



**United States Karate League  
Defense Arts Center**

**Tri-Annual Dojo News Letter  
September - December 2005**

Late summer and fall greetings to all instructors, students, families and friends of our dojo! It is hard to believe another summer has passed. The seasons come and go, the weather changes, school starts. But one thing remains constant: the opportunity to excel in personal growth and physical conditioning through karate!

Every future minute of one's life is the beginning of a new year of opportunity. Resolutions needn't start on January 1<sup>st</sup>! There is, indeed, no time like the present. The holidays will be approaching faster than ever. With that being said, I'd like to wish you all a wonderful, safe, happy season with every minute of your new year, no matter when it starts!

- Christie

The timing of this issue is simultaneous with the return of Sensei Ty Aponte from China. A hearty "welcome back"! You were truly missed!

***Greetings from Shihan Ty Aponte, 5<sup>th</sup> Degree Black Belt &  
President, USKL:***

Dear Friends,

Thank you all very much for your kindness and support while I was in China, beginning with the much needed medical supplies that went to the orphanages donated by the Rodriguez family, the Ghotbi family, and the Forbes family. In addition, I would like to thank the individuals and families that offered donations or gift cards that supplied me with equipment for my three month stay (May 9<sup>th</sup> –Aug. 9<sup>th</sup>). My hats off to the Senseis and Sempais that kept the classes going on my behalf and to James Augur, Bob Nunez and Christie Kramer for their administrative support. I had a great time in China and it was truly a trip of a lifetime. I was able to accomplish everything that I set out to do there and then some, and found China to be a wonderful place and the people to be very friendly, helpful and generous, and I was able to make some wonderful friendships. Aside from the staple cuisine, I daringly ate unusual foods like turtle, snake, scorpion, snails, and rabbit from different provinces. I felt compelled to climb to the top of the famous Mt. Tai Shan simply because it had my name attached to it and I also wanted to face the challenge. Martial Arts training was a bonus where I had the privilege to train at the Shaolin Temple for approx. three weeks and train intensively. Although the Chinese language was a barrier, like dance the martial arts is a universal language. I had an opportunity to study traditional Gung fu and Wushu, as well as Chi gung, with some very austere masters ( if you would like to see more of my training routine, please refer to our website at [www.uskl.org](http://www.uskl.org)). My purpose for going to China was to do volunteer work at some of the orphanages there and to study their foster care system, as well as volunteer some of my time to work with Habitat for Humanity, due to some severe flooding in South Guong Dong Province. I had a wonderful time doing both and found it to be very enlightening. I missed you all and I look forward to sharing pictures and tales of my adventures with you all soon.

Sincerely,

Ty Aponte

## ***A Message from Sensei James Augur, 2<sup>nd</sup> Degree Black Belt & Dojo Proprietor***

Greetings to all our students, parents, instructors, and members of our dojo family. Well, the fall season is upon us, the leaves are changing elsewhere, and students are back in school. We're looking forward to a season of tournaments, outings, seminars, and parties.

On October 1, 2005, we had our second beach trip to end the summer. The Evening workout at Huntington Beach was lots of fun! The water was warmer than expected, and everyone trained hard and gathered around the cook pit fire to warm up afterwards.

There are always times when things are difficult, and our training helps relieve stress and anxiety. Even so, I am reminded of a story that inspires me when I am dealing with the burdens of life.

"Two monks were strolling down a sand road when they came to a muddy part of their path. A young, lovely lady, dressed in a gaily covered kimono with clean, white stockings and bamboo sandals stood looking at the mud, perplexed. As the monks approached, she spoke to one of them, asking "Dear sir, I am going to a wedding. How do you think I can cross without getting mud all over me?"

"How would I know?" muttered the first monk, who moved past her and crossed the muddy surface. The second monk walked straight up to the lady, picked her up in his arms, carried her across, put her down on the other side, and bid her farewell.

For seven miles, the two monks walked along in silence. Suddenly, the first monk stopped, faced the other, and in an accusing voice said, "Brother, that was wrong. You know we're not supposed to mingle with females. How could you have picked up that woman?"

The second monk smiled, looked directly into the first monk's eyes, and quietly answered, "Brother, I put her down seven miles ago. Are you still carrying her?"<sup>1</sup>

Sometimes, we must remember to lay down our burdens, and enjoy life. Let's have good, hard training, and good fun as well.

James Augur  
Nidan

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<sup>1</sup> Stan Schmidt, *Spirit of the Empty Hand* (Focus Publications: St. Louis, 1984), 96.

## ***A Message from Sensei Mike Whiteside, 5<sup>th</sup> Degree Black Belt:***

### **Feeling Good, Always**

Here's a notion to think about: You remember that when you do the wrong it can, for the moment, make you feel good - But later on you'll feel bad about it? But when you do the right thing, you will ALWAYS feel good.

Do the math: It is, therefore, to our benefit to always try to do the correct behavior because it will pay off in the long run!

*A Message from Sensei Leo Shortle, 3<sup>rd</sup> Degree Black Belt USKL:*

**KARATE CAMP**

When Christie first asked me to write about my karate camp experience, I thought what an easy assignment. After all, I had been going to karate camp since the '70's. Then I thought, do I write about the early days of karate camp where we would spend a week at the University of California at San Diego? This is where I met Sensei Dalke and so many other great karate masters (Sensei's Smith, Koyama, Fields, Yabe and too many others to mention here). On the other hand, should I write about the most recent karate camp held at the Army/Navy Academy located in Carlsbad where the instructors were Sensei's Otis, Safar, Yabe, Hassell, Miles and again too many others to mention here. Then it occurred to me that this paper should also be a motivating force to get other students to attend camp so I should stick with the most recent. I must admit, though, writing about karate camp can and must include experiences from past camps.

Students arrive at the Army/Navy Academy on a Thursday (it is only a four day camp these days, but that is long enough since this compact about a month's worth of training in the four days) and looking ahead, it seems a bit frightening that so much karate will be put into such a short time.

Upon arriving, one needs to "check-in" and get their room and proper sleep wares situated. They give you the mattress and a pillow to sleep on. Then we all meet for dinner and a little "get-together" with all the other students. Having trained as long as I have trained, this year's camp was going to be more of a learning experience and less physical (or so I thought). After dinner, we all got in our gi's and set out for our first class.

Sensei Safar was scheduled to instruct our first class. He is an 8<sup>th</sup> Dan and the AJKA Technical Director. Sensei Safar is superb in everything he does and motivates students like no other karate person alive. It is an honor just to be in the same room as this great master. I often wonder why any student of karate would pass up an opportunity to train under Sensei Safar and the other great masters at this camp. It boggles the mind. After everyone lined up and did the mokso, another black belt did the warm-ups for everyone. Sensei Safar started to lecture us on the benefits of karate. I thought, "Thank God, we are not going to get killed." Sensei Safar would often say, "I am not going to kill you, I don't have time."

I have trained karate for so long and I am in shape that I feel I cannot be sore from any class. What a mistake that kind of thinking is. That first class proved to be very difficult (physically) and to say I was not sore is an understatement. We did mostly basics (punching, blocking & kicking) but Sensei Safar has a real command of the basics that he teaches. We made it through the first class and we were all pretty tired.

The next morning, up by 6 a.m. quickly getting into our gi's and hitting the grass on the football field across the street. It must have been quite a site to see all these karate people

by all the people getting off the nearby train and going to work, or just walking their dog at this beach town. Sensei Otis teaches this class. Sensei Otis is a 7<sup>th</sup> Dan and he is Chief Instructor – American JKA Karate Association. I really enjoy his teaching even though I am not really awake and ready to do karate. I have never missed a class and I am not about to just because it is early. Sensei Otis has a knack for making class enjoyable. Even at the early hours I'm glad I'm there. What goes through my mind is, why aren't other USKL students doing this. After class, we all throw our gi's in the washing machines and line up for breakfast. The food isn't bad but it is cafeteria food. The next class starts about 10 a.m. and we all line up in the main gym. This is where we all split up into individual ranks and go to different areas for specialized training according to rank. Being a black belt, I was to go to a separate dojo in downtown Carlsbad. This is an excellent idea as it prevents from being bored or training way over their heads. They certainly have enough instructors at camp to split the classes up like that. In the black belt class, we do a lot of sparring and also some advanced basics. After that, we went back to the academy and got our gi's from the wash (of course, we all bring extra gi's) then we line up for lunch.

After lunch, we get ready for another class. Wow, a lot of karate! The next class was taught by Sensei Randall Hassell, 8<sup>th</sup> Dan - AJKA President and chief instructor of the American Shotokan Karate Alliance. Sensei Hassell has authored a number of karate books, including the Complete Idiots Guide to Karate in which he co-authored with Sensei Otis. I mention the fact that he is quite the author and authority on karate because that is how he gears his class. It is more educational and allows the student to "think." Believe me, after training physically so much, it is nice to have a class where one can think a bit. I remember telling Sensei Hassell that his classes are helping me become a better teacher. He said that makes it all worth it. After class we had dinner and it occurred to everyone, hey, this is Friday night. Well, we had to go out to the village in Carlsbad. I mean this is a beach town so we have to do a little partying. None of us stayed out too late because after all 6 a.m. comes awfully early and that's when the next class was.

The next morning Sensei Otis had Sensei (Dr.) Bobby Miles do a lot of the class. Sensei Miles is a 5<sup>th</sup> Dan and is on the board of the AJKA committee. He also holds a black belt in Tae Kwon Do and it shows, as he is so flexible in his legs that his kicks are perfect. We are so fortunate to have some of the greatest instructors in karate. The great thing about going to these camps is that I know all these great instructors. The greater thing is, they all know me. Sensei Yabe taught the next class. He is truly a legend in martial arts and actually one of my favorite instructors. He has forgotten more about karate than most people know. I love his style of teaching and I try to emulate his every move. He is great, he is funny and I never miss an opportunity to train under him.

After the last class on Saturday, there was a black belt test. This is really interesting as you see all the first kyu brown belts testing for Shodan and the Shodans testing for Nidan and so on. This is a very intense time at the camp and every instructor was at the examining table. Even though I am a Sandan, I sure wouldn't want to be up there taking a test. There's a lot of pressure and you are virtually in a different state of mind - Sort of

a “no fear” concept. Well, Saturday evening was kind of special as we had a barbeque near the beach in Carlsbad. This is where everybody gets to know each other better. Even though there is only one class left, this is sort of a farewell session. It is still Saturday night so most of us want to go into town for one last night of parting. The next day, 7 a.m. on the grass (we got to sleep in), then breakfast, then good-byes.

Another year of karate camp completed and I can't wait until next year!  
The price of karate camp is less than \$100 per day, which includes room, board and karate training from some of the best JKA instructors in the world. The memories one leaves with, priceless.

Leo Shortle – Sandan  
Instructor at Pomona College and U.S.K.L. Dojo

***A Message from Sensei Robert Johnson: 2<sup>nd</sup> Degree Black Belt:***

"The spiritual perfection of man consists in his becoming an intelligent being - one who knows all that he is capable of learning."

-Maimonides/ The Guide for the Perplexed/(1190)

A focused mind, open to new ideas, can do miracles. Not only on the dojo training floor, but in everyday life. Take the focus that Karate-Do has taught you and open your mind to learning new things. Every day will be a new adventure!

- Keep Kicking!

**UPCOMING EVENTS/DATES- Please make note of the following:**

Sunday, October 23<sup>rd</sup> - Kata Seminar with Sensei Ringwood, Playa del Rey

Saturday, October 29<sup>th</sup> - Dojo Halloween/Costume Party (Flyers & potluck sign-up in the office)

Saturday, December 17<sup>th</sup> - TEST DAY - for those who are ready

Youth: 10:00 - 11:30

Adult: 12:00 - 1:30

also on Saturday, December 17<sup>th</sup> - Dojo Winter Holiday/Christmas Party

To be announced: Kick boxing seminar with Sensei Jon Spencer @ USKL

**\*Note\*:**

Please check the dojo office bulletin board & bins for any additional/future events, activities, flyers, etc.

## HOLIDAYS

Dojo will be closed and/or regular classes will not be held on the following dates (please mark your calendar):

Monday, October 31 - Halloween

Friday, November 11 - Veteran's Day

Thursday/Friday, November 24 & 25: Thanksgiving Holiday

Saturday, December 17 - TEST DAY

Saturday thru the following Sunday: December 24, 2005 thru January 1, 2006 -  
Christmas & New Year's Holidays

## LIBRARY BOOKS & VIDEOS

A number of excellent books and videos are available from the dojo library that are beneficial to all aspects of karate training. Please do not remove them from the dojo unless checked out through your sensei or the office staff. Then, after an adequate period of time, others may also enjoy and reap the benefits, knowledge and wisdom they have to offer.

Please check your personal home library to ensure that you do not have any dojo books and videos that are overdue.

## PARENTS

If your child participates in a karate-related event outside of our dojo, i.e.: demonstration, tournament, etc., please let us know so we may acknowledge their spirit.

## PRIVATE LESSONS

Private lessons are available from a number of our brown and black belts, and are a wonderful supplement in addition to regular training. They are particularly helpful when preparing for testing/exam, tournaments, and as a tool to fine-tune and hone certain skills. If you are interested, please check with your sensei or inquire in the office as to the availability of instructors.



## INFO UPDATE FORM

Seeking wayward dojo members who have not yet completed the "pink form": We are updating records and developing an e-mail list and need your help. Please be sure to submit a form (attached for your convenience) and return to the dojo office. If you are unsure as to whether you have submitted it or not, do another, just to be sure. - Thank you

## "KIDS ON KARATE"

Attached to this issue of the news letter is a "Kids on Karate" form. This will be a new section that offers the opportunity for our kids to get involved by submitting a karate-related article, picture, saying, etc., to be printed in the newsletter.

A more detailed explanation and sample of topic ideas are listed on the form itself. Additional forms will be available in the bins in the office.

We welcome all future junior editors, and look forward to hearing from you!

## **\* IMPORTANT DUES REMINDER \***

Please remember that dues are required to be paid on a regular, timely basis for continual, uninterrupted training. Failure to do so will result in a delay of advancement and/or testing.

If you are unsure as to whether your dues are current or have any questions related to payment, please feel free to ask the dojo secretary or office assistant, who will be happy to assist you. For your convenience, the schedule of fees is listed below. Thank you for your prompt attention.

- Monthly Rates:    **\$ 45 per month: train once per week**  
                          **\$ 90 per month: train up to four times per week**
- Per Class Rate:    **\$ 15 per class**
- Dues must be paid promptly by the 1<sup>st</sup> of each month.
- **Late fee of \$10.00** will be charged for dues paid after the 10<sup>th</sup> of each month.
- Please remit late fee automatically. Late fee also applies to dues that are mailed late.

### **Form of Payment**

- We accept cash, checks, money orders, and cashier's checks. We are not set up to accept credit cards.
- If paying by check, indicate student's name and month the payment covers in the memo section of the check.
- NO REFUNDS or CREDITS.
- **Please make checks payable to: USKL**

### **Family Discounts** (single month and three month discount options)

Number of Students	Monthly Dues	Monthly Family Savings	3 month Dues	3 Month Family Savings
Two	\$165	\$15	\$470	\$70
Three	\$245	\$25	\$700	\$110
Four	\$310	\$50	\$895	\$185

## "OTHER" REMINDERS

**Spirit Night** is the last Thursday of each month. All ranks are invited and must be able to perform Heian Shodan. Spirit night promotes spirit, fun knowledge, camaraderie and a great workout.

Taught by Sensei Mike Whiteside, 5<sup>th</sup> Degree Black Belt

**Don't forget the Website at: [www.uskl.org](http://www.uskl.org)**

Lastly and in closing, a quote from Wayne Gretsky:

**"You miss 100 percent of all the shots you never take."**

Enjoy the rest of the year!