



## Winter Shimbun 2009

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



From the Desk of the President

### A New Year's Thought



As we are now approaching the end of the year, I have requested some relevant, salient, reflective or informative comments from my fellow instructors to be placed within the International Shorinjiryu Shinzen Shimbun and the International Kenryukan Shimbun. I, too, have to do the same as I requested to do so. After long thought, I decided to write this brief thought on a matter which concerns me and others as well.

Over the years, we have been taught and have taught that we train with the shadow of the samurai over our shoulders. We have learned that honesty, courage, benevolence, respect, self-sacrifice, self-control, duty and loyalty were the right things to do. These principles relate to the ancient samurai and to the Japanese word *do* or literally the way. The whole concept was to make for a well rounded member of society. The antithesis of this is the Japanese word *jutsu* or the science of combat. Its concomitant belief was basically to create fighting machines. Fortunately or unfortunately, as the case may be, we can see that on television virtually every day.

You have been taught and have taught karatedo not karatejutsu and for good reason. But, with that we now have to think very clearly about the principles listed above. In my opinion, they are all valid and have relevance to each of us and society as a whole. One in particular, however, could really be problematic and that is the concept of *giri* or moral sense of obligation. There is an old Japanese samurai saying, “Death is lighter than a feather, *giri* is heavier than a mountain.” So, what is this leading to? We all have obligations, that is a given. However, when does the obligation to the instructor supersede all others? Well, that depends upon the circumstances of one’s obligations and responsibilities. Clearly, you must think before you obligate or commit yourself to an action.

The usual New Year Resolutions are rarely kept. But, there is one that I would request of you. Keep your word. As another old saying goes, “my word is my bond.” Let that ring true once again. If you tell your instructor that you will do something then do it. If you know that there is no chance of you being able to so, then be forthright and say so. Be polite and say *sumi-masen* or simply, I am sorry but I cannot do what you ask. Reframe from saying “yes” when you know in your heart you mean know the real answer should have

been “no”. Please remember your instructor and others are counting on you. The idea of playing lip service or giving an answer that you think your instructor wants to hear will only ultimately cause ill feelings. Your instructor might get annoyed but at least will know what your thoughts are and can make other arrangements. On the other hand, your instructor has every right to really become infuriated when you break your promise. But, upon occasion and depending upon the magnitude of the promise, you may ameliorated the situation by an honest telephone call if something really serious occurs preventing you from fulfilling your promise.

Here is the biggie, “I will try”. This one is the most problematic one especially if there are time requirements. Your instructor in this case is totally left up in the air hoping for a positive action. Sure, try, but if you cannot be absolutely certain that you inform your instructor long before the cut off date so that appropriate change of course actions can be taken. In the immortal words of the venerable Yoda, “*Do or do not... there is no try.*” Maybe these actions should follow you outside the dojo as well as within.

Think about it.

Finally, I wish everyone a very Healthy and Happy New Year filled with only good things – practice, train hard and stay with it. Make your fellow students, your instructors, and your family proud of you, but most importantly, make yourself proud of you.

Myron M. Lubitsch, Hanshi

Shorinjiryu Kenryukan International, Chief Instructor

Shorinjiryu Shinzen Kyokai, President

*For many years we have put together these Shimbuns and would like to continue. A comment was made a number of times and should be addressed. There is little or no feedback regarding the articles. You will find special holiday greetings, historical accounts, technical clarifications, opinions, in addition to a sunshine and calendar. Please feel free to give your respectful opinions on any of the items in the Shimbun. Please note that this is an extensive edition - take your time to read the whole thing. A special thanks to all who contributed.– Ed.*



From the Desk of the Vice President

## COMMITMENT - EFFORT



How does one measure commitment? Commitment, a major component of *giri* (or at least a demonstration of it), is measured by varied means. Truth be told, I believe duty to one’s self and in turn those encumbered by it, is measured entirely and solely by one’s effort.

I would have to say the most patronizing, yet consistently ironic departure speech I hear is, “I don’t feel I can commit as much to this as I should (or as you want) and I don’t want to insult you. So I am quitting / taking a break until I can find the time. Then when I can fully commit myself I will give it the time it needs to be respectful...” Rarely, but sometimes I actually hear sincerity in this and I can see the confusion in the translation of the defining factor that is “commitment”...this would be EFFORT.

Simply put, we are a quantity, not quality based society now. Sad but true. Conversely, one of the most poignant, beautiful and significant paradigm of our Federation / Style is that we are rooted from the seed of QUALITY. This is paramount!

“I know you want me to be in class more than I “can” be so....”

Sadly, these folks do not realize I NEVER went to formal class more than once a week my first 10 years of study! I could only afford one class a week which was a whopping 25 dollars per month 38 years ago.

This does not mean that I condone attending only once a week as a measure of commitment. There is more to the story. You see that “once a week” came at a much higher price than the measly 25 dollars, unseen by others. The class was 5+ miles from my house. I had to walk, run or ride a bike to get there all year round (it used to snow back then, a lot!). I had to get a job to pay for the tuition, uniforms (learned to sew quickly), events and such. I worked weeknights and weekends to do so. This in addition to my academic, sport, music and family obligations, all required as I was only 13 years old. This made my one class a week VERY SPECIAL to me.

The effort to have this GIFT once a week was tremendous for me. Yet I was embarrassed at my lack of attendance. Rather than opting to “take a break” or quit I resolved to this conclusion; I respected my Sensei, Dojo and commitment enough to endure the self imposed humiliation. This taught me (in the distant future) that it was the *quality* of the time spent, not the time present in the dojo that measured my commitment. The quality made these unseen efforts to make it possible, the sacrifices if you will, seem inconsequential.

These “sacrifices” were in turn respected by my relentless efforts in and out of the dojo. My heart and soul have always been in the dojo...”the *dojo* is where the heart is”.

Conversely, I had a student (Nidan) who used to come to my dojo to “learn and practice” from Connecticut (1+ hours ferry ride and 1+hour drive) twice weekly. He would constantly parade his extreme sacrifice to his dojo mates. He was so proud of his “sacrifice” that it was his pride that became his practice.

To this I announced that his “sacrifice” was truly just that, an immense sacrifice. He puffed up in his typical peacock fashion. I concluded, to his chagrin, “It is indeed, so sadly a monumental sacrifice. To spend so much time traveling here to do and learn nothing! If he recognized the work necessary to make the sacrifice insignificant compared to the benefit of the practice, he would be respected and welcome. Instead I would prefer he find someplace else to expound his gift of being present.” We did not see him again...

So effort, measured by sacrifice and humility are the true measure of commitment. Not minutes or repetition. Intentions, effort, humility and sacrifice; all are part of commitment. Suffice to say, *commitment is not easy or simple to judge or muster.*

This is the very reason we respect and follow people such as Watanabe Kaicho, Hanshi Myron and your Kodansha.

*Te hon o shimesu*

Shihan Dan Hayes, Senior Vice President  
Kenkukai Chief Instructor  
Daniel Hayes, Fukukaicho SKWHWF / ISSK



Dear Shorinjiryu Family,

It's that time of the year again- time for celebrations and joy. The year 2009 is close to an end, and another is about to begin. But once more, I don't know what happened to 2009. It seems like Hanshi Myron just asked me to write wishes for the year 2009, and here I am getting the same request but for 2010.

I know that several of you are feeling the same way that I do, and it seems like the older I get- the faster the years disappear.

I would like to share something with you:

For the first two years I started karate I lost every single tournament I entered in. I remember dreaming about winning my first trophy, I already knew that I wanted to become a professional karateka, go to Japan, and open my own dojo. People would keep telling me that karate wasn't for me, that I should quit, that I would never win a tournament, and would never become a black belt. Well, I was stubborn, and instead of quitting I went back down to my mother's basement and trained twice as hard.

The day came that I won my first tournament, and then for about ten years I won almost every tournament I competed in, including 3 all Japan and 6 world championships. Suddenly, all the same people that were telling me to quit because I wasn't good enough were now saying that for me success was easy because I was a natural. Same thing happened when I first came to Hollywood, I had too much of an accent, I was not a real actor, I was too old, etc. I now get letters from the same people congratulating me for the success of my latest movie.

My point here is not to show off, I'm well past that point in my life and have no need nor desire to prove anything- except maybe that I realize I still have a lot to learn and much more dreams to come true.

What I'm trying to say is don't waste your time. A person without a dream is a dead person. It is never too late to realize a dream. So for 2010 and the years to come I wish you to pursue your dreams, be stubborn, and never give up. Life is too short to not do what you love, and to not accomplish your goals. Do not listen to people who tell you that your not good enough. Work hard, work harder and be prepared for when opportunity (what people call luck) will knock at your door.

I wish you all Happy Holidays and Happy New Year.

Kyoshi Michel Laurin  
Shindo Budo Kwai



From the desk of the Technical Advisor  
Dear Shorinjiryu Family



I would like to wish all the students of Shorinjiryu a very happy New Year with filled good health, training and hard work. Good luck on your future promotions – let us work together.

Hanshi Shunji Watanabe  
Watanabe-ha International



## U.S. vs. Japan Cultural and Pedagogical Differences in Karate Training

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By Shihan Brian Berenbach



Few martial arts students have had the opportunity to study in Japan. It is costly (Tokyo is one of the most expensive cities in the world), and there can be language and cultural barriers. Moreover, just the environment can be intimidating. When imagining what a Japan karate dojo might be like, Americans might visualize a “karate kid on steroids” type of environment. In some ways, that vision may not be too far off. So I thought it might be interesting to contrast the pedagogical and cultural differences in martial arts training in our two countries, illuminating some of the similarities and differences.

First, a bit about my background. My presence in Japan was fortuitous, not planned at all. After having studied Shorin-ryu, Shotokan, and mostly Shorinjiryu in the U.S. (the latter with instructors Hisanobu Yamazaki and Masayuki Hisataka), I found myself, courtesy of the United States Air Force, living in Fussa, Japan in 1969. This was about 4 years after I had ceased studying; a two year stopover in graduate school followed by two years at McClellan air force base in California.

Now in Fussa, I lived on a Japanese airbase that was shared by USAF personnel. On the base was a Shotokan dojo, and almost as soon as I arrived, I showed up with my gi, wearing a white belt, and started studying Shotokan Karate. A month or two later, while wandering around Tokyo, I bumped into an expatriate who told me about a Shinjuku dojo where Shorinjiryu was studied. Yes, THAT Shorinjiryu. I took down the address, and about a week later after work took the train in and showed up at the dojo. Almost immediately, I was part of the family. My training was primarily through mimicking what others were doing as explanations in Japan were few and far between. So I have two data points in Japan, e.g. a Shotokan and Shorinjiryu dojo, to compare with the American style schools that I have visited, studied and taught at. Now what I am describing in Japan is circa 1969-1971 so students who have studied there more recently may have had different experiences (that I would be interested in hearing about). That having been said, I think that you will see, by reading on, where some of the frustrations and difficulties of Japanese Sensei’s teaching in the U.S. come from.

## Instruction

Instruction in Japan was primarily physical. There was very little explanation during a class. The students are told what to do once, or not told at all, and then asked to do it many times. By many, I mean, for example, doing a kata 20 or more times in a class, performing a kumite (Shorinjiryu) typically over 100 times. The belief is that over time, the students' body will learn what is right and what is not. Where necessary, instructors correct by positioning the students body, or slowly demonstrating for the student (e.g. a slow motion side kick), properly positioning the hands or feet.

Students in Japan rarely ask questions. That is partially cultural, and partially because of the teaching style of the instructors. It is considered rude, for example, to ask a question during class.

In the U.S. students are given rationale, explanation, often ad nauseum in lieu of doing. There is not enough repetition for a student to pick up a kata or kumite and retain it. The reasons are varied; first, there is concern that the student will find the class boring and move on to basketball (\$\$\$). Second, there is competition with other activities. Finally, there is the unwillingness of many Americans to commit or immerse themselves fully in what they are doing. In short, there is the perception of Japanese instructors that American students are not serious. I often get the feeling, for example, that my students think that sweat is unnatural or something to be avoided.

## Persistence

I don't know if things have changed much in Japan, but when I studied there it was a 6-7 day a week activity for the students. I remember, for example, that there was no class on Sunday, so I would go out to the athletic field to work out, and I would run into my classmates doing the same thing. Moreover, to paraphrase Yoda, "Do, or don't do; there is no try." So, the Japanese philosophy is to pick something and get very good at it. Did you know, for example, that there are grade levels of Dan, just as in the martial arts, for the game of Go?

In general, a Japanese student would make a commitment to study something. If they liked it they would stick with it for as long as they could, and get as good as possible. If they did not like it, they would immediately move on to something else. Now that does not mean only one thing to the exclusion of all else. Some martial arts students in Japan studied more than one art, e.g. Kendo, Judo and Karate. Others would do karate and swimming. But they would do it very hard and very often.

In the U.S., we appear to have this "if it's Tuesday it must be karate" philosophy of try a lot of things, without take the time to excel at any of them. I have students come up to me occasionally and say "Shihan, I can't come to class on Thursday as I have soccer practice". We do have class three times a week, yet I see very few of the weekday faces at the Saturday workout. My question is, "why bother?" Karate is not an incidental activity. It requires a lot of practice and diligent study to improve. Yet this is something that I have difficulty conveying.

Moreover, because of the frequency of practice, in Japan the shodan is often obtained in one to two years. It is considered a novice rank, e.g. you now know how to breathe, punch and kick correctly, and we can now start studying kata without having to worry about correcting basics.

In the U.S., however, the first level black belt (Shodan) seems to be some kind of end attainment, e.g. "I have my shodan (after 7-10 years), now I can stop and do something else", or, "I am an expert, now I can teach." We even have the all too frequent situation where a student gets a shodan (sometimes even a brown belt), then starts his own style! Oi Vey. I really feel sorry for that person's students.

## Politeness

Japanese students are polite in the extreme. They have respect for their teachers, starting at a very early age. They also respect their elders. When studying, they focus and pay attention (yes, even the little ones), they are invariably polite, and are considerate of those around them. If not, they are not in a martial arts class.

My observation has been that, while some American children approach the level of politeness of Japanese, it is very rare. Older students are a little better. American students (primarily children, but sometimes adults) will walk between a teacher and a student; speak while the Sensei is speaking; look away while the Sensei is talking; yawn while the Sensei is addressing him or her; and often completely ignore what Sensei says.

Sensei: "Put your right foot in front of you". Student: puts his left foot in front. Sensei: "Do you know the difference between your right and your left? Student: "Of course", correctly points out right hand and right foot. Sensei: "Fine, now put your right foot in front of you". Student: Puts his left foot in front. Yes, Mr. backwards is always in my class and in my face, frequently disrupting attempts to teach a kumite to the other students.

Japan: Students never ask about promotion, it comes when it comes. U.S. Students are always asking when they will be receiving a promotion. Response of Sensei "When you are ready" while thinking "*when hell freezes over*".

So it should be clear to the reader why Japanese instructors experience culture shock when first starting to instruct in the U.S. It is the rare Japanese instructor indeed, who can stick it out, suffer the perceived insults and lack of student persistence, and stay completely sane.

In fact, I'm American and I can hardly take it, and I will state for the record "I'm frustrated as heck and I want my revenge – next class, 2000 kicks and punches, and that will be just for starters."

*Shihan Brian Berenbach is a member of the Kenryukan and winner of numerous international awards for his work on computer software and programs.*



## Shorinjiryu Early Years



Some time ago I briefly wrote about the Brooklyn Academy of Music where Masayuki Kukan Hisataka, along with other Japanese Sensei, first started teaching Shorinjiryu Kenkokan Karatedo on the eastern seaboard of the USA. Those Sensei who arrived with Shihan Hisataka were all in their 20s and ranged in rank from 2nd to 3rd Degree Black Belt.

In this essay I want to write about the practice, mood, and culture of those early days, as well as, my experience in Sensei Minoru Morita's Shorinjiryu dojo. I feel there is a need to connect the reader/practitioner of Shorinjiryu to a time when most were either not born or too young to be acquainted with the Martial Arts. A good example is that if you are now 50 years old you were 6 years old when this story begins in Brooklyn, New York. The year is 1965 and my uncle who was my first karate teacher told me to go see a Japanese Sensei teaching karate in Brooklyn. Several months later I did manage to go and watch Sensei Minoru Morita's Shorinjiryu class which was held in a Judo dojo on top of a retail clothing store. The owner of the school, judo Sensei Kiyoshi Shina, now a Kodokan 8<sup>th</sup> Degree, invited me to watch his judo class. What I noticed immediately was that the karate class was small and had no females in attendance; however, the judo class given earlier that evening was much larger and had some very talented young ladies practicing. In those days, karate was not very well known, but, Judo was very popular.

During the spring of 1966, I went back a few times to watch the karate class and after a short talk with Sensei Morita I joined. I was a little reluctant to join at first because in those days men did not use kicking to defend themselves. Kicking was thought to be more of a feminine form of self defense. Setting my concerns aside, I purchased my gi (uniform) which was made of an unbleached white heavy canvas material. The sleeves were short as were the legs of the pants. My name was written in Japanese kanji on the lapel of my gi and also put on a piece of wood and hung on a board with the other students' names. The mudansha (lower level) ranking was a very simple six kyu system which consisted of white, yellow, two levels of green belts and two levels of brown belt. The training mat was made of very rough canvas with a thin cushion under it that easily tore the skin off the bottom of your feet from friction. Your feet did become calloused after a while. The heavy bag was just that, a very heavy canvas bag that would push back at you, knocking you off balance if you were not used to it. What was made abundantly clear was that there was no talking during class and that we would learn by example. No theory, no stories, no questions, just train, go home and come back the next day for more training. In our school both Judo and Karate students wore the same school patch which read "Japan Judo and Karate". There was no Kenkokan patch but we did receive a Kenkokan membership card which I still have today.

The karate classes I attended for adults were held in the evenings and on Saturdays. The students would all get to class before Sensei to warm up. One of the students stood watching looking out the window to see when Sensei was coming across the street from the subway while the others would practice their forms and warm up. No matter what the weather was, Sensei always wore flip flops. If there was snow on the ground or it was raining he wore flip flops. At about 5 ft 10 inches tall with an athletic frame projecting a charismatic personality and a black belt, Sensei was a magnet for serious karate students. In the 1960s his travel partner and good friend was Walter Geckelman who was the first American Shodan in Shorinjiryu. Let me take this opportunity to tell you more about Sensei's background. Sensei Morita was one of Shinan Kori Hisataka's senior students and one of the demonstrators at the 1964 World's Fair. I was told he was an acquaintance of George Mattson, (now Hanshi) who was the first American to get a black belt in Uechi-ryu and teach it in the USA. Sensei would refer to him fondly as "George Boy". Sensei also did a TV commercial for a then popular Rheingold Beer. He pursued a career as a graphic designer and in 1970 formed "Creative Center Inc.". It did not take long before he won several awards for his work and became a very successful business man. For many of us, it was our first exposure to an entrepreneur. Besides teaching karate to the FBI and the military, he also studied judo and attained a black belt under Sensei Shina.

In the spring of 1966, I had just turned 21 years old and was loaded down with the responsibilities of having a family and a full time job that paid minimum wages. I was a street wise kid who was in the company of others in the class who grew up on the streets of Brooklyn like I did. I, along with the others, was no stranger to street fights and gangs. This was how we survived those times. You would think that Sensei would have his hands full given the students who loved to fight, but that was not so, Sensei Morita fit in just right. He was tougher than the best of us and demonstrated on more than one occasion that he could hurt you if he wanted to and there was nothing you could do to avoid it. On occasion we would witness him practicing what I would describe as multiple punches and kicks. He would circle the head with one punch and proceed to do a triple front or side kick to the body. He would throw a kick to the knee, stomach and then face without putting his foot on the ground. His punch would circle the head, first to the right side, then left, then the top of the head. With lightning fast hands and kicks, he had a full arsenal of weapons at his

disposal. His reputation throughout the neighborhood grew. Other karate schools in the neighborhood sent no challenges our way.

Shiai become the center of our practice. We used the old style kendo fiberglass bogu with thick padded groin cups. Shorinjiryu interschool competitions were held every 3 months. Shorinjiryu schools from Connecticut, Queens, Maryland, New Jersey and Brooklyn would meet to do kata, yakosuku kumite and shiai. In these early days, there were at least 40 white belts in my division with no written rules for competition shiai. In 1967, I attended my first contest where the judges were Sensei Hisanobu Yamazaki, Yashiro Ishigami, Fujio Monjiama and, of course, Sensei Morita. I had to face several opponents to win 3<sup>rd</sup> place. From the very start of our training, we were taught not to show pain. No matter how bad things got in shiai, we had to keep going and not give up. Due to improperly placed punches and kicks, I fractured my toes and bruised my fingers which precipitated a visit to Coney Island Hospital the next day. After losing a few days of work and with no plaster casts for these types of breaks, I decided to return to the dojo. I remember feeling very good about my victory. With my feet wrapped in elastic bandages, I was frustrated and could only try to keep up with the class. Eventually, I was promoted to yellow belt. In those early days any type of victory that resulted in your receiving a trophy, especially if you won first place, usually meant you would be promoted.

Sensei would always set the example and would never expect anyone to do something that he did not do. He would lead the class into a state of exhaustion until we would be on the verge of collapse. When Sensei sparred with Walter he hit the bogu ( kendo chest protector) with full force without hesitation. He would sometimes spar with us and hit us so hard our bones shook from the force. I knew my first order of business was to toughen up my hands and feet so I could hit the Bogu hard without getting hurt. I put together a makiwara in the basement of my rental unite and began to hit it every chance I got. At first I would hit it wrong and cause my skin to blister and sometimes I would develop water in my knuckles. After a while, I hit it straight on and got the desired effect. I formed a large callous on the knuckle of my middle finger that I used to hit the bogu. After toughening up the sides of my hands, I could do chops and hammers with the same desired effect. Some of the students quit because they did not want to mess up their hands. In fact, I remember one student who complained that he used his hands in presentations to sell insurance and did not want to disfigure them. Sensei made no accommodations, either you trained to fight or you were left on the sidelines to watch. On occasion we would pile into a few cars and head off to Dyker Park in Brooklyn, New York for some outdoor park training. We would run the 1/4 mile track barefoot and do kata and shiai for all to see. Needless to say, minor cuts on the feet and ground in dirt took days to remedy. People would pass by and watch as we went through our drills. There was a bar nearby which was a hang out for Mafia people and some took an interest in our training. A few joined our school and later quit. Without question, Sensei made a positive impact on anyone with whom he came in contact.

In the 1960s, there were two different types of martial arts obstacles that had to be overcome that I feel are worthy of mentioning. First, we had some of the World War II generation who had their bad feelings towards the Japanese. The feeling was that anything made in Japan was inferior and that the Japanese could not be trusted. I know that Sensei, along with his contemporaries, had to deal with a few who could not let go of their disdain for anyone oriental, especially, the Japanese. I know that the feeling had to be mutual at times. A second kind of discrimination was that of Martial Arts students who felt that if you were not being taught by the Japanese, you were not learning a genuine martial art. Unfortunately,

today there are a few who still feel the same and we know, of course, that this is not true. These karate Sensei produced some of the best instructors of today and they, in turn, are passing on the knowledge to the next generation.

In the summer of 1967, we were told that Hanshi Hisataka, then addressed as Shihan, was scheduled to come to our dojo on a Saturday to give a clinic. We all decided to arrive early on that day to be better prepared for whatever we would be asked to do. All the students were anxious to impress the founder's son and show him their skill level. Sensei Yamazaki, Ishigami and Monjiama were present along with some of their students. Sensei Yamazaki, who was the senior most Sensei under Hisataka, demonstrated proper kicking and punching techniques. Hanshi showed us how to counter by shifting our bodies and trapping the legs. Kata and yakosuku demonstration were done by Sensei Morita and Monjiama along with bag work. We exercised and did shiai to try out what we had learned. At the end of the clinic, we were all treated to some Japanese food treats provided by Kyoshi Shina's wife. Although I was deeply impressed with the demonstrations, as a yellow belt I did not fully understand or appreciate what was taking place before me. I guess I was just happy that I did not become the subject of a demonstration.

Upon our arrival for practice one day, Sensei Shina's wife told us that we were in for a special treat this day. Visiting Sensei, Shunji Watanabe, would be teaching the class. Sensei Morita was out of town on business. To endure training in those days was to understand that no matter what you did it was never good enough and you had to try harder. Sensei Morita always pushed us to get better and that was without any compliments or pats on the back. Sensei Shunji Watanabe was no different. He pushed us passed our limit. One by one, he singled us out for specialized training. He told me that my front kicks were no good. He instructed me to kneel in seiza (kneeing position) and told me to do front kicks, forcing me to rise up on one knee to clear the mat for the other foot to do a front kick. I did this alternating right foot to left foot kicks and did not stop until he noticed that my insteps were deep red with blisters. He stopped me and made me stand up and the told me my punches needed to be better and so I began to punch and punch and punch until I could no longer feel my arms. Everyone in the class was exhausted and could barely kneel down for the closing bow. When the class ended, Sensei Watanabe smiled and told us that we all needed to train harder for our karate to be good. On occasion Sensei Yamazaki would fill in for Sensei Morita. He was not intimidating to look at, however, he was the most senior under Shihan Hisataka. He wore glasses and was shorter than Sensei Morita. I think we all underestimated his karate. When class began we were all surprised. He led us through hundreds of punches and kicks and we were all exhausted to the point of nausea. Sensei Hisanobu Yamasaki hardly broke a sweat. Although, we all survived we learned not to judge a book by its cover.

After doing well in shiai and being promoted to Green Belt, Sensei would ask me and several others to join him in going to the tournaments with other Shorinjiryu schools. I, along with four other students, would travel with Sensei to other Shorinjiryu dojo for competition. We went to the Connecticut, New Jersey, and Queens dojo. What stands out the most about these days was that we were treated very nicely by our host schools. Even though the competition was fierce, we always had time after the tournament to socialize talking about our wounds and nursing them with ice and bandages. Oftentimes, we were treated to Japanese food treats. These experiences gave me more insight into the other Sensei and their methods of training. Just studying the dojo tells you where the emphasis

was on their training. A worn out heavy bag, makiwara or blood stained floors sent a clear message to a visitor.

What we did not know at the time was that the inter-school shiai was in preparation for the First North American Shorinjiryu Tournament held on April 28, 1968. In attendance were approximately 100 Shorinjiryu students from six schools along with Sensei Hisanobu Yamazaki a 27yr old, 4th Degree, Shunji Watanabe a 31 year old, 4th Degree, Fujio Monjiyama, a 27 year old, 3<sup>rd</sup> Degree, Minoru Morita a 25 year old, 3rd Degree, Yashiro Ishigami a 23 year old, 3<sup>rd</sup> Degree and the youngest, Tamon Kashimoto, a 20 year old, 2<sup>nd</sup> Degree Black Belt. Shodan Walter Geckelman was the commentator for the day and was designated to formally introduce Shihan Masayuki Hisataka a 27 year old 7<sup>th</sup> Degree Black Belt to all present. With the highest ranking competitors being brown belts, all wanting to take first place in shiai for a possible black belt promotion, the event was especially exciting. Our dojo took top honors for the day and I still have the registration number I wore that day along with the booklet given out commemorating the occasion. A Black Belt Magazine reporter was present at the tournament; however, the article written was not favorable. Shorinjiryu was a hard hitting full contact style which sometimes brought the competitors to the ground in shiai. Both young and old students participated in the tournament to test their skills. The Black Belt Magazine reporter thought that our method of fighting was too rough and was surprised at seeing participants who were in their 30s.

In December 1968 at a Christmas party held in the waiting area just outside our dojo were gathered all the students of both karate and judo. I heard a rumor that Sensei would soon marry. Shortly after, I received an invitation to Sensei Morita's wedding to be held on Sunday, May 25, 1969. The reception was held at the Nippon Club in Manhattan. For those of you not familiar with this club, it was and is today, a place where newly arrived Japanese could go for help in getting settled into the American way of life. I was unable to attend Sensei's special day because I was either too embarrassed or too proud to admit that I had no money, transportation or decent clothes to wear. The reason why I was able to train in karate was because Sensei was rarely interested in collecting dues. Until this day I have kept his wedding invitation.

Sensei Morita would fill in for the other Sensei when they needed some time off from teaching. The students from the other dojo were as impressed with his talent as we were. Sensei eventually left our dojo in Brooklyn and Sensei Kashimoto took over for a short time. Sensei Kashimoto also left to put more of his time and efforts in his Staten Island, New York dojo. Sensei Yamazaki returned to Japan and Sensei Morita eventually began teaching at his dojo in Queens, New York and later at a dojo on Long Island, New York. In 1974, Sensei Morita would join with Sensei Watanabe to form the Shorinjiryu Kenyukai. Today, Sensei Morita is retired and lives in Tokyo, Japan in a condominium he helped renovate.

While some may believe that they got to where they are today all on their own, I know that Sensei showed me the way. Even until today I can hear a voice saying, John, you have to train harder, and I do.

John A. Mirrione, Kyoshi  
Shorinjiryu Kenkokai Karatedo



## Merry Christmas/Happy Holidays to all.

We wish everyone a happy and safe Festive Season.

The Festive Season is a time for families and a time to be thankful for who we are and what we have. "What we have" is not necessarily possessions but more represents friendships and relationships, those things that money can't buy.

One thing we all have is the Shorinjiryu Shinzen Kyokai family and we thank you all for your friendship as part of the family. Our thanks go to the leaders of this great family for having the vision and foresight to bring our family together around the World.

Jim Griffin, Shihan

Shorinjiryu Kenyukai Watanabe Ha Karate Australia



## Merry Christmas and holiday Greetings from the Kenyujokai Karate Club!

To all of our brothers and sisters in Karatedo!....As many of you know, the Kenyukai Karate club has morphed into the Kenyujokai Karate club. This year marks my 45<sup>th</sup> year of martial training, and my 36<sup>th</sup> year of studying Shorinjiryu. Our new name, maintains the "fist of friendship" motto, but also adds a new dimension.

With help from Hanshi Lubitsch, we added the "Yujo".. which means.." Relationships that endure the sweat of grueling martial training, and the blood let during mutual combat, are life long friendships".

One of the first statements made to us by Sensei Morita, who founded the Kenyukai karate club, in 1975, was: 1. "the higher you go, the lower your head goes"...and, I think we all understand that one! 2. If you go to a dojo, and they're making money...chances are you don't want to go there!...this is especially relevant in today's martial world!

With enrollments showing hoards of little children, promotions weekly, to generate more money, and the constant shifting of what happens to be in the martial spotlight, at the moment, Karate birthday parties, black belt promotions for seven year olds...we must all take a moment to re appreciate the wonderful gift that we have in Shorinjiryu!...as I tell everyone ...." It's the REAL deal!"...very hard to find now a days!!....As my club is located in two rooms of my basement, and I don't have to depend on student tuition to pay the bills, I've been able to maintain our high standards, and the intimacy of a "club setting".

So I feel , especially at this time of year, at years end, that we should all re affirm our commitment to the high standards, that Shinan Kori Hisataka, and Hanshi Watanabe have put forth, in Shorinjiryu!. All of our lives, and everything that we endeavor in , have been enhanced by the study of Shorinjiryu.....and , as the myriad of advertisements, or articles, that are popular today, have discovered...: martial training can slow the aging process, and keep us who we once were! Regards

Shihan Tony D'Avino

Kenyujokai



**Hello....** To all Karateka of Shorinjiryu, I would just like to say that I was very glad to have been able to attend the promotion of Joe VanWinkle to Shodan. It was great to be part of the celebration of a newly black belt. Also, I was happy to witness the surprise promotion of Angel (DUSTY) Garcia to Sensei at the last Shinzen. I hope to attend to many more promotions of Karateka who are ready to become newly black belts. I want to wish all karateka of Shorinjiryu....

**HAPPY HOLIDAYS & HAVE A FANTASTIC NEW YEAR!!!!!!**

OH WAIT....also happy B-day to all December baby 🥰

Tashi Mark Lester Kenryukan



**Greetings**

Best wishes for a happy holiday and a great New Year. We are especially happy being accepted into the Shorinjiryu Family and appreciate the friendship every one showed us.

I especially want to thank you [Hanshi Myron] for founding and growing such a great organization.

Happy Holidays to all.

Shihan John Salasko

Kenjiyukai



**A Special Message**

I would like to take this opportunity to thank you, and through you to all your team for another great Tournament this year. Well done, and I might add very professional.

It was nice for me to meet old friends and make new ones.

I had a nice talk with Sensei John A. Mirrione Sr. as one of our students Derek John, Nidan while living Florida trained under Sensei Mirrione. It just goes to show you what a small world we live in.

We would also like to congratulate Hanshi Michel Laurin on the launching of his new movie.

On the home front, we had our annual Kohaku in Kingston, Ont. on November 14th. It was a good day for all of the students as the red team won Kata and the white team won Shiai. Therefore everyone was a winner being presented with medals and trophies.

Sensei Michael Fall has relocated his Dojo with a large new facility in Guelph, Ont. with approximately 3000 square feet. His Dojo offers a variety of fitness instruction including

Karate and Crossfit training. Shihan Rick Black from Toronto , Shihan Bob Cussler and Sensei Kristine Miller both from Kingston, accompanied myself, to the Open House on November 28th. Combined with the Guelph students we presented a demonstration for the public which was in turn very well received. We wish Sensei Michael Fall all the best in his new location! [www.crossfitguelph.com](http://www.crossfitguelph.com)

In the future, I would hope to be able to write to you through the "Shimbun" on my forty-three years in Shorinjiryu, our Federation and our six Dojo's.

Merry Christmas and a Happy New Year to you all!

Arigato.....and thanks again to Hanshi Myron,

Sincerely,

Doug Roberts, Hanshi

Shorinjiryu Kudaka



**Dear Members of the Shorinjiryu Shinzen Family,**



For myself, and on behalf of the London Shorinjiryu Kenshin Karatedo members, I take this opportunity to wish everyone a happy and celebrated holiday season. In wishing everyone a celebrated holiday season, I am reminded once again of our common Shorinjiryu Principle of "Individuality".

"Individuality" in principle, knowledge, understanding, respect, and acceptance for everything and everyone manifest of an individual nature!

### **A Snowflake Falls**

by Ruth Adams

One night I saw a snowflake fall,  
Past memories it did recall,  
And as the snow fell to the ground,  
So quietly without a sound,  
I watched until a blanket made,  
To glistening white brown earth did fade.  
An untouched cover until the dawn,  
The sun arose it was soon gone.

I thought of friendships in the past,  
Seemed perfect though they did not last.  
And family ties once meant so much,  
Now rarely do we keep in touch.  
So quickly life can take a turn,  
Yet slowly we do seem to learn,  
So many things in life can change,  
And suddenly be rearranged.

In our slumber while we do sleep,  
For granted blessings thought to keep,  
For same as night does turn to morn,  
An untouched blanket can get torn,  
The things that we have overlooked,  
Ignored, rejected or mistook,  
As melted snow does turn to slush,  
Relationships can turn to dust.

So this year for the Holiday  
Praise God for blessings gave today.  
Don't take for granted they'll remain,  
That life forever will be the same.  
Let's be the most that we can be,  
For all our friends and family.  
Unlike the snowflake on the ground,  
Let's keep in touch and stay around.

Manny Hawthorne, Shihan Kenshin



## A Special Greeting



I would like to wish everyone a Happy & Healthy Holiday Season! Cherish the time you spend with your family and friends. Best Wishes in the coming New Year! Continue the Positive Work you are doing at your dojo and with your federation. You never know how your behavior and actions are influencing others.

Page Christis, Shihan  
Watanabe-ha, Md.



## Seasons Greetings and Merry Christmas to all Shorinjiryu

### Karateka and their families!



Everyone has their list of frustrations, heartbreak and tears that mark 2009. Thank goodness for family, friends and Shorinjiryu Karate, the bright patches in our fractured world.

Let us all pray and work towards a better year ahead!

Allen Yuen Sensei  
Shorinjiryu Genbukan Shiriyukai



## This article is to all those thinking of quitting.



You know who you are: you're not motivated to come to class anymore, you don't really care about the standards, you feel you're not making progress, you can't see when that black belt will ever come, you don't feel you can compete with your dojo-mates, and the external pressures on you are suddenly much more forceful than you remember.

But before you quit, think about a few things. The first is that the challenges of the dojo parallel those in the 'real' world. Whether your health or job, schoolwork or family life, there will always be an ongoing struggle and never an easy victory. The ones who succeed are the ones that work through them and keep going, regardless of today's feelings. They push through the plateau. They ignore feelings and keep working. They refocus. They strategize and deliberately adjust strategies to balance priorities and maximize their success. You might not be able to get everything, but by quitting you'll get nothing.

Of course, quitting might be the correct thing to do. If it is, quit cleanly. You can always return when the time is right. A half quit helps no one and may even be detrimental to your future success.

There is, I believe, a samurai saying that says, "You've not tried until you've died trying." Think about it.

*Happy Holidays from Renshi Pete Hiltz  
Shorinjiryu Ake no Myojo Budo, Morning Star Martial Arts Eldersburg Maryland, USA*



## Salutations



J'espère bien que vous aviez célébré le shorinji ryu bon. J'espère également que ceux qui partagent avec vous le shorinji ces gens ont célébré dans l'esprit avec nous vous nous sommes très reconnaissants pour beaucoup de choses comprenant de bons amis, santé, famille et bonnes périodes. j'ai envoyé cette demande Juste pour vous montrè comme c'est bon le respect et je trouve que je suis bien avec vous mieux avec d'autres . maintenant.

Je voudrais remercier ceux qui ont déjà introduit le shorinji vous et vos proche dans le karaté , salutations, etc. je vous remercient de La communication est toujours la clef pour notre contact et ainci por des information Veuillez laisser le contact direct avec vous pour être a jour avec vos écoles de Shorinjiryu avoir l'occasion d'entendre ce que vous devez dire et savoir ce que vous faites. De nouveau, merci infiniment de votre coopération.

**BENINAL ABDELKADER**

Greetings, I hope well that you had celebrated the Shorinjiryu well. I also hope that all those who help you run the Shorinjiryu these people celebrated in the spirit with we you we are very grateful for many things including/understanding of good friends, health, family and good periods. I sent this request for you shows as it is good the respect and I find that I am well with you better with others. now. I would like to thank those which introduced already the Shorinjiryu you and your close relation into karate, greetings, etc I thank you of the communication is always the key for our contact and sharing of information Please leave the direct contact with you to be up to date with your schools Shorinjiryu to have the occasion to hear what you must say and know what you and the organization Is doing. Again, thank you infinitely of your co-operation.

**BENINAL ABDELKADER , Sensei**

Algeria



## SOME REFLECTION ON MY TRADITIONAL KARATE TEACHING & TRAINING



We were asked by Hanshi to jot down thoughts and ideas about our karate. From my perspective after an almost 50 year journey, I feel I have been very blessed with my martial arts 'upbringing.' I have had the most wonderful instruction any person could ask for, so all my thoughts are based on my training and learning. In this article, I hope to emphasize the importance of not straying from the traditional path in both training and mentality.

Shorinjiryu Karate-Do is a traditional style – no if's, no buts. It is not just a martial art for me, but a way of life. I have been taught that karate's purpose is to build better people and therefore better societies. I believe if everyone had this understanding of karate that Hisataka Kaiso has emphasized then there would be no war, no conflict – and this is our ultimate goal.

As I mentioned I have had a great traditional upbringing. I was eight years old when I began martial arts training under my father (Boxing and Jujitsu) and trained in Korean Karate (Tang Soo Do) with Mr. Bong Soo Choi, as well as KA System Karate under Kareem

Abdullah then known as Kareem Allah, starting when I was eleven. Although the training was quite rigorous, we were taught to be like a band of brothers and sisters, to love and respect each other. We were shown the correct etiquette not just for training, but for life and were taught to recite a dojo kun in English at the end of every lesson:

- Respect others.
- Be courageous.
- Train your mind and body.
- Practice daily and protect the honor of Traditional Karate.
- Strive to reach the essence of Karate-Do.
- Never give up.

We were taught that when we write or recite this, we say *hitotsu* before each one (meaning the number 1) to signify that all of these rules were equal in importance – no one was greater than the other. This was and still is for me the proper karate warrior code. If you look at The Oath of Shorinjiryu Kenryukan Karate, without a doubt, it is also an example of all of these. Today there exist literally thousands of martial arts styles. Many of which have taken the more spectacular and advanced moves of many different styles and made a brand new one – sometimes totally ignoring their history, their meaning and the real depth of the technique. The growing popularity of the UFC (Ultimate Fighting Championships) and recent movies like *Fighting* and *Never Back Down*, one of the biggest styles that have combined many different styles together is obviously Mixed Martial Arts or MMA. While I am a fan and admirer, I think a misconception with a lot of karate-ka and instructors, especially young ones, is to be sucked into the vortex of these impressive looking fighting styles and forget how evolutionary and effective Shorinjiryu is. I have seen many practitioners of some styles who just become egotistical brawlers and street-fighters – very little karate-do ideals are used and become completely abandoned.

While these styles are not to be ignored, (with their growing popularity chances of confrontation with a *fighting for the sake of proving they can fight devotee* are more likely) it is very important that we do not stray from the traditional Shorinjiryu path.

After my early training, I was fortunate to train with Tabata Kazumi Sensei, instructor in Judo and Shotokan (also Shorinjiryu) while at Amherst College in Massachusetts.

Unfortunately or fortunately depending how you look at it, some of the people I trained with were prize and rank hungry and became very egotistical. I guess being a youngster at the time and very impressionable I began to find I was also developing some of these traits. I had to take a long hard look at myself and ask are you really a good karate-ka? I thought to myself at the moment sure. I did train hard, but was I straying too much from the path? Is the way my personality developing true to karate-do? The answer to too many of my questions would then resound no.

Even in my twenties, I began to see the dojo politics and egotism in people as wrong and I distanced myself from them. I kept training on the traditional path even more and more and I felt I began to feel the true karate-do come out in me – a much better person than before. I mean no disrespect to tournament karate-ka and I am not denigrating them or others or trying to sound egotistical by writing about my own experiences, but I feel it is an important example to sum up this point. As I quickly approach my 50<sup>th</sup> birthday, I have accumulated scores of awards, plaques, trophies and medals that fill my parents and my own home. I come to feel that tournament competition is fine for younger people, but it should be looked upon as a step along the path to true Karate-do, only a small part of the whole subject. I am reminded of the jazz great Sonny Rollins when asked about performing in concert, he said, "I don't like performing, it gets in the way of my practicing."

Shorinjiryu is a traditional style and way of life and we must look at where we are and ask, are we on the right path?

As for the traditional side of training, we should not stray. We have many training methods that are unique to our style. Kihon Waza, Kata, Bunkai, Kumite, Shiai – all these must be practiced regularly with a sincere loyalty to Karate and its principles. If we as Shorinjiryu practitioners are the only style that practices many of these methods, if we stray and neglect them, if we don't pass them onto our students, then they die – they become extinct and we have failed Kaiso and the masters that came before us.

A prime example of the depth and the history of our style can be found in Lubitsch Hanshi's writings on the new Kenryukan website.

When I train with practitioner friends in Brazilian Jiu-Jitsu, Capoeira, as well as Shito Ryu Karate-Do, after watching me, many comment, "Your kata are of the old traditional martial arts as well as new and very lively. It is both quick and powerful." They can tell that I have trained hard.

I take this as the greatest of compliments to both my Shorinjiryu style and instructors. As a rich ancient martial arts heritage, dating back many thousands of years, Shorinjiryu has survived to the point where it is considered old and traditional. This insightful statement proves that through traditional and rigorous training, our style has evolved and stood the test of time against so many other deadly martial arts, which now have passed out of existence. If our style and training methods are still here recognized today, then Shorinjiryu must be something very powerful and should be treated as a precious treasure.

With that said, I think that the diligent and sincere practice of our art will initiate the fusion of one's spirit and body and movement along the correct path of karate will begin emerge clear. I respect, appreciate, and try to pass on in my students, all that has been handed down to me in Shorinjiryu. The dedication, the hard training and loyalty laid out by Hisataka Kaiso, Lubitsch Hanshi and Watanabe Hanshi as well as other Shorinjiryu masters is a true testament to our art.

I think the best I could describe our style and its methods is simple, but effective. Our training may be difficult, but its principles are simple. Karate is simple, but it is not easy. As my instructor, Berenbach Shihan says, "Many are called, but few stay the course to black belt."

Karate for me is not a destination but a journey to a life long goal. I'll never be perfect as a karate-ka or instructor, but I will never stop trying to be. I will always stick to traditional, hard and honest training, as I feel it is my duty as a sincere student of Shorinjiryu Kenryukan Karate-Do to keep our treasure alive, and pass it on to my students – young and old - the next generation. If we stray from traditional Karate and do not use it, then we lose it – simple as that.

I think with karate all you have to do is be sincere, challenge karate by training hard everyday and if you do it correctly the humility, respect and understanding will follow. Osu  
Mark Riley, Shodan  
Shorinjiryu Kenryukan



# Karate of Today? By Shihan Tony D'Avino





### Congratulations Hanshi Myron M. Lubitsch

On November 20<sup>th</sup>, Hanshi Myron accompanied by 23 students and friends attended a special awards ceremony in Queens, NY. He was awarded “The Businessman of the Year” award by the Woodhaven Residents Block Association. He honored by that recognition but was totally surprised when he received a Proclamation from the New York City Council, a Citation from the Council, two New York State Assembly Citations, New York Senate Proclamation, The House of Representatives United States Congress Proclamation and a congratulatory letter from the Governor of NY. Congratulations again.



### New Members

We are very pleased to have welcomed Shihan John Salasko and the students of Kenjiyukai, NY, Shihan Anthony D’Avino and his students of the Kenyujokai, NJ and Sensei Beninal Abdelkader and his students of the Institute of Karate Algeria to the Shinzen Kyokai. All are highly respected long time practitioners of Shorinjiryu. Shihan John and Shihan Tony are well known to the senior members. Welcome.



### New Dojo

Sensei Michael Fall opened a new facility in Guelph, Ontario, Canada. We wish him the best of luck with his new facility. For those interested in contacting him please do so at [www.crossfitguelph.com](http://www.crossfitguelph.com)



### Students of Merit at the Stelton Dojo –

Jordan Riley, Faisal Mohammad, Byung Woo Kim, and Son Hoang were all recently inducted into the Edison HS International Language Honor Society this November.



### Students of Merit at the Hachikenkai Dojo-

Adebayo Eisape, Einzen Lespinnase, Carrington Onwuzuruike and Solley Sellers all earned Highest Academic Honors with GPAs of 3.75 and higher for the 1st marking period at St. Benedict's Prep.



### Advanced Promotions In 2009

Tom Bellazzi	BB 7	Kudaka	Jason Romer	BB 2	Australian Watanabe-ha
Max Estens	BB 6	Australian Watanabe-ha	Mark Slingo	BB 2	Australian Watanabe-ha
Des Paroz	BB 5	Australian Watanabe-ha	Maria Zangara	BB 2	Kenkukai
Richard Alicea	BB 4	Kenkukai	Abigail Coleman	BB 1	Kenkukai
Peter McMahon	BB 4	Kenjiyukai	Dale Hubert	BB 1	Kenshin
Michael Falls	BB 3	Kudaka	Jeff Kilbourn	BB 1	Kenshin
Angel Garcia	BB 3	Kenryukan	Joseph VanWinkle	BB 1	Kenryukan
Doreen Rosario	BB 3	Kenryukan	Olga Gonzalez	BB Jr 2	Kenryukan
Tony Fletcher	BB 3	Australian Watanabe-ha	Caitlin Hammond	BB Jr 1	Kenshin
Zorrien Jomo	BB 2	Watanabe-ha	Robbie Hammond	BB Jr 1	Kenshin
Boris Madelman	BB 2	Watanabe-ha	Ishaan Jain	BB Jr 1	Kenjiyukai

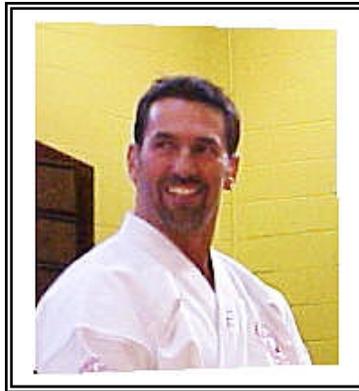
Yamini Kathari  
Quinton Kilbourn  
Michael Labalbo  
Joseph Morin

BB Jr 1 Kenryukan  
BB Jr 1 Kenshin  
BB Jr 1 Kenkukai  
BB Jr 1 Kenshin

Mitchell Nazarov  
Decland Paul-Roper  
Eileen Santiago

BB Jr 1 Watanabe-ha  
BB Jr 1 Kenryukan  
BB Jr 1 Kenryukan

## In Memoriam



*While the following was written by Shihan Dan for the Watanabe-ha and Kenkukai Schools of Shorinjiryu, the words clearly reflect the thoughts of all Schools of Shorinjiryu who knew Shihan Ghislain Dore so we have taken the liberty of reproducing it here.*

Dear All,

On behalf of the entire Shorinjiryu Kenyukai Watanabe Ha Federation and all of our affiliates I wish to offer our most sincere condolences to all of the family, friends, peers and students of Shihan Ghislain Dore. I believe all know of his commitment and love for Shorinjiryu and his students. Shihan Ghislain was more than a great practitioner of the art of Shorinjiryu. He was a great liaison for the Canadian Shorinjiryu family. We here in the US loved his kind and modest demeanor. He was always approachable and could laugh at himself as well as with all. He was an inspiration to all who endeavor to supersede their perceived limitations. His tireless efforts to teach and compete are unmatched and we are all at a tremendous loss with his passing.

We here in the US and Australia sincerely offer our services as well as deepest regrets to those of the International Shorinjiryu Shindo Budo Kwai and their associates. We shall all strive to honor his memory in practice and meditation.

**Tentative Calendar of Events for 2010**

January 2	Saturday	Kagami Birake Ceremony 10:00 until 12:30 Imperial Dragon Hombu Dojo
February 3	Wednesday	Scorekeepers' Review Clinic 7:00 pm Imperial Dragon Hombu Dojo
February 6	Saturday	Winter Regional (1 <sup>st</sup> In-House) Tournament Imperial Dragon Hombu Dojo
February 28	Sunday	Referee Clinic – 11:00am – 2:00 pm Imperial Dragon Hombu Dojo
March 27	Saturday	Watanabe-ha Invitational Baltimore, Maryland
May 30	Sunday	Shindo Budokai International Koshiki Tournament Canada
June 19	Saturday	Father's Day Recognition Tournament Imperial Dragon Hombu Dojo
July 10	Saturday	Island Budokan Invitational Clinic & Pool Party East Setauket, LI, NY The Kenryukan challenges the Kenkukai to a softball game. (?)
October 2	Sunday	Referees' Clinic 11:00 – 3:00 pm Imperial Dragon Hombu
October 6	Wednesday	Scorekeepers' Clinic 7:00pm Imperial Dragon Hombu
October 10	Sunday	24 <sup>th</sup> International Shorinjiryu Shinzen Shiai Queens, NY
November 20	Saturday	Kenkukai Bogujutsu Invitational Tournament East Setauket, LI, NY

Referee Clinics and Scorekeepers' Clinics hosted at the Imperial Dragon Hombu Dojo are free of charge to Shinzen members.

Additional Clinics as needed will be posted arranged.

Additional Tournament/Special events will be announced and posted on the international web site [Shorinjiryu.org](http://Shorinjiryu.org)

*Seasons Greetings*  
and a  
*Very Happy New Year*

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

John Mirrione, Kyoshi  
Kenkokai  
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  
Kudakaryu/Kenkokan  
Canada

Peter Hiltz, Renshi  
Ake No Myojo Budo  
Web Master  
USA

Manny Hawthorne,  
Shihan  
Kenshin  
Canada

Jim Griffin, Shihan  
Australian Watanabe-ha  
Australia

Jeff Henderson, Shihan  
Bubishido  
Canada

John Salasko, Shihan  
Kenjiyukai  
USA

Anthony D'Avino, Shihan  
Kenyujokai  
USA