



# TIKK NEWS

Spring 2005

Texas Isshinryu Karate Kai

Perfecting Character Since 1991

## Expect Nothing, Be Ready For Anything 8th Gasshuku promises Change of routine

By LAURA MURRAY  
Yon Kyu

Imagine a weekend you don't have to cook. You don't have to cart the kids to three baseball games, two soccer games, a birthday party and music lessons. You don't have to listen to the doorbell or the phone constantly ringing.

It's a weekend for you. You get to focus on you. You get to forget your worries (or at least put them temporarily on hold). You get to "hang" with people who have some of the same goals as you: they like to work hard and play hard.

And at the end of the weekend, your mind, your body and your spirit will be refreshed.

Being able to provide undivided attention for three days (April 15-17) is one reason the annual Gasshuku is so important to karate training at Texas Isshinryu Karate Kai, says Shihan Robert Kristensen.

"You can totally focus on yourself," he says,



Shihan Robert Kristensen concludes the 2004 Gasshuku at the Spring Shiai at Camp Summit.

adding that the Gasshuku is equivalent to about three months of training for the average person.

While he realizes students may feel tired when the Gasshuku is over, he says he hopes they will feel growth and refreshed in mind, body and spirit.

Shihan brought the idea to have a Gasshuku

(See GASSHUKU, page 4)



Grand Champions Ni Dan Matt Evans, Sensei Adam Masur

## Evans, Masur win top tournament honors

Two Texas Isshinryu Karate Kai black belts took top honors at a Nov. 6 tournament benefiting the Texas Martial Arts Hall of Fame.

Ni Dan Matt Evans was the grand champion in kata while Yon Dan Adam Masur was the grand champion in sparring at the tournament held at the Nautilus Sports Club and organized by TIKK.

About 100 people from throughout north Texas and Houston competed in the tournament benefiting the Texas Martial Arts Hall of Fame, a non-profit organization which recognizes out-

standing martial artists throughout the state.

Competitors also got to see the highest ranking black belt in the Isshinryu World Karate Association outside of Okinawa. Hanshi William H. Duessel of Pittsburgh, a 9<sup>th</sup> degree black belt,

(See TOURNAMENT, page 6)

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## SHIHAN'S CORNER



## Happiness!

### Your Happiness Depends on You!

**H**appiness is a frame of mind. Some of us do things for others: this makes us happy and others happy. Some do things just for themselves: this makes them happy and others may be jealous, etc., or they could be happy, too? Your happiness is what you create. It is all inside of you. You can search forever. The final answer is only you have the answer, and that is inside of you. So don't spend all your life searching, it is right in your control. Don't worry, be happy!!!

-Shihan Kristensen

## CALENDAR

April 15-17.....Spring Gasshuku, Camp Summit  
 April 17.....Spring Shiai, Camp Summit  
 May 1.....Demo at Denton Arts and Jazz Festival  
 May 4.....Mrs. Susan Harris' Birthday  
 May 5.....Mr. Dan Prenevost's Birthday  
 May 11.....Mr. Tommy Thomas' Birthday  
 May 24.....Mrs. Jeannie Rupp's Birthday  
 May 30.....Hanshi William H. Duessel's Birthday

June 15.....Mrs. Carol Gue's Birthday  
 June 24-25...IWKA World Championship Tournament  
 June 26.....Mr. Matt Evans' Birthday  
 July 18.....Mr. Chris Miller's Birthday  
 July 22.....Kyoshi Robert Kristensen's Birthday  
 Aug. 27.....Summer Shiai, Location TBA  
 Sept. 24.....First Martial Arts State Championship  
 Tournament, Location TBA

## TIKK NEWS

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## 40 TIKK students to compete in world championships

Texas Isshinryu Karate Kai will have a strong showing at the Isshinryu World Karate Association World Championship Tournament this summer with at least 40 students planning to compete.

The world championships, which are held every two years, will be held June 24-25 in Akron, Ohio at the Quaker Square Crowne Plaza.

Grand Master Kichiro Shimabuku, the son of Isshinryu founder Tatsuo Shimabuku and current head of Isshinryu karate, will travel from Okinawa and will conduct a training seminar on June 24.

The seminar for upper ranks (brown and black belts) will be from 1:30 p.m. to 3 p.m. while the seminar for all lower ranks (white to purple) will be from 3 p.m. to 4 p.m.

A banquet will be held from 6:30 to 9 p.m. on June 24 and also will feature an IWKA presenta-



Allan Wallander bowls to help pay the way to world tournament.

tion of those who are most active in their support of Grand Master Shimabuku and the world championships.

Formal bow-in for the tournament which will be held June 25 will be at 9:30 a.m. with competition in kata, kumite, weapons

and synchronized kata.

At the last championships in Dallas in 2003, TIKK brought home 96 trophies, which included 14 first place trophies in kata, five first place trophies in kumite and one first place trophy in weapons.

### 'N Focus

## Demo team works to promote TIKK to community

Texas Isshinryu Karate Kai's junior demo team 'N Focus ended 2004 with a demo during a Coppell High School basketball halftime show.

"I am very proud of the way everyone has come together as a team," said Sho Dan Jeff Kelley, who co-directs team activities with Sensei Debbie Garrett.

"All of the kids have worked very hard and have done an outstanding job," Mr. Kelley said.

More demos to promote TIKK are in the works and the next demo will be at the Denton Arts and Jazz Festival May 1.

Team members attending the Isshinryu World Karate Association World Championships in June will

perform in the synchronized kata division.

In its inaugural year, the team also performed at the Sports Extravaganza at a mall in Denton, a car show in Lewisville, a Cub Scout meeting in Richardson, the Gator Fest in Flower Mound and Huffines Arts Trails in Richardson.

Team members include: Carson Dickey, Jack Pergantis, Allan Wallander, Daniel Midkiff, Perry Lopez, Johannes Kroll and Shane Murray.

Selection of new team members will be in July.

Anyone who knows of an event or organization

which might be interested in having the team perform should contact Mr. Kelley or Sensei Garrett.



Demo team members perform at Coppell High School basketball game halftime show.

## Gasshuku...

(From Page 1)

from New Jersey. There, they had week-long camps for kids and then had weekend Gasshukus, which were great for the dojos and the camaraderie, bringing everyone together as a group and reinforcing their karate, Shihan says.

"The higher ranks inspired the lower ranks and the lower ranks gave the higher ranks a push," he says. He took the best of what he saw in New Jersey and incorporated it here in Texas.

The first Gasshuku for TIKK was held in April 1998. About 17 kyu ranks and four black belts attended that first Gasshuku. Now it's become an annual tradition that everyone looks forward to and has at least tripled in size with about 50 students attending last year along with 16 black belts.

With this Gasshuku being the eighth one for TIKK, Shihan believes it has become somewhat routine for some. He wants to change that and make this year different from those in the past.

Starting with the theme for this year "Expect Nothing, Be Ready for Anything," Shihan doesn't want students to assume what they are going to do.

"I want people to be on their toes," he says.

Shihan's goal for the Gasshuku is to see everyone reach their 200 percent or their potential. "Success for me is seeing everybody push themselves to their limit and go beyond and sincerely not cheat themselves.

"When I see people cheating, it's a downer for me. When I see people really pushing that much farther, I get excited because those people are really growing," he says.

The best way to prepare for the Gasshuku is simply, Shihan says, "Be the best **you** you can be."

He does not recommend overdoing it on the cardio or strength training because students will be giving their own 200 percent, which is different for everyone.

"You can't be anybody, but yourself," he says, adding that it doesn't matter what other people can do. "You're competing against yourself. Everybody is a champion because they are all competing against themselves. How you win is pushing yourself past your own limits."

Ni Dan Matt Evans recalls learning that very concept at the "Eye of the Tiger" Gasshuku. He says he trained very hard for that Gasshuku because of his experience from the past one.

"No matter how psyched I got, how strong I felt and how hard I pushed, Mrs. (Susan) Harris beat me

every time in push-ups and sit-ups," he says. "This showed me it is never about strength or power, just pure will and doing what you yourself are capable of."

The Gasshuku brings on many memories from inspirational to hysterically funny. One story that is almost always brought up when people reminisce about past Gasshukus is about dojo basketball.

Sho Dan Steve Gellman says he will never forget about the lesson a group of students learned about Gasshuku etiquette at the first Gasshuku.

Excited to start the day, about 10 of the students arrived for the first morning workout. It was early and they noticed a basketball hoop and some basketballs. What harm could there be in shooting a few hoops before the Gasshuku workouts got started?

They soon learned this was not a good idea.

And Shihan let them know that. "They didn't realize that it's a karate event and if you come to a karate event, you should try to concentrate on the karate because you can play basketball just about any place.

"When you have the opportunity train with so many martial artists, what you should be sharing is martial arts stories or kata or things that happen in the class," he says.

That first Gasshuku started with some 100 push-ups and a lesson about Gasshuku etiquette. The "unwritten" rule is to show up 20 minutes before a workout and start stretching or something, not playing basketball.

The first Gasshuku also was special because Sensei Don Bizzell earned his black belt, making him the first student in TIKK history to go from white belt to Sho Dan.

Of course, eight black belts have followed in Mr. Bizzell's footsteps by earning their black belts at a Gasshuku. One or more Sho Dans have been achieved at every Gasshuku except 2002 when Mr. Tony Palos was about to be tested, but tore his ACL and was not able to continue his testing at that time.

Nevertheless, Mr. Palos showed a determination seen in all TIKK black belts. "Mr. Palos was hobbling around on crutches at the beginning of the Gasshuku," recalls Sho Dan Tina Palos. "But by the last workout, he was running with his bag in one hand and crutches in the other."

She says he showed that "Quitters never win. Winners never quit."

Mr. Palos wasn't the only one to work a Gasshuku on injured status. Also in 2002, Mr. Gell-

(See GASSHUKU, next page)

## The Gasshuku.....According to Sensei Ishmael

All of these are but just a few of the things that happened at the various Gasshuku over the years. They are not in order, nor is any names, dates, etc. used. There could be "test" questions in the future.

The first Gasshuku....A certain Sensei was promoted to Sho Dan.

There was a skit....Monty Python....the sound of..."horses."

Neville and Ronstadt showed up, and sang.

The Dojo Band played so many songs.

Mickey/Minnie Mouse was a topic of discussion.

Three Ik Kyus went through final testing...a first.

There was some...."basketball"...a first...and last!

We had students from New Jersey, Nevada and parts of Texas come and train.

"Charlie Brown," Richard Simmons, Sonny & Cher, The Banana Comic, AC/DC, and various "other" personalities, have graced our stage.

The Standing Ovation...a first...for Sonny & Cher.

There was a "face kata"...a "talking kata"...and ..."the Look."

We had that COLD March.

A Ni-Dan...made the title...Sensei.

Some "lumber jacks" showed up.

Those...Martial Arts shoes...with the "thin" soles.

There was that...Box...With a certain...Red & White

Obi in it!!!

The colored pictures...of Shihan Jenkins, and Master

Shimabuku.

That time that Sempai put on the Gi...with Black Piping...another first!!!

Those times students...tried to "watch"...a Sho Dan test.

The "toothbrush/toothbrush" Kumite.

That new Genieuchin Kata.

The "Village People"....TIKK...with Mr. "T."

Those poems, songs, and skits that hit our hearts, minds, as well as spirits.

That VET...that sang about..."WAR."

The song..."Born In The USA"...which just came on my radio...strange, huh!!!

Along with..."I Won't Back Down!!!"

The "Perfect Cheer."

Ah, those "Bushido" runs..

Those "late night"...as well as "early morning" visits!!

There were those "Ladies in Black"...as well as Jugle.

So many demos...by students as well as Black Belts.

The good 'ol...figure "8."

The "light stretching" times.

Tha Gasshuku Banner.

Perfect Pictures..taken...all the time...THANK YOU!

All those boards...and let's not forget the BRICKS!!!

That number "17."

And so very much more....memories....Those special Sunday Morning moments...that will last forever!!!

The smiles, tears, and those who we remember, and always will.

## Gasshuku....

(From Page 4)

man broke his foot during the Friday morning workout only to return later in the Gasshuku with his casted foot and doing Sanchin kata in a chair. He finished the Gasshuku on crutches, but not before he received an award and gave flowers to the cooks.

Mr. Gellman still talks about how good the cookies are at the Gasshuku.

Surf 'N Turf became the featured food in Gasshuku 2004, at least for Shihan and Sempai Maria Kristensen, who with the help of the whole dojo, celebrated their 10<sup>th</sup> wedding anniversary on April 23.

With decorations, flowers and music during every break (Mr. Palos stalked them with the boom box), Shihan and Sempai had a catered dinner on the patio that is not likely to be duplicated or forgotten.

Many Gasshukus have seen beautiful Texas blue skies, but a few brought some less than perfect conditions. The 2003 Gasshuku, when Mrs. Palos, Mrs. Jeannie Rupp and Mr. Gellman were testing for Sho

Dan, probably will be remembered for its freezing temperatures.

And then a tornado warning for the Copper Canyon area brought 2004 Gasshuku participants to the main lodge where the kitchen and all the knives are for "safety" only to be distracted by Shihan who led the group in tensho.

In 2000, a thunderstorm flooded the basketball court, but after it passed, the talent show went on.

The talent show has offered too many funny skits to mention, Shihan says.

"There are so many things people do that they never would have done before. But they let their guard down so they are totally experiencing the yin and the yang," he says. "If you work out hard, you've got to play hard. You can't do one more than the other."

The best way to benefit from the Gasshuku, Shihan says, is listen to Shihan. "If I say a Gasshuku is good, I hate to say it, it's good!"

## Tournament...

(From Page 1)

conducted a seminar on tournament kata and helped judge the tournament.

Hanshi, 77, is the teacher of Shihan Robert Kristensen and is one of the few people in the world still living who trained with Isshinryu karate founder Tatsuo Shimabuku of Okinawa.

During the seminar, Hanshi told students to implement what they learn immediately or they could forget it.

“What we’re looking for is to perfect ourselves for better health in mind, body and spirit,” he said, adding that karate students are already ahead of the game because they train and can focus.

Posture is very important in kata, Hanshi said. Some people get head heavy and he said it is like having a 12- to 15-pound bowling ball on top of the spinal column.

Kata is like music, he said, adding it should have different



rhythms and speed throughout. “This is all done through relaxation.”

Hanshi also stressed the importance of looking first. “To miss a look is like missing a punch,” he said. “Why move



Hanshi William H. Duessel discusses tournament kata while Shihan Robert Kristensen watches. Left, Daniel Midkiff performs his kata while Neal Willis and Andrew Keeton, below, kumite.



somewhere if you haven’t looked first – don’t rush kata.”

Finally, he told students not to be disappointed if they do not win. “The main thing is you competed.”

TIKK results are:

### Weapons

#### **Adult Black Belt 3<sup>rd</sup> Dan & up**

Adam Masur 1<sup>st</sup>  
Don Ishmael 3<sup>rd</sup>

#### **Adult Black Belt 1<sup>st</sup> & 2<sup>nd</sup> Dan**

Matt Evans 1<sup>st</sup>  
Tony Palos 2<sup>nd</sup>  
Tina Palos 3<sup>rd</sup>

### Kata Kumite

#### **Adult Black Belt 3<sup>rd</sup> Dan & up**

Don Ishmael 2<sup>nd</sup> ---  
Adam Masur 3<sup>rd</sup> 1<sup>st</sup>  
Vince Olivier --- 3<sup>rd</sup>

#### **Adult Black Belt male 1<sup>st</sup> & 2<sup>nd</sup> Dan**

Matt Evans 1<sup>st</sup> 1<sup>st</sup>  
Tony Palos 2<sup>nd</sup> ---  
Tommy Thomas 3<sup>rd</sup> 3<sup>rd</sup>

#### **Adult Black Belt female 1<sup>st</sup> & 2<sup>nd</sup> Dan**

Susan Harris 1<sup>st</sup> 1<sup>st</sup>  
Jeannie Rupp 2<sup>nd</sup> ---  
Tina Palos 3<sup>rd</sup> 3<sup>rd</sup>  
Carol Gue --- 2<sup>nd</sup>



Nate Eazor and Ethan Shah admire the trophies they won for kata.



Ni Dan Susan Harris performs her kata while Dean Collins, below, also does his kata.

	<u>Kata</u>	<u>Kumite</u>		<u>Kata</u>	<u>Kumite</u>
<b>Adult Advanced</b>			<b>Adult Intermediate</b>		
Jim Fairhurst	1 <sup>st</sup>	2 <sup>nd</sup>	Andrew Black	1 <sup>st</sup>	1 <sup>st</sup>
Mike Cohen	2 <sup>nd</sup>	3 <sup>rd</sup>	Jim Wallander	2 <sup>nd</sup>	2 <sup>nd</sup>
Cathy Fairhurst	3 <sup>rd</sup>	1 <sup>st</sup>	Greg Midkiff	3 <sup>rd</sup>	---
Kent Kirkpatrick	---	1 <sup>st</sup>	Glen Dullenty	---	3 <sup>rd</sup>
<b>Teen Advanced</b>			<b>Adult Beginner</b>		
Tyler Murray	2 <sup>nd</sup>	---	Brent Logan	1 <sup>st</sup>	2 <sup>nd</sup>
Whitney Fairhurst	3 <sup>rd</sup>	2 <sup>nd</sup>	Tracy Dickey	2 <sup>nd</sup>	2 <sup>nd</sup>
Kyle Murray	---	3 <sup>rd</sup>	Paula Reynolds	---	3 <sup>rd</sup>
<b>Adult Intermediate Advanced</b>			<b>Junior (12-13) Beginner</b>		
Laura Murray	1 <sup>st</sup>	2 <sup>nd</sup>	Reggie Logan	---	1 <sup>st</sup>
Margaret Myers	2 <sup>nd</sup>	3 <sup>rd</sup>	Joey Marcella	---	3 <sup>rd</sup>
Glenn Gibbs	3 <sup>rd</sup>	---	Dean Collins	1 <sup>st</sup>	---
<b>Junior (12-13) Intermediate Advanced</b>			<b>Peewee (9-11) Beginner</b>		
Cody Davenport	1 <sup>st</sup>	2 <sup>nd</sup>	Kendall Kirkpatrick	2 <sup>nd</sup>	2 <sup>nd</sup>
Daniel Midkiff	3 <sup>rd</sup>	2 <sup>nd</sup>	Teresa Hulsey	3 <sup>rd</sup>	1 <sup>st</sup>
Garrett Molsbee	---	1 <sup>st</sup>	Ben Collins	---	3 <sup>rd</sup>
Tim Hendrix	---	2 <sup>nd</sup>	<b>Mini Peewee (7-8) Beginner</b>		
<b>Peewee (9-11) Intermediate Advanced</b>			<b>Mighty Mites (Under 6) All Ranks</b>		
Carson Dickey	2 <sup>nd</sup>	---	Nate Eazor	1 <sup>st</sup>	2 <sup>nd</sup>
Perry Lopez	3 <sup>rd</sup>	1 <sup>st</sup>	Ethan Shah	2 <sup>nd</sup>	3 <sup>rd</sup>
Johannes Kroll	---	2 <sup>nd</sup>			
Shane Murray	---	3 <sup>rd</sup>			
<b>Mini Peewee (7-8) Intermediate Advanced</b>					
Allan Wallander	1 <sup>st</sup>	1 <sup>st</sup>			
Morgan Hulsey	---	2 <sup>nd</sup>			



Winter Shiai**Brown belts Jim Fairhurst, Mike Cohen earn Ik Kyu rank;  
Daniel Midkiff, Laura Murray named Karate-ka of the Year**

Nearly 100 Texas Isshinryu Karate Kai students turned out for the Winter Shiai at the Nautilus in Flower Mound Dec. 4.

Students enjoyed a morning of training before demonstrating what they have learned and making rank in front of family and friends in the afternoon. A festive holiday party with drawings for gifts followed.

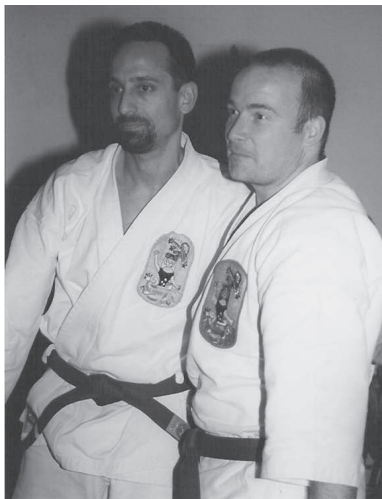
Daniel Midkiff was named the Junior Karate-ka of the Year while Laura Murray was named the Senior Karate-ka of the Year.

Jim Fairhurst and Mike Cohen became the highest ranking brown belts at TIKK with their promotion to Ik Kyu. Of course, the next step for them will be the esteemed Sho Dan rank.

Cathy Fairhurst and Kent Kirkpatrick also moved up in rank to become Ni Kyus, or the second level in brown belt.

Belt changes include:

**Purple belt with a solid black stripe:**



Mike Cohen and Jim Fairhurst make Ik Kyu rank.

Mark Hendrix  
Laura Murray  
Glenn Gibbs  
Margaret Myers

**Purple belt:**

Garrett Molsbee  
Cody Davenport

**Blue belt:**

Dakota Wilson

Perry Lopez  
Daniel Midkiff  
Allan Wallander

**Green belt with a solid black stripe:**

Steve Kroll  
Dan Melendez  
Anthony Petrusky  
Jennifer Wiederkehr  
Greg Midkiff

**Green belt:**

Andrew Black  
Tracy Dickey  
Deanna Rupp  
Cole Mootz  
Shea Giese

**Yellow/Green belt:**

Miranda Banales  
Peter Gonzalez  
Paula Sue Reynolds

**Yellow belt:**

Andrew Keeton  
Mike Gonzalez  
Nate Eazor  
Ethan Shah  
Briana Lopez  
Michelle Bizzell  
Britt Ford



Daniel Midkiff is named Junior Karate-ka of Year.



Laura Murray is named Senior Karate-ka of Year.





Top right, Mike Cohen and Jim Fairhurst do panther crawls while Paula Reynolds, top left, does her kata at the shiai.



**Training hard.....**



Chance Cooley attempts to break the board at the Winter Shiai.

## **Breaking Boards.....**



Mr. Matt Evans gives Perry Lopez his blue belt.

## **Making rank.....**



Sensei Bizzell awards Michelle her yellow belt.

## Power Lifting! Not just for meatheads anymore

By **MATT EVANS**  
Ni Dan

The image that came to my head when I thought of power lifters was the gargantuan men on American Gladiators and World's Strongest Man, but in the past three months I have developed a very different view of these unique athletes.

I have been lifting weights for about 15 years and have a pretty good basic understanding of the technique and method to lifting properly. I can even find a good basic program to follow to help me progress.

However, I never got the results I wanted, and I never seemed to get stronger. I have gone through a number of trainers who would run me through something I already knew or would teach me something new, but it didn't challenge me enough. They were used to teaching basic lifting and basic alone.

My previous trainer introduced me to cleans, snatch, and push jerk which helped me become more explosive with what strength I had, but it was not quite enough (plus he ended up leaving the gym, anyway).

The newest partner I workout with is a power lifter, and he saw right away that I didn't like to play around in the gym; I liked to work and work hard. He invited me to a group of weightlifters that works out at a time I am normally still out cold sleeping. After working out a few times with them, I was hooked.

The concept of power lifting is fairly simple with precise technique. My lifting partners mainly follow the concepts laid out by Louie Simmons from Westside Barbell and Charles Poliquin. Lots of information can be found on t-nation.net and other sites devoted to power lifting. The format we follow has four workouts a week.

Monday: Max Effort/ Lower  
Wednesday: Max Effort/Upper

Friday: Speed/Dynamic/Lower

Sunday: Speed/Dynamic/Upper

The three main lifts that we train toward are bench press, dead lift and squat. These three core lifts require the use of almost all muscles in the body, so training toward them works the entire body. BENCH? Entire body you say? Yes, when done in the proper position, it works everything, for you do not develop power unless you use your entire body. Ask me more if you want to know why because it will make this article wayyyyyy too long to describe the set up.



Max effort is a day where you work until you fail. You do two repetitions of the core lift you are doing that day and do sets until you fail at the two, then you do singles until you fail. The goal is to try to challenge yourself to do more each week you repeat the exercise. The common problem now is, do you do the same thing each week or change? Change it all over the place. There are different types of bars to use, rubber bands (not the office kind, but larger and stronger ones!) can be added to the bar, even 100 pounds worth of chain is put on the bar

to make it more challenging and unstable to work the muscle in various ways.

Speed/dynamic days are different because your focus is not to do the most weight, but to practice being explosive. If your maximum bench is 300 pounds, you may work only 150 pounds in this workout to maintain focus on explosiveness. Do eight to 10 sets of two repetitions and do them very quickly while still holding form. After the sets are done, do singles that increase in weight until you fail. This helps build speed with your lifting power. Changes in bars, bands and chains are also included within this ideal.

The next article about power lifting will include some workouts and more information regarding this very aggressive method of weightlifting.

## SENSEI'S CORNER

**H**ave you seen this person?  
 Have you seen that Black Belt with that amazing side kick in Sunsu Kata, or the one who does that great jumping front kick in Chinto Kata?  
 Or the one who does those side kicks that would really hurt ya?  
 How about the one that is so fast, and just made Grand Champion, or the one who is so great with the "retraction," that you can hear the "snap" ALL the time and who also is a Grand Champion?  
 How about the "Vet," who has TWO Purple Hearts...isn't a youngster...and is great at Kumite?  
 Do you know the one who has a Masters In Education, or the one who has an MBA?  
 What about the "Husband and Wife" Black Belts who teach?  
 Did you know we have a Doctor who is a Black Belt?  
 What about the "two" who "tested" together for Sho-Dan...a first...do you know them?  
 What about the Black Belts who travel hundreds of miles to train, as well as teach?  
 How about the "three" who also "tested" together...another first?  
 Know the Black Belt who helped start the "demo team" ...met him?  
 Have you met or know who the Sempai of the Kai is?

Have you met the various World Champion Black Belts in the Kai?  
 Ever meet the Sensei who started as a White Belt with Shihan...another first!!!  
 What about the Sensei who built the display...for the...Texas Martial Arts Hall of Fame?  
 What about the Black Belt who is the "historian?"  
 Have you seen, met, talked to, listened to, been taught by, heard of, or been near one of the Black Belts...if not...why not?  
 Make it a point to learn from everyone, watch everyone, listen to everyone.  
 You will be amazed at the talent, knowledge, experience, and the years that the various Black Belts have within the Texas Isshinryu Karate Kai!!!  
 By the way, have you looked at the pictures of the Black Belts on the wall of the Hombu Dojo...if you have, or have yet to see them...look at the eyes...that will answer a lot of questions you may have.  
 Moreso, look at the picture that is above the line of Black Belts...that person is in all of us...and we are all a piece of him...That is My Sensei...Kyoshi Kristensen.  
 May I write about all of you...as a Black Belt...one day.

—Sensei Ishmael

**I**n the dojo, I am always hearing "I can't." So keep this simple quote from Eleanor Roosevelt in mind:  
**"You must do the thing you think you cannot do."**  
 —Sensei Garrett

**O**ur dojo has only five requirements for the karate students and we are constantly being graded on each of those requirements. Although they are all important, I decided to remind you of one of them.  
 "Dedication to the martial arts, your dojo and your sensei." What does this mean? Well, there are many interpretations and meanings, but in our dojo it means call your sensei or instructor when you must miss a class, participating in dojo events, keeping the dojo neat and clean, paying strict attention to the instructor and in particular, no talking on the dojo floor. If you wish to talk, wait until class is over and you are off the dojo floor. The dojo floor signifies learning and hard work and it must be respected. Let's all succeed by working hard on accomplishing each requirement.

—Sensei Kristensen

**H**ow can you be "Ready for Anything?" The answer is to build a strong unshaking spirit. Use discipline and self-denial to help you get in shape for the Gasshuku in April. Practice your art diligently. These things will help enhance your spirit. Build and stretch your core muscles, and enhance your aerobic capacity, then your body will be stronger. In this way, your body and your spirit will be "Ready for Anything."

—Sensei Bizzell

**I**f you want more for others than you do for yourself, you will have many returns.

—Sensei Olivier

**H**ere is a quote from Epictetus, a Roman slave and philosopher (55 AD - 135 AD): **"First say to yourself what you would be; and then do what you have to do."**

—Sensei Masur

## Mind, Body, Spirit...and Yoga

"You can't get relaxation without breathing-  
You can't get speed without relaxation-  
You can't get power without speed."

— **Hanshi Duessel**

"Strength cannot be free to work unless balanced with  
relaxation."

— **Hanshi Duessel**

"Asanas (postures) have been evolved over the centu-  
ries so as to exercise every muscle, nerve and gland in  
the body... But their real importance lies in the way  
they train and discipline the mind."

— **BKS Iyengar**

"As long as there is breath in the body, there is life.  
When breath departs so too does life. Therefore, regu-  
late the breath."

— **Hatha Yoga**

I am beginning to understand why Black Belt is  
merely the beginning of my training. It has been the  
opportunity to look within and look beyond. Its goal,  
the perfection of character, utilizes all the aspects of  
karate training. The longer I train, the greater the com-  
plexity of the study, yet the more simple the outcome  
seems to be. It is a journey I have truly become.  
The importance of my Sensei cannot be overstated.

— **Sho Dan Steve Gellman**



Jack Asel tests his Sanchin on new Mom Ni Dan Crystal Asel just 45 minutes after birth.

## Asels welcome new addition

Relaxation and breathing are no longer just tech-  
niques to improve kata.

Jack Thomas Asel gave new meaning to breath-  
ing and relaxation as he barreled into the world at a  
hefty 12 pounds 8 ounces on March 15 after making  
new mom Ni Dan Crystal Asel endure 12 hours of  
labor.

New dad Sho Dan Trey Asel said Jack was born  
at 6:34 p.m. at Baylor Grapevine Hospital and both  
Mom and son are doing well.

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