

SKIF Kanazawa Group Trinidad & Tobago

La Joya Shotokan Karate-do Dojo

WORLD WIDE
INTERNATIONAL
OKAN KARATE-DO INTERNATIONAL

Heijo Shin

國際
松濤
報

JANUARY 2017
ISSUE 6

"Karate begins and ends with courtesy"





國際
松濤館

KARATE

SKIF KANAZAWA GROUP TRINIDAD & TOBAGO

國際松濤館空手道連盟

**AUTHENTIC JAPANESE
SHOTOKAN KARATE-DO**

BENEFITS OF PRACTISING SHOTOKAN KARATE-DO

- IMPROVED SELF DISCIPLINE
- IMPROVED SELF CONFIDENCE
- BUILDS CHARACTER
- RESPECT
- GOAL SETTING AND ACHIEVEMENT
- LEARNING SELF DEFENCE SKILLS

CONTACT INFORMATION

HEAD INSTRUCTOR:
PHONE :
EMAIL:

SENSEI Ian Sammy
704-1045
irocsammy@yahoo.com



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**Happy
20th
Anniversary
La Joya Karate-do
Dojo**



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ABOUT

SHOTOKAN KARATE-DO AND THE SHOTOKAN KARATE-DO INTERNATIONAL FEDERATION (SKIF)

The formal systemization of karate and its introduction to the Japanese, newly termed Karate-do, is wholly credited to Gichin Funakoshi, a school teacher from Okinawa. He is considered the founding father of present-day karate.

The name Shotokan means "Shoto's Hall (Shoto was the pen name used by Funakoshi and Kan means hall). Initially it was the name given to the building (dojo) where Funakoshi taught karate, but as time went by Shotokan was used to describe the type of Karate that Funakoshi taught.

It places a great importance on kata training and the use of low stances. Shotokan also fosters a strong, determined attitude. The techniques employed are well suited to competition, because they are essentially strong and vigorous.

In 1957 an association called the Japan Karate Association (JKA) was formed, with Masatoshi Nakayama, one of Funakoshi's best students, as chief instructor. The JKA is largely responsible for the world-wide promotion of Shotokan Karate and its supporting elements. In 1977, the legendary Hirokazu Kanazawa a student of Nakayama and Funakoshi, parted from the parent body, JKA and formed the Shotokan Karate International Federation (SKIF). They were unwilling to continue with the promotion of a primarily sport-oriented form, and reassessed their aims to include a karate practice that would foster and develop the budo spirit. Since their for-



mation SKIF has grown into the largest Shotokan Organization in the world, with over 3 million members in 102 countries.

Today the Shotokan that is taught at SKIF has grown and has become uniquely a style that developed from the innovations, skill and experience of Kancho Hirokazu Kanazawa himself.

SKIF KG-TT has its affiliation to the Shotokan Karate International Federation (SKIF). We aspire to pass on to our members, Shotokan karate-do as is practiced by SKIF. To accomplish this we participate in local seminars, conduct gradings, participate in competition both locally and internationally and we host foreign instructors every year.



ABOUT SKIF KG-TT

The SKIF Kanazawa Group Trinidad & Tobago is a traditional Shotokan Karate do organization based in Trinidad and Tobago. SKIF KG-TT is managed by a group of highly qualified black belts all of whom has trained under renowned masters such as Shihan Nakayama, Shihan Okazaki, Shihan Kanazawa, Shihan Miura, Shihan Dozono, Sensei Ichikawa, Sensei M Murakami, Sensei Tanaka, Sensei Yaguchi, Sensei Mikami and Sensei Koyama.

It is SKIF KG-TT vision to promote karate-do as a form of budo (Japanese Martial Art) that can enhance the lives of its members by improving their mental and physical abilities. SKIF KG-TT brings with it a rich and diverse wealth of experience that spans 165 years amongst the instructors.



ABOUT SENSEI IAN SAMMY

Sensei Ian Sammy first started practicing karate in 1987, at the Arima Branch of the Young Men Christian Association.

In 1991 Sensei Ian Sammy was graded to first degree black belt by Sensei K. Dozono. In 2006, Sensei Ian Sammy travelled to Japan to participate in the 9th SKIF World Championship, while there he was graded to 4th degree black belt by Soke Hirokazu Kanazawa.

Sensei Ian Sammy started teaching Karate in 1992 and assisted Sensei Thomas Henry at the Dinsley Trincity branch. In 1997 Sensei Ian Sammy opened his dojo at the La Joya Sporting Complex. He also conducts classes at two other locations, International School of Port Spain (together with Sensei Nottingham) and Bishops' Girls' High School /Trinity Boys' East.



SIGN UP TODAY!!

LA JOYA SPORTING COMPLEX

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Email: ircsammy@yahoo.com



CLASS INFORMATION

VENUE

La Joya Sporting Complex

TIMES

Wednesday: 5:00 pm to 6:00 pm
6:00 pm to 7:00 pm
7:00 pm to 8:00 pm

Saturday: 12:30 pm to 2:30 pm

REQUIREMENTS

- Annual Registration
- Monthly Fee
- Uniform



空手道

KARATEDO

KARATEDO

空手道

空手道

空手道

國際松濤館空手道連盟

SHOTOKAN



KARATE

SHOTOKAN KARATE-DO INTERNATIONAL FEDERATION
KANAZAWA GROUP
TRINIDAD AND TOBAGO

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SKIF KG TT

LA JOYA KARATE-DO DOJO

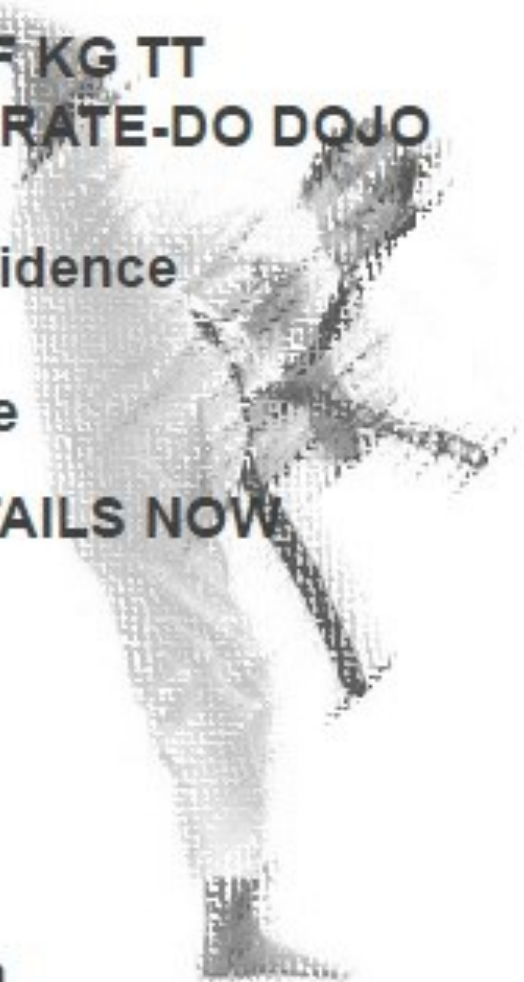
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- Discipline
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"SHOTOKAN KARATE-DO...that is what we do!"

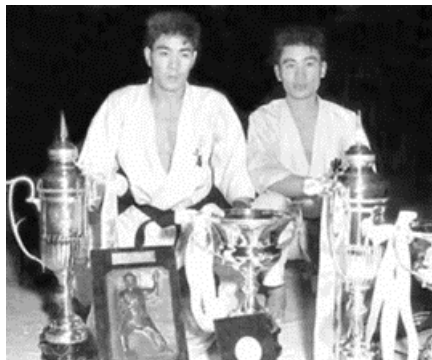
This is part 2 of the segment: Shotokan Karate-do...that is what we do! This segment in our magazine is designed to promote and educate our members on SHOTOKAN KARATE. SHOTOKAN Karate is the most widely practice form of karate in the world that is filled with a rich history.

This article is about Soke Kanazawa's early days in his Karate-do training and his time with the JKA. Master Hirokazu Kanazawa (10th Dan Black Belt) is one of the world most renowned and respected traditional karate masters of all time. He was born 3 May 1931 in Iwate. He is the Soke, Supreme Instructor and the president of the Shotokan Karate-Do International Federation, an organization he founded after he left the Japan Karate Association (JKA). Kanazawa is ranked 10th dan in karate. He is arguably the most influential Shotokan Karateka alive today, and he is a true inspiration to all Martial Artists.

He trained in judo during his school years, and held the rank of 2nd dan in that martial art. He began training in karate whilst at Takushoku University under at the head instructor of Shotokan karate at the time, Masatoshi Nakayama. Kanazawa also is one of few still alive karatekas who has trained and learned from the founder of the Shotokan style, Master Gichin Funakoshi (the famous Okinawan schoolteacher who brought karate to mainland Japan from Okinawa and founded the Shotokan style). Despite being in his eighties, his vigor and passion for karate burns as strong now as ever.



Hirokazu Kanazawa Soke, when he joined karate, after just one year and a half of training he achieved his shodan (1st dan), followed three years later with his nidan (2nd dan), and In 1956, he graduated from university and joined the JKA. That same year, he was achieved his sandan (3rd dan).



Kanazawa started gaining his famous reputation in 1950's when he won All Japan Karate Championships' an incredible three times in a row. In 1957 when he entered the notorious All Japan Karate championship tournament, he won his final bout with a broken wrist, doing against medical advice. Reportedly he did this because his mother was in the crowd and he did not want to disappoint her.

That same year (1957), Kanazawa was among the first to graduate from the JKA's instructor training program, he was sent to the Hawaii In January 1961, the JKA sent Kanazawa to establish karate schools there. He was ranked 5th dan at the time. He established a dojo (training hall) and served as the inaugural President of the Hawaii Karate Congress. He was Chief Instructor of Hawaii and United States. Hawaii was a place he grew to love for its wonderful beauty, food and friendliness.

In 1958, before he left Japan, he won Kata and Kumite Champion at the 2nd all Japan Karate Championships. He won the kata (patterns) title and shared the kumite (sparring) title with Takayuki Mikami. Mikami and Kanazawa had been classmates and roommates for a long time and, because they knew each other well, they launched a minimal number of attacks, mainly just circling until the time was up; thus, they shared the kumite title). In 1959 he also won Kata and Kumite Champion at the 3rd All Japan Karate Championships.

In May 1963, he left Hawaii to teach in Europe and Japan. In 1966, he was sent to Great Britain, where he had to start again in his quest to popularize karate in a new country. It was during his stay in Great Britain in 1966 where he was the Chief Instructor of the Karate Union of Great Britain, and awarded his 6th Dan and he quickly made himself a fan base that have continued to follow his teachings including the likes of John Van Weenen.

In 1970, the All Japan Karate Federation promoted him to 7th dan. However, in 1977, Kanazawa 7th Dan turned a new chapter in the Kanazawa book, and was forced into a position that meant he had to leave the JKA.

In part 3 of this segment we will share the formation of the Shotokan Karate-do International Federation...SKIF.

EDITORIAL

Hi everyone, welcome to the second edition of Heijo Shin for 2017.

As we celebrate our 20th Anniversary, our mission for 2017 is to focus on building on our core values with our membership as a Shotokan karate organization. Our core values are found in our dojo kun and it embodies the principles of Respect (for self and others), Discipline, Character.

We will strive to educate our members on what it means to be a karate practitioner and what is expected from them. Their conduct in the dojo must flow over into their normal lives. Training in Karate is a process and its benefits are realized during this process, with no time deadlines. I always encourage parents to support their child's growth in their karate endeavors. Do not compare your child's performance to any other student in the class. Your child will have their own combination of challenges and the solution for each one of them is different. We encourage your children to face these obstacles and seek the solutions so they can overcome them. Each child will develop in their own way and timing. This ensures a greater insight into themselves and positive growth.

Our purpose, as instructors is to facilitate that process and nurture its development. We often measure a student's progress not by comparison with other students but by their own personal growth in their training. We have had many students showing difficulty in their beginning sessions. As simple as crying to get into class and then over time their confidence develops to a point they now run into class and start to train.

With that being said we have seen so many of our students show positive personal development we are proud to see them grow in that way. I am sure we have many parents who can attest to that. We want to assure all our parents that we will continue to work with each and every member under our charge and ensure that they will all realize the benefits for karate training. I take this time to honor and acknowledge the instructors of La Joya for all the work they are doing. If I can say this, I am very fortunate to have these Black Belts as part of my teaching staff....

Oss!



國際松濤館

Karate

"Karate begins and ends with respect"



CALL: 704-1045

OR

EMAIL: skifkanazawagrouptt@gmail.com

FOR DETAILS

IMPORTANT NEWS UPDATE

In the last quarter of 2017 we have two events for the Organization. The first one is our **IX SKIF KANAZAWA GROUP National Championships**, to be held on November 04th 2017 at the La Joya Sporting Complex. In this tournament we will be using the SKIF International Rules for Competition. This is being done so as to prepare our students for the SKIF Tournaments that forms part of our plans for the period 2018-2021.

Parents I would like to remind you all that competition forms part of our training program. The idea behind it is to help build confidence, character and foster good relations between the students. Competition is not meant to divided the students but encourage the students to be determined and work harder to achieve their goal. Karate-do under SKIF is about developing the minds and bodies of our students and fostering strong friendships with each other through its activities.

The other event is **SKIF Kanazawa Group 9th End of Year Function**. Like our tournament, this event is also important for fostering stronger relations between our members. Being a part of this type of social event also helps the Organization pull together, not only the students but also the parents, who have also built friendships with each other. The SKIF Kanazawa Group is about building an Organization that teaches and educates our students in the ways of Karate-do and creating a family oriented environment.

We encourage to you to support our **IX SKIF KANAZAWA GROUP National Championships** and our **SKIF Kanazawa Group 9th End of Year Function** because these events are our events, with our kids taking part. These are our events as we are all part of the Organization and we all have a role to play to make them successful. Being a part of these events will strengthen us as an Organization and assist us in making our children experience as a member more enjoyable and rewarding!!

See you all there...**OSS!!!**

**HAVING A BLACK
BELT MEANS
NOTHING IF YOU
DON'T CONDUCT
YOURSELF AS A
BLACK BELT.**

**BE COURTEOUS.
SHOW RESPECT.
MOTIVATE.
INSPIRE.**





- Sensei Celeste Nottingham
- Sensei Jennifer De Silva
- Sensei Keiron Renaud
- Sempai Stephon Mar
- Sempai Atisha Delpesche
- The Mayers Family
- Trinidad and Tobago Electricity Company
- Mrs. Belkis Marsham Clarke

HELP PROMOTE THE LA JOYA KARATE DOJO

INVITE YOUR FRIENDS AND FAMILY TO TRY KARATE AT LA JOYA...ENCOURAGE THEM TO BECOME PART OF THE LA JOYA KARATE DOJO FAMILY.

FEEL FREE TO SHARE OUR CONTACT INFO:

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- MOBILE: 704-1045



SKIF KG TT HOSTS HANSHI HIROSHI ISHIKAWA

Eleven karateka were graded to black belt as the Shotokan Karate International Federation Kanazawa Group Trinidad and Tobago (SKIF KG TT) hosted a grading and weekend seminar from April 6-9.

Cyan Sylvester, Kiara Garcia, Zakris Cooper, David Prime, Insaf Enightoola, Tyler Neptune, Jivaughn Jones, Angelo O'Neil, Maria Hosten, Chelsea Clarke and Kyle Mayers were all promoted to first-degree black belt, after the intensive examinations held at the International school of Port of Spain (ISPS).

The weekend's activities formed part of the initiative of the organization to spread karate as a martial art among young adults in Trinidad and Tobago, and featured Japanese instructor Hiroshi Ishikawa, who is based in Mexico and is head of the SKIF Pan American Region.



Ishikawa, who holds the rank of ninth-degree black belt in shotokan karate, conducted the black belt testing at the ISPS and also oversaw the seminar which was held at La Joya Sporting Complex in St Joseph. It was a success, as it attracted over 150 karateka of various ages and rank from the different SKIF KG TT branches across the country.

The organization also arranged for the Japanese instructor to pay a courtesy visit to the Embassy of Japan at Hayes Street, St Clair as a means of strengthening ties with the Embassy by helping to promote Japanese culture in T&T. There he met the Japanese Ambassador to Trinidad and Tobago, Mit-suhiko Okada.

Before leaving, Hanshi Ishikawa expressed his gratitude for the treatment he received while he was in Trinidad. He also expressed his satisfaction on how the Organization was operating and he pledged his continued support for SKIF KG TT. On the technical side, he commented that we must continue the work that we are doing and ensure that we strive to push the students to give their best at all times. He also stressed that we continue to strengthen SKIF in Trinidad and Tobago by educating the members of the philosophy of SKIF and Soke Hirokazu Kanazawa.



Next on the agenda for SKIF KG TT in 2017 will be their annual grading carded to be hosted in the month of June. SKIF KG TT is a locally-based traditional karate organization with branches ranging from Barataria, Port of Spain, Arima and the La Joya, and is affiliated to the Shotokan Karate International Federation (SKIF) which has branches in over 180 countries.

20 Years of Black Belts

Since our humble beginnings in January 1997...as a dojo we were more focused in process not product, the students joined our classes and we trained. In the early days, when you started you were ranked as an unofficial white belt and you graded to be a white belt. This system today would be unacceptable as we are product driven. However, the old ways developed a sense of humility and made training more process oriented. Simply put...we trained and we trained...the ranks came naturally. The thought of getting to black belt only became a reality when the rank of 1st kyu was attained. The La Joya Karate-do Dojo over the years have remained committed to training its members in the art of Shotokan Karate-do. Our focus is not to become a black belt factory but an institution that teaches the true purpose of Karate-do.

As the years passed, many members dropped out along the way but a determined few remained and persevered through each rank. To date after 20 years of operating as a dojo, 33 members made it to Black Belt, in fact we can be proud that 6 of those Black Belts made it to 2nd Degree (Nidan). Currently we are getting closer to having the largest group of young members training towards getting their Black Belt. We intend to stay true to our legacy of process and not product, training and more training to ensure that the future of SKIF Karate-do in good hands.

Below are the names of all the members who attained Black Belt under the La Joya Karate-do Dojo banner.

Christopher Harper	Lizmery Fergerson	Sean Teelucksingh
Riana Bain	Evard Mc Intosh	Tristan Gray
Kerron Edwards	Richard Persad	Maria Hosten
Keiron Renaud	Stephon Mar	Kyle Mayers
Yochebed Philip	Paul Trim	Chelsea Clarke
Edward Rajmoolie	Sean Taylor	Angelo O'neil
Joanne Bain	Atisha Delpesche	Xavier Mac Farlane
Rachel Albert	Aaron Marson	Chris Dookeran
Jennifer De Silva	Oma Ramdial	Joshua Gouveia
Anderson Nesbitt	Robert Visser	Nefta Swift
Jason Windsor	Adrian Visser	Sachin Dalipsingh



BENEFITS OF TRAINING IN KARATE-DO



The development of Self Confidence

The development of Discipline

The development of Respectful Attitudes

The development of Interpersonal Skill

The development of Fitness Levels

The opportunity to learn Complex Skills and enhance
Co-ordination Skills

Personal Growth through Gradings (examinations)

The opportunity to participate in Competitions

Little Tigers Program



The Little Tigers Program is a course that we offer to pre-schools who want to introduce young children to the Art of Karate. The Programme is geared to introducing children from ages 3 years to 4 years to the **FUN**damentals of Karate.

The classes are 30 minutes long and in addition to developing co-ordination and attention skills through games and exercises, participants will learn Basic Karate Blocks and Punches and Kicks. The skills learnt are designed to prepare the participant for a more robust program in future Karate training that will provide a graduated system for belt rank advancement.

There are approximately 131 students attached to this program from five different Pre-K schools. The instructor for this program are Sensei Ian Sammy, Sempai Keiron Renaud and Sempai Dane Roper.

We currently have students who graduated from the Little Tigers Programme and are currently enrolled in our Karate Classes. To date we have 4 schools that currently has the Little Tigers Program attached to their programme. They are Little Feet Educational Centre, TML Kindergarten, Promises of Love, Arima Kindergarten Centre.

Pioneering the Art- More than 20 years of the La Joya legacy

Can you imagine doing anything for 30 consecutive years? And if so what would that be, and how much do you think you would accomplish?

While you gather your thoughts, this month marks the three-decade milestone of one of the most dedicated karate instructors you can find this side of the Caribbean, Ian Sammy sensei, who has practised shoto-kan karate since the August vacation of 1987, and is still going strong today with the La Joya branch of the SKIF Kanazawa Group T&T.

As his career suggests, sensei is a model of consistency; seldom late to class, and barring an absolute emergency, he is always present. When you enter the La Joya dojo, his is the friendliest face you will see, and his one-on-one approach has brought the best of all his students. "I've never had a bad student," he would always say. "I've had lazy students, [usually accompanied by a laugh] but never a bad student."

Sensei Ian sat down with *Heijo Shin* in March to talk about his winding path so far in karate-do. And the general theme is indeed consistency, even if the original intention was just to take up a vacation karate class at the YMCA under the guidance of Sensei Neville Mason.

"I realised it is a worthy accomplishment... but I didn't expect to be where I am today," he explained. "To say if I went back to 30 years ago to telling myself that this is where I would have been; no I don't think so. I wanted to do karate just to pass time after I had finished CXC and when the holidays was finished I was supposed to get back to my studies, but for some reason I never let go [of] the



Pioneering the Art— cont.

karate training.”

Whether he expected to go the distance or not, his continuous efforts in the art has amassed a number of accolades, including grading to his fourth-degree black belt, winning numerous medals at top-level competitions in Trinidad and the region, and after 20 years at La Joya dojo, successfully guiding 31 students to their respective black belts one of whom, became a bronze medalist at the 2006 SKIF World Championships in Tokyo, Japan.

“I actually feel proud that I have reached that type of milestone and having young people - most of them started very young - and to see them reach black belt and still holding on to karate, I feel very proud to be able to do that.

“It has to be something about what we do at La Joya and how we teach that causes people to want to stay and hold on. What the recipe is for that I’m not sure, but there’s something that I believe we are doing right that keeps the black belts here, and I feel very proud that we are able to that.”

La Joya recently had three students promoted to black belt last April, and sensei remembers the significance of his first group of students who achieved the rank.

“Even though I didn’t have an objective that in four years’ time we could have a black belt, when the time came for them to do [the] black belt [grading] I thought: ‘Wait a minute, I’m actually getting my first set of black belts.’ For La Joya itself it was a good feeling... it was a new dojo, and I actually got those students from around the time I started, to hold on to karate to reach their black belt. So in four years’ time to actually achieve that was something positive for me.” The year was 2001, and the three students (Rianna Bain, Kerron Hinkson-Edwards and Christopher Harper) were also graded to black belt, starting the trend that came full circle in April.



After earning his black belt in 1991, the teaching aspect of his career kicked off taking him to Trincity before he settled in La Joya in 1997. Starting off teaching part-time whilst working full-time was a straightforward deal according to him, however since becoming a full-time instructor of the art, the expected challenges have come along with the territory.

“When I was working, it wasn’t so difficult,” he explained. “It was very routine, we didn’t have the distractions such as the internet, so life was basically; you get up, you get dressed, you get to work, you carry your gi, you train, sometimes two or three hours, back home, and then there’s the next day.

“Full-time is a bit more different, because now almost everyday I’m doing karate, the only day I don’t teach is on Sunday. Together with all the different ways people can communicate now, you tend to get more busy and have less time for yourself because you are always reachable and always in contact.”

Those are the typical facets of any instructor’s life. The toughest challenge however, is establishing the right balance between teaching and training. Sensei told *Heijo Shin* that the teaching aspect of karate has become more complex. “Ten years ago training children was much easier, now it’s a little more challenging.” With regards to self-training however, sensei said that he makes every effort to get as much practice as he can in between teaching sessions.

The intention however for the experienced instructor is definitely to continue on the strong foundation created by La Joya dojo. “I want to see La Joya grow in numbers,” he said. “In addition to that I want to see our black belt base come up in numbers [as well]... I want to start having black belts now training to the point where they could now lead the pack later on, and do [hopefully] a better job at La Joya and to be able to carry on that and push on.”

At our last mock grading, there were more than 100 students on the floor being assessed, and in general the average training day one can see between 70 and 90 students on floor training.

With those numbers, La Joya’s karate future looks very bright indeed. The La Joya legacy: to be continued...



TIME MACHINE



GUESS WHO!!!

DISCUSSING 2017– THE WAY FORWARD

The Black Belts met to discuss the way forward for La Joya Dojo for 2017. At the meeting the Black Belts discussed the technical objectives for the club and the methods and training plans to be implemented to meet our objectives. Some of the objectives include strengthening the technical standard of the members and building a stronger awareness of SKIF and its goals. Also on the agenda is finding methods to encourage more support for the club events and activities. Also in 2017 we hope to include a second part to the Nutrition Programme we held last year. In addition, we hope to have a seminar with a representative from the Police anti-Kidnapping Squad to chat with us on personal safety practices. We will be hosting our usual annual National Championships at a date to be announced. These are some of the events and activities we have discussed.

As of 2016 Karate was made an Olympic sport and it will be featured in the 2020 Olympics. Sport Karate is very different to what we practice, as part of our agenda, we will be considering sending members who willing and technically competent to participate at the competitions held under the National Body banner. However the objectives of Sport Karate is limited and not as wide as Traditional Karate-do. Our focus as a Traditional Karate-do Organization and Club is our priority.

We have met two of our major objectives by hosting Hanshi Hiroshi Ishikawa during the month of April and fielding a small team that participated in the IX Pan American Championships that was held in Argentina in August. Hanshi's visit was a success, and plans are on the way for him to be hosted next year. We hope to have everyone on board with us so that we can meet all our objectives for 2018. We look forward to working with everyone to get us there.



Black belts meeting at Sensei's Home

WELCOME TO OUR NEW SHODANS

During Hanshi Ishikawa's visit, he had the opportunity to grading 11 persons to Shodan (1st Degree Black Belt). The examination was a grueling one both physically and technically. However, despite the nervousness of the members, they all pushed hard and never gave up. Hanshi commented their ability of not giving up....determined Karatekas.

We congratulate the following persons who was succesfull at the examination.

1. Cyan Sylvester
2. Kiara Garcia,
3. Zakris Cooper
4. David Prime
5. Insaf Enightoola
6. Tyler Neptune
7. Jivaughn Jones
8. Angelo O'Neil
9. Maria Hosten
10. Chelsea Clarke
11. Kyle Mayers



They were all promoted to first-degree black belt, after the intensive examinations held at the International school of Port of Spain (ISPS).

OUR NEW DOJOS : ARIMA DOJO, ST JOSEPH GIRLS' RC SCHOOL and THE MARACAS BAY DOJO

Our Arima Dojo suffered a minor setback as we had to find a new location to continue our classes in Arima. This was as a result of the owners of the building receiving a Government request to provide space to house government offices. The dojo became a casualty of that request.

However, we have secured a new location, the Malabar Phase 4 Community Center. We opened our doors there at the beginning of June. Fortunately we have not suffered any loss of members, we have maintained our membership of 20 members. We have already conducted our first grading at our new location and the members have all settled in very well.

As part of our 2017 Action Plan for the Arima Dojo, we hope to embark on a membership drive to increase the dojo to 40 members by the end of 2017. As the dojo situated directly in the Phase Four Malabar Community our first move is to have flyers distributed in the community. Secondly over the vacation period we will be conducting some of our training sessions externally to have a visual presence in the community. Anyone wishing to assist us in promoting the Arima Dojo can contact Sensei Ian Sammy directly.



Also, we have opened up two new Dojos, one is based in the St Joseph Girls' RC School and the other at Maracas Bay. To date we have over 25 and 15 students training respectively. On another note we have restarted our Riverside Dojo and we hope to restart our Bishops Dojo at the end of 2017. These dojos even though they have been successful in pass years, they have become difficult to manage. From members not ensuring that their fees are paid to the lack of interest in the program. Bishops' Dojo has been in existence for 7 years and have produced 2 Black Belts. The Riverside Dojo has been in existence for just over a year. We hope to change our operational strategies in these two location so as to maintain their operations.

IT'S A WAY OF LIFE

My Karate journey began in 1987 at the Arima YMCA club. Little did I know that the decision to start Karate-do would have lead me to where I am now. I was lucky to find an instructor who cemented in me, not only the physical and outwardly noticeable aspects of karate-do but also the esoteric principles. I owe my thanks and gratitude to my Sensei.

Some people see a Sensei as a person who is an expert or master in Karate-do, but nothing is further from the truth. A Sensei is still a student of the way, still learning, still growing...still understanding. My recent trips for external training with more advance Senseis continues to show me that there more to learn...and more to teach. The journey is never ending, when you think you reach that pinnacle.... Many karatekas link mastery to getting their Black Belt, or winning competitions...but these are fleeting illusions. Mastery in itself is always on the horizon. There is always more to learn...to recognize mastery in oneself is to stop growing.



In Japan the term Sensei is not associated only with karate but with most teacher-student relationship...such as schools, business etc. However for the Karate-do Sensei, Karate-do has the added value of providing as education with regards to life lessons. Some students develop a kind of relationship with their Sensei in which his own wisdom is passed on through his own experiences. As the word Sensei literally means "One Born Before"...a Sensei is the one with the experience who can guide you along the path.

IT'S A WAY OF LIFE ...Continued

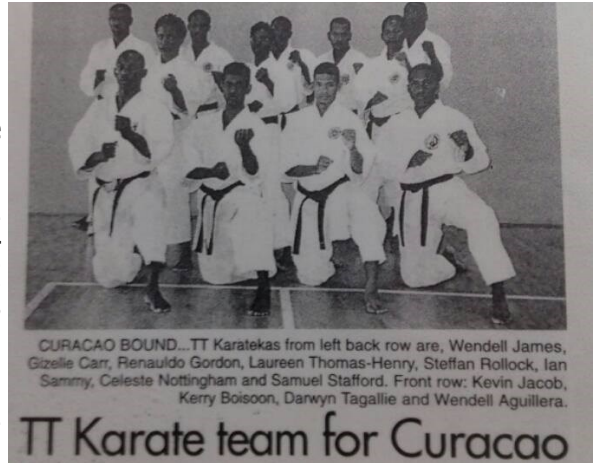
I have competed in Karate roughly during the period 1987 to 2006, and I have an appreciation for winning and losing. Coincidentally I graded over the same period, with my last grading being done in Japan 2006. I never received a skip but pushed through every exam I took. I have also participated in many local, international technical seminars training with many famous and technically proficient Senseis. I have practiced some Shito Ryu, Goju Ryu, Kempo, Pa Kua, Tai Chi and Jui-jitsu. I was Assistant National Coach, National Referee and a member of the Referee Council for the Trinidad and Tobago Karate Union. I have trained students to become champions in



their own right, local, Pan American and World Championships. These experiences has allowed me to become a better

Sensei, strengthening my Karate-do. Sharing the knowledge I have gained and continue to gain is what to me a Sensei is about.

In my 30 years as a Karateka and 25 years as a Sensei, my experiences in Karate-do has deepened my life. From my standpoint, I have seen what Karate-do can do for an individual who is open to enriching oneself. As an instructor of a large dojo, I have accepted the challenge to continue to teach Karate-do and its many benefits. Karate-do is my Life, and not for the obvious reasons, but as was once said "Kicks and Punches are tools to kill the ego". I hope to continue on my journey and to continue to provide a means for self-development for the students I have the pleasure of teaching through Karate-do



LA JOYA DOJO

RULES , GUIDELINES AND KARATE TERMS

What is a DOJO?

The word Dojo is a Japanese word that literally means 'WAY PLACE', but in essence it means 'place to learn the way'. If we are to explain it so that anyone who is new to Karate-do will understand, the Dojo is the place we practise.

However, to a practising Karateka, the dojo is more than the place they practise Karate-do. In addition to learning the physical techniques that develops the body, a karateka also develops their confidence and builds their character.

The Dojo is more than the place to physically train, it is a place that teaches them etiquette, respect and honour.

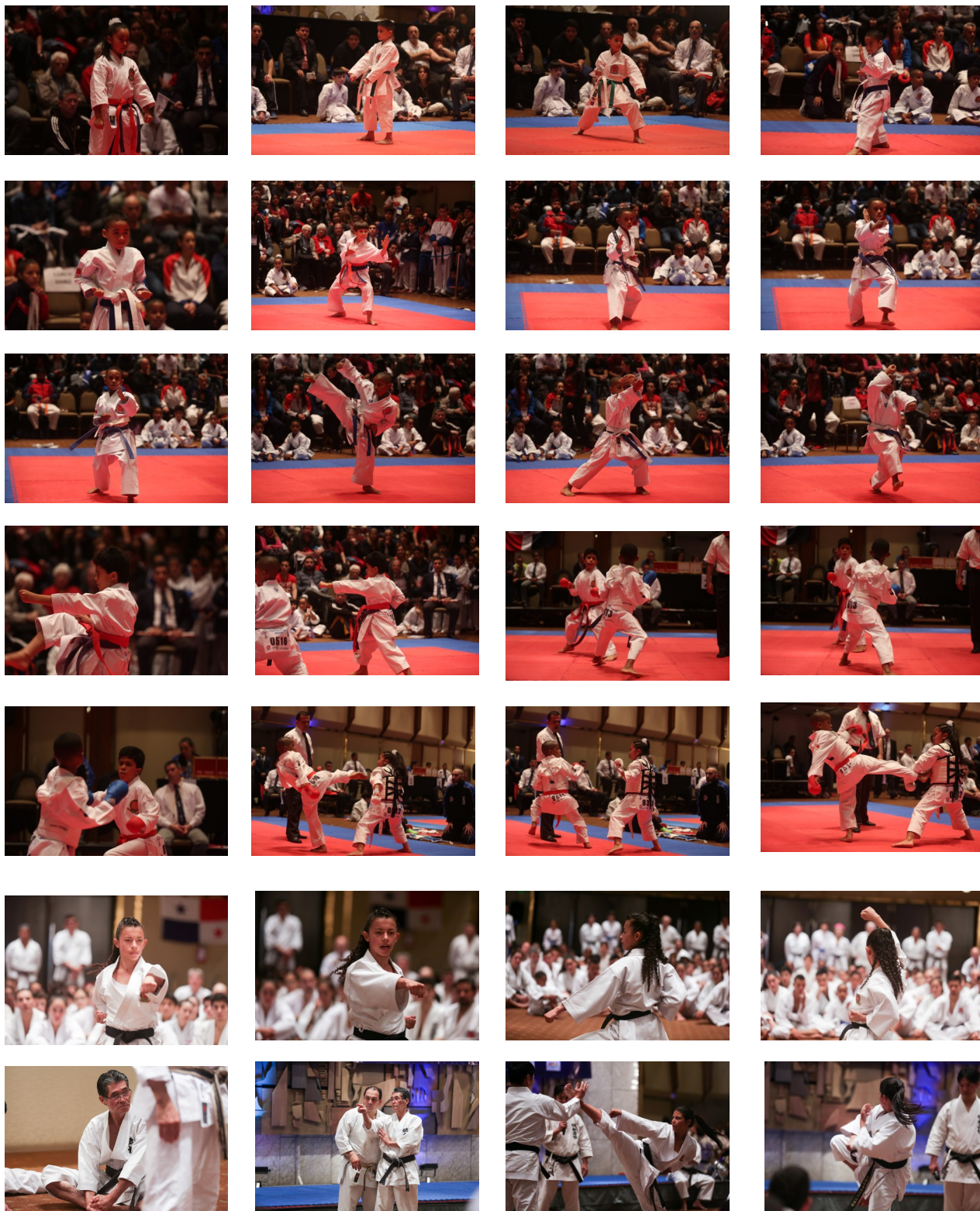


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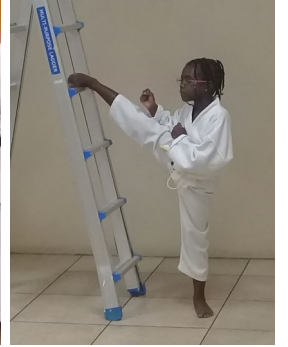




PHOTO GALLERY



ARGENTINA 2017



IX CAMPEONATO CONTINENTAL DE KARATE SKIF



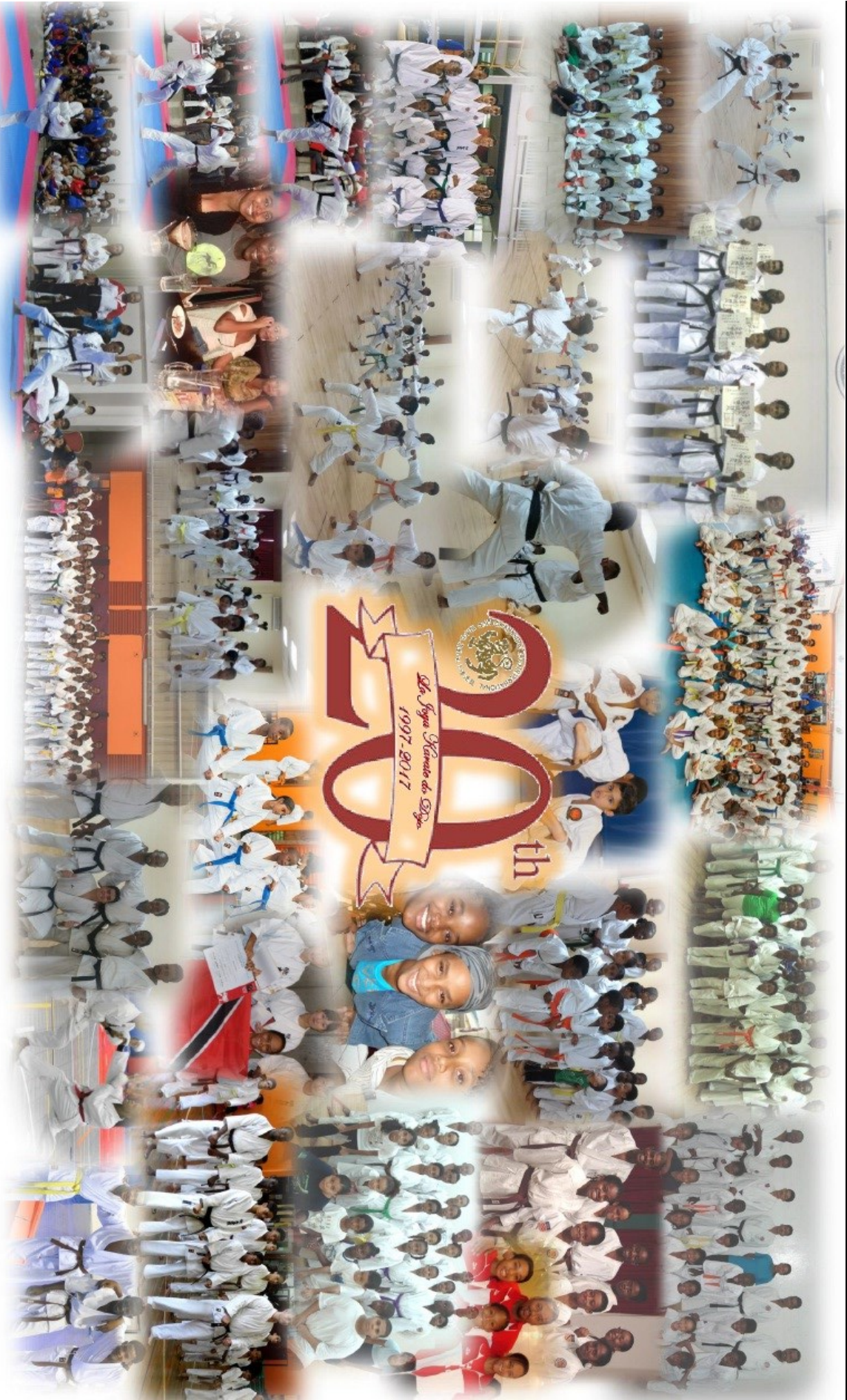
國際
賽報

Buenos Aires 2017
19 Y 20 DE AGOSTO





20th Anniversary Poster



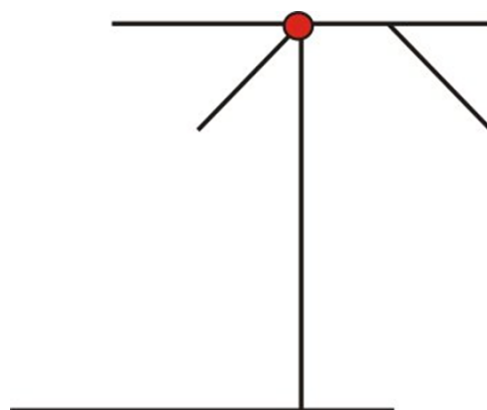
KARATEA JOURNEY

Heian Shodan

Kata training is huge part of karate-do training. Katas are very old are were passed down from master to student time and time again. Katas are a link to karate's past. A karatekas introduction to katas start with HEIAN SHODAN....meaning Peaceful Mind One. Below are the movements for this basic but important kata.



平安初段



HEIAN SHODAN
EMBUSEN

Oss Sensei?

In Karate there is concept of ranks and titles, this is to provide structure and a means of goal setting. These titles are somewhat consistent from organization to organization but there can be slight differences.

Some of the most common titles used today are highlighted below:

Sempai

A Sempai is a term used for senior student. It is used when the student is assisting the Sensei or has the authority to conduct the class in the absence of the instructor.

Shuseki

A shuseki is the title used for the Chief Instructor of an Organization. His job is to ensure that the members maintain a high technical level. This is done through seminars and special training programs.

Sensei

A sensei is a teacher, its literal translation is 'one born before'. Usually each dojo has one Sensei. The Sensei is the person in charge of the dojo

Kyoshi

Kyoshi is actually the common word in Japan for a “teacher”, or a “professor”. Not to be confused with the word Sensei, which has a different and more complex meaning.

Shihan

A very formal title, meaning “master instructor”. A shihan is in short a “teacher of teachers”.

Hanshi

Hanshi is considered one of the highest title of all, it is a formal honorary title given to the highest person in a organization, signifying their understanding of Karate-do

Soke:

A head of the family/house/style. This title is used for founder or Supreme Head of a school or organization.



Members Page

Welcome to all our new members for 2017. It is a pleasure to have you on board with us.

There are some members who have enrolled their children for Karate classes and for them, that is all to it. But enrolling your children in our programme is much more than that. At our organization we teach the Traditional Shotokan Karate-do.

Traditional Karate, as an art of self-defense, evolved in Japan over many years. Its philosophical base is Japanese "Budo" which is common to many Japanese martial arts. Important to the technical structure of Traditional Karate is the concept of "Ikken Hisatsu" or finishing blow whereby a single technique stops an opponent. This high technical proficiency makes Traditional Karate a form of martial art that requires great discipline.

Since Traditional Karate training involves the dynamic use of the total body, the physical benefits are of the highest quality. While Traditional Karate strives to develop the whole person, it also benefits the mental and emotional states, providing for overall equilibrium and stability of emotions. The ultimate goal of training in Traditional Karate is not merely the perfection of fighting skills, but rather the total development of the human character where fighting is no longer necessary.

The name of our Organization is SKIF KG TT, stands for Shotokan Karate-do International Federation Kanazawa Group Trinidad and Tobago. We are an affiliate member to SKIF, a well known international Karate Organization headed by an equally renowned Soke Hirokazu Kanazawa, Kanazawa is literally a living legend in the Martial Arts circles. His reputation and his works are well known to many. He is widely regarded as the person who introduced the Japanese style of Shotokan Karate-do to the world. SKIF is a well respected international organization with over 2 million members world wide. Its members are respected internationally.

If you want to learn more talk to your Sensei or hey...just Google it.



國際松濤館

SKIF 9TH PAN AMERICAN CHAMPIONSHIPS

The 9th SKIF Pan American Championships was held in Buenos Aires Argentina. The organizing committee was headed by Sensei Sergio Pereyra President of SKIF Argentina. The event had 15 countries participating:

Argentina
Brasil
Bolivia
Chile
Columbia
Costa Rica
Dominican Republic
Mexico
Panama



Paraguay
 Paraguay
 Peru
 Puerto Rico
 Venezuela
 Trinidad and Tobago



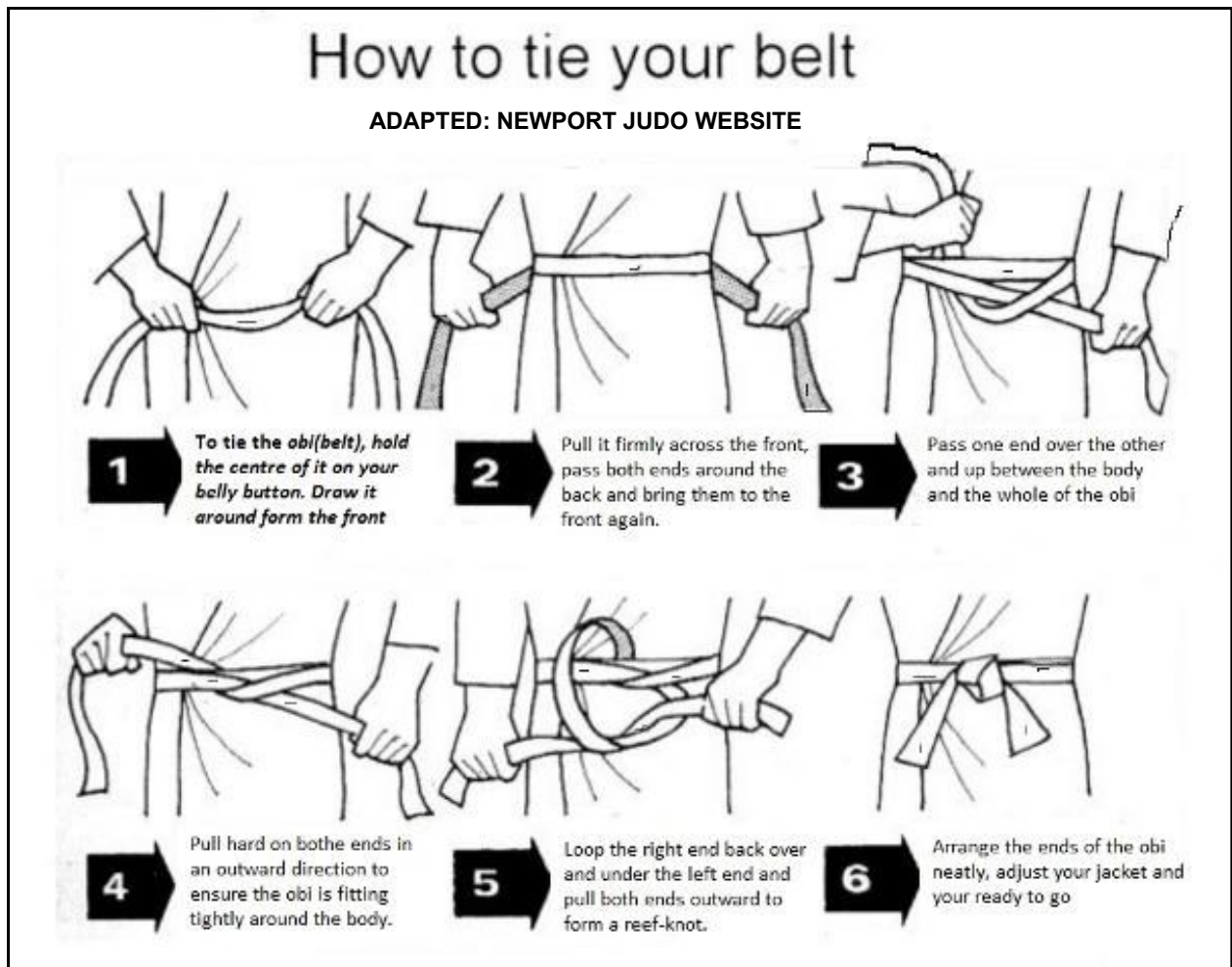
A three member team from SKIF Kanazawa Group Trinidad and Tobago participated at the event. The team members were Atisha Delpêche, Rebecca Mohammed and their coach and manager Ian Sammy.

The event comprised of technical training seminars and a tournament. Ms. Mohammed who participated in the tournament made it to the semifinals but was eliminated in that round.

The technical training seminars were conducted by Kancho Nobuaki Kanazawa (President of SKIF and the son of the renowned Soke Hirokazu Kanazawa), Shuseki Manabu Murakami (Chief Instructor of SKIF) and Hanshi Hiroshi Ishikawa (President and Technical Director of SKIF Pan American and Caribbean Region)

16 countries participated in this event with over 500 competitors. SKIF KG TT expresses its thanks to Kancho Nobuaki, Shuseki Murakami, Hanshi Ishikawa and Kyoshi Castro. SKIF KG TT also thanks Sensei Sergio Pereyra, Sensei Ivan Pereyra, the organizing team and SKIF Argentina for hosting a very successful event. SKIF KG TT thanks everyone who supported the team that travelled to Argentina.

SKIF Kanazawa Group will now be preparing a team to participate in the SKIF World Championships to be held in Japan 2019.



QUOTES

"

The F in SKIF does not mean only Federation it also means Family and Felicidades" –

Hanshi Hiroshi Ishikawa

"Change the way you think and your whole environment around you changes"



NOTICE BOARD

- *November 4th 2017– IX SKIF KANAZAWA GROUP National Championships.at La Joya Sporting Complex.*
- *December 02nd– End of Year Function at La Joya.*
-

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The way of Karate- *Seiza* (formal Japanese sitting)

The word *seiza* means literally "correct sitting", with knees together, back straight and buttocks resting on ankles. The Japanese have used *seiza* as long as they've had clothes that required a formal, modest seated posture- since well before reliably recorded history.

Through the early history of Japan, various ways of sitting were regarded as 'proper', such as sitting cross-legged, sitting with one knee raised, or sitting to the side. People's social circumstances, clothing styles, and the places where they sat naturally brought about their manners of sitting. The development, in the Muromachi period, of Japanese architecture in which the floors were completely covered with *tatami* (thick straw mats), combined with the strict formalities of the ruling warrior class for which this style of architecture was principally designed, heralded the adoption of the sitting posture known today as *seiza* as the respectful way to sit. However, it probably was not until around the years surrounding the turn of the 18th century (the Genroku to Kyōhō eras in Japanese history) that the Japanese generally adopted this manner of sitting in their everyday lives. In modern time, by the end of the 20th century, traditional-style *tatami*-floored rooms, and circumstances where one should sit 'properly' in this manner on the *tatami*/floor, became uncommon in Japan, consequently many Japanese are unaccustomed to sitting *seiza*.



THE REAL MEANING OF REI (BOW) IN KARATE....

Karate-do begins with a bow and ends with a bow.

Rei (bow) is a formal procedure in karate-do that plays a significant role on the development of the karateka. Many times it is taken for granted and most of the time it is either done hurriedly or incorrectly. But as with all movements in karate-do there are principles behind the concept of rei...this is called Setsu. To state it another way, setsu (principles) represent the proper etiquette for expressing rei.

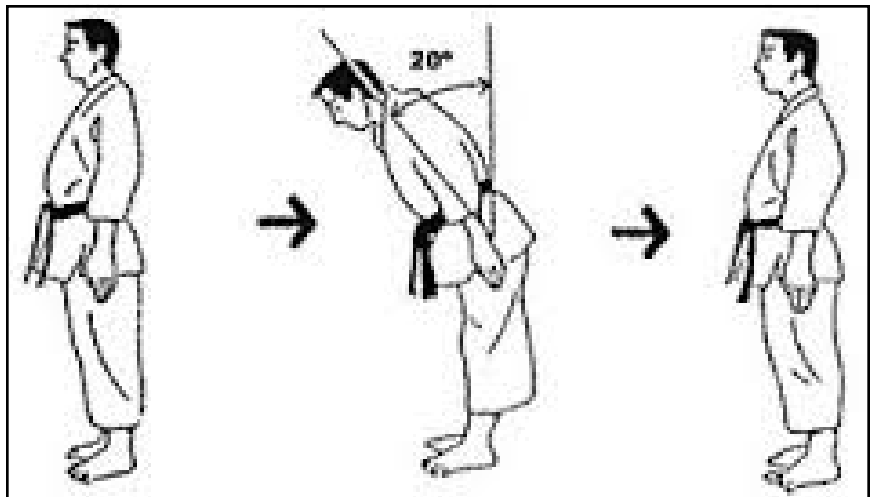


In karate-do when we interact with others, rei is a display of respect for the other person. This builds well balanced relationships in the dojo between karatekas. Rei, however, is also not only reserved for the instructor, in fact it is the normal greeting that karatekas display to each other.

So how to perform rei and why is it important to maintain how it is performed. Rei is a very simple procedure that must be done in a particular way. Doing it the way it must be done lets the person who you are greeting know that you truly respect them and that you are taking the time to perform the greeting correctly. This must formal procedure be returned to the other person with the same feeling.

To perform rei you must first bring in your right foot to meet your left foot. Heels alone must be touching...toes apart. At the same time you perform this movement your hands must drop to your side, palms on the outside of your thighs (do not slap your hands against your thighs). At this point you bend at your waist at an angle of about 20 degrees and you say

OSS! (very sharply and from the pit of your stomach). You then straighten up hands still at your side, from this position you begin to shift your right foot back out into ready position, make sure that you cross your right hand over your left, pulling it to your hip and pushing them forward over the front of your thighs when returning to the ready position. Make sure that you perform one breath out (exhalation) when doing this movement.



As a karateka rei is of utmost importance and it is one of the building blocks that develop the complete karateka.

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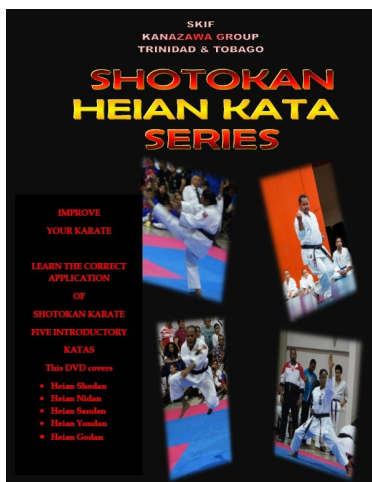


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LA JOYA KARATE-DO DOJO CONTACT INFO

Mobile Number: 1-868-704-1045
1-868-295-8165

Office Line: 1-868-270-6891

Email: ircsammy@yahoo.com
senseisammydojos@yahoo.com

Facebook: Shotokan Karate-do International Federation
Kanazawa Group

**SKIF KG-TT
LA JOYA KARATE-DO DOJO**

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La Joya Sporting Complex
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LA JOYA KARATE-DO DOJO**

Style
Founder

SHOTOKAN KARATE-DO
Mejin Gichin Funakoshi

INTERNATIONAL ORGANIZATION

Shotokan Karate-do International Federation (S.K.I.F.)

Founder of S.K.I.F.-

Soke Hirokazu Kanazawa

President of SKIF -

Kancho Nobuaki Kanazawa

Chief Instructor of SKIF -

Manabu Murakami

President and Technical Director of SKIF Latin America/ Caribbean-

Hanshi Hiroshi Ishikawa

**KANAZAWA SHOTOKAN KARATE-DO INTERNATIONAL FEDERATION
TRINIDAD AND TOBAGO**

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Providence Dojo

Sensei Celeste Nottingham (4th dan)

ISPS Dojo Sensei

Sensei Celeste Nottingham (4th dan)/ Sensei Sammy (4th dan)

Holy Rosary Dojo

Sensei Ian Sammy (4th dan)

Arima Dojo

Sensei Ian Sammy (4th dan)/Sempai Keiron Renaud (2nd dan)

Riverside Dojo

Sensei Ian Sammy (4th dan)/Sempai Keiron Renaud (2nd dan)

La Joya Dojo

Sensei Ian Sammy (4th dan)

Bishop's /Trinity Dojo

Sensei Ian Sammy (4th dan)

Fudo Shin Karate-do Dojo

Sensei Ricardo Wooding (5th dan JSKA/3rd dan SKIF)

**LA JOYA DOJO
TRAINING DAYS & TIMES**

Wednesday :- 5:00 pm to 8:00 pm

Saturday: - 12:30 pm to 2:30 pm

Shotokan Dojo Kun

Hitotsu - Jinkaku kansei ni tsutomeru koto
First - Seek perfection of character

一、人格完成に努むること
一、誠の道を守ることに
一、努力の精神を養うこと
一、礼儀を重んずること
一、血気の勇を戒むること

Hitotsu - Makoto no michi o mamoru koto
First - Be faithful

Hitotsu - Doryoku no seishin o yashinai koto
First - Endeavour

Hitotsu - Reigi o omonzuru koto
First - Respect others

Hitotsu - Kekki no yuu o imashimuru koto
First - Refrain from violent behavior