JKA American Federation Newsletter

December 2008 *Vol. 1, No. 2* *S. Decuir / M. Hrabec / T. Nakamura -- Editors*

News Flash!

On March 8, 2008 JKA HQ held a regular Board of Directors' meeting, at which it was resolved that as of that date Takayuki Mikami, along with Masataka Mori, in consideration of their long years of service and many contributions, were appointed advisers; they were each given the special title of 'Senior Technical Adviser,' a position which is below Chief Instructor but above Deputy Chief Instructor.

Web Sites!

The JKAAF has two web sites in the works. The official web site is at www.jkaaf.org. The JKAAF blog, where you can get updates on current events, is located at www.jkaaf.blogspot.com. We hope that you mark them on your computer and visit them often.

Election Results

ELECTION RESULTS (as of 8/9/08). As most of the instructors know, after the formation of the group written ballots were sent out to all the clubs that form the JKA/AF to elect corporate officers. On August 9, 2008, there was an executive committee meeting in Lafayette, Louisiana, in which those ballots were tabulated. The following results were recorded:

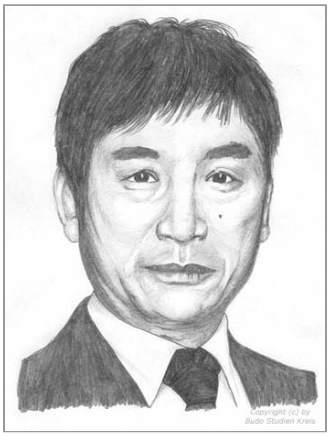
Takayuki Mikami, was elected Chairman; Jerry Kattawar, Jr., was elected Vice Chair (Executive Director); Maria Hrabec, was elected Managing Director; Scott Decuir, was elected Secretary; Kyriakos Papadopoulos, was elected Treasurer; Tony Nakamura, was elected Communications Director, and Bill Staten, was elected Auditing Director.

Furthermore, Steve Robichaux, was elected At Large Director, Fathi Jarushi, was elected At Large Director, Doug Walsh, was elected At Large Director, Danny Guidry, was elected At Large Director, Thomas Fields, was elected At Large Director; and Khalil Sorbi, was elected At Large Director.

Furthermore, Shih-Min Hsu was elected Director from Birmingham Shotokan Karate; Dan Almon was elected Director from Capital City Karate Club; Dennis Keyes was elected Director from the Cleveland Shotokan Karate Club; Joe Muzzi was elected Director from the Greenville YMCA Shotokan Karate Club; Michael England was elected Director from the JKA of North Texas; Joe Giluso was elected Director from the JKA of Ponchatoula; Timothy Dupree was elected Director from the JKA of Thibodaux; Angel Carr was elected Director from Southern Shotokan; Dewey Swink was elected Director from JKA of Hammond; Ricky Pampo was elected Director from Karate Club at LSU; Lane Nevils was elected Director from the Lafayette Karate Club; Ramy Badawi was elected Director from the Louisiana Karate Association; Bruce McGee was elected Director from the Maumelle Karate Club; Mai Nguyen was elected Director from Xavier University Karate Club; Richard T. McKenzie was elected Director from the Minden Karate Club; Dimitri Papadopoulos was elected Director from the Jewish Community Center Karate; Wayne Hammond was elected Director from the Monroe Karate Club; Candis Durand was elected Director from the New Iberia

Mikami's Message:

Each Month, we will ask Mr. Mikami to give us a comment for the newsletter. If you have a specific question for Sensei, please forward them to our attention at newsletter@jkaaf.org.



What is the key to success in Karate? The Key to success in Karate, as with any endeavor in life, is preparation. While training in the dojo, one must concentrate 100% physically and mentally. Training in the dojo is actual combat training. If you train at an intensity of 50 or 60% intensity in the dojo, then when the situation arises in reality you will only react at a 50 or 60% level and will not be as effective in your techniques as if training at 100%. Proper target, distance, speed, application of power, are all to be used correctly to achieve 100% efficiency.

Karate Institute; James K. Ellis was elected Director from Nichols State Karate Club; Glenn Taylor was elected Director from the Shreveport Karate Club; Devin Fadaol was elected Director from Tulane Karate Club; Phylis Logsdon was elected Director from University of South Alabama Karate Club; Tim Ethridge was elected Director from Vicksburg Shotokan Karate; Ben Anderson was elected Director from W. Tennessee Karate Association; Rose Shuff was elected Director from University of Louisiana Lafayette Karate Club; Stephen Powers was elected Director from Auburn University Karate Club; Cleo Sorbi was elected Director from the ISKA; Arun Rao was elected Director from University of Illinois at Chicago Karate Club.

All clubs not reporting their elected directors were given time to file their results or verbally contact the managing director with their nominations and those clubs were to still be allowed a representative at all meeting conducted by the Board. Any club who applies for and is granted membership into the JKAAF shall automatically be allowed one representative Director on the board, which should be disclosed on the club's application form. Congratulations to everyone who was elected.

Upcoming Events:

- Nov. 1 - All South Youth Championships, Ponchatoula, LA
- November 23, Dan Exams at the LKA
- December 13, End of the Year Training & JKAAF Board Meeting
- December 14, Instructor Training at the LKA

Monthly Challenge:

In preparation for deeper understanding and also for the preparation for qualifications, this section will include question(s) about JKA Karate standards. The answers will be provided in the following month's newsletter. the question for this months is:

"In Heian Katas, all of the front kicks are executed towards Jo-dan, but there is one Heian Kata that executes front kicks towards Chu-dan. Which one is it?"

Upcoming Articles

Please send your articles and pictures and events to newsletter@jkaaf.org for inclusion in upcoming newsletters.