



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

As we move into a new year, I must say again how much pride I have in the members of our Association when I look back regarding our accomplishments. Our Association continues to grow, yet we are still able to hold fast to our vision of traditional karate taught in a modern manner. Although any students who want to participate in tournaments (modern sport karate) may do so, my teaching concentrates on the traditional karate that I have been teaching since 1963 - precision and power through the knowledge of kata. Please be aware that our new passports are ready, and you have to have one to be able to test for your next rank. They are available from your dojo instructor for \$10 USD. Our past, present and future members, and invited guests have really enjoyed getting together, attending the annual Sekai Yoshukai Karate Association Celebration. Another celebration is planned for later this year. Stay in touch for the exact date. Games, prizes, and awards! As you can tell, our Association emphasizes hard training, but also plays hard! Hard training is fun!

How do you do the moves so precise and so fast, some students ask me. The key, of course, is to practice. Have a few spare minutes? Do a kata! Have a break? Stretch. Challenge yourself when no one is around: hold that sidekick out at waist level for one minute! Get your plank time up to five minutes! As has been said many times, do not try, just do (and do something every day!) In fact, I'm going to go now and practice each of my kata 3 times. Strive for Excellence! Train not to be adequate, train to be winners!

-Nelson Kyoshi



Chris Corvi Wins At 20th Annual Ryu Ken Classic

Gwen Koda (who started her Yoshukai karate training in 1967) spouse of the late Sensei Yuki Koda, invited Nelson Kyoshi to come to Montgomery, Alabama, to be recognized as one of the original Yoshukai Karate trainers and teachers at the 20th Ryu Ken Classic Karate Tournament, held March 12, 2016. Chris Corvi (2nd Dan), accompanied Kyoshi to the tournament, entered the competition, and won 4th Place in Men's Black Belt Sparring. David Koda, son of Gwen Koda, directed the tournament, and dedicated the day to honor the memory of his late father. The tournament started with a ritual ceremony of remembrance held in the Japanese fashion, including lighting joss sticks and sounding the gong at a shrine in the front of the gym. Not a religious ceremony, it was a ceremony remembering the life of Yuki Koda. A computer in the gym continuously showed video clips and photos of Yuki Koda, his wife, two sons and many students in demonstrations and tournaments. As many as possible of the Pioneers of Yoshukai Karate, those who had been among the first to train and teach in this powerful style, accepted Gwen's invitation and were hand to be recognized for their efforts. They received a round of applause from the estimated 500 competitors and spectators. These Pioneers included not only Nelson Kyoshi but also 6th Dan Libbie Foster, wife of Mike Foster, 9th Dan, who brought Yoshukai Karate to the USA in 1967; 6th Dan Randy Caine, who went to Japan in 1973 to participate in some of the first full contact karate matches: 6th Dan Dan Dugan (Illinois), who was there with his wife Nichol and several of their students: 6th Dan Howard Upton, noted author and instructor: Randy and Joan Franks, both Black Belts and longtime practitioners of Yoshukai, and several others. It was a magnificent gesture for all these outstanding karateka to be recognized and they all appreciated it very much!



A still picture captured from a video showing Chris Corvi (red fighting helmet) charging in to close with his opponent, his left hand blocking his opponents face strike and scoring with his right hand punching to the body (ribs) for his point. David Koda, tournament director, is the center referee on right of picture. He wants to come to Atlanta and train/teach. He is exceptional with the *bo*.

YOSHUKAI YELLS

-Shout outs about our members -

Dr. Gary Torkington (4th Dan), Shi-han (Teaching License), Renshi Title (Master Teacher), has been appointed head of a project at Gwinnett County Schools Online Campus that uses the IBM Watson software to analyze student achievement in online vs regular instruction.

Rich Faust (2nd Dan), who manages our website and operates one of our branch dojos in Pennsylvania, has joined the architecture firm Gray Consulting as Project Consultant/Designer.

Wayne Hopkins (2nd Dan) has received his Construction Health and Safety Technician (CHST) certification. Congratulations, Wayne!

Christopher Word (2nd Kyu, Brown Belt) reports: "I'm speechless to have received the superior cadet award and medal as well as the cadet of the year arc. I am even more so speechless to have been officially declared the new Norcross High School Blue Devil Battalion Commander. This is one of the greatest accomplishments I've ever had and I intend to serve in my position to the best of my abilities. Thank you all for your support and helping me reach the ultimate and highest position in Junior ROTC."



Congratulations, Chris, from all your dojomates at Sekai Yoshukai Karate!

Derek Wolford (3rd Kyu, Brown Belt) now works as a Knowledge Engineer for the Pentagon Joint Staff, at the Pentagon, Washington, DC. He also has made the rank of Chief Petty Officer in the Navy Reserves. Congrats!



New Shihan

Gary Torkington awarded Shihan (teaching license) - (L-R) Stephen Arroyo Sensei, Shihan Torkington, Nelson Kyoshi, Chris Corvi Sensei



Masters Class Training - (L-R)

Howard Upton, 6th Dan, Nelson Kyoshi, Stephen Arroyo, 5th Dan; A day of great training!

Share Those Recipes!

Students and guests at our annual Celebration bring a dish and there have been requests for recipes. A recipe will try to be in each issue, starting with *Dr. Torkington's Noodle Salad #1*.

- Cook the noodles according to the package (those for the cookout were large elbows 14 or 16 oz box)
- Rinse with cold water to stop cooking and make them less sticky.
- In a large bowl combine the noodles, 2 TBSP green olive juice, 3 or 4 good shakes of garlic salt, 2 dozen sliced green olives, 1/4 cup pimentos, chopped, 1 can Albacore tuna, 1/3 to 1/2 cup Helms mayo (the canola oil version adds good flavor), and (optional) sliced roasted red peppers to garnish. Enjoy!

Note: There has been a rumor that in the future, Jennifer Word may provide the secret to her delicious deviled eggs! Yeah!



-Milestones-

- Baby girl Drew Gaile born 4.7.15 to Rich and Abby Faust
- Baby girl Sylvie Isabella born 1.1.16 to Lee Patterson and Claudine Mandel (6th Kyu)
- Matt McMillan (3rd Kyu) completed his online Japanese course with a grade of A. He said this knowledge helps with his understanding Yoshukai karate!



International Visitor

Edgar Strelis, a high school PE teacher in Jurmala, Latvia, visited Nelson Kyoshi for 4 days in July, 2015. He is primary sensei for Yoshukai Latvia dojo 'Neguss'. Said he especially enjoyed the self-defense training! Also enjoyed a tour of the GA Aquarium.



Jennifer's Self Defense Works!

"Ouch!" says Kyoshi. "I love the realism of our training," says Mrs. Word. "It makes me confident!"