

Shuyokan News



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Aikido Federation of California

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Shuyokan's First Youth Student Promoted to Black Belt

By Sensei Dye



Miss Rebecca Alward

Five years ago, a little 8 year old blond haired girl with pigtailed by the name of Rebecca Alward, stepped onto the mats at Shuyokan to start her training in the martial arts. She had never had any martial arts training and was among several new students in her class. Being the shy little girl that she was, she began learning how to do forward rolls, kicks, reverse hand throws, and throw the Black

Belts. After several months of training she became more confident and soon started testing for rank. Sensei Dye recalls a conversation that he had with Rebecca shortly after she started at Shuyokan. "One Sunday I was at church and went to pick up my kids at their Sunday school class. When I walked into the classroom I saw Rebecca. She walked up to me and looked directly at me saying, "I am going to get my black belt with you Sensei". I told her that it would be that type of determination which would eventually get her to Black Belt."

As Rebecca continued her training, many of the students who had origi-

nally started with her had left the Dojo. Because she was the only one of her group who had stayed, she began to train with many of the Black Belts. She continued testing and was eventually promoted to 1st Kyu brown belt. After her promotion, she started preparation for her next test, Black Belt. For 12 months, under the guidance of Sensei Dye, Rebecca was coached and trained by Sensei Wes Watkins on her testing techniques required for Black Belt. For 8 months she also underwent additional training from Sensei Dye in the Hawaiian martial art of Kaihewalu Lua. As part of her test, she would be required to per-

(Continued on page 4)

The Demonstration Season

By Bob Smith

Well the Shuyokan Demonstration Team can rest for a while. The season is over for this year, not that we wouldn't perform again if someone were to ask. It was great fun and a great Thank You goes to everyone involved.

The season started in late May with several rehearsals leading to the first "show" at St. John's carnival on June 12th. The carnival seemed to stop during our performance while everyone gathered to watch. For some of the youth and junior "players" it was their first time on stage. They did great, looking like old-time performers. The youth students Matthew Davila, Ryan Hernandez, Ryan Barnett, Rex Rainier,

Vince Vinnelli, Gerrit Stukkie and Marisa Black did a great job with their free style and demonstrating various techniques. Marisa Black actually attends St. John's school. I doubt if any of the boys there will be bothering her for a long time after seeing her free-style with the black belts. Judy Hubbard's act as the "selected from the audience" on-stage guest was so good that it didn't seem like acting (Judy - were you acting or not?).

More rehearsals, and on the Orange County Fair on July 10th for a performance on the Sun Stage. The act preceding ours was a troop of belly dancers. A number of our black belts wanted to make the

dancers honorary black belts, but the ladies declined indicating that our martial arts moves did not compare to theirs.

At the fair, the passersby could not help but stop and watch our performance. The music and dynamic activity were captivating. Our young women Desiree Hernandez, Connie Bartlett, Christine Hughes and Alyxis Mah were outstanding demonstrating self-protection techniques against the black belts. It will be a long time before anyone bothers Alyxis after defending herself from 4 full-sized "thugs". Rebecca's ground fighting was something to behold.

(Continued on page 6)

In Memory



Shihan Otto Johnson

5/2/59—11/2/04

Founder

American Wado Ryu Federation International

The Importance of Training After You Make Black Belt

By Sensei Dye

I am sure that most of you remember your very first visit to the Shuyokan Dojo. Once you decided to start your training, you began to realize that it was hard work and you found that you were using muscles that you had never used before. But after a while, you became accustomed to the traditions and disciplines of the training. Like most of the students who train at Shuyokan, you started training hard preparing for testing and receiving Kyu level promotions. The very first time you tested you were probably very nervous coming up in front of the class and demonstrating your knowledge and skill levels of what you had been taught in front of others who had gone before you. But after your first couple of tests, you finally realized

that you could get up in front of class and give it your best regardless of how you felt or what you had gone through during the day before the start of your test.

After a while, many students start thinking of earning their Black Belt. They train hard reaching many personal plateaus. Sometimes, they even get injured either on or off the mat and their will to continue starts to diminish. But there is a personal drive that keeps them going and they start to develop a hunger for more knowledge to get closer to their goal of reaching Black Belt.

Once you make brown belt your training becomes even more intense. Then, the day comes when you walk into the Dojo and you see

your name on a list of those who are eligible to test for Black Belt. You start getting more nervous now because you know that you will be demonstrating your skills not only in front of your Sensei, but in front of a Board of Black Belts who have been invited to watch your test, along with your friends and family members outside the Dojo.

On your testing day, you walk onto the mat in front of all your peers, instructors, black belts and guests. Your name is called and you come up in front of the board and you begin your test. After complete exhaustion, you sit back down in the line and you may be given the results of your test. You passed! You are now a Black Belt!

Many students who receive their Black Belt think that the training stops there and that there is no need to continue any further. Students need to remember that all of the techniques that they have learned can become what is termed as “perishable skills”. In other words, if they don’t keep their skill level up they will start to tarnish and lose those skills that they have worked so hard to attain to wear the Shuyokan Black Belt. Many of the Black Belts who still train at Shuyokan, have been there for as long as 20 years and even longer.

For those of you who are preparing to take your Black Belt test, and for those of you who have made Black Belt, who maybe sometimes have had thoughts about quitting after you have reached Shodan, take a moment and ask yourself this very important question. What do you think would have happened if one such Black Belt who is currently at Shuyokan had made the decision to quit after his promotion to Black Belt? You would not be reading this article right now.

Sprains & Strains

By Mark Sevi

Martial Arts, especially Aikido and Aikijitsu, have more than their share of sprains and strains. These are some of the more common sense treatments for minor injuries.

DISCLAIMER: IN NO WAY should this article be construed as medical advice. Consult your physician.

The difference between a sprain and strain is, from WebMD: *A SPRAIN is an injury to a ligament-- a stretching or a tearing. One or more ligaments can be injured during a sprain. The severity of the injury will depend on the extent of injury to a single ligament (whether the tear is partial or complete) and the number of ligaments involved.*

A STRAIN is an injury to either a muscle or a tendon. Depending on the severity of the injury, a strain may be a simple overstretch of the muscle or tendon, or it can result in a partial or complete tear.

SPRAIN: The usual signs and symptoms of a sprain include pain, swelling, bruising, and loss of the ability to move and use the joint (called functional ability). Sometimes people feel a pop or tear when the injury happens.

A grade I, mild sprain, causes overstretching or slight tearing of the ligaments with no joint instability – usually with minimal pain, swelling, and little or no loss of functional ability. Bruising is absent or slight, and the person is usually able to put weight on the affected joint.

A grade II, moderate sprain, causes partial tearing of the ligament with bruising, moderate pain, and swelling. A person with a moderate sprain usually has some difficulty putting weight on the affected joint and experiences some loss of function.

A grade III, severe sprain, completely tears or ruptures a ligament. Pain, swelling, and bruising are usually severe, and the patient is unable to put weight on the joint. An x ray is usually taken to rule out a broken bone.

When To See a Doctor for a Sprain (according to WebMD):

- You have severe pain and cannot put any weight on the injured joint.
- The area over the injured joint or next to it is very tender when you touch it.
- The injured area looks crooked or has lumps and bumps (other than swelling) that you do not see on the uninjured joint.
- You cannot move the injured joint.
- You cannot walk more than four steps without significant pain.
- Your limb buckles or gives way when you try to use the joint.
- You have numbness in any part of the injured area.
- You see redness or red streaks spreading out from the injury.
- You injure an area that has been injured several times before.
- You have pain, swelling, or redness over a bony part of your foot.
- You are in doubt about the seriousness of the injury or how to care for it.

STRAIN: People with a strain experience pain, muscle spasm, and muscle weakness. They can also have localized swelling, cramping, or inflammation and, with a minor or moderate strain, usually some loss of muscle function. People usually have pain in the injured area and general weakness of the muscle when they attempt to move it. Se-

vere strains that partially or completely tear the muscle or tendon are often very painful and disabling.

What to do for minor injuries: Rest, Ice, Compression, and Elevation – RICE Therapy

REST: Common sense. Don't put weight on the affected area for 48hrs. Don't use the injured area unless necessary for 48hrs.

ICE: For the first 24hrs after an injury, apply an ice pack to the injured area for 20 minutes at a time, 4 to 8 times a day. A cold pack, ice bag, or plastic bag filled with crushed ice and wrapped in a towel can be used. To avoid injury from frostbite, do not apply the ice for more than 20 minutes and never on bare skin.. **DO NOT APPLY HEAT** for the first 24 hours. It may increase bleeding and swelling and may prolong the healing time.

COMPRESSION: Compression of an injured ankle, knee, or wrist may help reduce swelling. Examples of compression bandages are elastic wraps (ACE bandages), special boots, air casts, and splints.

ELEVATION: If possible, keep the injured ankle, knee, elbow, or wrist elevated on a pillow, above the level of the heart to help decrease swelling. Injuries flush with blood. Keeping an excessive amount of blood from the injury site helps.

Use of an analgesic like aspirin or Ibuprofen can help reduce inflammation. **DO NOT COMBINE** pain relievers like aspirin and Ibuprofen. Use one or the other.

Back strains can be alleviated by a good chiropractor and expeditious use of stretching. After the first 24 hrs, heat can help relax muscles and reduce pain. Chronic back

(Continued on page 4)

Rebecca

(Continued from page 1)

form one of the Hula's (forms) from the Lua Halau O Kaihewalu.

As the testing date drew closer, a meeting was held at the Dojo between Rebecca and Sensei Dye. "Both Rebecca and I sat down to discuss what was expected of her for her test. I told her that I had set higher expectations for her being that she was the first youth student to test for a Shuyokan Black Belt. I made it very clear to her that she was going to be setting an example for the other youth students to follow. She agreed to those expectations and said that she would do her very best to live up to them".

On November 17, 2004, Rebecca tested for her Black Belt. She was the first student to test on that night and she was very nervous, and she had every reason to be, because many of her fellow youth students had been required to attend and watch her test. She, along with the other students that night, had to face a Board Of Black Belts. But, besides demonstrating her testing techniques, Rebecca would also be demonstrating the Hana Hula Bay, not only in front of all of the Board of Black Belts, but in front of Olohe Solomon Kaihewalu, the founder of Kaihewalu Lua school and Sensei Dye's Lua instructor.

On December 4, 2004 at the at the annual holiday party held at Benihana in Newport Beach, California, Sensei Dye awarded Rebecca her Black Belt. She is the first teenager to receive a black belt from Shuyokan. "As Rebecca's Sensei, I feel that she far surpassed the expectations that I had set for her as the first youth student to test and be promoted to Black Belt. I am sure that I speak for all of the Yudansha at Shuyokan when I say how very proud we are of Rebecca and what she has accomplished, but, most of all how excited we are to have her join us in the ranks as one of our Shuyokan Black Belts."

Sprains & Strains

(Continued from page 3)

strains usually point to a problem with how you're doing whatever you're doing. Perhaps you're not stretching enough before class, perhaps too much. Perhaps you need to strengthen the supporting muscles. Chronic injuries can also point to a serious problem that you should consult your doctor about.

In all cases, please use common sense.



New Dojo Patches



The 3 A's of Survival in Today's World

By Don Stern

"In order to avoid, assess, or try to control any situation, we must first and foremost be constantly aware of all that goes on around us. For no matter how formidable the weapon we may wield, we must first be conscious of the threat."

Awareness=avoidance **Attitude**=assessment **Ability**=action

Awareness: Being constantly aware of our surroundings, we can possibly avoid a situation which could be potentially dangerous or even life threatening. This would seem to be the most desirable method for the martial artist.

Attitude: Maintaining and retaining the proper mental attitude and composure, we can then calmly assess the level of threat, and the appropriate steps to take.

Ability: Our physical training will enable us, if necessary, to take the proper action control, neutralize or stop a potentially violent or life threatening confrontation.

Recent 2004 Promotions

Black Belt Promotions

Aikijutsu

Rebecca Alward 1st Dan
Alex Michel 1st Dan

Adult Promotions

Aikido

Ben Heydlauff 7th Kyu
Andrew Lenz 8th Kyu
Norm Sandstrom 7th Kyu

Taiho Jutsu

Nathan Huibregtse 8th Kyu
John Smith 5th Kyu
Malia Yong 6th Kyu
Walter Yong 1st Kyu

Goshin Justu

John Harrison 4th Kyu
Ben Heydlauff 2nd Kyu
Judy Hubbard 2nd Kyu
Bond Nguyen 2nd Kyu
David Thaten 2nd Kyu
Angie Truong 6th Kyu

Youth Promotions

Aikido

Connie Bartlett 8th Kyu
Chad Bishop 6th Kyu
Marisa Black 4th Kyu
Luke Brue 9th Kyu
Alyxis Mah 6th Kyu
Collett Ngo 8th Kyu
Nicole Ngo 6th Kyu
Tamarrah Nguyen 7th Kyu
Rex Ranieri 6th Kyu
Mark Seckel 4th Kyu
Dylan Smith 8th Kyu
Gerrit Stukkie 6th Kyu
Alan Truong 10th Kyu
Emily Truong 10th Kyu
Brian Williams 6th Kyu

Outstanding Youth Students 2004

**Alyxis Mah
David Thaten**

Samurai Cop Advanced Course Graduates

9th Kyu - Recruit Level 1
(Academy Recruit)

Chelsie Belmont
Natalie Belmont
Casey Campbell
Penny Madueno
Laura MacKenzie
Tanner Riedle
Zac Riedle

Samurai Cop Black Belt Academy Promotions

6th Kyu – Junsaho

Mia Crysel
Zeke Kendall
Eric Nordstrom
Dillon Perez

7th Kyu - Recruit Level 3

Madison Fancher
Daniel Herrera
Loren Nordstrom
Matthew Rutledge
Jacob Wachman

8th Kyu - Recruit Level 2

Amber Curtis
Sally Debbas
Peter Rossi
Jack Schoubye
Cole Wachman
Megan Walsh
Stephen Wexler
Stephanie Willett

Outstanding Samurai Cop Recruits 2004

**Amber Curtis
Dillon Perez**

Congratulations

John Harrison

Outstanding Student 2004

Nominees:

Scott Harrington-John Harrison-
Paul Hayes-Judy Hubbard-
Mark Sevi-Jeff Walker-Wes
Watkins

Welcome New Students

Jack Aguirre
Marc Benifacio
Luke Brue
Nathan Huibregtse
Jacqui Lewis
Yoko Ohno
Juliann Ranieri
Terry Stannaro
Alan Truong
Angie Truong
Emily Truong
Brandon Wesdell
Nathan Wesdell

Demonstration

(Continued from page 1)

The Mark and Bob Show was, as always, a great crowd-pleaser demonstrating cane techniques. Unfortunately, the audience was applauding so much that the sound of the cane-on-cup could not be heard, but they seemed to get the message anyway. Sorry Mark.

In late July Sensei Dye went to Hawaii for a long overdue vacation. We had a very difficult time getting him back in time for our final performance at the National Night Out celebration on August 3rd.

This evening found Wes and Eduardo's performing their opening routine demonstrating how flowing and effortless martial arts can be while still serving as a method of self protection.

Following the youth and junior presentations, Bond Nguyen and David Thaten performed a free-style routine that captivated everyone. Later the Black Belts demonstrated techniques against weapons and techniques of self-defense that gave the assembled crowd an idea of just what can be done if you train properly.

Well it was a great season. Thanks to all and we look forward to seeing you all again next time.

A well-deserved special thanks goes to the "behind-the-scenes" performers that supported the team. Thanks to Doug Metzger the voice of Shuyokan and Jim "Hoss" Spry for making sure all props and mats showed up on time and also acting as security (do martial artist need

security?). Thanks to Wayne Mah for the outstanding photographs and anyone else I may have missed.

A special thanks to all the parents for driving, waiting, paying for entry, smiling, applauding and all the other things that the performers are so appreciative – Thank you



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