

30 - 2023 Resolutions!

2022 has finished on, what I consider, a VERY high note! So, WHAT'S NEXT???

I don't normally make new year's resolutions, but guess what? You CAN teach an old dog new tricks!!! Besides that, after three years in prison where resolutions mean NOTHING, I am raring to shift to a higher gear and hit the highway!!! So, here is my 2023 resolution road map.

For myself, I resolve to continue my battle for relevance, not ONLY as Sensei, but also as Papa! Fitness and good health are, in my mind, the key focal points to achieving this goal. My weekly calendar remains teaching karate classes and training on Tuesdays, Thursdays, and Saturdays, and leg exercises, stretching, and light weights on Mondays, Wednesdays, and Fridays.

Wife Paula and I together resolve to continue our plant-based meals for better health. We started last year in March, after I contracted a nasty stomach virus that lasted for 6 months! Thus far, the results have proven to be very good for both of us, with no more stomach problems. Truthfully, we don't miss meat, poultry, or dairy products at all. We DID, however, give the green light to seafood, particularly fish — which we both love! We are NOT vegan, and we tell friends and relatives NOT to worry about ordering or preparing dishes we CAN eat at gatherings. We eat what's there!!

Paula also exercises daily. Her routine includes a 30 minute walk, 30 minutes of basic tai chi movements, exercises with light weights and resistance bands, and walking-in-place in our Endless Pool. That covers the physical part!

As for the mental part — We both enjoy doing crossword puzzles and Jumblin, a word-forming game. After lunch, we usually practice playing ukulele and learn Japanese online with Duolingo. As for the social part, Paula looks forward to our weekly Sunday Fun Day gatherings with our family. For

me, besides three times a week karate classes, I “abandon” the family some Sundays for golf with the guys!

Concerning my family, I resolve to TRY to hold back my comments as it pertains to their health! Because of my vested interest in them and deep concern for their future, I sometimes say things that may hurt their feelings. With Rem and Ry, I had the “heavy” hand, and made sure that they did things the way they SHOULD be done when they were younger, especially in the areas of health and fitness.

Although son Rylan and wife Anh have followed through on these priorities, and are very health and fitness conscious, Remy and family have not been so diligent! And it has been bothering me! Although Remy has tried very hard to change WHAT they eat, the biggest problem remains HOW MUCH they eat!! My main concern is for Rylynn and Rynn, especially Rynn. He will be 9 at the end of January, and he is already almost as heavy as I am!!! I cringe at the thought of both my grandchildren going through life overweight!!! Though it pains me to no end, I will try VERY HARD to turn the other way and keep a silent voice, even if my heart aches painfully!!!

Concerning my HSK Ohana, I resolve to teach them as much as I can for as long as I can, and to continue keeping them safe and healthy. I feel VERY committed to them for the time and effort that they have invested in their training, and the trust they have placed in me and my teaching of Shotokan karate. Socially, I resolve to spend WAY more time with the Senpais through get-togethers and outings, and with our members by reinstating our long-delayed tournament, beach training, club party, and camp. My goal is to make our HSK Ohana feel even tighter and closer to each other in this coming year!!!

I SEE HSK'S LIGHT GLOWING BRIGHTLY IN 2023!!!

Alan Sekiguchi, January 04, 2023