



Mitose's International Koshu Ryu Kenpo Association
M.I.K.K.A.



Koshu Ryu Kenpo Newsletter
2011

July - 2011

Gathering

We had a great gathering for the holiday season. We had a memorial tournament in June with members from all over the country. Ali Lopez came from Mexico for personal training to be sure he gains all of the requirements. We greatly appreciate him taking the time to travel for first-hand knowledge and instruction. With every return trip, his diligence and improvement continue to show.

What's Going on in Koshu-Ryu Kenpo

Soke is once again working with Raul Gutierrez and is looking forward to furthering Koshu-Ryu and once again return to Spain. Darryl Dobashi opened a new school in Daly City, CA. Blackbelts had special training with Soke to be brought up to par, so that any of them can be asked about the finer details of the Koshu-Ryu practice. We are having local workshops in the San Francisco Bay Area for MIKKA members, so please inquire if you are interested!

Representatives for MIKKA Worldwide

We are looking for qualified representatives for MIKKA worldwide. If interested please contact Soke Mitose.

If you have any news that you would like share on our site please send it to Soke at **Koshu_ryu_soke@yahoo.com** and we will be glad to post it!

Note: Mitose Blackbelts

Send brief biography to Soke so we can post them as monthly highlights in our newsletters.

Members Spotlight

Darryl Dobashi

Sensei Dobashi began training at the age of 7 under Sensei Bill Tolentino. In 1990, at the young age of 13, he received his Junior Black Belt from Soke Thomas Mitose. From the very beginning Sensei Dobashi had been a strong competitor at local and national tournaments, winning Grand Champions in Kata and Kumite. In 1991 Sensei Dobashi's father created Bay Area's Best National Karate Team with the goal of promoting their martial arts competitors to compete in the NBL circuit.

From 1991-1996 Sensei Dobashi competed in the NBL circuit, winning 3 silver national titles in kumite. Due to a knee injury during his first year fighting as an adult, he decided to retire from competition. Sensei Dobashi coaches Bay Area's Best adult men's team in sparring, to date they have won 5 gold national titles, hoping to win their 6th this year.

After taking a brief break from traditional training in Kosho, Sensei Dobashi reclaimed his roots and Kosho family, once again training with Sensei Ken Torres and Hanshi Mark Mitose. In January of 2011 Sensei Dobashi opened his school, Bay Area's Best Mitose Kosho Ryu in Daly City, CA. With the help of Hanshi Mark Mitose, Sensei Ken Torres and Sensei Tim (Boogie) Torres, Mitose Kosho Ryu Kenpo will continue to grow.

Summer - 2011

Hello MIKKA members! We hope that this past summer treated everyone well! First off, we would like to say congratulations to Sergio Garcia for hosting Copa Kenpo 2011. His tournament has been the best competition in South America. He has been a great leader in spreading the Kosho-Ryu art.

Special Training Sessions

Bay Area Black Belts had special training sessions with Soke. Thank you Darryl Dobashi, Eric Dobashi, Larry Villanueva and Elizabeth Trezza for attending training with Ali Lopez, our representative from Mexico. Your dedication to perfecting your forms (4 hours spent on 2!) sets a great example for others in our style. Your attention to detail really shows how it isn't the number of forms that you "know" that is important, but the forms that you actually perfect.

Black Belt Training Workshop

We are having another Black Belt training workshop October 15th for our MIKKA members, please contact Soke if you would like to attend. At the workshop we will be discussing changes in the curriculum regarding ranking and standards. Those interested in getting their katas in order contact Hanshi.