

THE MAKIWARA

THE OFFICIAL NEWSLETTER OF THE AOKA

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Student Retention and Growth

By Grand Master Stephen Young Chairman and CEO

For those of you involved in running a dojo, one of the most significant challenges is retaining people once they walk in the door. We have probably all read many different ways to increase our rate of retention, but there is one concept I want to focus on for this newsletter. We will call this concept "Mat Chats" and you can read about various programs in some of the martial arts organizations such as NAPMA and MAIA.

I believe mat chats are best suited for the youth programs, but many also support their use in adult programs too. This article will focus on the youth programs. The concept of a mat chat is to take no more than five minutes towards the end of a class to have a discussion about quality that we want to develop in our youth participants. The quality can be something such as self esteem, leadership, courage, honesty, etc. These are life traits that will benefit the student throughout their lives.

Typically, there is a trait that is discussed for a period of time. This could be a week or a month. It is a short discussion that enlists the students and often asks some subject relevant questions to get them thinking about how they can improve / develop in this area and why it is important. Many times, there will be a series of tasks to perform outside of the dojo to drive home the message. For instance, on the subject of leadership, we might ask each student to develop a list of chores around their home, and with their parents consent, take ongoing responsibility for one of these chores. Or, ask a student to develop a special class/demonstration for the dojo. These don't have to be major undertakings, just things that support the meaning of being a leader.

Some schools are now requiring a "rank" in these characteristics before the student can go up for a karate belt rank. Often, this requires parents and teachers to sign off on the life skill rank. For a white belt to go to yellow belt, both the teacher and parent may have to promote the student to the rank of yellow belt in the skill of leadership, etc. before the karate instructor gives out the yellow belt in martial arts. This is a great way to keep parents actively involved.

Keep the discussion short and toward the end of the class (5 minutes or less). Get the parents and teachers involved. Make sure they can hear the discussion. This can often act as a source for new students as most parents and teachers will be delighted in the non-physical aspects of your school. Finally, take it seriously. Make this part of your belt requirements so that the students know you are serious. By developing these values in your student base, parents will be more likely to leave their children in your class. Students of all ages that develop these characteristics are proven to be longer term participants in almost anything they engage in.

October 2007

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Please send contributions to any member of the Newsletter Committee:

Dwayne Burrell
Mike Fenton
Bob Harris
Karen Miller

My Experience at the Isshinryu World Tournament

By Alain Therrien, Green Belt

This was it. One man stood, older and wiser but shorter. The other young, limber black belt breathing hard from the last fight. They had both taken their toll of hits along the way, but none of that mattered now. This was for everything. Everyone stood and watched; anticipating much, but no one could tell the outcome of the next passing minutes. The young man strived forward for the first hit but was soon blocked and countered by the patient black belt. Soon enough, the young man's kicks were hitting and penetrating the man that was once a wall. Although their bodies were exhausted, their eyes seemed to intensify towards the end of the battle. Hundreds of eyes widened as the clock ticked to the last minute. The young man kicked left then right and landed a quick roundhouse across the other man's face. The crowd cheered as the clock stopped and his hand was held up high to be named the next grand champion of the Isshinryu Karate World Tournament. In the mass of people, I stood in awe of both competitors. I felt a sudden rush of excitement; a sort of burst of chi that pushed me to return to my dojo and train to gain the experience to be able to compete with such control and prestige.

It was not only this moment that created my reaction, but more of a combination of the experiences I had endured throughout my time in Chicago. The banquet was one of the better times to sit and converse with Sensei's and kyu ranks from all around and learn about who they were and where they were from. Everyone was easy going and had a lot to talk about since they had a lot in common. At times they would discuss their different styles of teaching and different applications of kata, but it wasn't all karate talk. You could get to know the people you were with and connect and make new friends. Near the end of the night, I watched as the awards were handed out and pictures were taken while shaking the Sensei's hand. A night many will remember.

The next day I attended the seminars. I was weary of attending the weapons seminars because I had not started weapons training. My Sensei encouraged me to join and I decided to attend. A welcoming man lent me his bo and I entered the room. I was surprised to see so

many people there. To my surprise I was not the only kyu. A cluster of others had dared to join; others my age, blue and purple belts, yellow and orange. We learned basics of the bo and paired up with black belts and others to perform a two man kata. The man teaching the class was very patient and understanding. Although his nature was simple, I knew the man had a vast understanding of weapons I had never seen before. I knew by the way he handled the bo that I would take much from the seminar.

The next seminars were just as welcoming and friendly. I learned that Naihanchi kata was not merely a one dimensional working of moves, but an intricate art that could be shifted if necessary. The short kata seemed so basic. I quickly found out that its compact moves could be applied in different scenarios that I had never even thought of. Even the Masters seemed intrigued to put forth their twist on Naihanchi. They volunteered to use their uke in front of everyone to share ideas and applications to create a whole different spin on the kata I once knew.

The pressure point seminar was one I was extremely interested in. Everyone talks of the spots on the body that can take down even the toughest opposition, but I had been shown only a select few. The Master demonstrating the pressure points was anything but soft on his uke. In multiple cases, he took his underling down with swift blows that seemed to devastate the man. I'm sure the Sensei could hit harder, but it was exhilarating to see such power come from such simple moves. Soon I was trying these actions on a complete stranger; trying to hit just the right spot to create a reaction. Of course I was stuck facing a man with hard nerves, but I managed to make him cringe with some effect. Grasping this knowledge was like adding a new arsenal to my defenses. Of course I had not exactly mastered the art, but I had a start.

The next day the tournament began. I strapped on

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It's Not a Trophy

By Mark Ciprich, Yondan, Monroe, NC

A few years back, a good friend of mine went in to have some relatively easy arthroscopic surgery. He was to have two small holes opened up next to his knee. The doctor was supposed to go in, clean a small problem up. No fuss, no muss.

When my friend came to he had FIVE holes in his leg. He also had a sizable indentation in his shin. Two years later, he recently went in for another procedure to try to clean up problems created by the first doctor.

The doctor who originally did this to him is often used as an expert witness in malpractice suits. At some point in the past he went to medical school, did his residency and became a board certified surgeon. It also turns out that he's inept. He hasn't kept up on current surgical norms. He's doing techniques that were in vogue DECADES ago. He's resting on his laurels.

His certification is legitimate. He IS a doctor and a surgeon.

- What is your rank?
- How important is it to you?
- How important is it to you for other to KNOW what your rank is?

Rank is a privilege. As with any true privilege it must be earned. Rank shouldn't come from time spent in class but from knowledge gained through being in class regularly. That knowledge needs to be current. When someone tells me they have rank in a style, my first question is when did

you get it. If you made your black belt eight years ago and promptly quit training what is the rank worth today?

What is a belt? Literally, it's a piece of cloth. It's an outward symbol of rank. What makes it worth anything is what a student DOES to earn the right to wear it. Not what a student DID but DOES to earn the right.

When a person walks across the stage at their graduation and gets their diploma they are only starting their journey. It's called a commencement ceremony because it's a beginning not a completion. A person doesn't get out of college and immediately get hired as the CEO of a big company because they are not a finished product. They need to take what they've learned in school and figure out how to use it in the real world. Some people work their way up and some are happy just to be in the game.

I've been personally lucky to have a bunch of Sensei ahead of me who always will be ahead of me. They don't want me to catch up. Not that I think they care whether I do or not but they're just having too darn much fun getting better. At the same time, if I'm not trying to get better they have their own special ways of letting me know it's not acceptable. They don't expect me to reinvent the wheel. They do expect me to show steady progress. I'm not doing it to keep them happy. I'm doing it because I truly enjoy the many, many different ways I get to grow and discover.

You're belt shouldn't be worn as a trophy in the hopes of impressing others. It's simply a piece of cloth to keep you're gi on while try to get a little bit better each day.

(Continued from page 2)

my gi and headed for the floor. This was the day I had been waiting for, I had been training for. I watched as Isshinryu members filled the room. In my experience I see few people of my same style, but here we were all one. It is powerful to see just how much our style has grown. I tried to watch as many different katas and ranks perform. I took a lot from seeing the difference throughout the age groups: the difference in style, the difference in speed and focus. The black belts and masters I enjoyed watching the most. The crispness of their kicks and the power of their stances always heightened my intensity. Once kumite started, the temperature seemed to rise. It was thrilling to watch the ranks fight and progress throughout their divisions. There were

beaming faces and there were tears of sadness, but the day was an honorable one. I was fortunate to bear witness to the final fights between the champions. I took much from those fights; watching the varying combinations and different styles of fighting. At the end of the day, the champion's arm was held up high and judges were thanked. A thought crossed my mind before I returned home. I hoped that there would be more kyu ranks to compete against next year. I know there are more out there and I know that they could be great competitors. This is to all those that thought about attending, but changed their minds. This is to all those that want to improve their skills and heighten their minds. Come experience the tournament. You will walk away with a widening breadth of knowledge and some new friends.

Greetings from the Isshinryu Instructors and Students from Utah!

Sensei Scott Brady, Sandan

There are many things to talk about as far as happenings in Utah over the past few months. First of all, I was pleased to attend the AOKA Seminar and Tournament in Chicago this year. I was told that it has been over twenty years since a Utah native has attended such an event. I enjoyed the "elbow-rubbing" I experienced with the students, teachers, and masters in attendance. It was fun to talk with the masters and learn great insight into their views of Isshinryu Karate. Every student should have the experience to see, learn, and experience their art through its leaders.

On the night of the banquet, a tribute was given by Grand Master Young and others for Grand Master Steve Armstrong, who passed away last year. It was very touching to hear of Grand Master Young's personal experiences with this great man. He was a pioneer, and we owe much to Grand Master Armstrong for his devotion and pursuit of the art. I had the rare privilege of meeting Grand Master Armstrong when I was about 15. It was at a tournament in Cedar City, Utah that was put on by Sensei Mary Holwager and Sensei Cathy Lefevre. I remember him refereeing the ring I was sparring in.

On my first fight, he kept stopping the fight to scold my opponent, who was being very timid and wasn't doing much. Then I remember him turning to me and asking me to punch him in the stomach as hard as I could. I did so, and he exclaimed to my opponent and the audience that "that is how a punch is be done." Thinking back now, I can honestly say that I got to punch Master Armstrong! I also remember the way he played the crowd. At one point, he made the whole crowd stand up and do jumping jacks. He was large in stature, but had an even bigger heart! We will miss you Grand Master Armstrong!

In August, a bunch of us from Utah traveled to Denver to participate in a weekend of testing and training. Two of my Utah students, Kirk Thorne and Michael Julander tested for their black belts in front of the regional board. I believe there were twelve black belts there including Master Holwager. No intimidation

factor there! My students did their best and both passed their examinations for Shodan. Well done!

Following the testing, we participated in a two-day Gasshuku, where Master Holwager and several other experts taught us in groundwork and weapons. It was two grueling days of training, but we all went home with a better sense of how Isshinryu fits into all aspects of martial arts, not just the block, punch, kick that we usually think of. Many fights do end up on the ground, so it is important for all martial artists to round themselves by training in all areas of training and combat.

Then in September, we hosted an all-day seminar with Master John Holwager and Sensei Mary Holwager in Monroe, Utah. About forty students attended this seminar from the area and from Salt Lake, including a group of kids. Master Holwager taught us many things including further self-defense techniques from the katas, sparring skills and techniques, and methods of swordplay with the katana. I know that everyone enjoyed the seminar and learned a lot from the Master and Sensei Holwager.

These seminars are important to keep current, and to work with others in the style. We are in the habit of doing a seminar in Utah each year, then visiting Master Holwager once a year in Denver. This gives us some great training and opportunities.

We are pleased in Utah to have a new look and a new website. We have changed the name of our group to "Utah Isshinryu Karate Schools," and our new website is www.utahisshinryukarate.com. We now have two locations in Central Utah, and two in the Salt Lake area. Although our groups are not particularly large, we are growing and are pleased to be moving Isshinryu Karate along. Isshinryu karate actually came to Utah very early in its history and we are pleased to continue this tradition. Thanks again to all who assist us in our pursuit of Isshinryu Karate. What a great and unique art we share. Keep up the good work, and I hope to see more of you next year at our next tournament and training events.

Upcoming Isshin Ryu Tournaments

(source: Bohans-Family.com)

Date	Location	Event	For More Information, Please Visit:
13-Oct.-2007	Anderson, SC	US Isshinryu Circle of Masters	Click here
19-20-Oct.-2007	West Chester, PA	West Chester Fall Classic	Click here
20-21 Oct 2007	King George, VA	Tsuyoshi Uechi Seminar	Click here
3-Nov-2007	Akron, OH	Lennox Legacy	Click here
17-Nov-2007	Woodbridge, NJ	International Association of Martial Artists Hall of Fame and Awards Banquet	Click here
12-Apr-2008	Knoxville, TN	The Harold Long Memorial	Click here
29-Jun-2008	Fredericksburg, VA	The Don Bohan/Rick Niemira Memorial	Click here
25-27 July 2008	Burlington, NC	Camp Budo	Click here
8-9 August 2008	Charlotte, NC	2008 AOKA World Championships and Awards Banquet	See attached flyer



PROMOTIONS

Mary McAteer Holwager, Godan

Colorado Budo Center and American Isshinryu Karate Schools, Thorton, CO.

Michael Julander, Shodan

Utah Isshinryu Karate Schools, Monroe, UT.

Kirk Thorne, Shodan

Utah Isshinryu Karate Schools, Salt Lake City, UT.

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!!

From: Bob Harris [mailto:unan-te@elmore.rr.com]
To: AOKA Black Belts
Subject: AOKA Newsletter Articles

I thought I'd let you know we are experiencing the recurring concern of not having a single contribution for the newsletter by submission deadline. The Newsletter Committee has contacted various groups to provide information - all without headway.

In order to get articles, we have to send out a request for articles through the AOKA Board; however, a majority of the time, we'd get feedback from the same core group of contributors - no new blood. I believe the problem is irreversible unless something changes within our organization. The lack of contributions is due the "What's in it for me?" attitude among our members. If there is no carrot for the student to write an article, why make the effort? The change has to come from within, not from above.

What I propose - every student in the AOKA, from yellow belt to black belt submits one article each year. You know the ground rules: any martial arts topic, don't worry about spelling or grammar and email the results to a member of the Newsletter Committee. (The Newsletter Committee will prepare the article for publication and make you look good!) If you've recently submitted an article in the past year, you have made your contribution and should not have to submit until next year.

In order for this to work, I need instructors to be accountable to yourself and to your students. You may want to consider establishing a requirement for your students to submit an article as a prerequisite for promotion. Make your students more balanced by having them exercise their mind and their body!

If we get an article from every student, then the AOKA will have something to publish without having to send out a request for assistance every two months. The articles held in reserve will be used to fill out the newsletter for the remaining year. I would like for all yudansha to take a personal lead on this matter without having to get the AOKA Board leadership involved each deadline.

I've published the AOKA Newsletter for several years. It takes "prodding" from the AOKA Board to our general membership which results in a trickle of articles - just enough to get a single newsletter. The entire process repeats for the next publication. The lack of support from our members is the reason the newsletter went to publishing the newsletter every other month. It was too labor intensive to get articles from our members on a regular basis.

The problem of not having articles for publication can only be solved at the dojo level with those who wear a black belt.

Organizational Changes

The following individuals were added to the respective boards:

Executive Board: Bill Salinardi

Promotions Board: John Holwager; Aldo Panazzola

Awards Committee: Brian Carriere; Mary Holwager

Women's Committee: Tanya Lemaire; Melissa

Kakuk

In addition, the following individuals have now been named as AOKA representatives for their respective regions:

Lars Anderson - Europe

Bob Harris - Louisiana

Tim Boykin - South Carolina

Jeffrey Conger - Wisconsin

Ask The Masters



Grand Master Ronald L. Boucher

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

Q. Given your long term involvement in Martial Arts competitions, what benefits do you think can be

gained through competition?

A. The benefits you can gain depend on the individuals' outlook towards the competition. Those that find it as a way to compare your skills against other individuals and other styles while focusing on their own training will benefit greatly as long as you remember where the training comes from and what it was intended for.

As an instructor, the competitions should not be promoted as the greatest part of the Martial Arts, only as a part that can be used to improve their own experiences. This can include meeting people that will generate long term friendship as well as expose them to new ideas and create a greater respect for others.

Most importantly, all competitions need to be taken with a grain of salt, if you take the results too seriously, you are missing the point.

Q. What do you think keeps students interested in Isshinryu and what keeps them around for the long run?

A. I wish more people stayed around. The simplicity of Isshinryu is the main factor for the many that do study Isshinryu long term. The style can easily be adapted to all body types and maintain a highly effective art. Many people can't do the spinning and jumping kicks of other styles while Isshinryu will fit them very well.

Q. What kata do you enjoy teaching most?

A. When I was competing, my favorite kata were Chinto

and Sunsu. When I teach these kata they bring back memories of my own training which was very enjoyable for me.

In general, I very much enjoy teaching. In the dojo I like to break down kata into segments having students work on the segments one by one and then put them all together, some nights I will even make them start at the last one which helps to keep the training fresh and still develop the kata.

The kata I find most difficult to teach, which makes it an enjoyable challenge is Sanchin.

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

A. Basics. In real life basics are what you need. Basics, Basics, Basics! The better they are done; the better a confrontation will go. In a real confrontation, the direct movements of the basics allow you to control the situation and by maintaining an awareness of what is going on around minimize the need for conflict.

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

A. The effect I've had on students. I live in a town with approximately sixty thousand people. When I go out, I frequently meet former students or family of former students due to my many years of promoting Isshinryu.

Even after the students stop training, the respect they have for you continues. In the Martial Arts can you watch a student begin at white belt and then watch them grow and develop earning the rank of Shodan knowing that is just the beginning of a life of confidence and growth. That wouldn't happen in baseball.

Q. What motivates you to continue working to improve your own techniques?

A. Pride in myself. I never want to even be in a position where I go to help someone with their own skills and have forgotten, not know, or not be able to perform the technique or skill they are working on. As I've developed my skills, I have learned to handle things differently than when I was younger but that is all part of the martial arts and has allowed me to improve even more.

Ask The Masters

The next edition will focus on Master Keith Smith. Here is some background information about him to assist you in preparing questions you may have of him. Please send your questions to a member of the Newsletter Committee to forward to Master Smith.

Master A. Keith Smith was born in Aurora, Illinois on October 7, 1954. He began his Isshinryu training in 1972 under Sensei Patrick Buckley, who promoted him through Nidan. Master Smith opened the Eastwood Karate Club in 1975 (later renamed to the Midwest School of Isshinryu). In the late 70's Master Smith worked diligently to locally standardize the Isshinryu kata and began studying with Master Steve Young in 1977.

Master Smith is currently a 8th Dan, and serves as the chair of the American Okinawan Karate Association (AOKA) Promotion Board and Website Committee. He has earned prominent recognition for his dedication and skill in Isshinryu including the Spirit of Isshin-

ryu in 1994 and Outstanding Black Belt Instructor (Male) in 1997.

Master Smith is a 23-year veteran with the Kane County Sheriff's Office currently assigned to Computer Crimes Investigations and conducting Computer Forensics analysis. He is also assigned as a Task

Force Office with the Department of Homeland Security/Immigrations & Customs Enforcement (ICE) computer forensics lab. He was previously assigned to the Sheriff's Office Special Operations Unit, Juvenile Division and the F.B.I.'s Fugitive Warrant Task Force. Master Smith is married to Ramona Smith, also a black belt, and has six children and six grandchildren.



Master A. Keith Smith

News From Canada!

Team Canada's Hayley Tennier, a junior black belt from the Kokoro Dojo in Thunder Bay, Ontario, competed in the WKA (World Karate Kickboxing Association) World Championships winning the bronze medal for Team Canada in Continuous Fighting. This is not her first experience in the medal rounds. Last year during competition in Spain, Hayley came home with the gold for Team Canada.

Ms. Tennier competed with well over 2000 athletes from around the world in Karlshure, Germany. In the medal round she lost out in a split decision against the representative from Wales. Ms. Tennier says "I fought good and hard. I would not have changed a thing. It all came down to a split decision to let me go on to the gold medal match. I am extremely proud to have won another medal for Team Canada."

Shidokan will be in Chicago on Dec. 1 at the Park West Theater in Lincoln Park on Armitage. Please come out and cheer us on. There will be a 4 man Muay Thai tournament, an 8 man Middle weight Shidokan Tri-athlon rules world championship, we will be in both events, there will also be two MMA matches. It

will be an exciting fight night in Chicago. For anyone in the Rochester NY area, I encourage you to come out the Riverside Rochester Center and cheer us on at the American Internationals Full Contact Karate Championships. Come out and compete, there are kata and weapons kata divisions as well.

More Canadian Update

By Grand Master Albert Mady

Hello Everyone! For those that haven't read or get our local newspaper and TV, we have been all over the news lately. Four times in the paper in the last week and a half, on the radio and on the A channel a couple of times. It is good for the dojo and for Isshinryu as a whole. We recently cleaned up in some MMA matches near London, Ontario. On the reserve, Jeff Walsh won his match in the second round by submission after beating a guy through the first round. Eric Montgomery won by submission at the end of the first round and Ali Mokdad had a K-1 style match and won through two rounds until the fight was stopped.

At the Don Nagle 50th Anniversary Hall of Fame, we took home 20 places with five of them being 1st. Chucky Mady took second after fighting four matches and quickly beat each opponent in the men's black belt division. At the awards ceremonies, Chucky Mady won the Male Black Belt Kumite competitor of the year; Kaitlyn Brown won the Female Black Belt Kumite competitor of the year and I was inducted into the Don Nagle, Legion of Honor Hall of Fame.

On Oct. 13th, we will be fighting in Rochester, NY in the Kyokushin Championships. We will also be competing in a new division at that event, San Shuo, Chinese style kickboxing. Two fighters will represent us: Jeff Walsh in the light weight division and Ali Mokdad in the light heavy weight division. Chucky Mady will have a super knock down match along with all the other great

fighters we have at the dojo. All will be competing in there respected divisions. Matt Jordan is looking good for the light weight division; keep up the training. Cage fights are coming up in Brantford, Ontario on November 3rd. We have three fighters for Brantford; we will see how their training goes. Finally, in December we'll be at the Shidokan.

Kaitlyn Brown was honored at the WESPY award banquet. She won the Windsor and Essex Sports Person of the Year - Best Female Athlete Award. She is the first martial artist inducted by the WESPY. Congratulations Kaitlyn! Thanks to the Brown family for the beautiful Mohamad Ali print that they bought for me, it is nice to be appreciated as an instructor by your students. It means more than all the other awards.

One more thing, Chucky Mady is featured in this month's issue of Great Lakes FX Magazine, it can be found in 150 gyms across Michigan.

Final note, don't be taken by fame and fortune it will definitely back fire in the end; be loyal to your teachers/instructors, friends etc. especially when they have always been there for you. Don't ever forget where you came from. Loyalty always shows ones true character.



Wondering what to do before or after the AOKA Tournament in Charlotte? There's plenty of things for the whole family!

Isshinryu Karate Kata Background—Naihanchi

By Mike Fenton, Yondan, Canada

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.

The Name

Naihanchi's name is subject to a great deal of interpretation. The main reason for this is the loss of the original Kanji used to represent the Kata. The Japanese writing above denoting the kata is known as Katakana. It is a phonetic alphabet as opposed to the typical Hiragana which provides a deeper understanding to the meaning of the word.

In tracing the history of the kata, Motobu Choki stated in his book that the original name for the kata was Naifuanchin. Translating the original name leads to a number of possible alternatives.

Nai: Inside or Inner.

Fuan: The most contested of the words comprising the name of the kata. The following translations can be used to better understand the nature of the kata.

Walk or Progress:

Denotes the careful progression of techniques throughout the kata.

The Strip of Land between two rice paddies:

Marks two of the possible applications for the kata. The first being a fight in which lateral movement is the preferred direction given the terrain. The other being a battle taking place within knee deep water as is common in a rice paddy.

Half, split or divided. A term used to describe the balance of techniques in the kata.

Chin: A rather simple translation similar to Sanchin and Seiuchin referring to "War, Battle, Fight, Conflict, etc."

Combining the above portions of the name we can create many combinations to describe Naihanchi. Here is the most appropriate combination.

Internal Divided Conflict: Accurately reflects the careful balance between the internal and external techniques used in the kata. Alternates of this name include "Fighting within," "Half inside, Half outside."

The other important consideration is the update of the name to Naihanchi. This naturally changes the meaning of the syllables. While 'han' varies from 'fuan' the translation of half or divided remains, the significant change is that of the 'chin' to 'chi.' This may have been changed in the same vein that Karate-Jutsu became Karate-Do. Rather than focus on only the combat nature of Karate there was a shift to acknowledge the internal side of the technique. The term 'chi,' most are familiar with means Energy or Spirit.

Updating the original translation we now get Internal Divided Energy. This does not indicate an internal battle. The new understanding of the kata became the reservation of energy contributing to the inner concerns and strengths of the body rather than committing all energy to the external.

Naihanchi also appears within the art of Shotokan as created by Funakoshi Gichin. When translating the forms to Japanese the name was changed to Tekki. Tekki translates directly as "Iron Knight" or "Steel horse riding." The primary reason behind the name is a potential application of the form. The Shotokan version is performed in a deep horse stance which can be seen as a method of combat while riding a horse. Additionally, the lack of hip shifting as seen in Shotokan allows lateral combat without redirecting the horse.

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The Myth's

Naihanchi has surprisingly few myths associated with it. The main one could be interpreted as true if one works hard enough. Many people view the kata as intended to be used with ones back to a wall. While there are only lateral movements within the kata, the bunkai frequently represents attackers to the front, back and on a 45 degree angle. The lateral movements only serve to emphasize evasive techniques to oblique angles of the attacker.

The second myth is actually more of a myth associated with the great master Motobu Choki. A common rumor was that he only knew a single kata and used it exclusively in all his fighting experience. While he did favor the kata and referenced it in great detail in his own book, clear evidence exists that he did in fact know many kata learned during his time as a student of Matsu-mora Kosaku. While Naihanchi is an incredible effective kata ideal for fighting in close, balance of technique is required as with everything in life.

The final myth associated with the kata is that the name is derived from the capital city Naha. Unfortunately, the

only evidence to this appears to be the close similarity between the first five letters of Naihanchi. This fact is also largely rebutted by the fact that no instructor of significance from the Naha area included this kata in their teachings.

I sincerely hope that you enjoyed reading this. The next article will continue the background of Naihanchi 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@isshinryu.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.

Student Spotlight

As continuing feature of the *The Makiwara*, we will be spotlighting outstanding students in Isshinryu. This will be a great opportunity for students to learn what other students are doing and what motivates them, as well as to give recognition to these outstanding students. If you know of an outstanding student and would like to the focus a special student in a future newsletter please contact the AOKA Newsletter committee.

Ms. Kaitlyn Brown expressed interest and began her Karate career at the age of eight. She enrolled at the local dojo of Mr. Summerfield's Family Martial Arts in Sept. 2000. It was with her Sensei's guidance, patience and encouragement that she grew to appreciate, understand and respect the traditions of Martial Arts. She worked very hard through the ranks to earn all her colored belts. She entered her very first tournament - The Arnold Battle of Columbus 2003 winning gold, silver and bronze medals. Her love, dedication and

desire to excel further into martial arts have since been unstoppable. She joined several other dojos and began studying, training and practicing other forms of martial arts to enhance her natural skills and ability.

Ms. Brown has participated, competed and successfully won in notable American/Canadian competitions such as the Kyokushin American International Championship, Canadian Open Kempo Karate, AOKA World Isshinryu, Kung Fu Mania, WMAC World Championship-Battle of Detroit and the Isshinryu Hall of Fame in Tennessee. She has won awards for Competitor of the Year, Excellence & Dedication, Good Sportsmanship and the Canadian Int'l 2003 Grand Champion as well as numerous



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other awards. She currently holds a 2nd degree black belt in Isshinryu karate from Grand Master Mady's Karate. She is also a proud member of the Canadian National Martial Arts Team under the expert supervision of the Canadian Director - Professor Tom Shamuon. She has travelled with Team Canada to Puerto Vallarta, Dominican Republic and Cancun respectively the past three years winning gold, silver and bronze medals in numerous events.

In July 2005, Ms. Brown was nominated and inducted into the Universal Hall of Fame in Houston, Texas and received her award from Professor Silvero Guerra as Junior Black Belt of the Year. In December 2005, she was honored and inducted into the Cosmopolitan Hall of Fame in Orlando, Florida. In June 2006, she was also inducted into the World Karate Union Hall of Fame for Female Competitor of the Year. In July 2006, Ms. Brown was awarded the 32nd World Isshinryu Karate Championship for the American Okinawan Karate Association for Outstanding Youth - Female Black Belt which was hosted for the first time in Windsor, Ontario, Canada. Shortly after in August 2006, she attended the Isshinryu Hall of Fame in Gatlinburg, TN and was awarded the Jr. Black Belt and Karate Ka of the Year respectively. The groups of Kaitlyn's style of Isshinryu karate whose peers vote from around North America for a champion. Also in November 2006, she competed for the second year in a row at the Cosmopolitan Hall of Fame in Florida and won Black Belt - Female Competitor of the Year. Ms. Brown also received notice that she was nominated once again in 2007, but due to a last minute time change by the Florida group, she was unable to attend and unfortunately for her, you must be present to win and accept the award.

In June 2007, brought Ms. Brown another award when she attended the Universal Studios in Florida and she was nominated and won Female-Form - Competitor of the Year by the most prestigious groups in the martial arts world, "The World Family Sokeship Council". This prestigious group is made up of the highest ranking Masters from around the world and because of her outstanding records and success in competitions world wide that she won this award. In July 2007, Ms. Brown was in Chicago for the AOKA National Cham-

pionship and won two - 1st place in Weapons and Kumite as well as a 2nd place in Forms. She was also awarded Grand Champion for Black Belt - 17 and under, which included competing against the males for this honor. In between all these major competitions, Ms. Brown has also attended smaller events throughout Canada and the United States too numerous to mention.

Ms. Brown is a respectful, studious, dedicated, compassionate and caring young lady who volunteers her time, energy and skills with young children and encourages them to be the best they can be and instills confidence in themselves. She has been invited to attend and perform demonstrations at community events as well as various charities to raise funds for sick children. She is always ready to lend a helping hand and gives of herself for the enjoyment and gratifications of helping children and promoting her sport.

Q: How do you make your Karate training personalized to yourself?

A: I make my karate training personalized to myself by having set routines and things that I have to accomplish during my training session. I train every day for at least 2-3 hours and come in during after hours as well to work with no distractions and as long as I need.

Q: How does karate training help you in everyday life?

A: Karate training helps me in every day life by helping me with my discipline, confidence, commitment to things, and being able to focus or deal with situations in the best manner possible.

Q: What is your favorite/least favorite part of karate?

A: I don't really have a "least" favorite part of karate except for injuries that some times occur and how time consuming it can be to heal.

My favorite part of karate though is weapons, kumite and the people I get to meet and the time I get to spend with my trainers and training partners.

Q: What is your best memory of karate so far?

A: My best memory of karate so far is winning my first tournament in Columbus Ohio in 2003 at the Arnold Battle of Columbus.

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

By Patrick Couperus, Ikkyu, Canada

Bruce Lee's book is a collection of pointers and commentary on the martial arts. It is divided into five sections: *Preliminaries*, *Qualities*, *Tools*, *Preparations*, *Mobility*, and *Attack*, each of which covers a discreet aspect of the form and function of sparring. Though set out as a guide book for Bruce Lee's system of martial arts, the Tao of Jeet Kune Do contains valuable direction for almost any form of fighting. Lee's book is, not surprisingly centered in the physical elements of the body mechanics involved in the fighting arts. Yet, in each of the five sections Lee spends some time analyzing the mental aspects to effective combat training—with some sections having more developed cognitive treatment of techniques than others. Throughout Tao it becomes clear that, despite needing a balance of physical and mental training, the mental, the emotional and judgment functions are perhaps more important to successful sparring. Thus, this paper will examine the cognitive factors that Lee brings forth in Tao.

Instead of trying to understand—perhaps impose—a pattern on the collection of pointers, I found it most effective to concentrate on two representative sections of the book—*Qualities*, which is somewhat more orientated towards the mental aspects and *Attack* which focuses mostly on body mechanics but also contains a powerful cognitive aspect. In this way, I hope to draw out some informative conclusions about Lee's perspectives in Tao.

Before examining these two chapters, I think it is important, however, to analyze and comment on Lee's puzzlingly negative perspectives on kata or forms because it bears directly on how we, as martial artists, train. Lee believes that the “flowery forms” and “artificial techniques” of much of the martial arts are “organized despair” that distracts practitioners from the actual simple and direct reality of combat. “Thus, instead of ‘being’ in combat, these practitioners are ‘doing’ something ‘about’ combat.” The “fancy mess... solidifies and conditions what was once fluid.” Furthermore, the ritual forms are “nothing but a blind devotion to the systematic uselessness of practicing routines or stunts that lead nowhere.” So, for Lee, kata only serves to reduce imagination and active thought in real combat and to offer next to nothing to

physical training for sparring. Lee's proscriptions against forms should be considered valid only in the sense that it is possible to become static in ones performance of kata, and to, in effect, reduce it to essential movements. But, as many martial artists have discovered, the understanding of the potentialities locked within kata increases remarkably over a lifetime of wilful training.

Much of Tao is about training and practicing. By arguing that kata and the like are artificial structures imposed on combat which distract and distort effectiveness, Lee is dismissing the real training benefits which are derived from perfecting forms. He is also focusing solely on the world of physical combat whereas martial art training is as much about training for mental and spiritual strength as for physical prowess. This is an unfortunate gap considering the attention that Lee gives in Tao to the role of intellect and emotion in sparring, as will be seen below. Mindfulness in performance and analysis of body mechanics in kata is easily translated to success in sparring. Much relies on how an individual approaches the performance of katas and one uses the lessons derived from forms. And it is important to consider kata within that context and consider it as a tool to exercise the mind and the body in preparation for all manner of struggles. Just as in training for fighting, one cannot achieve realistic performance in sparring without repetition of the basic hand and foot techniques needed. Thus, kata is not just the ritual practice of forms but is the actual practice of techniques. If kata is approached as a training tool, then the *bunkai*, or potential applications of movements in the kata, is just as important as achieving ritualistic perfection in the performance of the kata. As Shihan Albert Mady has observed, “Isshin Ryu katas are not simply ‘dances’ but are training tools that should be used to modify sparring and self defence techniques.”

Lee's dismissal of kata must serve as a caution for Isshin Ryu karate ka and all martial artists to perform kata in a mindful manner and to use it to augment other aspects of their training. In this way, kata will become an important conditioning tool for the body

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and the mind. One must understand the applications of the movements and use the repetition to train the body and the mind to act. Visualizing opponents and techniques helps achieve success not only as one performs kata but also acts as mental and physical training for combat. To perform kata well, then, one must battle mentally and physically to achieve perfect form, and self control. These battles in kata are equally present in sparring. And, as will be seen in the analysis of the chapters on *Qualities* and *Attack*, Tao emphasises that fighting is as much an active mental process of tactics and self control as it is a physical battle with an opponent or opponents.

Consistent with his dismissal of rote forms, Lee emphasises training and the active mind approach to combat. In the chapters of Tao Lee clearly balances physical and mental attributes. The *Qualities* chapter is perhaps most representative of that balance. For Lee the abilities that a trained fighter should develop are 'Coordination,' 'Precision,' 'Power,' 'Endurance,'

'Balance,' 'Body Feel,' 'Good Form,' 'Vision Awareness,' 'Speed,' 'Timing,' and 'Attitude.' All of these aspects are made up of mindful qualities as much as they are of physical biomechanics. As such, coordination is the king of the qualities. The martial artist must endeavour to eliminate excessive tension in the lengthening muscles which would act as a break on complete and precise motion. This is largely a mental function. Lee points out that "well executed movement means the nervous system *has been trained* to the point where it sends impulses" to active muscles and shuts off antagonistic muscles with extreme precision. This results in "properly coordinated impulses" acting with split second timing. It is training and control that will achieve coordination for the martial artist. "The well-coordinated fighter does everything *smoothly* and *gracefully*." Reinforcing the superimposition of the between mental on the physical, Lee argues that to achieve this level of ability it "is a matter of training the nervous system and not a question of training muscles."

Note: Due to the length of the above article, it will be published in three separate publications. Part two of this article will continue in the December edition of *The Makiwara*.

News Release

On September 23rd 2007, AOKA Illinois Director Sensei Cliff Morse, hosted a quarterly educational workout in Aurora IL. Master Keith Smith, Hachidan, led a two-hour workout focusing on kickboxing drills and ring fighting tactics.

Master Smith trained and managed several kick boxers several of whom earned amateur championship titles. His most accomplished kick boxer was Sensei Rocky Troutman, also an Isshinryu instructor from Sugar Grove IL. Sensei Troutman has continued his kick boxing involvement through event promotions and occasional matches.

Master Smith led the participants through heavy bag and conditioning drills as well ring tactics and how to use the ropes to your advantage. The workout concluded with Master Smith providing the 12 participants with the opportunity to practice what they have learned in an actual boxing ring, what he called the

"square jungle," fighting him in consecutive one minute rounds. The term "rank has its privileges" came into play as the senior ranks directed the lower kyu's and dan's into the ring first and were among the last to enter the ring with Master Smith finding he wasn't as tired as they thought. "Blocking with your face" became the theme for the ring experience.

AOKA dojo's who supported the event were from Princeton, Morton, Aurora, and Wheaton IL.

The next AOKA event will be a seminar on November 4th in Princeton IL. The seminar will be hosted by the Morse School of Isshinryu. The seminar topics will be kumite and kumite drills in the morning and kata and bunkai in the afternoon. This seminar will feature AOKA Missouri Director Master Terry Creamer. For more information, please contact Sensei Cliff Morse at senseimorse@verizon.net.

AMERICAN OKINAWAN KARATE ASSOCIATION

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KOBYLANSKI@WINDSTREAM.NET**

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- LASER QUEST**

**Morse School of
Isshinryu**



Date: November 4, 2007

Time: 9:00a.m. - 4:00 p.m.

*Bureau County Metro Center
837 Park Ave. W.
Princeton, IL 61356*

*Contact person:
Sensei Cliff Morse
815/878-4191*

*E-mail:
senseimorse@verizon.net
Web:
www.msoi.net*



Isshinryu Karate Seminar

Featuring Master Terry Creamer



Master Terry Creamer is a 7th Dan Black Belt in Isshinryu Karate and also holds a Masters Level in Chi-Lin Kempo. Master Creamer began training in martial arts at West Virginia University under the watchful eye of Sensei Charles Brown who was a masterful instructor of the Isshinryu system. He has continued his study of the martial arts for the past 32 years, achieving many successes in every aspect especially in the area of competition karate.

Seminar Highlights

- ◆ Morning session will include kumite/kumite drills that will help improve timing, speed, and body mechanics for competition, and on the street.
- ◆ Lunch is included with price of seminar.
- ◆ Afternoon session will include Kata/Kata Bunkai. We will be working on various katas as well as incorporating techniques learned in the morning session to improve on kata performance.

Cost:

- ◆ Pre-registered AOKA Members \$20; at the door \$30
- ◆ Pre-registered Non-AOKA Members \$40; at the door \$50 (both prices include joining AOKA membership)

Coming Soon!

Free T-Shirts for the first 50 participants



Featuring Sensei Diane Ortenzio-Cooling

Diane Ortenzio-Cooling, a sixth degree black belt, has been training in the martial arts for over 27 years. She is the Chief Instructor (Sensei) at the Sierra Dojo in Gardnerville, Nevada. In addition to Isshinryu Karate and Kobudo, she also trains in grappling arts, modern weapons, and personal safety. She has also taught classes about dating issues at Western Nevada Community College Douglas Campus.

2nd Annual WOMEN'S SELF DEFENSE EXPO

The Morse School of Isshinryu will be hosting the 2nd Annual Women's Self Defense Expo on November 3, 2007. All women ages 8 to 80 are welcome to participate. In addition to the physical safety seminars conducted by Sensei Ortenzio-Cooling, there will be representatives from several social service and law enforcement agencies who will provide discussions on areas relating to self defense, victim's rights, stranger danger and bullies, how violence affects mental health, and internet safety. Of special note, the Bureau County Sheriff's Department and Rico the Police Dog will be conducting search and rescue demonstrations. The Princeton Police Department will also be offering free identification cards and fingerprinting for kids. The Expo will take place at the Bureau County Metro Center, 837 Park Ave. West, Princeton, IL, from 9:00 a.m. to 4:00 p.m. For more information regarding the Expo or lodging, contact Sensei Clifford Morse at 815-878-4191 or see our website at www.msoi.net.

Isshin Ryu Karate Academy is hosting a martial arts seminar.

★ **Date:** 13 October 2007 ★ **Time:** 10:00 AM - 1:00 PM

★ **Location:**
3204 Smith Farm Rd.
Stallings, NC 28104

★ **Cost:**
\$30.00 (\$20.00 is applied to the AOKA
Tournament on August 9, 2008) This
means the actual cost of the seminar
is only \$10.00! What a deal!

★ **Training Agenda:**
bunkai, self defense and
sparring drills.

**We will have pizza and drinks for all
participants. Cost for non participants
will be \$5 to cover cost of food.**