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AMERICAN KDS
KARATE-DO SHOTOKAI

THE OFFICIAL NEWSLETTER OF AMERICAN KARATE-DO SHOTOKAI

AKDS Update and Developments

by KYLE BRUNNER, 1st DAN, SECRETARY

Exciting things are afoot. AKDS was reorganized and our constitution was amended to expand the presidency, establish our own technical group, create an administrative group, and give new flexibility and control to individual clubs. In addition, new provisions in the constitution allow club instructors to receive grant money to attend courses within AKDS and KDS (Europe). Last year for the very first time we hosted three national week long courses and several weekend courses and we are planning to do it again this year. All of these exciting changes reflect our growth. Thank you for making that possible.

The AKDS presidency has already awarded the first ever travel grant for Tony Dunlop to attend the Estonian Summer Course with Harada Sensei. Congratulations Tony! We hope you will come visit us soon afterward and share your experience.

The technical group successfully participated in the Ruston, LA club grading last month from the comfort of their Texas, California, Idaho, and Utah homes. Although they would much have preferred to be on the floor taking punches, it is exciting that we can use technology to help our clubs grow.

American KDS hosted its first ever week long kids course in Ruston, LA. Very exciting and more on that experience later.

Get excited for our Winter Course at BYU in Provo, UT on March 20–23. There are just a couple of weeks left to hone your skills and build some endurance. We are privileged to have 5th Dan Mark Hallam run this course and enlighten us on kicking techniques. Mark last visited when Harada Sensei officially adopted the American group (formerly known as American Shotokai Karate) and re-

named us American KDS in 2001. In addition to Mark, we have confirmed seven AKDS Dan-grade attendees and eight Kyu-grade guests in addition to the Provo club. Senior practices will be 9AM to Noon at United Self Defense Studios on Provo Center Street. General practice will be 6PM to 9PM T–Th and 3PM to 6PM Friday on BYU campus.

If you haven't committed to attend yet, it is not too late! Please be sure your AKDS membership is current and pay the course fee before the first practice.

Finally, we are putting in a large equipment order to arrive in time for course. If you would like to order equipment, please contact your club instructor ASAP.

Thank you for your dedication and keep up your hard work. See you in Provo!

Glenview Elem. Weeklong Kids' Course

by TONY DUNLOP, 1st DAN, RUSTON, LA

We held our first ever week long kids' karate course this year which was a huge success. We held two different sessions a day that lasted an hour each, one for the beginners and one for the advanced. The practices and exercises that we did were very similar to a regular course with a few games to help develop correct body posture, relationship between partners, etc.

We gave the kids real karate. It wasn't watered down, and they loved to work hard. The Louisiana Tech club members that participated forgot they were working out at a "kids' karate camp" because of how intense some of the practices really were. Overall, everyone involved progressed significantly, adults and kids.

Ruston, LA Club Grading

Congratulations to the following karateka:

Red Belt: Chelsy Worsham, Spencer Young, Todd LaPrairie, Sharyl Barker, Cory Caton, Andy Girtman, Joshua Caver, Matthew Loetscher

Yellow: Alyssa Dyess-Tregre

Orange: Amanda Morin

Green: Sydney Mayeux

Brown: Blake Louque

