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### Letter from the President

Is it that time of the year to express our wishes for along healthy, happy and prosperous life again? Has time gone by so quickly that there is the feeling that this message was just given? I suppose it is. The year 1995 represented the greatest growth in the history of the Kyokai. Dojo membership and individual membership have risen beyond our expectations. The feeling of goodwill and fellowship among the various Shorinjiryu Schools has given further hope for the growth of Shorinjiryu. The incredible work of each dojo head must be noted and applauded. The tireless work of Shihan John Mirrione, Sr. as Senior Vice-President, Chief Arbitrator and Public Relations Officer, confidant and friend has been invaluable to the growth of the Kyokai. Renshi Tom Carmelengo's complete dedication to the growth and success of the Kyokai is meritorious. Tashi Dan Hayes' unflinching support and troubleshooting efforts cannot go without notice. Tashi Andrew Millman's support is also duly noted and even though his dojo is in the fledgling stage, he still lends all the assistance he can. Shihan Bill Nusz has taken the incredible initiative of restructuring his school. He has brought his knowledge, expertise, goodwill, support and membership to the Kyokai. Domo Arigato. Tashi Atul Joshi is not seen that frequently. But, his work in Bombay, India has expanded Shorinjiryu and the Kyokai even further than we hoped. We do expect to see him and his students at the gala 50th

Anniversary in October of 1996. Few can deny that there are certain individuals whose work has been essential. One such individual is Sensei John Mirrione, Jr. His efforts at bringing new membership to the Kyokai is incredible. And, one cannot exclude his right-hand man, actually woman, karateka Deborah Daniels for she has worked unselfishly and tirelessly for the growth of the Kyokai. Sensei Brian Berenbach has networked with all member dojos and outside schools. His work on the newsletter is excellent. We cannot forget the work of karateka Doreen Rosario, for she is the one who designed and printed the beautiful participation certificates, the Kyokai Dan Certificates, the applications, etc. Thank you, each and everyone. There is no doubt that everyone knows the work of Nidan Jose Serrano. His efforts at organizing the divisions for the various tournaments has aided our ability to start and complete each event with record speed. One cannot conclude this list without mentioning the one instructor who has gained the respect, admiration, high regard, and affection of all who have come into contact with him. Tashi Troy Lester has worked as few in the past. He is an excellent organizer, referee, practitioner, my student and friend. But, more importantly, he is a great guy. Thanks, Troy. To each and every black belt who has given of themselves, thank you. To all the student volunteers, domo arigato. To the parent volunteers your support of the organization and the students have made this year a success. Virginia Reaves-Greene, Anna Montalvo and Tracy Agostini are to be considered the bulwark of the organization. In 1996, we will celebrate the Fiftieth Anniversary of Shorinjiryu. A golden anniversary marking a half century of learning and practicing karatedo as developed by Shinan Kori Hisataka. Each day of practice opens but another path of understanding, a satori. The genius of that man is evident in the growth of the style today. In 1996, we will also celebrate the twenty-third year of the Kenryukan. In 1996, we will celebrate the tenth anniversary of the Shinzen Kyokai and the Shinzen Shiai. But, how are we to view 1996? If 1995 is an indication of that which we can expect from the coming year, then we can anticipate an even larger expansion of the Kyokai, and, therefore, Shorinjiryu. I wish each and every one of you a most healthy, happy and prosperous New Year. Success is wished for Sensei John Mirrione, Jr., Nidan Dennis "Blood" Dorn and Shodan Jose Tigani upon the opening of their new dojos: the Reeboc Center, the Garden of Hope Dojo, and the PAL Dojo. The future looks bright for Shorinjiryu when a new dojo is opened by dedicated black belts such as these three.

Myron Lubitsch, President

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### **In The Eyes of The Law**

by

Shinzen Vice President

Sensei John A. Mirrione

6th Dan - Karatedo

The recent rise in popularity of the Martial Arts has resulted in some concern by psychologists, law enforcement agencies and the public. This concern is based on the assumption that training in a martial art will ultimately lend to violent behavior. Action movies and television sensationalize the violence in the arts thereby supporting this notion.

Those of us who train in traditional martial arts such as Shorinjiryu Karatedo know full well that aggressiveness towards others actually decrease rather than increase. People who start training in Shorinjiryu for the wrong reasons soon find themselves gaining an inner peace and tranquility eradicating all the negative notions.

Physical fitness and the ability to defend oneself are some of the obvious benefits of karatedo training however even more important these students gain an increased Sensei of responsibility, lower anxiety levels, increased level of self-esteem and become more socially intelligent.

We discourage students from bringing into the dojo their problems and worries and encourage them to make what they learn in the dojo a part of their personal lives.

If martial arts= popularity is to continue to grow, Shorinjiryu will follow as long as we all consider ourselves ambassadors of the art and constructive members of society.

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**From the President of  
Nihon Takaiyama Karatedo:**

Dear Karateka,

Well another year is gone but not forgotten. I would like to thank everyone who attended the November tournament in Baltimore, for all their help. True fellowship comes out at every tournament or clinic no matter where it is held or by whom. We all work as one. This is what the Shinzen Kyokai is all about. This is Karatedo. Thank you for making me and the Nihon Takaiyama Dojos feel like true family members.

I would like to start something educational and fun for everyone but most of all for the school age karateka. I would like exchange names and addresses to be used as pen-pals. Sending post cards about your city or state, information about yourself and your dojo, and other topics could be fun and might help with a class or homework assignment in social studies. Lets get to know each other better. Canada, New York, New Jersey, Maryland all meeting new friends. If you would like to write to someone in Maryland please send me your name, age and address, and I will get the ball rolling. If you have someone in mind but just

do not have their address, let me know.

Again, my sincere thanks you all. I am looking forward to seeing everyone at the many tournaments this year and most of all at the 50th Anniversary of Shorinjiryu Kenkokan in New York this October. Happy New Year everyone.

Bill Nusz

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### Competition Kata

by  
Brian Berenbach, San Dan

If you are starting to compete in kata, this article is for you. As a judge I have seen it all, so here are some hints and tips on how to win at kata.

1. Know the kata. This means being able to do the kata without pausing or thinking about the next move. It also means knowing each move relative to the one before without having an external frame of reference. Each time you practice, change your orientation, so you are not always starting facing the same direction
2. Breathe properly. Breathing should be learned as part of the form, just as the moves are learned. When in doubt ask Sensei. Choreograph your breathing the same way you choreograph your moves.
3. Don't look down. Look at your opponent. You should know the bunkai, or explanation of each move, and be visualizing one or more imaginary opponents. The better your imagination, the more convincing you will be. Did I say don't look down? If your imaginary antagonist is on the floor look down at him.
4. Make each move separate and distinct. Do not blur one movement into the other. A slow kata with power and clear moves is preferable to a fast weak kata where the techniques are mixed. Speed will come in time.
5. Snap the fast techniques. The ideal is a series of stills superimposed one on the other with invisible transitions. If your fast techniques are fast, you can hear your gi pop (especially if you don't use fabric softener). A corollary to this is: wash your gi before you compete but don't use fabric softener.
6. Transition properly from soft to hard and vice versa. Soft techniques are soft, and hard techniques are hard. There is an occasional tendency to Arun over, @ that is after a series of hard moves, to do the first soft

move hard. Practice making soft/hard transitions sharp, just as in music the transition from allegro to adagio is clear and obvious.

7. Keep your temper. The Japanese have a saying A Mind like the moon. Do your kata with a clear attentive mind. If you show anger with your imaginary opponent you may get an Oscar, but you will not get a ten.
8. Practice on different surfaces. At your dojo you may practice consistently on one type of floor; when you compete the surface may be new to you and break your concentration. For a real challenge, try outdoors on grass.
9. Practice with an audience. Get used to doing forms in front of other people. In front of family, friends, at the dojo, etc. Learn to shut out the audience and concentrate on the form. There is only you and your antagonist(s).
10. Fight enemies your size. When you block or attack, your imaginary opponent should be your size. If, for example, you are delivering a mid level punch (chudan tsuki) use a mirror to deliver to your own solar plexus, and that will be the proper height.
11. Use a mirror or video to see your mistakes. If this is not possible, have another student repeat and exaggerate your mistake so you can see what you did wrong.
12. Pick your form. Beginners may not have an option. Different strokes for different folks. Grace, power, long, short. Different kata work best with different physiognomies. When given the option, pick one suited for you.
13. Long forms are not always the best. If you have a tendency to easily wind, pick a short form for competition until your stamina improves. You will not be penalized for doing a short form (for example happiken vs sankoktobe).
14. You never made a mistake. If perchance during a contest you accidentally leave out a move or put an extra one in, don't stop to think about it. Go on with the form; you never know, you might have just executed a legitimate variation.

Well, that's it. Let your body do the learning while your mind does the thinking and you are on the way to a perfect "10".

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Martial Arts take the form of many styles of Karate. Kyujutsu-archery, kenjutsu-sword, sojutsu-spear, naginata-jutsu-halbard, sumo-wrestling, bojutsu-staff, and shuriken-jutsu small knife throwing are representatives of the wide variety of martial arts that are currently being practiced. Anyone who wants to perfect his or her skills must be open minded to some of the other arts today.

Shinan Kori Hisataka was a great martial artist who never had a full glass of knowledge. There was always room for improving his martial arts skills. Shinan Masayoshi Kori Hisataka was born on April 22, 1907 in Naha City, (Shuri) Okinawa and died on August 13, 1988, in Tokyo, Japan. As a youth he studied under Chotoku Kyan, himself a disciple of Anko Azato, the teacher of Gichin Funakoshi, founder of Shotokan. Afterwards he traveled to Kyushu Island where he learned jujitsu and bayonet techniques. As we can all see, Shinan Hisataka was a man of great vision. He saw the need to study more than he learned in his original style, to perfect the original style.

Another man with great vision is Shihan Myron Lubitsch. Shihan saw all the good as well as the bad with our style. He opened his eyes to reality, that Shorinjiryu has misplaced some of its roots. He has given permission to certain black belts to go out and learn new weapon techniques, jujitsu techniques as well as Chinese meditation in the hope of bringing Shorinjiryu to a plateau equal to that of Shinan Kori's original intentions. More important than bringing back to Shorinjiryu these other influences, was his creation of the Shinzen Shiai.

Throughout the years many individuals broke away from the main schools. Primarily through disagreement as well as their belief that these so called great masters were just money grabbing individuals. Some thought that the only thing left in the style was marketing. The masters would sell everything from mouth pieces to black belt rank. Shihan finally had the nerve to say enough is enough. He did something that most people in Shorinjiryu never envisioned. He organized the Shinzen Shiai, which was designed to sell only friendship and cooperation as a Shorinjiryu family.

Schools from all over New York, Baltimore, Canada and even India and other parts of the world came to partake in these battles of friends and family. No one was made to change their way of doing katas nor fighting styles. Like most siblings they were different yet the same. Each school respected each other to continue being a family.

Through his diligent work, the Tenth Annual Shinzen Shai will be held in 1996. The organization expects over four hundred participants from all around the world to be there. Shinan Kori Hisataka would have been proud of his disciple Myron. You see that Shihan Myron and Shinan Kori are of a different era and different school, however they have the same goal, to make Shorinjiryu the best Karate style (not necessarily the best school) in the world.

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## **A Rededication Kagami Biraki**

A special aspect of the Kenryukan's Imperial Dragon Dojo is the end of the year and New Year celebrations. The last class is conducted in a manner that is unique. Since the last class is also secret, no observers may be present and all details cannot be divulged. After a series of special exercises and ceremonies the students are allowed to open and view the Book of All Knowledge. Upon completion of the last class's ceremonies, the students drink a cup of tea and wish each other a Happy New Year. That, however, is not the true end. For on the first day back each and every student must fulfill a ritual of rededication to Shorinjiryu, the Kenryukan, and themselves. They must observe the ritual of Kagami Biraki, the breaking of the mirror. Briefly put, each student is required to complete 1,000 jumping jacks, 1,000 sit-ups, 1,000 punches, 1,000 kicks and, finally, only 200 push-ups. After the students complete their rededication they are permitted to record on the bulletin board the date of completion and are then allowed to continue their regular practices for the following year.

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### **New Procedures for Calculating and Recording Results**

In previous years, we have designated the "+" symbol to represent members of the Kyokai. Due the incredible response to the Kyokai and all it represents the need for that symbol is no longer required. In fact, that symbol will now be used to represent the few non-members who participate in Kyokai events. Points were awarded to all participants with special bonus points for each individual tournament and double points for the Shinzen Shiai. Beginning in 1996, only Kyokai members will receive points at sanctioned Kyokai events. Each contestant will receive a point for every event entered. Points will be awarded to the winners based upon the number of individuals in each division. In the youth divisions the maximum number of points is six for a first place victory. In the adult divisions the maximum number of points for a win is four.

The sanctioning of a tournament is based upon each school's willingness to follow and abide by the guidelines set forth by the Kyokai. A complete manual of rules of shiai, kata and conducting a ring are currently being readied for distribution. The following events are sanctioned by the Kyokai for the 1996 season. All In-House Tournaments hosted by the Kenryukan, the Annual Bogujutsu hosted by the Kenkukai and the Shinzen Shiai. We will gladly add other events as the need arises.

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#### **Tidbits:**

- What Shorinjiryu did for me: Shorinjiryu changed my whole life. It turned

my life around and made me a better person. Before, I was shy, but I was violent and used to do bad things. I was doing the bad things because I was young and hanging around with a bad crowd. Most of the people I was hanging around with were older than I. This bad crowd wanted me to be just like them because all of them liked me. Then, I joined the Shorinjiryu Kenryukan School and my life changed. Not only did I become a good person, but I developed self-respect and it did break my shyness a little.

-Ruperto "Smiley" Fuentes, Shodan

- Seasons greetings. I hope the New Year brings you a lifetime of good fortune and happiness.  
-Tashi Troy Lester
- Best Wishes for a great New Year.  
-Dennis "Blood" Dorn, Nidan
- I would like to wish you and yours a joyous holiday season and a harmonious New Year.  
-Alberdeston "Big Al" Gonzalez, Nidan
- Seasons Greetings and Happy New Year  
-Jack Tessel, Shodan
- The Ninth Annual Shinzen Shiai hosted many dignitaries from North America. Without their support the Shinzen Shiai would not be as a resounding success. Your hosts: Kyoshi Myron M. Lubitsch -Kenryukan, Shihan John A. Mirrione, Sr. - Kenkokai From Canada: Sensei Gilles Labelle, Sensei Paul Bussiere, Sensei Alain Bujold, Sensei Claude Beauchamp From Baltimore: Shihan Bill Nusz From New York: Kyoshi Evan Marcus Renshi Tom Carmelengo, Renshi Fred Marcus, Tashi Dan Hayes, Tashi Andrew Millman

### **Coming attractions: The Shorinjiryu Fiftieth Anniversary Shinzen (1996)**

**For information call 718-647-4157 or write:**

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Woodhaven, NY 11421**

Food for Thought: To embrace the old and to know the new. Old and new, it's a matter of time. But with the flowing of the generations, man must have a clear



mind; to study right, to do things straight, and to pass it on.

-Gichin Funakoshi

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### Article Submissions

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

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