



The Shorinjiryu Shinzen Kyokai

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

Shorinjiryu Shinzen Kyokai Shorinjiryu Shimbun

An Eye Opener by David Nespoli, Shodan

Since I began practicing the martial arts in 1994, I have attended many tournaments within the Shorinjiryu style. Until recently, I had not attended any tournaments outside of the Shorinjiryu style. It was not until I attended my first open tournament that I realized what I had taken for granted.

Attending this open tournament was a last-minute decision for me. I wasn't looking forward to it, but I figured it would be a learning experience. There were to be five events at this tournament: kata, shiai, weapons, self-defense, and board-breaking. I had signed up for all of these events. Upon arriving at the gymnasium where the tournament was to be held, the first thing I noticed was a group of judo competitors wearing bright red uniforms. As I made my way to the locker rooms, I saw at least five different types of uniforms being worn by various competitors. Some consisted of nothing more than shiny track pants with a t-shirt that displayed the name of the dojo. As I proceeded to the main competition area, a shiny metal object caught my eye. Several competitors were practicing for the weapons event. Their bos, however, were much different from the traditional wooden weapons that we use. Most of the competitors in

the weapons division used featherweight metal bos that were shiny, colored, or otherwise ostentatious. I remember someone from my dojo asking me if there was going to be a billiards division.

The judges and most of the Sensei were dressed in regular street clothes. There was no opening ceremony, the tournament just started without any formalities at all. The first event was self-defense. In this event, two competitors would perform a pre-arranged set of three self-defense forms. I had a chance to watch some of the other styles compete in this event. The judo dojo had great throws and the aikido dojo used a lot of wristlocks. In the kata competition, most of the competitors used a lot of yelling and screaming during their forms. Each technique was usually accompanied with some kind of kiai. One student (who took first place in his division) incorporated several handsprings into his kata. None of us could figure out the bunkai but it certainly impressed the spectators. The board-breaking competition was a very unique event. The boards were the plastic breakaway kind. The event was set up so that each board was worth a certain number of points. The most difficult boards to break were worth

the most points and the easiest boards were worth the least points. The boards were fairly easy to break. It seemed like most of the other competitors hadn't broken boards before, while one student seemed as if breaking boards was all he practiced. Finally, the shiai was completely different from what we do in Shorinjiryu. The shiai was non-contact, and we did not use bogu. To win, you needed to score three points. I'm not sure how you would score a non-contact shiai, but the matches were usually finished in about thirty seconds. The shiai was fun, albeit brief. I found that it's tougher when you're trying not to hit the person than when you are trying to hit.

This tournament was very different from what I had ever experienced in Shorinjiryu. If you've never been to a clinic or tournament outside of our style, I do recommend it. Even if you don't compete, it's interesting to see how other styles run their tournaments. The discipline and spirit that we expect at all of our events was non-existent. It is a shame to think that this is what most people think karate is. From this experience, I learned that we who practice Shorinjiryu have something special that we should never take for granted.

Tentative Calendar of Events for 2004

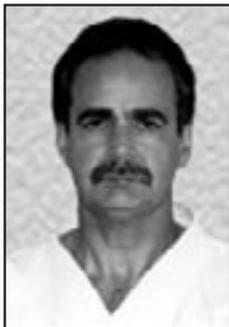
18th Annual International Shorinjiryu Shinzen Shiai (Queens, NY)	Oct. 10th
Winter Regional Tournament (Brooklyn, NY)	Dec. 13th
Newsletter Deadline - Winter Issue	Dec. 20th

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From the Desk of the President

by Myron M. Lubitsch, Kyoshi



I send you greetings of goodwill, good health, and good practice. During this time of summer fun, I have observed a greater interest the development of better health practices and a concomitant increase in membership.

So far this year, I had the pleasure of attending four tournaments: the Spring Regional, the Second Annual Kenyukai Watanabe Ha Invitational, the Eighth Annual Shorinjiryu Shindo Budo Kwai Koshiki Tournament, The Summer Regional, two Referee/Scorekeepers Clinics, the Saint Patrick's Day All Shorinjiryu Symposium and the Long Island Clinic. Each one of these events proved to that Shorinjiryu Karatedo is growing as each hosted the largest number of participants in current history.

The **Eighth Annual Shindo Budo Kwai Koshiki Tournament** hosted some 350 contestants. The tournament was extremely well run and ended in record time. The feelings of goodwill permeated the entire event once again demonstrating the camaraderie among the participating schools. Our esteemed Vice President, Shihan Dan Hayes attended this event for the first time and came away with many interest-

ing experiences-all good. My compliments to Kyoshi Michel Laurin on his great staff led by Shihan Gilles Labelle. The banquet that evening was really a blast affording all the opportunity to relax and share good memories. Congratulations again, Shindo Budo Kwai, on-a job well done

The **Second Watanabe-Ha Invitational Tournament** was also a success. The feeling of friendship was rekindled at this event. We, the members of the Kyokai, were especially honored to be asked to officiate as chief judges for all but one of the shiai rings. Additionally, Kyokai trained scorekeepers trained other volunteers in proper scorekeeping and ran the tables. Being requested to officiate as chief arbitrator for this event was a great honor. I hope that cordial relations between Mr. Watanabe, Hanshi and the Kyokai continue to grow.

After leaving the **St. Patrick's Day All Shorinjiryu Symposium** hosted by Renshi Manny Hawthorn, I realized the beauty of our system.

My students and myself came away refreshed with the welcome we received and the knowledge imparted at this event.

Preparations are in play for the upcoming **18th Annual International Shorinjiryu Shinzen Shiai**. This is a benchmark year in the history of Shorinjiryu as it represents the 40th Anniversary of Shorinjiryu in North America. Shorinjiryu, as most already know, was first demonstrated at the 1964 World Fair in Flushing Meadows Park, Queens, New York. Three years later, it was introduced to Canada in Expo 1967.

This year we have received notification from Renshi Jim Griffin of Australia and Shihan Atul Joshi of India that they will be attending this special event. Additionally, we have moved the site to a new and larger venue to accommodate the expected larger number of participants.

We wish everyone an enjoyable summer filled with good times and good practice.



1964 World's Fair - Japan House Exhibit

Letters to the Editor

Kyoshi, Shihan, Renshi,

Greetings and thanks for all that you teach me by your fine examples.

Shihan Dan Hayes much thanks to you and all at Island Budokan for making us feel so at home and welcomed. All the demonstrations and

clinics really made it a super experience for me and my son, Jordan. Kyoshi Myron for all your efforts in bringing the Shorinjiryu family back together through the Shinzen and support of events like the Island Budokan Bogujutsu. Thank you.

Many thanks Renshi Brian for your patience and the great door-to-door service on Saturday.

Osu,
Sempai Marc Riley

From the Desk of the Vice President

by Dan Hayes, Shihan



Duty. Sadly, within everyday life here in America, duty seems a concept which needs to be explained and taught. When we look at the entertainment industry's depiction of this mysterious philosophy of life in movies such as *The Last Samurai* or television shows

such as *Silent Flute*, we marvel at the moral strength of the characters and are inspired by their fortitude. But while we are inspired to greater aspirations, do we realize that these bigger than life characters, the very ones which leave us awe struck, are the same characters that search for and exhibit the most sacrifice for loyalty and duty to others forged by their moral concepts? This appeal is intuitive, versus the pragmatic and materialistic societal constraints of modern Western society. As explained in *Hagakure*, "Intuition based on sincerity and moral guidance is what brings us back to bedrock."

Duty to others is prescribed by our own moral perceptions of right and wrong, and concepts of sacrifice and honor.

Systems of ethics create personal fidelity, which is a moral adhesion existing among all sorts and conditions of men, "but it is only in the code of chivalrous honor that loyalty assumes paramount importance." Within the code of Bushido the term **GIRI** is predicated upon the condition of honor. One's degree of loyalty was how one was judged. Again, think of the intrigue or emotional intensity that we found so alluring in the . This genre, which was the basis for the Budo we practice today, consisted of generations who spent their entire lives trying to find clarity and honor through opportunities to prove their loyalty and thus became the monoliths we fantasize about today. This because of their devout focus and the qualities it evoked, both in moral character and physical abilities; qualities such as appreciation, selflessness, compassion, clarity, charity, strength, creativeness, sensibility, control, community and vision.

All aspired to through the guise and as inspired by dauntless loyalty to a cause tempered by morals and ethics.

These concepts cannot be fully understood outside of a dojo. The dojo offers the cause and community to develop this sensibility into something greater than ourselves. Karate is not about you finding yourself; it is about finding out how you can help others with the proficiencies you gained in Budo within the context of a common focus of loyalty or Ryu. In true karate we do not want visitors we want students. Those who truly enter to learn also enter to someday teach and help their community and school to grow. To sacrifice for those who have sacrificed for you so that someday others may also do so.

Without this sense of moral obligation (**giri**) there is no karate-do, only fighting with no purpose.

Intent is everything as is the lack of intent.

Sunshine News & Congratulations

Black Belt Promotions

Shodan

Doro Konate*
Christian Hernandez*
David Nespoli*
Ian Rosenblatt*

Nidan

Jim Dee*
Anthony Leiva*
Yesenia Santiago*

San Dan

Des Paroz, Sensei*

* Will receive Kyokai certification in October or has received Kyokai certification already.

Congratulations

Henry Chicaiza

graduation from College

Rafael Lajara

graduation from HS and acceptance to College

Christian Hernandez

graduation from HS and acceptance to College

Wedding Congratulations

Sensei Des & Belinda Paroz

Shodan Angel "Dusty" &

Ciani Garcia

Important Notice

We regret to inform you that the Kenkokai School has decided to leave the Kyokai. We wish them well.

Congratulations to Kyoshi Myron Lubitsch upon his induction and being the recipient of the U.S.A. Martial Arts "Hall of Fame", "Master of the Year"

The Kata of Shorinjiryu - Naihanchin by Des Paroz, Sandan

In the Shorinjiryu Karate of Kaiso Kori Hisataka, Naihanchin is generally one of the first forms introduced to new students. It is also one of kata that has been evolved the most as part of our style's heritage of *Spiritual Development of the Individual Through Mind and Body*, and as such there are a variety of versions of this intricate form.

The most common form in Shorinjiryu (which I'll refer to simply as Naihanchin) features long-range, expansive, sideways movements, and is fundamentally similar to that depicted in *Hanshi Masayuki Hisataka's 1976 book, Scientific Karatedo*. More recently, another form with shorter-range movements has been introduced within the Shorinjiryu Kenkokan school. This form, known as Koshiki Naihanchin (or alternatively Naihanchin Shodan or Tekki Shodan) is illustrated in the 1994 publication, *Essential Shorinjiryu Karatedo*.

To further confuse the matter, there are also multiple forms, and multiple names for the same forms – Naihanchin Dai, Naihanchin Shodan, Naihanchi, Naifuanchi, Tekki Nidan, Tekki Sandan, etc.

Of course, all this variety leads to some confusion, so I thought it would be worthwhile to explore the origins of Naihanchin.

Naihanchin is one of the oldest kata in the Shorin / Shuri-te based

heritage of Okinawa. We don't know the exact origins of the kata, but it is almost certain that at least one form of Naihanchin was developed or popularised by the great "Bushi" Sokon Matsumura (1809-1901). This is evidenced by the fact that almost every Shuri-te based heritage practices some form of this kata.

What we don't know is if Naihanchin tracks back before Matsumura to China. Sells (2000) believes that some version of Naihanchin predates Matsumura. Certainly, there is some evidence of a form known as Dai Po Chin, which not only has a similar sounding name, but has common elements in terms of techniques and principles. I am not sure if we'll every really be able to prove whether this is true or not. The problem is made more difficult as Naihanchin is thought to no longer exist in China (Motobu, 2002).

Matsumura taught Naihanchin as the first kata to his students – in much the same way that Sanchin has been propagated among Naha-te / Goju based styles as a first kata. Among these students were famous karateka including Ankoh Azato, Ankoh Itosu, Chotoku Kyan and Chomo Hanashiro. The Shorinjiryu heritage of Naihanchin is traced back from *Kaiso Kori Hisataka to Master Kyan (Hisataka, 1994)*.

Although not on our lineage, Master Ankoh Itosu was known to have further developed the Naihanchin forms, and is credited with developing the Naihanchin Sandan form (and perhaps Naihanchin Nidan). The fact that this form is **not** practiced in Shorinjiryu gives further credence to the fact that our Naihanchin is descended from Matsumura's Naihanchin (Naihanchin Shodan). Itosu was one of the teachers of Master Gichin Funakoshi, who renamed the three kata as Tekki Shodan, Tekki Nidan and Tekki Sandan.

The question about which form is closest to the original Matsumura form is often asked. Both Master Kyan and *Kaiso Kori Hisataka* are known to have tailored the form of a kata to suit the individual they were teaching, so it's hard to know exactly. But, a review of other, related systems of karate would suggest that the form we know as Koshiki Naihanchin **closely** resembles that practiced in other Shuri-te styles. So we can quite safely conclude that Koshiki (meaning "old style" in this case) Naihanchin is in fact close to the mark.

The major difference between the Shorinjiryu Naihanchin kata and those of other systems is primarily related to the addition of kicking and punching techniques. *Hanshi Masayuki Hisataka (1976)* acknowl-

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A Student of Merit

In our continued effort to spotlight students who have exhibited exceptional spirit in their lives, we offer for consideration Christian Hernandez.

A cousin took in Christian for reasons beyond Chris' control and cause a few years ago. As he grew older, the situation within that household became problematic and Chris was again on his own and again without his fault. A fantastic couple by the name of Albert and

Laudy, both students of Kyoshi Myron, volunteered to give him a place to live. Unfortunately, he felt that completing high school was not for him. That is when Kyoshi Myron stepped in and persuaded him to go back.

Chris did go back. He successfully completed his high school education and received his diploma in February. He will attend the graduation ceremony in June. However, that is not all. Chris studied for and took

the examination for United States citizenship, passed it and is now a full citizen of the United States. Yet, that was not all. He took his black belt exam and passed that. He will receive his Shodan diploma and belt in August during a special ceremony. Currently, he is awaiting conformation of acceptance to college for the Fall term.

We are all very proud of Christian and wish him a great future.

The Kata of Shorinjiryu - Naihanchin by Des Paroz, Sandan

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edges this in *Essential Shorinjiryu Karatedo* when he states that Kaiso Kori Hisataka introduced these changes to make the kata “more complete”.

The evolution of Naihanchin within Shorinjiryu is in itself an interesting phenomenon. It is certain that Kaiso Kori Hisataka modified the form based on his experiences and personal research in Okinawa, China, Mongolia and Japan. The form of this Naihanchin was probably similar to that originally introduced to North America in the 1960's by Hanshi Hisataka, Kaicho Watanabe, Shihan Kashimoto, Shihan Ishino, Shihan Morita and others. According to conversations with *Kyoshi* Lubitsch, this form was circular with a lot of movement.

In contrast, the current form (Koshiki Naihanchin) being emphasised in Japan is more linear and contains far less movement. It has come full circle to be closer to the form of Matsumura, while keeping some of *Kaiso* Hisataka's innovations – namely the kicking and punching techniques.

So while Koshiki Naihanchin may be closer to the original form, the longer one could be considered more representative of the Shorinjiryu Karate of *Kaiso* Kori Hisataka,

and is a signature kata of our style. Thus both versions are important to our history.

The name Naihanchin means side-ways fighting, perhaps in a confined space or alley-way. Superficially, Naihanchin does not seem to contain many standard techniques, and appears to be mostly blocking and stepping. Master Shoshin Nagamine (1976) suggested that the main point of Naihanchin might be development of lower body strength. However, others contend it is a grappling kata, consisting of restraints, arm and wristlocks, takedowns and throwing techniques (Johnson, 1994).

One interesting consideration with Naihanchin is that its opening move is often interpreted as an offensive strike. This is seemingly at odds with the precept *karate ni sente nashi* (there is no first attack in karate). However, the famous master Choki Motobu (among others) suggest that the real meaning of the precept is that we should never “strike or harm someone without just cause”, but once it is obvious a fight is the only option, then maybe the best form of defence is offence (Motobu, 2002).

Naihanchin is one of the most important kata in our system (or perhaps I should say, one of the most important **set** of kata). Its

legacy is traced through *Kaiso* Kori Hisataka to Chotoku Kyan and back to Bushi Matsumura. I hope that this short article might spur you to take a moment to have a closer look whenever you practice it in the futures.

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Important Notice of a Change in Rules

Points will be awarded for controlled techniques to the head in 5th Kyu and above only in all divisions child or adult to the head.

Whereas contestants 10th Kyu – 6th Kyu may throw techniques to the head, they will not be considered as points. As before, absolutely

no contact is permitted to the head or neck area.

Students under 5 Kyu (green) shall not compete in weapons forms.

Becoming Great Referees, Judges and Scorekeepers!

On Sunday, January 25th and June 27th, the first and second in a series of seminars were held at the Kenryukan's Imperial Dragon Hombu Dojo. There is an old adage “that you get what you pay for.” Well, that old axiom does not hold any validity as the Kyokai continues its tradition of offering to all interested black belts, students and parent volunteers the opportunity to learn the finer details of refereeing and scorekeeping free of charge. A continental breakfast was served

to the thirty plus attendees as an added bonus.

The discussions of the rules, regulations, contingencies, protocols and various other topics were openly discussed with great gusto. In the end, a comprehensive understanding of what is allowed, what procedures to follow, and the “how to” questions were answered.

These seminars offer certification as arbitrator, chief judge, side judge, scorekeepers and table officials. All in attendance agreed that only

those who take advantage of these seminars and understand what are the rules and the how to should be given the majority of consideration at various events. As stated in a previous edition, there are highly qualified individuals in Canada, Australia, etc. and they, too, are given high consideration as tournament officials. However, whether a black belt is a shodan or a judan, refresher courses have relevance and all should avail themselves of these clinics.

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