

THE MAKIWARA

THE OFFICIAL NEWSLETTER OF THE AOKA

Karate on Horseback By Jordan Kingsgate, Hachikyu, Marshville, NC

After eight days in Ireland of intensive daily horseback riding lessons in jumping and cross country, I arrived in class, bursting with excitement to tell my instructor what I learned. I could barely complete a sentence, as words rushed out of my mouth: "Sensei, I have to tell you...the most amazing thing...I couldn't wait to get back to tell you what I did...it was so awesome..."

Sensei?

No, I was not at my weekly riding lesson eager to share this newly found knowledge acquired from hours of equestrian instruction. I was in karate class. Here is the story of how I was able to apply the falling techniques learned in my karate class to a real life situation.

The horse was an Irish draft horse (a large, powerful breed willing to jump anything at a gallop) named Crunchie. The morning's lesson was intermediate level show jumping. The

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Bowing Into The Dojo By Sensei Don Gyr, Sandan, Charlotte, NC

The practice of bowing is prevalent in all traditional martial arts schools. It's common for students to bow when moving on or off the dojo floor, when receiving instruction from a sempai or sensei, at the beginning and ending of kata or a sparring match and classes almost certainly begin and end with a formal bow to a picture of the style's founder. For a long time student, all this bowing is second nature and they might think nothing of it, but for someone unaccustomed to it, it may seem unusual.

A quick explanation as to why we bow that might be given to a new student or a parent of a new student, is that the bow is the Asian form of a western handshake. This reduces the bow to a simple polite gesture that is easily understandable. It offers up the image of two people greeting each other and saying hello with a slight bow of the head, before moving on about their business.

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Do You Have Enough Gas in Your Tank? By Dennis Cedeno, Sankyu, New Orleans LA

Martial arts training such as Isshinryu and Jujutsu present both anaerobic and aerobic challenges. Sitting low in a good Soto Hachiji Dachi, maintaining it, and moving in it, while holding kettle bells or some other weights in each hand is tough training. Locking into a solid Uchi Hachiji Dachi while freely working the upper body will also quickly bring the lactic acid into the legs.

The flip side to this, without getting into sparring yet, is trying to get through seven back-to-back kata at full power. If you don't breathe in the spaces allowed, and you'll be gassed before you're too far along. The less oxygen you have, the more fatigue sets in, and the worse the techniques become.

At almost 52 years of age, it has become harder and harder for me to hold a good level of

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Please send questions, comments or contributions to the Newsletter Committee to have answered in the next edition:

newsletter@aoka.org

2008 AOKA World Isshinryu Championships

It is time to start to think about the summer and the AOKA World Championships. This year, change is in the air. We are hosting the tournament in Charlotte, NC August 8th and 9th. This is the third time for Charlotte and it should be a charm.

Thursday afternoon will feature four seminars by prominent Masters in several styles of Martial Arts.

Master Tim Boykin (Isshinryu)	Bo basic drills
Master Aaron Blackwell (Aikido)	Basics
Master Terry Creamer (Isshinryu)	Kumite combinations
Master Tom Reiff (Jiu-Jitsu)	Jiu-Jitsu techniques in Isshin-Ryu katas

The AOKA will host our annual Awards Banquet on Friday evening. This event highlights deserving Isshin-Ryu students and instructors. Hopefully everyone took the time to nominate someone from their dojo for one of the prestigious awards.

The tournament will be held on Saturday August 9th. Isshinryu has really grown in the South. We should have one of the largest tournaments that we have had in recent years.

Although we would like to have all of our AOKA brothers and sisters at this event, we do know that it is unlikely. If you can't participate in the activities, you can still support the AOKA and the tournament by purchasing a tournament t-shirt. The pre-tournament cost is only \$15 and dojos that can order 10 or more at a time shipping to your dojo is free.

Remember there is nothing like Southern Hospitality. See y'all in Charlotte.



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Karate on Horseback continued from page 1

instructions from the trainer are to jump a three-foot fence at the end of the arena.

I took off around the arena at a good, working canter. Moving at about 14 m.p.h., Crunchie and I made the required hard-left turn toward the jump. We headed toward the center of the jump. This couldn't have been a more perfect approach. Then Crunchie refused the jump by stopping short. Apparently, he had forgotten the jump was there even though we had successfully did it three times in the last six minutes.

For a heart stopping millisecond, I was aware of flying over Crunchie's neck and about to clear this jump without the horse. Everything suddenly became slow motion and I realized I was falling head first. (This was bad, even though I was wearing my ultra-stylish, \$500+ helmet that is ASTM and SEI certified and worn by members of the U.S. Olympic Equestrian Team).

I told myself to hit the top rail of the fence, because it would slow me down, leaving only three more feet to fall. As the rail came into view, I managed to extend my arm and made enough contact with my hand to change my

trajectory. My goal was to land on the jump, but my flight path was still too curved and I was falling head first.

Sensei Mark Ciprich had emphasized many times the importance of protecting the head and spine, when falling. I knew I needed to protect my head and neck from the impact and do my best not land on my spine. I instinctively told myself "tuck your head, fall on your side."

After hitting my chest on the rail, I allowed my body protector to act as a pivot on the rail. My feet flew, I tucked my head, and landed on my left side while my left hand came down and dissipated the fall's energy. It was a perfect side-break fall.

I literally hopped right up – no injuries or bruises. All I could think of was how cool it was that karate saved me from serious injury in the riding arena!



The bow can also be likened to a military salute. In a traditional school where students are organized by rank, this seems a very reasonable explanation. A lower ranking student greets a higher with a salute in the form of a bow and the gesture is returned in kind. This makes sense and is, like the handshake comparison, easily related to. Neither the handshake nor the salute, however, really fully explains what should be happening in a formal bow.

When you compare the three: the bow, handshake and salute, a great disparity arises in the physical actions themselves. The handshake is usually given with a firm grasp and direct eye contact. And while meant to be a polite courtesy, it can easily be used to convey strength and importance. A salute is also to be performed with a straight back and eyes front. It's given with a sharp snap of the hand to recognize authority and achievement. The motion itself is almost 'combat-like.' The bow, in stark contrast, is completely submissive in nature. The hands are placed at the side, the torso is bent forward and the head lowered exposing the back of the neck. It is a position of humility completely void of any suggestion of aggression.

In feudal Japan, the etiquette associated with a proper bow was of the utmost importance, and the form it took was related to one's place in society. From a kneeling position, a peasant would bow before a samurai by simultaneously placing both hands out flat on the ground before him, and then lower his head down between them keeping his eyes always downcast. A samurai greeting another samurai, on the other hand, would be much more deliberate and weary. A right handed samurai would carefully place his left hand down first while resting his right on his right thigh where it was free to quickly draw

his sword until the last second. When both hands were finally down, the bow would come more from the waist while his eyes remained forward and watchful. In contrast to the greeting of two equally ranked samurai, a samurai bowing before his lord would be careful not to meet the lord's eyes with his own as this would constitute a challenge to the lord's authority. The eyes would be kept downcast to show trust and submission. All of this choreography was serious business, and a violation could possibly prove fatal.

The bow is also a position of worship. Regardless of personal belief system, we generally lower our heads to pray and before the altars in our churches. This idea can make some new students uncomfortable because they attribute the bow done in worship to the bow before a picture of the style's master. It is not the same. To get around this confusion I think, is the main reason that the bow we perform in the dojo is often related to a handshake or simple greeting.

To further confuse things, in the dojo we do in fact use the bow as a form of greeting, and in a similar fashion to a salute, as a sign of respect for our instructors. But the bow is not restricted to these uses, and in fact has a much greater purpose in our training.

When a student bows to his or her instructor does that instructor need to be bowed to in order to make it clear who's in charge? I hope not. Does the dojo floor care if you stop to bow before you walk out over it? Of course not! Is the spirit of the founder smiling somewhere because he is bowed to and not forgotten? I doubt it. So what's the point of bowing at all? The point is bowing done in the proper spirit can be the most important movement in all the martial arts. 

endurance. I maintain a good cardio base by running at least three days a week. My arthritic and sports damaged knees won't allow much more, especially when all the kicking and stance work that is required in our art is included. This is no problem, however. I wrap 'em up, strap 'em up, look father time squarely in his wrinkly face and go after it.

As a Green belt, I sparred against a fellow karate-ka from a local Isshinryu dojo. He was a bright-faced, 17 years young, shiny-new brown belt. I sized him up, developed a strategy; he did the same to me. We bowed to show our respect for each other and began our match.

Round one: I'm feeling pretty confident because, although I'm a green belt, I've got some great training behind me. I'm old enough to be this kid's father and, thus, should have the wisdom to counter his youthful exuberance with patience and timing. We circle each other and I throw some feints, just like Sensei taught me. I'm looking for his reaction speed, setting him up, and almost training him to react to my feints. He throws some medium range techniques -- mostly kicks, which I allow to pass without contact. Hey, this body shifting stuff really works! Why block something if I can just get out of the way? I don't think he's hip to this kind of stuff yet and I'm feeling pretty good about myself.

After some back and forth, I've got him thinking that I
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punch and kick at a certain speed and rhythm. Sweet, now I start to change it up and, much to this young man's chagrin, I'm tagging him almost at will. I've got this round, no problem.

Round two: Young brown belt has a solid look of confidence, we bow and begin again. He comes at me quickly with a front snap kick and some follow up techniques. The kid is starting to score some solid shots. I'm not moving as fast any more and I'm starting to suck some serious air. My opponent still looks fresh. I'm still moving, trying not to present a stationary target. I'm still scoring, but not like the first round.

Trouble! I can't believe what is happening now. I'm not getting enough oxygen and all my weapons are slowing down. The young brown belt sees it, knows it and, much to my chagrin, he's still not breathing hard. This is not good for me. The young brown belt takes round two, we're even.

Last Round: I'm sweating and breathing hard. We bow and engage each other for the match. The first 20 seconds, I'm throwing multiple techniques trying to score with something -- anything. It looks like he's still fresh, which does nothing for my outlook on life.

Then, like a light switch going off, I hit the wall. I'm so winded, I feel like I'm suffocating and can't catch a deep breath. I've got nothing on my punches, and less on my kicks. Where's the nice cardio base I had? I'd been running for two and three miles at a clip and feeling great. Now, in this moment, I can't breathe enough to keep my motor running.

I back pedal and go pure defense, trying to survive with some dignity, and make it to the end without getting beat up too badly. End of round three, the young brown wins this one easily, he looks fine, and I'm smoked. Obviously, I've got some work to do.

The Lesson: Vince Lombardi once said, "fatigue makes cowards of us all." No matter what we do to stay in shape, to be good at something, we must practice at that specific thing.

Of course, we can supplement our training by bringing in different forms of exercise and disciplines. We can work on technique and strategy ad nauseam, but if we don't train specifically at that event, it won't be enough. Be it kata, sparring, or ground fighting, we must build up the stamina that event demands. If we don't, we won't have the gas in the tank we need to get us to our destination.



Training Tips

By Sensei Cliff Morse, Godan

This day and age it is hard to keep up with the fast pace of the world. As an instructor, I have seen a lot of students come and go. I have a lot of students at my dojo whom have been diagnosed with various different social disorders as well. For some of them, it is very hard to keep their attention for the hour just long enough to teach them quality Isshinryu techniques.

As an instructor, I come up with different drills to teach the same technique. This helps with keeping the students interested in learning karate as well as expanding the knowledge of the instructor.

One drill I like to use an old grade school P.E. game, Dodge Ball. I use this drill to instill blocks, punches, endurance, as well as body and foot movement with the students.

In my dojo, we have the students line up in a fighting stance of their choice. The rules are simple, you can

block, punch or kick the ball. If you get hit anywhere else you are out of the game. Students are allowed to use Isshinryu upper body basics, as well as lower body basics for their techniques for protection.

I will change up the drill from time to time, by adding different size dodge balls. I usually start up by using the bigger dodge ball, so it builds up the confidence in the students blocking. I usually move to a tennis ball for the higher ranks. It makes it much harder to block and it is more challenging to block a smaller target.

I find this is a great way to keep a student motivated in wanting to learn, and the students have fun. It is a great way for the students to get good exercise to build up endurance. It makes them focus on the target at hand.

Drills like this makes learning fun. We all know learning martial arts is about hard work, dedication, desire to be the best, but if you are not having fun learning, you tend not to keep with it. I hope you find this training drill useful.



Isshinryu Kata Background - Wansu

By Sensei Mike Fenton, Yondan

Understanding the history of the Isshinryu kata can provide the Isshinryu Karateka with a greater knowledge of the kata and the techniques it employs. The origins of a kata can guide us toward understanding both the application of the technique as a student and a deeper respect for the evolution of the art as an instructor.

The information within this article is a result of research done as part of a book in progress. It is to represent a comprehensive resource of data concerning the art for all Karateka. While every effort has been taken to ensure accuracy of the information, any corrections or additional details are welcome from one and all.

Wansu Kata

汪楫

The Name

Wansu kata is one of the older kata's practiced on Okinawa. A staple of the arts originating within Shuri, like many other kata it is believed to have been named for a master of great skill.

Unlike many of the other kata's this belief appears to be based in fact. It may have been named after a martial artist with a name similar to Wansu. Alternatively, it may have been a confusing of a name and title. Instructors in Kung Fu and other Chinese martial arts are referred to as Sifu. Wang being a common name in China put together with Sifu becomes Wang Sifu. The Kanji for this is surprisingly similar to Wansu.

Wang Sifu:

汪師父

Alternates: The name can also be written as Wanshu however, Wansu is the accepted Romanization of the name.

Wansu also appears within the art of Shotokan as created by Funakoshi Gichin. When translating the forms to Japanese the name was changed to Enpi(Empi). The characters for which represent "Swallow" (The Bird) and "Fly". The common translations are "Flight of the Swallow" or "Flying Swallow" both artistic names meant to represent the quick yet flowing name of the kata.

The Myth's

Wansu has two myths associated with its name. Both are associated with translations of the name meant to indicate the application of the kata. The first with focused on the overall use of the kata.

"Excellent or Incredible Arms" focuses on the type of techniques in the kata. The quick powerful motions of the form could easily be translated into excellent hand techniques.

"Dumping Kata" references the throw in the kata. Many see this technique as the central point of the kata and as a result however, not the basis for the name.

I sincerely hope that you enjoyed reading this. The next article will continue the background of Wansu with the bulk of the article primarily on the kata's origins focusing specifically on the path the kata took on it's way to Shimabuku Tatsuo and it's incorporation into Isshinryu Kata. If you have corrections or comments regarding this article or any future article, please feel free to contact me directly at mike@issheinryu.ca

This article represents part of an unfinished work by Trevor Warren and Mike Fenton. Nothing would have been possible without the many resources available both on the internet and via books currently available on Okinawan Karate. Additionally, special thanks must go out to Joe Swift, his research and willingness to share was an invaluable asset.



PROMOTIONS

Dean Johnson, Sandan, Thunder Bay, Ontario
Jody Pohill, Shodan-ho, Thunder Bay, Ontario

Extracted from the Windsor Star
Wednesday, March 12, 2008

Late Windsor karate fighter Tomasz Kucharzewski may have been hard-hitting in the ring, but he was a fun guy outside of it, says his instructor. "Happy-go-lucky," said Albert Mady of Mady's Karate, where Kucharzewski trained for 16 years. " Around me, he was always very, very nice, friendly, fun."



Kucharzewski was found by family members dead in his downtown apartment on Saturday. He was 39.

A veteran competitor, Kucharzewski took part in numerous full-contact karate events, winning several titles in national and international organizations. He competed five times in K-1, considered by many in the martial arts community as the world's premier kickboxing event.

Mady estimated Kucharzewski had around 300 bouts to his credit, including bare-knuckle knockdown tournaments and Thai-style kickboxing matches.

Despite Kucharzewski's brawny exterior - six feet tall and around 225 pounds at fighting weight - Mady said his fondest memories of the Polish-born black belt concerned his sense of humour.

"Tomasz liked to joke," Mady said. "One time, we were in Las Vegas and we watched George Carlin - hilarious. We'd be sitting there, and Carlin would tell a joke and everybody would be cracking up. Tomasz had to translate it in his head. Ten seconds after everybody laughed, you'd hear: 'Huh huh huh huh huh huh!' He was killing us."

Mady said Kucharzewski, who worked at Chromeshield,

wasn't training as hard in recent years due to a knee injury.

An autopsy has been performed on Kucharzewski's body. "Things are inconclusive right now," Mady said. Kucharzewski wasn't married and had no children. He is survived by his parents, sister, brother-in-law and niece in Windsor, as well as extended family in Poland.

Style: Kyokushin Kai and Isshinryu

He began training in the martial arts in Poland in 1984. He continued his training with me in 1991 to the date of his passing March 15, 2008 at 39 years old.

"His notable awards include:

1988 - 1990	Polish National Kyokushin Champion
1988	3rd in Oyama Cup European Championships
1991	Canadian National Kyokushin Champion
1992, 1994	Sabaki Challenge World Champion (Denver)
1992 - 1996	Shidokan World Champion (Chicago)
1993	Ontario Heavy Weight Amateur Boxing Champion
1994	Shidokan World Champion, Tokyo, Japan
1994 - 1997	Ultimate Test World Kyokushin Champion (Atlantic City, NJ)
1998	2nd Place Australian Open International Shidokan Championships
May 1999	K.I.C.K International Super Heavy Weight Championship (Atlantic City)
Feb. 2000	K.I.C.K International Super Heavy Weight Championship (Atlantic City)
2000	2d Place in K1 Competition (Las Vegas, NV)

He is also a 5 time K1 competitor, in the US and Japan. In 2003, he took second place in the Tails of Pain, Chicago.

Tomasz also had over 200 Kyokushin style matches, during his fight career he won many more championships but the ones listed are the most notable. He was a modern day gladiator. He was my student, my training partner and my friend."

Hanshi Albert Mady



Ask The Masters

In the last edition, we provided some background information about Master Tim Boykin. This permitted readers to develop questions to ask him. Below are questions submitted to Master Boykin with his answers.



Master Tim Boykin

You have advanced ranks in Isshin Do Tai Goshin Jujitsu and in Jujitsu from the USJA, how do you use your knowledge of these arts to improve your Isshinryu, and how would you recommended Isshinryu Karateka explore cross training options?

I originally began training in Jujitsu to help develop my bunkai skills. As I continued to train, I found that my in-close/self-defense/ground fighting skills were also significantly enhanced. Yes; I would strongly recommend that Isshinryu Karateka cross train in classic Judo and/or Jujitsu.

What Kata do you most enjoy teaching?

Naihanchi. It is, in my opinion, the most under rated

kata in our system; I believe this kata teaches more about close quarters self-defense, joint manipulation and mechanics than any other.

What is your favorite memory from your time as a student?

As an Ikkyu in Japan, I was invited by a friend (American) to train at his Wadoryu dojo in Yokohama. After a grueling 2 hour workout comprised of drills, kata and kumite, I was accepted into the dojo with a Kampai that same night (in the dojo).

What do you wish Isshinryu Karateka in general would put more effort into?

Isshinryu basics and self-defense.

What are you most proud of as an Instructor?

My Students!

At this point in your training, who would you most like the opportunity to train with and learn from (any style, anywhere)?

I'm lucky enough to already train with a number of world class martial artists in the Carolinas: Sensei Aaron Blackwell (Aikido); Professor Tom Ryan (Danzan Ryu/Hawaiian Weapons); Master Tom Reiff (Judo/Jujitsu) and Grand Master Mitch Kobylanski (Isshinryu).



Online Survey

In order to serve AOKA members better, the Newsletter Committee has established an online survey for you to take. We will use the information provided to determine how to better provide information our readers want, the best delivery method of the newsletter (web, email, print) and to determine which region reads the newsletter.

The survey is anonymous.

There are just five questions to answer:

How do you get the newsletter? We want to know the best delivery system to members. Online, email, print.

Did you know any AOKA member can contribute? The lack of contributions from our members suggest not everyone is aware they can contribute to the newsletter.

When did you last contribute to the newsletter? For those members who haven't contributed in over a year, it's time to share what you have learned.

What do you most enjoy about the newsletter? If a majority of our readers enjoy reading training tips, we'll find someone who will host a featured section.

Which region are you from? We want to know what region is reading the newsletter.

We will do our best to provide a quality product for you to enjoy reading. Remember, the newsletter is only as good as the members who support it with worthy contributions.



UPCOMING EVENTS

(source: <http://www.bohans-family.com/Events/UpcomingEvents.htm>)

Date	Location	Event
26-Apr-2008	King George, VA	5th Annual King George Isshinryu Open
26-Apr-2008	Rogersville, TN	Kelly's Heroes Karate Classic
26-Apr-2008	Auburn Hills, MI	Extreme Cage Fight War
17-May-2008	St. Louis, MO	21st St. Louis Silver Sun Showdown Karate Tournament
24-May-2008	Ashburn, VA	The Bando Nationals
24-May-2008	King George, VA	Hovey's Karate-do Mini Camp Seminar
31-May-2008	Canton, MI	3rd Annual Metro Detroit Open Karate Tournament
20-Jun-2008	Montreal Quebec	King of the Cage
29-Jun-2008	Fredericksburg, VA	The Don Bohan/Rick Niemira Memorial
25-27 Jul-2008	Burlington, NC	Camp Budo
26-Jul-2008	Gatlinburg, TN	IHOFF Tournament
8-9 Aug-2008	Charlotte, NC	2008 AOKA World Championships and Awards Banquet
23-Aug-2008	Montross, VA	1st Annual Northern Neck Karate Tournament
13-15 Feb-2009	Orlando, FL	International Isshinryu Open Tournament

Morse School Of Isshinryu Activities

On March 29, 2008, members of the Morse School of Isshinryu ran a 5K race during the Spring Valley Walleye Run.

This race is special for the MSOI, because we want to be able to give back to our students and to communities everywhere. The MSOI has had two students who have been diagnosed with cancer. Sensei Josh Wealer and Jessica Wallace, both were diagnosed with cancer, but with their outstanding strength, they battled the cancer and won. Sensei Josh Wealer has made a great recovery and is back teaching at the dojo. Jessica loved to run. Before having a rare jaw cancer, she would participate in various different marathons and short races around the state of Illinois, as well as Indiana. Jessica had to have a bone removed from her leg and placed in her jaw. This hampered her running for approximately one year.

Since Jessica had her surgery and chemo treatments, she has been slowly getting back into the shape she was prior to her surgery. On March 29, 2008, she ran her first race since the surgery. In the support of Jessica and Sensei Wealer, 14 members of the dojo as well as friends and family, ran in the 5K race.

We all have been affected somehow by cancer - a family member, friend, or ourselves who have had it. What better ways to give back to them by supporting those we love? This is why we ran the Spring Valley Walleye Run.

I want to thank everyone from the bottom of my heart. It really shows people care, and to be able to donate their time and money to finding a cure for cancer.

Also . . .

The Morse School of Isshinryu opened the doors to its new dojo at the YMCA in Peru, Ill., on Feb. 27, 2008. Sensei Cliff Morse invited members of Princeton Dojo as well as the general public to come for an open house at the YMCA.

At the open house students and members of the public learned self-defense drills and techniques that could be used to defend themselves if they were to be attacked. Sensei Morse wore a Fist Suit, which allowed participants to strike, kick and throw him at full speed and with full power. The suit allowed participants to practice their techniques in a realistic fashion.



Unante (The Secrets of Karate, 2d edition)

by Master John Sells

MartialSource.com \$55.00 US

Review by Sensei Bob Harris

I was introduced to this book a couple of years ago during a weapons camp with Sensei Devorah Dometrich, 8th Dan of Ryukyu Kobudo Hozon Shinko Kai. Ryukyu Kobudo Hozon Shinko Kai is the organization created by the late Taira Shinken.

Do you want to know who taught whom during the early days of karate? What kata are used in other styles? The depth of information available in *Unante* is amazing. Its sections include information on early Okinawan history, the influence of Kung-Fu on Te, the introduction of karate to Japan, history and development of kata, a record of kata name meanings and, variations of the themes from system to system. The lists go on and on. To make it easy to understand, there are many genealogical charts covering karate (Okinawan & Japanese) as well as kobudo.

You'll learn with whom each master studied with, the points they taught (kata, special technique, relevant philosophy), how various teachers were related. Sensei Sells has done an excellent job of providing history for karate men and styles, which are not, included in the history pages of many other books.

As you read the book, you'll probably know some of the material, but the depth of the information and way it is presented will be different and more entertaining. If you're looking for answers to questions that a lot of instructors can't give, look into *Unante*, you'll come out of the experience far richer than the cost of the book itself.

What impressed me most about the book is it is the quantity and quality of the information about the history of karate in Okinawa and Japan. Don't expect this to be a "how-to" manual; I find this book to be the Bible of Martial Arts History.

The Armored Rose

by Tobi Beck

Available through Amazon.com ~ \$19.95 US

Review by Sensei Karen Miller

This book is written for the female fighter (and those who teach female fighters). It is aimed at the members of the Society for Creative Anachronism (SCA) who wear armor and hit with wooden sticks, but much of the book can be applied to karate situations.

She explains the difference between the chemistry of adrenaline in men and women. Specifically the adrenaline kicks in within the first minute for a guy, and women's adrenaline takes about twelve minutes before it is at its peak. So, in tournament situations, women should be warming up and getting their adrenaline going before they are called to their ring. The good news is a women can sustain their adrenaline rush for another 45 minutes or so, while a guy's adrenaline is gone after twelve minutes.

There are also psychological explanations as to why some women cry or get the giggles when they are fighting. The book lists 5 mental hurdles that may interfere with a women's ability to fight. The sections focus on the internal mental activity going on in a women's head. It is very real to the women thinking it and explains other ways to look at the situation and helps the women let go of these barriers.

- 1) I can't play this game (Similar to I don't want to spar, I just want to learn self-defense.)
- 2) I can't hit other people
- 3) I can get hit
- 4) I can't do this, yet
- 5) Fighting outside the comfort zone.

I highly recommend this book for any women fighter or instructor who is teaching women fighters.



Don Bohan / Rick Niemira Memorial Martial Arts Championships

By Master Wayne Wayland

It is with great pride and pleasure the students of Don Bohan and Rick Niemira cordially invite you to attend The Don Bohan / Rick Niemira Memorial Martial Arts Championships. We are hosting this charity memorial martial arts tournament on June 27 and 28, 2008 to honor our two most respected and honored leaders, Master Don Bohan and Master Rick Niemira. We lost Master Niemira in 1988 and lost Master Bohan in 1998. This tournament will coincide with the anniversaries of their deaths of 20 years ago and 10 years ago respectively.

The event will start on Friday, June 27th with a series of seminars taught by some of the most highly respected, actively teaching masters in martial arts today. These teaching masters will consist of our mentors, dojo mates, training partners, and closest friends. The seminars include Master Diane Cooling and Master Brian West (tournament kumite), Master Javier Martinez (tuite), Master Denny Shaffer and Master Clyde Stanley (street self-defense), Master Tokumura Kensho (weapons) and Master Dr. Maung Gyi (Min Zin).

To make this already special event a little more special, we have decided to include a two-hour summit of first generation students of Isshinryu Karate-Do and Bando. The summit panel will consist of twenty of Master Bohan's and Master Niemira's mentors, dojo mates, training partners and closest friends. The format will be a question and answer session and will take place in an auditorium setting. Questions will come from the audience in attendance via a moderator from a central location. This format will accomplish our main goal of having a steady flow of dialogue between the participants and the audience.

If you are a registered participant or a registered judge for the tournament, attended the Friday tournament seminars, or have a spectator pass for The Don Bohan / Rick Niemira Memorial Martial Arts Championships your our guest. This is our way of giving something back to you for your support in making this tournament special.

For more complete tournament information go to www.bohans-family.com and be sure to check out our list of tournament sponsors, which includes the 2008 AOKA World Championships - August 8 & 9, 2008 hosted by Master Mitch Kobylanski (Charlotte, NC).

Thank you in advance for your support of this historic event.



Carolina Isshin Ryu Academy Marshville Dojo has changed its name and location.

The new name is Waga Michi Dojo (pronounced Wah Gah Mee Chee). Waga Michi is Okinawan for "Journey" as in the journey we travel as martial artists. We were fortunate to get the information for this name from our friends in Wilmington, NC at Sensei Brent Holland's dojo.



Marshville and safety was becoming a concern. Chris Wallace is the preacher at the church and also an AOKA member in good standing. He was gracious enough to open a large conference room up for us and we are excited to have the new space and the ability to continue growing.

We look forward to helping Master Kobylanski host this year's tournament and hope to see everyone there!

We have also moved to the Union Grove Baptist Church. The class was getting too big for our old facility in

Sensei Mark Ciprich

