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World Oyama Karate

Honbu Newsletter

Issue 5 - Summer, 2004

CHO TO MA TE !

By Founder Saiko Shihan Y. Oyama

WAIT A MINUTE !



We have just completed another successful tournament. Everyone worked hard and this tournament was better than the last one. Every year we learn from our prior experiences. We keep an open mind and try new ideas so that our tournament always get better and always more exciting.

In the heavyweight division Sensei Masa won with a dominating performance. I was very proud of him. Sensei Masa is my last Samurai Oops I mean last Uchi Dechi. In the lightweight division Senpai Taka won after several long, hard fights. A year and half ago Senpai Taka came from Japan and trained with me for six months. This year he spent one month training with me. Because of his hard training Senpai Taka has improved a lot and moved to the next level.

Senpai Taka trains very hard six days a week. He is up before 8:00 AM and at the dojo to begin training at 9:00 AM. He trains hard for a couple of hours. He then helps teach the noon class, after class he eats, goes to the bathroom and takes a nap. In the afternoon, after his nap, he trains hard for several more hours. He then helps teach the children's class. It is always fun to watch him teach this class. Senpai Taka's English is not that good, he

Sensei Masa's winning kick, Uchi Mawashi, in 2004 Ultimate Challenge

CHO TO MA TE! WAIT A MINUTE ... Continue



GOOD JOB ! Senpai Taka winning the Light Weight Division

always tells the children “GOOD JOB, GOOD JOB”. The children don’t understand, but train hard for him because of his enthusiasm and love of karate. After the children’s class he helps teach the beginning adult class and then the advance adult class. Senpai Taka’s training day ends at 8:00 PM. After training, Senpai Taka goes back to the dorm and eats a lot, I mean he really eats a lot. After eating, he uses the bathroom and goes to bed. As soon as he lays down, his eyes close and he goes to sleep.

Unlike Senpai Taka some people don’t sleep well. You’ve probably had nights like this yourself. You wake up in the middle of the night, maybe go to the bathroom, and then all kinds of things keep you awake. You just can’t get back to sleep. This happens to me. I get up, go to the bathroom, and when I come back to bed, I start thinking about training or the big tournament or summer camp - everything. My brain just won’t relax.

I had a night like this recently. I’m laying there awake and as usual I feel around for the remote control. This night I’m lucky – I find it. I look over at my wife to make sure she’s sleeping soundly. I have to check. She says she never snores, but I look and listen... she’s snoring – softly, but still... I tell myself “ssshhhh.” There’s a rule at my house. The living room is my territory, and I control the TV. I control all the channels. Most likely I watch the news or sports, or maybe a classic movie. In the bedroom, though, my wife rules. She controls the TV, and if I even reach for the remote control, she says, “Where are you now? This is the queen’s room. Don’t even think about it.” I say “Osu!” I’ve made this mistake a few times in the past, and it wasn’t good. (It’s not so important to this story, but she loves to watch Frasier and Andy, Barney and Opey on Mayberry.) So I make sure she’s sleeping. I check a couple of times ... light snoring... definitely asleep. So I turn down the volume and start to surf the channels. I flip through Fox News, Headline News, ESPN and then ESPN2. Ahh!... ESPN2 catches my eye.

It was the “All American Karate Championship” or something like that. I’m not sure. I’ve never heard of it. There’s a big square mat that looks a little like our training mat at the dojo. Two young men stand up. One of them wears a black dogi jacket and gray pants with little red and white stripes down the side. Of course, he’s wearing a black belt. He’s got a suntan and long

CHO TO MA TE! WAIT A MINUTE ... Continue

hair in a tight ponytail. He's a good looking guy. The other one is wearing a white dogi with an American flag and lots of other red, white and blue patches. He's got spiked hair. And, of course, he's wearing a black belt, too. I can tell just by the way they're standing that they've both had lots of tournament experience. They've got plenty of attitude anyway. I'll bet they've got lots of trophies in their rooms at home.

Then the camera shows the judges - about ten of them sitting behind a long table with paper and pens in front of them. They try to look official, but I'm thinking, "Hey, didn't I see a couple of these ladies at the grocery store today?picking out meat or maybe turning through the vegetables?" These are middle-aged housewives. I think they would be lucky to punch and kick for 30 seconds. Any more and they would probably have a heart attack! And most of the men don't look any better... just middle-aged guys... just businessmen. If these guys stood up to train for a full minute, I'd have to call the paramedics. No, these are definitely not Karate professionals. There are maybe two in the whole bunch who look like they know Karate. Then the chief judge explains to the audience that these two guys are tied for the Kata Championship. They will each have to do their competition Kata one more time.

One of the guys - the one in red, white and blue - moves away, and the guy in the black dogi and ponytail moves to the front and center of the mat - right in front of the judges. He is very quiet for a moment. Then, suddenly, he snaps into ready position with his hands front in rigid fists. He barks his name and then something else. I don't know exactly what he's saying, but I can

tell he's shouting the Kata name. Of course, all the judges, even the housewives and businessmen, nod knowingly and scribble on their papers. The young man now sprints backwards to the center of the mat. After a pause, he responds to "MOC SO!" (I try to "MOC SO", too, but it doesn't work. No sleep for me now.) Then, his bright eyes pop open, and he shouts something very loudly. I jump, too, ...to turn the volume down a little more. I peek over at my wife. She doesn't wake up, thank goodness. I couldn't believe what I saw next. The guy screams something as he flails his arms all around and flips and twists and turns his way to a back corner. I didn't see one decent Karate technique in any of this! I guess he was trying to punch and block and kick at something, but he looked more like a mental patient! He stops to catch air. O.K. so maybe I won't have to call a doctor for him after all. Then he continues. He flips and summersaults and twists his way back to the center again... contortions of all kinds, but no Karate. Suddenly, I think, "CHO TO MA TE!! (WAIT A MINUTE!!)" I can't believe what I'm seeing! This isn't Karate. This is gymnastics! And not good gymnastics either... just some kind of crazy floor exercise! The guy continues with another round of back flips and front flips and finishes with a flurry of half-complete kicks and punches until he sticks in a fighting stance. As the camera pans, the crowd goes crazy clapping and cheering. Now the camera goes to the judges. They nod their solemn approval and begin to scribble away on their forms.

Then I remember the words of a Karate master who came to my Ultimate Challenge Championship Tournament this spring. He talked about the Kata Division of



Soshu, Saiko Shihan, officials and other guests celebrate a successful tournament

CHO TO MA TE! WAIT A MINUTE ... Continue

other tournaments. He said that to win the trophy in these competitions, you have to be really flashy and show lots of gymnastics. I looked at his body shape and laughed to myself, “Well, this guy won’t be doing any flipping and twisting around ... maybe a little rolling, but that wouldn’t impress the judges.” I just forgot about it until I saw this on TV.

My focus returns to the show. Now the other guy, the one with red, white and blue, is doing the same thing. He’s demonstrating lots of gymnastics with just a little punch and block thrown in just as if to justify wearing his dogi. I’m not even sure who wins. It really doesn’t matter.

Later, they show a weapon Kata. The champion of a division comes onto the mat and demonstrates his “championship form” BO Kata. He flips the BO up into the air, catches it, and starts twirling it like a girl with a baton. I must be watching a majorette! And again I exclaim, “CHO TO MA TE!” Give me a break!

Well, I guess people like Hollywood movies and video games where the “fighter” shows lots of flips and summersaults and twirls. That’s fine... that’s good entertainment. But, you should never forget why we do Kata training. Kata has a very long and ancient history. I can’t tell you all of this here. I will explain this thoroughly at summer camp. The main thing to remember now is that a Kata is used against an opponent in order to defeat him. It is fighting form, and it is fighting strategy. There are four major points of Kata:

- 1.) How to control breathing. This is called IKI NO CHOSEI [息の調整].
- 2.) How to control power. This is called CHIKARA NO KYOJAKU [力の強弱].
- 3.) How to control speed. This is called HAYASA NO KAN KYU [速さの緩急].
- 4.) How to connect technique to technique with footwork in a smooth and natural way. This is called WASA NO NAGARE [技の流れ].

You must understand all of these points and use them together. If you have command of this, your Kata will be like second nature to you. This is how it must be for you to use that Kata effectively for real fighting. Prac-

tice each Kata using one breath and one technique. Then practice using one breath with two or three techniques. Sometimes practice the Kata with great power, sometimes with less power. Practice the Kata sometimes fast, sometimes slow. Practice the Kata with different combinations of these points. Think about how you will confuse your opponent. This is the same strategy as used by a good baseball pitcher – different speeds, timing and power. For fighting, you must use different footwork, power, timing, angle and breathing. It must all come together in Kata. If you train hard and have total control of your Kata, you will do well at free fighting time. You know that we practice in KIHON training and in KUMITE (free fight) training. KATA is the bridge between these.

Well, I’ll be happy if I never go to a tournament like I’m watching on TV this night. And I want all World Oyama Karate members to know that you will never be asked to participate in this kind of tournament. Just watching this on TV makes me start laughing. Then I get a headache from it all. OK, I’ll get up once more... this time to take two Advil. When I come back to bed this time, I switch to the Golf Channel. Alright, that’s better. Some professional golf instructor is demonstrating how to control the pitching wedge. He pitches the ball 120 yards... then 130 yards... then 140 yards... all with the same club! Now that’s control! I teach my Uchi Deshi how to develop this kind of control. I teach them that whenever you learn a technique, you must practice it over and over again until it fits your body. And then you still don’t really understand the technique until you can deliver it in at least three different ways.

Well, the Golf Channel does it. It makes me calm and easy. I think I’d like to dream about playing with Tiger Woods at the Masters. I slip off into my wonderful dream.



Founder Saiko Shihan Y. Oyama

The Road to Japan by Shihan Dai Perry Burnett



Shihan Dai Perry demonstrates Bo Kata

Surviving Japan – Part 1

Saiko Shihan had prepared me well for my trip to Japan. He had done his job, now it was up to me to do mine. Shihan had put me through many hoops instructing me in the ways of karate but by the time I arrived in Japan I still had not handled an entire class on my own. That changed in less than 24 hours from the time I landed at Narriata Airport. By the time I made it to the

dojo the first night class was just ending. It was raining and I had been traveling a long time. I was cold as it was the middle of winter. I had a brief meeting with Shihan Goda (my new teacher) and then I was quickly taken away to a student home where I would be staying for the first few days. Everything was happening so fast that I could not get my bearing. I met my host, had something to eat and the next thing I knew I was lying in bed. I was so relieved because I was exhausted and confused and I needed to rest. As I lay there feeling warm and settling into my bed my eyes popped wide open and my mind started spinning. As my eyes adjusted to the dark I began to look around the room. Then I realized I wasn't even in a bed, I was in a futon (a traditional Japanese one, not the American kind) and I was on the floor. I felt around the floor with my hand and I thought what is this, its soft and spongy. Later I would learn that it was a tatami (straw matted floor) and I would learn to like it, but that night it only added to the culture shock. I really needed to sleep but I had only been in Japan three or four hours and all I could do was think, what am I doing? I tried to remember the last few hours but it was all a blur. People speaking really fast in a strange language and bowing to each other and the bright lights of Tokyo flashing by as I went back and forth between trains and taxis. The only thing that was clear to me at that moment was that Birmingham, Alabama was the best place in the world and I was a fish out of water.

“Ohayou Gozaimasu.” (good morning) I strained to open my eyes and squinted through the morning sun coming in the window, to see a very polite older man standing over me. “I am Imamura” he said in broken English and then he said “Up, Shihan Goda soon.” Mr. Imamura bowed and left the room sliding the door shut. I crawled out of the futon and got to my feet on the tatami floor and once again I was cold. VERY COLD. They don't use heat in Japan the way we do in America.

Saiko Shihan had told me that going to Japan was not a vacation for me and always thinking about karate. He told me not to take a lot of fancy clothes and to take at least five dogis (uniforms). I remembered Saiko Shihan words that first morning and had no trouble with the idea that this was no vacation as I stood there shivering in my underpants. I quickly got dress and put three dogis in a gym bag and went into the living room where Mr. Imamura greeting me with a cup of coffee. Mr.

The Road to Japan ... Continue

Imamura was a man in his early sixties that had been with the Japanese Karate Organization for a very long time. He was extremely nice and hospitable and spoke pretty good English (to my relief) and lived in a large apartment in Tokyo with plenty of extra room for guest which is very rare because of the high cost of living in Japan. Shihan Goda had arranged for me to stay with Mr. Imamura for the first few days to help me get adjusted.

As soon as I finished my coffee Shihan Goda arrived to pick me up and we drove to the dojo in his car. I had only seen the dojo for a few moments the night before and could not recall much of what I saw. When we entered the dojo in the first morning I had my first chance to stop and take it all in and I was once again a little shocked. The dojo was in the basement of a tall building. The training floor was all hardwood. The walls and ceiling were concrete and again no heat and there was no windows. I could see my breath when I spoke and my heart sunk a little because I knew I would be spending a whole lot of time in this place. I was also excited because the smell of sweat, the look of the equipment and the overall atmosphere said one thing – this was a hard core traditional Japanese training hall.

A Black Belt student came in and started my orientation as to all the different duties that had to be done and there were many. It was difficult because we had a definite language barrier. But the day flew by and before I knew it, it was evening time and the students begin to arrive for class and they just kept coming. The training floor was about one half the size of what I was

used to and the number of students that showed up looked about to be twice as many as the space could handle. I was wondering if this was normal or if a lot of students were coming to see the new guy. I was told that there was only one class and it was an hour and a half long. The class was mixed. From white belts and all ranks to advanced black belts. All training together. I was thinking that this class was going to be interesting. I wanted to see how they managed such a group because the training I was used to was divided by beginners and advanced students. Just as class was about to start Shihan Goda told me to teach. Of course I said ‘Osu’ but as I looked around I could see every eye in the dojo turn to me as if to say ‘Well, let’s go’. On the outside I kept my composure (poker face) but on the inside I was thinking ‘Oh, crap. What am I gonna do and where is Saiko Shihan now. I can’t even talk to these people.’ Then I remembered Saiko Shihan words, just sweat, just do it. I can’t remember everything that happened but somebody bowed the class in and I just went into motion doing any kind of drill, combination, exercise and karate exercise I could think of. I used a lot of hand signals for good or not good and I moved all over the dojo like a crazy man. Before I knew it the time was up. The class must have been a success because all of the students had a lot of sweat and several people came up to me and said “Osu” and “Thank you”. Even a couple of black belts. I looked to the faces moving around the dojo after class and I had the sense that everything had gone OK. I felt relaxed, but then I thought – the first day is over, this was the first step. It is just the beginning.

To be continued.....



Shihan Dai Perry 1985 Goda Dojo Summer Camp in Japan

BUDO BOY - Hall of Fame ??

Osu! It's me again, Budo Boy! Time sure flies. It seems like only yesterday I was writing my last enlightening installment for our newsletter.

Wow! Back on April 24th we had our biggest event of the year; the World Oyama Karate Ultimate Challenge Tournament. It was great! Once again Sensei Masa dominated everyone and once again he is Champion!

There was an awesome demonstration before the matches began. An elite group of Black Belts performed Soki Dai and Taizon katas, and then fought each other; Bo against Tonfa. It was very impressive but it kind of made me nervous. I happened to be sitting next to Saiko Shihan during the demonstration and he was kind enough to point out to me that they were using full size Bo's, solid and heavy. Many other styles of karate use imitation Bo's, lighter than chopsticks, because a lightweight Bo is so much easier to control. They can do all those fancy but meaningless spins and throws, just like twirling a baton.

But this is not the main subject of this article. Sometimes I get carried away and ramble a bit. Now, let me get to the point.

I'm told that karate schools receive a constant flow of unsolicited magazines, brochures, movie promotion packets from Hollywood (complete with T-shirts, posters, etc.). What do they call that stuff? Oh yeah, JUNK MAIL.

Anyway, a few days ago Saiko Shihan and his Executive Committee members had a special meeting which I was allowed to attend. (Reporters can go almost anywhere!)

Before Saiko Shihan began discussing summer camp, which was the purpose of the meeting, he said "I have big news for you today!" So everyone gave him their attention, even me.

He took a long, teasing pause looking each of us in the eyes. He appeared to be straining to control his excitement which, by now, was becoming contagious. Suddenly, I found myself becoming totally unaware of my surroundings, focusing only on Saiko Shihan's ecstatic face.

Usually, when he talks to me it's 90% preaching and



10% lecturing. But that day was different. He seemed so serenely emotional it almost made me teary-eyes. But Budo Boy never cries!

Then Saiko Shihan clasped his fingers together in front of his face and rested his forehead on his hands, concealing his eyes. We were all on the edge of our seats. Slowly, he lowered his hands and looked at us. "My dream has come true!" he exclaimed, as he opened a manila envelope and pulled out a yellow piece of paper with a gold seal on it.

"This is a special day for me and World Oyama Karate," he said.

I couldn't help it. I burst into applause and everyone else followed suit. I didn't even know what the paper was. Everyone was clapping profusely. I stood up and yelled "Yes! Yes!"

"Sit down, BAKA!" commanded Saiko Shihan.

"Osu!" said I, as I hastily complied.

Then he showed us his MARTIAL ARTS HALL OF FAME CERTIFICATE. It was made of cheap yellow paper with a gold seal. It said 'Congratulations!' just above his name, which was hand-written. Then he pulled 11 additional pieces of paper from the envelope. One of them said Saiko Shihan had to pay \$179.00 to

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World Oyama Karate 2004 Summer Camp

Gulf Shores, Alabama

Gulf State Park Resort Hotel and Convention Center

http://www.dcnr.state.al.us/parks/state_parks_index_1a.html

Thursday, July 15 - Saturday July 17, 2004



Summer Camp Training Curriculum

- **Kihon**
- **Kata (Shi Ho, Nunchuku, Bo, Tonfa, etc.)**
- **Kumite**
- **Take down (with Punch and Kick, with Block)**
- **Judging Seminar (Kumite, Kata)**

DON'T MISS IT!!

Check with your Sensei

for more details

Or visit

www.worldoyama.com

Founder

(Saiko Shihan Y. Oyama)

Jump Side Kick



World Oyama Karate 2004 Summer Camp

Gulf Shores, Alabama

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Thursday, July 15 - Saturday July 17, 2004



ITINERARY

| | | | |
|-----------------|------------------|--|---|
| Thursday | 8 pm | Meeting – All students | Location to be announced |
| Friday | 5:30 am | Summer Camp begins – All students 2 miles running/walking. ² Take down techniques – with Punch/Kick/Block. ¹ Jump Drop Kick. (Kaiten Tobe Kakato Otoshi) Meditation. | At the beach behind the hotel |
| | 7:30 am | Early morning training session finish | Students return to their hotel rooms. Shower, breakfast, rest. |
| | 7:30 am – 8 am | Black Belt basic training - Kyoten 1 – 4 (Black Belts only) | At the beach behind the hotel |
| | 10 am – 11:45 am | Basic training (All students) | Orange Beach Recreation Center |
| | 11:45 am | Morning training session finish | Students return to their hotel rooms. Lunch, rest. |
| | 2:30 pm – 3:30pm | Kata training (All students), including weapons, Bo, Tonfa, Nunchaku (according to ranks) Shi Ho Kata 1 – 5 [四方その一、二、三、四、五] Bo and tonfa Kihon Kata 1 – 3 [基本その一、二、三] Tonfa – Tai San [泰山] Bo – Soki [槍旗], Soki Dai [槍旗 大] | Orange Beach Recreation Center |
| | 3:30 pm – 4:30pm | Kumite (Free Fight) – All students | Orange Beach Recreation Center |
| | 4:30 pm – 5:30pm | Black Belt Kata training. (Black Belts only) | Orange Beach Recreation Center |
| | 8 pm | Black Belts meeting | Location to be announced |
| Saturday | 5:30 am | 2 miles running/walking. ² Take down techniques – with Punch/Kick/Block. ¹ Jump Drop Kick. (Kaiten Tobe Kakato Otoshi) Meditation. | At the beach behind the hotel |
| | 7:30 am | Early morning training session finish | Students return to their hotel rooms. Shower, breakfast, rest. |
| | 7:30 am – 8 am | Black Belt basic training - Kyoten 1 – 4 (Black Belts only) | At the beach behind the hotel |
| | 10 am – 11:45 am | Basic training (All students) | Orange Beach Recreation Center |
| | 11:45 am | Morning training session finish | Students return to their hotel rooms. Lunch, rest. |
| | 2:30 pm – 3:30pm | Kata training (All students), including weapons, Bo, Tonfa, Nunchaku (according to ranks) Shi Ho Kata 1 – 5 [四方その一、二、三、四、五] Bo and tonfa Kihon Kata 1 – 3 [基本その一、二、三] Tonfa – Tai San [泰山] Bo – Soki [槍旗], Soki Dai [槍旗 大] | Orange Beach Recreation Center |
| | 3:30 pm – 4:30pm | Kumite (Free Fight) – All students | Orange Beach Recreation Center |
| | 4:30 pm | Secret beach training - All students ¹ | At the beach behind the hotel |
| | 8 pm | Summer Camp finish. Party. Group Entertainment | Location to be announced |

1 - Because of training in water, students need to bring bathing suit and more than one dogi with them.

2 - There will be running on the beach. Because of the soft sand, we recommend students run before Summer Camp so their foot are used to running on the beach.



World Oyama Karate 2004 Summer Camp



Gulf Shores, Alabama
Gulf State Park Resort Hotel and Convention Center
Thursday, July 15 - Saturday July 17, 2004

APPLICATIONS FOR WORLD OYAMA KARATE MEMBERS ONLY

Please register me for the World Oyama Karate – Summer Camp to be held at the Gulf State Park Resort Hotel and Convention Center on July 15, 2004 thru July 17, 2004

For those who have reserved their own accommodations: (Fill out page 1 only)

DEPOSIT: \$ 85.00 per person (Camp Fee – Flat Rate, Non-Refundable)

For those who are staying at the Gulf State Park Resort Hotel and Convention Center: (Fill out both pages)

DEPOSIT: \$ 235.00 per person (Camp Fee included and it is Non-Refundable)

CASH

CHECK # _____

CREDIT CARD (Visa/Mastercard)

MAKE CHECK PAYABLE TO:

Card Number _____

WORLD OYAMA KARATE

Expiration Date _____

MAIL TO:

WORLD OYAMA KARATE

Signature _____

1804 29TH Ave South

Birmingham, AL 35209

Name: _____ Rank: _____

Home Address: _____

Phone: _____ Birthdate: _____ Age: _____

Instructor: _____ Location of Dojo: _____

I, the undersigned, do hereby voluntarily submit my application for attendance and participation in The World Oyama Karate – Summer Camp at the Gulf State Park Resort Hotel and Convention Center on July 16, 2004 thru July 18, 2004. I hereby agree to indemnify and hold harmless World Oyama Karate, Saiko Shihan Y. Oyama, their agents or employees, and my fellow participants from and against all liability, loss, damage, cost and expense, including court and litigation costs and attorney's fees, of whatever nature or type that I may hereinafter suffer, incur, pay or become obligated to pay by reason of. Any injury sustained or incurred by me as a result of my participation in the Summer Camp. I hereby acknowledge that I am aware of and understand that the Summer Camp will necessitate me fighting with and against other combatants who will be trying to hurt me and that each fight in which I participate is potentially extremely dangerous. In fact, every fight may be harmful or injurious to my health. I further understand that I will probably be harmed or injured during this Summer Camp as a result of my voluntary participation in the fights or martial arts demonstrations. Hence, it is my wish to indemnify World Oyama Karate, Saiko Shihan Y. Oyama, their agents or employees, and my fellow participants if I am injured as a result of my participation in their tournament. I know the risks that I am taking and voluntarily agree and consent to assume those risks.

I consent that any reproductions of my likeness, created in any manner whatever, furnished by me, or any reproductions of my likeness that of me in connection with the Camp can be used for publicity, promotion, television showing, or instruction, and waive any, and all compensation in regard thereto.

My signature on this application is a knowing representation that I have fully read, understand, and agree to terms contained herein, and upon which I intend the promoters to rely.

If under 18, this release and consent must also be signed by a parent or guardian.

Applicant's signature

Date

Parent's signature

Date

WORLD OYAMA KARATE RESERVES THE RIGHT TO REJECT OR ACCEPT ANY APPLICATION



World Oyama Karate 2004 Summer Camp



Gulf Shores, Alabama

Gulf State Park Resort Hotel and Convention Center

http://www.dcnr.state.al.us/parks/state_parks_index_1a.html

Thursday, July 15 - Saturday July 17, 2004

PRICE LIST

- * Summer Camp begins at 5:30 am on Friday morning. Students need to arrive on Thursday.
- * Because of training in water, students need to bring bathing suit and more than one dogi with them.
- * There will be running on the beach. Because of the soft sand, we recommend students run before Summer Camp so their foot are used to running on the beach.

World Oyama Karate Honbu Dojo has reserved 20 rooms at the Gulf State Park Resort Hotel and Convention Center from **July 15, 2004 thru July 17, 2004**. Gulf State Park Resort Hotel allows up to five occupants per room.

Summer Camp Fee¹ (Flat Rate, Non-Refundable) \$ 85.00

For those who are staying at the Gulf State Park Resort Hotel and Convention Center:

Group of one or two persons \$ 130.00/per room/per day
 Group of three persons (\$ 55.00/per person) \$ 165.00/per room/per day
 Group of four persons (\$ 45.00/per person) \$ 180.00/per room/per day
 Group of five persons (\$ 40.00/per person) \$ 200.00/per room/per day

Please indicate which group option you would like to participate and print out the names of all occupants in your room. Each occupant must submit their own application form.

Open for room sharing - For those who would like to share room with other people.

Group of one or two

Group of three

Group of four

Group of five

* 1. _____

* 1. _____

* 1. _____

* 1. _____

2. _____

2. _____

2. _____

2. _____

3. _____

3. _____

3. _____

4. _____

4. _____

5. _____

* Indicates group leader. Group leader will be responsible for payment and liability of the room. Group leader must pay by credit card.

Summer Camp begins at 5:30 am on Friday morning. It ends at 8 pm Saturday night. Three days of hotel stay is needed for the duration of the Summer Camp. Please indicate number of days of hotel stay _____.

Group reservations are made in the *First Come First Serve* basis. For faster processing, fax the application with your credit card information to **(205) 879-4849**. Full payment of Summer Camp must be received by **June 30, 2004**.

CANCELLATION:

For full refund of your hotel reservations, the last date of canceling the Gulf State Park Resort Hotel group reservation is **July 7, 2004**.

¹ Summer Camp fee is flat rate (one price for any duration of training) and non-refundable.

BUDO BOY - Hall of Fame ?? ... Continue

attend a seminar in addition to paying for his flight and hotel.

We all looked at each other, "What?!"

Then Saiko Shihan cracked up and we realized he had just been taking us for a ride.

"This is just a money-making scam," he explained. "Some ads say 'Break one board and get a Black Belt in one year.' We get magazines all the time with cover stories claiming we can increase our enrollment and income 10 fold if we attend their seminar. I see nothing wrong with offering seminars to members of your profession, but these people are more like a fast food business. How quickly can they give a student his Brown or Black Belt, how can they make class less boring, how many promotion tests they can have each year, etc. These articles never say anything about how to teach a student to punch or kick; just how to make money."

"Whenever people go to that kind of school they get the same old sales pitch; 'discipline, focus, self-esteem, etc.'; that sounds good but there is never much action to back up the talk. When class begins, the instructor talks a lot but there isn't much training. After class, the students' dogis are still clean, starched, and stiff. And the dojo still smells more like a salon."

Oyama dojos always smell like sweat. We are taught "Don't talk about it; don't think about it, just sweat." We use textbooks (Kyoten 1 - 4) which give us stan-

dards to maintain. We don't just punch and kick the air; we make contact. We stand out. We are different.

Sometimes Saiko Shihan tells us we are lucky to have found World Oyama Karate. Our green belts are as good as fast food karate's second or third degree Black Belts. He says "Study Kyoten I-IV."

Well, to make a long story short, we had a long meeting about summer camp. Afterward, I regretted standing up and yelling during the meeting. I felt so dumb. Well, Saiko Shihan did set me up, you know. I'm sure we'll get more of that and some more speeching and preaching along with our training at summer camp.

See you there! Osu!



The Hall of Fame Certificate Saiko Shihan received

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