



Sekai Yoshukai Times©

The Official Newsletter of Chris Nelson's Sekai Yoshukai Karate Association

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Cultivate a quiet spirit and a savage body. the combination is essential.©



Sensei's Corner

This spring, I am finding a renewed interest in members of our organization in extracting usable personable defense techniques from our syllabus of basics, kata and weapons. Often times, it's easy for many to get trapped into simply repeating the same training year over and over again; gaining longevity but not necessarily increased experience, knowledge or skill. Our instructors ensure that all our students receive increased levels of understanding of all of our techniques, depending on their rank. A yellow belt might understand a movement as a block, then as a green belt will make that connection that a block can be a strike, and as a brown belt build on that movement as a throw, and train as a black belt to include all those movements in one technique of block, strike, attack a joint and perform a throw. However, to accomplish all these movements in a smooth, coordinated elegant manner, the kata must come as close to perfection as possible, which means to train the kata correctly. In an April visit to the Hombu, Faust sensei said he daily trains all of his black belt kata, then chooses one kyu kata to work on that day. A good plan we can all emulate!

Nelson Kyoshi

There are no Black Belt techniques. There are only basic techniques performed at a Black Belt level.

— Anonymous



Chris Nelson's Sekai Yoshukai Karate Association welcomes new members from Pennsylvania and Virginia dojos!



Rich Faust, Nidan, welcomes the newest members of the Pennsylvania Dojo of Chris Nelson's Sekai Yoshukai Karate Association. Holding their Association passports are (L-R) Eisen Faust and Stark Faust.



Derek Wolford, 3rd Kyu, Virginia Dojo, explains the Dojo Kun (Rules and Creed) of Chris Nelson's Sekai Yoshukai Karate Association (SYKA) to the newest members of the Virginia Dojo, (L-R) Wyatt Wolford and Woden Wolford. Instructors of SYKA always review our Dojo Kun often with all students.

YOSHUKAI VILLS

-Shout outs about our members -

Christopher Word (2nd kyu, Brown Belt) is a US Marine who is stationed at Camp Lejeune, NC, after completing Marine Engineer Equipment Mechanic school at Fort Leonard Wood, Missouri. He can maintain and repair any vehicle used by the Corps. He also achieved his Tan Belt in Marine Corps Martial Arts Program (MCMAP), which trains Marines in unarmed combat, edged weapons, weapons of opportunity, and rifle and bayonet techniques. It also stresses mental and character development, including the responsible use of force, leadership, and teamwork. He plans to continue with MCMAP and will attempt to become an instructor.



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Matt McMillan (3rd Kyu, Brown Belt), works for Cooper, Barnette & Page, the Southeast's premier environmental construction contractor. Saving money to advance his dream of becoming an engineer!

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Jimmy Pirino (9th kyu, White Belt), came to Hombu in April for training.

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Congratulations to Claudine Mandel (6th Kyu, Green Belt) and family on birth of son Julian! Now daughter Sylvia will have a built-in training partner!



Rich Faust, Pennsylvania dojo, visited Kyoshi Nelson April, 2018, trained personal defense applications of Seisan and key points of Sanshiryu kata. "Excellent training as always", said Rich.

Interview with Gary Torkington



Nelson Kyoshi studied Yoshukai Karate with Mike Foster Sensei for over 20 years and with Mike Sadler Sensei for over 12 years. Torkington Sensei has studied with Nelson Kyoshi 33 years. Photo © 1995 by Nelson Kyoshi.

Q: Thank you for granting this interview. How did you become interested in studying karate/martial arts?

A. I started martial arts in Tae Kwon Do while I was in high school in Florida, but after obtaining my green belt my instructor put me into an unstructured tournament where I was matched against a Black Belt. This person displayed no control over his punches and kicks and I was injured and a bit demoralized. After several more injuries related to instructional carelessness, and the tournament, I quit. However, I did enjoy the combination of the mental and physical exercise, especially as a tall awkward teenager learning to be coordinated. After a year or so, I hesitantly tried training again, only this time with a Japanese karate style called Yoshukai, classes held in Daytona. The teachers were Henry Osuba & Foster Sensei. At a summer camp in Gainesville, FL I met Nelson Sensei who told me when I got to Atlanta to look him up and we could train together. That happened in 1985 and I have never stopped training since then.

Q. What did you like most about learning karate?

A. The self confidence it gave me. I realized I could tackle anything, mental, physical, spiritual – you name it and I knew I could do it! That and it helped me with physical coordination. I graduated from Georgia Tech as a product designer did industrial design work for several years, then got an MBA from Emory U., before moving into client management. Always communicating between the client and the folks in-house and influenced by the teaching

anything, mental, physical, spiritual – you name it and I knew I could do it! That and it helped me with physical coordination. I graduated from Georgia Tech as a product designer did industrial design work for several years, then got an MBA from Emory U., before moving into client management. Always communicating between the client and the folks in-house and influenced by the teaching of sensei Nelson, I realized I really liked teaching others. I began as a substitute, then a classroom teacher and college professor, then obtained a Doctorate in Instructional Technology, and now work in the field of online learning. Also, I found that Yoshukai karate training provided me with the best workouts – mental and physical - in the amount of time I could devote to it, so Yoshukai has helped me stay in top physical shape all these years.

Q. Did you participate in a lot of tournaments?

A. No. Sensei Nelson has never stressed tournaments as a way to show-off what I know, he is much more into self-defense applications and stretching your understanding of the art through expression of the kata movements. We have had to learn the kata very precisely. Sensei is very realistic when it comes to defending oneself, lots of information on angles, distance, striking with different parts of the body, and always figuring out what would work best in any situation. There is always lots to learn from him!

Q. What is the best way you have used your karate knowledge?

A. I apply my karate knowledge to daily situations, including doing the special breathing to diminish stress. With daily people interactions, I began to think about the interactions in terms of karate. For example, do I have to block what this person is proposing, yet I have to sidestep what another person says, and do I have to forcefully strike to ensure that my points are presented correctly. It is a great mind game!

Thank you Torkington Sensei for sharing your history!

Gary Torkington is a 4th Dan with Nelson Kyoshi. He was awarded his Teaching License August 20, 2011.



Yoshukai Karate Taught at John's Creek Dojo

Seth Schilke, Nidan, is the manager of The Dojo in Johns Creek, GA. He, Stephen Arroyo, Godan, Stephen LaBar, Jr. Nidan, train Yoshukai karate on Tuesday & Wednesday nights, 8-10 PM. Wednesday is open sparring. Seth welcomes all from any style for training at the Johns Creek, GA dojo 678.417.7780. Nelson Kyoshi often teaches on Tuesday nights.

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Chad Pepper (2nd Dan), Columbus, GA, along with karateka like Nelson Kyoshi, is developing a documentary about Yoshukai karate. Any pics or video would be helpful, credit will be given. Contact: 705-527-2050

Share Those Recipes!

Students and guests at our annual Celebration bring a dish and there have been requests for recipes. The recipe for this issue is Nelson Kyoshi's Popcorn Cake.

• Melt together in microwave: 1 stick butter (or margarine), 1/2 cup vegetable oil, and one pound of marshmallows (miniature) • Mix in a large container: 1 gallon popped corn (equals 1/2 cup kernels), 1 pound M&Ms, 1 pound dry roasted peanuts (example: 1 jar of Planters dry roasted peanuts) • Pour melted marshmallow cream over mixture and combine thoroughly (butter your hands when combining for ease of cleanup) • Butter tube pan and press mixture in firmly • Chill overnight & serve (can cut like cake) • Save some for your dojomates! • Variations: Use seasonal colored M&Ms, press into any shaped pan or ice cream cones • note original recipe source: Lynn Winters (Send your favorite recipe to Kyoshi for the newsletter)

