

THE MAKIWARA

THE OFFICIAL NEWSLETTER OF THE AOKA

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Involvement

By Grand Master Stephen Young, Chairman and CEO

Recently, I attended a seminar hosted by the Morse School of Isshinryu. Sensei Clifford Morse (Illinois State Representative for the AOKA) had asked Master Terry Creamer (Missouri State Representative) to share some of his tournament fighting and self defense techniques. The seminar was wonderful. I just kept wondering why more people didn't show up?

Throughout the USA and Canada, AOKA people are hosting a large number of seminars and workshops. Typically, they are free to existing members. In addition, you can attend up to four free seminars the day before our annual tournament.

I strongly encourage you to attend some of these events. They are really good and even if you don't agree with everything, it gives you a different perspective. Take it upon yourself to learn from everyone.

Be your best . . . get involved!

Happy Holidays!
From the AOKA
Board of Directors

December 2007

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Family Values

By Jeffrey Congor, Shodan, Withee, Wisconsin

Starting up a school is more than just saying that, "Hey, I know karate and I'm willing to teach." You spend several years mastering your basics and kata as your instructor demonstrates. You learn as much as you can in the hopes that someday you could be as great and successful as he or she. I've had the dream of becoming a martial art instructor ever since I started taking classes 12 years ago. I have been to a few different schools within those 12 years but only one did I feel that I really belonged to. Isshinryu Karate and my Sensei, Cliff Morse, have done so much for me that I could not begin to explain in the proper words let alone enough words to say, Thanks. I know that as people who wish to join look around at all the schools that are available, they look for many different things.

Something that I believe should be a key factor is, do you feel like it's a family? You can get knowledge just about anywhere, but there is something to be said about a family environment. When you get involved with a school that treats you like family, I believe that you learn more. The self-esteem increases to a higher quality. Your skills mean more to you when you learn from family. You strive to do more, giving 110% of yourself. My Sensei felt more like a brother, almost a father in a sense - giving very important advice, whether it was karate oriented or otherwise. He's also there to discipline when you mess up as well. However, there is a feeling of unconditional love there too.

I think that some schools have lost that relationship. I have seen places where it's all about numbers. More students equal more money. Nevertheless, if we look at some of the traditional and founding instructors, they only taught one or two students. Dedication their life to pass on their skills to someone, they could trust; giving the knowledge on a more personal level. Where has that kind of Sensei gone? Don't get me wrong there are still some out there. My Sensei has several students, but he would go out of his way to work with each one of us when he could. He may not have gotten to all of us in the same week, but he made the effort to let no one go unnoticed. I look to put that same form of teaching at my school. You build a stronger unit that way.

You get better results from your students as well. If they see that you are willing to pay attention to them, they will work harder to please you, and in the end please themselves. Is that not why we instruct? To pass on our knowledge of the martial arts to our loved ones? Treat others as you would like to be treated. The martial arts is not just about self-defense, it's also about trust and love. We always teach that there must be a balance in what you perform. We need to remember that there must be balance in the way we teach. Family values in and out of the dojo, work wonders.

"Catch" and "Clock" Drills

Master Tim Boykin, Charleston, SC

When teaching weapons basics, specifically the sai, I use the terms "catch" and "clock" to tie in basic movements. If you're attacked with an overhead bo staff strike, use the sai to form an overhead "X" block. Your hands should be angled forward so that the bo staff will be trapped in the prongs of the forward sai. This will allow you to disengage the other sai and continue the attack. Remember: Take care of the incoming attack first, then attack the hands holding the weapon. Here's how the drill works:

Uke uses a bo staff to conduct an overhead strike to Tori. Tori defends with sai, using a forward "X" block. Tori uses tai sabaki (body shifting) to move on an angle to the attack. This is where the "clock" part of the drill comes in. When facing each other, uke is 12 o'clock, you are 6 o'clock. When attacked, start with a right foot forward, catch the bo staff and move to a 1 o'clock position (lead foot step and slide on a 45

(Continued on page 3)

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degree angle). This is done for a variety of reasons, including an off-axis movement towards the Uke, which also prevents the attacking weapon from hitting you dead center if you miss with your “X” block. Once you move off-axis, you continue to maintain contact with the weapon and “ride” the bo staff down to Uke’s lead hand. After making contact, twist your lead hand so that the prongs of the sai trap the thumb of the uke. You should continue to push the trapped hand towards Uke’s armpit, by pushing the sai across the Uke’s body. This movement will twist and trap the Uke’s hand and prevent counterattack. Then Tori’s unengaged hand can then continue the attack, since Uke is now tied up and twisted away from your attack.

Key things to remember:

- (1) Maai (Distancing). You must start relatively close together.
- (2) Catching/trapping the weapon. The “X” block, us-

ing the sai must be angled out towards the incoming attack. Both sai should be in a position to independently block/trap and control the strike. If one sai misses, the other will trap and absorb the attack. Ensure your elbows are down and that the sai are pointed towards the attack with the prongs angled to trap the incoming weapon.

(3) Riding the bo staff with the lead/trapping hand (sai) is done in concert with the movement to the 1 o’clock position (tai sabaki).

(4) The lead hand continues to point towards Uke’s armpit and push the bo staff across his body to trap the weapon in-close. This allows the Tori’s unengaged hand (sai) to attack.

Safety: Conduct these drills at ½ speed, especially when trapping Uke’s lead hand (holding the bo staff) and controlling Uke’s hand once its rapped. The rear sai hand may be used in a variety of attacks, including weapon strip, strikes, or wrist locks. Go easy on the fingers and wrists!

Canadian Shodan Testing

Sensei Tim Leonard, Godan, Ottawa, Ontario

Three members, Tanya Lemaire, Jack Lafleur and Pat Couperus, of the Toshikai Dojo of Ottawa recently travelled to Windsor, ON to test for their black belts in front of 9th degree black belt, Hanshi Albert Mady. Everyone remembers Hanshi Mady right? That guy that kicks through two baseball bats, punches through cement and trains World Champion Full Contact fighters. Here is a short story of their experience of testing for Shodan.

Tanya has been training for the past nine years. Overcoming some physical ailments, Tanya was now ready to test for Shodan. Jack had been fretting about his Shodan testing ever since his green belt test that he also did in Windsor when he was introduced to fighting some really good fighters. Pat, who was distracted by the thoughts of finishing his Masters in History and getting married next summer, chose to do the training necessary to prepare for Shodan. But what would await these three as they entered the Canadian Isshin-ryu birthplace of Windsor? Would they freeze and for-

get the movements of their kata or not be able to explain a movement in the kata? Or more importantly, how many bruises or broken bones would occur against the full-contact fighters?

Testing started at 6 p.m. on Friday night. In total, there were six people testing for Shodan and 20+ others testing for their brown belts. Hanshi bowed us all in and immediately put everyone through their paces with the basics and some sport kick followed by kata. Each person testing had to perform his or her katas in front of four examiners. Each examiner ranked the katas on a scale of 1-10 on four different components of kata: technique, power, speed, and rhythm. The average score had to be at least 7 or greater to pass. The pressure was on Tanya, Jack, and Pat to do their very best. It took two hours for everyone to finish his or her katas before proceeding to the bunkai (application of the kata) part of testing. Hanshi gave a scenario from

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each of the katas in which partners worked together to perfect their application. The atmosphere in the dojo became light and fun as people worked out their movements. Part One of testing ended around 9:30 pm and Part Two was to start the next afternoon. Hanshi jokingly promised that some of his best fighters would be there the next day for the kumite portion of the testing.

1:30 pm Saturday: Self-Defense. Hanshi loves the self-defense portion as he put his uke (Jack) in a variety of painful hits, arm bars, and take downs in order for the group to replicate the movements. Again, the atmosphere turned light but the intensity was high, as each person had to make the techniques work against their partner. For the most part, our threesome remained injury free up until this point but the kumite had yet to begin. Each person had to have five two minutes of continuous fighting plus one match against two fighters. Everyone had to prove themselves worthy of being promoted. This was the moment of truth. Did they have the heart of a black belt? The matches were fast and furious with little time to no time to rest in between the fights. Leg kicks and hard punching were the order of the day. Tanya, Jack and Pat gave their all and survived.

4 pm Promotions: Hanshi spoke to the group about the testing and encourage everyone to keep training. He reminded us all that Karate is for life and not a brief moment in time. We are to train hard, strive to learn and improve on our abilities. We are all students no matter what our levels. Tanya, Jack and Pat were given the honor of wearing the black belt. They are now Shodans, which translates to "first step," and are now in a position to take their martial arts training to the next level. All three were proud of their achievement and more than happy to show off their bruises (badges of honor). Also promoted from Hanshi Mady's Dojo who all underwent the same marathon testing were David Kelecika, Dale Lemmon, and Ken Steele.

Then the festivities of the evening commenced. Supper was at a Chinese buffet that served a wide variety of food including sushi and sake (rice wine). So what did we do with the rest of the evening? Watch UFC 78 of course. After seeing more battles and exchanging tales, we finished the evening by playing pool and hitting a "Punching Ball" arcade game (still bugs me that Sensei Shane Hale beat me).

As their Sensei, I am very pleased to see Tanya, Jack and Pat succeed and to do our little dojo proud. Well done! We now have a new problem in our dojo, There are almost as many black belts as there are do kyus (colored belts). But, that is a good problem to have. KOMPAT!!!



Upcoming Isshin Ryu Events

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

Date	Location	Event
12-Apr-2008	Knoxville, TN	The Harold Long Memorial Tournament
16-Apr-2008	King George, VA	5th Annual King George Isshin Ryu Open
29-Jun-2008	Fredericksburg, VA	The Don Bohan/Rick Niemira Memorial
25-27 Jul-2008	Burlington, NC	Camp Budo
26 Jul-2008	Gatlinburg, TN	IHOF Tournament
8-9 Aug-2008	Charlotte, NC	2008 AOKA World Championships and Awards Banquet

PROMOTIONS

Pat Couperus, Shodan, Toshikai Dojo, Ottawa, ON
David Kelecika, Shodan, Chikara Dojo, Windsor, ON
Dale Lemmon, Shodan, Chikara Dojo, Windsor, ON
Jack Lafleur, Shodan, Toshikai Dojo, Ottawa, ON
Tanya Lemaire, Shodan, Toshikai Dojo, Ottawa, ON
Ken Steele, Shodan, Chikara Dojo, Windsor, ON

ISSHINRYU
KARATE

AOKA Europe Update

By Sensei Lars Andersen, Godan, Copenhagen, Denmark

It was announced during the AOKA Banquet this year that the AOKA has expanded to Europe. To keep our European identity, we are called the Isshinryu Karate Association of Europe.

I invite you to visit the various links listed below for you to see how Isshinryu is growing in Europe.

Europe

The AOKA Europe/Isshinryu Karate Association of Europe website is now up and running at www.issheinryu-karate.eu

Romania and Rep. of Molodova

On the first weekend of October, I visited my students from Romania. Sensei Andrei Trandaf is promoting Isshinryu very successfully in both Romania and the Rep. of Moldovo where Nicolai Zamochi is the dojo leader. The seminars included: proper posture in kata and kumite techniques.

View the photos:

<http://pikarate.dk/Sted/Foto/Sider/Rum%C3%A6nie.html>

also www.issheinryu.ro

Denmark

On the 19th of October 2006, Thorkild Sundstrup from Copenhagen Police Isshinryu Karate Dojo passed

his Shodan test. Thorkild is a very talented fighter who took 3rd place together with the Danish National Team at the recent WKA World championship in Germany. In his 10th fight, Thorkild scored with a fantastic Ushiro Mawashi Geri (Spinning wheel kick).

View photos:

http://pikarate.dk/Sted/Foto/Sider/Dan_graduering.html

also www.issheinryu.dk

The same weekend Hanshi Patrick McCarthy visited Copenhagen and gave a fantastic seminar. In the photos, Hanshi McCarthy demonstrates on Lars Andersen.

View photos:

<http://pi-karate.dk/Sted/Foto/Sider/Patrick.html>

Poland

Isshinryu Sensei Marcin Freilich, a student of Hanshi Nick Adler, has started an Isshinryu Dojo in Poland.

Please visit other sites of interest:

www.PoliceKarate.com

www.issheinryu.dk

www.issheinryu-karate.eu

The 2008 AOKA World Isshin-Ryu Karate Championships In Charlotte, NC

Please mark your calendars and note that we are holding the tournament in **August** instead of July. The dates are August 8th and 9th and the event will be held at the Marriott Charlotte Executive Park.

This will be the third time that Charlotte has hosted our tournament. The location is ideal because it is just off the interstate and close enough to the airport for free shuttle service. There are also many nearby activities that can be enjoyed if anyone is planning on combining the tournament with a family vacation.

On Friday, August 8th the AOKA will hold master rank black belt testing. The afternoon will feature a variety of seminars and we will have our annual awards banquet later that evening. The tournament will start Saturday morning and we have preliminary indications that this will be one of the largest events that we have hosted in years.

This is one tournament that you will not want to miss!!

Ask The Masters

In the last edition, we provided some background information about Master Keith Smith. This permitted readers to develop questions to ask him. Below are some of the



Master A. Keith Smith

questions submitted to Master Smith.

Q1. What about Isshinryu prompted you to commit over 35 years of your life to it? And what do you think your life would have been like without Isshinryu?

A1. There is a saying "time sure flies when you're having fun" and I have had nothing but fun all of these years.

The interaction I have

had with so many students over all of these years has taught me so much about life. My involvement in Isshinryu has carried me through many good and bad times. There is no doubt it has helped bring a balance to my life in many ways.

Q2. What was your training like as a student and can you identify a moment or instructor that changed your outlook and propelled you forward in your training?

A2. As a student progressing through the ranks, I simply became addicted to my Isshinryu training. I spent so many hours at our dojo that my instructor at the time, Sensei Patrick Buckley, gave me a key even though having a key was restricted to black belts.

I have been very fortunate to have several instructors who propelled me forward in my training. Sensei Patrick Buckley was my first Isshinryu instructor and he had a heart of gold. We trained especially hard and he was the first to introduce me to the traditional ways of performing the kata. At the time, when we participated in local tournaments, there were so many variations of the kata being performed. Sensei Buckley taught us based on his trainings with Sensei James Chapman. In an effort to do the right thing we all chipped in and purchased the films from Grandmaster Armstrong after which we used the films as our guide to how the kata were to be performed.

After our school closed, Sensei Buckley encouraged me to

follow Grand Master Armstrong. After numerous phone conversations and mail correspondence with Grand Master Armstrong he earned my respect and admiration. He turned down my request to review a film of me performing my kata in my efforts to achieve my next black belt rank. He could have easily taken my money and failed me yet he encouraged me to continue promoting good Isshinryu and someday I would be able to test before the AOKA National Board. He was right, and to date, I have done so six times.

Then there is my current instructor, Grandmaster Steve Young. Sensei Young has provided me with support and training opportunities to further expand my knowledge and abilities beyond my expectations. As his student, I feed off of his energy and drive to further Isshinryu.

Q3. What Kata do you most enjoy teaching?

A3. For this answer, I have to go back to something Grand Master Armstrong said once to me at a seminar. He encouraged us all to compete with each of the kata until we had earned a first place with each one. He went on to say once you have achieved first place once then repeat it. I would use this to describe which kata I enjoy teaching the most. Once I have what I would consider mastered the ability to teach any particular Isshinryu kata then I would hope to revisit it and improve my teaching ability for that kata even more.

Q4. What are you most proud of as an instructor?

A4. Without a doubt, my students!

Q5. What skills do you think Isshinryu Karateka in general need to spend more time working on?

A5. Patience. We work so hard on the physical aspect of our training yet fail to recognize the growth of our inner self. Over the years I have seen the main focus of many martial artists being that of the rapid color change of their obi. Even if we do not outwardly look like we have improved, within our one heart, we grow more confident spiritually and mentally. Train, travel to train, bringing instructors in to help further your knowledge and abilities and take the focus off your rank. Have patience; because once you arrive, you'll know it.

Ask The Masters

The next master to be interviewed is Master Robert Markovich. The following information is provided to you to assist in asking questions of him for publication in the next edition of *The Makiwara*.



Master Robert Markovich began his Isshinryu training in 1969 under Lloyd Russette, Don Shapland and Doug Noxon. Master Markovich received his Shodan in 1971 and his Hachidan in July of 2002.

Master Markovich has been a member of the American Okinawan Karate Association (AOKA) since 1971, and has instructed in a number of dojos in the Windsor, Canada area. His students include Albert Mady and

Lamont Kersey. Master Markovich was also a member of the Canadian Isshinryu Karate Association (CIKA) from 1988 until its disestablishment in 1993.

His awards include: the Hall of Fame award for outstanding contributions to Isshinryu Karate in 1999 and the AOKA Spirit of Isshinryu award in 2002. Master Markovich is also a former member of the Canadian Armed forces and Reserves who received his commission as a full lieutenant in 1965. He graduated with a BA in Geography from the University of Windsor and after attending Teacher's College, began his secondary school teaching career in 1969. He completed his Master Degree in Geography in 1971 and a second Masters Degree in Fine Art in 1987. Master Markovich retired from secondary school teaching in 1997, and keeps busy via a variety of activities, including artwork, picture framing and martial arts training.

My Wife Thinks I'm Crazy!

By Master Rob Markovich, Hachidan, Windsor, Ontario

I have recently opened a new Karate club in a church gymnasium. To date, I have about 18 children, half with two left feet and most of them wearing size 00, 0 and #1 gis. Need I say more? I have forgotten the joys of teaching little ones. Perhaps I should get a few pointers from Susan. In addition, I have interested requests from several parents and adults wishing to join as well. As we are training in a large church gym there is plenty of room to split the two groups so that the adults can train without tripping. Wish me luck.

A couple of months ago when I first came up with the idea my wife said, "I think that you are crazy." The reason for this is that I teach at Albert Mady's club

three times a week in the mornings and weight lift for an hour before the classes start at 11:00 am. My son-in-law looked at me and said "Bob, how old are you?" When I told him (67) he looked at me strangely and just shook his head.

Crazy or not, I have a club that appears to be growing and I must say I am enjoying the challenge. We train two time each week, Mondays and Thursdays from 6:00 pm to 7:00 pm. Two of our brown belts, who are testing for black next month, are helping - Dave Keselika and Ken Steele.

The club is operating as an affiliate of Albert Mady's club.

Women's Self Defense Expo

By Sensei Cliff Morse

The Morse School of Isshinryu hosted their 2nd Annual Women's Self-Defense Expo on Saturday, November 3rd at the Bureau County Metro Center, in Princeton IL. The Expo featured 6th degree black Sensei Diane Ortenzio-Cooling of Gardnerville, Nevada. Sensei Ortenzio-Cooling has been training in the martial arts for over twenty-eight years. She is the chief instructor (*sensei*) at Sierra Dojo. In addition to Isshin-ryu Karate and Kobudo (traditional weapons), she also trains in grappling arts, modern weapons, and personal safety.

There were 23 women in attendance. These women had the opportunity to learn various safety topics from various seminars which were presented throughout the day. The first half of the morning the women learned basic self-defense techniques from Sensei Diane Ortenzio-Cooling. Sherri Dockins discussed topics of how domestic violence affects mental health. Heather Cain, presented information to the group in reference to victim rights. Sgt. Jim Reed, discussed how to keep guns safe in a residence and how to store them. Detective Keith Smith, spoke about internet safety and gave each woman ideas about how to keep themselves, as well as their family safe from internet predators.

During the afternoon sessions, Sgt. Brent Devenney of the Bureau County Sheriff's Department and Officer Eric Sorenson of the Princeton Police Department, both K9 dog handlers, showed off their K9 Dogs by discussing how their dogs would perform while searching for missing people. They also gave a demonstration on how their dogs help to gain compliance against an aggressive assailant.

Sensei Diane Ortenzio-Cooling taught advanced self-defense techniques the remainder of the day to help against attacks from the front, side and rear. Sensei Ortenzio-Cooling also discussed techniques if anyone would ever be attacked laying in a bed or on a couch. The women got the opportunity to practice their skills learned throughout the day, against Sensei Cliff Morse, Mr. Weedie Elmore, and Mr. Scott Porter who were wearing full body protective suits.



Women from the class defending themselves, against Mr. Weedie Elmore and Mr. Scott Porter.



Sensei Cliff Morse being struck by Sensei Diane Ortenzio-Cooling



Sensei Morse, Mr. Weedie Elmore, and Mr. Scott Porter, take a short break in between techniques.

Student Spotlight

This newsletters student spotlight focuses on Branden Ringhofer. Branden is a 10 year old Orange belt from Cookstown, Ontario (Mady's Karate North). Branden has been a very dedicated student for the past 2 years training regularly with Sensei Harri Makivirta.



During that time Branden has attended 7 tournaments over the course of 2006 and 2007 doing extremely well. He racked up an impressive five-first place and 2-second place finishes in kumite and also competed five times in kata, placing every time.

On top of his great dedication in the dojo and success at tournaments, Branden's outstanding attitude earned him the 2007 American Okinawan Karate Association Outstanding Youth Male student of the year.

Branden has demonstrated that working hard is the key and if you put the effort in, success will come to you!

Q1. What is the biggest challenged you've had to overcome in your training so far?

I have two loves - karate and soccer. The biggest challenge is to juggle them both, but my Sensei helps me out. I chose not to play on a rep soccer team this year because it fell on all my karate training nights.

Q2. How does karate training help you in everyday life?

Karate has given me more exercise and flexibility. Most importantly it has made me more confident in myself and my abilities, and less shy.

Q3. What is your favorite/least favorite part of karate?

I enjoy going to karate as my whole family is in it and we work on it together. I also enjoy sparing and stretching. My least favorite part of karate is performing the kata in front of judges, my parents make me do it.

Q4. What is your best memory of karate so far?

Is spending time with my family at the karate tournaments.

Q5. What skill do you most want/need to improve?

I still need to improve on my kumite as I would like to become a better fighter. Most importantly I need to improve on my confidence in front of the judges for the kata.

AOKA Website Updated!

The AOKA Web Committee is very happy to announce that after over one year of hard work from all committee members, the new site has been launched. The site offers many new features to better support the AOKA membership include a growing selection of content specific to the individual members rank.

While the website is not complete, we encourage everyone to visit the site at www.aoka.org and create an account. Please be patient with us at the beginning as it will take time to validate everyone's memberships and grant the proper access to the membership areas. Please be patient as we transfer all the information to the new site.

On the site you'll find new Forums, Galleries, Events and much more. But remember, it takes contributions from everyone to make it a success!

Carolina Cookout !

By Kyle Evans, White Belt, Carolina Isshinryu Academy-Marshville

My karate instructor, Sensei Mark Ciprich and his wife



Sensei Mark Ciprich doing dishes as Erin supervises.

Judy, threw the annual Christmas party. Needless to say, it was AWE-SOME. He made the best, mouth-watering Jambalaya. It left me saying

“YUMM!!! I want some more.” He was a good host in every way possible. Numerous families from all three schools came and hung out around the fire. The fire was HUGE, which was perfect as it was pretty cold that night. Because of the water shortage in the South, the bonfire was smaller than last year.



The kids were running all around the place having fun and playing games. Every one sounded as if they were having a blast. For dessert, we had “Flaming Roaches”, a roasted marshmallow smushed between to soft batch

chocolate chip cookies.

The three Carolina Isshin Ryu schools got together: Stallings: headed by Grand Master Kobylanski; Monroe with Sensei Don Gyr and Marshville with Sensei Mark Ciprich.



With over fifty people in attendance, kids played games and made new friends; karate techniques shared, and new lifelong friendships created.

Time flew as we were all having fun. Unfortunately, most people had left when the Sensei’s decided to get out the boards and do some breaking. Next year they need to do it while we’re all around the fire.

“I’m looking forward to next year!”



On behalf of the AOKA, we offer our condolences to Master Robert Markovich on the passing of his mother.

May your heart mend and your memories stay strong.

The Theoretical Karate-ka

By Sensei Trevor Warren, Yondan, Thunder Bay, ON

How many of us can honestly say that they have any practical experience as a karate-ka? When the martial arts were first developed they were just that – martial arts. They were designed to do the maximum possible damage to an opponent in the shortest period of time. While there is still definite application for these talents, I believe that the number of karate-ka that have ever been in a fight is small. In one way, this is definitely a good thing - as martial artists we should be advocating non-violence and peaceful co-existence. However, this also means that more and more of us are becoming *theoretical* practitioners of the art.

I have been fortunate to have had very few fights outside of the dojo and none in the past 10 years. When I was younger, I was a bouncer and had the dubious honour of escorting inebriated patrons out of the bar. While this involved the occasional punch to the face or choke around the neck, I would not consider it fighting experience. Other black belts, in fact MOST of the other black belts, which I know have never had a physical conflict outside of the dojo.

Yet, most of the Isshinryu karate-ka I have spoken with are quite confident that if the situation arises they will be prepared to end the conflict quickly and decisively. Where does this confidence come from? Is it false confidence? Are we as instructors setting our students up for failure if a real situation should arise? Should we be bringing our black belts to bars and making fun of the local motorcycle club? More impor-

tantly, is a theoretical karate-ka qualified to teach karate?

I believe that, though we are theoretical, we would still have the upper hand in a street encounter. First of all we are trained fighters. We know how to punch, kick, and grapple. We have conditioned our bodies to both give and take a hit. As a bouncer, trained and untrained or so-called street fighters have punched me. I found that the untrained fighters hit far lighter and with far less damage than the trained karate-ka (I have had my ribs, nose and foot broken by trained fighters, not a mark by untrained). As well, the reflexes of a trained martial artist are very fast compared to the average Joe. When you have someone who can punch through 5 bricks, you learn to move quickly when they're gunning for your head. Finally, the trained martial artist is more likely to keep his head in a physical confrontation. Of the few encounters I've had, I have found my training takes over, my heart rate slows and my focus increases. Most of the street fights I've seen are a result of alcohol and anger. The ability to not become emotionally involved in a fight is probably the karate-ka's greatest strength.

So don't go looking for fights just to make sure that your karate works. If you are training under a good Isshinryu instructor, theoretical or not, you will be prepared for what's out there. Keep the fighting in the dojo.

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

Sensei Dwayne Burrell Sensei Mike Fenton Sensei Bob Harris Sensei Karen Miller

The Role of the Cognitive Aspects in Sparring As Evidenced in Bruce Lee's Tao of Jeet Kune Do

By Patrick Couperus, Ikkyu, Canada

This is part two of a three part contribution.

Similar to the quality of Coordination, the qualities of Precision and Power have their balanced physical and mental control aspects for Lee, with precision made up, above all else, “by *controlled* body movements.” Power comes from a strong base but it is about control. The fighter must balance their own muscular forces. As such, together precision and power reflect the mindful control of applied force. Interestingly, when Lee examines Endurance, he does not emphasise the obvious mental or spiritual aspects which often drive an individual to surpass intended or expected barriers—to demolish the seemingly pre-ordained or the unapproachable goal. He approaches endurance purely from training and conditioning standpoint. Though, he does avow that “most beginning athletes are unwilling to drive themselves hard enough.”

As part of the next aspect of *Qualities*, Lee emphasises the physical attributes and functional realities of a balanced stance and attack. In ‘Balance’ section he discusses the particular resting and attacking stances of Jeet Kune Do. These lessons are important to any martial artist’s training. One must keep one’s centre of gravity low and over a solid stance, even while in motion or while throwing a technique. Thus, avoiding over commitment and staying in balance. Importantly, “one should seek good balance *in motion* and not in stillness.” Though important to Coordination, Balance is different from that quality because it is achieved “only through *correct body alignment*.” All of Lee’s insights imply obvious control over positioning and form; and not only the inherent or natural symmetry of physique and movement.

With Body Feel Lee re-emphasises the “*harmonious interplay of body and spirit, both inseparable*.” In this section the mindful awareness of the body and the logical and psychological functions of tactics are paramount. Lee constructs a dynamic quality that has the fighter controlling body position and motion with mental control, judging distance and being a tactician. Reflecting the

spiritual, the fighter must also “want” to score, according to Tao. This balanced existence in the fight is played during attack and defence. In the end summation, for Lee, Good Form is defined “as the particular technique which enables the individual to attain maximum efficiency in the activity.” Good Form, though equally emphasising balance and coordination, importantly also encourages “*kinaesthetic perception*.” This is developed through training eventually allowing a martial artist to feel contraction and relaxation of muscles and to understand when it is right. This perception “serves as a constant guide to the body as it moves.” Good Form is mentally demanding on the fighter because it requires that he or she be able to impose relaxation on the body and the mind. Good Form supposes that the body and its reactions are within the mindful control of the fighter. This control required for good form allows the fighter to be economical in motion and stillness thus reserving power and energy.

The quality of ‘Vision Awareness’ is perhaps best understood in association with the sixth and seventh codes of Isshin Ryu: “The eye must see all sides,” and “The ear must listen in all directions.” Lee’s JKD approach emphasises wide sensory fields. Thus, the fighter is equally aware of peripheral motion, through sight and sound, as he or she is on the central focus of the moment—be that an impending attack or the goal of his or her own attack. One must be mentally aware of one’s surroundings in order to achieve quick reactions and to fully use one’s judgement. A quick perception will allow a fighter to overcome slower techniques. Tao emphasises mental control of one’s reactions to the stimuli of a fight; while at the same time, developing techniques that force the opponent into an instinctive reaction. Thus, through strategies of distracting attention – fakes and feints—a fighter gains the advantage on his or her opponent by forcing them into wrong action. Tactics, set ups, feints, etc., reinforce the paramount role of mental functions to the sparring arts.

Though Lee emphasises the physical aspects to be de-

(Continued on page 14)

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veloped for the 'Speed' quality; he also stresses that the mental element must be acknowledged. One must train physically to improve speed but one must be aware, as an athlete, of the tendency to "try too hard." The resulting muscular tension reduces speed and dissipates energy. In the end the "body performs best when the athlete *lets it go* than when he tries to drive it." As was seen in the emphasis on the qualities of Vision Awareness, Speed is not only physical it is mental and perceptual. That is why these two are listed first before the speed of initiation, of performance and of alteration. The importance of a quick decision cannot be underestimated. A martial artist is above all a thinking person.

'Timing' is related to Speed, certainly. Speed is important but "speed in delivering a stroke will lose most of its effectiveness unless the stroke is properly timed." Much like Balance, Lee emphasises the training elements related to proper timing of techniques. He breaks down timing into: 'reaction time', 'movement time', 'broken rhythm', 'cadence', 'tempo', 'stop-hit', 'counter-time' - all of which can be interpreted and applied defensively or on an attack. The mental aspects are not ignored because the brain is highly involved in

the process of interpreting the stimulus and directing the response. As well, the various subsets of timing applications involve the fighter in the cognitive strategizing of fighting. In the end, a most effective action might be instinctive and bypass cognitive control. Thus, the "perfect moment may be either seized instinctively or provoked consciously. A good fighter must sense rather than perceive his chance to strike."

'Attitude' is the final Quality needed for successful martial artists and demonstrates clearly the role that cognitive functions play in effective combat. Lee explains, in this short but important section, that Attitude is important prior to the fight and during combat. Prior to combat an athlete's state of mind will determine the outcome. A fighter should be as free of excess tension as possible, which will translate into self-confidence. To achieve this, one must have absorbed the lessons of previous failure and rationalized the tactics needed to win. However, confidence in and of itself, without the requisite training and basis of experience is hollow. Feelings of agitation prior to sparring such as butterflies and a racing heart as perfectly normal aspects but, they must be recognized and maintained not as expressions of inner weakness or an inner surplus.

[Note: the final section of this contribution will be published in the February 08 version of the *Makiwara*.]

Illinois Seminar

On November 4, 2007, the Morse School of Isshinryu hosted an Isshinryu Karate Seminar at the Bureau County Metro Center, Princeton Il. The featured speaker was AOKA Missouri State Director, Master Terry Creamer (Shichidan). Master Terry Creamer is the Chief Instructor of Terry Creamer's All Star Academy, St. Peters, Missouri.

There were 20 Isshinryu Karate-Ka, in attendance for the seminar. Master Creamer lead the morning session of the seminar with kumite techniques and kumite drills. Master Creamer and his student, AOKA 2007 Grand Champion, Bret Thompson, each sparred with the participants and gave the participants their different insights to help improve kumite techniques for competition.

In the afternoon, Master Creamer led the group in various bunkai in several Isshinryu Katas. Master

Creamer also worked on various flowing hand drills

that would help your speed and timing on your blocks and punches. Master Creamer finished the day with teaching the group a 13 joint and wristlock sequence.



Sensei Morse and the Morse School of Isshinryu would like to thank Master Creamer and Mr. Bret Thompson, for coming to our dojo. This was a must-see seminar. It was a day full of knowledge and we truly enjoyed it.

Internet Black Belt Required

By Sensei Bob Harris, Yondan, Wetumpka AL

As martial artists, we constantly train on how to protect ourselves from a physical attack. In today's environment, everyone has to have a black belt to protect him or herself when purchasing online. As you purchase gifts for the holiday season or birthday gifts, don't be so quick to provide the online merchant your personal information and debit card number. Here are a couple of things for you to consider:

- Use a secure server. Before entering any kind of personal or credit card information you need to make sure that the server you are using is secure. Look at the address in the address bar. If it starts with **HTTPS** it is one sign that you are secure. Never purchase on line if you see HTTP in the address bar. Another sign of security is a closed padlock (you can also make sure that this padlock is also on your status bar). You should also make sure that your browser is a newer version so that the information that you are both sending and receiving is secure.

- Shop with stores you trust. Big name stores carry with them a reputation for dependability. Small operations could be here today and gone tomorrow. Before making a purchase from a smaller company, make sure that you have working contact numbers, some sort of return policy, and that the company does not have a history of complaints filed with the Better Business Bureau.

- Don't use debit cards to shop online. When you use a debit card online you are not protected under the Fair Credit Billing Act. This act protects those whose credit card is used unlawfully and only holds the owner liable for \$50. A debit card transaction has no such protection and you could be out all of the money that is stolen from you.

- Print out your order. In the case your Internet purchase goes sour, you are going to need some evidence to prove your story. You should always print out your order, the return policy, company information, specific product information and warranty details.

- Call the order in. Most Internet companies are happy to take an order over the phone if you are not comfortable entering your credit card information online.

- Create a secure password. Make sure your account information is safe when you do business online this Christmas and all year by creating a password that is secure. A password needs to be case sensitive, have numbers and letters, and be difficult for a thief to guess. Never use a password that can be found in the dictionary.

- Never give your social security number or date of birth over the Internet to a retailer.

- Sign up for one of the credit notification and protection services offered by the three largest credit-reporting agencies.

- Keep in mind that your credit card is not all that the Internet thief wants today. He knows that if he uses your credit card he most likely will get caught because you will know about it soon. It's your identity (social security number and date of birth) that the contemporary thief really wants. He wants to use your identity to apply for credit in your name, without your knowledge or consent.

- Do not store your identity on your home computer if it is connected to the Internet. Store private information on a floppy and remove the disk when not in use. Use a personal firewall at all times.

These are just a few of the steps you should take to protect yourself while purchasing online. These are basics; just as in karate, you practice your basics and continue your advance your training. Protecting yourself on the Internet is the same.

You may not have a black belt in karate, but you must have a black belt when it comes to protecting yourself on line.

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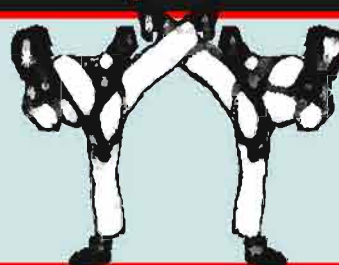
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