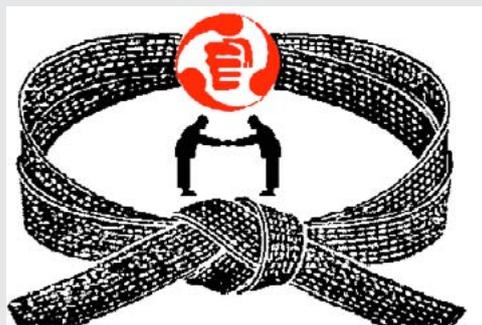


# Shorinjiryu Shinzen Kyokai

## SHIMBUN

Volume 24, Issue 1 - WINTER Edition Dec 2017



### Greetings From The Desk Of.....The President

#### **S**horinjiryu Shinzen Shimbun Publishing

Allow me to apologize to all for the delay in publishing the Shorinjiryu Shinzen Shimbun. We wish to thank Renshi Tony Fletcher for offering his assistance in making the Shimbun a venue of interest, good will, knowledge, sunshine, and all that makes a publication great. He will be the contact person for the Shimbun.

We thank Sandan Marc Riley for his work on previous Shimbuns. The presentations were very attractive.

#### **New Year Sentiments and Immediate Past Events**

I guess it is a bit late to wish everyone a Happy New Year, but the sentiment is still there.

A number of events have already taken place such as a youth competition in London, Canada which was attended by three Kyokai member schools, the Ookami Karatedo club - Kudaka, N'Amerind - Hakuto Washi no Ken, and KNS Martial Arts - Ken No Seishin.

In the USA, the Winter Regional with four Kyokai member schools, the Imperial Dragon Dojo - Kenryukan, Stelton Dojo - Kenryukan, Island Budokan - Kenkukai, Central Jersey Dojo - Kenjiyukai, Babylon Karate Club - Kenyujokai.

#### **Future Events for 2018**

April 7th, Kaicho Watanabe will be hosting the 16th Annual Shorinjiryu Kenyukai Watanabe-ha Karate Tournament in Maryland and on May 27, Renshi Larry Foisy will be hosting his



Shorinjiryu Shindo Budokai Invitational in Sherbrooke, Canada.

#### **Shimbun and Website**

As we work to get back to our regular circulation, more information will be published.

Which brings us to the web site. Currently, it is being revamped privately and should be ready very soon. We are, of course, asking that more up-to-date pictures, names, ranks are submitted so that the site will be more modernized.

I have been very happy to see many of our member schools are sharing ideas, techniques and open communications all in a non-domineering nature - something that embodies the philosophy of the Shorinjiryu Shinzen Kyokai.

One more item, Kyoshi Vincent Capers, Jr and Kyoshi Troy E. Lester have been named as VP/Ambassadors for the Kyokai.

Clearly, it appears that we are off to a great start for 2018. I wish great training and success to all our member schools and friends.

Myron M. Lubitsch, Hanshi  
President



*Shinan Kori Hisataka*

*22 April 1907 - 14 Aug 1988*

#### **JOINING THE KYOKAI**

The Kyokai is open to all like-minded schools and students descended from Shinan Kori Hisataka. Schools may be asked to submit proof of lineage, to include documentation or video of forms practiced.

Contact Hanshi Lubitsch at:

[join@shorinjiryu.org](mailto:join@shorinjiryu.org)

#### **SHORINJIRYU SHINZEN**

##### **KYOKAI OFFICERS**

President - Myron M. Lubitsch, Hanshi  
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VP/Ambassador - Vincent Capers Jr, Kyoshi  
Publications Director - Tony Fletcher, Renshi

## "Doku Ji Gyo Sei Ki"

### Spiritual Development of Individuality in Mind and Body

Karate means different things to different people. For many younger people it is primarily a way to learn self-defense and to test oneself against others in controlled physical and mental combat.

To others, particularly older students, it becomes a way of challenging oneself, of staying fit physically and mentally, and a source of strength, self-confidence and focus that is useful in all aspects of life.

Karate, if practiced correctly, allows us to look within and improve ourselves as we force ourselves to work harder, endure longer, and face and overcome challenges we would normally avoid.

Best Wishes,

Shunji Watanabe, Kaicho



### Food For Thought

We Need A History to Have a Future  
But You Can't Live in The Past

Mistakes are Part of the Learning Process.

From Learning we gain experience.

Learn by your Mistakes and Move Forward

Ed.

## Shorinjiryu Kenshin Karatedo - London Ontario



### Shindo Budo Kwai

Dear Shorinjiryu Family

I would like to take advantage of this opportunity to wish you peace and happiness this holiday season and throughout the New Year.

I hope 2018 will be filled with love and success for each one of you.

I also want to thank you for your friendship.

Wishing you all the Wonder and Joy that the season can bring.

Michel Laurin, Hanshi

Enjoy the Holiday Season & Happy New Year  
From the Laurin Family

Bon temps des Fêtes et Bonne A  
De la Famille Laurin



## "Shorinjiryu Shinzen Kyokai"

*\*The Largest Group of Shorinjiryu Practitioners Worldwide\**

*\*A Gathering of the Shorinjiryu Family\**

*\*Exchanging Knowledge, Spirit and Friendship\**

### From the Okinawan Karate Club of Punta Cana.

This has been a rather quiet year as my children had left their school where I had my dojo. We are currently looking into a new location, and also looking for a great location to hold the 1st Caribbean Shorinjiryu training camp.

I'm hoping when I get everything ready there will be a nice turnout. I really do see this as having great potential for our styles furtherance. We have so much to learn from each other. I think it will enhance everyone's progress in the art by epic proportions. Even if you take home one new idea or drill, it will be a valuable tool for your schools training.

Kaicho Tamon Kashimoto would always say who cares if you like this teacher or that teacher. Even if you take one thing from him or her it will change your ability forever. I remember one sensei who I thought was; quite frankly pretty lousy. However he had an exceptional, ability to lure you in to want to hit him, and then surprise the hell out of you with either a perfectly timed punch or throw

I'd always be amazed at watching him win fights. How'd he do it? I thought he'd get killed (no bogu, full contact to body and face contact allowed with kicks). I found out what time he taught and started going to his classes. It was eye opening. Most of what he taught was what I witnessed during his fights. His great ability to counterattack.

His classes helped me become a far better martial artist especially in the streets where encounters in police work can easily turn deadly. This is where I believe that a training camp like this one with all teachers doing their part in training others will be very beneficial. It's an IDEA camp. Hope it comes to fruition soon and see everyone there.

Coconuts and Katas. We would like to wish everyone a great holiday season no matter which one you celebrate and stay healthy safe and keep training. God bless you all. Osu

Arthur Mark, Shihan  
Shorinji Arashiryu  
Okinawa Karate Club of Punta Cana



## Seasons Greetings from Shorinjiryu Koshinkai in Oz

Well, here we are again. Another New Year and the hope that everybody of all Races and Religions can work together in harmony for the future of our society and for our Planet.

2017 has again been great for Koshinkai in Australia and for our wonderful Shorinjiryu Shinzen Kyokai. If the Countries of the World had leaders of the calibre of Hanshi Myron Lubitsch our society would be in a much better place.

Our Shihan Des has been on deployment in a very hot and sandy place with the Australian Navy for the past months and will be welcomed back in February. Shihan Des is a very important cog in the machinery of Shorinjiryu Koshinkai and has been missed by all. We are looking forward to catching up with him and all of our great Dojo Instructors and Students at our National Training Camp in April.

To all our Shorinjiryu Hanshi, Shihan, Kyoshi, Renshi, Tashi, Sensei and all other ranks, we wish you all the very best of health and happiness for 2018 and further into the future.

Thank you all for your friendship and guidance. It is much appreciated by all of us in Oz



Jim Griffin, Kyoshi



ssk@shorinjiryu.org

## SHORINJIRYU SHINZEN KYOKAI

P.O. Box 210160, Woodhaven, NY 11421

Phone: (718) 647-4157



www.shorinjiryu.org

## Cont'd ~ Forty Years of Shorinjiryu In Oz.

In the late 1990's, Shihan Phil Hooper retired as the Chief Instructor. Shihan Jim Griffin and Shihan Max Estens took up the leadership of Australian Shorinjiryu Karatedo as Joint Chief Instructors with Shihan Jim presiding over Qld and Shihan Max presiding over NSW and eventually Victoria

**Shihan Jim Griffin** commenced his martial arts career in 1966 where he trained in Kyokushin Karate for a period of 12 months before starting Shorinjiryu Kenkokan Karatedo in 1982 at the Coops Carseldine dojo with Shihan Phil Hooper as his teacher.

Shihan Jim also includes Shihan Laurie Vanniekerk as an influential teacher and while he did not train directly with Kaisei Kori Hisataka, he attended training seminars and clinics in Australia and Japan with Hanshi Masayuki Hisataka

Starting his Shorinjiryu Kenkokan Karatedo journey with other notable names such as Chris Kliese, Lee Baker and Dave Holmberg, Shihan Jim commenced his Shorinjiryu training alongside

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others such as Warren Lawson, Cindy Andrews, Glen Noakes, Wayne Watson, his wife Lesley Griffin and his two sons, Rob and Tom Griffin.

Shihan Jim opened dojo in Albany Creek, Kallangur, Lawnton and now Bribie Island where he runs his Seiryukan dojo with Shihan Lesley. Shihan Jim participated in numerous Regional, State and National Koshiki tournaments, including the World Championships in both Brisbane 1985 and then in Tokyo 1994 plus attendance at Koshiki tournaments in Sydney in 2000 and St Jerome in Canada in 2006 in an official capacity.

In later years, Shihan Jim attended and participated in the Shinzen Shiai tournaments in New York, most notably as a competitor in 2016 achieving 1st and 2nd place in weapons and kata respectively, after an absence of 31 years as a competitor.

Shihan Jim had the distinction of being awarded both his Shodan and Sandan by Hanshi Masayuki Hisataka. This distinction continued with his promotion to Rokudan by Hanshi Myron Lubitsch 9th Dan and promotion to Nanadan by Kaicho Shunji Watanabe 9th Dan.

## FORTY YEARS OF SHORINJIRYU IN AUSTRALIA 1977 - 2017

By Tony Fletcher, Renshi

### Shorinjiryu Koshinkai Karatedo Australia - [www.shorinjiryu.com.au](http://www.shorinjiryu.com.au)

Shihan Laurie Vanniekerk 8th Dan - founder Shorinjiryu Kenkokan Karatedo in Australia

In 1976, Shihan Vanniekerk travelled to Japan training full time under Kaisei Hisataka and Shihan Masayuki Hisataka, gaining his 4th Dan in Shorinjiryu Kenkokan Karatedo. Returning to Australia, Shihan Laurie set about establishing Shorinjiryu Kenkokan Karatedo in the YMCA Anne St, Brisbane.

In 1977, Shihan Vanniekerk along with Graeme Bowden, Graham Bullpit, Gordon and Chris Kliese, Phil Hooper, Scott Brown, Richard Bryant, Dave Holmberg and Lee (Chooki) Baker, opened Shorinjiryu Kenkokan Karatedo dojo in both Queensland (Qld) and New South Wales (NSW)

Over the next 10 years, Shorinjiryu Kenkokan Karatedo established itself in both Qld and NSW. In 1987 Shihan Vanniekerk left the Kenkokan organization and Shihan Phil Hooper in Qld and Shihan Scott Brown in NSW took over as joint Chief Instructors of Shorinjiryu Kenkokan Karatedo Australia.

After continued growth of Shorinjiryu Kenkokan Karatedo in both these states, Shihan Phil Hooper took over as sole Chief Instructor in 1994 and with Sensei Max Estens overseeing the dojo in NSW, Shihan Phil continued to look after the Shorinjiryu Kenkokan Karatedo organization in Australia.

Shihan Phil Hooper commenced his martial arts in 1971 training in Kempo in Brisbane and in 1976 started his Shorinjiryu journey under Shihan Vanniekerk. He includes Graeme Bullpit as a major influence in his training with Chris and Gordon Kliese along with Lee (Chooki) Baker and Richard Bryant as other prominent influences.

With the official introduction of Koshiki, Shihan Phil travelled to Japan in 1980 with Graeme Bowden, Graham Bullpit, Chris Kliese, Richard Bryant and Julie Hooper for the first international Koshiki tournament. Shihan Phil continued to participate in various tournaments in Australia and overseas including attendance at the 10 year Koshiki anniversary in Japan in 1990

In 1995, Shorinjiryu Kenkokan Karatedo Australia became an independent body from the Shorinjiryu Kenkokan organization, operating as the school of "Australian Shorinjiryu Karatedo" administered by the Australian Shorinjiryu Karatedo Association Incorporated, (ASKA) formed on the 12th November 1986

Australian Shorinjiryu Karatedo continued to operate and flourish in both Qld and NSW. In Qld alone, there were around eight (8) dojo operating from Caboolture, Nudgee and Kallangur, to Windsor, Indooroopilly and Mt Gravatt



## Cont'd ~ Forty Years of Shorinjiryu In Oz.

**Shihan Max Estens** started his martial arts journey in 1976 training in Tae Kwon Do. In 1982 he commenced Kenkokan Shorinjiryu Karatedo at the local dojo in Coonabarabran with Graeme Bowden as his primary teacher in conjunction with Scott Brown.

Shihan Max also attributes Phil Hooper, Bill Waterford and Rob Elliott as influences in his Shorinjiryu journey and also attended camps, training seminars and clinics with Hanshi Masayuki Hisataka. Shihan Max has also added to his martial arts journey through extensive training and friendship with Shihan Phil Hinshelwood, of Yagyu Shingan Ryu Jujutsu.

While the Coonabarabran dojo under Graeme Bowden was his main training ground, Shihan Max also travelled to other NSW country towns such as Coolah and Binnaway where Scott Brown was teaching. Shihan Max eventually took over teaching and running the Coonabarabran dojo in the late 1980's.

Shihan Max has attended many local, state and National tournaments, winning his National middleweight division in 1989, and winning the weapons and kata and placing 3rd kumite in the 1993 National Kenkokan Karatedo competition, where he was awarded the grand champion title.

In 1989, Shihan Max attended the Canadian tournament along with Graeme Bowden, Anne Bowden and Marnie Roberts (nee Franklin), all from Coonabarabran, and followed this up with participation in the 1990 Japan tournament.

In 1998, Shihan Max along with Shihan Jim Griffin, were promoted to Yondan by Shihan Phil Hooper and shortly after that both Shihan Max and Shihan Jim took over as Chief Instructors of Australian Shorinjiryu Karatedo.

In 2001, Australian Shorinjiryu Karatedo became a member of the New York based International *Shorinjiryu Shinzen Kyokai*, an umbrella organization led by Hanshi Myron Lubitsch 9th Dan for various Shorinjiryu schools around the world.

In 2003, 2004, 2006, 2011 and 2016, various Australian Shorinjiryu Karatedo members have participated in the annual Shorinjiryu Shinzen Shiai - a large international tournament that is described as a gathering of the family of Shorinjiryu practitioners, worldwide

In 2006, a small entourage of Australian Shorinjiryu Karatedo members, led by Shihan Jim Griffin, Shihan Max Estens and Shihan Des Paroz, visited the dojo of Kaicho Shunji Watanabe 9th Dan in Baltimore. This occasion was a wonderful opportunity to learn directly from a direct senior student of the founder of Shorinjiryu Kenkokan.

Kaicho Watanabe returned the compliment by visiting Australian Shorinjiryu Karatedo in 2007 and during this visit, invited Australian Shorinjiryu Karatedo to become a member of his organization, Shorinjiryu Kenyukai Watanabe-Ha Karate.

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P.O. Box 210160, Woodhaven, NY 11421

Phone: (718) 647-4157



ssk@shorinjiryu.org



www.shorinjiryu.org

## Cont'd ~ Forty Years of Shorinjiryu In Oz.

In March 2011 at a meeting of the Joint Chief Instructors and the National Executive Committee of the (ASKA) it was decided Australian Shorinjiryu Karatedo would re-establish its own identity as an independent Shorinjiryu organization and formed its school of karate known as "*Shorinjiryu Koshinkai Karatedo*".

The Koshinkai school of Shorinjiryu reflects the blending of the old (Ko) and the new (shin). With over 4 decades of knowledge of Shorinjiryu Karatedo within the ASKA organization in conjunction with direct learning from two leading students of the founder, So-Shihan Masayuki Hisataka 10th Dan and Kaicho Shunji Watanabe 9th Dan along with the experience of Hanshi Myron Lubitsch 9th Dan, Koshinkai is set to continue to develop and grow

Shorinjiryu Koshinkai Karatedo operate four dojo in Qld with Kyoshi Jim and Shihan Lesley Griffin in Bribie Island, Renshi Tony Fletcher in Brisbane, Sensei Leanne Sippel in Murgon, and Sensei Mark Slingo in Rockhampton.

In NSW Kyoshi Max and Tashi Dean are in Coonabarabran,

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Sensei Travis Foss in the Blue Mountains, Sensei Clinton Andrews in Newcastle and Tashi Marnie Roberts in Melbourne

Supporting our Chief Instructors each with their 34 years of experience are Shihan Des Paroz who commenced his Shorinjiryu Journey in 1983 at the Gunnedah dojo in NSW and Shihan Lesley Griffin who also started in 1983. Adding to this list is Renshi Graeme Bowden 5th Dan, one of the original Shorinjiryu students, who is still practicing to this day after 40 years.

We are also fortunate to have supporting the Chief Instructors, our Advisory Council of Hanshi Myron Lubitsch, Shihan Des Paroz, Shihan Lesley Griffin and Renshi Graeme Bowden.

Our current National Executive Committee are:

President	Shihan Des Paroz, 6th Dan
Vice President	Renshi Tony Fletcher, 5th Dan
Treasurer	Kyoshi Jim Griffin, 7th Dan
Secretary	Shihan Lesley Griffin, 6th Dan
Council Member	Kyoshi Max Estens 7th Dan

We look forward to another 40 years of amazing Shorinjiryu.

## "Remaining calm in the face of adversity"

My seasons greetings, Merry Christmas, Happy New Year and a joyful holiday season to all our Brothers and sisters in Shorinjiryu!

As we reflect back on our current year as it draws to and end, I want to mention some of the "true value" of our life of Karatedo

We all know the usual answers to "what are the benefits of Budo?". Being able to do the fun things in life at my stage in life, is a great reward. Health! Fitness! Mind/ Body/Spirit!...Osu!....there is a story in Scientific Karatedo

"If we have to do something....we do it!  
"Recently I had the misfortune of discovering my mother had fallen in her home and had been lying on the floor for hours. After many phone calls I went to her door and could see an arm waving....but I was locked out. Fortunately I found a key and began the process of calming her down and calling 911.

She was lucky, no major injuries....but a terrible ordeal. This more truly exemplifies the nature of "using Karate" than the idea of punches and kicks!...but being able to protect yourself, "ain't" bad either!.....

Regards,

Tony D'Avino, Kyoshi.



Courtesy Kyoshi D'Avino

## KNS Martial Arts ~ London Ontario Canada

Greetings fellow Shinzen members, 2017 was another great year for Shorinjiryu and 2018 is looking even better.

I want to take this opportunity to personally thank all of the very special Karateka, both senior Instructors and jr Kyu belts that took the time to train with both myself and my students this past year.

I am always so incredibly impressed with the vast amount of talent that we have available to us as Shinzen members and the willingness of everyone to openly share their knowledge.

I also wanted to say a very special thank you to those who have put in the hard work to put together another quality Shimbun for us all to enjoy.

Thank you all for your hard work.

On an ending note, I would like to wish everyone a happy, healthy and successful 2018 and I look forward to seeing you all at one of the the many awesome shinzen events planned for the coming year.

Regards, Nidan Aron Polmateer



ssk@shorinjiryu.org

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## Shinzen Kyokai SHIMBUN Submissions

The Shorinjiryu Shinzen Kyokai Shimbun accepts submissions on any Shorinjiryu related topic. Submitters do not need to belong to the Kyokai.

All submissions will be reviewed by the Editorial Board and the Kyokai reserves the right to reject manuscripts that market a product or service, are not in alignment with the Kyokai philosophy of non-interference with member schools, or that advocate one school over another.

Submissions should be in English, however foreign language submissions with English translations will also be accepted. The Kyokai reserves the right to make grammar, formatting, and other minor edits to improve the readability of the work.

Submit articles as Microsoft Word, Text, or Open Office formatted Word documents. Submit and identify digital photographs individually, in addition to including them in your document

The Shimbun publishes bi-annually by the beginning of Summer and Winter. Submissions are due by June 30 and December 31. Late articles may be held until the next edition.

Tony Fletcher, Renshi - Publications Director ([tonyfletcher@bigpond.com](mailto:tonyfletcher@bigpond.com))



Courtesy Kyoshi D'Avino

## "Visitors Not Welcome"

by John Mirrione, Hanshi

Most gyms and martial arts studios today have an area designated for prospective customers to sit and watch a class in progress. Additionally, they could take a tour of the facility to see if it meets their needs.

This was not the case in the early days of my Shorinjiryu training where visitors were not encouraged to watch a class or survey the school.

Prospective students were told to return at a later time to get whatever information they needed. Our traditional training was very serious and required our undivided attention.

Sensei Morita had no patience for curiosity seekers and it showed by his ignoring those who came in to watch. The only time we would have people watching at our dojo was when it was our turn to host an inter-school Shorinjiryu competition. Usually those who watched were friends or family of those competing.

When I began training with Sensei Kashimoto, the same was true. Sensei prohibited anyone from watching a class. There was a small bench at the front of the school to accommodate students waiting for the next session to begin.

Passersby could look through the fogged up windows but were not encouraged to come in and watch. The door to the school was locked once class begun.

On one occasion the door was left unlocked and a stranger came in who appeared to have one too many alcoholic drinks.

Although I have written about this incident before in a previous article I feel it is fitting to revisit it again.



ssk@shorinjiryu.org

## Cont'd ~ "Visitors Not Welcome"

by John Mirrione, Hanshi



The stranger sat down and immediately began to mimic our movement poking fun at us. Sensei approached him and asked him to please leave. The stranger refused. Sensei turned to the class and asked us all to leave. On our way out the door we asked if we could stay and offer assistance. He again told us to leave. The next day I received a call from sensei asking me to come to the dojo and help him replace a front window to the dojo. Sensei would never utter a word about what happened that evening. That person never returned to the dojo again.

In the 1980s I began teaching karate at a dojo along a busy street in my hometown. Moving from my garage class which was sort of off limits to public view to an open commercial establishment was quite an adjustment. I decided to carry on the tradition of not letting passersby come in to watch my classes. In this way I could give my total, uninterrupted attention to my students. It was easy at first, however, at one location that was connected to a martial arts sales center it became difficult. Customers would glance into the dojo to see what was going on.

One evening two young men came in and decided to watch the class. One of my students whispered to me that they were two black belts from another school. They were causing a distraction so I politely asked them to leave and come back later if they wanted to speak with me. They ignored my request and continued to talk to each other. I decided I needed to end the disturbance. I approached them with two release forms and asked them to sign them and join our class. To my surprise they got up and left. No doubt that they would not have survived my class which often left the walls and floors soaked with perspiration.

When I relocated to Florida I taught in both commercial store fronts, public libraries, public parks and at a university. In fact when I was contacted by Lynn University to begin a Traditional Japanese Karate program I insisted that there be no viewing area in the dojo. They provided me with a well equipped school with mats and mirrors. The school held open enrollment every six months. For three years that I taught there, we had no visitors which meant great classes without any distractions.

I did not force my beliefs on my affiliated schools of the past which were commercial in nature and had high enrollment. I have always wanted to keep my classes small so my beliefs worked well for me. Today it would be impractical and difficult to keep a commercial school open applying my beliefs. In this article I wanted to share with the reader another one of my experiences in the early days of my Shorinjiryu training where visitors were not welcome.

John A. Mirrione, Hanshi  
Shorinjiryu Kenkokai karatedo

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