



The Shorinjiryu Shinzen Kyokai

- A Gathering of the Shorinjiryu Family
- Largest Group of Shorinjiryu Practitioners Worldwide
- Exchanging, Knowledge, Spirit & Friendship

**Shorinjiryu Shinzen Kyokai
Shorinjiryu Shimbun**

Karate, Education, and... Paris?

by Brian Berenbach, Shihan

I recently spent 10 days in Paris attending a conference. While there, I was invited to speak at the Sorbonne, which is the premier university in France, and is known worldwide.

I have to say that, regardless of the academics at the Sorbonne, the place is stunning. The classrooms, very old, have paintings and frescos on the ceilings and walls, gold leaf edging, and very impressive chandeliers. One wonders how the students can concentrate with surroundings like that!

One of the guest speakers at the conference was the chief information officer (CIO) of Renault. This very large car company had to withdraw from the U.S. many years ago and is not well thought of in some circles. At the start of his talk the speaker made a remark to the effect that Renault was not highly regarded in American circles. At the conclusion of the talk, everyone in the audience agreed that there were strong reasons not to think highly of Renault. Not quite the reaction the CIO was looking for; too bad he never studied karate.

So what does a trip to Paris have to do with Karate? Lot's of things. For example, when a Karate-ka does Shiai, he gets to study his opponent. You don't want to talk about Spanish to a class of students studying French. But even more important, there is that long journey from beginner to student. See if you don't agree that the things learned in Karate carry over into every day life, and especially into academics and career.

Attention to Detail

We have all heard the expression, "the devil is in the details." No where is this more true than Karate. When learning a kata, we learn that every move must be done to perfection: weight distribution, hard or soft, position of the hands, breathing (especially breathing) and bunkai. Attention to detail is imperative in the work place. It is often the difference between success and catastrophe. For example, I was once working on a project where my boss had offered to "give" a one line requirement to the client. Later, he came into my office and asked me

where the extra \$300,000 in costs had come from. I replied, "Remember when we were negotiating with the client and you offered to give them that one item at no charge...?"

Focus and Determination

We all suffer setbacks and failures. I have been laid off from a job three times in my career. What matters is not that we fail, but what we do afterwards. I keep telling my students that the black belt is not necessarily the most talented karate-ka, not the best, not the one who wins all the trophies, but simply the student who never gives up, never quits. It is the same in life, and especially in the work place. Do we learn from our mistakes? Are we gracious in defeat? Are we willing to take failure as just another obstacle to be overcome? Do we have the mindset to carry on and emerge victorious on another day?

Courtesy and Respect

One major lesson of karate is to be, at all times, courteous. We respect our Sensei's, we respect our friends, we respect our opponents in Shiai, and

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Tentative Calendar of Events for 2003

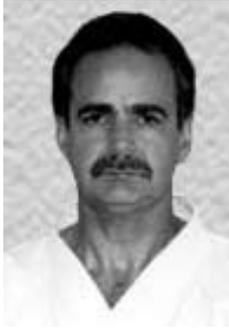
Happy New Year	January 1st
Referees' and Score Keepers Clinic (Brooklyn, NY)	March 5th
Island Budokan Invitational (Long Island, NY)	March 25th
Spring Regional Tournament (Brooklyn, NY)	April 8th
Watanabe-Ha Invitational (Baltimore, MD)	April 29th
Shindo Budo Kwai Koshiki (St. Jerome, Quebec)	May 28th
Summer Regional Tournament (Brooklyn, NY)	July 15th
Referees' and Score Keepers Clinic (Brooklyn, NY)	Sept. 21st
20th Annual International Shorinjiryu Shinzen Shiai (Queens, NY)	October 8th
Winter Regional Tournament (Brooklyn, NY)	Dec. 9th

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From the Desk of the President

by Myron M. Lubitsch, Kyoshi



Incredible, yet another year has come and gone. As a youth, I always felt that time went so slowly that minutes seemed like hours and so on and so forth. Now, hours seem like minutes as time flies with lightning speed. Speaking of speed, the caliber of students have increased dramatically in the past year as witnessed by the incredible techniques demonstrated at the 19th Annual International Shorinjiryu Shinzen Shiai, the 9th Koshiki

Shindo Budo Kwai, and the various In-house events.

We are scheduled for a number of spectacular events in 2006. Kyoshi Michel Laurin is planning a special World Koshiki Tournament in May of 2006. Watanabe, Hanshi has graciously rescheduled his Watanabe-ha Tournament in April thereby making it easier for all to attend events that were back to back. The Kyokai is planning it's 20th Annual International Shorinjiryu Shinzen in October with an added attraction of special Koshiki divisions for advanced belts willing to participate in addition to it's regularly scheduled divisions.

All information will be posted on our international web site:

www.Shorinjiryu.org

Allow me this time to thank everyone who contributed to this fine Shimbun, the parent volunteers who help out at the dojos and the tournaments, the instructors who support the Kyokai, and you, the students of Shorinjiryu. For you are the future.

May everyone have a very healthy and happy New Year filled with the love of training, practice and learning.

Sunshine News & Congratulations

Congratulations to all those who received promotions:

Junior Black Belts

Samantha Soto
Christopher Zangara
Jack Zangarai

Shodan

Nazir Khan

Nidan

Doreen Rosas
Angel Garcia

Sandan Sensei

Yesenia Santiago

Rokodan Renshi

Peter Hiltz

Shichidan Shihan

Emanuel Manny Hawthorne

To all Kyokai members,

I would like to take this opportunity to wish all Shinzen Kyokai members a great holiday season and a Healthy, Happy New Year. May all your efforts be crowned with success.

John A. Mirrione, Kyoshi

To all Shorinjiryu Karateka and fellow Martial Artists

The end of yet another year is upon us signaling a time to reflect and hopefully relax from the rigors of 2005. I trust that everyone has had a fruitful year and made it through safely. I pass on my very best to one and all and trust that 2006 will bring health, happiness and prosperity. If I may borrow the immortal words of Kyoshi Myron "take care and be well"

Best Regards

Tony Fletcher, Sensei

Australian Shorinjiryu Kicks On

2005 has been an exciting year for Shorinjiryu in Australia, great camps, new Dan grades, 2 new Dojos and success in many tournaments. 2006 promises to be just as good, two more Dojos planned for the New Year plus our eagerly awaited New York visit for the Shinzen Shiai. The strength of an organization is its' people and I especially thank the dedicated core of seniors that have made us strong and promoted the bond of friendship between our Dojos that is a delight to see.

Of course, this bond of friendship extends beyond our shores to our extended Shinzen Kyokai family, you have had a profound effect on the direction of Shorinjiryu in Australia and we thank you. The guidance of Kyoshi Myron and his Students, Shihan Dan, Shihan Brian, Renshi Manny, Renshi Pete and Hanshi Watanabe through his excellent DVD's plus many others (sorry if I haven't mentioned you) who have influenced our development has been greatly appreciated. The discussion groups have been an eye

opener and, although quiet of late, have brought us all closer.

If ever any of you great Shorinjiryu Karateka have any doubts about the positive effect that your hard work and guidance is having on the extended Shorinjiryu family just ask us in Australia and we'll set you straight.

Merry Christmas, Happy Holidays, Happy Festive Season and a great New Year to all.

Thank You.
Jim Griffin, Renshi,

From the Desk of the Vice President

by Dan Hayes, Shihan



It is difficult to summarize the life and accomplishments of a man. Even if we narrow the field of vision to just his martial undertakings it is an enormous task, especially if Shorinjiryu Karate is who he is.

The following is just a brief synopsis of the Watanabe Shunji Shuseki Saiko Shihan of the Shorinjiryu Kenyukai Watanabe Ha Federation. These accounts both in specific and perspective are a result of interview and resume. All have been substantiated and are verifiable. Enjoy and be inspired.

Watanabe Shunji Kaicho (President) has inspired many and given his life to the development and proliferation of the style of his teacher Hisataka Kori Kaiso (founder), Shorinjiryu Kenyukai.

Beginning at the age of 17 at the Hombu Dojo through the introduction by his elder brother and best friend to Kaiso, the life of Watanabe Shunji and thousands more would never be the same. His practice was to be rigorous, eclectic and vast. Practices were held six days a week for three to five hours per session. He was schooled in the arts of Kendo, Jodo, Judo, Aikido, Karate, Buki ho, Heiho, resuscitation, health and reishiki. Some of the stories recounted are quite sobering. As a matter of fact, Kaicho still has scares on his inner thighs from the Sai practice that would leave his gi pants soaked in blood.

His speed and agility quickly afforded him a nickname when referred to by other senior Japanese Budoka; it was KAZE, meaning "the WIND". If you have ever worked with Kaicho the reasons would be obvious.

His dedication, loyalty, skill, humility and devotion so moved Kaiso to name Watanabe Kaicho to be Menkyo Kaiden to Hisataka

Kori Kaiso upon his passing, over his son Masayuki. He will never publicly admit to this, as it is an insult to the Hisataka family. I have substantiated this fact with many reputable practitioners, such as a Menkyo from Shindo Muso Ryu and Jo Do, Nakamura Sensei and others. This is yet another example of his undying devotion and loyalty to the man who gave him his Kokoro and Karate.

To this day Watanabe Kaicho always refers to Shorinjiryu Kenyukai as "my teachers karate" and often speaks of his days with O Sensei and his teachers.

The following are excerpts of an interview I had conducted of Watanabe Kaicho for an article to be printed in a Martial Arts Publication. For the entire interview see our website at www.IslandBudokan.com

How long have you been practicing Martial arts?

My best friend introduced me to O Sensei in 1955. He was a Nidan in Shorinjiryu Kenkokan at the time. I was not well liked by the other kids in school; they did not like the way I looked, so I was always in fights. I was also very fast and was a strong runner for the track team. So he thought it would be best if I tried to learn better how to defend myself, as I was fit and not afraid to fight. I was 17 years old then, so I have been practicing for about 48 years. When I was 29 I was chosen by the Japanese government. to be part of a special National Karate team which was enlisted to demonstrate for Japanese Karate for the West at the 1967 World Expo on Montreal, Canada. That's how I came to be here.

Any interesting stories of early karate training?

Things of the old days may not seem so interesting now. People think differently. For example, we used to try to catch cats as part of

our Tai and ashi sabaki training. As for other average dojo practices they may seem a bit extreme for the westerner. I remember one class where one of my peers separated my collarbone. I heard a loud pop, and I was in tremendous pain. Sensei was a bone doctor; we called it an army doctor. He sat me down and tried to pull it over and over again while the others held me down. I was then expected to continue. They just tied my arm to my body and class went on. I kept passing out so they made me sit on the side. I could only sleep sitting up. When I told my teacher he told me that I needed to get my gi on and get back on the shiajo immediately. So I did. As I was still standing, I was to participate as any other. This was very common.

Westerner's response to traditional Japanese training?

When I was instructed by Sensei that I must stay here to teach I was honored. As I tried to teach I soon contacted my teacher to please let me come home. The students here were too soft. I tried to make them work hard but they would always say, "I have to work tomorrow." "I can't hit that, and I need my hands for work." It was very discouraging. They did not try hard enough; I used to say "I can not do it for you". We use bogu for shiai and then we used the Anzen bogu similar to the bogu of Taiho Jutsu. This was very difficult for people here. I called my teacher and he said I have to remember that this was not Japan. That people are different here and I should try to make things easier to keep them interested. I had a very difficult time with this. By 1972 I was established as the Chief Instructor of the Shorinjiryu Kenkokan Karate Federation in the United State. I was then responsible for eight Karate schools in Baltimore, New Jersey, and New York with approximately 850 students.

From the Desk of the Vice President

by Dan Hayes, Shihan

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Were you a natural, did karate come easily to you?

As I said, I was used to fighting and I was used to running. But nothing came easy. O Sensei was a big man. He would stand there and hit me; I would have to keep running around all over to not get hit. I did not have time to throw a technique. Every class was difficult. We worked hard.

Has your personal karate changed?

I teach my teacher's karate. I don't change anything. I teach the same way. We have an understanding in Shorinjiryu, Doku ji gyo seki (Spiritual development of individuality in mind and body), it is our motto. We see this as 80 / 20 rule. This means that karate is 80% same as my teacher but in practice I must adapt 20% to my personal style. Adapting to my body and personality type. The style is still the same.

What were the most important points of your teaching days?

I remember when Mr. Okabe Sensei hit me here (indicating hammer to the chin and slipping into the trachea). Hammer was his favorite technique. I was knocked out quick. I remember Shihan yelling at me as I woke up. He was very angry, "get up, get up, he could kill you!" I was thinking boy, I was just knocked out and he is yelling, this is crazy. I got up and he knocked me out again (laughing). My teacher taught me most important lesson, GUTS. People do not learn too much of guts any more. Tai-sabaki hit and go. You have to hit with power and move. We do not block much. Some times you are small and blocking is not good, you get hurt. If you can block you can hit. We add blocks to kata but we do most tai-sabaki. Learn to hit hard and move. Then you can do like Judo, sutemi. Commitment is very important in karate.

Are their still pure styles?

I do not know much of other styles. I see that Shotokan and Goju styles and others too, come together and share kata and technique. I think that is good. Sometimes Karate has to grow too. I like to watch and learn from other styles. Some styles only kick and punch, then only tall people win. Other styles not Japanese do other things, that is good. Everything is good. Then we can add or change a little so we can better compete and contribute.

Do you think different Ryu are important?

Of course. Like Shotokan, if you have long arms you can win, not much kick. So different style. Better to hit and get out or maybe they kill you. Different style for different people.

What is your opinion of "kickboxing" or PKA?

I do not know. I do not mind. It is just that you make a sport like that and you add rules that make different. Not karate, not anymore. Main thing I learned is that it is for me. Not just fighting but protect me...more Budo.

Has the West caught up to the East?

Do not understand question. In what sense? Response; I think you can learn Karate here or anywhere. The best people in some styles are here in America. If your train with a true Japanese head instructor here or there is just as good.

What is your opinion of makiwara training?

One teacher had a student who came the dojo everyday to hit makiwara. Always hit makiwara. Then one day a man come in and challenge the dojo. He fights all the students one by one. Then the teacher says, "okay now him". The man says no and leaves. How come? He can tell by his makiwara training he is too strong for him his technique and spirit. This guy you don't want to hit you.

Should karateka train in Kobudo?

Buki Ho is the same as makiawara. Most important to learning short or long distance. It same as hand, just longer. Makes strong body, teaches movement and timing. Very important.

How would you say karate is taught now as compared to the past?

More softer to match with the different types of people practicing now. If a student gets hurt they can lose their job. More emphasis on health benefits. WE used to have mainly blue-collar workers practicing karate. Now we have white collar professional too. So the practice has gotten more easy or softer.

What is more important in training Kata or Kumite?

Need to spend as much time on both kata and kumite. Both are very important. They are the foundation. All components are very important.

What is your feeling on mixing styles?

Do not mix. The different styles are not that much different. It would not be beneficial to mix. It would be better to mix different martial arts like Karate and Judo. Then the mixing would compliment each other. Karate styles are too similar. There is already some mixing in tournament competition. Students learn the kata of other styles.

Do you have particularly memorable karate experience in karate that has remained an inspiration for your training?

Karate has changed my personality. In the beginning, I only wanted to fight. My mind changed. I have a better understanding of karate. I am now a better person because of it. Karate has changed my personality.

What would you consider to be the most important qualities of a successful Karate-ka?

Not just punch and kick...first a student needs guts...extremely important. If the student does not

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From the Desk of the Vice President

by Dan Hayes, Shihan

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have guts and spirit, they tend to quit after a period or challenge.

Why do you feel students are falling away after two or three years of practice?

This student does not study enough. They think they are done learning. Some get stuck at a certain level and feel that they cannot improve. They feel they can never get better, so they give up. We also have a lot of black belts leave after they get promoted to Shodan. They feel that they have reached their goal. They think they have achieved everything. They do not understand that this is a life long pursuit.

Have you ever felt fear in your training?

No.

What would be your final words as a legacy for the future generations?

Patience and practice. One can learn a lot of things with patience. Patience can be learned.

Personal Information:

- Kaicho was born on May 10th 1938.
- Born in Chiba Ken Prefecture, just outside north/east of Tokyo.

- Kaicho was a renowned long distance runner in Jr. High.
- His older brother was first studying with O Sensei and introduced Kaicho in 1955 while in Jr. High.
- Kaicho was promoted to Shodan in Kenkokan Karate in 1958.
- Kaicho achieved a Sandan in Judo as a youth.
- Kaicho practiced in the dojo everyday as a youth until he was selected by O Sensei to represent his country at the Official request of the Japanese government for the World Expo in Montreal, Canada in 1967.
- He was instructed by O Sensei to stay in America and spread Shorinjiryu Kenkokan Karate.

Interesting highlights from Watanabe Shunji Shuseki Saiko Shihan resume:

- 1958 Shodan
- 1972 Godan
- 1985 Sichidan
- 1967 World Expo / Canada
- 1972 Chief instructor of the Kenkokan Federation in the U.S.
- 1972-73 Kenyukai Association formed and elected President for all associates in Canada and U.S.

- 1973 Received "Key to the City" from the Mayor Schafer of Baltimore at City Hall.
- 1974 Established Hombu Dojo, Japan Karate and Judo Center.
- 1989 Receives Governor's Citation.
- 1986 & 1996 Recognized as Baltimore best Karate School.

Demonstrations:

- Opening day for the Baltimore Orioles
- Sylvia Scott television show
- Evening Magazine television show
- Washington D.C. Cherry Blossom Festival 1987-93
- Taught for the Baltimore Police Academy
- Much more, too much to list
- Competitions are far to extensive to list

Watanabe Shunji. The Shorinjiryu National Treasure. Appreciate and hear: patience, spirit, guts, practice, perseverance, loyalty, acceptance, growth and purpose.

Domo Arigato Gozaimasu

One Parent's Opinion by The DeoPaul's Family

Jonathan started karate at the age of 9 and Justin at the tender age of 3. We were amazed that Justin was able to follow any directions at all, but he did. He wanted to be just like his big brother Jonathan. My children attended 2 previous dojos before starting Shorinjiryu Kenryukan Karate's Imperial Dragon on September 26, 2005. For 5 years, they were taught 2 different styles and different techniques of Karate and were Green Belts Elites and Blue Belts respectively. I believed then and strongly believe now, that Karate at any age will enhance one's good discipline, build a strong character and most importantly it is mandatory exercise. Although there were many occasions, I did not ap-

prove of some of the teaching and discipline my children received; I would voice my opinions and more times that none, but my complaints would fall on deaf ears or basically ignored. However, I continued to have they boys attend and follow the teaching diligently because I wanted them to know that although no one is perfect, it is not an option to quit. There were times Justin would fake not feeling well, so he would not have to attend Karate class. I would, have him sit there with me and waited for his brother to complete class. As a mother, it is hard to watch your child, whom you know once loved Karate so much, now dislike it just the same. Justin became fearful of his Shihans,

and Instructors, Karate was no longer fun and enjoyable. I had to make a conscious choice to relocate my children to a Dojo where their love for the martial arts will once again grow and be nurtured. Any Karate school (Dojo) that my children attend should be nothing less than an extension of our home, and what are taught there and let's not forget the fun and enjoyable. I strongly believe that most of the Dojo's have become too commercialized and have lost with it really means to learn the marital arts. My past experiences have proven that the belt grading were not for the children's best interest, it was for the Dojo's sole benefit. Several times I would

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Moments I Teach For by Troy E. Lester, Shihan

“Hai Shihan, I know it now!” *“Thank you for showing it to me Shihan!”* *“Hai, I understand now Shihan. Thank you!”* All these are things that are music to my ears and I’m sure it’s the same for many of my fellow instructors. However, as much as we like to hear them, there are times I’m not sure if they are being said honestly, or just because that’s what the student thinks I want to hear. But there are times during class when I hear a word, phrase or sentence that was not meant for me, but it probably did more for me than it did for the student it was intended for.

There is an early teenage student in my dojo; I’ll call her Karateka, who has been studying for a little over a year. When Karateka first started, she kept to herself and barely said a word to any one. After a little time, she warmed up to a few people and participated in the “chit chatting while the instructor is not looking” banter that goes on that the students believe we don’t know about. She attended class regularly, but there were times that I didn’t know if that was by her choice, or if as she has said

“My mother would kick my (butt) if I wasted her money by not coming!” She did her best to learn the material. She routinely got her own way by not believing she was able to pick up what I was teaching. To this day I’m still trying to build her confidence by letting her know that she’s doing better than she thinks and not to tell me she “Can’t do it!” without trying. There has been a steady improvement in Karateka, who is now an Orange belt (7 kyu), but I was thrilled to find out that the improvement was greater than I thought.

Not too long ago I had the class separated into sections to practice various katas. Karateka was in a group with younger (in age and rank) students who were told to follow her. During class while tending to another group, I heard Karateka say “You see how my feet are; this is how yours need to be.” When I heard this, it took all of me not to shout “Yes, I knew you had it in you!!” I had to keep it in and rejoice to myself all while not losing focus on what I was doing. It wasn’t easy, but I did it, and look forward

to a time when I would have to do it again.

Now, I understand that this may not seem like a big deal to some. Some may not understand why I chose to write about this. So let me try to explain my exuberance about this. As an instructor, moments like these are what I teach for. To hear a student, young or old, instinctively repeat something you didn’t think they knew, remembered or understood. To see their face change when they actually “get it”. To hear a higher belt say “Oooh!” to themselves when they first practice a correction of a form or technique. That involuntary response tells me that what I just taught has been learned and will be taught correctly. Now isn’t that our goals as instructors?

To me, the involuntary actions (or reactions) are the best way to gauge if what I’m teaching is being absorbed. I really don’t think there’s a better way. A student can say “Hai” all day, but when they truly understand, nothing has to be said.

I wish for all my fellow instructors to have many of the moments I teach for!

Upgrades! by Jim Blanchard, Sensei

Greetings all, from the great white North, literally. We are expecting a snowfall of 30 cm over the next 36 hours so we will most definitely be having a white Christmas at our house.

My name is Jim Blanchard I have been practicing the Shorinjiryu Kenkokan and then Shorinjiryu Kudaka style of karate for almost 13 years now. I have worked my way up to my second-degree black belt through a lot of dedication, discipline and pain management.

Twenty years ago, I was diagnosed with osteoarthritis in both of my hips but much worse in my left. I tried pretty much every witch’s brew that was available including an experimental medical procedure in which they inject the body’s natural

joint lubricant, synovial fluid directly into the joint to get relief and better mobility.

Although I had some temporary relief from some of these remedies my mobility inevitably got worse as did the pain and I stopped practicing about a year ago.

I am too young to consider a total hip replacement but after some research and patience I discovered an old procedure, which had been revisited due to new technology and better surgical techniques. A doctor in the UK perfected the technique and hardware to perform a hip resurfacing. And, it is exactly what it says. They surgically remove the damaged and messed up bits of the joint and then replace it with two pieces of chromium cobalt

steel. The beauty of this technique is a patient retains his full hip geometry, unlike a total hip replacement and even though clinical results are only available over 17 years they expect the lifetime of this system to be somewhere in the range of 30 to 50 years.

Any how, I had the surgery done on my left hip on October 12th this year and now 8 weeks later I am marveling at its success. Although there were a couple of weeks of discomfort, I was walking without any support aids after 3 weeks. I was virtually without pain at 4 weeks and now at 8 weeks I am able to do things on my feet for hours at a time with no discomfort

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Shihan Brian, Sempai Jason & Son Joshua on the Champs Elysee



Shihan Dan's student Sempai Anna Stolz & the families.

we always show respect to those with whom we disagree. We never make disagreements personal. I remember one case where a manager interviewed someone for a job and chose not to hire that person. Later, the previously interviewed candidate was hired and became the manager of the person doing the original interview. The fact that during the original interview process the interviewer was at all times courteous led to a long term solid working relationship after his surprise new boss appeared. There is a saying, "what goes around, comes around". I now have about 8 people working for me, most with PhDs. The order of the day when dealing with my subordinates, as well as my superiors is courtesy and respect. I never speak ill of anyone, it is not in my nature (I hope) to do so. But I have on occasion been surprised by co-workers commenting on the fact that am so respectful to the people over me, even some who are many years younger than me. When hearing such comments I typically cite my study of the martial arts.

Love of Learning

I must admit I am a learning freak. When I first started karate

I wanted to know every kata and kumite in the style. Much later, I realized that learning a kata was not learning the moves, but involved really learning the kata, typically a three year or more effort. I found that learning karate meant learning philosophy, physics, biology, as well as some other skills that I was never very good at (e.g. grace and fluidity). I see people around me who learn only what they need to know to do the job at hand. I prefer to learn what I need to know to do the job at hand, the job a day away, and, perhaps the job ten years away. I hope my subordinates understand this. I never ceased to be surprised by being called into a meeting and asked "what do you know about...?", it helps if I can provide a meaningful answer. And so in karate, when we learn a kata and then have to teach it, our students ask us "why do we do this...?", "what is the meaning of..." and so on, and if we have studied properly, we should be able to answer their questions. Once in a while, I still have to answer "I don't know", which brings me back to earth and reminds me that I still have a long way to go.

Confidence

By learning a technique well and then performing it in front of a group we build confidence. While I was attending the conference, sempai Jason and my son Joshua traveled all over Paris without me. My boys had never been out of the country before, so I am quite proud of them. Some of the neighborhoods had a not-too-good reputation, especially the Montmartre area after dark (where the tombs of the kings are). It never stopped them. Without any worries or fears while touring, we had a great time!

When I gave my talk and I spoke in front of some of the best minds in the world I was confident. That confidence in large part came from the study of the martial arts. Any student who can get up in front of judges and an audience and execute a kata well has learned confidence. Of course, we never do well the first time, like anything else it takes practice. The more we practice, the better we get... at being confident, learning, paying attention to detail, being able to focus on a task; being respectful and courteous to those around us.

And that is how the study of karate led to the Sorbonne and Paris.

One Parent's Opinion by The DeoPaul Family

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refused my children to be graded for their next belt, I am a strong believer that all children, not only my children, needed to represent their belts they wear, whether it is a White belt or a Black belt or any color in between. I believe as parent(s), we have to look, interview each potential Dojo as you would your Doctor, schools and any location you would have your most prized possession(s) (your children) attend.

Prior to signing up my children to Shorinjiryu Kenryukan Karate Dojo, my friend William Lemus introduced me to this wonderful establishment, I spoke to Kyoshi Myron Lubitsch, and he invited us

to attend a Black Belt ceremony, I quote "It would be like none other you have ever witnessed." Well this was the understatement of the year. After that ceremony, there were no doubts in my mind where our new Dojo would be.

Jonathan now 14 and Justin 7 are relative new members of the Shorinjiryu Kenryukan Karate Dojo, located on Jamaica Avenue, in Brooklyn, NY. One of the most admirable qualities I have noticed is that most if not all, the Black Belt students of Shorinjiryu Dojo, give something back to the Dojo that offered so much to them, they give back their time to teach the other future Black belt students. The Deo-

Paul's family have certainly made the right choice and are extremely proud to be affiliated this Dojo. We know our children would grow and grow stronger with the love and commitment of their, Shihans, Shodans and under the watchful eyes of a dedicated man, Kyoshi Myron Lubitsch. Karate has one again become enjoyable and fun, Jonathan and Justin cannot wait to get there.

PS Mr. DeoPaul, their father has also joined, starting 2006 as a proud 43 years old student of Shorinjiryu Kenryukan Karate, there may still be hope for there mother – no age please.

The Kata of Shorinjiryu - Seisan by Des Paroz, Tashi

Seisan is a unique kata in Okinawan karate as it is one of the oldest forms, and is also perhaps the only traditional form that is practiced in Shuri-te, Tomari-te and Naha-te traditions, albeit in somewhat different formats. Variations of Seisan can be found in almost every major style (Sells, 2000) – Shorinjiryu, Shorinryu, Shotokan, Shitoryu, Wadoryu, Gojuryu, Isshinryu, Uechiryu and more.

Many regard Seisan to be the oldest existing form in the Shuri-te tradition (Alexander, 1991), and in Okinawan karate in general (McCarthy, 1987). It is also regarded as being a kata that was imported to Okinawa from China (Hisataka, 1976; and Sells, 2000), and exists in 2 major formats – the Shuri-te format, and the Naha-te one. The former definitely shows the greater influence from key figures in Okinawa (Sells, 2000), while the latter seems to be newer.

Seisan's Chinese origins are probably from Tiger Style Qu'an-fa. Tiger style Qu'an fa (Tora kenpo) still has a kata called Seisan, though Sells (2000) tells us that it is much longer and more complex than the forms practiced in Okinawan karate.

On Okinawa, there were 2 key figures that this kata can be traced back to – Sokon Matsumura (1809-1901) and Seisho Aragaki (1840-1920).

"Bushi" Matsumura was the chief of security in the Shuri Palace, and thus head of civil defence in Okinawa. He is also the one person that all Shuri-te traditions trace back to, and is regarded as one of the greatest bushi of the classical era of Okinawan karate. He was the principal teacher to both Anko Azato (1828-c.1915) and Chotoku Kyan (1870-1945), 2 of the major influences on Shinan Kori Hisataka (1907-1988), and thus modern Shorinjiryu. It is believed that Bushi Matsumura brought Seisan back from China (McCarthy, 1987).

Aragaki was also a member of the aristocracy and a close confidant of

the Ryukyu King. Among his many students were Kanryo Higaonna (1853-1917), Chojun Miyagi (1888-1953) and Tsuyoshi Chitose (1898-1984). The forms of Seisan taught in Naha-te lineages all trace back to Aragaki. It is not certain where exactly Aragaki derived his version from, but it is more than likely that Aragaki and Matsumura trained together, and may have exchanged training techniques. Nonetheless, the Naha-te versions of Seisan are similar to those of Shuri-te, but differ in some key areas.

The name Seisan (十三) is an interesting one. The two kanji (characters) used to write the name mean "10" (十) and "3" (三), respectively. Thus the literal translation of the word Seisan is "13". Some sources translate the name into English as "13 hands" or "13 techniques", but this can only be based on a contextual translation, as there is no kanji for hand or technique in the name. In fact, it is not absolutely clear what 13 refers to, as there are certainly more than 13 techniques. One possibility is that the 13 is based on Chinese numerology – this seems to be fairly evident with many of the older Okinawan/Chinese kata named for numbers – Seisan, Nijushiho (24 techniques), Gojushiho (54 techniques), Suparinpe (108) and others.

An alternative possibility is that the two kanji should be looked at separate. So rather than meaning "13" the name could mean "10 3". While this may seem strange at first, in most cultures "10" can refer to perfection – the "perfect 10". So it may be possible that Seisan means "Perfect 3". I quite like this meaning, as Seisan has numerous parts where three identical (or very similar) sequences of techniques are repeated. It could also be reminding us that combinations of three techniques are good strategy. Or that we should strive for simultaneous development of three things - for example mind, body and spirit. The concept of three is often repeated

in karate philosophy and technique, and the perfection of three is a worthy goal.

As an aside, some time after Gichin Funakoshi introduced karate to Japan, an alternative name for Seisan was adopted in the Shotokan group. Funakoshi chose the name Hangetsu, which means half moon (or crescent moon). This name is used in Shotokan to this day, and refers to a kata which is otherwise very much a form of Seisan. Only the name has changed. I believe that this was to give a clearer interpretation of the name for a Japanese audience, and perhaps to remove the reference to Chinese numerology. The name Hangetsu however may provide a further clue to the kata's strategy. With a number of techniques that might represent "feeling" for the opponent, Seisan has excellent techniques for fighting under the half moon – or poor light!

One thing that is clear is that Seisan, in various forms, is taught in almost all styles of karate that are descended from Master Chotoku Kyan. In fact, many of these schools teach Seisan as the introductory form for new students! To this day, the kata is taught in the Okinawan Shorinjiryu of Joen Nakazato, Seibukan (founded by Zenryo Shimabukuro), Isshinryu (founded by Tatsuo Shimabukuro) and Matsubayashiryu (founded by Shoshin Nagamine). Along with our Shorinjiryu, these schools represent the major groups whose founders were heavily influenced by Kyan.

Seisan clearly works to develop both hard (goho) and soft (juho) techniques. Hanshi Hisataka (1995) believes that "the first half of the kata consists of strong stances, slow motions, and powerful techniques, while the second half emphasizes fast body motions and techniques", while Ushiro (2003) states that the most important principle of the kata is that the movements of techniques are synchronized and contain within

The Kata of Shorinjiryu - Seisan by Des Paroz, Tashi

CONTINUED FROM PREVIOUS PAGE

them a decisive energy, and that such "decisive energy" is derived from hardness within softness.

Hanshi Patrick McCarthy (1987) believes that "the student who masters this kata will undoubtedly become proficient in the hand techniques and footwork of shuri-te, which teach how to get inside an adversary's attack to destroy his stability, while simultaneously developing a strong foundation".

As previously mentioned, Seisan heavily utilises sequences of techniques repeated three times. It has a broad range of hard and soft techniques, representing a complete arsenal of punching, kicking, striking, locking, throwing and strangling. Unusual techniques are included, and includes releases (hazushi waza) from bear hugs and body holds (Ushiro, 2003).

The applications of Seisan are really quite brutal. This is not a punch/kick/block kata. The techniques in this kata range from locks and holds, to nerve strikes and even a couple of examples of a rarely employed technique that is similar

to what modern street fighters might call "fish-hooking".

Many practitioners of Shorinjiryu have heard the stories relating to the visit to Taiwan by Master Chotoku Kyan, Master Ryosei Kuwae and Shinan Kori Hisataka. During this visit the three Okinawan masters participated in a martial arts festival in Taipei. At this festival, Master Kyan fought a challenge match against a senior Judo Exponent, Shinzo Ishida, a 6th Dan practitioner from the Kodokan in Tokyo. The story has it that Master Kyan won through effective strategy, and use of the fish hooking technique – placing his thumb inside Ishida's mount and pulling outwards and downwards as he applied a foot sweep. This technique is featured as the final technique of our Seisan and those taught in all Kyan derived schools. It may have been placed there by Kyan, or he may have used the technique from the kata.

Seisan was not one of the original five kata adopted by Shinan Kori Hisataka (1907-1988), but it is very clear that the version we practice is closely aligned to the form descended from Shuri-te, from

Bushi Matsumura via Chotoku Kyan. I happen to believe that while Shinan Hisataka did not teach this kata as a separate form, he incorporated key aspects of it into the modified forms of one or 2 of the other forms he did teach.

Seisan represents an important historical form and is an intricate and complex form with a great variety of techniques and applications.

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Upgrades! by Jim Blanchard, Sensei

CONTINUED FROM PAGE 6

I am looking forward to starting to practice again but I've been told by the surgeon that I have to refrain from doing anything that may stress the bone to metal fusion for another 6 to 8 months. This will allow the bone to grow into the implants and provide the maximum strength and subsequent life of the system.

I hope to start back with the Guelph Kudaka Dojo in a reduced capacity in January, practicing Kata and basics and then gradually work-

ing towards Kumite and Shia later in the year.

Before the surgery my hip felt like a square peg in an oval hole. Now I have a bearing, simply amazing.

As we all know many of our techniques are centered on the movement of our hips. I am looking forward with excitement to the new opportunity of further refining my karate and am anticipating being able to complete techniques correctly without the impediment of the pain and poor mobility of my left hip.

For anyone else with hip problems that are considering the surgical options, I would strongly recommend you do some research into the hip resurfacing procedure to see if it is right for you. This is a good website to start from:

<http://www.activejoints.com/resurfacing.html>

Our Dojo, my family, and I wish everyone a happy holiday season, good fortune and above all good health.

The Kyokai Patch

Are you wearing the patch with pride? Are you wearing it at all?

The Kyokai represents a statement of family and solidarity. If you need

one please contact us for your order.

A Land Mark Student

Eric Deravin Jr., Renshi is one of the very first students of Shorinjiryu commencing his practice in January 1965, at the School of Scientific Judo and Karate, located at the Brooklyn Academy of Music. His first instructor was Masayuki Hisataka, Sensei and remained so until (then) Sensei returned back to Japan. However, before his return to Japan, Hisataka, Sensei opened a dojo at Lafayette Street in lower Manhattan. In the interim new instructors arrived from Japan to teach. Included in that group were Minoru Morita, Jujio Monjiyama, Hisanobu Yamazaki and Tamon Kashimoto.

In 1967, he was promoted to Nikyu (brown belt). Early in 1968, the Astoria Queens Dojo closed and was moved to West 47th Street Manhattan, NY. The Sanshirou Club was also established in that year at Manor Road, Staten Island, NY. Additionally, he was promoted to Ikkyu that same year. In what

appeared to be a series of moves, the 47th Street Dojo closed in 1969 and reopened in larger quarters at West 42nd Street again in Manhattan. Shortly thereafter, the Sanshirou Club and the West 42nd Street Dojo closed. A new headquarters was opened at Post Avenue Staten, Island, NY. In June of 1969, in Hempstead, NY, he was promoted to the rank of Shodan making him the third student in North America to receive that honor. While he was promoted in the United States, he had the honor of having his papers and black belt presented to him at the United States – Canadian Championships which was held in Canada by his first instructor, Masayuki Hisataka, Sensei and he also received a trophy for the Best Fighting Spirit.

When Morita, Sensei left the Japan Judo & Karate Dojo in Brooklyn, Kashimoto, Sensei became the head instructor at this dojo and Eric became his assistant. When

Yamazaki, Sensei went back to Japan, he was asked to teach at the Queens Judo Center in Forest Hills, NY until the Federation split.

He assisted Kashimoto, Sensei at the main headquarters in Staten Island, NY handling teaching and administrative matters of the Sanshirou Club until the Club was renamed Tokyo Karate in 1971.

He was very much honored to run his own school while under the banner of the Kenryukan at the East New York YM&YWHA at Linden Boulevard, Brooklyn, NY and the Tokyo Karate Club in the Bronx, NY on Longfellow Avenue.

In 1977, he was awarded the title of Renshi.

For Eric Deravin, Renshi, his practice has been a long and rewarding experience and feels that as long as his health is good he will always be a learning student of the Art. We congratulate him upon his 40th Anniversary of the study and practice of Shorinjiryu Karatedo.

Greetings from the Great White North

by Brian Aarons, Hanshi

To My Fellow "Shorinjiryu-ians".

As usual we've got some of that fluffy white stuff along with cold and blizzards that we'd love to share with our brothers and sisters to the south. We're also going to send a couple of hundred thousand Canadians to Florida to contribute to your economy.

I think the Christmas season is a time for each and every one of us to pause, reflect and celebrate. It doesn't matter your religion or non-religion; the message is clear and that is each human being is lock-stepped together on this space ship Earth and it's time to carry that thought consciously in all our dealings. Once this truth is acknowledged then the challenge is to find a way that we as warriors can carry out our dojo practice into our surroundings. What this

will lead to is compassion and understanding of our fellows. Everybody has the same hopes and fears and once that is understood it becomes easy not to judge someone outright.

So, what does this mean for each of us? Well, look at how we respect our dojo, clean it before each class (you do that don't you?) and contribute to repairs without being asked. We don't spit there, curse there, drink or do drugs there. Look at the respect we are taught to show to our Senseis, equals and the members coming after us. In essence we really shine our body, mind and spirit at the dojo.

The challenge in 2006 is to carry that attitude outside. To the students living at home, clean your room, keep it tidy, do something

around the house without declaring it; just do it. You'll shock your parents, but by and large they will secretly enjoy your contribution.

Don't throw down garbage; if you see some on the ground, pick it up.

To those living on their own, don't dump your stuff, pretend that your walls are glass and everybody can see you. For you folks living with others; work on ways you can help your partners above and beyond the your usual roles.

When you start practicing these ideas you'll be a Sensei and make your Dojo really proud of you.

Boy-oh-boy as I get older I really am becoming long-winded.

On behalf of Shorinjiryu Kenkokan Kudaka Karate-do I wish everybody a Merry Christmas and a Happy New Year.

Another World Class First for the Shorinjiryu Family by Emanuel (Manny) Hawthorne, Shihan

The Canadian Royal Military College Tour & Karatedo Demonstrations, Nov. 4, 5, 6, 2005.

I am extremely pleased to write this report about the much anticipated Royal Military College Tour and Demonstrations, November 4th, 5th & 6th. This spectacular tour and demonstration was the "first ever private tour / demonstration" at the college; indeed, **SHORINJIRYU KARATEDO PROUD & HONOURED!**

Special dignitaries in attendance from the College: Mr. Michael Kennedy – Ex-Cadet (12570), MBA Richard Ivey School of Business, (a former Seidowkan student), Mr. Barry Winfield, Ex-Cadet (5851), retired Lieutenant Colonel, former Commander of the famous Canadian Princess Patricia Squadron, President of The Canadian Paralympics, Major WJ. Danny McLeod, MC (84 yrs. young) decorated WWII Veteran (former Judoka), from Karatedo: Mr. Wayne Donovan, Shihan, College Professor, founder of the Shorinjiryu Kentokukan Karatedo Federation, Mr. Allen Yuen, Sensei of the Kingston Shorinjiryu Karatedo Dojo, and, proudly, twenty one students from the Kenshin Karatedo School in London, Ontario.

Introductions were made on Friday evening, Nov. 4th at our

hotel in Gananoque, Ontario, with the tour to commence Saturday at 0900hrs, Karatedo & Judo demonstrations were held on Saturday at 1500hrs, at the RMC Gymnasium. On Sunday, at 0900hrs, we rounded things up with a Q&A brunch at a local restaurant. The weekend adventure was absolutely fantastic, lead by Mr. Michael Kennedy and Mr. Barry Winfield (Officers & indeed True Gentlemen!). Michael spoke at length of the many commonalities between Military Officers Training at RMC, and that of his experience with the Martial Arts, in particular Shorinjiryu Karatedo.

Barry spoke most eloquently of the roll of Leadership, and how we must aspire to become and promote LEADERS OF MEN (figuratively speaking). He, having previously read Scientific Karatedo in preparation for meeting with us, noted the high significance and /or regard for the philosophy expressed throughout the chapters. Stating also, we should all be commended for our study and dedication in such a diligent martial art form. Of significant note, he expressed on numerous occasions that, "as in the Military, we in our individual study, are striving for self-actualization as expressed as being: Integrity, Loyalty, Compassion, and Strength!"

Profound that a man never having stepped foot in a Shorinjiryu Dojo, summarized our motto, to the letter!

We should note that Barry Winfield was the Cadet Wing Commander of the Class of 1963; this means he was the highest ranking cadet in the College in his final year.

Yes, I would be remiss if I didn't write about the awe-inspiring lecture we were honored to receive during our lunch by Major McLeod. This eighty four year old decorated WWII War veteran, with a hand grip like a tooling-vice, had everyone's undivided attention. Most importantly he emphasized to everyone that we must never loose sight of the fact that we need each other, and that we don't achieve anything by ourselves! We must constantly remind ourselves that throughout our lives we must be of the understanding and mind set that our most important accomplishments come from an understanding, knowing and expression of "WE, US, OUR" and not "ME, HE and THEY"!

Just an absolute outstanding adventure, a first, a chance of a lifetime! Please visit my web site and view some of the photos of the day's activities.

In closing I would like to add, "Less We Forget"!

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