



---

## *The 2010 Phoenix Karate-Do Fall Gashuka in Review*

*By Evan Buckalew*



This year's fall Gashuku fell on a very special October Saturday in which we were able to not only celebrate the gathering of the Phoenix Karate-Do Association but our Kancho's birthday as well. Friday night, Kancho lead a small training session in Shihan Codispoti's new Phoenix Way dojo where we dissected the kata, Yansu. It proved to be a fitting kata to review for the weekend. Yansu translates to "keep pure" and everyone at the gashuka displayed their *pure* essence of Kyokushin and their own spirit of Osu.

Saturday turned out to be a beautiful fall day and as Phoenix members from Hombu Dojo, American University, Bethesda, Washington DC and Shrewsbury all began to arrive, big smiles, hugs and handshakes were abundant. As we settled in and began to warm up on our own, the ring of Oyama was called out by Dai Sempai Jason Franklin

and the kumite was on. The warrior spirit was on display for all to see from our youngest kohai to our most highly decorated Yudansha and everyone rose to the occasion.

After a short break, Kancho Dan Soller led the troops in a vigorous session of kihon that left everyone short on breath and soaked in sweat. Looking around the dojo, watching all these people moving as one to the cadence of our Kancho is always an inspiring sight to see and an image that is not easily forgotten. We then took to the outdoors where we broke off into ranked groups to train a given kata under the watchful eyes of our senior instructors. Just when you think you've got a kata down, you find out just how wrong you were! It was truly a sight to see...60 strong, seeking the ultimate goal of perfection with the best Kyokushin instructors to guide each through their journey.

We gathered inside as a group to end the Gashuka and to present Kancho with a special birthday cake that he was able to enjoy with his students, friends and God-son (Shihan Codispoti's son, Nicholas), both sharing the same birthday. It was a fantastic day of training, the renewing of old friendships and the making of new ones. We all assembled outside in the beautiful fall afternoon to enjoy great food, great stories and even better friends. The Phoenix Karate-Do Association did an excellent job throughout the day and truly kept it *pure*. OSU!

---

Evan Buckalew is a founding member of the The Phoenix Way dojo, the NJ Headquarters for the Phoenix Karate-do Association Kyokushinkai. A raising and talented sankyu, he is known for his generosity, kind demeanor and kumite spirit.

Pictured on the top of this article is the entrance sign of The Phoenix Way dojo, a premier training facility located in Shrewsbury, New Jersey, USA. Branch Chief Shihan Anthony Codispoti serves as the Chief Instructor.