



# The Canadian Isshinryu Way Everything Karate & Kobudo

Isshinryu Canada

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## Get ready for the Expo!

Hopefully everyone enjoyed a great summer and is already back at their training. This summer there was many great events held.

Hopefully as many of you as possible took the opportunity to attend, and to also listen and learn. I always find it thoroughly enjoyable to learn new things and even just to reinforce the ideas I've known for years but let fall to the back of my mind.

This coming May, Thunder Bay will again be hosting the Isshinryu Expo. It was last held in 2014, and was a fantastic event. The event in 2016 is expected to be bigger and better of course.

While planning is still in the early stages, the venue has already been booked (everything will be at the Hotel making things much easier for our many out of town visitors) and we've heard from many people who missed

the one that they will be definitely be attending this one.

And of course, anyone who attended the first one, knows this is not an event you can miss.

Please spread the word far and wide, you are busy for the May long weekend, and you are going to have a GREAT time!

### Essential Isshinryu is available!

For more information on the first Canadian Isshinryu book, visit [www.essentialissheinryu.com](http://www.essentialissheinryu.com)!

### ATTENTION NEEDED!

**Do you know of someone great in Isshinryu?** If so, please e-mail [Sensei@issheinryu.ca](mailto:Sensei@issheinryu.ca) with the contact details to be profiled in future newsletters.

## Upcoming Events

### Events

**Isshinryu Expo 2016**— Start making plans for the May Long weekend. It will be another great event full of superb seminars. You definitely

don't want to miss it.

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Put your whole heart into it



## The Karate Creed

### Karate Creed

By Ed Parker

***"I come to you with only karate, I have no weapons. But should I be forced to defend myself, my honour or my principles, should it be a matter of life or death, right or wrong, then here are my weapons, my empty hands."***

exhausted all other alternatives to defend myself, my country, my family, my beliefs and all other honourable things (not due to spite, hatred, angry feelings, revenge, etc.)

***"Should it be a matter of life or death, right or wrong"***

I will only use my karate in defense of life and for the right reasons.

### Explanation of the Karate Creed

***"Then here are my weapons, my empty hands"***

***"I come to you with only karate, I have no weapons"***

I am a humble, peaceful person. I mean neither you nor anyone any harm, through either my thoughts or my actions. My long hours of karate training has taught this to me.

Then, if I must, I am prepared to fight with the weapons I have with me at all times, my empty hands. Even though I have been forced, I will use just enough force to stop the attacker and will not abuse the power that I possess.

***"But should I be forced to defend myself, my honour or my principles"***

But if I am forced, because I have

As a student, memorizing this was required, but after many years I still haven't discovered anything else which more accurately represents the values that Karate should instill.

## Promotions in Thunder Bay, ON

On June 18, 2015 the Chitora Dojo conducted a grading for students and the follow ranks were awarded.

Braydon Seguin—Yellow Stripe

Brandon Kloes—Yellow Belt

Pearce Curle—Yellow Belt

Jadyn Warren—Yellow Belt

Douglas Deschenes—Green Belt

Katherine Deschenes—Green Belt

Sierra Long—Green Belt

Madison Roeck—Green Belt

Colin Nagy—Nikyu (Brown Belt)

Congratulations to everyone on a very well done grading.



## Chinto Kata

### By Kevin Harman

A kata is much more than a series of moves meant to teach movements, stances and techniques. It is also more than a re-enactment of a historical fight. Katas were developed as a means to pass on the teachings of a style without depending on written or spoken records. Therefore, the katas themselves are the records of the techniques and strategies of a style. Katas are not part of a style, they *are* the style. Understanding this fact makes a difference when studying a kata because it links us with the history, situations and people of the past that contributed to a style.

We can trace the lineage of our modern Isshinryu Chinto kata back to events in the early 1800's. However the origin of the style that it represents clearly goes back much further. The generally accepted story is that this style was introduced to Okinawa by a shipwrecked Chinese sailor named Chinto. As he was stranded, he resorted to stealing food and clothing from locals. All attempts to stop him were futile because he was too good of a fighter. Eventually the king of Okinawa sent his bodyguard and best fighter, Matsumura Sokon to find and stop Chinto.

It is worth taking a look at Matsumura's background at this point. Born some time around 1800 in Shuri, Okinawa, he began to train in martial arts at a very early age. Under the guidance of Sakukawa Kanga he learned Shuri-te. At a young age he was recognized as an expert in martial arts. Because of this, in his teens he was recruited into the service of the Okinawan king Shō Kō. He gained the title of Shikudon (or Pechin), an Okinawan equivalent to the Japanese title of Samurai.

Part of his fighting superiority came from his ability to win a match before it even began. Examples of this include showing up to a fight well before his opponent in order to survey the area (know your surroundings) and intimidating his enemies before a fight with the look of death in his eyes (Matsumura called this his "resolute acceptance of death"). Another example of his cunning in a conflict comes from a match that the king requested between Matsumura and a bull. Leading up to the match, Matsumura secretly visited the bull and tormented it until it was afraid of him (clearly the SPCA were not active in Okinawa at the time). By the time of the match, the bull ran away from Matsumura in

fear and the conflict was avoided. This shows his ability for strategy that went beyond his dependence only on his physical fighting skills.

Getting back to the Matsumura's encounter with Chinto, even this great martial artist warrior could not defeat Chinto. Matsumura recognize an opportunity to learn from Chinto and so arranged to supply him with food in exchange for Chinto to train him in his style. Matsumura later worked this into his teachings of what became know as Shorin-ryu. He developed (or included) Chinto kata into his teachings in order to pass on this style and incorporated it into Shorin-ryu.

Eventually the teaching of Chinto kata made it way to Matsumora Kosaku in the mid-1800's through his training in Tomari-te. As a master he later taught many students, including Chotoku Kyan. Matsumora's version of Chinto kata was slightly different from the original from Matsumura Sokon. It is unclear whether it was Matsumora's changes or those introduced by Chotoku Kyan that lead to the kata that we know today which has the fighting line at a 45 degree angle. Previous versions had the fighting line at either forward and back or left and right.

Chotoku later passed his version of Chinto kata on to our master Shimabuku as part of the Shorin-ryu teachings. There is strong evidence that the Nidan Geri which is part of Chinto kata today was not part of the original kata passed on from Matsumura Sokon. It is said that he had a great contempt for this kick which he found inefficient and showy. It's not clear if it was introduced by Chotoku Kyan or Shimabuku but the assumption is that it was included to provide a show of athleticism to the kata.

Chinto kata stresses speed and balance and teaches self defence against multiple opponents on a narrow path. It also trains a karateka to fight in uneven surfaces or terrain such as stairs or a hill and introduces pivots and countering from other than a basic stance (ie. double kick, punch from knee position). The kata is very dynamic and incorporates a number of different stances including the Neko Dachi, the "crane" or "cat stance". It is possibly this reason that Gichin Funakoshi, when he introduced the kata to Japan, renamed it "Gankaku" which means "crane on a rock".



## Street Fighting Tips

By Richard Ruberto

Street fighting tips: after the fact

I should make avoiding a fight at all costs number one, and the reason I wrote "after the fact" above. Some times your very own actions or lack of them contribute to a verbal confrontation leading into a physical one. So after the fact follow these tips.

### 1) Hit Hard and Aim THROUGH the Target

When you strike make sure that your feet are firmly planted and that you use all of your bodyweight, not just your arm!

Turn your hip into it and **THROW** a punch like pitching a baseball. You can even imagine you have a baseball in your hand and you are going to "pitch" right through your attacker.

### 2) Strike Repeatedly

If the initial strike doesn't get the job done, keep hitting in the same place until your attacker is stopped. Do not stop Striking until the attacker is either down, running away, or surrenders.

### 3) Remain Fight-Ready

Remember this: inside the Act of Submission lies the counter-attack. Do not let your guard down when an attacker surrenders or appears defeated.

"Zanshin" (constant remaining alertness)

Keep vigilant and remain in command and physical control until you can safely discharge the attacker where they cannot harm you, which could be when they're knocked out, allowing them to flee, or handing them off to the authorities.

## 7<sup>th</sup> Annual USIK KyuFest, 2015

By Carin Bloom

On Saturday, September 26, over 100 karate-ka participated in the 7<sup>th</sup> annual Kyu Fest tournament in Charlotte, North Carolina. Competitors represented dojos from all over the southeastern United States, including North and South Carolinas and Tennessee. The competition, sponsored by Grand Master Mitch Kobylanski and United Southern Isshinryu Karate (USIK), included basics, kata, kobudo, and kumite. Over 50 black belts in attendance participated as judges and ring facilitators with great efficiency; indeed, USIK is proud to host this event as a training session for the future generations of leadership of the organization. Through this tournament, black belts throughout the region are able to hone their skills in judging kata and refereeing sparring matches. Additionally, black belts are educated in the finer points of tournament organization, including effective division creation and keeping timing on track; this year's event began promptly at 11:00am and was completed by early afternoon. KyuFest is often lauded for the efficiency exhibited by its administration, meaning that there is generally very little downtime for younger competitors to grow restless in between events. Eight masters were in attendance as coordinators along with Grand Master Kobylanski, maintaining the timeline and helping to create the atmosphere of the spirit of respectful competition.

Charleston Isshinryu karate was well-represented with four competitors, five black belts, and a brown belt also assisting operations. In addition, Lowcountry Karate sent seven competitors, almost all returning from last year. Each of the eleven students performed very well, occasionally winning all trophied places (1<sup>st</sup> through 4<sup>th</sup>) in a single division. Charleston Isshinryu is proud to be a USIK affiliate dojo, and to support tournaments of the highest quality. The Sensei and instructors of Charleston Isshinryu and of Lowcountry Karate are proud of all of our students, and we look forward to a strong showing again in 2016! Carolina Isshinryu Academy in Monroe, North Carolina also had a stellar day; their many competitors bringing home a variety of trophies and medals for their efforts as well! Carolina Isshinryu Academy in Monroe is under the tutelage of Sensei Don Gyr and Sensei Justin Serpico.

USIK arranges the tournament such that as many competitors as possible are recognized for their hard work and effort, keeping divisions small and students encouraged by the close attention of their judges. This Isshinryu-only competition runs every September, and is a fantastic training ground for competitors and black belt judges alike.

Check out the back page for a photo from the event, and the website for additional pictures.



## Toshikai Ottawa Dojo

By Tim Leonard

Congratulations to Sensei Jack Lafleur and Sempai Greg Saxe and Andrew Yip for competing in the Seventh Annual Martial Artist Open in Ottawa.

The Dojo in Ottawa does not often compete in tournaments but it is certainly nice to show Ottawa what a traditional martial art looks like.

They did extremely well and their combined efforts netted six trophies. Every event they entered resulted in a top three placement: kata, weapons, point sparring and continuous sparring. Well done! Kompai!

## Candice Daher competes in Vegas

The Winnipeg paper did an excellent article on Candice Daher who is a big supporter of Isshinryu along with Brent Horton.

The Article focuses on Candice and her preparations for the IBJJF Masters International Brazilian Jiu Jitsu Championships in Las Vegas.

Many of you have trained with here at the Expo or other seminars.

Here's the link on Candice, and I'm hoping she did

very well at the competition.

<http://www.winnipegfreepress.com/sports/other/fighting-the-good-fight-328358541.html>

## Update from Chilliwack, BC

By Ryan Bird

We are pleased to announce that we have successfully made our first year a great one! Though the misfortune of another Isshinryu dojo close to us closing down caused misplacement with some students, we were lucky enough to help these students keep their studies going. Through us and another dojo the students have kept themselves training. A shining example of Isshinryu community working for one another! During the summer students kept their studies strong! We also had our first club BBQ and though we had typical west coast rainy weather we had a blast! All the families pitched in and made for a great memorable time!

A great result of these club festivities is watching the parents realize the benefit that the kids are getting. Dads are starting their training in karate now! So good to see them want to enjoy the benefits of

training in Isshinryu that their kids are enjoying them selves.

Along with other outings and adventures we are also proud to be attending the 2015 Enbukai in San Diego this Oct. 2-4 with Sensei Advincola and the rest of the other clubs. This is going to be a great experience for us!!! Soon we will enter the tournament bracket! I can't wait to head the club to our first tournament and watch the students transform!

Otherwise everything is great and we are growing and enjoying every single minute of it!

Kompai



## The Challenges!

Practicing can be fun and rewarding as a Karateka, but, life can also be busy, and there's always many other things you can or should be doing.

Recognizing this, the challenges are going to be 5 simple things you can do any day in less than 5 minutes to improve. Do the same one every day, or try them all, the key is do something, you'll feel better physically and mentally.

### Karate

1. Do Basics 1-4, 50 times each. (You'll be tired if you try)
2. Do Any 2 kicks, 50 times each (Again, this should be tiring)
3. Pick any combination (Create your own basic)  
It could be any 3 to 4 moves.  
Practice it a couple times, then do it 50 times.
4. Do any Kata 3 times.
5. Practice the Kata in your head.  
Mentally think of the moves and walk yourself through them.  
You can do this ANYWHERE!

### Kobudo

Let's keep things simple. Only one will require a weapon.

1. Using a short weapon, split it in and out for 5 minutes. Your forearms should be burning
2. Practice the Kata in your head.
3. Do a Kata without the weapon
4. Do a Kata using only your feet
5. Pick a sequence from a Kata and drill it. But, do it without the weapon, focus on your movement instead. This is a good way to develop your hips and body position when you aren't so focused on the weapon.

### Training

1. Pushups
2. Situps
3. Leg Lifts
4. Squats
5. Jumping Jacks
6. Leg Stretches
7. Upper body stretches
8. Burpies
9. Mountain Climbers
10. Lunges

It's almost too easy to think of them, I'm sure you have others you can mix in.



## 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

Kevin Harman—Ottawa, ON

### 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

**Hiza** knee

**Kage-geri** Hook Kick

**Kansetsu** joint

**Ken** fist

**Keri** Kick

**Kin-geri** Groin Kick

**Kinteki** groin

**Kokan** heel

**Kosomi** ball of foot

**Kote** wrist

**Men** head

**Mikazuki-geri** Crescent Kick

**Munc** chest

**Naisoku** instep

**Sakotsu** collar bone

**Shotei** palm heel

**Shuto/Shoto** knife hand

**Sokuto** blade of foot

**Taisuko** sole of foot

**Tsuisaki** toes

**Tsuki** direct strike

**Uchi** indirect strike

**Ude** forearm

**Ushiro** back

**Ushiro-geri** Back kick

**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

### **Quebec**

Contact: Pierre Parenteau

### **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



**KyuFest** — Black Belt Officiants, courtesy of Tiffany Crusenberry of Memories-n-Motion Photography