

MYB Newsletter for Leavenworth KS April 11-13 2008

The Midori Yama Budokai Annual Spring Clinic was held on April 12 and 13th at the Heritage Center downtown Leavenworth, Kansas. The spring clinic was sponsored by the Sagasu Family Martial Arts 322 Delaware St, Leavenworth. Hanshi Ken Baker was the host for this year's event.

The clinic began with an open dojo Friday night where students could meet and practice techniques with various instructors and fellow martial artist. Saturday the clinic began at 9 a.m. with introductions of the national organization leaders. There were 85 participants at the event representing schools from Kansas, Missouri, Georgia, Alabama, Colorado, and Vermont.

The day's events included instructions from visiting instructors. There was a wide variety of training for all participants.

The morning classes were with Hanshi Ron Rogers from Leavenworth. He taught about wristlocks, nerve strikes and defense against grabs. Hanshi Bill Marron from Kansas City taught technique number three of the first six Hawaiian Kempo sets. Mike Kaylor from Springfield, MO worked his group on Chinese low horse stances and the Short Form of the Tiger. Laura Lang from Denver, Colorado trained her group in a Kempo fighting stance and movement.

The afternoon included instruction from Chris Poirier from Vermont presenting program training on "How to Build the Best Self Defense". Bill Thornton of Atchison, KS worked with techniques from the kata and how they can be applied to any type of attack. Hanshi Ken Baker from Leavenworth taught the third form of Eagle Claw Kung Fu while Karen Baker, from Leavenworth taught Wudang Dragon Form. Hanshi Dan Kennedy, Kansas City, worked his group with principles of the blocks and Jeb Chiles of MO led his group in mixed martial arts fighting tactics.

Special recognition and a plaque was given to Ms. Ruth Wilson honoring her with a Lifetime Achievement Award for her services to the Midori Yama Budokai. This was in honor of her selfless personal support of her late husband and founder, Leo D. Wilson and her continued devotion to the MYB organization. Her achievements have spanned decades with the organization.

During the Saturday workout, a special promotion of 7th Degree Black Belt in Hawaiian Kempo was given to Kathy Marron. Her husband, Bill Marron, presented her this promotion. Hanshi Ken Baker then presented her with her 8th degree Black Belt from the Midori Yama Budokai organization in recognition of her devotion and time in training of over 40 years.

The organization evening banquet was held Saturday night at the C. W. Parker Carousel allowing all participants free rides on Leavenworth's newest attraction. We would like to thank Zack Morey and Cory Rosene for the evening guitar music too. The spring event ended with an open dojo workout on Sunday morning.

We would like to thank all those who instructed at our event this year. Your instruction truly supports the spirit of MYB. We are grateful to the Sagasu students who helped set up the event and helped welcome our visitors. It was a job well done. Photos of the MYB Spring Clinic can be found at midoriyamabudokai.com

MYB Newsletter for Colorado Springs, CO July 19-21 2008

The first annual Midori Yama Budokai Colorado Elite Training Clinic was held in beautiful Colorado Spring, Colorado. The event was held July 18 – 20, 2008. Jay Haynes, owner and chief instructor for The Family Karate Center, welcomed 90 total participants to the first MYB Colorado Clinic. The instructors for the clinics were Ronald Rogers, Hanshi Emeritus from Leavenworth, KS, Ken Baker, Hanshi from Leavenworth, KS, Dan Kennedy, Hanshi from Lenexa, KS, Jay Alexander, Kyoshi from Huntsville, AL, Laura Lang, Kyoshi from Denver, CO, and Shelia Baker, Kyoshi from Leavenworth, KS.

The weekend began with an open mat session from 6 to 9 p.m. where participants were free to meet the instructors and interact asking questions and working on techniques such as sparring, kata, and weapons. Saturday began with the introduction of the instructors and a presentation by the students of The Family Karate Center. Students, Aubrey Beadles, Ryan Dunlap, Shaun Dunlap, and Jeff Nester presented Jay Haynes with a large hand made 48 inch in diameter replica of the Midori Yama Budokai patch. This symbol will be portrayed in the Family Karate Center showing their membership to our national organization.

The morning training sessions included Hanshi Ken Baker teaching Luzviminda Arnis showing sinawali locks and disarms and Kyoshi Jay Alexander teaching kumite tactics and drills. Hanshi Dan Kennedy taught principles of kata working the group on intermediate steps and aligning your rhythm within your katas. Kyoshi Laura Lang began after lunch teaching jujutsu and how to work the flow into locks and how to the lock can become the counter and escape. Kyoshi Shelia Baker then lead the group in some training regulating their mind and blood flow with Tai Chi Qi Gong and finishing up with the Qi Gong eighteen movement exercise for overall health and healing. Hanshi Emeritus Ron Rogers taught many bunkai applications of the down block and punch.

Everyone finished up the long work out with an semi formal dinner banquet that evening. It was great food!! A few promotion announcements were made. Congratulations goes to Jay Haynes, Kyoshi who was promoted to Sixth Degree Black Belt (Rokudan) in karate by Hanshi Ken Baker and MYB. Family Karate Center Black Belt and Instructor Tina Nance was awarded her Third Degree Level Black in Eagle Claw Kung Fu. Barrett Appleton from Huntsville, AL was also awarded his Fourth Degree Level Black in Eagle Claw Kung Fu.

Sunday morning concluded with more open mat time where students continued to work on kata, sparring and weapons training. We would like to thank Jay and Jayme Haynes for a great MYB Clinic and all the students of The Family Karate Center for their assistance in making a very successful training weekend.

For pictures of the event, please follow this link... we got a great group photo!!! Here you can see Jay's new dojo.

<http://familykaratecenter.com/ColoradoMYB/>

Congratulations to all those who attended and to those who were promoted. The next MYB Clinic will be held in Huntsville, Alabama with Jay Alexander hosting the event. Details will follow on dates for the event.

Please check out additional photos at our Photo Gallery at www.midoriyamabudokai.com