



KoSho KARATE

BLACK BELT ACADEMY



August 2006

The following article is reprinted from the KoSho Karate Newsletter Vol. 2, Issue 1, Feb. 1989. The author of the article, Andrew Kelly, was a practicing psychologist and student at KoSho Karate in the late 1980's. He also served as an officer in the U.S. Army with duty in Vietnam. The article is as relevant today as it was then...

Karate History & Traditions by Andrew Kelly, Nikyu

Our KoSho represents many things to each of us, and our reasons for coming to the dojo are probably just as diverse. However, sometimes we must pause and think just what the dojo really means to all of us.

Peter Urban, in his book "The Karate Dojo" seems to put into words some ideas that are worth reflecting upon.

A traditional dojo is, in a sense, a school. "The Sensei" (Shihan Linebarger) is the master of the dojo. "Sensei" is the Japanese word for "honorable teacher." But it is also used in Japan to denote doctors and lawyers. For doctors are teachers of health and medicine; lawyers are considered to be teachers of the law. The sensei regards his/her students as his many sons and daughters, seeing them as they can never see themselves. He offers the development of their bodies and characters; this is the responsibility of his art. The dojo is really the home of the sensei. Students come to his home to learn the ways of life. Those ways of life are "karate."

The last year has seen many changes in the dojo, but one thing remains constant, and that is that we are a very traditional school with a rich history and tradition to draw upon. As we look forward to the future, we must remember that it is those traditional martial arts values that set us apart from the other dojos in Tucson.

Calendar of Events

August

- 1 - 4 Summer Camp #3 cont.
- 3 - 6 USKA World Championships (Dallas, TX)
- 26 - Kids' Night Out

September

- 4 - **Closed**, Labor Day Picnic
- 16 - Gold Cup Tournament

October

- 9 - **Closed**, Columbus Day
- 21 - Kids' Night Out
- 28 - Hanshi Anderson's Seminar, Tucson

November

- 4 - Black Belt Review
- 11 - **Closed**, Veterans Day
- 18 - Tucson Open Karate Championships
- 23-24 - **Closed**, Thanksgiving

Words for Thought

Uniqueness

Be yourself.
No one else is qualified
for the job.

from **Bits & Pieces**, (7/17/97)

REMINDER: We need your email address if you want to receive the newsletter electronically.

KoSho Karate Quizzer

How many of the following answers do you know?

- 1.) Who is the "father of karate in the U.S."?
- 2.) What is one translation for "KoSho"?
- 3.) What is a "Sensei"?
- 4.) "One Point Sparring Form" is the translation for which type of karate exercise?
- 5.) If the proper thing for all the students to say simultaneously is "Oni Gashimas", is the class beginning or ending?



ANSWERS:
 1.) Grandmaster Robert Trsas
 2.) Old Pine Tree
 3.) Teacher, Pointer of the Way
 4.) Ippon Kumite Kata
 5.) The class is beginning.

| | | | |
|---------------------|----|----------------------|----|
| Taylor Damitio | 1 | Nancy Groat | 26 |
| Ian Truex | 1 | Craig Roesler | 26 |
| Susan Dixon | 2 | Veronika Sufleta | 26 |
| Alex Lerman | 2 | Michael D'Andrea | 27 |
| Michael Baker | 3 | Erin Kenski | 27 |
| Marjorie Kosky | 3 | Nathaniel Leslie | 27 |
| Peggy Cochran | 4 | Wendy Crozier | 28 |
| Alyssa Gibson | 4 | Nicholas Feldman | 28 |
| Christian Fischer | 5 | Tricia Jordan-Curtis | 28 |
| Mark Zbojniewicz | 5 | Jessica O'Gorman | 28 |
| Howard Jackson | 6 | Ignacia Chavez | 29 |
| Rosa Paz | 6 | Talya Lepow | 29 |
| Lela Garcia | 7 | Rachael Benge | 31 |
| Cleo Hardin | 7 | Cassandra Oosterbaan | 31 |
| Melinda Jacobs | 8 | | |
| Joseph Botwright | 10 | | |
| Crystal Allen | 12 | | |
| Linda Barroero | 14 | | |
| Seres Costy-Bennett | 14 | | |
| Lisa Haley | 14 | | |
| Peter Dodge | 15 | | |
| Peter Hardin | 15 | | |
| Steve Hupp | 16 | | |
| Jim Scanlan | 17 | | |
| Nicole Benge | 18 | | |
| Zakaria Lamri | 19 | | |
| Jim Tress | 20 | | |
| Sami Musser | 21 | | |
| Bill Stevens | 21 | | |
| David Lubbers | 22 | | |
| Cepheus Martinez | 22 | | |
| Karen Enriquez | 23 | | |
| Nathan Meeks | 23 | | |
| Heather Burnette | 24 | | |
| Cory Boone | 25 | | |



**Happy
August Birthdays!**

Black Belt Interview: Roger Fiederlein

Roger Fiederlein is a dedicated and enthusiastic student and instructor at KoSho Karate - Honbu. He received his Black Belt in February 1998 and is currently a 3rd Degree Black Belt in Karate, Tae Kwon Do, Jujitsu & Kobudo.



Q: Tell us about yourself.

A: I was born in New York City in the borough of Queens. I am one of seven children. I have five brothers and one sister who is the youngest. I lived there until I was sixteen years old. We moved to Oyster Bay, NY (which is on Long Island) where I finished high school and attended college. I have a degree in medical technology. I met my wife Joyce in my last year of college, and we have been married for 23 years. We moved to Tucson in 1977 and have lived here ever since. I have two children of my own: my son Daniel who is 20 years old and a student at Pima College and a daughter Kimberly who is sixteen and a student at Sabino High School. I work at the University Medical Center in the clinical laboratory where I am the technical specialist for the Bone Marrow Transplant Lab.

Q: How and when did you get started in karate?

A: I started karate in November of 1993. What I thought would be just a diversion from sitting in the lobby of the my daughter's ballet studio, waiting for her classes to end, has evolved into much more for me. From the moment I took my first class, I was hooked. The family atmosphere at the KoSho schools is wonderful. I immediately felt welcome from the start and knew this was a special place to be.

Q: What has karate done for you and how has it affected your life?

A: The programs at the KoSho schools have provided me a way to invest in my future health. I have had an eclectic taste for sports through the years. I have participated in activities including bowling teams, tennis clubs and slow pitch softball leagues. I even tried ballet for a while and danced with my daughter's ballet troupe. But I must say that karate tops them all as my favorite. Karate stimulates both the mind and the body in a way no other sport can. I have a job that is listed in the top ten of the most stressful in the country where a mistake can cost a person their life. Karate keeps me both physically fit and mentally alert.

Q: Is there anything else you would like to express your opinion on or any words of encouragement you might want to pass on to other students?

A: If you are in the KoSho schools, you are very fortunate to be part of one of the best martial arts schools in the country. Take advantage of all that is offered. It can be a very rewarding experience. Don't get discouraged because in the long run, anytime spent exercising will be of benefit to you. You are a winner every time you go to class because you are improving your health (no matter what your athletic ability is) and it can only get better. The best thing about training at the KoSho schools is the continual striving to be better. Shihan brings the best of martial arts training from around the world and is always looking to improve the programs. He is not only a great teacher but is also a great student himself. He is always on the cutting edge of the martial arts world and he passes this knowledge on to his students. I am very proud to be a member of the KoSho family, and I look forward to the future because I know it can only get better.

**Interview by Chief Instructor
Kimberly Linebarger**

(reprinted from the Old PineTree Scroll, May 1998)

KoSho KARATE

3912 N. Oracle Rd. #102

For information call 887-4099



2006 SUMMER CAMPS

9:00 am - 3:00 pm

**Last camp
of the
Summer!**

Summer Camp # 3
JULY 31 - AUGUST 4

All karate students and non-karate students, ages five thru twelve, are welcome.
Invite a friend!

Cost per camp \$250.00
Cost per day \$50.00

Save!

All KoSho students will receive a gift certificate good for 1 day of camp.

Bring Lunch (No candy, please!)

plus!

25 Tickets per Day

A rank promotion for every 2 Days of attendance!

Kids' & Juniors' Night Out

Sign Up Today!

Sat., Aug. 26
5:00 - 9:00 pm

Cost \$12.00
per person

at KoSho Karate
3912 N. Oracle Rd.



**Fun &
Games**



**Bring a
Friend!**



For more information,
please call 887-4099

**Ages:
5 years
and older**

