



W.H.D. AFFILIATION NEWSLETTER

EIGHTH EDITION – MARCH 2010

“Uncontrolled power is useless”

Thoughts from Hanshi Duessel



Picture by William Haraby

Hanshi's most recent seminar in Pittsburgh was March 6, 2010. Approximately fifty students attended the seminar from Pittsburgh, Penn State, Ohio, New York, and New Jersey.

Hanshi spoke about the importance of repetition needed to truly learn the art. He also said that anyone who is not doing what he is doing, and covering all aspects of Isshin-ryu training is not doing Isshin-ryu Karate.

The first portion of the seminar dealt with **Posture Stretching Drills**. During this portion of the seminar, everyone participated and learned two stretching techniques to improve personal posture that should be used during training and when not in the dojo. We used Seisan Kata and Seiuchin Kata segments to reinforce the importance of posture.

Next we reviewed the importance of **Centering**. We should all breathe and move from the area about two inches below the belly button. When walking and doing karate the head should be at the same level. We did segments of Seisan Kata to emphasize the importance of moving from our center.

The final section of the seminar dealt with improving the twist punch used during Sanchin Kata. Proper execution of the punch in a straight line, with the twist at the end of the extension, helped to eliminate the improper use of the elbow. Everyone did many punches, retracting the

opposite hand and coordinating the twisting segments of the punch and retraction with the same timing patterns.

Master Wallace spoke for a few minutes about the importance of centering and breathing from the abdomen. He stressed that these techniques should become a part of everyone's daily life and not just during karate training.

Sensei Heidi Gauntner spoke about the upcoming 2011 IWKA Tournament. The website is in the "**For the Good of the Order**" section below. Plan to attend and support the event.

Sensei Semone from Shihan Carmona's dojo spoke about the upcoming WHD Seminar. Information is in the next section.

EVERYONE HAD A GOOD TIME!

W.H.D Symposium 2010

The next meeting of members of the W.H.D. Affiliation is June 25 & 26, 2010. The hosts for this event are Kyoshi Marvin and Kelly Carmona - - New Jersey Martial Arts Academy in Landing, NJ. MARK YOUR CALENDARS AND PLAN TO ATTEND. More information will be coming at a later date.

The following is a portion of the letter from Shihan Carmona.

The WHD Symposium 2010 is still several months away but we would like to bring you up to date.

The hotel accommodations for the symposium are at the Marriott Courtyard in Mt Arlington, NJ 973-770-7000.

- The cost per night is \$89 and INCLUDES FOUR \$10 breakfast buffet vouchers for each room.
- Hotel reservations should be handled individually
- Thursday, June 24, Friday June 25th and Saturday June 26th.
- The room block is under "NJ Martial Arts Academy". (If they can't find it, they are probably looking under "New Jersey". Have them search NJ.
- 'School owners' meetings - during 'breaks' and at the end of the day

Symposium registrations will be handled by each individual WHD school and passed along to me no later than May 30th, 2010. Feel free to forward your final list any time before then. By coordinating registrations this way, it will ensure each school owner is aware of who in their organization has registered (and who has not) and will allow them to pass along any updated information effectively and efficiently. More importantly *it will allow you all to reach out to those who have not registered and encourage them to do so.*

Friday, June 25th

6:00 Meet and greet – IWKA State reps report

7:30 Dinner (not included in the seminar cost)

Saturday, June 26th

9:00 to 10:15 - Seminar #1 - WHD: Kata

10:15 to 10:45 - Break

10:45 to 12:00 - Seminar #2 – WHD: Weapons

12:00 to 1:00 - Lunch (in house)

1:00 to 2:00 - Seminar #3– WHD: Kumite

2:00 to 3:30 - Reserved/One on One

*5:30pm - Dinner Gathering (included)**

The cost for the symposium including lunch and dinner on 6/26 will be \$50.

The gathering on Saturday evening will be hosted by one of our black belts, Dr Cindy Adelstein and her husband, Rob. They have graciously offered their home to host this event. For those of you who will be traveling with teens or children, the Adelstein's have a swimming pool and we have hired a lifeguard for the night. They (and you) are welcome to bring swim suits/towels. One of our goals with this event is to foster camaraderie between the teens in the WHD affiliation. They are the future of Isshinryu.

For the Good of the Order

Hanshi as asked that each sensei send a list of people from each dojo that is currently a member of the Affiliation. He and Barbara want to make an updated list including e.mail addresses if they are available.

The next world event will be in Indianapolis, Indiana. It is being hosted by Mr. John Hoffmire and is being assisted by Heidi Gauntner. The tournament website is www.issheinryu2011.com .

Let me know what is going on at each dojo and things of interest to our Isshin-ryu community for the next newsletter.

Instructors please copy this newsletter and give it to students who are a part of the Affiliation.

Kyoshi Hughes is compiling the WHD Affiliation newsletter. Publication Dates will be the last week of March and December. Any sensei wishing to put something in it should contact him at least three weeks prior to publication. E.mail him at: karatedo@goes.com or Fax: 908-852-9520.