

Newsletter from Prefectural Headquarters of Gifu District

Nonprofit organization approved by Japanese government
Official web site of Karate Shoto League - <http://www.fsinet.or.jp/~jks-gifu/>

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New Year's calligraphy All my spirit Condensed to kanji of victory by Chogo



Where does such energy come from in this chilly weather? Children in the New Year's training push aside the adults in fat clothing and move around as if they were on summer beach. They run, tumble, bump, hop, jump, shout, and cry. To our envies they can grow whatever they do. If we adults contend ourselves to it as "children's privilege", it's such a dreamless thought. The existence of children gives us a chance of action, decision to dream, and origin of vigor by their full body. What

adults can give children isn't only love and money but to run, tumble, and bump together with them by pulling our dress off and throwing it away. This isn't a difficult thing and we must do it by all means. It is a pity in today's trend the non-commitment is fussed as gray zone and that the outcome isn't settled once and for all. But regardless the result of karate games there is always a small goal in daily life all over. If the achievement of the goal is equal to the victory, we probably have piled up countless victories already. What must we do to win? Setting up a clear goal, aiming at it, rising to the feet, and taking the first step. As there is always loss, there is always victory. As there is always defeat, there is always value. Shall we pull a dress off and throw it away, and fight against ourselves?

19th World Karate Championships Closed Shoto Federation Players Active for Japan's Prestige



From left to right:
Masao Kagawa, Coach
Shinji Nagaki, 3rd in 70 kg Division
Takuro Nihei, 3rd in 65 kg Division
Yuuka Sato, Champion in Open-Weight Division



The World Karate Championships was held in Japan for 4 days on November 13 through 18, 2008 after 31 years of intermission. The current population of karate players is said to be 60 million. 1,200 players selected from 120 countries gathered at Nihon Budokan, the Mecca of martial art. They brought the body, waza, and spirit that were ultimately trained up. Japan welcomed them as the mother country of karate. Our Shoto Federation players left grand results among the strongest array of Japan team. With the

victory by Yuuka Sato, 3rd place by each Takuro Nihei and Kenji Nagaki, Shinya Hirayama in male open-weight, Kenta Kai of Teikyo University, Yukimitsu Kagawa, and Masao Kagawa, master and director of waza of our Shoto Federation challenged the championships with hinomaru on their back.

Kou Matsuhisa (right photo) from a separate sector of Gifu-ken district also played a splendid match. He won the 3rd place in 75 kg division despite of his serious wound during the match. He won the grand victory in Heisei 20th All Japan Championships in December after the World Karate Meet, achieving the consecutive championship.



More players made Japan, the homeland of karate, re-recognized by the world such

as Satoshi Ibuchi winning a victory in 80 kg division, Natsuki Fujiwara with the 1st place in 53 kg division, the female kata team taking the championship. Measures by the world countries however toward the approval as an official event in the Olympics were beyond our expectations. The progress in the level of skills in various countries was remarkable, and their endowed physique and capacity of bodily operation often drove Japanese players into a predicament. We were surprised a manual on playing a match against Japanese was distributed in a certain country. We would like to express our respect to all the Japanese players who overcame such pressure and left the splendid results, and to realize again that our karatedo leads to the world and to work hard in daily training and coaching.

For general information, the next World Karate Championships is to be held in Serbia.

★ Majority of the matches were televised on BS Fuji each day and night. They are recorded in a DVD and on sale by Champ Corporation.

★ A letter was sent to us by a girl in 3rd grade of elementary school who virtually watched the matches in Nihon Budokan.

My father said to me on Saturday all of a sudden "Hey, we will go up to Tokyo!" I didn't know what he was planning to do. We took the Shinkansen and reached where they were playing karate matches and there were many players from many countries. I cheered for Mr. Nagaki because he and I were shot together in a picture in a national contest before. I also cheered for Mr. Nihei and Ms. Sato. The play of Mr. Aghayev (from Azerbaijan, and champion in 70 kg division) was stunning. I was first scared but was glad when he smiled at me and shook hands with me. I thought my father and I would go back home on the same day, but he again so suddenly said "We'll stay overnight in Tokyo and watch more plays tomorrow" and so we did. I strongly thought I would play in the world contest some day.

Small Talk

<How to Train Combat Brain> by Nariyuki Hayashi, published by Kodansha Gendai Shinsho



Why you keep losing in sports, work, and study derives from the poor usage of your brain. You must understand the mechanism of human brain, train the combat brain, and change your life. An authority of brain surgery is presenting a prescription.

Preface: You can win if you understand the brain.

Chapter 1: Brain works like this. 1. Consciousness, mind, and memory are linked.

2. What is Image Memory? 3. Brain will be finer by this method.

Chapter 2: Here is the Combat Brain. 1. Pitfall of Mind, Skill, and Body. 2. 9 secrets to open up the combat brain. 3. Humans can grow through fighting.

3. Think scientifically of mind, skill, and body. 1. Mind to win games. 2. Body to win games.

Publisher: Kodansha, 167 pages, ISBN-10: 4061498614, ISBN-13: 978-4061498617, price: 735 yen

★ This book is too good to introduce without a hesitation, but is an absolute consultation to all karate players. The introduction is now available after much thought.

Sports are the function of brain. The author was the instructor who conveyed the atti-

tude of combat to the Japanese swimmers in Peking Olympics. As Kosuke Kitajima won a gold medal, the book got into a rush of orders.

Event Schedule for February and March 2009

February 11, national holiday - Training course of kata and kumite for referees by Gifu Headquarters at Gifu City Grand Gymnasium
Detail papers have been distributed to respective branch managers.

March 1, Sunday - Examination of dan promotion for Gifu district by Dan Promotion Examiners of Gifu Headquarters, in the afternoon at Gifu Arena

March, day not firm - Deadline of submitting application of entrance in Gifu-ken Meet

March 27 to 29 - All Japan Junior High School Karate Meet at General Gymnasium of Kitahiroshima-shi Hokkaido - many Shoto Federation players will attend.