? Well, difference is in the details or possibly in the interpretation of the bunkai. The "Karate the Complete Kata" book details the last way. The Heian Sandan and bunkai/application performed by Murakami sensei and Soke, circa 2015 on YouTube also clearly (with stop motion) shows the same as the book. Another clear demonstration by Kancho is seen on YouTube-Nobuaki Kanazawa 8.DAN, Kata Heian Sandan

(SKIF), May 21, 2020. Interesting stuff, since I never bothered to read that part or looked at it in detail. Now I know!

There are many details like this that if you look into them, will prompt questions. For example, have you questioned why in Nijushiho, movement #4-B, why the left fist is positioned in front of the right fist, prior to the kakiwake-uke (separating block)? According to SKIF ways, would you not expect the right arm to be in front of the left, since you are stepping out with the right leg? One explanation I got from one of the SKIF GHQ Instructors was that the left hand is in front of the right because you are pulling back. I asked Murakami Sensei about this and he replied, "Well, Nijushiho has many opposites"...okay, that made sense.

One advice I got from a senior sensei was that he tells his instructors and students to be prepared to follow who ever the instructor happens to be. I think that is a sound advice. There are many ways that are not wrong but different and still viable. We see this even among the various Shotokan schools. We realize over time that there are many ways to perform a technique, and much depends on the interpretation and applying the principle of the movements to fit the situation.

Fumitoshi Sensei once explained in performing one version of the Yondan Kihon, why the enpi hand goes under the other arm prior to enpi and in the following movement, the enpi is initiated from above the other arm. It may be difficult to visualize this but in general, when doing enpi, tettsui, or tate shuto-uke, if the hand going out is lower in position to start, then it will go under the other arm prior to tate-shuto-uke. If the hand going out is in a higher position, then it will go above the other hand prior to the movement. Gojushiho Dai and Chinte may be good examples to study... SKIF will perform the tate-shuto-uke from above the shoulder, while other Shotokan schools may bring the hand from under the other arm.

General rules are just that, and are deviated for any number of reasons. Indeed, it does get tricky at times. Meikyo for example movement #23 is shown with the left tettsui from under arm, which following SKIF ways, you would expect it to come from above the shoulder since, the left hand is higher than the right. But as in Heian Sandan, the tettsui comes from under the right arm.

At Chozen-Ji Dojo, consistency becomes more important since we have five instructors. Details as in Heian Sandan as discussed, from the point of view of a student, may be a big deal. Do I do it the way sensei A taught me or do it the way sensei B says for me to do it? It could be confusing. The bottom-line and in summary, as simply put by Suzuki Sensei... "Study the Details".



# SKIF-USA Hall of Fame

by SKIF-USA Board of Directors

THE SKIF-USA BOARD OF DIRECTORS ARE NOW ACCEPTING NOMINATIONS TO THE SKIF-USA HALL OF FAME. NOMINATION WILL BE ACCEPTED THROUGH **MAY 8, 2021**.

In 2019, the Board of Directors of SKIF-USA voted to create the official SKIF-USA Hall of Fame as a way of recognizing the valuable contributions our members have made to SKIF and Shotokan Karate.

Last year Shihan Francis Fong and Shihan Glenn Stoddard were elected to the Hall. This year's nominations will be accepted through May 8, 2021. The Board will vote on nominations and announce the inductee(s) later this summer.

Inductee(s) will receive an engraved plaque and enshrinement on the official SKIF-USA website. Any SKIF-USA member in good standing may nominate a qualified member, living or dead, for election who meets the Criteria for Nomination.

Criteria for Nomination: For a SKIF-USA member to be nominated for election to the Hall of Fame, nominees must meet the following criteria:

- Nominee must be/having been a member in good standing with SKIF-USA.
- Nominee must be a Sandan or higher in rank.
- Nominee cannot be a current member of the Board of Directors
- Nominee must show good character and participate in giving back to the Shotokan community.

## Nomination Process

Email your nomination, short biography of nominee, and reason for nomination by May 8, 2021 to [skifusa@gmail.com](mailto:skifusa@gmail.com)

# Women in Karate - a Discussion With Sensei Glenna Burleson, a SKIF-USA Pioneer

by **Lynda Crimmins**

Independent, San Tan Valley, AZ

As March was Women's history month, I started thinking back on when I first starting training in karate and a mentor I was fortunate to have. I started in September 1987 with a college karate course in Bismarck, ND, and was one of only 2 women training. I trained with the college dojo until 1992 and there was never more than 2 women training during that entire time. I moved to St. Paul, MN, in 1992 and started looking for a new dojo in 1993. After checking out several places, I went to Peak Performance Shotokan Karate and met Glenna Burleson - the first female black belt as well as the first female sensei I had ever met! After meeting with Sensei Burleson, seeing her dojo, I knew I had found my new and forever "karate home" with Sensei Burleson and SKIF.

In honor of all women who "came up through the ranks" of a male dominated discipline as I did, I asked Sensei Burleson a few questions regarding her experiences with karate, SKIF, and SKIF-USA.

## **LC: When and how did you start training in karate?**

**GB:** I started Shotokan Karate in 1979 at the age of 33. I was married, had four children and just moved to Minnesota. I had practiced modern Jazz dance for 7 years previously and wanted to get back to a discipline that I would enjoy. I was also going back to college to finish my degree in Psychology and physical education. While signing up at the University of Minnesota I came across a Karate Class and decided I wanted to try it. It was love at first

try. Sensei Robert Fusaro was my first Sensei and he was affiliated with JKA International of the US headed by Hidetaka Nishiyama, and after the first quarter at the university I joined his dojo at "Midwest Karate", training mostly under Sensei Joe Ertle in St. Paul. Both Sensei Fusaro and Sensei Ertle were great technicians and put a lot of emphasis on body movement and how to create power. They treated women the same as men and I appreciated that, as the goal was to learn to defend oneself and build character. While the dojo was mostly men we had several women that were very dedicated to the art and where great roll models.

Fun Fact: Taking my exam for green belt was so nerve racking that I was shaking through the whole test. Then at purple belt Sensei Fusaro failed me two times for the same level and when I asked what I needed to do, he said my technique was good, everything was done right but I wasn't giving it all I had. This was one of the best things to happen to me as at the next test I was so angry and out to prove something to him, I passed with flying colors but that wasn't the point, I learned that we should not limit ourselves to what we think we can do. From that point on I did well, getting my Shodan in 1984.

I had already started teaching some self-defense classes and they asked me to teach at the collage. I did and found that I really enjoyed teaching. In addition to teaching accredited classes at the collage, I, along with two other women, started up a women's dojo in Minneapolis. We wanted to bring more

women into the art and wanted to give them a place they would feel comfortable. We also held training camps.

I left Minnesota for two years and went to Iowa for my husband to finish his residency. During that time, I trained with Sensei Chris Smaby (this was basically an all-male dojo), I also taught the Karate Club at the University of Iowa which was also an all-male club and started a women's group that I taught at my home dojo. At the University and at Sensei Smaby's dojo it was a challenge and I most certainly had to prove myself but after a few demonstrations, it was all good and the club grew nicely. Because I was teaching a lot, I only attended Black Belt classes at Sensei Smaby's dojo. In the beginning the men would try and treat me differently as I was a woman, that didn't last long and as it turns out, I found out a few years later that they had nick-named me "Iron Fist". We also did tactical training as Sensei Smaby was in law enforcement.

My husband also trained Karate and so we went every year to Karate camps usually one week but some were only a few days, with master instructors from all over the world. We were fortunate to train with Sensei Nakiyama; Sensei Shirai, Sensei Enoda, Sensei Kanazawa, Sensei Nishiyama, Sensei Tanaka, Sensei Dozono, Sensei Mikami and others. Each adding to our knowledge and technique of karate.

### **LC: When did you star your own dojo?**

**GB:** My husband and I returned to Minnesota in 1987 and I went back to teaching with the women's club. We tried to affiliate the women's group with other dojos but in the end decided to stay independent. At this point I started considering the idea of opening my own dojo and spent a fair amount of time deciding how to do that and with what affiliations - I wanted our students to be tested and recognized for their ability and hard work. So, in 1991 I opened a

dojo "Peak Performance Shotokan Karate," in New Brighton. It was a community effort as all of the women, my husband and other karateka worked together building, sanding wood for the dojo floor, painting, and finding equipment. We had a lot of fun and it made it home for everyone. We did very well, with over 100 students at one point. The dojo consisted of old, young, men, women and of course children. I loved teaching and watching individuals gain self-confidence and strength. The philosophy of striving to become the best you can be, having good character and having the confidence to go after those things you want in life were utmost in my teaching and my reward was always seeing these things come true for students.

### **LC: When did you affiliate with SKIF?**

**GB:** I am not sure of the first seminar I went to with Soke Kanazawa, it may have been 1983 or 1984 and I was most impressed with his teaching and his philosophy of karate-do.

In 1991 Soke Kanazawa was again coming for a training session with Sensei Glenn Stoddard in Wisconsin. I decided I would ask to join the SKIF organization, which at the time was just a bunch of independent dojo directly affiliated with Japan. I also asked him if he would grade some of my students. This was a time when many dojos did not take women as serious as men. So, after a long day of training, I had a dinner and a meeting with Soke Kanazawa. I explained to him I had a concern about women's training and before joining his organization I wanted to be sure that the women would be treated the same as the men and with the same expectations. He seemed a little surprised, I don't think he had been asked that before but he agreed. The five or six students that came with us to Wisconsin all passed for their Shodan.

The night before the grading he informed me that I would be testing for my Sandan. The next day when it came time for grading, we had three men (much bigger than me) and myself testing



for Sandan. After basics and Kata he called me up first for kumite and had me fight all three of the men, one after the other without a break. I was exhausted and wasn't sure if I would ever move again but he had made his point! From then on I knew he would always expect the same from a woman as man. And I knew I must work very hard to pass on the knowledge he was giving me.

**LC: How did you become involved in the formation of SKIF-USA?**

**GB:** In 1991, I participated in the SKIF National Tournament, winning a place on the team to go to Mexico City of the SKIF World Tournament. During the tournament I realized that the USA did not come together as a group to compete but had individual dojo participation. So, of course I took on the job of trying to get the different dojo across the United States to join together. After several years and a lot of work on the part of Glenn Stoddard, myself, and Japan, we put together a steering committee with representatives from Japan and the USA. In July 1998 Officers were elected as follows:

Chairman	Hirokazu Kanazawa, Soke
President	Francis Fong, Shihan
General Secretary	Glenna Burleson, Sensei
Treasurer	Jim Shea, Sensei
Secretary	Jonathan Kwok, Shihan
Legal Council	Glenn Stoddard

In the beginning of the meeting Soke announced he wanted me to be the General Secretary. This was a total surprise and not a job I was looking for but of course I accepted. Not everyone was happy about me being General Secretary and I understood, there were others with higher rank and more experience but it was the wish of Soke himself so I tried to do the best I could. As history would have it a certain group in California fought this for a few years and eventually left and formed their own organization. I was re-elected three times for general secretary and

stayed on until 2006 when my husband and I moved to Florida.

SKIF-USA was able to grow its membership across the United States, put together teams to represent the United States at the World Tournament every three years, setup special training seminars with Soke Kanazawa, Sensei Murakami, and Kancho Nobuaki coming from Japan. I wrote the Policy and Procedure Manual SKIF-USA, with the help of editing from Ellen McEvoy a long-time student. We held the first National SKIF-USA tournament and my husband, with help from Murakami Sensei, put together the National tournament rules. None of this would have been possible without the hard work of my students Chris Johnson, who now owns Peak Performance and still holds a position on the board on SKIF-USA, and Lynda Crimmins who worked as administrative assistant for many years. All of the board members, Jim Shea, Mike Cook, Francis Fong, Glenn Stoddard, Glenn Burleson and all others who have served, have done so in the spirit of promoting SKIF throughout the United States. Their work will never be forgotten.

**LC: Besides the 1991 SKIF World tournament, did you participate in any other SKIF tournaments?**

**GB:** Although competition was never a focus of mine, I was honored to participate in 5 SKIF World Tournaments from 1991 to 2003.

1991 Mexico City 4th Place for men and women individual kata age 40 -44  
1994 Japan 3rd Place for men and women individual kata age 45-49 Japan  
1997 Italy 1st Place for women's individual kata age 50-54  
2000 Bali 1st Place for women's individual kata age 50-54

I also competed and placed with team kata several years. Kumite was not yet accepted

for women but we fought to get it in the World Competition. NOTE: women's kumite age 40-49 was first added at the 2012 SKIF World Tournament in Sydney Australia.

I feel very lucky to have had the opportunity to participate in the growth of Shotokan Karate in the United States and to share the way of a gentle spirit and strong hand. One of my greatest joys of owning a dojo was watching the positive change in my students and watching their lives change for the better. While it was not always easy being a female and practicing karate I felt very lucky to have had the teachers I did, they pushed me and supported me along the way.

All and all my experiences and my connection to people around the world taught me so much and it was a great honor to be a part of it all.

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Although karate does tend to still be male dominated, over the years, I have been fortunate to meet many amazing women in karate both in the US and worldwide.

I may have fallen in love with karate in 1987 but my real karate experiences started in 1993 when I joined Peak Performance and Sensei Burleson became not only my teacher but my mentor and friend. Through the years, being a part of the SKIF-USA/SKIF family has truly been amazing and something I truly treasure!



# The Tiger Within

by **Robert Nouchi**

SKIF Chozen-Ji Dojo, Honolulu, HI

*Story by Hanshi Victor Takemori*

We've all heard of extraordinary stories about a person in a moment of crisis, turns into a superhuman, lifting a car or heavy object to free a trapped victim. Some may call it "Adrenaline Rush"... maybe. Well, I would like to share with you a similar story that involved Soke. The year was 1961.

Soke came to Hawaii to teach karate in late December of 1959 and started teaching in January of 1960. About a year later, he developed very bad stomach ulcer. I think he had lots of stress in his life at that time. The sponsors gave Soke about \$120/\$150 a month or something like that... hardly enough to pay for his apartment, food and necessities. Can you imagine, coming to Hawaii where he could not speak or understand the language, where everything was new and different... by himself, no family or close friends, customs and food were all unfamiliar, a very demanding class schedule, and the list went on. At one point, he had over one hundred students, since he never turned down anybody who wanted to learn karate. At the same time he was also trying to convert the for profit karate organization into a non-profit.

Soke relied a lot on me since from day one, he found out that I spoke both English and Japanese. Although I was a beginner, he and I were only several months apart in age. I had left Hawaii when I was 10 years old for Japan and was educated in Japan. So, I did help him as much as I could but I guess it all took a toll on him about that time... it was just too much pressure for one person.

Anyway, in one of his classes, the pain was so bad, he had to stop the class and sit down. There was a Dr. Momyer, a green belt in class that came up to me, and suggested Soke visit his office. He said he could help ease the pain. So I talked to Soke and if Dr. Momyer could help relieve the pain, he was willing to try anything. The following Sunday morning, I drove Soke to the Doctor's office in Kailua, which is on the other side of the Island.

At the office, the Doctor first told Soke, what he was going to do and what was to take place. Of course I had to translate everything the Doc was saying. Some of what he was saying was somewhat technical but I tried my best. For example, I had to ask the Doc, "What is a trance?" Trance, he said simply, is "deep, deep sleep." That, I understood and could translate into Japanese. After some consultation, he brought out a gold pocket watch and started to swing the thing in front of Soke. Just like you might see on a hypnotist show. He told Soke to "relax... you are getting sleepy... you are getting sleepy." Soon, Soke was asleep, but able to respond to Doc's questions and directions... and all this through my interpretation. The Doc took Soke further into a deep trance. He then told Soke to lie down between the two chairs that he had prepared, with his head on one side and the legs on the other. He softly said "make your body stiff." Then, he said "Make your body as hard as an iron bar." Soke was on his back, between the two chairs and he looked stiff as a board with his arms folded in front of him. It reminded me of an Egyptian mummy.

The Doc then told me to sit on him. "You want me to sit on him?" "You sure?"..."Yeah, Sensei

will be fine." "You sure?" "He will be fine." So, I gingerly sat on Soke. The Doc then told me to bounce up and down. "Really?" "Yes, yes." "Okay." So I did... Soke never moved and remained straight across the two chairs...like I was sitting on a stiff board. It was an incredible thing!

After awhile, I was told to get off Soke...and then the Doc told me to support Soke when he woke-up. On the count of three the Doc took Soke off the trance. I was ready to catch Soke... and I did. We sat Soke on a chair. When Soke came around, the first thing he said was that he felt really good and he felt like he had been asleep for good 10-hours. He looked refreshed.

The Doc explained that we all have these abilities but don't know how to access them. Soke chimed in and said that karate is the same thing. We always talk about "kime"... well, we need to practice kime. A young boy 12-13 years old can knock down a large man if he knew how to use his kime...using his entire body and mind, Soke said. The Doc agreed and then mentioned that he wanted to learn karate after watching one of Soke's powerful demonstrations.

The session did not cure his ulcer right away but Soke talked about how in karate, we all need to practice kime in our daily karate training. Kime involves using your entire body to your kicks or punches. Ever since that experience, I have made it a point to emphasize the importance of the notion of kime using my entire body, mind and intention in practicing karate. There are many things we do not understand about human capabilities...in mind, body and spirit. I believe that through the practice of karate, we should try to develop these untapped abilities.

Soke unfortunately fell ill to a disease, but when he was in his prime, he told me that he felt he could knock down a bear. I believed him. He said he even went to a zoo to stand in front of a bear. Jokingly, he said after all, the thought of

fighting a bear was just too frightening. We all laughed.

I would like to leave you with some thoughts by Master Masatoshi Nakayama regarding kime. He of course was the Saiko Shihan of Japan Karate Association from 1955 until his death in 1987. He was the architect behind the growth of Shotokan world wide, by sending top JKA instructors overseas. He appointed Soke Kanazawa to teach karate in Hawaii. In volume 11 of his "Best Karate" book series, Master Nakayama writes, "The essence of karate techniques is kime." "Kime means an explosive attack to the target, combining the right technique and maximum power in the shortest possible time." "A technique lacking kime is never true karate."

# Change as Opportunity

by **Jim McGovney**

Shotokan Karate-Do Center, Houston, TX

Change simply is, it is a fact of life. It is neither good nor bad. What we make of change is good or bad: our attitude.

The COVID pandemic has caused societal great change, and thus has presented us with opportunities and challenges in karate. The challenge I see is spiritual, rather than physical. Below are some aspects I have dealt with, and I am struggling with.

The overarching challenge is that we cannot train together as a group or face-to-face with our sensei. On the surface this change is uniformly negative. But the challenge and opportunity is that more of the responsibility for our training has shifted from our sensei to us. On close inspection we can find many new ways to train our spirit, to "seek perfection of character".

We have to be our own sensei, constantly evaluating our technique and performance and finding ways to improve.



We have to develop and be accountable to our internal sensei. We have to keep our commitments to our internal sensei. We have to "be faithful" to ourselves.

Many of us train in our garage or on some other hard and unforgiving surface. Thus, we have to be mindful of our foot falls and not distress our feet. Our internal sensei tells us to find the balance between self care and "striving to excel". Our internal sensei wants us to keep training, day in and day out. That is Karate-Do.

Many of us train in a space that is not heated or cooled. I train near Austin, Texas, where my garage is cold in the winter and hot for a long summer. So of course the challenge is to train regardless of the climate and temperature. My internal sensei reminds me that if I train hard I will be warm, or more likely where I live, sweating is good for me. Another way in which to strive to excel!

We no longer have our fellow karateka to look at, to take cues from, no one to set higher standards for kime and kicks. I miss my fellow karateka, and "respect" them more than ever. My internal sensei says "Great! Another challenge!".

It has occurred to me that our sensei miss the in-person training too, the signs in us of determination and progress. They now have to coach via a Zoom link, gathering what encouragement they can. The technique and energy our sensei showed us in the dojo must be remembered and appreciated by us. We can encourage our sensei by our dedication, determination and thanks.



# Training During Covid-19

by **Pat Pusateri**

American Tiger Karate Academy, Elk Grove Village, IL

Here at American Tiger Karate Academy, SKIF Chicago, we were on lockdown from March 2020 through June 2020 not allowed to open at all. We took to Zoom to operate a hand full of classes each week.

We lost 25 percent of our students that first month. Some moved to other states, others lost their jobs, some could not use Zoom, many were afraid to spend money, etc.

Then we lost another 10 percent each month the next 3 month's. In April 2020 we lost our lease (of 19 years) and needed to find a new home for the dojo.

We did not let that discourage our mission to continue serving our community by providing physical and mental health enhancement and support by continuing to teach and propagate Shotokan Karate.

After all, we have overcome so many other obstacles in the past 25 years since our beginning in a garage in 1995, we are not letting COVID-19 pandemic be our last chapter.

So, we applied for a zoning consideration in the office building zone. We reapplied for a business license as a provider of therapeutic martial arts, which is considered an essential service.

It turned out that the building inspector who evaluates zoning applications was the father of three of our former Karate students from 10 years ago. He said "Pat, everything ATKA does is therapeutic".

He spoke to the character values taught at our dojo and attributed much of his children's

development to what they learned at ATKA. He allowed our dojo in the requested zone.

Our staff, black belts and my family members all volunteered and we moved our dojo to a second floor, temporary location in a less than desirable building with 60% less space, no elevator, terrible restrooms and a broken HVAC system. We did all the construction, wall removal, patching, painting etc. It was far from ideal, but it would suffice until the building, we really wanted next door, was available.

We were allowed to open at 25% maximum capacity, which equated to 4 students at a time. Everyone adjusted to a staggered schedule. Of course, we all wore masks, brought in air purifiers, kept 6 feet apart and we sanitized like a hospital infectious disease ward. We were still in the red but at least we stopped losing students.

In August, the lovely well maintained building next door became available. It had the same mat space as our original space, a clean modern interior, giant bathrooms-changing rooms, plenty of private parking and a huge private well maintain back yard lawn for additional outdoor training. We were overjoyed.

The temporary location still had many months remaining on the lease. However, the building owner was kind and allowed us to dissolve the lease.

So our amazing staff, black belts and family members again volunteered to move us into the new space. Since August, we have been back and forth with capacity restrictions from the Governor.

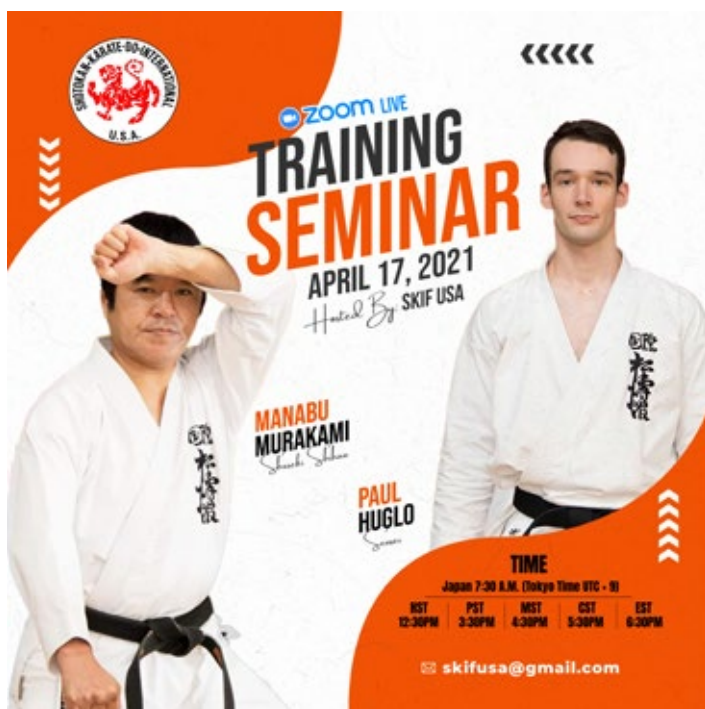
However, we are now providing a full schedule of classes and a Zoom class for those who can not attend in person. We are now at approximately 67% of members and are allowed a 50% capacity limit.

Given those conditions, we are now out of the red and moving very slowly in the right direction. We have recently had a couple new students enrolling for trial memberships each month but plan to increase that by at least 50% with more marketing this Spring.

I hope other SKIF dojos are holding on and remaining active as well.

We regret that the pandemic caused the cancellation of Kancho's USA trip in 2020 as we were planning on hosting him for his Midwest Tour in 2020. We look forward to an opportunity to host him again when it is safe to travel.

## Upcoming Events



More events coming in 2021!

Stay updated via our website [www.skifusa.org](http://www.skifusa.org) and on social media:



[facebook.com/groups/skifusa](https://facebook.com/groups/skifusa)



[instagram.com/skif\\_usa](https://instagram.com/skif_usa)



[twitter.com/skif\\_usa](https://twitter.com/skif_usa)

## Past Events 2021

HOSTED BY: SKIF USA

**NOBUAKI KANAZAWA**  
*Kancho*

**SHINJI TANAKA**  
*Sensei*

**zoom LIVE**

**INSTRUCTORS TRAINING SEMINAR**

**MARCH 27, 2021**

HST	PST	MST	CST	EST
12:30PM	2:30PM	3:30PM	4:30PM	5:30PM

Registration: <https://skifusa.com/product-category/digital/> skifusa@gmail.com

*Sensei*  
**HIYORI KANAZAWA**

**zoom LIVE**

**PRIVATE TRAINING**  
BY JAPANESE KARATE DO CENTER

**25 MARCH**

PST	CST	EST
3:30PM	5:30PM	6:30PM

+1 (832) 953-0054 | [shokukanandocenter@gmail.com](mailto:shokukanandocenter@gmail.com)

**FEBRUARY 27, 2021**

**zoom LIVE**

**TRAINING SEMINAR**

**JANUARY 23, 2021**

HOSTED BY: SKIF USA

**NOBUAKI KANAZAWA**  
KANCHO

**HIYORI KANAZAWA**  
SENSEI

SCHEDULE				
HST	PST	MST	CST	EST
12:30 PM	2:30 PM	3:30 PM	4:30 PM	5:30 PM

REGISTRATION: <https://skifusa.com/skif-usa-international-virtual-seminar> SKIFUSA@GMAIL.COM

**zoom LIVE**

**TRAINING SEMINAR**

**JANUARY 23, 2021**

HOSTED BY: SKIF USA

**NOBUAKI KANAZAWA**  
KANCHO

**HIYORI KANAZAWA**  
SENSEI

SCHEDULE				
HST	PST	MST	CST	EST
12:30 PM	2:30 PM	3:30 PM	4:30 PM	5:30 PM

REGISTRATION: <https://skifusa.com/skif-usa-international-virtual-seminar> SKIFUSA@GMAIL.COM



## **| Closing Remarks**

We hope you enjoyed the 2021 Spring/Summer newsletter. We are looking forward to the next issue. Please continue sending articles, photos and seminar/tournament recaps to our email, or reach us on our social media channels.

We would like to thank all of the contributors for their insightful articles and assistance with the creation of this newsletter.

Stay safe.

Oss!

The Editorial Committee:

Chris Johnson

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