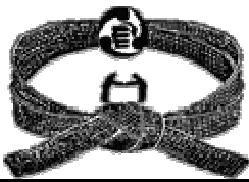


SHINZEN



SHIMBUN

Winter 1999



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From the Desk of the President

As a youth time seemed to move slower than sanchin kata, yet as an adult time moves as rapidly as nijushio.

Now as we face the next millennium, allow me to express some thoughts.

This is my thirty-second year in the study of Shorinjiryu and I have to admit that each day I learn more about the system I love.

From the outset, Shorinjiryu had the potential of being a worldwide powerhouse. Unfortunately, during the early and mid-1970's, politics, petty differences and a lack of acculturation saw the demise of a potentially great system.

During the past thirteen plus years, a number of students of the original instructors have banded together to form this, the largest grouping of true

Shorinjiryu stylists in the world. Although, there are those who question the use of the word "true". I use that word in the context of those who were taught by the original instructors or the students of the original instructors. For Shorinjiryu has evolved over these many years and, in reality, the original Shorinjiryu of Shinan Kori Hisataka passed with his passing.

The Shorinjiryu Shinzen Kyokai has learned from the errors of the past. While the Kyokai is not perfect-for whenever humans are involved, there will be errors and differences-the organization is functioning well.

There is much more to be accomplished in the next century and that can only be done by the continued diligence of its current leaders, it's dedicated members, it's future leaders and you. I call upon all members to continue the enthusiastic support of the Kyokai. I call upon all to support the functions and events of the Kyokai. As the Kyokai grows, the benefits to the students increase geometrically. May it be so.

Not to sound redundant, this can happen only with your continued support and cooperation.

There is another point that I feel compelled to express. I have met many individuals within and without the Kyokai in these many years of study of karatedo. I can honestly say that I have developed many strong, fulfilling and meaningful friendships because of this association with Shorinjiryu. For that, I am most fervently thankful.

I wish each and everyone of you a most joyous holiday season and a very healthy, happy, successful New Year filled with many punches and kicks.
Akemashite-omedetou!

Myron M. Lubitsch, Kyoshi Kenryukan

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From the Desk of the Vice President

The 13th Annual Shinzen Shiai was a resounding success. The one hundred and seventy eight contestants pre-registered would have given us an on time start, however, bad weather took this advantage away from us. The delayed start due to late arrivals gave us an opportunity to stage some interesting demonstrations by Shinzen Association members.

More than 200 competitors showed up and nearly 500 excited spectators watched the event. And, in spite of all the obstacles thrown in our way, we were able to end the tournament at 4:30 and had a great time at the banquet that followed.

Shorinjiryu Kenkokai student and Kyokai member Attorney Ruth Pollack has offered to be available for Shinzen members who need legal services. She will be happy to speak with you to evaluate and recommend the services you may need at affordable fees. (516-746-0144)

I am happy to announce that my son, John, has been selected to teach

Shorinjiryu at the prestigious Nippon Club of New York City. From its inception in 1905 to the present, the Nippon Club has become the most prominent Japanese social club in the world and is New York's oldest private non-profit club. What began early this century as a quest for a "home away from home" for Japanese in the New York area has evolved into a center for cultural exchanges, art exhibitions, seminars, conferences, business meetings, sports activities and social gatherings. Educational programs include music, dance tea ceremony, flower arrangements, yoga, Makko-ho, Japanese crafts and now Karate-do.

Happy Holidays to all and Happy New Year 2000.

John A. Mirrione Shihan, Kenkokai

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"Ode to Joy"

To all Karate-ka / friends, as we approach the Y2K, let's express ourselves not in doom as the media would like but, with Beethoven's "Ode to Joy". Seen the world over as one of the greatest expressions of the ideals of freedom and equality.

Chosen as the anthem of the European Community, and performed in concert in 1989 for the destruction of the Berlin Wall. A recording of the symphony has also been sent into deep space, on board the spacecraft Voyager II, as part of a large collection of information about human beings. As karatedo practitioners, we must set our goals in the direction for living in the theme of Beethoven's remarkable composition. With loud expression, for ourselves and indeed the world (whatever size you perceive that to be), in the manner in which we practice kihon, kata, kumite, shiai and most importantly in our social interactions, we can all express our individuality and Kyokai through "Ode to Joy"!

The past, good bad or otherwise is rolling thunder, crackling lightening, blossom becoming seed, a splash, a ripple... calm. The future is before us waiting, like a wise shaman in the hope of sharing with us the answers we so desperately need. The dawn of the new millenium is before us, the World Body of Karatedo, independent of style or school, will be successfully transparent if lived in the future and not in prejudices and pre-conceived notions of the past. As karate-ka let's make a universal pact with the handshake being the ultimate self defense technique, and a technique as part of the mudansha requirement. Personal note: The Nagano Games will always be in my memory for the time everyone in the audience and around the world sang together, "Ode to Joy"! And, isn't it ironic...he couldn't hear.

Health & Peace

Emmanuel Hawthorne Renshi, Kenshin

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Milennium Message

Greetings to All the Members of the Shorinjiryu Family

On behalf of Shorinjiryu Karate-do, I would like to wish everyone the heartiest and best of everything for the year 2000 and for the new millennium. I am sure that most of the readers find that playing Shorinjiryu Karate is an integral part of their lives. Part of this diligence is attending to the constant reminders of their respective Senseis, translated as *ones who have gone before*, about the multidimensional aspects of our discipline, I would like to trace a brief path of probable development for the individual karateka that is based on my on going conversations with other karate instructors.

The Beginning: For whatever level you are at, let me state that there is more to come. I remember joining karate to bolster my self-confidence and learn self-defense. People may join karate out of curiosity, because they like to compete, or because they enjoy the forms and exercises o this Martial Art. Whatever it is that caused you, the reader, to join, form this point on a whole new world will open up for you: from the camaraderie and sharing o intensive training, to personal pride and satisfaction, to the appreciation of each individual's efforts to meet their own challenges, to the realization o the equality and humanness of others, no matter their race, creed and colour.

Dimensions and Development of Your Training: Through these above mentioned experiences, one can appreciate the training of the body, mind and spirit that is involved in karate-do. One develops physical talents of strength, reflex and graceful, powerful movement while finding spiritual rewards in the ethical practice of morally guided competition.

The Future: Beyond traditional karate-do training practice, new levels of form proficiency are attainable. With the investigation of pressure point and energy applications, even greater possibilities open up, with more fascinating implications. In turn, one will led to the realization that we are all but conglomerations of energy. Ultimately, the highest energy manifestation is the energy of love. This said, I wish you concrete focus in your quest, through karate, for *spiritual development of individuality in mind and body*.

Let me finish with the fact I'm sending all of you a bit of the cold and white stuff we in Canada have so much of . You'll see it on the TV news: "And now from Canada, we'll be getting a blizzard, 10 tons of snow, and a cold front that hasn't been experienced in the last 10,000 years, etc., etc.". We wish to share our weather with everybody. Arigato.

Brian Aarons, Hanshi, Kudaka Kenkokan

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Happy Holiday Season!

My students and I would like to wish everyone from the Shinzen Kyokai both near and far a wonderful and happy Holiday Season. And, whether Y2K causes problems or not, to have an even better "Millenium year 2000". It's not often that anyone can say that they were here for the turn of a century. And, this time it is with the family of Shorinjiryu.

Tony Diaz, Shihan, Aiki-Kempo/Kenryukan

Happy Holidays from Ake No Myojo Budo!

May you and yours have a happy and safe holiday, and coming new year.

Peter Hiltz, Tashi Ake No Myojo Budo

Standardization

We have already standardized the use of the bo in all Kyokai tournaments. In other words, a karate-ka must use a bo that the Kyokai supplies. These bo are not used by anyone except at a tournament. We have found the response to be highly positive. No more light weight pencil thin weapons vs heavier more traditional bo. The bo weapons are either 5 feet or 6 feet in length-a tall competitor may not use a short bo.

The Kyokai will now invest in supplying sai weapons for the tournaments. The competitor may choose one of four specific length sai weapons depending upon the length of the competitor's forearm.

We will also supply a hardwood-rope nunchaku for youths and chained for adults.

Again, all these weapons will be placed in storage and will not be brought out until a tournament event.

Currently, the only standardized kata is Ananku. While each school of Shorinjiryu has variations of specific kata such things as rollouts, acrobatics, etc. are not permitted.

The use of the all white gi is a given at all Kyokai events.

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Highlights of 1999

Promotions to Junior Black Belt	Shodans	Nidan
<ul style="list-style-type: none">• Kenryukan - Anthony Leiva	<ul style="list-style-type: none">• Kenkokai<ul style="list-style-type: none">- Marc Bielski- David Mann• Kenzenkai<ul style="list-style-type: none">- Thomas Ross- Mathew Singleton- Sonia Smithb• Shindo Budo Kwai<ul style="list-style-type: none">- Luc Bouchard	<ul style="list-style-type: none">• Shindo Budo Kwai<ul style="list-style-type: none">- Francisne Bussiere- Alain Courville• Kenkokai<ul style="list-style-type: none">- Frederick Carl- Peter S. McGough

	<ul style="list-style-type: none"> - Maxime Boucher - Patrick Boucher - Hugo Chenier - Alexander Forget - Cassie Greenhugh - Jean Francois Brault Joubert - Christian Morin 	<p>Sandan</p> <ul style="list-style-type: none"> • Kenkokai - Keith Johnson <p>Godan</p> <ul style="list-style-type: none"> • Shindo Budo Kwai - Renshi Ghislain Dore
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Special Events of 1999

- Participation of the new dojo N'Amerind
- Marc Andre Bussiere returned to practice after 7 years
- Renshi Rick Mills returned to practice after 9 years
- Tashi John P. Mirrione's new dojo
- Sensei Larry Foisy's new dojo
- Shodan Dr. Marc Bielski's newly published book
- Renshi Troy's new house
- Kyoshi Michel Laurin's new house

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Milestone Birthdays

- Shihan Tom Carmelengo - 50th Birthday
- Kyoshi Michel Laurin - 40th Birthday
- Shodan David Mann - 40th Birthday
- Nidan Jose Tigani - 30th Birthday
- Shodan Maurizo Milana - 20th Birthday
- Shodan Yessenia Santiago - 20th Birthday

The Hidden Benefits of Practice

The coming of a New Year usually evokes an in-depth soul searching for most of us. Committing to resolutions or just making a conscientious effort to better oneself are common results of this soul searching.

If you can relate to this, then I think I have good news for you. You won't have to go any further than your dojo to accomplish many of the goals you may have set for the New Year.

We all can equate our "warm up" exercise to toning our bodies. It's easy to see

how physical betterment can be achieved through that.

However, practicing strong basics, katas, fighting forms and sparring are also very good ways of toning yourself and improving your stamina.

They are also all very good ways to cleanse your mind. These activities can help relieve frustration or mental tension. Even if it's just momentarily. A few minutes or hours of "distraction" can do wonders for your mental state. (Yes I'm talking from experience!)

Once the mind is clear, you are able to sort minor setbacks from major obstacles. Once the difference is known, they can be dealt with accordingly.

This is just a small sample of how personal enhancement can be achieved by regular participation. Notice the word participation instead of attendance. Just showing up and not using the time wisely can possibly be more detrimental than not showing up at all.

Remember, you will receive as much from your dojo as you put in. Most of time you'll get back much more.

I would like to wish everyone the best of luck in 2000.

Troy E. Lester, Renshi, Kenryukan

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Why We Study Karate

I have, of late, given considerable thought to why so few white belts become black belts. This issue is of more than academic interest, as my generation is not getting any younger, and committed karate-ka are needed to carry the style through the next century.

Many years ago I moved to Edison, New Jersey and started teaching at the local community centers and schools. I felt isolated in that if I got sick I had no one to stand in for me, and, even more important, I did not have anyone or any school to share with and help in the grading of students.

Through a circuitous route, I managed to get the names and phone numbers of most the black belts who had studied with Russell Harter (he had a dojo in Somerville years before). I called each and every one of them and asked them if they were interested in helping me form the core of a Shorinjiryu community in mid Jersey. I was surprised to find that not a single one of them was interested. I was beyond surprised. It had never entered my mind that a Shorinjiryu practitioner would consciously choose to stop. Color me naïve.

Years later, I had a dojo with about 40 students. My wife (I am since divorced) was ill and I had to temporarily stop in order to take care of my children. Kyoshi and I found a temporary replacement, Debbie Simms, and turned the school over to her.

Debbie no longer practices karate.

While I was teaching, on occasion I had to go to the doctor's office. On one such occasion, I looked up to see an ikkyu diploma in Shorinjiryu Karate. Turns out the doctor had practiced with Russell Harter. After a brief déjà vu session, it became abundantly clear to me that the doctor had absolutely no interest whatsoever in continuing.

Perhaps the title of this article should not be "why we study" but, rather "why we stop studying".

I believe that the two issues are clearly related. That is, we each study Karate for different reasons, and those that stop, in many cases, were studying for the wrong reasons.

So why do people study Karate? Lets see:

1. "I want to be a black belt"
2. "I want to be tough"
3. "I want to be able to impress people"
4. "I need exercise"
5. "I need to be able to defend myself"
6. "I want to be a secret agent"
7. "I like to fight"

I think that to some extent, most people who walk into a dojo do so for one or more of the above reasons. The key issue is not why they initially come, but why they participate. Any karate-ka who studies solely for the above reasons is, sooner or later (usually sooner) going to stop. The study of karate is too difficult, too time consuming, too repetitive, too grinding and generally too demanding for those looking for an instant transformation into Jackie Chan. And there are far easier ways of exercising (I like a treadmill myself), and god, doing those stretches after the age of 50

What about the student who wants to be a black belt? A noble goal? When I practiced in Japan, I was often in classes consisting solely of black belts. I was just another student (do I long for those days). Sooo, you are now a black belt. What now? Try longer hours, more responsibility, fewer opportunities to practice, and, yes, even PAPERWORK!

Okay, so what is it that makes someone stay with it year after year, even after it starts to feel like root canal every time they stretch? The answer is Magic! Well, sort of. Perhaps Bushido. It is the desire to touch the infinite, to meld mind and body, to be in harmony with the universe, and to study the mystery that is Karate.

To someone looking for exercise, doing a kumite one hundred times is exhausting, to THE karate-ka, each time one is just a little closer to understanding the truth of it, it feels just a bit better, and, for a few seconds, the two partners become something greater and more magical than each could ever hope to be alone.

Last Thursday night I had a choice. My son Joshua had a concert at school, my professional association had its quarterly meeting, and there was my Karate class. I chose to teach the class. Two ouches from which I have not recovered. But, you see, I had no choice.

Have a very happy holiday, and a great new year. Ous!
Brian Berenbach, Tashi Kenryukan

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Koshiki Vs Shorinjiryu A Clarification

A student of karatedo approached and queried me regarding the difference between Shorinjiryu Karatedo and Koshiki Karatedo. He held to the belief that a practitioner of Koshiki automatically makes him a Shorinjiryu player.

Our system of Shorinjiryu karatedo was originated by Shinan Kori Hisataka in 1946. It is a complete system of karate. (One of the many forms of martial arts) Shorinjiryu uses specific techniques of hand and leg placement, specific forms of kata, fighting forms, weapon forms, philosophy, and ethics. The ultimate goal of which is the betterment of the individual as karate is more than kicking and punching.

Koshiki is a methodology of tournament competition originating in the 1980's. Koshiki can be practiced by anyone of any style or non-style-as the case may be. It is simply a way of running a tournament and fighting therein. Currently, a few forms of kata have been added to this methodology, as have dan ratings-this in an apparent attempt to create a new system of karatedo.

No matter what way you look at it Shorinjiryu is style of karate and Koshiki a method of tournament competition. A Koshiki player is not ipso facto a Shorinjiryu player. So, to answer the question, no they are not the same. Allow me to present to you the following: Whereas all Shorinjiryu competitors can do Koshiki all Koshiki competitors cannot do Shorinjiryu. The Shinzen Kyokai uses a modified system of Koshiki that eliminates potential damage to a karate-ka's brain by disallowing head contact.

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Commemorative Video

We are pleased to announce that the long awaited commemorative video created by Tashi Vincent Capers, Jr. celebrating the past 3 plus decades of Shorinjiryu in North America will be ready by January 15th.

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DUES MEMBERSHIP FEES DUES

Please continue to support the Kyokai and maintain your membership in good standing by submitting your nominal yearly fee of \$10. Encourage your fellow students to join. Thank you.

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Tentative Schedule of Events
(highly tentative)

1. February 19th 1st In-house Brooklyn, NY
2. April 30th Weekend 2nd In -house Brooklyn, NY
3. May 28th Sunday 4th International North American Competition St. Jerome, Canada
4. October 8th Sunday 14th International Shorinjiryu Shinzen Shai Queens, New York
5. December 10th Weekend 4th In-house Brooklyn, NY

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Upcoming Items of Interest

1. Saturday, March 4th Promotional Ceremony of Tiffany Rivera to Junior Black Belt
2. A 2nd Annual Black/Brown Belt Refereeing Clinic and Competition (open to adults and junior black belts)
3. A Weapons Clinic
4. Renshi Troy's marriage.
5. Tashi John P. Mirrione, Jr.'s marriage.
6. Sempai Doreen Rosario's marriage.

Good luck to all.

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One of Life's Little Lessons

Many people quit karate for many reasons but are these reasons good enough to quit what you like the most?

My name is Luis Rodriguez and I joined karate when I was 11 turning on 12. Now, I'm 17. Yes, I have been in karate for the past 5 years. During the 5 years, I have seen many people quit and turn their backs on the people that really care about them. I was also one of them.

Quitting was the serious mistake I have ever done in my life because I left the biggest family I ever had for a reason that was not worth it.

During the time that I was not attending karate, I was in the streets getting into trouble, something I don't recommend. All the people that got me into all this trouble turned their backs on me. That's not being a friend. A friend is the one that bears with you for five years and still accepts you for what you did. Thank you Shihan [Kyoshi, ed.].

A friend is the one that calls you, influences you to continue what you like the

most, helps confront your problems and pushes you to continue with your life. Thank you Sarai for being a good friend.

My fellow karate-ka your future is in your own hands. Learn to confront your problems and remember the people who care about you. Don't quit, you will regret it latter in your life.

Luis Rodriguez, Sempai, Kenryukan

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NEW YEARS GREETINGS AKEMASHITO-OMEDETO

HAPPY NEW YEAR HAPPY NEW YEAR

Tom Bellazzi, Renshi, Kenkokan/Kudakaryu
Paul Bussiere, Sensei , Shindo Budo Kwai
Tom Carmelengo, Shihan, Kenzenkai
Ghislain Dore, Renshi, Shindo Budo Kwai
Dennis "Blood" Dorn, Sensei, Kenryukan
Carlos Figueroa, Sr., Renshi, Kenryukai
Dan Hayes, Renshi, Kenkukai
Alberdeston "Big Al" Gonzalez, Sensei, Kenryukan
Atul Joshi, Shihan, Kenryukan/India
Michel Laurin, Kyoshi, Shindo Budo Kwai
Troy E. Lester, Renshi, Kenryukan
Andrew Millman, Tashi Kenwaryu
Richard Mills, Renshi, Kenryukan
John P. Mirrione, Jr., Kenkokai
Patrick Panneton, Sensei, Shindo Budo Kwai
Dough Roberts, Hanshi, Kenkokan/Kudakaryu

A Tradition Continues

A tradition according to Merriam Webster is "an inherited, established, or customary pattern of thought, action, or behavior: the handing down of information, beliefs, and customs by word of mouth or by example from one generation to another without written instruction, etc." Every school of Shorinjiryu maintains a certain amount of traditions in their paradigm: the use of the white gi, the adherence to the honorific, the use of Japanese (as much as possible), discipline, meditation, opening and closing ceremonies, the bowing to each other, and a myriad of other items.

We of the Kenryukan have a small two-part tradition which was instituted many years ago and which we still "enjoy" performing. Part one, New Year's eve, we call this ceremony *kagami akeru*. This is a closed door class where we transmit to the students philosophy, history, and beliefs. The students are given an opportunity to ask to do any kata they wish. The whole class must then do it. We then light incense, meditate, and finally we open the Book of Knowledge. What's inside? Can't tell, that's why the door is closed. Afterwards we have a toast *kampai-suri* (non-alcoholic, of-course) and a sweet cake wishing

everyone a Happy New Year.

Part two, takes place on the first day of classes of the New Year that a student returns. We call this ceremony *sai-kakunin*.

Basically, the students and instructors must reaffirm themselves to the practice-*renshu*-of Shorinjiryu. Now, you may ask, how do they do that? After the formal opening ceremony, we start off with 1,000 jumping jacks, 1,000 sit-ups, 1,000 kicks, 1,000 punches and only 100 push-ups. Each student then signs the completion chart, shakes hands and again we have a *kampai-suri*. This ceremony is completed during one class-the installment plan is not allowed and every student does it. Tiger balm is available upon request.

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The submission of articles, newsworthy events and letters is encouraged.

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