

# shinzen newsletters

July 1995, Volume I, Issue IV



**Shinzen  
President:**

[Myron M. Lubitsch](#)



**Shinzen  
Vice President:**

John Mirrione, Sr



**Shimbun  
Print Editor:**

[Brian Berenbach](#)



**Shimbun  
Web Designer:**

[Jose Tigani](#)

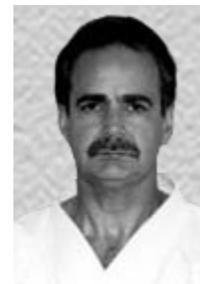
## Topics

- [Letter From The President](#): by Myron Lubitsch
- [The Editor's Corner](#): by Brian A Berenbach
- [Interview With Shihan William Nusz](#):
- [Dates To Remember](#)
- [Article Submissions](#)

## Letter from the President

Congratulations Congratulations Congratulations  
Congratulations,  
O-medeto O-medeto O-medeto O-medeto,

Item - We extend our heartfelt warm wishes and congratulations to Shihan Bill Nusz, Renshi Emory Knode, Renshi Albert J. Hergenhan, and Renshi Paul Terry upon their formal promotion to rokudan and yondan respectively. On May 21, I traveled with a group of students to participate in the spring tournament hosted by Shihan Bill Nusz? Nihon Takaiyama. During the opening ceremonies, Tashi Troy Lester, yondan and jikideshi of the Kenryukan, assisted me in formally recognizing the skills, knowledge, accomplishments and dedication that these highly trained instructors showed by awarding them Shorinjiryu Shinzen Kyokai Dan Certificates. Expressions of good luck were sent by Shihan John Mirrione, Sr., vice president of the Kyokai and co-signee of the certificates. We wish them well.



In honor of this event members of the Imperial Dragon Demo Team performed a twenty minute show. The tournament was highly successful and congratulations are sent to all winners.

Item - On June 3, Tashi Dan Hayes, yondan, requested that Shihan Mirrione and I evaluate a number of his students. Pam Spaeth was recommended to nikyū, while Brian Haskins and Maurizio Milana were both recommended to ikkyū. A lively discussion of history, philosophy, bunkai, and general knowledge permeated the scene.

Item - Jack Tessel was recommended for shodan.

Item - On June 9, Ruperto Fuentes more commonly known as Smiley was awarded his shodan. Smiley was responsible for putting on a demonstration of his personal skills both physically and organizationally. He dazzled his fellow students and guests with a demonstration which lasted over thirty minutes. Well wishers came from all over to congratulate including our dear friend Shihan Tony Diaz who traveled in excess of one hundred miles to share this event with Smiley.

Those of you who know Smiley can appreciate this event to the fullest as it gives recognition to an incredible young man. There is no doubt that Smiley will make an excellent black belt but, more importantly, a true human being and an incredible gentleman. - Shihan

Myron Lubitsch, President

[Return To Topics](#)

## The Editor's Corner

by Sensei Brian A Berenbach

It is a great honor for me to present you, the reader, with an interview with Shihan Bill Nusz. Shihan Nusz heads Nihon Takaiyama, a very strong Shorinjiryu organization in Maryland. I am sure you will enjoy it. I actually have one reader! I can now positively document through a letter to the editor that one karate-ka, Jack Lessel, has read this newsletter. I hope to see all of you at the Shinzen, where I will secretly be taping conversations. I hope to publish the most outrageous of them in the next issue of the Shimbun. Until then, Sayonara.



To Sensei Berenbach,

Let me be among the first to break the ice with a letter to the editor. I appreciate and compliment the Shinzen Associations efforts at promoting unity, comradeship, and raising awareness in the Shorinjiryu community. I am grateful to be a part of an organization that teaches and supports such attributes as spiritual development, achievement, courage and success.

Thanks to all the Shorinjiryu practitioners whom are coming together in the spirit of harmony to give our style strength and recognition in the martial arts world. We can do together as a group what can't be done alone. To any person who is new in the martial arts I say fasten your seat belt, you're in for the ride of your life.? For me martial arts practice has indeed been a serendipitous journey to self-actualization. I used to spend my time at the health spa working with free weights and machines. It did make me stronger and do me some good but I never experienced the good feelings at the gym that I got from practicing karate. Like the first Kata I learned. Wow! It was like gold. I felt like I was given something to cherish that nobody could ever take away from me. And my first promotion when Shihan put the red tip on my white belt. These were some precious moments that define and inspire my purpose in the martial arts. The dojo has been good to me and my family. I feel that karate is a great participation sport for children and parents. Karate practice allows us to spend some quality time together and create nice memories for years to come. I feel that the principles my wife and I try to teach my son at home are reinforced in the dojo. The dojo allows my 14 ? year old son space to grow where he can flex his imagination and mature into a responsible young man. On December 10, 1994 Jack Jr. became a Shodan. As his father I feel confident that Jack will always have a little edge in life thanks to his martial arts training. As for me I'm happy to be ?part of? and look forward to being of service to The Way.

Domo Arigato,  
Ikkyu Jack Lessel  
Imperial Dragon Hombu

[Return To Topics](#)

## **An Interview With Shihan William Nusz (Cofounder and president of Nihon Takaiyama)**

William Nusz is the head of the Nihon Takaiyama organization in Baltimore Maryland. I interviewed him at his home on 8/17/95.

**Ed:** When did you start studying Karate?

**WN:** I started in June of 1967. Its been a while. There were two Shorinjiryu schools in Baltimore, Sensei Morita was teaching downtown, and Sensei Watanabe was teaching uptown. I started studying uptown with Sensei Watanabe in the Towson dojo.

**Ed:** What got you interested in Karate?

**WN:** I was in the 8th grade and going to school in a rough area. I occasionally had my lunch money taken and I wanted to be able to defend myself. At the time only three styles were available in Baltimore. My father was a contractor and was doing work in a building in Towson, Md. owned by Lanny Miyamoto. Mr. Miyamoto, being a Judo-ka himself, set up a dojo in the

basement of his restaurant (where I studied), and then through Dr. Kori Hisataka invited Mr. Watanabe to teach there. The dojo was called Judo, Inc. I got interested and started taking lessons.

**Ed:** It must have been convenient; you could work out downstairs and then come upstairs to have dinner.

**WN:** Mr. Miyamoto had a camera in the dojo and diners could watch the lessons on closed circuit TV while they were eating. He picked up a lot of students this way. This was in 1967. Mr. Miyamoto was a 5th degree in Judo and Sensei Watanabe was a 4th degree in Karate at the time.

**Ed:** When did you open your own school?

**WN:** We were some of the first students on the east coast to study Shorinjiryu. I was a contemporary of Shihan Lubitsch. In 1970 I was promoted to shodan by Hanshi M. Hisataka, and in 1972 to nidan, also by Master Hisataka. Just at that time, the east coast split from Canada. At that time Nelson Knode, with Hanshi Hisataka's permission, wanted to open a dojo. At the restaurant there were about 45 students on a 30' by 40' mat. Hanshi Hisataka encouraged me to get a place of my own. So together with Nelson (now retired) we started Nihon Takaiyama. Nelson had gone to Japan and studied briefly with Dr. Kori Hisataka there, receiving a Sandan before returning to the U.S. Nelson also played music at Hanshi (M.) Hisataka's wedding. We opened our dojo in 1972 while Mr. Knode taught at Catonsville Community College and the University of Maryland.

**Ed:** What is your vision of Nihon Takaiyama?

**WN:** Nihon Takaiyama is a non-profit organization with over 200 students. Our instructors are volunteers, and we teach mostly at places such as elementary schools. Over the years we promoted from within and formulated our own policies. Recently, I have had formal contacts with Hanshi Hisataka, Shihan Lubitsch, and Renshi Mega Martinez. I view Nihon Takaiyama is a club, not a style. We are still part of the Shorinjiryu family. The name translates to Japan High Mountain picturing Mt. Fuji on our logo, and depicting the climb we must make to get to the top.

**Ed:** How did you feel about coming to Hanshi Histaka's clinic?

**WN:** I was very happy to have been invited to this event. I was surprised at how much things such as forms have changed. We have tried to keep our teachings pure. As I always say, teach as you have been taught.

**Ed:** Did you receive a diploma at the clinic?

**WN:** Yes. At the clinic I was awarded an international yondan. However, my organization rank is currently rokudan.

**Ed:** Can you tell us a little about your organization?

**WN:** There are 5 schools. They are:

Dojo	Instructor
------	------------

Reisterstown	William Nusz
Woodbridge	Don Goetz
Halethorpe	Al Hergenhan Cathy Johnson
Catonsville	Warren Better
Bon-Bu Itch	Emory Knode

We are mostly teaching in elementary schools with park council sponsorship. I also teach self-defense for women for the Baltimore County Dept. Of Adult Education. I teach at the Reisterstown dojo, on Cockeysmill road, Monday 7-8, 8:15-9:45.

**Ed:** Are you coming to the Shinzen?

**WN:** Definitely. There will probably be about 27 students and instructors attending.

**Ed:** Do you foresee any adjustment problems for your students with either the shiai or kata?

**WN:** Absolutely not. We do the traditional forms, and we use the bogu for shiai.

**Ed:** Wasn't one of the problems of the black bogu student retention and injuries?

**WN:** I do prefer the black Bogu. The bogu is a good way of testing our ability. The key is to properly condition the hands using a makiwara. Unfortunately, teaching in the school system, we cannot use the old wood makiwara posts, but we have tried to use a portable one to simulate the training.

**Ed:** Speaking of tournaments, when do you have yours?

**WN:** In the Spring a tournament is held at Catonsville High School, and in the Fall at Reisterstown Senior High. All Shorinjiryu karate-ka are welcome to attend. Our next tournament is November 19.

**Ed:** I understand you include Kumite in your tournaments?

**WN:** Yes. We have a way of scoring so that the tournament moves along fairly rapidly. A pair of students will compete as a team and share the same score. We give brass plates that can be placed on a walnut presentation plaque. It looks very nice. The plates are colored differently (gold for Spring, silver for Fall) so that the viewer can tell from which tournament they came.

**Ed:** I guess you've seen things change over the years?

**WN:** When I started Mr. Watanabe would not teach women. Now his sempai student is a woman. Mr. Watanabe was stern but not cruel and commanded a good dojo. Today we could not do some of the practices that used to take place. Instructor criticism is often taken the wrong way. In general, the practitioners today, because of lifestyle and cultural changes [baseball, basketball, etc.]

are not as dedicated, or conditioned as we were.

**Ed:** How can someone get more information about your organization?

**WN:** Write to: Nihon Takaiyama

PO Box 302  
Timonium MD 21094  
FAX: 410-833-2683 / TEL: 410-833-2586

Editors Note: William Nusz lives in Reisterstown, Md. with his wife Susan, and his children Justin,13 and Morgan,11. He has been married for 24 years. In addition to Karate, Shihan Nusz is a dedicated bicycle enthusiast, and likes to listen to classical music.

[Return To Topics](#)

## Dates to Remember

- September 9 - Tashi Danny Hayes Tournament
- October 7- Shinzen
- November 19 - Nihon Takaiyama Tournament in Maryland
- December 4th - In-house (Tentative)
- October 1996 - 10th Anniversary of Shinzen Shiai and 50th Anniversary of Shorinjiryu

[Return To Topics](#)

## Article Submissions

The submission of articles, news-worthy events and letters is encouraged. Address all correspondence to:

The Shimbun Editor  
Shorinjiryu Shinzen Association.  
P.O. Box 210160, Woodhaven, NY 11421

Unless otherwise stated, all articles in this document reflect the author's opinion. Inclusion in the Shinzen Shimbun does not necessarily constitute endorsement by the Shinzen Association or any of its affiliates. The Shinzen Shimbun is a quarterly publication of the Shorinjiryu Shinzen Association.

[Return To Topics](#)