



COTO VOICE

THE NEWS AND VIEWS OF THE COTO DE CAZA COMMUNITY
CZ MASTER ASSOCIATION • THE VILLAGE • LOS RANCHOS ESTATES

CIRCULATION 5,000

MARCH 2011

COTO RESIDENT, TERYN IGAWA HEADS TO JR. OLYMPICS/ U.S. OPEN CHAMPIONSHIPS IN LAS VEGAS



What began just six short years ago has flourished into more than just a hobby and has become a way of life. Coto resident, Teryn Igawa has been involved in the art of Karate since she was 10 years old. Now at 16, she is headed to her third Jr. Olympics/U.S. Open this April at Caesar's Palace in Las Vegas, in hopes of a title.

Teryn is a 1st degree black belt and has trained under the masterful teachings of Sensei Robert McDonough at his school Shotokan Karate-Do Association in Rancho Santa Margarita. Teryn entered into Karate at the suggestion of her mother, Lynda, who thought the craft of karate would be a great activity for Teryn and her three siblings. Today, Teryn and her 9-year old brother Bryce continue in the teachings of Karate under

Sensei McDonough. Teryn had tried other athletic activities, but found Karate and its disciplines to be the most challenging and beneficial for her personality. She attributes her increased confidence and refined concentration to karate. "People are very surprised that I do Karate, and when they learn I'm a black belt they want me to show them some moves, but I keep the sparring to the Dojo," she said.



In 2007 Teryn became an assistant teacher at Shotokan, under Sensei McDonough. "I really enjoy helping out and giving back to Sensei McDonough and a Dojo that has given me so much," she said. Teryn assists two days a week, when she's not training herself.



Teryn trains three to four days a week and has beefed up her training regiment for the impending championship. Her training consists of three

...continued on page 4 • see **KARATE**



22431 Antonio Pkwy., Suite B160-217
Rancho Santa Margarita, CA 92688

PRESORT STD.
U.S. POSTAGE
PAID
RSM, CA
PERMIT #275

areas of discipline; endurance and cardio, Kata and perfecting her forms and moves, and Kumite, which is sparring strategy, where and how to score the most points in competition. She spars against black and brown belts, who are all training intensely for the upcoming Jr. Olympics/U.S. Open Championships this spring. Having competitions like this, over the years, has increased Teryn's interest in Karate.



About Shotokan Karate-Do Association Sensei Robert McDonough teaches a traditional form of Martial Art known as Shotokan. Over the centuries, Karate has been transformed and refined into what is now considered the ultimate in unarmed self-defense. The training is framed in the context of a formal class with specific etiquette and expected behavior. There are no mystic secrets in Karate, just an understanding of body mechanics and hard work. With time, students will learn to apply the Martial Art philosophies into their everyday life. All classes are taught by Sensei McDonough, who was both a national and international competitor and is currently the USA team youth coach. Karate training is always challenging, stimulating, and especially purposeful.



Shotokan is known for powerful effective techniques. Sensei McDonough's philosophy is quality over quantity. "We

tend to have fewer techniques, but do them well," said Sensei McDonough. The emphasis is on mastering a few applications through repetition of fundamentals as opposed to superficial knowledge of many. Shotokan practitioners believe in doing what works, not what looks



best. Karate is not a sport; it is a Martial Art and a life style. However, there are sport tournaments. Sensei McDonough's classes focus on the craft and offer special classes to train

for sport competition. Every year for the past 10 years, the studio at Shotokan Karate-Do Association has produced National and World Champions! "We are so proud of Teryn and our other Dojo competitors. We wish them all well in the upcoming championships," said Sensei McDonough.



Not only is Teryn accomplished in her craft of Karate, but she is also a remarkable student, youth volunteer, mentor and loving daughter and sister, to her parents Bruce and Lynda, and her siblings Cameron (19), Claire (12) and Bryce (9).



Some of Teryn's accomplishments, while attending Tesoro High School include; 3 years Academic Decathlon team member with 5 medals, County Champions Mock Trial Team in 2010 and



Quarter Finals in 2011, National Honor Society officer for 2 years, String Orchestra for 3 years and District Honor Orchestra member for 6 years, Le Sommet Youth Orchestra for 4 years, Certificate of Merit Level 10 for piano, and American Mathematics Competition Club 2010. Giving back is very important to Teryn, She spends her free time performing piano at retirement homes, volunteering at Mission Hospital, tutoring students in mathematics, assisting at summer church camp (VBS-Vacation Bible School), and assisting twice a week with Shotokan Karate classes. And if that wasn't enough, she does all of this and manages to keep a 4.83 GPA.

Teryn is currently a junior at Tesoro and is beginning to plan for college and beyond. She hopes to stay and attend a col-



lege in California and focus her studies in sciences, hopefully Pre-Med. She definitely sees Karate as a part of her future and is hopeful to compete in college and continue assisting with the development of others.

We wish Teryn the best on her quest for the national title. You can follow Teryn and other Dojo team member's tournament success on Facebook at ShotokanKarateofOC or on the web site at www.shotokankarateofoc.com. For more information or to contact Teryn, stop by Shotokan Karate-Do, which is located at 23121 Antonio Parkway, near the corner of Empresa and Antonio, or call the studio at 949.292.1097.

Let's Go to The Movies

A Teen Perspective on the Latest Movies - by Troy Lynch

UNSTOPPABLE PG-13 (rental)

Summary: "Unstoppable," is about an unmanned train going out of control at 75 mph around the state of Pennsylvania. This whole problem started when a clumsy conductor gets out of his own train to change the tracks, but the train speeds up unexpectedly and begins to run away from him. That's where the conflict sets in. The unmanned train, carrying flammable chemicals, keeps gaining speed, potentially causing devastating destruction to a town. As the suspense grows, luckily, first day rookie Will, and 28-year veteran Frank, are willing to risk their lives to stop this train. Will and Frank are the last chance.

Review: "Unstoppable" is an action thriller that

keeps you on the edge of your seat. You'll be dying to know what will happen next. The casting was great with the main characters, Denzel Washington, as Frank, and Chris Pine as Will. The minor characters were very convincing and you would think they would actually do their movie jobs for a living. What really made the movie interesting, was the camera angles of the trains and from the helicopters. I really liked how they would use scenes on the news to act like a real life problem, which I thought was brilliant. Along with the main characters' external conflict they both had family problems. Frank's wife had died of cancer and he had two hot 20-something daughters that didn't pay much attention to him; and Will had marital problems with his young wife. This movie was the definition of suspense. It made you feel like you were the one trying to stop the train. You would

get nervous when you knew something bad was going to happen. You get excited when something good happened. An interesting way to put this into perspective (my dad mentioned) is that the blue train was Thomas the Tank Engine going to stop the other train and save the day! I thought that was kind of funny. I highly recommend this movie to anyone at any age -- it was an outstanding movie. Enjoy the ride!

OVERALL RATING

4.5
out of 5