



## 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

I am often asked why we continue to train karate for so many years; the implication of this question is that there is a goal, and once you reach that goal, you have mastered the art and there is no more need for any further training. My primary answer is there is so much to learn in our Yoshukai karate, including basics of kicking/punching/striking, kata, sparring (safety first!), weapons (bo, jo, sai, tonfa, nunchaku), self-defense (which includes Judo throws and Aikido joint locks), etc. Aside from learning the many skills in each of these areas, there are benefits to Yoshukai karate training in making new friendships, learning discipline, increasing confidence, always striving for success, and maintaining an attitude of perseverance. All of these mental skills take time to perfect, and may be more important to perfect than the physical skills. Should you ever have a confrontation outside of the dojo where you might have to use your martial arts, you will first use your thinking to analyze the situation and choose the best strategy to use. Whether you decide to leave, talk your way out, or, if absolutely necessary, resorting to physical applications, all take a long time to realize which is most appropriate for that situation. All of the kata, self-defense moves, and tai ho jutsu of our Yoshukai karate system are about combat, and we teach gradual escalation. So one has to learn not only all of these techniques, but how and when to apply them. The longer you stay and train, the more you learn, and our instructors attend seminars, go to clinics, and come to the Hombu for special training. They never stop learning and impart this quest for improvement to the students. Our competition is with ourselves, each day we will be better than yesterday, but not as good as we will be tomorrow. Never stop challenging yourself to improve! Osu!

*Nelson Kyoshi*

### Chris Nelson's Sekai Yoshukai Karate Association welcomes new Yellow Belts from Pennsylvania dojo!



Rich Faust, Nidan, held testing for students of the Pennsylvania Dojo of Chris Nelson's Sekai Yoshukai Karate Association. Test consisted of basics, kata and self-defense. Passed to 8th kyu (Yellow) are (L-R) Stark Faust and Eisen Faust.

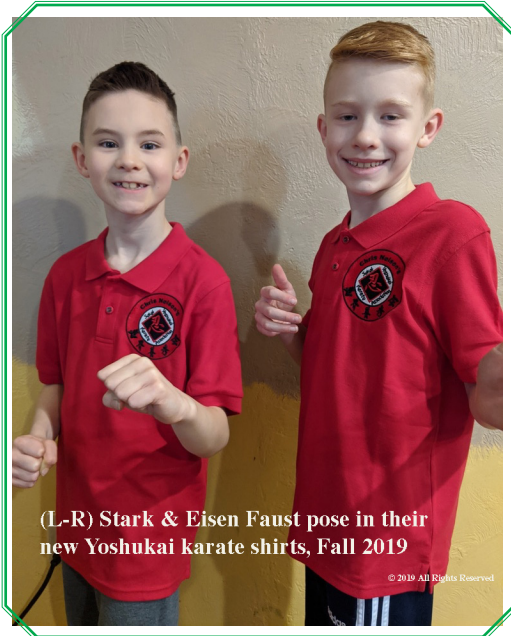


Virginia Dojo members Wyatt and Woden Wolford (L-R) demonstrate good *gedan-bari* (down block) technique while wearing their new Chris Nelson's Sekai Yoshukai Karate Association sweatshirts.

## YOSHUKAI VELLS

-Shout outs about our members -

Christopher Word (2nd kyu, Brown Belt) a US Marine stationed at Camp Lejeune, NC, continues training on different equipment and weapons. He intends to apply to Force Reconnaissance Battalion training.



(L-R) Stark & Eisen Faust pose in their new Yoshukai karate shirts, Fall 2019

Matt McMillan (3rd Kyu, Brown Belt), is now assistant manager of the Yankee Candle store at North Point Mall. Saving money towards his dream of becoming an engineer!



Fernando Fernandez earned his yellow belt. He has moved back to Miami for college, will come train often. Jimmy Pirino (9th kyu, White Belt), continues to add Yoshukai kata to his daily yoga routine. Way to go!



Hombu Instructors Chris Corvi (L) and Gary Torkington with Kyoshi Nelson 2019. Saturdays 10-11:30. Come train and learn!

## Interview with Rich Faust



Nelson Kyoshi studied Yoshukai Karate with Mike Foster Sensei for over 20 years and with Mike Sadler Sensei for over 12 years. Faust Sensei has studied with Nelson Kyoshi 25 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 had always wanted to learn karate ever since I was in elementary school, but never had an opportunity. Finally, while living in Georgia, a friend said he was training in a very realistic fighting style called Yoshukai and I should come to class and check it out. He said the instructor was a great teacher, combined lots of self-defense with sparring. Explained the instructor was traditional, but very innovative. Sensei Nelson, who now has 55 years in karate and other martial arts, welcomed me into his organization, but immediately challenged me to excel. He would accept no half measures, and insisted on perfection in kata and self-defense applications derived from the kata. The training was tough, but fair, with lots of explanations about what/why we were doing the movements. 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 has given me. I realized I could tackle anything, mental, physical, spiritual – you name it and I know I could do it! I set a goal of college and I graduated from Georgia Southern Polytechnic University with a Bachelor's degree in Architecture. I liked the combination of powerful physical training with intense mental preparation. I have used this training to succeed in college and in business; I continue to train and teach, even training my children.

## 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 *Impossibly Easy Cheeseburger Pie*

- Ingredients:
- 1 lb lean (at least 80% ground beef)
  - 1 large onion, chopped (1 cup)
  - ½ teaspoon salt
  - 1 cup shredded Cheddar cheese (4 oz)
  - (Kyoshi usually uses 6 oz Sargento extra sharp)
  - ½ cup Original Bisquick® mix
  - 1 cup milk • 2 eggs

Directions:

Heat oven to 400°F. Spray 9-inch pie plate with cooking spray. In 10-inch skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain. Stir in salt. Spread in pie plate. Sprinkle with the cheddar cheese. In small bowl, stir remaining ingredients with fork or wire whisk until blended. Pour into pie plate. Bake about 25 minutes or until knife inserted in center comes out clean. Makes about 6 servings.

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(Send your favorite recipe to Kyoshi for the newsletter)

**Q. Did you participate in a lot of tournaments?**

A. I would say not a lot of tournaments, but enough to be able to challenge me and the other students' knowledge of what works in sport karate. My favorite tournament memory is the one where there were no other adult men in the green belt category, so I was placed in the brown belt group. I won all the matches until the final match and my opponent and I were tied. Although controversial, he was awarded the final point for the win. Later, as I was leaving, all the brown belts with whom I had competed, stood up in the stands and bowed to me. I was honored! Sensei Nelson has never stressed tournaments as the only way to judge fighting ability, he is much more into self-defense applications. We have had to learn the kata very precisely as he stresses that is where the best applications come from. 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 toward improving the physical and mental status of my wife and children, as well as my own abilities to focus on business tasks with greater intensity. Nowadays, there are stories about how young people focus on their cellphone and computer screens and neglect their physical fitness, which, of course, then impacts their mental abilities. Since in true karate there is much emphasis on the mental side as well as the physical side, it seems to be an ideal method of combining both sides. There is always more to learn, and it is something that can be done forever!

Thank you Faust Sensei for sharing your history!

Rich Faust is a 2nd Dan with Nelson Kyoshi. He teaches Yoshukai karate in Wexford, Pennsylvania.

Remember to pay your annual Association Dues by January 15 of each year!



## Yoshukai Karate Taught at

### John's Creek Dojo

Seth Schilke, Nidan, is the manager of The Dojo in Johns Creek, GA. He, Stephen Arroyo, Rokkudan, Stephen LaBar, Jr. Sandan, train Yoshukai karate on Monday & Wednesday nights, 8-9:30 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 Monday nights emphasizing self-defense.

Chad Pepper (2nd Dan), Columbus, GA, along with karateka like Nelson Kyoshi, is developing a documentary about Yoshukai karate. Any pics or video anyone could contribute would be appreciated, credit will be given in film credits.. Contact: 705-527-2050 for further information on how to send pics/video.