



The Canadian Isshinryu Way Everything Karate & Kobudo

Isshinryu Canada

Volume 11 Issue 1
April 2015

Positivity Pays Off

Staying positive can be a challenge for many people. It's easy to see negative things and allow your attention to focus on them. You then end up stuck in your own mind and unable to proceed forward.

As you approach anything, including your Karate of course, remember to stay positive, what is hard gets easier and focusing your energy on enjoying the path will lead to many great pay-offs.

I'm sure everyone has been running or studying or doing something difficult, where you either wanted to quit, felt tired or unmotivated. Then, something happens. It may be a good song comes on, you finally figure out the next part of the problem, or a "carrot" was dangled in front of you. All of a sudden you have energy and focus to run harder or you find that your focusing and the answers you're looking for begin to come easier and easier.

Thinking positivity about your current circumstances can do the same. Regardless of what they are, be happy with them, and enjoy them. Everything will seem easier and better.

Plus, it's always nicer to be around people who portray themselves as in a good mood, which is usually contagious, so, be part of the solution and help make everyone more positive!

Essential Isshinryu is available!

For more information on the first Canadian Isshinryu book, visit www.essentialisshinryu.com!

ATTENTION NEEDED!

Do you know of someone great in Isshinryu? If so, please e-mail Sensei@isshinryu.ca with the contact details to be profiled in future newsletters.

Upcoming Events

Events

36th Annual Isshinryu Hall of Fame, July 24th and 25th. Gatlinburg, TN

Hanshi Mady in Thunder Bay—Hopefully in August for a change! Details when possible.

Inside this Issue:

The Codes Of Isshinryu 2

Promotions at Chitora Dojo 2

Fighters Mind: By Matt Morin 3

Update from Chilliwack, BC 7

The Challenges 8

Say Thank You More



The Codes of Isshinryu

The Codes of Isshinryu are a key set of guiding principles that are largely shared across Okinawan Karate and other Asian martial arts.

I believe there is great value in understanding the principles and making a sincere attempt to apply them both in your Karate training and daily life.

In order to help you appreciate the values they present, this article will focus on the first two codes, while future articles will explain the importance of subsequent codes.

The seventh and eighth codes

To be clear, the codes as they exist in Isshinryu were introduced by Shimabuku Tatsuo Sensei and were modified slightly from their original versions to match his understanding of them.

These codes are quite obvious, but also ones that people can and should apply most often to their daily lives.

At the same time, they are easy ones to forget to actively apply.

The eye must see all sides.

It would do us no good to be able to "change directions at any time" if we did not know why we were doing so. This code is also directly related to the next code. The idea being that one should be completely aware of their surroundings at all times.

The ear must listen in all directions.

In many situations, conflict can be avoided by awareness of your surroundings. Listening of course happens in all directions without requiring any extra work. If you are able to know that some one is approaching, or an argument is imminent, you are in a position to act. Only by being aware can you be in a position to make a decision regarding the correct actions to take

Think about your codes like training aids, they may not be easy to understand or apply, but doing so can be very significant in your Martial Arts training.

Promotions in Thunder Bay, ON

On January 15th, 2015 the Chitora Dojo celebrated it's 20th Anniversary, as part of the festivities, Hanshi Mady visited Thunder Bay to share his knowledge and also to do a grading.

After a very challenging testing, the following promotions were granted.

Keira Purdon - Kokoro Dojo - Ikkyu
Justin Johnson - Chitora Dojo - Nidan and Isshinryu
Kobudo Shodan

Promotions on Feb 9, 2015 at the Chitora Dojo in Thunder Bay, ON

Ashton Cannon Yellow Belt

Brandon Kloes Yellow Stripe
Pierce Curle Yellow Stipe

Congratulations to everyone on a very well done grading.



The Fighter's Mind: Inside the Mental Game

By Matthew Morin

In the book, "The Fighter's Mind", by Sam Sheridan, Sheridan interviews some of the world's best fighters in an attempt to capture the secrets of their success. These names include trainers Freddie Roach and Greg Jackson; champion fighters Randy Couture, Frank Shamrock, and Marcelo Garcia; ultra runner David Horton; and legendary wrestler Dan Gable. In the interviews, Sheridan inquires about how they stay committed through years of training, craft game plans, and adjust to the realities of the ring. The book explores how fighters can project strength when weak and remain mentally tough despite incredible physical pain. The sport of fighting requires just as much of a strong body, physical conditioning, strong mind and a strong heart (spirit) as any other sport. This book offers insight into all of these aspects as well as sports psychology as a whole.

I chose to read this book because I am very interested in the mental aspect of my training. I have noticed that the body indeed follows the mind. I know all too well what it is like when my feet feel like cement blocks as a result of letting my nerves get the best of me. When my mind is unable to focus, my movements become sloppy; and when I am thinking thoughts of fear my movements become slow and restricted. The opposite is also true: when my mind is focused, my movements are crisp and when I am confident, I move faster and more freely. The mental game is very important.

As I was reading the book I noticed three main themes: training, our internal view of ourselves, and the way we view our opponent. As much as these are separate themes, they are also very much interrelated and interdependent.

Training: The foundation

What makes anyone masterful at what they do? Is it natural ability? Many people believe that innate talent is what makes the biggest difference. But the more we look at the greats and how they became masters the more we see something quite different. Studies show that what makes the biggest difference is not talent, but *practice*. You may have heard it before, but the magic number for mastery is ten thousand hours of diligent, intentional, informed practice. In other words, **commitment** to practice is the biggest contributing factor to being masterful.

To be a fighter, committed in such a way, it does take a unique set of characteristics and a certain mental toughness. This is a special kind of mental toughness because training at a fighting gym/dojo isn't exactly a walk in the park. There is obviously a massive physical component to being a fighter and in this physical world, strength, speed and physical conditioning matter. The mind is much too slow to be in control of these physical attributes so everything needs to be committed to muscle memory. Muscle memory is created through repetition. To become the best, a fighter has to spend hours and hours and hours training with people that are better than them. This translates to a lot of "ass whooping." With this kind of training, the faint of heart do not last long.

The centerpiece of any gym is the trainer. The relationship between trainer and fighter is a very special one. In many cases this relationship is a long one, built over years of training together; some say that it becomes closer than family. A good part of the book is dedicated to providing different perspectives about what goes into being a great trainer. One of the universal characteristics of a great trainer is the ability to establish trust; and not just any kind of trust but the "life and death" kind of trust. It is the most essential ingredient in the relationship. Once the trust is there, the trainer can (and will) push the fighter to his limits physically and mentally. Sheridan's interviews reveal tales of fighters having to literally carry each other on runs up and down hill in the mountains, or daily ninety minute wrestling sessions with a single partner. These sessions were so mentally challenging that these tough guys were breaking down and getting reduced to tears. This is truly where mental toughness is forged; under the guidance of a great trainer, spending thousands of hours getting their ass kicked in one way or another.

The hours spent practicing is the foundation of becoming great at anything. It is in those hours that one can discover what they are made of, where their strengths and weaknesses lie and how to improve. It is in those hours when the relationships **needed** for success are forged and relied upon. It is those hours where one can push his limits bit by bit to past where you ever thought possible. It is in those hours where the practitioner can begin to truly believe in himself.

(Continued on page 4)



The Fighter's Mind: Inside the Mental Game

By Matthew Morin

How we think of ourselves

A good friend of mine, in his youth, was a violinist. He competed and won competitions at the national and international levels. I remember a conversation with him where he explained that at his level a very strong ego is needed to be able to get up and play under that kind of pressure. He told me that when he got up on that stage he had to be larger than life, with a knowing that he was one the best. Without that, he would not have been capable of performing, let alone winning.

According to Sheridan, it takes this kind of arrogance to fight. You have to know in your heart that you have "the secret" and that you are going to kick your opponent's ass. You have to believe in yourself more than anything in the world. You know you have worked harder, are stronger, more technical and tougher than your opponent. Believing in oneself in the face of battle is essential.

Even though a strong ego is needed, it cannot be the sole aspect of the psyche that runs the show. An over inflated ego can lead to over confidence, complacency, and the belief that growth is no longer needed. This is truly a recipe for disaster. This trap is often associated with not knowing how to deal with success and recognition. A great trainer and strong team behind the fighter are some of the greatest things keep his head out of the clouds.

Some of the characteristics that many great fighters have that counter balance an over-inflated ego are humility, joy and faith. Outside of the ring or cage, many of the fighters described in the book are often very humble and pleasant to be around. They take the time to listen to others and to connect with them in such a way that they feel important. One thing that these greats have learned is that if you aren't growing, you're dying. They do not shy away from beginners. As an example, BJ Penn often trained with white belts so he could learn from their untrained movements. Marcelo Garcia, would often roll with beginners as a part of his own pursuit of perfection. The most humble fighters are the most willing to learn and therefore are the ones who become the best.

When Marcelo Garcia was asked if he thought he was a better fighter than his peers, he replied that he wasn't. But he knew for sure that he simply just loved it more. His love for Brazilian Jiu-jitsu trans-

lated into a lot of things: a strong commitment, dedication, and a playful nature. When he faces off with an opponent it is his enjoyment of the art that shines brightest in his heart. This joy in his heart is the source of his strength and counter balances the need for an over inflated ego.

Believing and having faith in a higher power can be a great source of strength. It is a great way out of the trap of an over inflated ego. I was struck by this observation in the interview with boxer, Andre Ward. Andre looks to God for his source of strength and it carries him. He sees his extraordinary talents as a gift from God and thus winning is not for his own glory but for the glory of God. Ward's faith keeps his feet firmly planted on the ground with humility.

One of the biggest things that separate the best fighters is how they deal with losing. Sheridan discusses studies that suggest losing in front of a large group of people has not only a big social impact, but actually has a measurable physiological effect on the brain. Losing big fights can send fighters into downward spirals of not believing in themselves anymore. They may start freezing in the fear of losing again or they might give up all together. This is, again, where having a good trainer and team comes in handy. They help the fighter through this very vulnerable time; giving him space to process the loss without letting him turn it inwardly on himself. From this space they can help the fighter see what truly didn't work or went wrong. Then they can go back to training, work on those things and become a better fighter.

The great fighters interviewed in the book expressed that it was their losses that defined them. As I expressed above, losing has an immense impact. As fighter's mature they begin to see losing as their most profound lessons and an opportunity to adjust their game. Sometimes these adjustments are physical, but many times it is an adjustment in mental strategy. The fighter might be too committed to dominating the opponent, thereby taking unnecessary risks when ahead in the match. Sometimes they can be too rigid in their game plan and lose because of their unwillingness to adapt. Other times the referee makes calls that favour the opponent unfairly which can cause a mental breakdown. In this case, the fighter must learn to accept what they are powerless over and use it as a mental queue to push harder towards success. Without any

(Continued on page 5)



The Fighter's Mind: Inside the Mental Game

By Matthew Morin

doubt, every great fighter has had their losses and has learnt a great deal from them.

To summarize, great fighters need to have a strong ego; believing in themselves is more important than anything else. They must not let success take them to a place where they become complacent and close minded. It's important to offset any over-inflated ego with characteristics like humility, joyfulness and faith. They must learn to relate to their losses as their greatest opportunities to learn and let them be a driving force for improvement. Lastly, they need to rely on a strong team around them to help maintain this very fine balance.

The Opponent: Another man's sword is your sword

Whenever I have watched a professional fight I have always viewed it as a competition on the physical level. I saw it as a contest of who was faster, stronger, better conditioned and physically tougher. I knew that there was a mental aspect to fighting but I never thought about the fight itself as being a mental war. After reading this book my view of fighting will forever be shifted. The physical fight is just the first layer underneath a mental battle. The real goal is to mentally break your opponent. Once they are mentally broken, winning the physical fight becomes almost certain.

Ideally, a fighter in the ring needs to be thinking about one thing, their opponent. Some fighters fight well with a game plan or strategy, and others do much better by improvising and adapting. Either way, in order to win the fight, all of their focus needs to be on defeating their opponent. The mental war has a couple of objectives. The first objective is to distract your opponent from focusing on you. In professional fights you can see this all of the time in the form of name calling and posturing before the fight. In these cases, the psychological aggressor is attempting to push his opponent's buttons and get under his skin. If he is able to trigger an emotional response, he achieves his goal and the opponents focus becomes his own emotions.

The above example is the most basic and obvious form of psychological warfare. However, this battle can go much deeper. In one of my favorite chapters in the book, an interview with Josh Waitzkin illuminates some more in depth mental strategies. If you

are wondering who Josh Waitzkin is, he was primarily made famous by the movie about him, "Searching for Bobby Fisher". He was considered to be a chess prodigy and one of the best chess players in the world at a very early age. What is little known about Josh, is that he went on to study tai chi, and actually won many tai chi oriented tournaments at the international level. These tournaments are not widely known in North America but very highly regarded in Asia. After this, Josh went on to study Brazilian Jiu-jitsu and was a brown belt when the book was written.

Josh expressed that spending his childhood playing chess on the international level immersed him the study of psychological warfare to a much higher degree than that which goes on in professional fighting. In chess, the competitors at the top levels were very practiced at trying to mislead their opponents. They would pretend to have emotional responses and fake trying to hide them; doing such things as consciously making slight eye movements and slight changes in their breathing. Every "tell" offered, even at the most minute level, was designed to mislead. Josh said that as a way to get an advantage, he started to look for tells away from the chessboard, watching how players reacted to things when they didn't think people were watching.

One strategy that he describes in the book is to purposefully offer your opponent patterns that he begins to take for granted. Once the opponent is convinced of the pattern, change it. As Josh puts it, "People are usually too aware of tells. You're looking for them but they know it, and they're going to be illusory. They'll be manipulating you with their own tells. So I plant 'minipatterns' on an opponent, in tai chi and jiu-jitsu. I give them dogma, a false construct. I convince them that A leads to B, A leads to B, and then suddenly when A doesn't lead to B anymore they're in trouble. False assumptions." This strategy can be used to scare an opponent off from using their best weapons, to take unnecessary risks, or break their mental game all together.

Josh talked about one aspect of the mental game that I found particularly interesting. When two fighter's completely focused minds get intertwined in battle, it is as though a field is created and the two minds merge. In this space you can get a sense of what the other person is thinking and vice versa. It

(Continued on page 6)



The Fighter's Mind: Inside the Mental Game

By Matthew Morin

also becomes a kind of tunnel vision where it becomes very difficult to see outside of this field. As the intensity of the focus increases, both competitors experience tension. In a chess match, Josh would describe this tension like getting his head stuck in vice. The strongest players are able to convert this tension into *peace* and start to relax into it. He calls this ability *presence*. Practicing and refining this ability of presence is very useful because it can give you the option of using your opponent's strengths against him. The mounting tension is looking for a way to explode. If your opponent jumps the gun, and explodes too early, it can be used against him. The idea is to sit in the tension, converting it into peace, and observing it and thus hopefully forcing your opponent to err under the pressure.

The following is a quote taken from Josh's book, "The Art of Learning":

"In every discipline, the ability to be clearheaded, present, cool under fire is much of what separates the best from the mediocre ... if one player is serenely present while the other is being ripped apart by internal pressures, the outcome is already clear ... We cannot expect to touch excellence if "going through the motions" is the norm of our lives. On the other hand, if deep, fluid presence becomes second nature, then life, art and learning take on a richness that will continually surprise and delight ... The secret is that everything is always on the line. The more present we are at practice, the more present we will be in competition, in the board room, at the exam, the operating table, the big stage."

Western Sports Psychology and Eastern Philosophy

What exactly is going on mentally when an athlete performs with absolute perfection? I picture Michael Jordan scoring the winning basket with 3 seconds on the clock time and time again. Or George St Pierre moves for the takedown like he is three steps ahead of his opponent. Many athletes describe this mental state as simply being in "the zone". This is a common expression but what does it mean, and how do we achieve it?

Modern sports psychology has been trying to get to the bottom of this question for at least the last three decades. One thing we know is that that positive thinking helps with achieving positive results and even more so if combined with positive imagery.

In a western sports psychology textbook, peak performance is described as:

- Loss of fear—no fear of failure
- No thinking of performance
- Total immersion in activity
- Narrow focus of attention
- Effortless performance—not forcing it
- Feeling of being in complete control
- Time/space disorientation (usually slowed down)
- Universe perceived to be integrated and unified
- Unique, temporary, involuntary experience

Sheridan notes that it is out of the ordinary for a psychology text book to say things like "Universe perceived to be integrated and unified." Its sounds a lot more like eastern mysticism. He asks the question, "What is Zen in martial arts but an earlier, far more exhaustive, study of sports psychology?" The main difference between the two is that Zen teachings pre-date modern psychology by hundreds of years.

Eastern teachings are worded in a way that is relatable to the time and place that they were written. When this language is read and interpreted in the western world it becomes difficult to make sense of it, and hence, many modern day fighters dismiss it. At the same time, these Zen teachings were written by men who had devoted an entire life time to their craft. In the case of the samurai and martial arts, losing a match meant death. Maybe there is something to these ancient teaching after all.

In the western world it is common for people to look for shortcuts to mastery. Sheridan gives two examples of this fantasy: "The *Karate Kid* idea—a few months of study, a few words of wisdom, and you can beat a black belt. Even the recent kids' flick *Kung Fu Panda* had the hero *realize the secret*, and then he could beat anybody." The truth of the matter is that there is no shortcut; ten thousand hours of training is still ten thousand hours. There is no way around this. Perhaps Zen in the martial arts and western sports psychology alike are not a means to circumvent the work, but more like road signs to let us know where we are on the path.

My Conclusions

The first thing I will say is that if you haven't yet read this book, I would highly recommend picking yourself

(Continued on page 7)



The Fighter's Mind: Inside the Mental Game

By Matthew Morin

up a copy. Not only was it fascinating, it was fun and entertaining as well. I did not pursue training karate-do with dreams of becoming a professional fighter. So as far as professional fighting goes, I have gained a new found source of respect and a deeper understanding of the sport and its competitors. At the same time, this book is filled with so many insights that my view of my practice has changed. I will observe my own mental states with more clarity, looking for areas of my mental game that need work. This includes the fine balance between humility and confidence. Also, I have been described by some as someone with a natural talent

and an ability to learn quickly. This can be a disadvantage as much as an advantage. Even though this is a conclusion that I have already come to, this book has reinforced that without the many hours of practice, any innate ability isn't worth much. True mastery stems from commitment. Lastly, as a pleasant surprise, Sheridan gave me another lens to view Zen teachings; giving me a thirst to explore them further. My conclusion is that practicing martial arts in the pursuit of mastery is truly a road to self-discovery, self-understanding and self-actualization.

Update from Chilliwack, BC

By Ryan Bird

We are proud to say that the club is growing nicely. Chilliwack is responding well to the addition of Isshin-Ryu Karate into the already large mix of martial arts in the community. Word is getting out and people are constantly coming through the door. Even students from my Agassiz dojo from 12 years ago have come back to train with us again. Great to see old faces new again. The adult community is slowly starting to put their guard down and join the fun. We had bring a friend day in the middle of January and it was interesting to see who the kids brought, proudly kids brought their parents on the floor too. We are finding that being a part of the Chilliwack community is amazing. The families involved are extremely supportive and are always looking to help. My whole family (wife, son and daughter and myself) are glad to have this dojo family extend deeply into our lives as it has since we opened our doors in September. With more new smiles and gradings happening at a regular pace our group is at so many different stages of learning I couldn't do this as the way I am with out the support of my wife and my two Instructors with me. My two instructors have been with me for a very long time. Sensei Erin Funnell I have known since she was about 8 years old when she started in Agassiz. I have seen her pro-

gress not only through karate but through her life and become an excellent asset to Isshin-Ryu and what it stands for and also become an outstanding aunt to my children. Sensei Glen Funnell is my brother in law who I am so proud to say is not just a great sensei, he is an amazing uncle and an even more amazing brother (inlaw). more of a brother...

I may sound like I am bragging about them, well, I kind of am, their attitude and support make Chilliwack Isshin-Ryu and its growing family have a wide and diverse training program with different people bringing different aspects to the already amazing martial art that it is.

I want to extend an invitation to anyone that is training in Isshin-Ryu that if you're coming to the west coast you are more than welcome to gi up and come on down to the dojo. We welcome anyone at any rank in the doors to train, converse, hang out, spectate or even just poke a head in the door. Our goal is to keep an open mind and open door to all.

From our whole heart we wish everyone a very safe, productive and prosperous year and hope new smiles as well as old pass through your doors and feel like their home.



The Challenges!

As we grow in our knowledge of martial arts, we can fall into the trap of being complacent in our understanding. So, like the last issue of this newsletter, this quarter's challenges once again about questioning our own knowledge and understanding.

This time, instead of asking hard questions, the challenge will be one of learning, or rather, re-learning, taking something we have known for five, ten, twenty years, tearing it down and rebuilding it. Hopefully this will lead to understanding a new aspect of something that we consider old, and possible easy or simple. If not, than at least we're getting some practice in.

Karate

Relearn Seisan Kata.

As simple as that, but not really. Rather than running through the kata with whatever level of ease you have developed, break it down section by section, or even move by move. Giving each technique the same level of focus and scrutiny you did when you were first learning it. Do not take anything for granted, or rush through the exercise because "you know" the kata. Instead, look for anything that is "off," or catches your interest, and work through it, find those little details that you missed the first time you learned Seisan.

Depending on your rank, this is either something you should do with the aid of sensei, or something you can do on your own. How much time you give this exercise is up to you, though as an incredible rough guide, Sensei Trevor Warren claims that it only took him six hours in total.

Kobudo

Relearn Tokumine no Kun or Kusanku no Sai.

Just as with the Karate challenge, take the time to re-focus yourself on the first weapon kata you learned. Slow down, and think about the weapon, not just about yourself, to see if it's moving correctly and efficiently.

Training

The training focus is going to also focus on relearning, this time, focus on the main two exercises in every dojo, the push up and sit up.

Both the push up and sit up should be second nature to you. It may still be hard but, should be natural after years of training. Try slowing down and analyzing your motion to make sure you are maximizing your benefit from it.

Are you using the full range of motion, or has "cheating" become your good enough? Can you lower yourself a little slower and get a better workout? It doesn't need to be a race, focus on how you feel as you do it and you'll discover better ways to do it.



Contributors



Editor & Author—Chitora Dojo

Mike Fenton—Thunder Bay, Ontario

Mike lives with his wife Kyla and has been training in Isshinryu karate for almost 30 years, and has been an instructor for over 25 years. He is currently head instructor of Chitora Dojo in Thunder Bay, Ontario.

Author—Chitora Dojo

Trevor Warren—Thunder Bay, Ontario

Trevor lives in Thunder Bay with his wife Maria. He has dedicated a great deal of his time to teaching and his own training with the realization that hard work is the key to success.



Jeff Long—Assistant Editor

Jeff Long—Thunder Bay, ON

Jeff is a Sandan and Sensei at the Chitora Dojo. He's also an English major who's been helping to reduce the spelling & grammar mistakes in the newsletter.

Author—Toshikai Dojo

Matthew Morin—Ottawa, ON

Matthew is a hard working and a skilled Karateka having earned his Nidan at the Isshinryu Expo in 2014

Author—Wanted

Authors are always wanted, why not contribute your opinions or insights? Anyone can offer something of value, regardless of rank or experience.

Karate Terms in this Newsletter

Ashi foot

Atemi vital points of the body

Bunkai take to pieces/analyze

Empi, hiji elbow

haishu back hand

Haito ridge hand

Hara belly, lower abdomen,
concept of spiritual center

Hidari gawa left side

Hiza knee

Kansetsu joint

Ken fist

Kinteki groin

Kokan heel

Kosomi ball of foot

Kote wrist

Men head

Migi gawa right side

Munc chest

Naisoku instep

Nesan girl

Nisan boy

Sakotsu collar bone

Shotei palm heel

Shuto/Shoto knife hand

Sokuto blade of foot

Taisuko sole of foot

Te hand

Tsuisaki toes

Tsuki direct strike

Uchi indirect strike

Ude forearm

Ushiro back

Yoko side

Yubi finger

It is important to familiarize yourself with commonly used Japanese words. Try to memorize all the words each time and you will soon have a large "karate" vocabulary.



Submissions

Article Submission

Articles are welcome from anyone and everyone. They can be about anything related to the Martial Arts, a technique you think is just great; A better way to do a technique; History of a Karate Master; a tournament trick that works well; ANYTHING!

All articles are appreciated as e-mail. You can send it to your instructor to proof read and send in, or directly to me. (Mike (at) Isshinryu.ca) or (sensei@issheinryu.ca)

You can even include pictures if it helps your article!

Dojo Directory:

Any student is welcome at anytime to visit any dojo. Before class, always introduce yourself to the Sensei of the dojo and tell them who your current Sensei is.

For a full dojo list visit Isshinryu.ca We are getting too many to list here.

Affiliate Cities!

Abbotsford, BC

Contact: Mike O'Leary

Brandon, MB

Contact: Richard Wharf

Contact: Buzz Cox

Calgary, AB

Contact: Charles Boyd

Chilliwack, BC

Contact: Ryan Bird

Cookstown, ON

Contact: Harri T. Makivirta

Dryden, ON

Contact: Rick McGogy

Hope, BC

Contact: Norm Losier

Kenora, ON

Contact: Steve Davis

Contact: David White

Ottawa, ON

Contact: Tim Leonard

Saskatchewan

Contact: Brian Smout

Sioux Lookout

Contact: Jim Sapay

Thunder Bay, ON

Contact: Mike Fenton

Contact: Trevor Warren

Vancouver, BC

Contact: Rachel McGovern

Windsor, ON

Contact: Albert Mady

Winnipeg, MB

Contact: Brent Horton

Canadian Isshinryu Abroad

Berlin, Germany

Contact: Ryan Boesche

Stow, Ohio

Contact: Albert Pecoraro

Quebec

Contact: Pierre Parenteau



The Isshinryu hall of fame, can you name everyone?