



## 2008 AAU Nationals Information – Plan Ahead!



Dear Karate Clubs:

On behalf of the AAU National Karate Committee, we would like to thank you for your continued support and participation.

At this time, we would like to invite you to the 2008 AAU Karate Junior & Senior National Championship. The 2008 AAU Karate Nationals will be held in Albany, New York from June 30th through July 5th. Competition will take place at the University of Albany at the SEFCU Arena.

The host hotel this year will be the Crowne Plaza - State & Lodge Streets. To make your reservations please call Phone: 518-462-6611 or Toll Free: 1-800-2CROWNE and ask for the AAU Karate discounted rate. For additional hotel information and any questions you might have, please contact: Jennifer Miles, AAU Karate Sports Manager at (407) 828-3704 or [jennifer@ausports.org](mailto:jennifer@ausports.org).

Aside from the strongest and most elite National Championships in the world, again this year we will be offering clinics at our Nationals that will feature the most

renowned karate-ka practitioners in the world.

The schedule for the 2008 AAU Karate Junior & Senior National Championship is as follows:

### Monday, June 30

Registration – All (Athletes, Officials, Coaches & Clinics)

### Tuesday, July 1

Registration – Individuals/Teams & Clinics  
Coaches & Referees  
Clinics/Certification

### Wednesday, July 2

Opening Ceremonies & Competition

### Thursday, July 3

Competition

### Friday, July 4

Competition & 4th of July Celebrations

### Saturday, July 5

Competition & Finals

Thank you for your continued support and we look forward to seeing you in Albany, New York.

Respectfully,

**J. B. Mirza**, Chairman  
AAU National Karate Committee

### Table of Contents

AAU nationals information	1
New Rules in effect in 2008	2
Legends in Florida	2
Calendar of district championships	2 - 4
In memory of Dan Ivan	3
Who's this Sensei?	3
Stretching Tips	4
AAU Karate Scholarship	4

The AAU newsletter is produced by National Communication Co-Chairs Ophira Bergman (Pacific SW District) and Cyndy Yu-Robinson (NC District) with support from Jennifer Miles (AAU Sports).

Your ideas, comments, and articles are welcome. Please contact us through [Jennifer@ausports.org](mailto:Jennifer@ausports.org)



The Albany County Convention and Visitors Bureau website, [www.albany.org](http://www.albany.org) offers information about local history, attractions, dining, and transportation.



Information about the University of Albany and the SEFCU facility may be found at [www.albany.edu](http://www.albany.edu) and [www.ualbanysports.com](http://www.ualbanysports.com)

## AAU DISTRICT CHAMPIONSHIPS

### Ohio

February 16, 2008

Lakota Freshman School,  
Westchester, OH

Contact: David Williams ,  
(513)742-9400 or (513)708-4101,  
[williamskarate@aol.com](mailto:williamskarate@aol.com)

### Indiana

February 23, 2008

Brownsburg Recreation &  
Community Center

Contact: Doug Adamson  
[adamsonkarate@aol.com](mailto:adamsonkarate@aol.com)

### Southwestern Texas

March 1, 2008

Kennedale HS, 901 Treepoint  
Drive (Wildcat Way),  
Kennedale, TX 76060

Contact: Ivan Lewis, (817)  
277-2611,  
[shepherd914@sbcglobal.net](mailto:shepherd914@sbcglobal.net)

### North Carolina

March 1, 2008

Gateway YWMA in Winston-  
Salem

Contact: Cyndy Yu-Robinson,  
(919) 844-5555,  
[trianglesbestkarate@juno.com](mailto:trianglesbestkarate@juno.com)

### New York Metropolitan

March 2, 2008

Elmcor Center, Queens, NY  
Contact: Bruce Hodes, (718)  
945-1618,  
[aaumetrokarate@aol.com](mailto:aaumetrokarate@aol.com)

### Florida East Coast

March 8, 2008

Cocoa Beach, FL  
Contact: Mark Pinner , (813)  
989-2692,  
[markpinner@verizon.net](mailto:markpinner@verizon.net)

*(continued on page 3)*

## AAU Convention Yields New Karate Rules

In October 2007, the AAU Karate Executive Committee and regional and district representatives met at the AAU National Convention in Schaumburg, Illinois to discuss organizational, operational, and sports specific matters. The AAU Karate organization decides on changes to rules governing karate only in October.

The following rules are in effect for District, Regional, and National competition this year. Other AAU karate rules are posted at [www.aauakrate.org](http://www.aauakrate.org).

1. All Kumite athletes 18 years and under MUST wear the AAU approved (Macho Warrior) helmet with face shield.
2. WKC Penalty rules will be used in San Bon Shobu as well as Ippon Shobu. No points will be awarded for penalties. The three levels of penalties (not including Shikaku) are Chukoku - Warning, Hansoku Chui - Official Warning , Hansoku - Foul.
3. Straight Repercharge will be used in SanBon Shobu. Table workers, coaches, and officials must know how to chart Repercharge.
4. The 10-second rule will apply to both adults and youth kumite. If a person cannot "stand at the line" within 10 seconds of Yame, he/she is considered unable to continue and may not fight. A Kiken (Forfeit), Kachi (Winner), or Make (Defeat) will result.
5. In Kata divisions where flag judgment is used, the last athlete to be defeated by the gold medalist in the first round will be pulled aside and be exempt from the second round. That defeated athlete will then compete against the winner of the second round for second and third place.
6. Master's (35 years & over) Kata will use scoring not flags in one round (except in case of a tie) to determine the winner.
7. Athletes need to qualify for regionals in their district or a neighboring district, and then qualify for Nationals at ANY SuperRegional. Exceptions may be made by the Executive Committee for foreign guest athletes.
8. Online AAU membership registration will be mandatory for all AAU sports by Aug. 15, 2008. AAU Karate is ahead of other AAU sports. Good job!
9. AAU does not allow manufacturers' or other logos on gis. In 2008, however, we will allow athletes to cover logos with white tape. In 2009, the athlete may be disqualified.
10. In 2008, Beginners in Kata should use a Kihon (basic) kata for their style. In 2009, Beginners must use Kihon Kata.

If you wish to suggest a rule change, please forward your proposal to your Regional or District Director in order for your ideas to be considered at the AAU Convention.

## Legends in Florida

On January 12, 2008, Doug Stein, Jesus Costa, and Jose Fundora in the AAU Miami/South Florida district hosted the third annual Karate-Do Legends Tournament at the Pharmed Arena in Miami, Florida. This year's honoree was Hanshi Chuck Merriman who resides in Connecticut. More than 300 competitors, from around the country and the world, including Florida, California, Kansas, New Jersey, Connecticut, North Carolina, Illinois, Serbia and Venezuela, participated to help celebrate with Hanshi Merriman. Also in attendance was the

Executive Board of the World Karate Confederation, who very much enjoyed the competition before traveling the State surveying potential sites for the 2009 World Championships. In addition to the great competition, the participants were treated to seminars by kumite champions Elisa Au and John Fonseca, kata champion Antonio Diaz, and world-renowned masters Fumio Demura, Eihachi Ota and Chuck Merriman. This year's event was a great success. Check the website at [karatedolegends.com](http://karatedolegends.com) for upcoming information regarding the 2009 Karate-Do Legends Tournament.

-- by Doug Stein, [dstein@anania-law.com](mailto:dstein@anania-law.com)

## Dan Ivan – A Soul Survivor

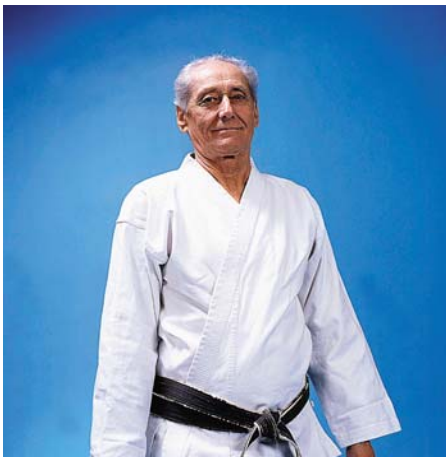
*Deceased Nov. 14, 2007*

Daniel Ivan stood out as a glamorous and significant figure in the Japanese Martial Arts in America. An elegant and well-mannered man in an art of war, he brought the fighting style of an obscure island named Okinawa to the West. He did this by personal dedication, perseverance, and force of will. By personally choosing a few good men to spread the word with him, he became responsible for the attention the American masses paid to Japanese arts of Budo.

But Dan Ivan was far more than “just” a Karate sensei. He was a criminal investigator with the U.S. military occupation force in Japan after World War II. Ivan Sensei also was also one of the first Westerners to forget the hatred of the war and start building bridges. He did this by studying Karate with his former enemies. Ignoring the harsh words of Eastern and Western critics who questioned his openness, Ivan’s strength of character and strong personal morals enabled him to forge friendships with many of the top Martial Arts masters of shattered postwar Japan. And these continued until his last day.

An example of understanding, patience, and tolerance, Dan Ivan also was humble, charming, and knowledgeable. Moreover, he had trained directly with such notables as Isao Obata, Gogen Yamaguchi, Gozo Shioda, and Ryusho Sakagami—just to name a few. This made practitioners around the world, who would give up their first-born for 10 percent of this man’s experiences, look at him with respect and envy.

A true warrior spirit, the attitude and etiquette that I admired in the old Samurai warriors since my youth, is uncommon today, not understood, and often misinterpreted. Dan Ivan epitomized the traditional values and honor that the warrior arts represent. His modesty was startlingly genuine—much like the rest of him. He was someone everybody wanted to be around. He had a level of gratitude that you don’t usually see in people who teach Martial Arts.



On a rainy autumn afternoon, with a cool mist hovering above the garden that surrounded his home, Dan Ivan sat on his sofa, half reclining and with his head resting on the heel of his right hand. He spoke softly and slowly of his life and times—especially about the struggles he had when he went to Japan for the first time.

Hours later, I walked outside into a night so dark I couldn’t see the keys in my hand to unlock the car. Unexpectedly, what Dan Ivan said about death and the art of facing your destiny came back to me: “Death is simply a shedding of the physical body, like the butterfly shedding its cocoon. It is a transition to a higher state of consciousness where you continue to be able to grow. Death is but a passage of life that gives meaning to our lives on earth. A true warrior knows this and embraces death as part of life...facing it with joy and tranquility. That’s why the Samurai lived every single day as if it was their last.”

Driving away in the darkness before the moonrise, I understood that true friends are the ones who never leave—and even if they die, they’re never dead in your heart. Those who we may think of as lost friends are not dead, but gone before, advanced a stage upon the road that we’ll walk some day. I smiled and realized that I had taken a little piece of Dan Ivan with me.

---By Jose M. Fraguas  
Courtesy of MASTERS magazine

### AAU DISTRICT CHAMPIONSHIPS

#### Adirondack

March 8, 2008 Albany  
School of Humanities  
Contact: Joe Sorce,  
[actko@nycap.rr.com](mailto:actko@nycap.rr.com)

#### Kentucky

March 8, 2008  
St. Henry's Parish Gym-3813  
Dixie Hwy, Elsemere, KY  
41018  
Steve Napier, 859-282-0226

#### Oregon

March 15, 2008  
Grants Pass H.S.  
Contact: Del Saito, 541-471-  
3002, [delsaito@charter.net](mailto:delsaito@charter.net)

#### Pacific Southwest

March 16, 2008  
UC San Diego-Main Gym  
Contact: Ophira Bergman,  
(619) 846 – 9108,  
[aaukarate2002@yahoo.com](mailto:aaukarate2002@yahoo.com)

#### Niagara Championship

March 16, 2008  
Location: St. John Fisher  
College, Rochester, NY  
Contact: Matt Dorsey,  
[mattdorsey@aol.com](mailto:mattdorsey@aol.com)

*(continued on page 4)*



#### WHO IS THIS SENSEI?

Last issue’s mystery Sensei was Ray Dalke. Can you guess who this is? He is mentioned in this issue.

Photo is from 1974.

## AAU DISTRICT CHAMPIONSHIPS

### Connecticut

Saturday, March 29, 2008  
Location: Madison Middle School, 4630 Madison Ave, Trumbull, CT, 06611  
Contact: Danilo Torri, 203-445-8845, 203-209-7305, [dtorrihankoryusa@hotmail.com](mailto:dtorrihankoryusa@hotmail.com)

### New England

Sunday, March 30  
Location: Carter Witherell Center, Lebanon, NH  
Contact: Ken Bladyka, (603) 448-2662,

### Virginia

Sunday, March 30  
Location: Broad Run H.S. Ashburn, VA  
Contact: Williams MAF, (703) 858-3800

### Florida West Coast

April 5, 2008  
Location: New Port Richey  
Contact: John & Cindy Ingram, 727-372-7673, [walkon2@verizon.net](mailto:walkon2@verizon.net)

### Southern

April 19, 2008, 10:00 am  
Location: Downtown YMCA, 800 E. River Place, Jackson, MS 39202  
Contact: Rannie Ladner, (228) 493-4955

Please check the AAU Karate website for entry forms and additional district championships as they are confirmed and posted.

## Stretch yourself...

One of the single most useful, yet neglected, tools in physical training is proper stretching. It limbers up muscle and connective tissues, stimulates increased circulation in the extremities and helps to prevent injury.

The main purpose of stretching is to increase your range of motion within a muscle or joint. *What are the Benefits of stretching?* Stretching increases flexibility, reduces risk of injury, improves circulation, decreases anxiety and stress, relaxes muscles; can give you an overall feeling of well being, reduces muscle imbalance. The body's natural lubrication (synovial fluid), protect the surface of your bones at the joints.

Karate stances are stabilized and become more technically sound with expanded flexibility. Punches and kicks reach farther too with proper range of motion, especially in the trunk of the body and through the hips. Kime and impact of each technique also depend on muscle relaxation, contraction, and total mass.

*When should I stretch?* Muscles are more easily stretched when they are warm, for example following a short warm-up period of 5 to 10 minutes of running or aerobic exercise (jumping jacks or darting around in kumite stances). Stretching before an activity improves flexibility and reduces your risk of injury. Stretching after workouts helps to relax the muscles and reduce soreness, both critical to karate.

### *Guidelines for Stretching:*

- \* Always warm up the body prior to stretching, as this increases blood flow around the body, which in turn makes the muscles more supple.
- \* Breathe properly. Take a deep abdominal

breath and let it out slowly as you reach forward with your stretch.

\* Hold each stretch 10-30 seconds or until you feel the muscle loosen off. Repeating the stretch (for another 15 seconds) lengthens the muscle and increases the stretch. While stretching you should feel some slight discomfort, if you don't feel anything, then you may be doing the stretch incorrectly, or simply the muscle has eased off.

\* After exercise, slowly bring your heart rate down before you begin stretching in order to avoid blood pooling within your muscles, which can lead to cramp and dizzy spells.

\* Never bounce while you stretch, unless you are doing specific stretches for certain sports, i.e. ballistic stretching for martial arts.

\* In cold weather, warm up indoors. Continue your stretching routine in warm weather. Just because you are warm does not mean you are stretched and ready

\* Stop immediately if you feel any severe pain. Avoid exercises that might aggravate a preexisting condition, especially in the knees or back.

### *Specific Martial Arts Stretches:*

In addition to stretching muscles used in most sports -- lower back, gluteus maximus, quadriceps, hamstrings, calves, triceps, shoulders, and neck, be sure to use karate-specific stretches:

\* Butterfly stretch for the groin, glutes, and lower back

\* Side lunge with toes up on extended leg for hamstring and groin

\* Forward lunge for hip flexor

\* Center splits for abductor, inner thigh and groin flexibility



## AAU karate scholarship

Two \$1000 scholarships will be awarded to a young man and woman who have been involved in AAU karate for a minimum of 4 years and will attend an accredited college or university in the fall 2008. Applications are available online at [www.aaukarate.org](http://www.aaukarate.org) and will be accepted until April 25, 2008.

Criteria for selection include academic performance, financial need, essays on how AAU karate has influenced your life, and conviction of why you are deserving of the award. AAU Karate supports academic and athletic pursuits in combination!