

And what about age?

My article this newsletter discusses karate training and age. From young to old our age influences our training. Thinking about age reminds me about the members of WJKA worldwide and the experience and talent we enjoy in the participation of our senior members.

Since I was able to experience and enjoy so many of the great Shotokan Masters of our time and several are now gone or retired, I must share some thoughts. Each one of them are/were very unique and special and I have been influenced by every one of them. Many of them I saw young, and old. Some of my favourite insights and experiences occurred during "social" training.

Many of our WJKA seniors have also experienced these masters, and gone on to develop a lifetime of their own experiences with Shotokan training. When you invite our WJKA seniors to visit you enjoy the opportunity to experience not only their participation and life experiences, but also are likely to enjoy some shared stories and experiences from those past great senseis.

As I think about the loss of Grand Master Nakayama, Mr. Sugano, Mr. Asai, Mr. Nishiyama, Mr. Kase, and others I feel how much I miss the opportunity to again enjoy being around them.

With the introduction of our revised Instructor Programme, which includes more visits with our seniors, we get the huge, irreplaceable bonus of spending more time with the lives and experiences of our seniors....because they are still here. Don't let this chance pass you by.

Rick Chernoff