

GETTING TO KNOW OUR TKFI FAMILY MEMBERS

Interview with Kim Dyer

Rank: Shodan

Member of TKFI and Ichiban Karate, VA

Student of Shihan Dwight Grover since 2006

How has karate helped you in your daily life?

Get's me off my couch. Allows me to meet people I wouldn't normally meet and it enhances my conversations with my work colleagues. They usually talk about their children, but I have this unusual community to which I belong.

What brought you into the dojo to study karate?

I was already there with my son, 2 hours a day since he was taking karate. Karl first started in 2003 in Reston at a gym. I used karate as day care so I could exercise at the gym. But they stopped teaching at the gym and so we followed Sensei Dwight to the home dojo in Ashburn. I started training when Karl started training in Ashburn. The commute was really long... and so eventually I tried it out and it was fun! I never thought when I started I would still be practicing karate today, but I am! And I NEVER thought I could have a Black Belt.

How has your teacher helped you?

My sensei, Shihan Dwight Grover, has a remarkable ability to tailor his instructions to the aptitudes and abilities of each student. For instance, there are many different ways people learn a kata. Some learn by watching, some learn through explanation while others like myself have to write it down. Sensei Dwight is able to see the needs of each student and tailor his instruction appropriately-sometimes by trial and error. Witnessing this has enabled me to apply this skill in my interactions with others.

What part of karate do you enjoy the most?

Jyu-Kumite. I love it because it reminds me of my childhood fighting with my brothers.... Wish I'd had my karate skills back then!

Would you share one or two methods you use to study karate outside of class?

I practice my weapons at home. And I watch a lot of videos of whomever I feel is appropriate at the time that I have taken on my iPad.

What have you found to be the most helpful in learning a new kata?

I write it down....then I have it and I can always refer back to it.

What are some of your goals in Karate?

Clearly I would like to earn my Ni Dan (second degree black belt) and I would like to compete in the 2013 TKFI International Tournament in Spain.

In my life I am pretty happy. But I will say that the combination of mental and physical activity keeps me here... Karate, while being very physically challenging, is also mentally demanding. And I like this demanding combination.

Would you recommend karate to others?

Of course, and I have. That's how my friend Rylan Hutzler is part of our dojo.

The dojo and community is so enriching. We have a diverse group of people who have come together to support and work toward a common goal which is to train in the traditional Saito-ha Shito-ryu Karate-do. I devote a lot of time and money to the dojo but it is so worth it. Our Ichiban Karate dojo provides a supportive community full of help and good friends. The dojo is much more than gym, it is a community.