



- Largest group of Shorinjiryu practitioners worldwide
- Gathering the Shorinjiryu family
- Exchanging knowledge & friendship

My First Love by Shodan Yesenia Santiago

As I was getting dressed, I felt a cool breeze crawling up my spine. My body was very tense, my hands and feet were ice cubes yet my face was as red as a tomato and warm as apple pie, my mouth as dry as the Mohave Desert and my eyes as watery and shiny as Niagara Falls at noon. My body temperature rose and I never felt as excited nor as scared as this before.

When I first walked in, I was very timid and afraid because I didn't know what was expected of me. Everyone was dressed alike, except the spectators. I felt more comfortable because we were all dressed in

white uniforms but with different colored belts. I remember sitting on my father's lap with an innocent yet fearless look upon my face. Suddenly, I heard the deep voice of the man who yelled, "line-up!" My eyes opened wide and my cheeks turned red. I looked over to my father for confidence and strength. Then, I obediently lined up with everyone else. While we were exercising, I was very stiff and shy. Suddenly, I felt that breeze again. My body was covered with small bumps, the time came when I had to fight for the first time. This was the scariest moment of the day. All this took place when I

was at the tender age of eleven. Now, I am twenty-one.

Through the years, I've learned that karate is not all about kicking and punching. In my opinion, it's about focus, control and will power. The general public has an image of karate being populated by super humans engaged in executing superhuman feats. That takes place only in the movies. We know that they are wrong. It's a lot better.

When you are practicing marital arts you are proud of yourself for accomplishing so many things you thought of as impossible.

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Calendar of Events

March 10, 2001	1st In House	Brooklyn, NY
May 23-24, 2001	Grand Opening New Dojo	St. Jerome, Canada
May 27, 2001	5th Koshiki Canadian	St. Jerome, Canada
June 10, 2001	Black/Brown Clinic	Brooklyn, NY
July 7, 2001	2nd In House	Brooklyn, NY
October 7, 2001	15th Annual International Shinzen Shiai	Queens, NY
December 8, 2001	3rd In House	Brooklyn, NY

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A Personal Point of Thanks by Kyoshi Myron M. Lubitsch

The most important things are the hardest to say, because words diminish them
- Stephen King

Just a few days after returning from Florida where I visited my father, that dreaded unwanted anxiety provoking call was received. At seven in the morning, I was informed that the most respected and loved person in my life passed on just a half an hour before.

Within hours of that call, the truth to what I have said for years came forward-karate is more than kicking and punching. The outpouring of compassion and humanity began to fill the phone lines, e-mail and US mail. Condolences were sent from Florida, New York, New Jersey, Maryland, India, Canada and around the country from within and without the Shorinjiryu family.

Parents banded with black belts to organize dojo coverage, sympathy visitations and memorial offerings.

Sympathy cards were received with signatures of students from dojos outside my own; a special mass was to be held in his honor, baskets of fruit, and platters of food were sent. Many instructors and students attended the chapel and burial service and one particular instructor from outside my dojo with a number of students attended the burial ceremony.

Our 1st In House for the year 2001 was scheduled for March 10th. The event was not cancelled and, in fact, was supported by over 20 black

belts and 100 plus contestants. Even though I could not attend, the event was run with the same high standards that are expected from the contestants, instructors, black belts, parents and myself.

Allow me this opportunity to thank each and everyone of you who came forward to lend physical, emotional and or moral support. Rather than embarrass others or myself, I have chosen the best course of action possible which is not to list all those exceptional individuals who have proven once again that karate is more than kicking and punching. 🙏

Shorinjiryu Kudaka Kenkokan Karate-do by Hanshi Brian Aarons

Greetings Fellow Karate-ka.

I hope this article will, in some small part, inspire you to train to your maximum. It's very hard to establish goals and keep them in sight, what with the challenge of daily living. Here are a few ideas that might assist you and you can apply them on a daily or at least weekly basis. To do this set up a private journal and take 15 to 20 minutes off and (re)write out your goal(s). Don't criticize the past periods efforts; rather, become like the Cruise Missile that is constantly redirecting its own path towards the target. This idea applies to any goal but let's focus on Karate. First, identify and list the major goals you want and expect to achieve

from playing karate. Second, list the necessary steps to your vision. This step is most important because all the self-help books tell you to focus on the goal and not the procedures. I've discovered that in my own personal life, that my achievements were attained when I described the "map" in more detail. Thirdly, rank your goals in order of ease of attainment. Fourth, I would suggest you find someone that you can use as a model for your own goal, if you're at the top of your game, then model your idealized self. Let's say one of your goals is doing X. By modeling, I mean you also ask him or her what their ritual or thinking processes are to their performing or doing X.

Then try to replicate the procedure each and every time you are to do X. Remember you can learn just as much if not more from ranks lower than you. I've noticed in tournaments that people gravitate towards the higher ranks competitions but it is by watching the lower ranks, their excitement, naivety and raw effort that one learns and enjoys.

Finally reward yourself with some kind of satisfaction reward system because everybody wants approval, even your unconscious self.

Arigato and best regards. 🙏

A Florida Update by Kyoshi John A. Mirrione

As stated in my last article, I moved to Florida. In my first few months here, I received visits from Sensei Tigani, Kyoshi Lubitsch and will next week I will see my son, Tashi John. I have visited several Martial Arts establishments, some in the form of health clubs and others in the form of Dojo. So far, I am disappointed in what I have found.

At one school I visited, I found an instructor overseeing a class while wearing sneakers and multi-colored seat pants. He watched proudly as a 10 year-old master black belt lead the class through a weapons form. In his Korean school, he displayed Japanese Sai, Bo, and Katana. In my brief conversation with this person, he advised me that his students no longer participate in open tournaments and that he has trouble selling tee shirts with his school name on it because no one wants to part with the

money. Needless to say, if he remains open, he will continue to produce high-ranking child Black Belts with no sense of formality or tradition.

On a visit to a well-known health club, I asked if they had a martial arts program. The reply was, "yes sir," and that is the best there is. In a private conversation with one of the trainers, I was told that they sent one of the trainers away for a week to learn how to do a kicking class and called it Kwon Do. I suppose people soon will be lined up kicking and punching mindlessly into the air until one day they will quit and sign up at the Korean school I described before.

Well, if a karate class cannot get you in shape, you can always go for some reconstructive surgery. The T.V. airways are filled with advertisements for surgery at a discount. No need to train, just save your

money and they can take inches off your waist, thighs, and yes, offer you time on a machine that exercises your muscles for you.

I choose to go about my training the old fashioned way. I train 3 times a week now on an open racket ball court, going over all my forms at least 3 times each session. I do sweat a lot and yes, I do injure myself on occasion because I spend most of my time moving as opposed to teaching. Oh, by the way, I do have a new student, one who is in no hurry to learn, a perfect student because she and I agree that I have the rest of my life to train, and yes, continue to learn as I have over the last few months. That student is my loving wife. 🙏

"...if a karate class cannot get you in shape, you can always go for some reconstructive surgery"

Wear Your Kyokai Patch With Pride

Are you wearing your Kyokai patch? Do you need one? The Kyokai patch represents the largest association of authentic Shorinjiryu independent schools in the world. These schools

were founded on the principles of Kaiso Kori Hisataka.

The patch can be obtained by sending a ten dollar fee to the organization or directly from

your instructor. The patch is worn on the left leg of the pants close to the ankle. 🙏

Congratulations, Congratulations, Congratulations

We congratulate the following Karateka who recently received their dan promotions. (Since the last Shimbun)

Junior Shodan

Eddie Christian
John Flath

1st Degree-Shodan

Ric Bisarra
Eckhard Duesberg
Fanny Laurin
Vladimir Tamargo
Andrew Trock
Michael Vanlamsweerde

4th Degree-Yondan

Paul Bussiére

6th Degree-Rokudan

Renshi Tom Bellazzi

Shorinjiryu Fighters Impress at Brisbane Regional Koshiki Championships by Sensei Jim Griffin

A small team of students from Springwood and Seiryukan Dojos of Australian Shorinjiryu Karatedo who competed in the Brisbane Regional Championships under Koshiki rules have again demonstrated the power of their Shorinjiryu heritage by dominating four events and performing creditably in all other contested events.

Robbie Griffin, (Shodan), Lightweight, and Tom Griffin (Sandan), Cruiserweight, both returned to competition after long breaks, 10 years and 6 years respectively, and dominated their divisions to the extent that all their wins on the day were the result of Ippon. Both are former multiple National Champions and both competed with the power and technique that has long been

associated with Shorinjiryu stylists worldwide. Many comments were made on the day in respect of their performances and the resulting lifting of the standard of performance to be competitive in future tournaments.

Others to dominate were Dylan Arrowsmith, 7th Kyu and 7 years old, who followed up on his National Championship win in 2000 with a gutsy and powerful performance to win his division. Dylan was injured in his first fight but fought on to the championship. Petra Matkovic fought well to win the girls 13 to 14 year old kumite division.

Other competitors on the day were Amy Arrowsmith, 3rd in 11 year old girls Kumite, Zoey Griffin, 2nd in 11 year old

girls Kumite, Sharntell Rowlands, 4th in 11 year old girls Kumite, Pierre Demandolx, 3rd in 7 year old Kata and 4th in 7 year old Kumite, Laurie Buxton, 2nd in mens over 35 year old Kumite, and Mathia Matkovic, boys 12 to 13 year old Kumite, was fighting well but, unfortunately, had to retire due to injury.

Taryn Findlater, 3rd in the 14 to 15 year old girls, Kiarna Lindstrom, girls 8 year old, and Naomi Delacy, women's over 55 kg, competed with distinction in the points competition to WKF rules.

The future of Shorinjiryu in Australia will be in good hands if the character and form shown by these students in this and other tournaments is continued. 🇺🇸

"...all their wins on the day were the result of Ippon"

My First Love by Shodan Yesenia Santiago

(Continued from page 1)

Karate gave me the chance to travel and gain experience by attending numerous tournaments. Preparing for these big events were hard, stressful, exciting, but also rewarding. Karate has made me reach for the goals that I have achieved today. Even though I have a very heavy schedule outside the dojo, I find the time to teach and work with children, teenagers and adults. This art has given me confidence and knowledge that will always carry with me.

Karate has been a huge and important part of my life. People may consider karate as a sport but I think of it as a lifestyle. I cannot imagine my life without karate. There is no

doubt that I would feel empty and bored if I didn't practice this martial art. It's a part of my life that no one can ever change. My passion for the art is so deep and meaningful, that I wouldn't know where I would be today, without it. I love the art not only because it disciplines you, makes you responsible, gives you self-confidence, but it helps you with school, personal problems, and most of all it offers you the love and warmth that you may not get at home. Karate has such a great influence on you that it changes your way of life. I can't even begin to explain how much I love the art. What I can say? This has been one of the best choices that I ever made in my life.

Karate doesn't only help you physically it develops you mentally. I'm healthy, flexible and strong because of it. I now see things in a more positive way. Since the confidence I've gained from karate, I can see my future heading in a good direction. I thank my instructors for teaching me everything I know and for being a second family to me.

I also would like to thank the students for training with me and in helping me become a better person. But, most of all, I thank my main instructor Kyoshi Myron Lubitsch for believing and being there for me when I needed him. I have become the person that I am today because of karate. 🇺🇸

Customer Trilogy? by Renshi Emmanuel Hawthorne

The customer, this is the focus for this short essay, and also to elicit discussion with the end result being, of course, improvement!

In my study of karatedo, quality assurance and management, I continually explore the commonalities, of which there are many. Recently I came across the most interesting find that has encouraged, excited and occupied much of my time. This "find" as it relates to karatedo, in my opinion, can help lead the way for attaining individual goals and the further development the World Body of Shorinjiryu. "SCANLON LEADERSHIP NETWORK" is a way to improve productivity through organizational and personal development". Created by Joe Scanlon from Michigan, USA. in the 1930's. The Scanlon Leadership Network is both a philosophy about people and a process that has undergone constant development in the US and Canada for over half a century. Can you already identify the commonalities between Scanlon and Shorinjiryu? What I hope will become an exciting topic of discussion; I will identify the main premise of the Scanlon Philosophy, i.e., Customers, Employees, Investors. Who are the

Customers, Employees and Investors? First we must clearly identify, understand and realize the significance and importance of each. As with any organization, company and/or business they all have the same basic structure, and the overall focus must remain clear for delivering the best of service for each. Again, witness the commonality of Scanlon and Shorinjiryu!

The heart of the Scanlon philosophy lies in the acronym:

HEART

Helping
Everyone
Achieve
Realistic
Targets!


Indeed the focus and direction must be steadfast with a sincere motivation, for as you are aware, all customers, employees and investors have an ambitious objective (target). Is this not what Shorinjiryu is all about?

Which brings me to the intent for writing this first-part essay, "The Customer, Internal and External." With the best of intention, I believe we need a broader understanding as to who exactly is the Customer. In my opinion, too often we (meaning inclusively) lose perspective as to who the

Customer is. Further to that, we need to explore what the customer wants, needs, and from a qualitative view, what the customer will accept.

We are a World Body, an Association with all the same basic structures and elements as any large industrial organization. And, to further develop and prosper, we need dialogue; we need to know what will better serve for the growth and cooperation for all Shorinjiryu Karatedo. Let's begin by asking ourselves, some very basic questions. I recommend we explore the Scanlon Leadership Philosophy.

I challenge Shorinjiryu on becoming the first Karatedo organization in the world to paramount as a World Champion Organization! And I say "WHY NOT?" For as I believe, Shorinjiryu is the most complete and practical form of Martial Art that exists today and we can indeed be the largest and most influential association in the world! Incidentally, the Scanlon Leadership Network has been named "the best kept secret" in American business and the members are cited among most admired corporations in America. By now surely, you are seeing the commonalities!

Kokoro no Shorinjiryu. 

"For as I believe, Shorinjiryu is the most complete and practical form of Martial Art that exists today and we can indeed be the largest and most influential association in the world!"



So Shihan Hisataka's Five Fighting Principles

by Tashi Peter Hiltz

If you own both of So Shihan Hisataka's books on Shorinjiryu, *Scientific Karatedo*, Japan Publications, Inc. Tokyo, Japan, 1976 and *Essential Shorinjiryu Karatedo*, Charles E. Tuttle Company, Inc., Tokyo, Japan, 1994, you may have noticed that the material changes between editions. A number of examples come to mind, for example in *Sankakutobi Shodan No Ichi*, the endings are different in that the newer version includes a take-down and finishing punch, while the original does not. The newer edition of *Scientific Karatedo* includes material on the Koshiki fighting system while the older does not. The change I wish to discuss today is in the five fighting principles. In the first edition of *Scientific Karatedo* the five fighting principles are escape; sacrifice; direct, decisive attack; redirection or use of the attacker's technique against them; and contrasting attack (pp. 197) yet in the newer edition the principles are fire; earth; wind; water; and air (pp. 54). Both are claimed to be illustrated by *itsutsu no waza*.

Before we continue let me state that I believe change, for the better, is good. The hard part, of course, is to determine if change really is for the better. Fortunately, the rule of "Never subtract, only add" provides excellent guidance. Change must also be understandable. If it is not, then one of three things has occurred: it has not been presented well, it is one of the hidden techniques that require exploration, or the

technique makes no sense. I've seen all three in my day.

What happens if we apply these rules to the change in the fighting principles?

It appears that this change does not add anything new, and for me, it subtracts from understanding. The original principles were clearly guidance for strategy. Escape the attack, sacrifice one thing to gain another, etc. I don't see how 'fire' is a strategy (we'll talk about Musashi's book later). The original was plain language and directly connected to fighting. The new principles seem to rely on esoteric concepts for their basis. "The first teaching stresses the mental state of *mizu no kokoro* (mind of water), and movement of the tiger (*tora no ugoki*)"¹. This is followed by "This teaching stresses techniques such as the cat stance..."¹ I understand exemplifying a particular stance, but fail to see how that and "movement of the tiger" are philosophies and not simply implementations of specific techniques. "Sacrifice" is a principle that guides an action without dictating the action. "Cat stance" is a specific technique. I'm not ignorant of the variety of martial arts and philosophies in the world, yet I fail to see an improvement in knowledge by moving to this new set of principles. I believe there is knowledge to be gained in Musashi's book, but it teaches by a different method. As a side note, I also wonder about the use of "wind" and "air". What happened to Musashi's "void"?

For me, "wind" and "air" are the same, bringing us from five principles to four. This is a 20% reduction!

How do the new principles stand against the requirement to be understandable? Hisataka's text offers an explanation for the new terms, but without being very meaningful. I don't need an explanation of 'counterattack' but certainly would like to hear an interpretation of 'earth' that does not simply give examples of techniques. You would be right to say that Musashi's book, *GO RIN NO SHO*, offers an entire chapter on 'earth' and only gives examples of techniques, but he was not writing for a Western audience. So Shihan Hisataka is writing for a Western audience and clearly attempts a Western explanation and therefore his writings are to be judged by that criteria. Stating the terms without clear explanation directed at his audience stands as a strike against the new principles.

In the search for understanding of the change, in the hopes of reconciling it with the razors of "never subtract, only add" and understandability, a number of observations and questions arise. Why are So Shihan's new principles so like Musashi's principles? Why is the only difference the last, "Void"? While it seems that these principles are considered common knowledge in Japan and So Shihan Hisataka changed his mind between the books, what caused the change from the original to the new? Did the

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Earth, Wind,
Fire, Water & Air,
Really?

So Shihan Hisataka's Five Fighting Principles by Tashi Peter Hiltz

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translator erroneously write 'air' for 'void'? In our martial education, understanding the reasons for the change could unlock a deeper understanding of the principles themselves, but the reasons are never discussed.

Where does all this leave us? For me, I will be teaching and studying the original principles. I know that I don't understand the change, and see no evidence that there is an expla-

nation beyond my understanding. I also know that for Americans, change automatically means new and improved, which translates to buy the new and throw out the old. That these changes come out in a new edition that some one would love us to buy does not contribute to the argument that they add new knowledge.

In closing, let me say that I find So Shihan's books invaluable resources. I'd recommend any

serious student of Shorinjiryu keep a copy in their martial arts library. I'd also recommend that all of us, with due respect and politeness, if nowhere else than in our own minds, keep questioning the meaning of our kata and kumite, and the changes that occur as they evolve over time. Remember, karate also involves the mind!

1 Essential Shorinjiryu Karatedo, pp 55 

Finding Inspiration by Renshi Vincent Capers Jr.

The year 2000 was not very auspicious for me on several levels. I experienced several personal tragedies and setbacks. The most difficult one for me to cope with was when I severely injured my knee this past summer. My doctor told me surgery was in my future and I should be lucky to walk without a noticeable limp. And above all, I would **never** be able to practice karate again. No more kata or shiai practice; let alone competition. This devastated me. I began to contemplate retiring from karate completely.

During one class, while I was struggling with the outcome of my misfortune, I saw a gentleman who had just returned to class after a long absence. His name was Andy Thitavasanta. Andy had returned to class after suffering back to back strokes. He became ill last year and returned to class as

a form of physical therapy.


Andy is an immigrant from Thailand. He started studying Shorinjiryu in 1993. Since that time he has attained the rank of blue belt, 6th kyu.

At first I responded to his condition by limiting his activities to the bare minimum. But he did not let me. Every task I gave him, he succeeded with increasing confidence. Class by class, he regained more control over his body. He broke through my prejudice.

After a few weeks, I realized that I was taking lessons from him. Andy only saw his possibilities, his potential. He doesn't believe he has any limitations. But, I, his instructor only saw my injury. I could not see past it. Andy became an inspiration to me on a very personal level. Then I adopted his vision.

I released all of my doubts and concentrated on my possi-

bilities. I earnestly started a rehabilitation program. And slowly worked my way from cat step, to triangle step, to jumping jacks, to jump kicks. This new attitude enabled me to prepare for my Godan ceremony in December 2000. Of the many people who helped me for the ceremony, the person who truly made that evening possible and a crowing achievement in my life was Andy. I shared the spotlight with him proudly.

My doctor now believes surgery will be unnecessary and he has authorized me return to my normal activities. I hope to return to competition in May 2001. And, when I compete I will be using Andy's vision and spirit. Andy will always be my inspiration and will always be very special and dear to my heart. 

The person who
removes a
mountain begins by
carrying away
small stones

Anonymous

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A Gathering of the
Shorinjiryu Family

Unless otherwise stated, all articles in this document reflect the author's opinion. Inclusion in the Shinzen Shimbum does not necessarily constitute endorsement by the Shinzen Kyokai or any of its affiliates.

Shorinjiryu Shinzen Kyokai
Shorinjiryu Shimbum

Spring 2001

The Grammer of Karate

- | | |
|-------------|------------------|
| Anaku | Rohai |
| Bassai | Sanchin |
| Breathing | Sankakutobi |
| Chinto | Score |
| Competition | Seisan |
| Dojo | Sempai |
| Focus | Shia |
| Geri | Sochin |
| Gi | Speed |
| Happiken | Stances |
| Heian | Technique |
| Kata | Torri |
| Kumite | Teuki |
| Kusanku | Uke |
| Niahenchin | Unagi |
| Niju shiho | Wankwan |
| Obi | Zabon |
| Power | Zanchin |
| Rei | |

T S U K I Y D A V U N X Q R K
L H K G X R T E J B N Y E B I
K S A N K A K U T O B I A R O
Y N N I J U S H I H O S R P Y
U T A Q S N H T L J S O J O D
B R E A T H I N G A T E R Y N
T J N K A T A H I U A U J A Q
D K I H E I A N C H N Q S K V
U Z U P W Z A B O N C I Z D F
J P M M H A P P I K E N J T L
S O C H I N N H M S S H A U O
C W D G C T C K U E R C A S M
D E E P S N E C W Z S E O I A
W R O H A I O W C A H T B R N
I D G Z T F Y X O T N I H C E