

My Karate Journey, Part 13 -- Precious Moments!

2022 marks my 55th year in karate AND my 50th wedding anniversary!!! And, in less than a year HSK will celebrate its 40th ANNIVERSARY! So many amazing and wonderful events have come and gone through this span of time that have both delighted and humbled me. Here are some of my favorites.

Top on my list is definitely watching the growth and development of Remy and Rylan in achieving their quest for their black belts! Their many years of dedication and devotion led to the final reward. I must confess – they definitely did it the **HARD WAY!!!** As chief instructor, I bent backward (to their disadvantage) to show **NO** preference or favoritism to them. In fact, my grading on their exams was harsher than all the rest of the Senpais who evaluated them. **AND** I had the final say! Hence, I experienced the pure joy and satisfaction of having them push through disappointing moments and stay on track to achieve their goal! Perhaps my proudest HSK moment was presenting their black belts and certificates to them!!!



Remy receiving her black belt and certificate in 1991!



Rylan receiving his black belt and certificate in 1996!

My second favorite HSK moment happened in 2012, when I was awarded the Elgin Heinz Outstanding Teacher Award for Humanities. This is a national award presented by the United States-Japan Foundation, and “recognizes exceptional teachers who further mutual understanding between Americans and Japanese.” I hesitated to submit an application, feeling I was not qualified for such a prestigious award. However, after the deadline had come and gone, I received a call from David Janes, director of the selection committee calling from New York City. He informed me that he had not received my application, so I explained to him my hesitation. He then told me that he felt I was MORE than qualified, and offered to extend the deadline for me to apply. Still reluctant, I completed and sent in my application, not expecting anything to come out of my efforts.

Several weeks later, I was notified that I had WON the award!!! I was shocked with disbelief! Hearing of my award, my family and Senpais planned a celebration for the presentation of the EH award. Ambassador of Japan, Ichiro Fujisaki, sent a letter of congratulations, and Deputy Consul General of Japan, Kazunari Tanaka attended and read a congratulatory letter from Japan. From the United States-Japan Foundation was David Janes, Director of Foundation Grants and Assistant to the President, who presented the award. Gary Mukai, Director of the Stanford Program for International and Cross-Cultural Education (SPICE), as well as other members of the selection committee, were also in attendance. Following the presentation, my Senpais performed two group katas that I had choreographed, and I performed the kata that I created called “Seki no Kyukyoku,” which means “Sekiguchi’s Ultimate”. It was an unforgettable night, full of spirit, excitement, and friendship!!



Happy faces from our HSK Ohana and distinguished guests!

Other proud moments included newspaper and television coverage of our HSK Ohana. HSK was featured in the Japanese Beach Press in June of 1992, the Hawaii Pacific Press in September of 1992, and the Hawaii Herald in October of 1993!

HIROKO の柔がき

秦ヒロ子

空手三代

Three Generations of Karate

にあるノエラニ
室。毎週土曜日
！エイッ！と元
交う、空手の道

と礼をして少年
5才以上の生徒
は75才、女性の
こは「ハワイ松
とうかん」の道
レン・洋（ひろ
マッキンレー
だ。土曜は9時
火曜と木曜は午
時半までと週3
ある。全生徒数

1口は、ワヒアワ
世、両親共（福
。父親のトーマ
、この道場の最

空手の世界に入
年、彼18才の時
大学の空手クラ
初、父親に連れ

られ、ヌアヌのYMCA、そして
ワイパフの松武館で柔道を習い
始めたのがきっかけで、後に空
手へと移った。

1983年に「ハワイ松涛館」を
創立した。

彼の長女レミーが5才、彼女
もまたこの時から父親の弟子と
なった。アーレンの師は、日本
の松涛館流（日本空手協会）の
浅井てつ彦氏。松涛館は、世界
の中で三大空手の流儀の一つに
数えられている。

道場を開く以前も、米本土か
らや地元の人々に個人教授をし
ていたアーレンは、皆のすすめ
もあって決心したようだ。

空手は、古くは中国から伝
わったもので“唐手”とも書
く。歴史を辿ると、中国から沖
縄へ伝来したのは、1312年頃、
中国と沖縄の交流が始まった頃
といわれる。沖縄古来の武術と
中国拳法が合流し、15世紀から
16世紀に盛んになる。今、沖縄
では高校の教科にも空手の体力



▲ハワイ松涛館の紋をはさんで空手三代！

左側上からアーレン、レミー、ライレン・関口。右側上からトーマス・関口、ロイ。

作りと行儀作法がみなおされ、
とりあげられている。踊りの中
にもとりいれられ、身に武器を
つけず、拳による突き、打ち、
足の蹴りを中心に体全体を有効
に用いた護身術としての空手
は、医学的にも害がなく、精神
陶冶、礼儀正さ等、心身共の健
康法だろう。

沖縄から日本本土に伝えたの
は、富名歴（ふなこし）義珍
氏、1922年頃だった。

更に1933年代には、摩文仁賢
和、本部朝基らが紹介し、日本
古来の色々な武道の長所や、科
学的研究が加えられ発達した。

今や、空手の普及は、世界中
に。精神の昂揚をモットーに大
きくはばたく。松涛館流の祖
は、富名歴義珍、彼は本土で生
涯を終えている。鎌倉の円覚寺
には彼の記念碑が建っている。
その他、剛柔流（宮城長順）、
糸東流（摩文仁賢和）、和道流

の他に、カネオへのプオハラ小
学校（月と水、6時から8時）
の35人、アイエア中学校（月と
金、5時半から7時半）の40人
も含まれる。いづれも、初歩と
一般のクラスだが、ノエラニの
場合は、上級の生徒のクラスが
ある。

アーレンを助けてくれるス
タッフ達を紹介しよう。先輩の
師範代はロナルド・クケタと弟
のロイ・関口。続く師範代はマ

リポートを提出して貰っている。
子供の教育で重要なことは、家
庭や学校でのしつけ、それ以前
に学問は大切であるというアー
レン・関口の方針でもある。そ
のレポートが悪い生徒は、空
手の練習は出来るが「ごほう
び」がない。例えば、遠足や
アイスバレス、ピザを食べる
等には連れていかれない。

きびしい練習を通して、精神

“Three Generations of Karate”

A Family Kind of Club In Step With Hawaii Shotokan Karate

By David Kusumoto

Fourteen year old Remy Sekiguchi of Manoa will swear that Karate is about family participation. So will her ten-year-old brother Rylan. The *Shodan* (first degree) black belt, and brown belt respectively, have every right to think so. Almost ten years ago, their father Alan Sekiguchi came to the decision that his then five-year-old daughter should take up the art. It would be the auspicious birth of the Hawaii Shotokan Karate (HSK) club that now holds more than 11 instructors and boasts over 200, very close, and very family oriented students. "When I held the first class back in 1983, I had 15 students. Two of which were my father and daughter. I really wanted Remy to learn Karate, that's why I started the club," admitted Sekiguchi.

But what had started out as a father's concern for his daughter had turned into a paragon amidst the many Karate clubs in Hawaii. Sekiguchi contends, "HSK, is different from most clubs in that it stresses family participation." On any given night, HSK's classes in Manoa, Kaneohe, and Aiea will be filled with kids, hammering out their *Kata* (techniques in memorized sequence) alongside their parents. "You can feel it when you enter the room," he said, "you don't even need to understand Karate to see



Alan Sekiguchi (far left) with his advanced Manoa class around their dojos mon.

his daughter that has, despite the club's rather unexpected growth, managed to keep a family oriented atmosphere. "I never expected the club to be what it is today, it has gone beyond all my expectations," said Sekiguchi. But don't let his modest gestures throw you. The two-time University of Hawaii grand champion '68 and '69. Janan-Hawaii champion

tor of the noted Japan Karate Association. He later trained under Kenneth Funakoshi, whose distant relative Gichin Funakoshi brought Karate to mainland Japan from Okinawa in 1922.

For the past 26 years, along with being a mathematics instructor at McKinley High School full time, Sekiguchi still trains in karate

Ronald Taketa, Roy Sekiguchi (Alan's younger brother), and instructors Alton Nadamoto, Kevin Ichiriu, Miles Nakamura, Eloise Aguiar, and Thomos Sekiguchi (Alan's father), Jonathan Yorck, Raymond Ikeda, and Remy Sekiguchi send reports every other month to check their students progress in school. Sekiguchi's philosophy is that education and disciplines at home are very important, before Karate. Students with poor reports are allowed to continue classes, but don't receive rewards, such as excursions to the Ice Palace or camps. Other outings like picnics with the students and their families, Halloween and Christmas parties, camps, fishing, and beach training are planned for all to enjoy.

Opening up a large white family album, Sekiguchi points to all his kids at various outings, tournaments, and classes. The pictures, cut to perfection and carefully placed on each page depict a lot of long hours and dedicated work, a lot of smiles too. And like any proud father showing off his own family pictures, he told me, "This is just one album, I've got many like it."

It's not just the three generations of Sekiguchis in the HSK club, nor the hospitable valley of Manoa which backdrops the Noelani headquarters, or the values so intrinsic of Karate that keep his organization tight. To be sure, it is the combination of all. But more often than not, if you go there, you'll find a group of students, and parents, who despite exchanging kicks and punches with each other for an hour three times a week, at

"A Family Kind of Karate"

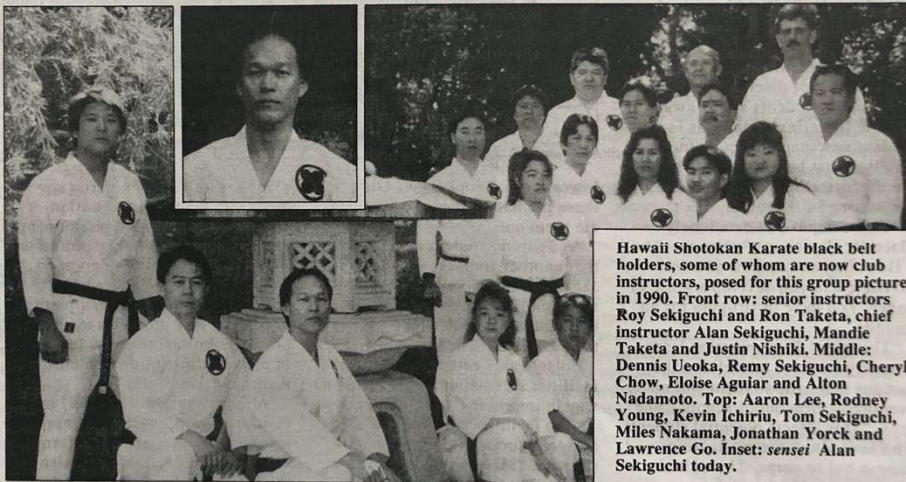
HSK SENSEI ALAN SEKIGUCHI

Stressing Family Values, Education and Competition

He's a math teacher at McKinley High School during school hours. When darkness sets in, he's a respected karate instructor, the *sensei* and founder of Hawaii Shotokan Karate Inc.

Alan Sekiguchi doesn't change his clothes in a telephone booth a la Clark Kent, although his achievements as a karate competitor are nearly as legendary as Superman's gravity-defying feats. He's retired now from active competition, but during his prime, Sekiguchi's tournament credits included, but are not limited to:

- Member of the All-United States collegiate team, 1968 and 1969.
- University of Hawaii grand champion, 1968 and 1969.
- Japan-Hawaii *kumite* champion, 1969.
- All-Style Team Championships, *kumite* champion, 1970.
- Open Karate Tournament, first place, 1971.
- U.S.K.H. Karate Tournament, *kumite* champion, 1971.
- 13th annual All-Hawaii Tournament, *kumite* champion, 1972.
- Kajukenbo Karate champion, 1972.
- San Jose Goodwill Team Championships, first place winner, 1974.
- Mike Stone's 1974 Hawaii-



Hawaii Shotokan Karate black belt holders, some of whom are now club instructors, posed for this group picture in 1990. Front row: senior instructors Roy Sekiguchi and Ron Taketa, chief instructor Alan Sekiguchi, Mandie Taketa and Justin Nishiki. Middle: Dennis Ueoka, Remy Sekiguchi, Cheryl Chow, Eloise Aguiar and Alton Nadamoto. Top: Aaron Lee, Rodney Young, Kevin Ichiriu, Tom Sekiguchi, Miles Nakama, Jonathan Yorck and Lawrence Go. Inset: *sensei* Alan Sekiguchi today.

finally ran out, giving Sekiguchi the close decision."

Meanwhile, he continued his UH education and earned his bachelor's and master's degrees in education. After math-teaching stints at Central, Waimanalo and Kaimuki intermediate schools and Kaimuki High, Sekiguchi was assigned eight years ago to McKinley High.

strictly for competition, but it's an individual preference."

In a recent newsletter, Sekiguchi emphasized to club members, parents and friends: "As many of you already know, HSK is always concerned about your child's performance in school and at home. We expect our school-aged members to exhibit the kind of discipline and

students, Sekiguchi requires that they participate in the club's biannual tournaments. "If given a choice, many won't enter the tournaments," he explains. "Requiring them to compete makes their character stronger. Many of them find that they like it."

When open tournament times

"Family Values, Education, and Competition"

I was also featured in an episode of Sports People Hawaii, a series on KHON2, produced by Howard Dashevsky, and was interviewed by KHON2's Lauren Day, concerning our training during the pandemic. You can view these videos by doing a search on the internet.

Other "surprise" awards include a certificate of commendation and congratulations from the Hawaii State Senate,



The Senate

COMMENDS AND CONGRATULATES SENSEI ALAN SEKIGUCHI HAWAII SHOTOKAN KARATE

Sensei Alan Sekiguchi can best be described as a teacher by day and a teacher at night. During the day, Sensei Sekiguchi is a teacher at McKinley High School located in Honolulu. At night, he is the chief instructor of Hawaii Shotokan Karate.

Sensei Sekiguchi has studied martial arts for more than 45 years, 40 of those years dedicated to the study of Shotokan karate.

Sensei Sekiguchi founded Hawaii Shotokan Karate in 1983 at Noelani Elementary School, in Honolulu, Hawaii. At the present time, there are four Shotokan dojo locations. Students at Shotokan Karate learn respect, responsibility and to contribute to their community, and the techniques of Shotokan karate by Sensei Sekiguchi.

The success of Hawaii Shotokan Karate can be attributed to Sensei Sekiguchi's unique training techniques, which enable students to understand the dynamics of martial arts, not just its physical movements. Having a desire to teach Shotokan Karate, Sensei Sekiguchi developed his own teaching style, which is now familiar to all Hawaii Shotokan students.

NOW, THEREFORE, BE IT RESOLVED BY THE SENATE OF THE STATE OF HAWAII, commends and congratulates Sensei Alan Sekiguchi for his commitment to excellence in teaching Shotokan Karate.

BE IT FURTHER RESOLVED: The Senate also expresses to Sensei Sekiguchi aloha and best wishes for continued success in all his future endeavors.

Greg L. Hoan *Paul W* *Clayton Hee*
Marie L. Anaya *Norman Satom*
Frank *Donne* *Carol*
James K. Kihiko *Frank*
John *Will*
Hake *Will*
Donne *Amid*
Carol Taniguchi
Paul Whalen
Colleen Hanabusa
Carol Taniguchi
Gregory

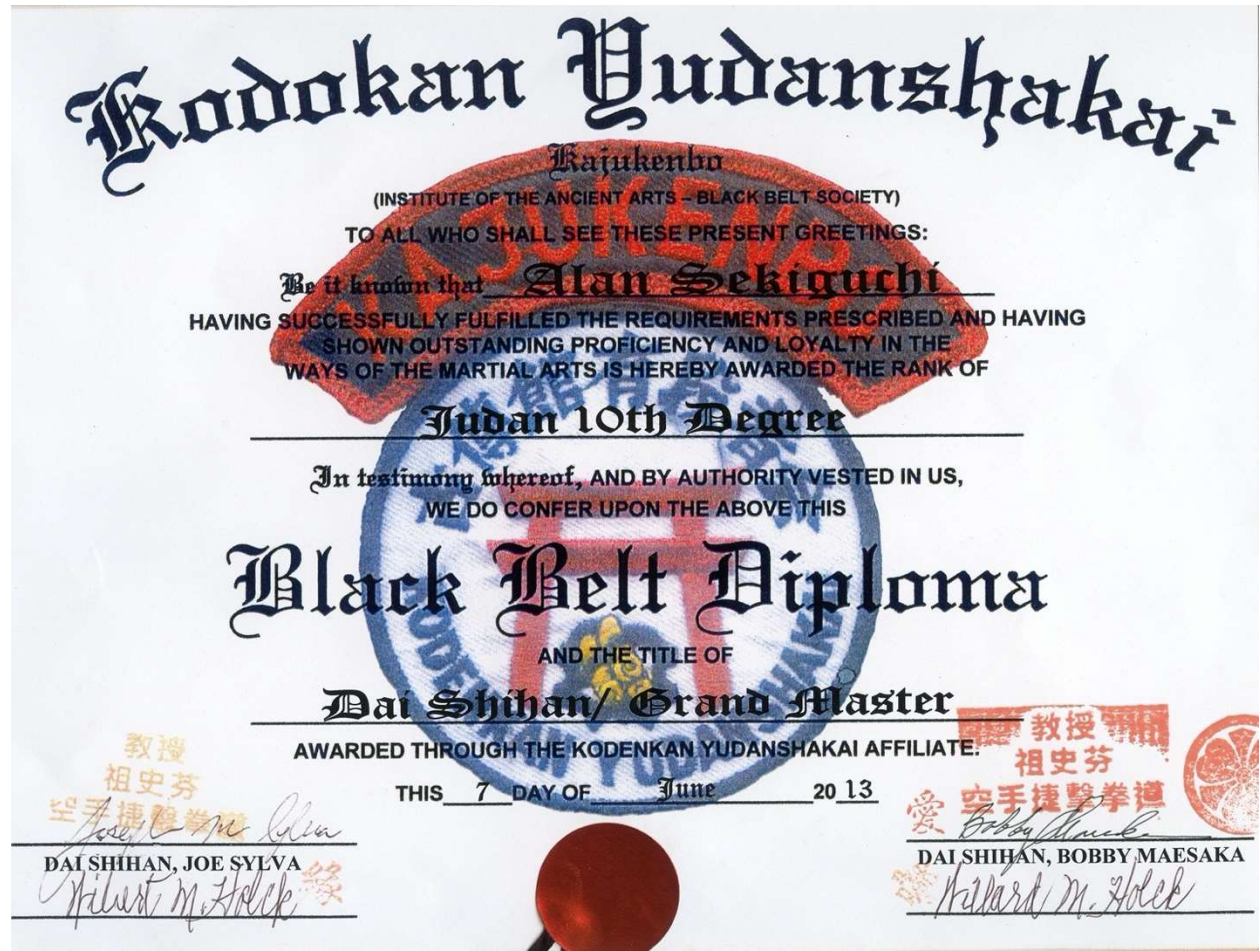
Done this 15 day of February 08
State Capitol, Honolulu, Hawaii

Paul Whalen, Sponsoring Senator
Colleen Hanabusa, President of the Senate
Carol Taniguchi, Clerk of the Senate



The 24th Legislature
Certificate No. 142
Clarence

and certificates from the Kodokan Yudanshakai Kajukenbo Black Belt Society, awarding me a "Judan 10th Degree" honorary rank and the title of "Dai Shihan/ Grand Master". They also presented me with a Certificate of Induction into the Kajukenbo Black Belt Society Hall of Fame.



judan 10th Degree!

Kodokan Yudanshakai

(Kajukenbo)

Kajukenbo Black Belt Society

The Kajukenbo Black Belt Hall of Fame acknowledges those individuals who have dedicated their body, mind, heart, and soul towards the positive promulgation and promotion of the Kajukenbo system.

Be it known that

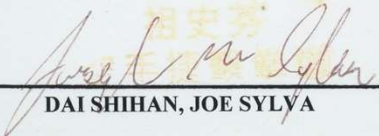
Alan Sekiguchi

has achieved and maintained the highest quality standards of the Kajukenbo system. With this

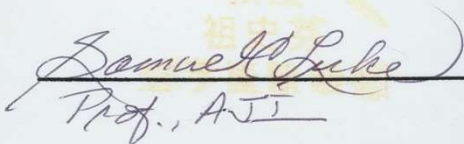
Certificate of Induction

The Hall of Fame recognizes your contribution to the Kajukenbo system and the Promulgation and promotion of the teachings of Professor Henry Seishiro Okazaki

Presented on this 28th day of June 2013


DAI SHIHAN, JOE SYLVA




Prof., A.J.J.

Hall of Fame!

As I look back at these last (almost) 40 years of HSK karate, I repeat what I have said many times before --
I AM TRULY BLESSED!!!