JENNA BROWN
Through the Fire

SHIHAN
JESSE CANEDO

PREMIER LEAGUE/
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TAMARA CANEDO
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Unfortunately, most of the things we do in our lives are things we don’t necessarily enjoy, things we deem as meaningless, and there’s nothing more unsatisfying than having to do a task with a feeling that it has no purpose – especially when the reason to do that task is only money.

If you’re going to do something, do it right. Follow through to the very end. Don’t just open the door and let someone else catch your inadequacies. Catch your own mistakes by showing what you are made of. Your work in all areas of your life is a reflection of yourself, representative of who you are and what you’re about. This is true, whether you like it or not, and has nothing to do with how much – or how little – you get paid for doing something.

Sometimes, life deals us a very bad hand. But for the “right” individuals, sometimes the worst cards make the better players. It all depends on how you play with what you have. Some look at their blessings in life and see them as “responsibilities” and “heavy weights” they carry on their backs, complaining constantly about them and wishing for someone else’s life.

When your work ends up being less than top notch, your inherent value has changed and you have to evaluate who you have become – and how alive you are. For good or bad, your quality of work reflects your values and demonstrates how much you ask of yourself. Every action can be purposeful and fulfilling, if we attach meaning to it.

In karate, there’s an attacking principle that teaches us to deliver a “full-committed” offensive action with body, spirit, and mind. To be successful, the attack must be delivered with total commitment and lacking any hesitation, virtually ignoring the possibility of a counterattack by the opponent. Whether you are coaching athletes, filing papers in cabinets, putting labels on packages in a warehouse or cleaning bathrooms, make sure the work you do reflects your full commitment and shows pride. That attitude and behavior defines what kind of person you are.

When you have pride in what you do, you will work hard, even in the face of seemingly impossible odds and regardless of your paycheck. But when you just “don’t care,” you won’t work nearly as hard as is needed, showing everybody the “real” you. Then, don’t blame anyone for who and what you have become…since it is only your fault.
When It is more than Sport

We’ve had a National Para-Karate team for a few years now and I’ve always been impressed by the determination of these athletes and their families to overcome all the obstacles to participate in international events. We have worked really hard to create One Team and we treat the Para-Karate Athletes the same as the typical athletes including funding. We have had great success in competition with our National Para-Karate Team. Para-Karate as a sport is a success.

At the USA Open I had the opportunity to meet with several of our new Para-Karate Athletes. I’m really proud of the growth we have seen in the program. In my mind I always thought the Para-Karate program gave us the ability to show Karate is for everyone. That is only part of the story. The personal growth these athletes have experienced in their everyday life is amazing. They credit their training with changing their lives. The work that Tamara Canedo is doing in the Palm Desert is amazing. What the local agencies are finding is that the karate training is getting better results than some of the traditional therapy the athletes were receiving. What was really incredible was how excited these athletes were to talk about how important karate is in their life. They talked about things they could not do before they started karate and how different their lives have become. They all love karate.

I’ve seen the amazing work Coach Kohn is doing in Chicago and the mentorship he has provided many instructors on how to support athletes with disabilities in their programs. Thank you to all the instructors who are doing this amazing work and helping enrich the lives of these remarkable athletes. Coach Kohn will be teaching a session in the coaches course at the nationals if you want to learn more about Para-Karate.

It’s more than sport for these athletes! USANKF

Phil Hampel
Chief Executive Officer
USA National Karate-do Federation
I HAD A DREAM...

Two years ago I had a dream. A dream that felt so real yet, so out of reach. I only told two people. My mother and father. Saturday March 23, 2019 is where everything changed for me yet, it all remained the same. There I was on the stage where no US Male kata competitor had been since 2006. My opponent Mr. Antonio Díaz. Someone who I have admired since I was a child. After we both performed our kata we stood there waiting for the verdict. My eyes went blurry. I heard the crowd erupt. Suddenly, my vision cleared. The head referee announced me the winner of the bout. I stood still.. I didn't know how to react. I didn't know what I was feeling. I approached Mr. Diaz, shook his hand and immediately after gave him a hug. As I walked off the stage thoughts of my childhood arose.

All those times I lost. All the moments I struggled but, never gave up. Tears began to uncontrollably roll down my face. I look to my left and saw my dad with his mouth agape with tears streaming down his face the look of happiness and disbelief all rolled into one. Then, the reality of what I had just accomplished hit me. And my emotions were brought forward. The dream I had told my parents 2 years ago had finally come true. I was happy to have earned the victory but, sad knowing that I had defeated my childhood idol. Something I always lacked was confidence. Confidence in myself and my abilities. This tournament took all the doubt I ever had and turned it to fuel for my fire. I am content but nowhere near satisfied. I made one of my dreams come true, literally. Now I must continue to train, maintain the focus to achieve the other goals I’ve set in order pave the way for Tokyo 2020. I am Ariel Torres Gutierrez, the 2019 Pan American Champion. This wouldn’t have been possible without the unwavering support of my mother and father. I would like to dedicate this medal to them. It’s because of their countless sacrifices that I am able to do what I love everyday of my life. Furthermore, I would like to thank my Sensei Robert Young, for the copious amount of hours he’s spent guiding my karate. I admire him for his humility, diligence, and his unwavering purpose. He has shown me how to be a more effective human being, and for that I cannot thank him enough. Lastly, I would like to thank the USA KARATE staff, coach, and teammates for their support throughout these Pan American Championship. USANKF
Character Development for the Martial Athlete

For young Karate athletes, character development is an integral aspect of sport that plays a large role in their personal growth and maturation. Through sport, athletes learn and apply different values that are directly applicable to real-life situations they will face in adulthood. Also, the promotion of such values teaches athletes they can improve, change, and develop in order to reach their maximum potential.

Three Dimensions of Sportspersonship:
• The consequences of respecting or disrespecting the rules, officials, opponents.
• The consequences of encouraging or criticizing others.
• The consequences of maintaining or losing self-control.

Coaches who set the tone on athletes sportspersonship have seen athletes more likely to model the desired behavior. Recent research from Botler and Weiss has developed the Sportsmanship Coaching Behaviors Scale, or SCBS (Botler & Weiss, 2012). Initially, we have found validity and reliability for the SCBS as a measure of the coach’s influence on an athlete’s sportspersonship. According to this research coaches who did not enforce or promote good sportspersonship were much more likely to have athletes who failed to engage in the behavior (Botler & Weiss, 2012). Through their own actions and behaviors, as well as how they enforce good sportspersonship with their athletes, coaches can significantly contribute to an athlete’s character development.

Sportspersonship teaches the youth athlete:
• To respect others (opponents or members of opposing teams),
• To respect authority figures (referees, judges and the coaches of other teams).
• To maintain composure in difficult times (losing a game or match).

The structure and environment that a coach creates through their interactions with players can also profoundly influence the way in which athletes develop the life skills of initiative, respect, and teamwork and leadership.

Coaches are responsible for:
• Encouraging the athletes to set up and take challenges.
• Effectively promoting the development of life skills for their athletes.
• Promoting social perspective of teamwork, loyalty and perseverance.
• Teaching moral perspective and value of honesty.

Such skills are directly applicable to everyday life and are invaluable. Creating strong sportspersonship practices is critical for the developing Karate athlete. The athlete that embraces these character traits has been shown to be less judgemental of others and more resilient when faced with challenges. Sharing a strong character building practice is a crucial part of developing sportspersonship.

References:

Akira Fukuda CMPC is the Chairman of the USA KARATE Coaches Committee and Certified Mental Performance Consultant with the Association of Applied Sport Psychology (CMPC).
To be or not to be?

Late in February, the karate world got some of the worst news in its history when we learned that the IOC is not considering karate as a recommended sport at the 2024 Paris Olympics. How can this be, we wondered. Everything was looking so positive for karate’s inclusion that no one could understand how a decision of this magnitude could be made before karate had made its debut performance in the 2020 Games. No one can digest the decision or understand the logic that led to it.

Since this announcement, many countries have launched campaigns to fight for karate’s inclusion in Paris 2024. The WKF president as well as French Karate Federation president have been holding many meetings with the IOC executive committee to show them the popularity of the sport. They have been trying to play all of the political moves possible to try to sway this decision in favor of karate. We have no idea whether these efforts will be successful. We just need to wait and see.

Ironically, the French karate team is one of the best teams in the world and is the top-ranked team in Europeans and the French are more disappointed than anyone by this decision. France is a country with over 250,000 registered members and over 50% of those practicing karate are under the age of 18! How disappointing for these young athletes. They were hopeful to have an opportunity to compete in 2024 in Paris and, of course, even beyond that, for many years.

Regarding officials, although the number of referees who will be selected to officiate in the Olympic is limited, many of us are also hopeful to have a chance to be one of those lucky ones to make history. We are committing to WKF requirements and travel to numerous competitions per year to be up to date on the rules and be inclusive of this historic moment when karate will be a part of the Olympics. For officials, there is only very slim chance to be included, one that is even slimmer than for the competitors to be chosen to compete, yet we are still hopeful.

The question remains, though: what will happen if karate doesn’t get another shot for the Olympics after the 2020 Games? What will happen to us officials, who got so excited about the Olympics and lobby so hard to have karate included? What will happen to those athletes who had retired and then came back to compete after the 2020 Olympics announcement?

There will undoubtedly be a large number of athletes who are later in their careers who will be retiring and perhaps some of us officials will choose that same path as well. I have heard comments from many of my fellow officials mentioning that 2020 is the end for them.

However, whether athlete or official, I think that if we love our sport and we believe in it, we can and should stick with it. We can help our sport develop and expand in other ways. It’s true that the Olympics is a unique opportunity for our sport, but if Olympians had only one chance every four years to compete and they did not have any other prestigious competitions, they perhaps would never participate in more than one Olympics. Perhaps the Olympics are only the cherry on the top of everything else that athletes do!

So maybe we shouldn’t worry so much about whether karate makes it to another Olympics or not. Yes, we should continue to fight for its inclusion, but being included in the Olympics doesn’t make or break our sport. We should instead take note of what my kids said recently. They have been practicing karate their entire lives and were so excited when karate made it into the 2020 Olympics. And although they were more disappointed than I was about the announcement for the 2024 games, they said this: “There is nothing wrong with being a world champion.”

That comment blew me away, and swept away all my sad feeling! As athletes, they simply build another goal in their life to be hopeful for and to work for. Why shouldn’t we all do the same? If we are not selected as an Olympian official next year, it should not be the end of the world for us. It is equally wonderful to be asked to officiate in the world championships and in many of the other prestigious karate competitions around the world.

To be or not to be a future Olympian, that is the question. And if it’s not to be, that’s OK. But forego the to be or not to be a world champion or official question, that’s not OK!
Medical Evaluations for Para-Athletes: The Reasoning Behind it and the Necessity

Over the last two years, the WKF has developed a system of Diagnostic evaluations for Para-Karate Athletes, intended to be implemented at all international championships. In an effort to provide the fairest situation for all participants, the diagnostic evaluation is the final step in a series of required items. In January 2019, the WKF released a whole new set of rules and requirements for Para-Karate. I realize that these rules can provide an extra layer of time and effort (and money, in some cases), they are truly the only way to maintain the integrity of our sport.

Just like for athletes without disabilities, each person must prove citizenship. This is required. They must bring or send their US passport. Then all para athletes must provide a signed diagnosis letter from their Doctor, which clearly states the level of disability and the effect it has on their day to day life. Some disabilities are permanent (for example, if you are born without sight, and have zero ability to see any shape or light, this is different than someone with a degenerative disease in which their sight ability is getting worse each year). This letter, plus the required documentation of medical records and the tournament registration forms all must be submitted and checked over by the designated persons on the Para-Karate Committee.

Then, upon arrival in the tournament city, at a scheduled time (usually the evening before competition), there is a required medical and diagnostic evaluation onsite by the head doctor of the Medical commission and head of the Para-Karate Commission.

For athletes in the visually impaired/blind category, there is no further evaluation on site. We trust that their doctors have honestly filled out the forms and marked the percentages of blindness on their forms. Then the additional layer of a blindfold is instituted for each athlete during competition. This is in hopes that all people with visual impairment will be given the same opportunities to succeed. If you’ve never tried it, next time you are in your dojo, I invite you to get a blindfold, put it on so you can’t see a thing, and do an advanced kata. It’s not so easy! Having some sight as a reference point is NOT the same as having zero. That’s why the blindfolds are necessary for all.

For athletes in wheelchairs, there is a series of small physical tests which include evaluating their reach, arm strength, ability to rotate, and execute the movements of a kata within their wheelchair.

For athletes with intellectual disabilities, there is a series of physical tests to gauge kata specific memory, ability to process directions, hesitations and kihon.

Points are awarded based on the results. These points are entered into Sports Data and calculated as part of the final scores for the tournament.

The athletes are video recorded during the evaluation and then compared to the day of competition to see if the athlete is truly in the proper classification.

Sadly, over the years we have all seen people try to “cheat the system”. Putting an advanced fighter into the intermediate division, or whatever. It is based on the honesty and integrity of the sensei, the athlete, the coach and the system. This system, designed by the WKF and now implemented by the USA at National Team Trials and at the PKF level, is the solution to fairly adjudicate para athletes. USANKF
Master Funakoshi’s
NIJYU KUN

Tattakai wa kyo-jitsu no soju ikan ni ari
In conflict you must discern the vulnerable from invulnerable points

By Teruyuki Okazaki

Here Master Funakoshi is saying that you have to recognize that opposites are two sides of the same thing. You cannot have one without the other. In every situation in karate, as well as in life, there are opposite forces around you all at once. The key is to be able to distinguish one from the other. And you can only do that with an open mind.

Kyo is open…jitsu is closed. Although these terms connote opposites, one is impossible without the other. And often, one appears to be the other. For example, shizentai looks like kyo, when in fact it is jitsu. Likewise, aggressiveness looks like jitsu but it can be kyo. You have to know what you’re seeing, and be aware as the situation before you changes. The ability to do so comes from experience.

As I have already said many times: the key is balance. First, you have to have inner balance; then you can have balance in the way you deal with the outside world. In terms of karate, this means that when you go in with an attack, always be ready to defend. And when you defend, always have a mind to attack. Be ready for any necessity. Again, using kyo and jitsu requires good balance, both physically and mentally. Master Funakoshi said, “Calm yourself so you can see in all situations. And when you can see an opportunity…take it immediately.”

If you see a target in an opponent, a physically “open” place, that is finding kyo. But remember that it is possible that your opponent may not really be vulnerable. He may be giving you an opening. He may be saying, “Come on, attack.” To be able to see what his true intentions are, be still, be ready. If you see an opponent’s kyo and you cannot move, you’re finished. Kyo and jitsu are two sides of the same coin. And if you see kyo, be aware of jitsu. It might be a trap. That’s why Master Funakoshi said you must understand what is kyo and what is jitsu. They are essentially same thing, just front and back sides.

So how do we learn to distinguish between the two? We learn from experience, from training. In training we can take a chance and not be worried about the consequences. Just take a chance. Why not? That way you get experience. Three hundred years ago I would not have said that, because back then, if you lost, you might have lost your life. But now we can be more open. We have designed our training methods so that the student can have more opportunities to learn how to develop a sixth sense. If you’re always worried about going in, you will never learn what can happen. You will not know what it is to see an opening, or to see the danger. You cannot tell what will happen. Only experience can help the body learn to react. And that is important, because in a self-defense situation, you probably won’t have any time to think. The way to see what is really going on—to see the opposites for what they are—you have to have a clear mind. It is through a clear mind that your “sixth sense” is able to discern kyo from jitsu, and to furthermore see the one in, as part of, the other.

In life, we tend to see things as “good” and “bad.” We judge life, rather than see it for what it is. When we do that, we miss opportunities, and we make ourselves vulnerable. Judging is a function of the ego, not pure consciousness. Judgement is like a cloud, concealing reality,
because when we judge, we fail to see the other side of things—and there is always another side. Let me share a couple of examples, so you can see what I mean.

Sometimes, what you think of as a “bad thing” is in fact an opportunity to learn, to test yourself, to grow as a person. Say you experience some kind of loss. Because of that loss, you will feel some kind of suffering. But as virtually every religion and mythology reminds us, it is through suffering that a person is often inspired to make positive changes within, to relieve that suffering. What I mean by this is that, when you suffer, you are more likely to take steps to free yourself from your egoistic mind. And in doing so, you make progress toward experiencing mushin, or “no mind.” You learn to accept things as they are, which is what you need to do to experience inner peace. And there is nothing in life better, more valuable, than inner peace.

So a “bad thing” happens, you suffer—but then you grow! Thus you gain a benefit from what you judged to be a “bad thing.” That “bad thing” was in fact a “good thing” for you. Do you understand? Similarly, something “good” might happen to you. Say you win the lottery. You would consider that a good thing. But say all that money, over time, made you lazy? What if you began to desire material things more because now, you had access to them? More and more your life would be focused on things outside of you, and thus your inner growth would cease—in which case, I assure you, you would become unhappy. I use this particular example because it has been documented that people who have won the lottery, after getting over the initial euphoria of “not having money problems,” in fact are more unhappy with their lives than they were before they won. What you considered a “good thing” turned out to be a very “bad thing.”

This is what Master Funakoshi warns us about. Be able to tell opposites from one another, and be able to see one as being part of the other.

You need inner balance to recognize, and deal with, these constantly changing opposites. And you can only see reality for what it is with an open mind."
In the recent years, Jenna Brown has quietly transformed herself into one of the most daring and well-rounded athletes in the USA Karate National Team. “I don’t think there is a person on the planet who could challenge or push Jenna more than she does herself,” says her Coach, Adrian Galvan. “As an athlete, I have learned that preparation is always your savior,” she says with a smile. “There is no time for rehearsals in elite competition!”

Her tireless discipline and motivation made us wonder who she has become with the passing of the years and where she wants to go. So we asked her.
Jenna Brown

How long have you been practicing Karate and who is your teacher?

I have been practicing Karate for 15 years now. The last 7 years I have been focusing heavily on competition in Olympic Karate. I have been training under Juan and Adrian Galvan at Galvan Karate Academy in The Colony, TX.

I have trained in multiple Martial Arts including Taekwondo & Jujitsu. I have also practiced more than one style of Karate. I love learning more when I can!

Would you tell us some interesting stories of your early days in training?

I competed in my first tournament with less than 1 month after I started training. I placed 1st in Kumite, 2nd in Kata.

While growing up, I was very athletic. But when it came to actually playing the sports, I was not the best. I could run, jump, climb, dance, catch and throw a ball, and I was flexible. Most would think, I’d be great at all sports…wrong!

When I started Karate at age 10, I was nervous because putting all my athletic talent together was difficult for me. It turns out Karate was the perfect sport for people like me! I took to the physical movements well and I loved the mental side of things. It helped me focus better on my training as well as my school and home life. So when I think back, I guess I BECAME a natural.

What made you enter in the competition world?

To be honest, walking into the dojo for the first time and seeing all the trophies, medals, and other awards on the wall was my first motivation. My instructor’s constant encouragement and support was what kept me competing.

Competition had been in every part of my life, especially when growing up with an older brother. So I always had a competitive mindset. The reason I started competing in Karate was because of my instructor, Juan Galvan. He encouraged all the students to compete in local and national level competitions. He always trained us hard so that we had the skills and confidence to perform well. I began competing in the United States Karate Alliance (USKA) in 2003, at age 10. Just a few months after enrolling the classes.

At age 18, I competed at my first USA Karate National Championships in the Female Elite division -50kg. I had only seen it a few times and was still learning the rules but I wanted to test myself against some of the best in the Nation. I ended up in Bronze and I fell in love! The people, passion, the organization were all amazing!

“Competition had been in every part of my life, especially when growing up with an older brother. So I always had a competitive mindset.”
I knew I wanted to be a part of Olympic Karate. Always a dream of mine!

What are the most important points in your current training methods?

Over the years my important points have changed and adjusted as I grow as an athlete. My important ones, as of now, are to focus on my abilities, having confidence to perform them, and most importantly (has forever been my most important method while training) is to HAVE FUN!

How has your understanding and perception of karate developed over the years?

Karate has become more than just a hobby, sport, or way of exercise. It has become a way of life. The values and lessons that I have learned over the years has been intertwined with my everyday life. It has made me who I am, and showed me how far I can go. I can’t imagine where I would be without it.

What do you think are the most important attributes of a karate student?

Listening to their Sensei and trusting the process. Setting short term and long term goals.

How different from other karate styles do you see the principles and concepts of the karate method (style) that you practice?

Although the karate styles have their differences, something they have in common is their focus on good fundamentals.

Are there any mental exercises you would recommend to strengthen the mind for strategy and creativity in elite competition?

Visualization exercises. Believe in yourself & in your training. Know that you belong there!

Karate is nowadays often defined as sport… would you agree with this definition or you think it is more than that?

In some cases, yes I agree. But not all cases. Karate is different to each and every person that practices it. Personally, I would not define it as only a sport. To me, it’s a way of life. In the 25 years of life, I have incorporated Karate into all areas of my life and I am enjoying every moment even more! I love learning as much as I can.

When training karate – what do you think it is the most important element; self defense, sport, health or tradition?

I believe all those things are very important when practicing any martial art, but I have a very firm belief that the most important element when practicing Karate is Growth. Karate is a lifetime practice and Growth can translate to every part of your life. No matter what stage you are in.
Some people think going to Japan to train is highly necessary to reach a certain technical level, do you share this point of view?

No but I do feel that sometimes you have to train outside your comfort zone.

Who would you like to have trained with that you have not (dead or alive)?

I would like to go train with other top national team members from around the world!

What would you say to someone who is interested in starting to learn karate?

I would say go for it! Never stop learning new things. Have an open mind and know perfecting techniques take time. Nobody becomes a black belt overnight.

What is it that keeps you motivated to keep teaching and competing after all these years?

It’s an internal drive that not many understand because there are so many sacrifices that must happen in order to be the best.

Karate is finally part of the Olympic Games, what is your opinion about it?

It’s about time. A lot of people have been working very hard for many years towards the goal of being an Olympian and Karate athletes deserve to be there. I hope it stays in the Olympic Games for many years to come!

What do you consider to be the most important qualities of a successful karate competitor?

Stay hungry, trust the process, train hard, believe in yourself, and most importantly… have fun!

Have an open mind when you look at things. Being able to take critiques. Make changes where necessary. Following a proper training and nutrition regimen.

Do you think that karate in the West has ‘caught up’ with the technical level in Japan?

If the West hasn’t ‘caught up’ yet, it is very close and we are only getting better! We have so many sources and opportunities that we didn’t have 10 years ago. We can only go up!!

What advice would you give to students on the question of supplementary training?

I believe it is extremely necessary in order to reach that elite level of competition. Once you have reached a high level of karate, the champions are not only going to be great karatekas, but they will be amazing athletes as well. It is a key to getting to the next level.

What has been your biggest challenge as a competitive athlete?

To be honest, there are so many challenges a competitive athlete has to overcome. No matter what sport you do, you must give it all your attention. I have struggled with many things while living my dream as an international competitor. One of those things being…personal relationships. I have been blessed to have the best group of friends and an even better group of people I call family. They have loved and supported me through all of my ups and downs while competing. My struggle with the relationships is that I am gone, traveling, training, and competing. Not that I would trade it for the world, but I miss out on a lot of memories and moments that I will not get back.

How has coaching helped to improve your game and what are you focusing on to improve the athletes nowadays as a teacher?

They keep me focused on not only the big goals but the small goals that I must accomplish everyday.
As an athlete, what specific drills did you enjoy doing and are there ones that you disliked?

Timing, targeting and kicking drills are my favorite! I do not have many I would say are disliked. The way you perceive the drills will make a difference. The ones that aren’t my favorite, I consider to be the more challenging. When I become more comfortable with the more difficult drills, I feel more accomplished.

Could you explain the most thrilling moment you’ve experienced?

Two moments come to mind the first is Winning Gold at US Open in 2013 because I competed at my first US Open in 2012 when I was 18 and I lost in the first round. The next was winning Bronze at the 2018 German Open Premier League, 2017 I did my very first premier league event and I made it to the Bronze medal match, I lost a close match I know I could’ve won. Exactly one year later I was in the Bronze medal match again and it was very important to me to get the win. This would be my first international medal outside of the U.S. and hopefully it’s the first of many.

What do you feel was your biggest loss, and what did you learn from it?

Losing the Bronze medal match at the 2017 Pan American Championships. I lost by “Senshu” this was after this rule had just been implemented so I learned the importance of it first hand.

What do you think is important for young athletes to know when they first begin to compete?

Enjoy the experience. Celebrate your wins but stay humble. Learn from your losses!

Have there been times when you had doubts about your karate training?

I wouldn’t say doubts but I have been frustrated in training before because I hold myself to a high standard. Everyone has good days and bad days and you just have to make the best of the bad days but know that it’s part of the process.

Finally, what are your plans for the future?

Living my life to the fullest! You never know what the future will bring, but I am ready! As far as my Karate career, the best is yet to come...Stay tuned!!!
Based in Southern California, athlete Kevin Stevens has entered the National karate scene as one of the Junior competitors with better progression. Not only he has earned an excellent reputation for his technical prowess, but also for his mental focus and dedication to the sport. “My karate life is a journey that sometimes takes me above the ground and keeps me rooted to the earth. But wherever I find my center, I look at karate training as limitless,” he says.

How long have you been practicing Karate and who is your teacher?

I have been practicing karate for approximately 11 years and My Coach is Randy Word. My first sport karate event/tournament was at the Las Vegas USA Open and Junior International Cup and managed to take gold. It seemed like a very promising route for me to take so my coach and I decided to pursue more karate competition.

Why did you choose karate over other sports?

I chose karate over other sports mainly because I loved all of the lessons that came with training in karate. Karate to me in a general sense was a way for me to master my physical and mental abilities and ultimately grow as a person. I felt that the other sports that I was exposed to growing up wouldn’t give me a true, thorough, and positive way to grow.

How important do you think is for you the supplementary training like running, weight lifting, etc...?

I think the supplementary training is very important. This type of training allowed me to continue mastering my body and mind in dif-
different ways and thus to a further extent. However, I do stress that supplementary training, regardless of its positive effects, should not outweigh my practice for karate. In the end, my karate would improve with my practice in karate but the supplementary workouts would aid in giving me more tools to get better.

What do you see as the most important attributes of a good Karate competitor?
I think the most important attributes of a karate competitor are the same as almost any successful person in the world. A successful karate competitor must love what he/she is doing, must be willing to sacrifice many things to achieve victory, must be persistent and consistent in his/her efforts to improve everyday, among other attributes that are common among successful people.

Self-defense, sport or tradition: what is karate for you?
Karate for me is really a mix of all three. I think that in my case, all three areas work in harmony to improve my performance as a whole. Karate is an art, a fighting style, and a form of self defense and it is always important to remember that at least in a physical sense, that we are defending ourselves. We must also consider in performing (especially kata) the traditional ideas, applications, and meanings of certain moves or styles to perform the best. And lastly these two other categories tie into my performances in sport karate, and how it seems to always evolve and test the limits of all athletes in their ideas, knowledge, and skill.

How do you structure your personal training for an important competition?
My training is generally the same throughout the year and does not really change specifically for big upcoming tournaments. There isn’t an “off season” in my training and I constantly and consistently train to perform at the highest level I can at any given time.

Being a Junior athlete, how’s your experience traveling with the National team and competing internationally?
My experiences with the Junior team has been amazing. The atmosphere of the arena and the tournament rubs off on you and inspires you. It opened my eyes to the different ways that other countries interpret styles and moves in both kata and kumite. The traveling with the team has also made me everlasting friendships. Friend-
ships that I know will last long and friendships in which we push each other and support each other. Traveling internationally to these venues with the team and being at the tournament venue makes me feel at home. I feel that at last, I have been put with people who work just as hard, on the same sport, with similar dreams, interests, and aspirations me.

**How do you prepare psychologically for an important competition, and how does your mindset change when you are getting close to the competition day?**

I believe that practicing and being confident in your progress, in what you’ve practiced, and how you’ve practiced will give the best psychological boost for tournaments. I always tell myself that I’ve worked hard for this moment. Harder than anyone else here and as long as I do what I always do, and what I have always practiced for, I will achieve victory.

**Do you think it is positive or negative for Karate to be in the Tokyo 2020 Olympic Games?**

I think the addition to karate to the Olympics is positive. I think this will bring more popularity to the sport and art of karate and I think therefore, other individuals around the world will be more inclined to do karate and learn.

**How is your personal training these days and how you combine it with your studies?**

My personal training is focused mainly in decent quantity but mostly in quality. I do go to a public school. I have school work that I have to finish for AP classes and also an instrument (cello) to practice and so with so much of my day being already taken, I must train very hard and smart with all of the time I have.

**What advice would you give to those who wish to start training and to those who already have been training for years and are getting ready to enter in national and international competitions?**

I would tell them to love every moment that they spend in karate and for them to always strive to better themselves both as a person and in the sport.

**What keeps you motivated to keep training and teaching?**

I am always motivated to train because I love doing it. I really love to teach as well because I feel that all of the valuable lessons that I have learned should be passed down to other kids who can benefits greatly from it for their lives.

**Finally, what are your plans for the future?**

My plans in the sport are to win gold in the Olympics, whether it be 2020 or after, depending on the possibilities the sport of karate has in the Olympic Games. **USANKF**
Sensei Tamara Canedo, age 30, lives in Southern California, in the Palm Springs region. She’s been training in karate since age 3, a total of 27 years. These days her focus is largely working with para-karate athletes, and we asked her to share the story of her journey.

The oldest of three sisters, her karate life began with her father, the late Sensei Jesse Canedo, an 8th Dan, in Shito-Ryu. Out of curiosity, I asked her if all three sisters still practice karate. She answered: “Absolutely. You know Sasha, we miss our dad, so, so much. And we spent our entire lives in the dojo. So when we do karate, we feel him with us. That’s the time we really connect with each other.”

Of course. That’s the life story with many kids of a Sensei. I asked her to elaborate on her memories of her childhood. “By the time my mom was pregnant with me, my dad had his dojos. I think at that time, there were two or three dojos he was running. But his story is rather unique. My dad went to college to be a civil engineer. During that time he found his love for karate. He graduated with a degree in civil engineering from the university in Mexico City, but then decided to dedicate his whole life to the art of karate. I guess that’s where I got it.” Tamara said with a little laugh.

Her Mom, Delia Canales-Islas, was a stay at home mom who also helped with the business. They were going to karate 6 days a week and her dad would commute to Mexico for his dojo there, near Baja.

“I grew up in the dojos. I was a daddy’s girl but he was extremely hard on us. Sometimes it was really tough, but I am who I am today because of that, even though it probably would be considered too harsh in today’s society.”

She went on to describe how she competed in her first tournament at the age of 4 and she was doing both kata and kumite. Her whole world was karate, there were no other sports or distractions. “Every day my dad would pick us up from school and then we would go to the dojo. We did the classes, trained and then always had to clean and help collect payments, and other stuff like that. I remember I was only like 8!”
“Sensei Jesse Canedo was a good friend for many years. I have great respect for his passion for karate, he devoted his life to it and sacrificed a great deal for it. He taught many, many people and now through his daughter, Tamara, among others, his legacy lives on.”

Sensei John DiPasquale
She achieved her first degree black belt at age 11, and her second degree at age 13. Then she was made to wait, quite some time. After graduating from high school, she went to work in the real estate industry specializing in short sales. It was 2007, and the industry was ripe for that kind of work. She learned how to do those kinds of negotiations and could really help people who were losing their homes. She did that for about three years, all this without formal education or training in the finance industry. She worked her way up from the bottom.

“I really enjoyed that time in my life, especially the relationship building. I felt like I was actually helping people. But it was hard to see people always losing their homes. Later I went into mortgages so I would help people get into homes instead of out of them. Then I was recruited to work in a financial advisory firm that would help people manage their money.”

She talked about how it wasn’t always easy being in that industry, especially with no formal training. Sometimes people would try to intimidate her, but with no success. “I wasn’t going to let a dominant person intimidate me, I was RAISED by dominants! OSS!!”

She recalled one day at a financial planning meeting that they were going around the table and saying where they were from. One guy had gone to Harvard, another person to NYU, and so on. Tamara was the only Latina, and the only person with no college degree. So when it was her turn to answer she said: “I have no degree, but I have a third degree black belt, and I do my best to help people.”

And that response changed everything for Tamara. Her boss, the same one that everyone was scared of, took a great liking to Tamara and ended up paying for her education. It was a life changing moment, and Tamara credits it back to karate.

“When I turned 21 I went to my dad and said “Dad, I want to be a Sensei”, and he laughed at me. He said ‘My child, you know how to be a champion but you don’t know how to make champions.’

She continued: “My father would have a class of 40 students at a time and every one of them would learn in a slightly different fashion. He would say to ‘YOU need to learn how to teach each of them where they are now. When you can do that, talk to me about becoming a Sensei.’ That was my Dad. Direct and to the point.”

“So, he put me through his sensei training course. He said that God brought people into this world with their own areas of specialties, and people spend too much time on trying to change what they are bad at instead of letting them shine at their natural gifts. ‘Be who you ARE, Tamara,’ he would say. And of course he was right. I was myself, I answered the financial people honestly and it paid off. And I achieved my third degree black belt and became a Sensei then, too.”

A few years later, things took a dramatic turn, with Sensei Jesse Canedo’s diagnosis of frontal temporal dementia, a disease for which there is no cure and it progressed rather rapidly.

“That time in my life was very, very difficult. It felt like a series of horrible challenges, the worst of which was my father’s diagnosis. My head wasn’t in the right place. I failed the series 7 exam. I felt like the world was caving in. I quit my job because I decided I needed to help my dad. About 6 months went by and I had gone through all my savings.
Out of necessity, I went back into the financial world and after three months, I got the call that they had to move my dad from the group home into the hospital. He got pneumonia. He was in the hospital for about 2 weeks and I vividly remember sleeping on the floor of his hospital room.”

“He was so strong. They said he would likely pass away in 24-48 hours. But they didn’t know my father. He was a fighter his whole life. He lived on for 2 weeks without food or drink. That was almost 3 years ago in May, 2016.”

Tamara shared with me that at that time, beginning when her dad passed away, it was the beginning of a very dark period in her life.

“It was if I was in a really dark hole. Even though we expected his death, it felt very unexpected, if that makes sense. He was so strong his whole life. And now just gone. One day I made this announcement that I might close the dojo. But by this time I had two special needs kids. They were the only glimmer of light and hope in my life back then. And I very clearly remember the day it dawned on me. I couldn’t close the dojo, because teaching karate was my passion, but teaching special needs kids was my CALL-ING. All of a sudden I had a path.”

Mr. DiPasquale, who was a great friend to her father, took on a fatherly role towards Tamara, since the passing of Sensei Jesse, said to Tamara “You need to come to Chicago and learn from Jeff Kohn, he’s the guru of para-karate.”

“I had seen Sensei Kohn at the US Open the year before and he had been very nice to me, and extended the invitation to come to Chicago when I had time. And then suddenly, it was the right time.”

She came to Chicago and trained under Sensei Kohn, working hands on with para-karate athletes and observing his proven methods.

“Every day my dad would pick us up from school and then we would go to the dojo. We did the classes, trained and then always had to clean and help collect payments, and other stuff like that.”
These days Tamara works only in karate, after leaving on the financial advising industry for good. Since then she has opened her own new dojo, she has programs in three other locations, working in partnerships with nonprofit organizations: United Cerebral Palsy, Desert Arc, Desert Ability Center, and the Braille institute for the blind and visually impaired.

In her own dojo she has a mixture of typical and athletes with disabilities. She feels strongly that there is great value in blended classes, a practice she learned from Sensei Kohn in Chicago. She is excited to be on this path, grateful for all the help and support she has received along the way. Her current plans include a para-karate team to the US Open as well as at Nationals. USANKF
The last December 1st-3rd, (2018) took place in Los Cabos, Mexico, the 2018 North American Cup, an official qualifier for the Pan American Games to be held in Lima, Peru in 2019. The Gold medalists directly qualify for the Pan Am Games. These are the final results for the USA Karate athletes:

**Gold Medalists**
- **Sakura Kokumai**
  Female Kata
- **Shannon Nishi**
  Female -50kg Kumite
- **Cheryl Murphy**
  Female -68kg Kumite
- **Tom Scott**
  Male -75kg Kumite
- **Kamran Madani**
  Male -84kg Kumite
- **Brian Irr**
  Male +84kg Kumite

**Silver Medalists**
- **Ariel Torres**
  Male Kata
- **Tyler Hudson**
  Female -50kg Kumite
- **Elisa Fonseca**
  Female -61kg Kumite

**Bronze Medalists**
- **Jessica Kwong**
  Female Kata
- **Gakuji Tozaki**
  Male Kata
- **Elvis Ramic**
  Male -60kg Kumite
- **Josue Hernandez**
  Male -67kg Kumite
- **Max Segal**
  Male -84kg Kumite
- **Joane Orbon**
  Female -61kg Kumite
- **Maya Wasowicz**
  Female +68kg Kumite
1. All the Referees at the North America Cup

2. Elvis Ramic, Bronze Medal.


5. Elisa Fonseca, Silver Medal and Joane Orbon, Bronze Medal.
1. Elvis Ramic, Bronze Medal.

2. Maya Wasowicz, Bronze Medal.

3. Cheryl Murphy, Gold Medal.

4. Max Segal, Bronze Medal.

5. Ariel Torres Silver Medal and Gakuji Tozaki Bronze Medal.

6. Elvis Ramic posing with the finalists.

7. Tom Scott, Gold Medal.

2020 USA KARATE OPEN
April 9th - 12th
LAS VEGAS, NV
For more information: www.usakarateopen.com
Road to Tokyo 2020!

OPEN PARIS KARATE
25/26/27 JANVIER 2
STADE PIERRE DE COUBERTIN

DUBAI 2019
KARATE 1 PREMIER LEAGUE

KARATE 1 SERIES A
SALZBURG 2019
FULL COVERAGE
ROAD TO TOKYO 2020!

OPEN PARIS

DUBAI PREMIERE LEAGUE

SALZBURG SERIES A

Photos Courtesy Kphotos.net
1 & 2) Sakura Kokamai during her first kata round. 3) Jessica Kwong performing. 4) Shannon Nishi-Patton scoring a roundhouse kick to the midsection. 5) Tyler Hudson in action.
1) Shannon Nishi-Patton and Coach Brody Burns posing for the camera. 2) Brian Ramrup ready for his match. 3) Brandi Robinson trying to score with a Jodan Tsuki.
1) Gakuji Tozaki during his kata performance. 2 & 3) Elisa Au Fonseca scoring with Jodan Gyaku Tsuki. 4) Sabrina Hostettler attacking her opponent during her match.
1 & 2) Tom Scott scoring a roundhouse kick and a Jodan Tsuki. 3) Cheryl Murphy getting the job done. 4) Ariel Torres during his first round. 5) Gakuji Togaki performing his kata.
1) Sakura Kokumai finalizing her kata. 2) Brian Irr attacking with a high kick. 3) Shannon Nishi-Patton waiting for her match. 4) Cirrus Lingl in action!
1) Cheryl Murphy scoring with a “long” Kizame Tsuki. 2) Coach Brody Burns observing some matches.  3) Sakura Kokumai executing a perfect Sokuto Geri. 4) Kamran Mudani scoring with a Jodan Tsuki  5) Brian Ramrup misses his opponent.
1) Cheryl Murphy scoring with a Chudan Gyaku Tsuki. 2) Sakura Kokumai performing her kata. 3) Ashley Hill checking her opponent. 4) Brian Irr..."spreading his wings"... 5) ...and scoring a point.
1) Jessica Kwong performing her kata in the first round.  
2) & 3) Sakura Kokumai during her performance of “Suparimpei”.

Photos Courtesy of KPhotos.net
1) Brian Ramrup attacking his opponent 2) Kamran Madani scoring with an Ura Mawashi Geri. 3) Gakuji Tozaki performing kata “Annan”.
1 & 3) Ariel Torres performing his kata.  2 & 4) Gakuji Tozaki during his performance in the first kata round.
1 & 3) Ariel Torres performing a great kata “Suparimpei”. 2 & 4) Sakura Kokumai performing her kata.
Team USA, represented by 34 athletes, finished with some major successes and tough defeats against all 2039 total competitors in attendance. There were three Top-25 finishes with Sakura Kokumai placing 5th in Female Kata, Ariel Torres placing 15th in Male Kata, and Joseph Martinez placing 25th in Male Kata.

Highlights in Women’s Kumite:

Tyler Hudson (-50kg) won in her first match against Greece then fell to Japan 1-4 in her second match. Shannon Nishi (-50kg) defeated ENG in the first match 5-1 but fell to Turkey in a close second match. Brandi Robinson (-55kg) took France 2-0 in the first round but was defeated by Russia 0-4 in the second. Elisa Fonseca (-61kg) had an incredible five-round-run until she was eventually defeated by Sweden 0-3. Brittany Mosier (-61kg) fell in the first round 1-3 against the Netherlands. Christina Klinepeter (-61kg) lost 0-9 in her first match against Switzerland. Skylar Lingl (-68kg) was defeated in her first match 0-2 against Macedonia. Taylor Wood (-68kg) fell in a tough 0-8 match against Sweden. Maya Wasowicz (68+kg) was defeated in her first match against Germany 0-1. Cirrus Lingl (+68kg) fell 0-3 in her first match against Bulgaria. Kassandra Figueroa (+68kg) lost in her first match 1-0 against Russia.

Highlights in Men’s Kumite:

Noah Frisvold (-67kg) was defeated 0-7 in the first round by Chile. Brian Ramrup (-67kg) defeated Senegal in the first round 5-0 then fell to Austria 1-3 in the second round. Manuel Tavares was defeated in his first match against Italy 2-4. Tom Scott (-75kg) claimed victory in his first match against AZE but fell to Kazakhstan 0-2 in the second. Ryan O’Donnell (-75kg) was defeated in the first round 0-8 against Brazil. Scott Albarella (-75kg) defeated Ukraine in the first round but fell to Russia in the second round. Christopher McCorvey (-75kg) was defeated 2-8 in his first match against Saudi Arabia. Jonathan Seavey (-84kg) fell in his first match against the Netherlands 0-8. Kamran Madani (-84kg) defeated Kuwait in the first match but fell 0-3 to the Netherlands in his second match.

While the athletes came to compete against one another, every athlete left the mat with the same goal in mind: getting karate into the Paris 2024 Olympics. A few weeks prior to Salzburg, the WKF launched the #Karate2024 Campaign to request Paris 2024 inclusion.

This digital campaign was created to show the unity of the sport worldwide all while requesting to be reconsidered for inclusion into the 2024 Olympic in Paris, and the fight isn’t over.

We are continually encouraging our members to participate in this campaign by posting photos of yourselves participating in Karate on your own social media channels using #Karate2024 and #TsukiForKarate2024. USANKF

For more information about the digital campaign, check out the WKF’s website:
1) Sakura Kokumai in her performance of “Suparimpei”.  
2) Jessica Kwong doing kata “Annan”.  
3) Sakura Kokumai performing kata “Annan”.  
4) Brian Iri scores a point with a precise Jodan Gyaku Tsuki.
1 & 2) Kamran Madani attacking his opponents with kicks. 3) Ariel Torres his performance of kata “Suparimpei”. 4 & 5) Shannon Nishi-Patton judging the distance and launching the attack!
1 & 2) Brandi Robinson in action! 3) Tyler Hudson attacking with a Jodan Tsuki
4) Great Jodan Geri from Skylar Lingl  5) Sakura Kokumai showing warrior spirit
during her performance.
1 – 2 & 3) Elisa Au Fonseca during several matches in her weight division. 4) Tom Scott retreating during his opponent’s attack. 5) Brian Rumrump scoring with a great Chudan Mawashi Geri. 6) Skylar Lingl throws a high kick to her opponent.
1968: BEGINS TO LEARN KARATE-DO. SENSEI: JORGE HUGO (DYNAMIC DOJO MEXICALI B.C. MEXICO)
1969: STATE CHAMPION B.C. BROWN BELT TIJUANA B.C. MEXICO.
1970: BLACK BELT BY SENSEI JORGE HUGO IN MEXICALI B.C. MEXICO.
1970-1972: LEARNS IN MEXICO CITY: TAE KWON DO & SHOTO-KAN.
1972: STARTS LEARNING SHITO-RYU FROM SENSEI TADASHI IWAMOTO.
1973: WINS FIRST NATIONAL FEDERATION BLACK BELT CHAMPIONSHIP “KUMITE.”
1973: WINS T.V. TOURNAMENT IN “SIEMPRE EN DOMINGO” OF TOP 10 BLACK BELTS OF MEXICO.
1974: TAKES OVER AS HEAD INSTRUCTOR CENTRO DEPORTIVO ISRAELITA.
1974: BECOMES HEAD INSTRUCTOR OF: JEWISH SPORT CENTER, YANEZ MARTIAL ARTS CENTER AND MARIO YANEZ JUDO & KARATE ACADEMY IN MEXICO CITY.
1978: BECOMES PRESIDENT OF THE “OPEN STYLE MARTIAL ARTS ASSOCIATION” MEXICO CITY.
1979-1983: JEWISH MACABIAH MEXICO’S NATIONAL COACH.
1979: BECOMES AN INTERNATIONAL REFEREE AT THE PAN-AMERICAN MACABIADA GAMES MEXICO CITY.
1979: THE JEWISH MEXICAN TEAM WINS THE MOST GOLD MEDALS IN THE PAN AMERICAN MACABIAH GAMES, TRAINED BY HIM.
1980: BECOMES SECRETARY OF THE NATIONAL KARATE FEDERATION BOARD OF DIRECTORS.
1983: LEAVES MEXICO CITY AND RETURNS TO THE COACHELLA VALLEY.
1984-1985: HEAD COACH FOR BAJA CALIFORNIA’S KARATE-DO TEAM. TWO TIMES NATIONAL CHAMPIONS.
1985: OPENS INDIO BUTOKU-KAI DOJO NOW SEIDEN-KAI.
1992-2016: TRAINS HIS DAUGHTERS TAMARA RASHEL CANEDO, DELILAH CHANEL CANEDO, & JANNESE RODRIGUEZ CANEDO IN SHITOKYU AND MAKES THEM STATE, NATIONAL, AND JR. OLYMPIC (NOW U.S. OPEN) CHAMPIONS.
1972-1983: MADE OVER 100 BLACK BELTS AND STATE NATIONAL AND INTERNATIONAL CHAMPIONS, MEXICO CITY.
1985-2016: MADE STATE, NATIONAL, AND INTERNATIONAL CHAMPIONS FOR THE USA-NKF (USA KARATE FEDERATION) & COACHELLA VALLEY.
1993: JORGE CARO OPENS SEIDEN-KAI RIVERSIDE AND THEY MADE CHAMPIONS TOGETHER.
1996-2014: GISELA AGUIRRE OPENS SEIDEN-KAI MEXICALI AND TOGETHER THEY MADE WORLD CHAMPIONS, STATE, NATIONAL, AND INTERNATIONAL CHAMPIONS.
1997: JOSE AGUIAR OPENS SEIDEN-KAI IN BRAZIL. SENSEI AGUIAR IS NOW AUTHOR OF KARATE REAL TRAINING FOR LIFE.
2010-2014: IS APPOINTED TECHNICAL DIRECTOR OF THE UNITED STATES OF AMERICA KARATE FEDERATION.
2011: JESSE CANEDO’S DAUGHTERS COMPETE IN TEAM KATA FOR THE UNITED STATES OF AMERICA AND WIN A BRONZE MEDAL; DAUGHTER CHANEL COMPETED WITH A BROKEN ARM.
2014: THE UNITED STATES OF AMERICA NATIONAL KARATE FEDERATION DEDICATED “FINALS” IN HONOR OF SHIHAN JESSE CANEDO.
Respect: Where Sportsmanship Begins

Athletes, coaches, and parents agree: good sportsmanship begins with respect. And maybe you’ve heard the old saying that respect is a two-way street. That sounds pretty good at first; but if you stop to think about it, that metaphor doesn’t begin to capture the reality. If you want to be a good sport, then respect has to move in a lot more than two directions.

For one, respect has to include your opponent. It can express itself in obvious ways, like complimenting an opponent for their efforts during a match. That’s a positive thing to do; but the things you don’t do might be every bit as meaningful. For example: competition can get intense, and sometimes there are official calls you might disagree with. If you respond to those calls in ways that might invite penalties, you’re showing disrespect for your opponent and the match itself.

Of course, it’s also important to respect your parents and coaches. That’s easy when you agree with their decisions. It’s less easy when the coach decides to take you out of a competition. If you react negatively, you’re not only showing disrespect to your coach – you’re helping to create a negative atmosphere that can erode morale.

RESPECT IS

[Image of a chart with the word "RESPECT IS" in large purple letters, followed by four smaller boxes labeled "Teammates," "Opponents," "Parents/Coaches," and "Self." Each box has a description:"

Teammates
Praise positive contributions... don’t blame or shame"

Opponents
Be gracious when you win... and when you lose"

Parents/Coaches
Show respect always... even when you disagree"

Self
When you respect others, you respect yourself"

Think of respect as an intersection – an ongoing exchange of respect given and respect earned. Respect for teammates, opponents, parents and coaches, ...and yourself.

It can be challenging to teach young athletes how to practice good sportsmanship at times, but TrueSport is built around hands-on activities and other innovative learning techniques. For example, we know that big concepts like ‘respect’ can be hard to wrap your head around. But if you bring it down to the level of everyday personal relationships, it’s easier to understand and to put into action. Use the word TOPS – Teammates, Opponents, Parents/Coaches, and Self to help your athletes remember that Respect has to include all of them!

We Value Champions. We Champion Values.™
Want to learn more? Visit TrueSport.org
LAUNCH, LOCATION & GOVERNANCE
The U.S. Center for SafeSport is a national nonprofit organization providing education, resources and training to promote respect and prevent abuse in sport. The Center is located in Denver, Colorado, and opened in March 2017.

The Center is governed by a nine-member board of directors, which includes subject-matter experts in the areas of abuse prevention and investigation, ethics compliance and sport administration.

MISSION, PURPOSE & VISION

Mission
To cultivate and steward a culture of dignity and respect in sport.

Purpose
Enable every athlete to thrive by fostering a national sport culture of respect and safety, on and off the field of play.

Vision
Every athlete is safe, supported and strengthened through sport.

- Safe. Athletes are protected from emotional, physical and sexual abuse.
- Supported. Athletes enjoy welcome, respectful environments, and diversity is actively embraced.
- Strengthened. Athletes use the skills they’ve learned in sport to contribute to the well-being of their communities.
SERVICES

Education and Outreach Office
The Center’s Education and Outreach Office will administer prevention programming, raise issue awareness, and provide resources and training to promote respect and prevent misconduct, such as bullying, hazing, harassment and abuse. The Center will:

- Provide education materials, including talking points, fact sheets, brochures and training materials
- Centralize best practices, provide self-evaluation tools and offer specialized resources
- Offer sport organizations easy access to educational opportunities for their coaches, staff, volunteers, parents and athletes

Response and Resolution Office
The Center’s Response and Resolution Office will investigate and resolve alleged policy violations for the U.S. Olympic and Paralympic Movements’ 47 member National Governing Bodies, including the USA National Karate-do Federation.

- As a member organization of the U.S. Olympic Committee, the USANKF has agreed to adhere to the Center’s policies and procedures, including the SafeSport Code, which identifies prohibited conduct and serves as the benchmark by which the Center determines whether or not a policy violation has occurred. These policies and procedures also outline:
  - Center jurisdiction and authority
  - Sanctioning guidelines
  - Reporting and confidentiality
  - Resolution procedures, including investigation and arbitration
- Aggregate data from Center investigations will be used to identify trends and patterns across sport, strengthening national prevention efforts.
JURISDICTION & AUTHORITY
The Center has jurisdiction over Covered Individuals. These are persons:

- Within the governance or disciplinary jurisdiction of the USANKF
- The USANKF or the USOC authorizes, approves or appoints to a position of authority over athletes or who will have frequent contact with athletes
- Identified by the USANKF as being within the Center’s jurisdiction

The Center will have the exclusive authority to investigate and resolve alleged SafeSport Code violations involving sexual misconduct. The USANKF will retain the authority to investigate and resolve alleged SafeSport Code violations that are non-sexual in nature. Although, at the USANKF’s request, the Center may exercise the discretionary authority to take on cases of this nature.

<table>
<thead>
<tr>
<th>Exclusive Authority</th>
<th>Discretionary Authority</th>
</tr>
</thead>
<tbody>
<tr>
<td>All forms of sexual misconduct.</td>
<td>Other policy violations, including physical misconduct, emotional misconduct, bullying, hazing and harassment.</td>
</tr>
</tbody>
</table>

REPORTING REQUIREMENTS FOR SAFESPORT CODE VIOLATIONS
All individuals, regardless of membership with the USANKF, are encouraged to report suspected violations of the SafeSport Code. Covered Individuals who are over the age of 18 are required to report suspected SafeSport Code violations related to or accompanying sexual misconduct. Covered Individuals who fail to report SafeSport Code violations may be subject to disciplinary action.

How to Report
Individuals should report suspected SafeSport Code violations directly to the Center.

Reporting to the Center:
- Online: https://safesport.org/response-resolution/report
- Phone: (720) 524-5640

Confidentiality
Although the Center cannot guarantee confidentiality, it will, to the greatest extent possible, maintain the privacy of all individuals involved in the investigation and resolution of alleged SafeSport Code violations.

Anonymous Reporting
Anonymous reporting is permitted.

Legally Mandated Reporting
Reporting alleged criminal conduct to the USANKF or the Center will not satisfy any individual mandatory reporting requirements under state or federal law. Visit https://www.childwelfare.gov/topics/systemwide/laws-policies/state/ to view state-by-state mandatory reporting laws to determine your reporting obligations and options.
THE INVESTIGATION & RESOLUTION PROCESS

In response to an alleged SafeSport Code violation, the Center may:

- Initiate an informal resolution
- Conduct a full investigation
- Conclude the alleged violation is out of scope and refer the matter to the USANKF or the U.S. Olympic Committee

Informal Resolution
The Center may conduct an informal inquiry to collect preliminary facts to determine if the matter should be resolved informally, investigated further or not investigated at this time.

Full Investigation
At the start of a full investigation, the Center will provide notice to both involved parties. Each will be given the opportunity to present supporting evidence and provide contact information for potential witnesses.

Investigator's Report
After reviewing the evidence in the case and interviewing relevant witnesses, an investigator will prepare a written report detailing:

- The facts of the case based on the available evidence
- Whether or not, based on a preponderance of the evidence, the investigator believes a violation of the SafeSport Code has occurred
- Recommended sanctions, if any

Director's Decision
The Center's director of investigations will issue a decision based on the available evidence. If the director determines the individual in question has violated the SafeSport Code, he or she may seek arbitration.
SANCTIONS
The disciplinary process is designed to protect all USANKF athletes, members and participants from future misconduct. With this in mind, all recommended sanctions will be reasonable and proportionate to the violation committed and will emphasize education to ensure that minor misconduct does not escalate into a major violation.

Imposing Sanctions
In response to the Center's determination that a SafeSport Code violation has occurred, the USANKF will impose any sanctions recommended by the Center. Potential sanctions include, among others, any combination of the following:

- Warning
- Loss of privileges
- Education
- Probation
- Eligibility or participation restrictions

In determining appropriate sanctions, the Center will consider a range of factors, including but not limited to:

- The seriousness of the violation
- The ages of the individuals involved
- Whether or not the alleged policy violator poses an ongoing threat to the safety of others

Implementation Across the Olympic and Paralympic Movement
Participation restrictions imposed by a USOC-member NGB will be upheld across the U.S. Olympic and Paralympic Movement.

Visit www.safesport.org to learn more or to view the Center’s policies and procedures to determine your responsibilities under the SafeSport Code. The Center’s policies and procedures are subject to change. Should the policies and procedures vary from the information contained herein, the policies and procedures will govern. Visit safesport.usankf.org to review the USANKF Participant Safety Handbook.
The USA Karate’s SafeSport Program will provide training regarding the establishment of safe environments for competition and training, will ensure that each USA Karate Official, Coach, Adult National Team Member, Committee Member, Staff and Board Member has passed a comprehensive background check, completed the SafeSport Training and reviewed the Participant Safety Handbook. This compliance is a condition of membership per our bylaws for official and coach members.

Program Components

The SafeSport Program will consist of a background check and online education sessions. Both of these items must be completed as a condition of membership for Officials and Coaches and required to participate as a Referee, Judge, or Credentialled Coach at Signature Events. Those who have not completed both will not be allowed to participate in any capacity at any USA Karate Signature Event.

Background Check

To be completed every 2 years. National Center for Safety Initiatives (NCSI) is our vendor and will recheck each applicant annually. The cost of the background screening is approximately $30 depending on your state. To complete the background check, you will simply need to do the following:

1. Visit www.ncsisafe.com and click on Background Screening Self Registration
2. Enter Self Registration Number 26244495
3. Enter Your Information as Requested

Online Training Sessions

All required members over the age of 18 will be need to complete the FREE training course supplied by the U.S. Center for SafeSport. This course replaces the material previously found on the TeamUSA Training site. The training course consists of the following topics:

1. Mandatory Reporting
2. Sexual Misconduct Awareness Education
3. Emotional and Physical Misconduct
Training is available to individuals 18 years of age and older. Individuals under the age of 18 will require parental consent in order to take the training.

SafeSport training must be completed every year. Therefore, anyone who is due to renew their SafeSport training or is completing training for the first time will need to complete the new courses.

The website to take the new course is https://safesport.org/. Users will have to create an account using the code that is available on the membership portal usakaratemembership.com. login and the instructions for completing the training will be available to members. You will need the code in order to be linked to USA Karate – if you do not use this code USA Karate will not be notified of your compliance, so please take care when signing up.
Participant Safety Handbook

The collection of all SafeSport Policies and procedures for you to review are found in the Participant Safety Handbook. The latest version can be found on our website at safesport.usankf.org

Reporting

If you know of or suspect a violation of any of the SafeSport Policies or procedures you are required to report the incident. Reports can be made at:

- **Sexual Misconduct involving a minor:**
  - U.S. Center for SafeSport – SafeSport.org or 720-531-0340
  - USA Karate Ethics website usakarateethics.com or 844-598-1865
  - You should also report Sexual misconduct involving a minor to local law enforcement

- **All other violations:**
  - USA Karate Ethics website usakarateethics.com or 844-598-1865
  - Report via an incident report form emailed to the CEO or Ethics Committee Chairperson
  - Contacting the CEO or Ethics Committee Chairperson directly.
    
- **CEO Contact Phil Hampel** – phampel@usankf.org 719-309-6030
- **Ethics Committee Chairperson Contact** - Sasha Gerritson – sgerritson@usankf.org

Should you have any questions, please feel free to contact the National Office for additional assistance. We look forward to partnering with each of you as we work together to ensure a Safe Sport!
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