

Winter Shimbun 2010

The Periodical of the Shorinjiryu Shinzen Kyokai
Host of the “Gathering of the Shorinjiryu Karate Family”
Shorinjiryu.org

HAPPY NEW YEAR

¡Feliz Año Nuevo!

Glückliches Neujahr

Šťastný nový rok

Xin nian yu kuai

Gelukkig Nieuwjaar

Chronia Polla

Godt Nyttår

Felice Anno Nuovo

Onnellista uutta vuotta

Sun nien fai lok

Yeni yilinizî kutlar

Akemashite omedetou gozaimasu

新年おめでとう

幸福の新年

دي عس ديدج ماع



Shana Tova

S Novim Godom

yeni yilinizî kutlu olsun

Ein glückliches neues

Sabae bok mani baduseyo

Bonne Année

הבוט הש

С новым годом

Sun nien fai lok

Voorspoedige nuwe jaar

Godt Nyttår

Gung hay fat choy

Feliz Ano Novo

Aloha Makahiki Hou

Kul'am wa antum bikbair

Jahr Xin nian yu kuai

anigong Bagong Taon sa inyong labat



From the Desk of the President Myron M. Lubitsch, Hanshi

I hate to sound “clicheish”, but time really does fly. The year is now approaching its end and a new one is upon us. This Shimbun chronicles a number of events of the year and is probably one of the largest publications we have put together.

Take the time to read some incredible articles, view the pictures, and review the greetings of many of the heads of Shorinjiryu schools.

Allow me this opportunity to thank all my fellow instructors who have supported the Kyokai over the years, to thank the parents whose sense of volunteerism made so many of the events possible, and to thank all the students of Shorinjiryu for just being the students of Shorinjiryu and the future.

I wish everyone a very Healthy, Happy New Year filled with love, peace and excellent training.

Please take your time to read this, the largest most comprehensive Shimbun that we have ever produced. It contains articles of history, articles of controversy, articles that provoke thought, articles of human interest and pictures of events. I truly hope you enjoy this edition of the Shimbun.



From the desk of the Vice President

Embusen

Change is difficult at any age, especially when one has toiled for many sacrificial years to achieve knowledge and skill. This holds true even more so when one feels a responsibility as the purveyor of these accomplishments. The acceptance of change and perhaps misinterpreted information and its effect is something we, as foreigners in the Eastern arts, must embrace. This is particularly so when much of our education was / is so shrouded. Understanding that our original liaisons to Shorinjiryu were young in practice, age and experience would reasonably presume there will be much development over the years. Such growth is not always universal and certainly not openly accepted by many as it does upset balance of things and causes one to question abilities and assumptions (facts) that have been respectfully passed on and accepted in the trust of the student.

Unfortunately, much of Budo is about translation which is why it is considered an art more than anything else.

One example is the enigma of soto uke / uchi uke. Which is which? The JKA says defines the soto (ude) uke as our uchi uke and vice versa. Is there a difference? Well, yes there is and both are correct. After much practice and study into the origin of the “blocks” (another misinterpretation) we find that the Okinawan version for a block actually uses the extended hand at the **diverting** movement and the hand closer to the body as a follow up strike or lock. This makes sense when one considers that most Okinawan styles are of and *in close personal defense* origin. This is in opposition to the Bushi (military class) who used such “blocks” from a distance and usually as a strike by moving first and capitalizing on the momentum accrued...so the perceived block was actually a strike with the extended hand. When in close they used *kumiuchi* or *tuite*. So now the extended hand comes back to the body as it is in transition and is then extended toward the opponent as one moves (much as in Aiki or Daito). So inside and outside is dependent entirely upon application.

Another concern is the misinterpreted translation of ENBUSEN, yet seemingly thought of as insignificant. I have seen many interpretations and none seems to make more sense than **Shinan**. An interpretation of Goju lineage states the term refers to the shape of the ancient tombs of Okinawa and that such a tomb was built to represent the womb. In such it is believed that we are born of the womb and return to the womb of the earth... so in kata we should begin and end in the same place. Other interpretations of Wado and Shoto state that in is merely a linear trace of the foot work of a pattern. Another such (I have forgotten the source by now) explanation of a more reliable (Koryu) period states that it is not at all the footwork but a record of the lines of force that create the pattern.

In all my research I have only found one source of a rather personal interpretation that refers to returning to the same place of start. Nearly all others state that the beginning and intention of the ensuing pattern are what define **embusen**.

It seems much controversy surrounds the concept of **embusen**. In breaking the word down it is really quite simple: **En** or **Em** means to “perform or enact”, **Bu** is of course “martial” and **Sen** means “line or track”. So the basic interpretation is that kata should track the proper movement / momentum to ensure the integrity and history of a given style and technique or series of techniques.

As for ending in the same place one starts? In speaking extensively to Watanabe Kaicho he has related some of Shihan’s thoughts on this particular concept.

“Kata ni hameru na kata ni hameru to kojiri no kosei o ikasenai. Kojiri no kosei o ikasumi wa kata ni hamezu ni nobi nobito aji no aru kata o shinaisai. Watanabe ni oshiete”

Basically, this says that it is the appointed responsibility of Watanabe Shihan to make all students understand that they must strive to put life into their kata. That kata is to be explored and at the same time revered and maintained in the old way. So we are to revive the kata with our life in a search for ourselves and perfection while maintaining the integrity and meaning as well as make our kata ourselves and vice versa. We need to perform kata that makes sense for who and where we are developmentally. This is something we “must do”. In light of this, to return to the starting position while still “in” the kata...squeezing the kata into a box made of contrived regalia eliminates the very purpose of the practice of kata. The practice of **embu** is to train the mind to the point of **fudoshin** while demonstrating the form as it makes sense for the practitioner at the moment. So to actually add moves to a kata or change the intention so as to merely stand where we started as a formality is actually changing the kata and should be viewed as a poor presentation or as they say in Japan, “a dead kata”.

I was schooled by many Sensei and all (as stated) were young in experience at the time. Far more experienced than I at the time but young just the same. Things have changed tremendously since those days and much more is to come. So I do apologize to my former Shidoshi; Morita, Yamazaki, Hisataka, Ishino, Monjiyama, Marcus and others as I know your efforts and intentions were honorable and sincere. I do not wish to correct my Seniors but educate my students. My humble apologies to any this might offend.



From the desk of the Technical Advisor



**Shunji Watanabe, Hanshi
Watanabe-ha International**

Dear Shorinjiryu Family,

I would like to wish all the students of Shorinjiryu a very happy New Year filled with good health, training and hard work. I have seen so many of you this year working hard to improve and I hope that in 2011 we continue to work together and that you continue to train even harder than before.



Much Ado About Nothing



**John A. Mirrione, Kyoshi
Shorinjiryu Kenkokai Karatedo
Shorinjiryu Shinzen Kyokai Vice President Emeritus**

Some time ago I was watching a video on a traditional karate style (Uechi-ryu) and noticed that they did not

end all of their kata in the same place that they started. I thought to myself that perhaps I was seeing only part of the kata and not the whole kata or perhaps some hybrid kata of that style. I trained under several Shorinjiryu instructors that seemed to expect kata to begin and end in the same place. My contemporaries also seemed to have accepted this type of practice. All this is evident while watching a traditional Shorinjiryu tournament or demonstration. Even when the practitioners add or take away a move from a kata, they ended the form as close to where they started the form. Since moving to Florida and competing in several open (all styles) tournaments, I have noticed that most of the competitors ended their kata in the same place but a few did not. The judges seemed indifferent to this and I believe that they did not penalize anyone for where they did or did not finish.

Recently, prior to the start of a Shorinjiryu International Tournament, a question was raised at a Black Belt meeting, as to whether or not competitors should be penalized for ending their kata in a different place than where they started. It was decided by Hanshi Lubitsch (President of the Shorinjiryu Shinzen Kyokai) that no one would be penalized for this type of transgression as long as they did not finish their kata in the ring next to them. That afternoon I was speaking with Hanshi Shunji Watanabe (Technical Advisor to the Shorinjiryu Shinzen Kyokai) over lunch and he brought up the subject with me speaking in both Japanese (of which I understood little) and English that unlike other styles of karate, it was not imperative that Shorinjiryu kata end in precisely the same spot it began. Instead, he said that kata is alive and subject to interpretation each time it is performed and, therefore, it can end sometimes off the spot where it began.

~During my early years of Shorinjiryu training under my original instructors, it was understood that if you did not finish your kata in the same place you began it, you either left out a move, added one somewhere, misunderstand the bunkai, took longer or shorter steps or just lost your direction. I cannot say if anyone was actually penalized for such a transgression. Opinions on the matter are varied and this drew me further into the subject so I now write about it, knowing full well, that it may cause boredom to the reader.

~In the 1960s, some of our Shorinjiryu teachers told us that once we reached Black Belt rank we could add a move to the end of a kata to personalize it, and as a result of this, throughout the years, Shorinjiryu kata have been changed either deliberately or in some cases accidentally. Some Shorinjiryu kata have changed reflecting the influence of the Koshiki system which embraces other martial arts that bring with them their own prior teachings. Over the years, I have judged contestants from other styles doing improvised kata who make every effort to end the kata in the same place they started it even if it means taking an additional step or two.

~I go to a community fitness center three times a week, to train in kata, kumite and weapons forms. Each time I have new obstacles to overcome such as noise from a television, music, people talking, relocated equipment that often restricts my movement, and also folks who seem to be oblivious of my training and stand where my next move is going. When I train and teach in a local park where there is plenty of room to move, I constantly have to adjust myself to the uneven terrain, annoying bugs, rain, wind, heat, cold, noise from a nearby soccer game. Let's not forget the curious passerby who comments that he has trained in the Martial Arts long ago with a master. Before I begin my kata, I clear my mind of all outside thoughts and enter a meditative state prepared for the battle ahead. In spite of all the obstructions and distractions, each time I practice kata, I always seem to end it in the area that I started it; however, this is not always possible given the unpredictable circumstances.

~I would be remiss if I did not mention the new students who have always practiced their kata facing in the same direction. When they are asked to begin the form facing in a different direction, they become confused and end it facing in the wrong direction. Students, such as these, become fixed on a setting that is familiar to them and they get confused when the setting changes. At one of my dojo, I had a senior citizen student who could not perform a simple kata for some time unless someone lead the way. Finishing the kata where they started is foreign to a new student and out of reach for several months. On the complete opposite end of the spectrum, one of my teachers (Shihan Morita) once told me that he does not remember kata, his body does, so he never makes a mistake no matter where or what direction he faces. The late karate master, Mas Oyama, on one of his long training sessions in developing his new system of karate, said he practiced his kata 100 times each day beginning and ending in the same position and place each time.

~Kata is alive and subject to the interpretation of the person doing it. In my own personal pursuit of perfection, I will try to finish my kata where I began it or in close proximity - keeping it real. My much older body tries to remember the moves my much older mind cannot. Oh Well, I guess this was all "much ado about nothing".



The Kata of Shorinjiryu – Sankakutobi

By Des Paroz, Renshi

Shorinjiryu Kenryukai Watanabe Ha Karate Australia

Shorinjiryu Shinzen Kyokai Public Relations Coordinator

KengokanDojo

Sankakutobi can be considered one of the the newest kata in Shorinjiryu, yet could also be said to be one of the oldest. Unique to the Shorinjiryu lineage of Shinan Kori Hisataka, Sankakutobi is only known to exist in any format within karate schools that practice Shorinjiryu, or are influenced by Shorinjiryu. It can also be considered an older form, due to the fact that it is based on the 11 Sankakutobi Kumite that have been handed down through Shinan Kori Hisataka.

~The word Sankakutobi is comprised of two subwords - sankaku (triangle) and tobi (jump) - so the name describes the core movement of the kata - evasive moves that use triangle jumping.

~In other style, these “triangle jumping” moves were long considered a secret technique (Clayton, 2004), which Shotokan founder Gichin Funakoshi taught “to very few people”. Funakoshi (2001) himself described the sankakutobi movement in the following way: “even in ancient times sankakutobi was a wonderfully exquisite, mysterious technique never seen under normal circumstances”

~Sankakutobi is a lengthy kata that is comprised of linear, angular and circular attacks and defences that are the trademark of Shorinjiryu karate. Considered to be an intermediate to advanced form, there are 2 distinct versions of this form - the Sankakutobi kata (as presented in the Scientific Karatedo) and a Sankakutobi Dai (“greater Sankakutobi”) form, which uses the same pattern but consists of additional moves in each segment that are of a more advanced nature.

~The kata consists of four sections, with the second and fourth sections being the mirror image of the first and third, respectively. In email correspondence, Shihan Dan Hayes informed me that Sankakutobi kata is versatile in that the four segments can be mixed up, so that the kata can be performed in a different order. As a training technique, this is an excellent way to really embed the kata in people’s minds, reducing the mental reliance on performing a rote sequence.

~According to Hanshi Watanabe, the three major considerations in performing Sankakutobi kata are the integration of hand and foot techniques, focusing the breathing, particularly at the start and end of the kata, and the trademark tai-sabaki of the triangle escape.

~As a one-person kata, the form of Sankakutobi appears to have been developed by Hanshi Masayuki Kukan Hisataka (Hisataka, 1976). It is clearly evident however, that the kata is comprised of techniques and applications from the 11 Sankakutobi Yakusoku Kumite that were passed down by Shihan Kori Hisataka.

~The 11 Sankakutobi kumite are grouped into 3 series - the Shodan, Nidan and Sandan series. The first series focuses on long range impact-based techniques that essentially form the artillery of karate, including punches, kicks and strikes. In this series, there is a large emphasis on evasive footwork. The Sankakutobi Nidan series works at close to medium range, and incorporates throwing techniques and defenses against them, again utilizing Sankakutobi style footwork. The Sankakutobi Sandan series are short sequences that provide defenses against weapons based techniques, and are clearly influenced by Shinan Kori Hisataka’s studies of jujutsu and aikijujutsu.

~In recent times, there is a big push to explore the application (bunkai) behind the various karate kata. It is my belief that practice of the 11 Sankakutobi yakusoku kumite is a detailed study of bunkai, and has existed within Shorinjiryu karate for decades (at least). Of course, it follows closely that practice of Sankakutobi kata is a one person practice of the techniques and principles contained in the yakusoku kumite. Sankakutobi is unique in that it allows practice of both omote waza (surface application) and ura waza (reverse application) techniques in the core form.

~Sankakutobi is a special form that is unique to Shorinjiryu Karate. It contains our signature movement, and has a special connection to the yakusoku kumite (2 person fighting forms) from which the kata was derived. It’s a kata that all Shorinjiryu practitioners should practice and enjoy.

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Dear Shorinjiryu Family

By Michel Laurin, Kyoshi
Shorinjiryu Shindo Budo Kwai

A new year is coming soon. I know for a lot of people 2010 as been a difficult one. I hope 2011 will be a better year for everybody. I think what helps is to look at what we have instead of what we don't have. Keep dreaming, set goals, work hard, then work harder, and never give up. It may take longer than you want it to, but if you're passionate and stubborn enough your dreams will come true.

I wish you all wonderful Holidays and a great new year,



The Value of ZEN Meditation in Karate-do

Larry Foisy, Sensei
Shorinjiryu Shindo Budo Kwai

Do you remember your first karate class when you're instructed to kneel in a *seiza* position to do a *Mokuso*, a moment of meditation? Without really understanding how it is performed, you closed your eyes and you imitated the others without really understanding what you should be doing. From the outside perspective only the momentary stillness is observed, the internal aspects of meditation in others are imperceptible. Personally, it was only after many years that I got interested in Zen meditation that I subsequently pushed my study of it, also because it's performed regularly in karate classes.

From the origins of martial arts

Thousands of years before the birth of karate, several forms of combat were prevalent in all civilizations. Historically, martial arts could be distinguished from combat when an Indian monk named Bodhidharma (Dharuma in Japanese), who had traveled in China around the year 520, established the school of "Ch'an" ("Ch'an" can be written as "dhyana" in Sanskrit and translated as "meditation"). The lifestyle of the monks being ascetic and the kneeling position adopted during Zazen meditation did not contribute to a constructive physical development on its own. Bodhidharma thus developed a training method to compensate for their lack of physical ability. The training methods were subsequently introduced to encompass the principles of self-defense because bandits, who pillaged the country that was shaken by civil war, often threatened the monks. Since religion forbade the monk to carry a weapon, they than had barehanded fighting methods known as *Shorinji Kempo* as an alternative.

How to survive the twenty-first century

Contemporary life is a source of constant stress; it is caused by our effervescent lifestyles at the heart of our society. This stress is the source of many diseases and hardships, but good news, there is an antidote: Zen meditation! Meditation is a way to transform your stress and suffering into serenity and peace of mind. Doctors have demonstrated in the physical benefits of meditation (1), which are: slowing of the heart rate, decreased in blood pressure, faster recovery time after periods of stress, better synchronization between left and right hemisphere of the brain, lowers cholesterol... The psychological benefits of meditation are: regression of chronic anxiety, greater empathy, increases sensory awareness and acuity, greater creativity and self-fulfillment...

~I usually explain the stress of everyday life to my students by asking them to ponder the following: Life is like an ocean, whose waves are very agitated at the surface; this represents the ups and downs of existence. When we meditate, we must dive deeper to find calmer waters and serenity.

The spiritual development of individuality in mind and body

By simply reading of the motto of *Shorinjiryu*, it seems obvious, at least to me, why *Mokusos* are an intrinsic component of *karatedo*. An important aspect of Zen in martial arts is focusing on the present moment. Sometimes I ask my students: “what time it is?” and the answer is “now!”. If Zen meditation allows us to become conscious of our consciousness, the practice of high-level karate-do would be, in my humble opinion, to discover your genuine and complete self. Etymologically, the word karate is a combination of “Kara” meaning empty, like vacuity, and “te” meaning hand. We can make the link between the emptiness of the mind through the practice of punching (as well as any other technique). When we reach a high level in karatedo and that we choose pursue the path of spiritual development, we can then approach the divine and the nirvana.

~To help you better attain the complete awareness of your being during an execution of any karate movement, here's a simple exercise you can do for yourself or for your students. In the Zazen position, you should concentrate and be conscious of only one thing: your breathing. If your mind wanders or diverges from your breathing to something mundane (e.g. I need to mail a document) you should gently put this idea aside and return to your primary purpose, which is breathing. It is very important that the karateka does not feel guilty for letting his mind wander, because this can only cause unwarranted emotional stress and loss of focus. After the meditation you can inquire as to the subject onto which their mind wandered. It will most likely revolve around their main source of stress (i.e. work). Following several years this exercise will become simpler for you. Now you don't need to banish these thoughts, simply let them drift through you to inexistence since they are without consequence like water flowing down a river.

If you want to live longer, breathe!

I will not explain to you here how to breathe because it is routine and we all do it automatically. But did you know that there are several different ways to breath? At the origin of karate in Okinawa, there were two major trends: The *Shuri-te (Shorin Ryu)* using natural breathing and *Naha-te (Shorei-ryu)* using a so-called artificial respiration (2). Hence, you will understand that the *Kata Seisan* comes from the Naha-te. In Naha-te we find 5 different types of breathing also used in Zen meditation:

- 1) Long inspiration, long expiration
- 2) Long inspiration, short expiration
- 3) Short inspiration, long expiration
- 4) Short inspiration, short expiration
- 5) Held breathing: Inspiration, breath held, expiration, breath held.

Here is a simple exercise you can try yourself and teach to your student. Try to complete your inspiration in one second, then expire in one second, the second time inspire in two seconds and then expire in two seconds. Increase this increments but one second each time. It is important to clarify here that this isn't a contest to see who can count the furthest; it would lose the value of Zen, which is to become aware of your own breathing.

~In conclusion, here is a quote that beautifully explains the value of Zen in karatedo. “Karate can be seen as a way to experience mindfulness, and thus a way to approach Zen. Karate stresses the importance of fully bringing together and focusing the mind, body and spirit for one single purpose, so that the individual engaged in karate is striving to be completely here.” – Stuart Cook.

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Shorinjiryu Kenyukai Watanabe Ha Australia Update By Jim Griffin, Shihan and Des Paroz, Renshi

2010 has been a big year for Shorinjiryu Kenyukai Watanabe Ha Karate Australia, once

again!

In April, we were graced by a visit from Hanshi Watanabe, Shihan Dan Hayes, Shihan Page Christis, and Sensei Richard Alicea. Clinics, seminars and dojo training sessions were held in Sydney, Brisbane, Bribie Island and Murgon, culminating in our National Training Camp on the beautiful Sunshine Coast. Several Yudansha promotions were conducted, including Shihan Jim Griffin (7th Dan), Sensei Mark Slingo (3rd Dan), Sempai Christine Dewar (2nd Dan) and Sempai Adrian Cepak (1st Dan). Congratulations to each of the recipients on their terrific achievements.

~During his visit, Hanshi Watanabe announced that Shihan Jim Griffin was appointed as Shibuchō (branch chief), and Shihan Max Estens was appointed as Fuku Shibuchō (vice branch). In his role, Shihan Jim is also appointed as Saiko Komon (chief advisor) to Hanshi Watanabe, alongside Shihan Dan and Shihan Page. Shihan Max, Resni Lesley Griffin and Resni Des Paroz were appointed as Komon (advisors). A senior advisory council for Australia, consisting of Hanshi Myron Lubitsch, Shihan Dan, Shihan Page, Renshi Lesley and Renshi Des.

This structure gives Shorinjiryū Kenyūkai Watanabe Ha Australia strong leadership, with support from senior karateka from the USA and Australia.

~Shorinjiryū Kenyūkai Watanabe Ha Australia currently has 8 dojo operating around Australia, with the latest additions being the re-opening of Sensei Mark Slingo's Rockhampton Dojo (Kensuikan) and Sensei Jason Romer opening a dojo in the Brisbane suburb of Bardon (Seishinjuku).

~We're proud of our newly re-launched website at www.shorinjiryu.com.au. We'd appreciate any feedback from our Shorinjiryū family through the site.

~2011 is looking like a great year. We look forward to our National Training Camp in April, but a highlight will be our group traveling to the USA in October, to train at Hanshi Watanabe's dojo in Baltimore, and to participate in the 25th International Shorinjiryū Shinzen Shiai.

~We'd like to take this opportunity to thank Hanshi Myron and all our friend in the Shorinjiryū Shinzen Kyōkai for all the efforts to bring together the Shorinjiryū family. This vision is important to the continued development of our art, and we appreciate all the work.

~Seasons greetings to all. Best wishes for a happy, healthy and prosperous 2011!



Tradition - Sempai and Rank A Concept that has seen it's day?

Myron M. Lubitsch, Hanshi

Many years ago, when I was a younger student of Shorinjiryū and a brown belt, I waited with anticipation in the dojo for instruction as to that evening's class. Just as we got ready to sit in *seiza* an adult green belt entered the dojo. I had not seen him in years and thinking nothing of it, stood at the front of the line as I was the senior student in class that day. Without warning, I was admonished by my instructor and told to move to let this student take my position in the line. Being the dutiful and respectful student, I did not question this action. But, I guess my facial expression could not hide my surprise and questions. Later, I was schooled that even though I was the ranking student, this other student started before me and, therefore, was my sempai. Ok. It made no difference that he was inactive for years, he never showed up in years, he did not know any of the new material or even the old, and virtually no one knew him – shall I continue? Well, within a few weeks, he was gone again never to be seen in class.

~So, what does all this mean? Does the beginning date trump the rank? I guess that the concept of “older brother” can be a difficult one to understand. Sure, he was “born” first and deserves that recognition but then what?

~Instructors have to look to certain realities. If we take the *senpai* concept to its logical conclusion, no student can really be promoted to a higher rank or grade if the “older” student who may or may not be proficient or even meets the qualifications for the higher grade is not moved up first. Things can really get problematic when promotions to and within the Yudansha or black belt levels take place. Yes, at one point, I attempted to follow that tradition, but that proved highly awkward, questionable and totally illogical.

~Clearly, we must respect those who come first. But, we must also recognize those talented students who are still there training, supporting, working and participating.

Some purists will take the position of Teviah from *Fiddler on the Roof* when he laments his daughter's wish to marry without his permission:

“This isn't the way it's done, not here, not now. Some things I will not, I cannot, allow. Tradition-Marriages must be arranged by the papa. This should never be changed. One little time you pull out a prop, and where does it stop? Where does it stop?”

~I, for one, have faced that question years ago and, unfortunately, the concept rears its head time and again, things do change. We live in a different culture and time period. The realities of our times and the needs of the student have dictated that the traditional *Senpai* concept must take a second place to the concerns of the students and the school.

~So, Tevia, while marriages in certain countries and cultures are arranged they are not here.

~Both concepts of rank and *senpai* must be respected and that is a given, but we must also understand that they are mutually exclusive concepts.



When Worlds Collide: Soccer Mom Meets Budō

By Brian Berenbach, Shihan
Shorinjiryu Kenryukan Karate
Kyokai Secretary

Budō is a compound of the root *bu* meaning war or martial; and *dō*, meaning path or way. When applied to the martial arts, *dō* typically means a “way of life” cultivated through the study of the art form. Naturally, when we speak of “way of life” that implies a significant impact on the practitioners’ life style.

~ must say that in the short time I have been practicing karate, I have seen many changes in American lifestyles. For example, I remember when there were no home computers, no cell phones, tiny black and white televisions and people used to write real letters, using either a typewriter or by hand. Creating a report for school, for example, was a tedious effort involving typing, erasure, and carbons and copies carefully aligned. Similarly, I have seen significant changes in the practice of the martial arts, notably in America, which seems to be the worldwide epicenter for “jack of all trades, master of none.” Until its introduction into the U.S. after G.I.s started studying in Okinawa or Japan and bringing it home, karate (along with judō and aikidō) was a *dō* or path. People would study karate intensely over many years, striving for enlightenment and perfection; not easily obtained, but certainly noble goals. Of course, one of the reasons that *dō* was applied to karate is because it takes so darn long to be any good at it. A typical example is the back stance (*kokosu dachi*). It took me about three years before I felt comfortable in it, as both my muscle strength and skill needed to reach the point where I felt like I was sitting on a stool and was comfortable for extended periods, but could rapidly move in or out of the stance. That is hard to explain to a novice. It is also why knowing the moves (and breathing) in a kata is not knowing the kata. Skill, muscle strength, and knowledge, must all converge before a kata is mastered, something that can take many years.

~What are the rewards of studying karate as a *dō*, e.g. karate-dō? The more obvious ones are strength and vigor, grace, self-confidence and the feeling of achievement, of being one of just a handful (in a relative sense) of people on the planet that have mastered something that is really hard to do. Some of the less obvious benefits include the rewards of knowledge of a martial art, spiritual well-being, and the feeling of belonging to a rather exclusive group, all of whom got there thru dedication and a lot of hard work. For what it is worth, I am often taken for a younger person, and the senior Senseis that I know personally, all look and seem to feel younger than their age would dictate; in short, a longer, healthier life.

~Enter the “Soccer Mom”. On Tuesday it’s karate, Wednesday its soccer, Thursday its bowling, Friday is tennis, and, well... you get the idea. It is also a “way”. And not just moms adopt this philosophy; it is the way of people who like to “dabble”. They try a little of this, then a little of that. Along the way, they don’t really get very good at anything.

One evening I went to a temple, and after services wound up getting in a rather heated argument with a lady with children. She wanted them to “try everything” whether they liked it or not. So, if they tried wrestling and liked it, too bad, because six months, later they were off trying something else. I tried to explain what *dō* was all about; I could have been talking to myself. That was just one instance of the *dō* culture clash, but in our dojo, we get reminded of this collision quite frequently. This evening in class, for example, aside from the instructors and a brown belt who is the son of one of the instructors, I had no one higher than a blue belt, and only one of those. It seems that as soon as the students start to get an inkling of the height of the

mountain and how long it is going to take them to climb it, they disappear. Another form of the “collision of ways” is the dreaded statement “Shihan, I can only come once a week because I have soccer one night and swimming on Saturday”. Under those circumstances, I politely request that the student move on with their life, thank you very much. Let them enrich a pseudo karate storefront operation. They deserve each other.

Another interesting situation that I had recently was when three green belts that I had not seen for months showed up for class one night. It seems they all wanted forms filled out for some academic society such as Arista, and they needed to show “commitment” to an outside activity. Hah! We signed the forms and haven’t seen them since. So it comes down to this. Someone involved in the study of dō takes the long view, starts out, enjoys the journey, and never asks “when am I getting there?” e.g. “when is my next promotion”.

~Someone involved with the study of “soccer-mom- dō”, asks “can I fit this in with my other activities?” and “how soon can I make black belt so I have it on my resume or college application?”

Years ago, the dojos were filled with the serious study of dō. Today, with the advent of store front “Tai Kwan Dough-Dough” places, 8 year old children are making black belt in 6 months, with their \$\$ studies sandwiched between the sandbox, swimming and soccer. Interestingly enough, the percentage of karate-dō students in our society is probably the same as it was when I started studying about 1962. It was just that we didn’t have the other kind in those days, heck, no one had even heard of soccer and there was no such thing as a minivan. The dilemma facing for profit dojos today is “how can you stay true to the dō while still making enough dough to stay in business”? Unfortunately, there are no easy answers, and of great concern to us old timers is that, at least in the U.S., karate-do may eventually go the way of the Dodo. On the other hand, perhaps I am just starting to feel my age.



Greeting Everyone

Brett Watson, Sensei
Shorinjiryu Hakuto Washi no Ken

I would first like to thank Hanshi Myron for his generous support. He has done so much for me this recent year that I want to express my gratitude and want to start by thanking him. I have been part of the Shinzen family for a good number of years, showing my support and dedication by coming down every year for our annual tournament. Hanshi has admitted me into the Shinzen as a recognized instructor with my own club and for this I am very thankful and will make him and Shinzen proud for years to come.

The last gathering of the Shorinjiryu family was absolutely amazing this year! There was a great sense of unity that made everyone feel good. The competition itself has greatly improved and it was well known everyone is getting better and better every year. The spirit of the entire event simply made it a valuable experience for everyone. I cannot wait till next year for the 25th Annual Tournament as it will be the best one yet!

Since the last gathering in October, I have been gifted with some very eager, bright and proud young students who show a lot of promise. I feel that this is a sign of good things to come for myself as a newly recognized instructor. With that came new responsibilities in which will further improve me, my students and Shinzen.

~I wish everyone a safe and happy holiday and happy new year!



Greetings Fellow Karateka!

John Salasko, Shihan
Shorinjiryu Kenjiyukai

Fram all of us at Shorinjiryu Kenjiyukai to all of our fellow Shorinjiryu friends we wish you Happy Holidays, Merry Christmas and a Great New Year.

Thank you all for being our friends.



Greetings Fellow Karateka!

Anthony D'Avino, Shihan

Shorinjiryu Kenyujokai

Wishing all of you a merry Christmas, happy holidays, and looking forward to a happy new year!...As with most of us, the Kenyujokai Karate club has endured its' share of setbacks during these trying economic times. New babies, marriages, home purchases, job losses, and injuries have taken their toll on our club!

For the first time in thirty years, classes for our club are currently on "hold, while our members regroup from personal issues, and injuries. The good news is brown belt , Brian Mazeika, has become a proud father of a beautiful daughter, Brianna!....so there is a new Shorinjiryu member, in the world !...Brian was also able to bring Shorinjiryu to his workplace, as a graphic designer, and used one of our club photos, in a Metr-x ad, that his company did.

The current situation has given us a new perspective, on our training. What we have come to realize is that when we are in training on a regular basis, we sometimes do not realize the high levels of physical and mental conditioning that we have established. Just missing classes for a week can reveal how necessary regular training is! And , the old adage of "if you don't use it , you'll lose it , rings loud and clear, So, "onward and upward!" we look forward to what the future may bring ,and send regards to all our brothers and sisters in Shorinjiryu...regards, Shihan D'Avino



Page Cristis, Shihan
Watanabe-ha

Now is the time of year when people normally reflect on the previous year and look forward to the potential in the future. We should appreciate what has been given to us, be thankful for our good health and success. Happy Holidays and Best Wishes in the coming Year! See you at the Dojo.



James Anderson, Shodan
Shorinjiryu Kenryukai

"Hope everyone has a happy new year, and continues to train hard"



Peter Hiltz, Renshi
Ake No Myojo Budo
Shinzen Kyokai Web Master

Shorinjiryu Ake no Myojo Budo, Morning Star Martial Arts in Eldersburg Maryland wishes all the Shorinjiryu Family a safe and happy holiday season, and out best wishes for a safe and prosperous new year.



Doug Roberts, Hanshi
Kudaka Federation

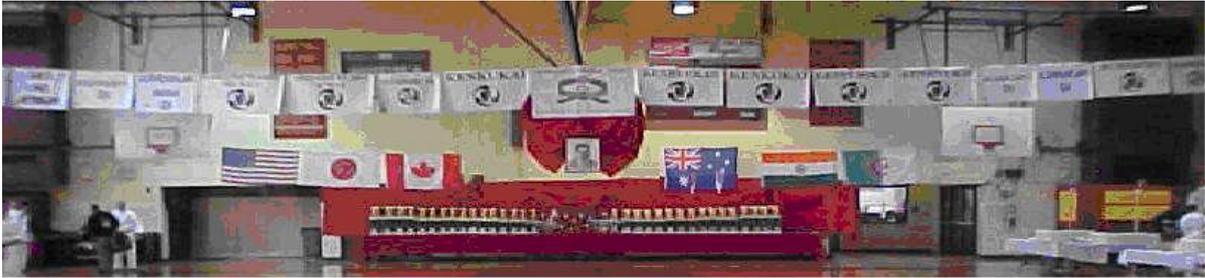
From all the Mudansha and Yudansha of the Shorinjiryu Kudara Federation we wish all Karateka and there family's a Very Merry Christmas / Happy Holiday, and a very Happy New Year for the year 2011 may all your wishes come true, and keep on punching and kicking. Hope to see you all in the New Year.



Dr. Henderson, Shihan-Founder
The International Budo Institute
Dear Fellow Budoka,

On behalf of I would like to wish everyone a happy holiday season and prosperous New Year. May the future bring much success in both your personal and professional lives. We hope that you all continue to be shining examples to your students and that they in return continue to provide you with moments of joy and great pride. May they also find much success in their studies under your guidance.
~With warmest wishes for your continued success.

A Year in Review



My Thoughts of the 24th Shorinjiryu Shinzen Shiai

Doro Konate, Sensei
Shorinjiryu Kenryukan Karate



The 24th Annual Shorinjiryu Shinzen Shiai was again an amazing success. I can honestly say that it was one the most memorable tournament I have been to for the 13 years I've been studying Shorinjiryu. I am not saying that because it was our own tournament or because I did really well in the events I competed in, but because I felt everything went well and the camaraderie between the Shorinjiryu schools around the world was admirable.

~The day started at 8am, which is when people started arriving and all you see was a sea of people dressed in their best all white gi. Greetings were exchanged by friends that haven't seen each other since the last Shorinjiryu gathering. After the official opening ceremonies, a number of black belts were promoted and the Algerian team put on a demonstration with awesome acrobatic maneuvers.

~This year the Shinzen Kyokai had the honor of also hosting our first Pan-American Koshiki game, so the tournament was pretty much divided into two different tournaments. The majority section was for the Shorinjiryu practitioners only and the other section of the tournament was open for all invited karate practitioners. By doing that the Shorinjiryu Shinzen Shiai kept it's strictly Shorinjiryu status.

Immediately after the demonstrations, the little white belts started their kata competition while the black belts were doing the Pan-America Koshiki fighting on the other side of the gym.

Soon after the individual Koshiki event, black belts from Algeria, Canada and the USA, went on to compete in team Koshiki. At that point the Pan-America section ended and the Shorinjiryu black belts began their weapons forms, kata and individual shiai.

~Through the rest of the day, the tournament ran like a well oiled machine; the black belts were put to work judging the events, the students who were waiting to compete were helping out with whatever the rings needed and the parent volunteers did an amazing job scorekeeping- as always.

After the final fight, everyone lined up for the closing ceremonies. Awards were given out for the best technique (the Shihan Ghislain Dore Best Technique Award) to an adult and a child. Then the spirit awards (the Peter Murray Spirit Award) to the adult and child who exemplified the true spirit of karatedo.

~At 8 pm that evening Hanshi Myron hosted a banquet at the Roma View. The tables were filled with tired, thirsty and hungry karateka. Soon after everyone arrived delicious food was server, great music was played and everyone was on the dance floor in celebration of another successful tournament..

A couple of hours into the night more awards were given for points accumulated throughout the tournament year, promotional gifts and thank-you trophies for the parent volunteers.

At first, I was nervous about the whole Pan-America Koshiki Games, but seeing all those different schools and countries come together to learn from each other and put everything you learn throughout the year to the test was unbelievable. I really wish the rest of the world gets to see what Hanshi Myron along with Kaicho Watanabe, Shihan Dan and Kyoshi Michel are trying to accomplish. It is a shame that more people are not involved.



News from Shorinjiryu Kenjiyukai Central Jersey Karate

Peter McMahon, Tashi

The Second Annual Central Jersey Karate Shorinjiryu Kenjiyukai Children's Only Tournament on May 1, 2010 and we felt it was important to thank all those who contributed to this year's resounding success. Competitors included 120 Karate-ka who competed in 14 separate divisions. All are to be commended on their exemplary attitude and performance. It was gratifying to witness the skills exhibited by these young people, who will most certainly prove to be the backbone of Shorinjiryu in the coming years.

**The Second Annual Central Jersey Karate
Shorinjiryu Kenjiyukai Children's Only Tournament**



**2nd Pan-American – Shindo Budo Kwai Tournament
Canada 2010**



2010 Shorinjiryu Spring Regional (Father's Day) Tournament



The Sixteenth Island Budokan Boguujitsu Invitational Tournament



The Watanabe-ha Invitational Tournament



Sunshine News



New Membership School:
Hakuto Washi no Ken

Sensei Brett Watson

We congratulate the following students upon their promotional recognition by the Kyokai.

Nidan Eddie Christian	Kenkukai
Nidan Christine Dewar	Australian Watanabe-ha
Nidan Nelson Patino, Jr	Kenryukan*
Nidan Olga Gonzalez	Kenryukan*
Shodan Adrian Cepak	Australian Watanabe-ha
Shodan Stephanie Coleman	Kenkukai
Shodan Yamini Kathari	Kenryukan*
Shodan Michael LaBalbo	Kenkukai
Shodan Joesph VanWinkle	Kenryukan
Shodan Candy Watson	Hakuto Washi No Ken
Shodan Wayne Watson	Hakuto Washi No Ken

*final testing is required.



Congratulations

Sensei Christian Hernandez upon the birth of his son, Christian II.

Senpai Brian Mazeika upon the birth of his daughter., Brianna.

Sensei Jim Dee congratulation upon your marriage.

New web sites:

www.shorinjiryu.com.au

www.kenryukan.com

www.islandbudokan.com

Australian Watanabe-ha

Shorinjiryu Kenryukan Karate Hqd. Ltd.

Shorinjiryu Kenkukai

New Dojos

Sensei Jason on his first Dojo and Sensei Mark is reopening his-Australian Watanabe-ha.

Congratulations

Kyoshi Michel's filming of his newest full length Hollywood movie is now completed. He is the trainer in the flick, "The Phantom Executioner." You can find the trailer on youtube.



Tentative Calendar of Events for 2011

Check the web site for updates

Saturday February 5, 2011

Winter Regional (1st In-House) Tournament

Shorinjiryu Kenryukan
Imperial Dragon Hombu Dojo
Brooklyn, NY
Hosted by Hanshi Myron M. Lubitsch

Saturday March 5, 2011

Kenjiyukai Invitational Youth Tournament

Edison, New Jersey
Hosted by Shihan John Salasko

Sunday April 2, 2011

8th Annual Invitational Watanabe-ha Tournament

Hosted by Watanabe-ha Kaicho Shunji Watanabe
Baltimore, Md contact: Hanshi Shunji Watanabe
info@japankaratecenter.com

Sunday May 29, 2011

15th International Shindo Budo Kwai Koshiki Invitational Pan-America Koshiki Invitational Tournament

Hosted by Shindo Budo Kwai - Kyoshi Michel Laurin
Lavel, Canada
contact: lgilles@shorinjiryu.net

Saturday June 18, 2011

Father's Day Recognition Tournament Imperial Dragon Hombu Dojo

Saturday October 8, 2010

25th International Shorinjiryu Shinzen Shiai

Queens, NY
Hosted by The Shorinjiryu Shinzen Kyokai

**THE
HONORS**



**THE
RECOGNITION**



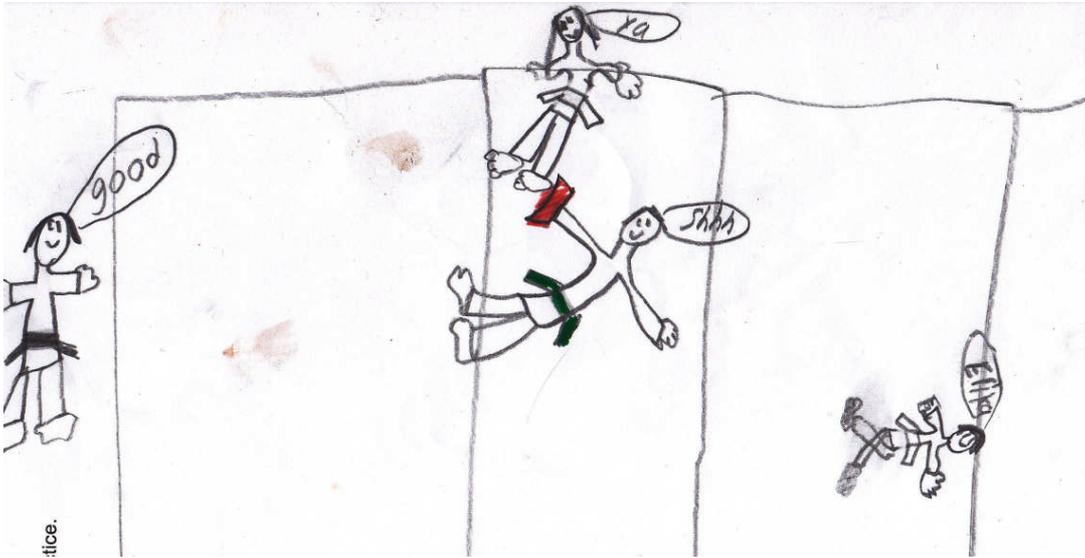
**THE
RESPECT**



**THE
FUTURE**



The Cute Section – Out of the Mouths of Babes
Twins Erika and Ethan



Artillery Park Karate - Shi Ryu Kai dojo

Name: Erika

☺ Why did you start to practice karate?
cause my dad made me and I want to come.

☺ What do you like about karate class?
Cosa ki na kunsin and when we do games,

☺ What don't you like about karate class?
Inch warm and when we go to the wall to do stretcher also CRUNCHES,

☺ What is your goal for karate practice?
To complete Cosa ki na kunsin.



Artillery Park Karate - Shi Ryu Kai dojo

Name: Ethan

☺ Why did you start to practice karate?
My dad made me. I like to do karate.

☺ What do you like about karate class?
The games at the end. The cat I dislike

☺ What don't you like about karate class?
The punching and kicking. The CRUNCHES

☺ What is your goal for karate practice?
To get my white-yellow belt.

Seasons Greetings

and a

Very Happy New Year

From the Officers and Officials of the Shorinjiryu Shinzen Kyokai

Myron M. Lubitsch, Hanshi
President
Kenryukan
USA – India

Dan Hayes, Shihan
Senior Vice President
Kenkukai
USA

Shunji Watanabe, Hanshi
Honorary Technical Advisor
Watanabe-ha International

Des Paroz , Renshi
Public Relations Coordinator
Watanabe-ha Australia

Brian Berenbach, Shihan
Kenryukan
Secretary & Print Editor

Peter Hiltz, Renshi
Ake No Myojo Budo
Web Master
USA

John Mirrione, Kyoshi
Kenkokai
Vice President Emeritus
USA

Atul Joshi, Shihan
Kenryukan
India

Carlos Figueroa, Shihan
Kenryukai
USA

Michel Laurin, Kyoshi
Shindo Budo Kwai
Canada – USA

Brian Aarons, Hanshi
Doug Roberts, Hanshi
Kudaka Federation
Canada

Jim Griffin, Shihan
Max Estens, Shihan
Australian Watanabe-ha
Australia

Jeff Henderson, Shihan
Bubishido
Canada

John Salasko, Shihan
Kenjiyukai
USA

Anthony D'Avino, Shihan
Kenyujokai
USA

Brett Watson, Sensei
Shorinjiryu Hakuto Washi no Ken
Canada

