

My Karate Journey -- Part 10: Fun at "Work!"

With training at Manoa and Kaneohe in full swing, I was in the dojo teaching classes 5 days a week for an average of 3 1/2 hours each day — NOT counting travel! This was a LOT of time spent away from Paula, AND I had a full-time teaching job in the public schools! The addition of our Aiea Dojo several years later raised my busy teaching schedule to a ridiculous level!!! Yet, it NEVER seemed like work — just FUN!! Thank goodness for Roy and Ron, who covered classes I couldn't make, and Kevin, who later took over in Aiea as branch instructor.

To foster interaction and camaraderie among our HSK Ohana, and to get our branch members to meet and socialize, we scheduled a slew of fun events and activities throughout the year. Main events of the year included: 1) annual tournament in June, 2) annual picnic in July, 3) annual beach training in August, and 4) annual Christmas party in December.



Yearly events included tournaments, Christmas parties, beach trainings, and picnics!

A favorite game at our picnics was the water balloon/egg toss contest. Members would pair up and be given a water balloon (kids) or raw egg (adults). They would start close to each other, toss the egg over to their partner, then take a step backward. This would continue until only 1 couple remained with an unbroken balloon/egg to be declared the winner! Needless to say, those “not-too-great” catchers either got VERY wet or VERY yucky!!!



Picnic favorite — water balloon/egg toss contest!

To keep the Senpais and advanced students motivated, I planned an annual training camp, which included three workouts a day! The first training was at 6 am. We trained on the sand and in the water, two challenging elements to train on AND in! Our second training was just before lunch and usually focused on kata or nunchaku. The final training of the day was just before dinner and generally focused on kumite techniques. These workouts were intense yet fun, and everyone enjoyed themselves! Later in the evening, we held group activities such as skits, songs, or demonstrations. Topics for these activities? HSK, of course!!! To this day they say that camp was their favorite event of the year!



Camp training and FUN!!!

Throughout the years, HSK added a variety of events and activities to assure and enhance our members' "Ohana experience." Here are two of my favorites: 1) hikes/picnics — we have hiked through Ho'omaluhia Park in Kaneohe. This park is HUGE, and offers excellent views of the Koolau mountains from the Windward side! One of the areas is very low and forms a basin for the rain waters that frequent the Koolaus. We have hiked here several times for games and picnics, and once down to the reservoir for a fishing contest — catch and release, of course! We have also hiked the Makapu'u Trail for whale watching. This trail is perfect for the family! It has a paved path and although there is a gentle climb involved, it offers a GREAT view of Oahu's eastern coastline. And, if you're lucky, you'll see some whales frolicking in the waters!



Hike through Ho'omaluhia Park



Hike up Makapu'u Trail — Rabbit and Bird Island (l) and Koko Head Crater (r)

2) Annual club party — HSK added our annual club party in April of 1988, and it instantly was a huge hit! We continued with this yearly tradition until COVID hit the world and shut EVERYTHING down! Our last party was in 2019, and we look forward to restarting this fun event soon. Our parties were fun, exciting, and unforgettable!!! After a great

dinner and socialization, it was time for our program and games! We had dance contests, character dress-ups, musical karate performances, demonstrations, and fun games that involved all in attendance to participate and “hang loose!”





At HSK, we WORK hard and PLAY hard!!!

Alan Sekiguchi, August 06, 2022