

The Canadian Isshinryu Way

Everything Karate & Kobudo

Isshinryu Canada

The Canadian Isshinryu Way
Sept 2018

Bring your best

Since the last newsletter, many things have happened. Many of you attended the amazing Isshinryu Expo in Thunder Bay. It was a wonderful opportunity to learn, grow and share the true spirit of the one heart way.

This summer also marked the extremely well deserved induction of Hanshi Robert Markovich into the Isshinryu hall of fame.

Sadly, this newsletter also must share some somber news. Two of our Martial Arts family have passed away. Both were very important to Isshinryu and specifically Isshinryu in Canada.

Shihan Richard Wharf (Rokudan) was a long time friend and instructor in Canada from Brandon Manitoba.

Grand Master Lewis Lizotte was an original student of Shimabuku Tatsuo and Steve Armstrong taking over the original AOKA, he contributed significantly to the spread of Isshinryu and in-

fluenced many Canadian Karateka including Hanshi Albert Mady.

While we are sad to lose these important people, the stoics among us will remember Memento Mori (Remember Death). Not to live in the past, but to embrace life and appreciate every moment we have.

Enjoy your training, bring the best of yourself to everything you do and you'll improve the lives of those around you.

Essential Isshinryu is available!

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

ATTENTION NEEDED!

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

Upcoming Events

Events

10th Annual Kyu Fest on
29 Sept in North Carolina

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Isshinryu Expo 2018 in Thunder Bay

By Tim Leonard and Janet Fuchek

Thunder Bay, considered the martial arts capital of Canada, brought together practitioners and instructors worldwide for a weekend of testing, training and fellowship.

The third Isshinryu Karate Expo, held every two years, took place at the Valhalla Inn from May 19-21. It featured 22 expert instructors from across Canada and the United States and 28 seminars, since some presenters taught multiple seminars.

Organized by sixth-degree black belt, Susan Baldassi, head instructor of the Toshikai Isshinryu dojo (club) at the Volunteer Pool in Thunder Bay, the event attracted close to 100 participants, in addition to the teachers in attendance.

Though most of the registrants and presenters were from Isshinryu clubs, some were from other styles in the Thunder Bay Martial Arts Council. The unique sporting affair catered to children, adolescents and adults, alike, with specialized seminars for each.

The Isshinryu Karate Expo 2018 kicked off the evening of May 19 with Isshinryu brown and black-belt testing, conducted by ninth-degree black belt instructor, Albert Mady of Windsor, Ont., and his panel of black-belt judges.

Trevor Warren and Mike Fenton, head instructors at the Chitora dojo of Thunder Bay, earned their sixth-degree black belt after decades of training. They join local karate instructors, Susan Baldassi, Janet Fuchek, and Dinah Jung as the highest-ranking Isshinryu black belts in Thunder Bay. Baldassi, Fuchek and Jung are also Mady's highest-ranking female Isshinryu black belts in Canada.

Warren and Fenton are distinguished authors, having written a comprehensive book on Isshinryu karate.

Ryan Boesche of the Kokoro dojo in Berlin, Germany, secured his fifth-degree black belt. As a child, he began his Isshinryu training under Baldassi in his hometown of Thunder Bay. The accomplished instructor now operates several karate clubs in Berlin.

Moving into the fourth-degree black belt ranks were David Read of the Akatonbou dojo in Winnipeg and Jack Lafleur of the Toshikai dojo in Ottawa.

Five participants received their third-degree black belt, or instructor-level, rank. These include the

husband-wife duo of Karen and Kevan Holroyd of the Chowa and Kokoro dojo of Thunder Bay, Rod Berek of the Toshikai dojo in Ottawa, and teammates Eugene Richard and Michael (Bazil) Read of the Akatonbou dojo in Winnipeg.

Andrew Yip of the Toshikai dojo in Ottawa went up a belt to the second-degree black belt level, while Anna Carangi and Marlies Iorianni of the Toshikai dojo of Thunder Bay reached the black-belt milestone. Spencer Korol of the Satori dojo of Thunder Bay also achieved this honor.

Ethan Anderson and Lux Po of the Toshikai dojo of Thunder Bay attained the brown-belt rank, rounding out the list of successful belt recipients.

After the lengthy evening of belt testing, the training seminars started the next day and continued on May 21.

From grappling to traditional weapons to yoga, meditation and ballistic training, the Isshinryu Karate Expo 2018 offered a variety of exciting options for martial artists of all levels.

A banquet the evening of May 20 and a bus tour of the city the following day were other activities that fostered social opportunities.

With the departure of the last practitioner, the Valhalla Inn became a quieter place, void of the sounds of the traditional karate kiai (spirit yell when doing techniques).





Chitora Dojo Promotions in Thunder Bay, ON

Chitora Dojo is happy to announce the follow promotions on June 14th.

Promotions to Rokyu (Yellow Belt)

Julia Fenton

Kaelyn Fenton

Serena Warren

Wilder Ostap

Charlotte Crowe

Congratulations!





Sherman Harrill "The Way it once was"

Contributed by Richard Ruberto

Written by Sherman Harrill sensei. Enjoy what I call "the way it once was". One man's recollection and experience.

I am talking now of memories of Forty plus years ago and the fact that I sometimes have problems remembering what I have done the day before. One will have to realize that this is how I saw the training at that time through the eyes of a very young Marine and is my story. Stories of others will be different because people seem to see things just a little different.

I would enter from the alley at a small door located at the edge of the porch of Sensei's house which would be to the left when facing it. At this point I was a tag along with either Baker, DeSantis or Connors and almost everything I did was to follow their actions. We would pay our respects to Sensei, remove our shoes and change into our gi's. I had no idea of the meaning behind the alter so I just bowed to it because that is what everyone else was doing. The basics were listed on the wall and that was where it all started. A student would work on basics until they could get through them then move to the dojo floor.

Other than Sensei Shimabuku there were two Okinawans that were teaching the Marines at the Agena dojo. His number two son Shinsho (Ciso) Shimabuku and Kensho Tokumura. Both of these men were around 17 years of age at that time (Tokumura was born in 1941). Kensho Tokumura taught Basics to the beginners and Ciso would help his father in the teaching of the katas.

First I need to set the record straight that I was never one of Sensei's favorite or better students. I was just one of many young Marines that passed through the Agena dojo. A lot of the instructions to beginners was by other Marines that had already been training at the dojo. You might say the blind were leading the blind with what knowledge we had of the martial arts at that time.

The dojo hours were 4:00 pm to 10:00 pm during the week and 10:00 am to 10:00 pm on the weekends. There seemed to be a pattern on the amount of attendance at

the dojo and it revolved around pay day. The closer to pay day the attendance was up but on pay day it was very low. All of the young Marines were hitting the village and most would blow their paycheck in short order then back to the dojo. :-) At the time I was there very few formal class were held. You would arrive at the dojo and depending on the time of day there may be very few people there. You spent whatever amount of time you wanted to at the dojo training. There were many times when I would see someone come in and not even be there a half and hour then leave.

I would run through my basics and then work on whatever I had been taught at that time. Sensei would show some more on kata and leave you to work on it on your own. If you were making mistakes he would come over and make the correction but if you didn't get it right after a couple of times he would take his finger and smack you on the head and call you dummy or tell you that no body stay home. A lot of time I didn't get it because my head felt like a pickle. Most of the corrections actually came from Ciso when he was there. One has to remember that Ciso and Tokumura were school boys and were not at the dojo all the time.

One thing about training at that time, there were no thoughts about rank or associations. I didn't even understand the ranking system and the associations had not yet entered into the system. You went to the dojo to learn and sweat your backside off and throughout this there were friends made that have withstood the test of time. They were and still are very close friends.

Rank: Sensei Shimabuku promoted me to green belt after about 6 months with no testing. He just came up to me and said Harryu you catchy green belt. No big deal I then went and bought one. After another six months the same thing was done when he told me to catchy Black Belt. Upon leaving Okinawa Sensei sat John DeSantis and I down and ask if we were going to teach Isshin-Ryu when we went back to the states. At that time I had great hopes of doing just that. Sensei at that time did

(Continued on page 5)



Sherman Harrill "The Way it once was"

Contributed by Richard Ruberto

not promote me to the rank (there is a big difference between a promotion and entrusting) of Roku-Dan, he entrusted it to me. He said after 15 years plus training that it could be used. There was no contract just a handshake and my work, which was good enough at that time. Things do not always turn out the way we plan, for I didn't open a dojo for a long time. After I did and 22 years later I assumed the rank as I felt that I had done as Sensei had asked of me. Now the big question most people want to know, what was my rank when I left Okinawa. I hope that I might have been a half way decent Sho-Dan but that would depend on what standards were used. One thing you will find out is that I will be able to hit someone just as hard with a white obi on as with a black one.

Secrets: If there were any secrets I sure in the hell didn't know any of them. I was neither one of Sensei's favorite or better students. [As I stated above,] I was just one of many young Marines that passed through the Agena Dojo. Almost everything I was shown was very basic, block, punch and kick. This along with a lot of guts or sometimes no common sense made for some very strong fighters out of the Dojo. There was two things that made a big difference in my personal training after leaving one was having the code broken down by an Okinawan and two was working on the Kumite that Sensei taught. Kumite was not sparring but what people now know as bunkai.

42 Years Later: I have seen a lot of comments made by people about Shimabuku, Sensei. Some have been very good, others question his reasons for the way he developed Isshin~Ryu and promoted his students. Sensei was just another person and that means that he make some mistakes but NO ONE knows what his plan was except Tatsuo Shimabuku.

I have no problem with anyone who brings new ideas and knowledge into the system as long as you don't break one rule. Don't try to fix something that is not broken. There is nothing wrong with the way our basics or katas as taught by Shimabuku, Sensei. I suggest that if you do not like the way he done things or how he set up the system then look for another style and leave Isshin~Ryu alone.

Tatsuo Shimabuku trained and proud of it,
Sherman Harrill, Sensei



Richard Ruberto and Sherman Harrill



Lake of the Woods Dojo Promotions in Kenora, ON

The following promotions were awarded in June this year at the Lake of the Woods Dojo in Kenora, ON

Adult Promo:

Shichi Kyu: Kristine Ouellet

Roku Kyu: Chantal Tycholiz

San Kyu: Heather Duchominski, Mike Wallace

Ni Kyu: Rod MacDonell

Kids Class Promo:

Yellow Stripe: Kooper Horton

Shichi Kyu: Wyatt Hellesoe, Austyn Lamoureux, Colton Biggs

Orange Stripe: Kale Ouellet, Zach Dumontet, Braxten Dumontet

Roku Kyu: Jayden Tycholiz, Rylan Horton, Jaxyn Kolisnik, Katie Duchominsky, Aidan Wallace

Yon Kyu: Ellie Duchominsky, Lauryn Ross





Grand Master Lewis Lizotte Passed Away

By Hanshi Albert Mady

My Sensei, Grand Master Lewis Lizotte passed away on September 2, 2018. He was a tough guy in so many ways, I appreciate that he was tough on students, tough on me, he would bring out the best out of you. He held nothing back, told you like he saw it, if you didn't like it, well tough, if you really listened to what he said, you would achieve excellence. GM Lizotte provided me with much guidance in my martial arts career, even up to a month before he passed. I have lost a few Sensei, for me it's a very big part of my life. Rest In Peace Sensei

Grand Master Lizotte's biography from the Isshinryu hall of fame

Sensei Lizotte was born in Caribou, Maine on August 22, 1935. He started his Martial Arts in the Art of Judo in 1947 at the age of 12. In 1949, he started training in Jujitsu. Prior to going into the Military Service in 1952, he trained for a short period in the Arts of Shorin-Ryu and Goju-Ryu.



In 1954, at the age of 19, he joined the U.S. Marine Corp. Like many other servicemen, Sensei Lizotte was looking for something to do during his off duty time. It was in 1955 when he decided to start training in Isshin-Ryu Karate. He met with and began formal training with Grand Master Shimabuku Tatsuo. Before leaving the Okinawan Island he would obtain brown belt level from Master Shimabuku.

Sensei Lizotte would continue his training under Grand Master Don Nagle who was one of the chosen pioneers to head Isshin-Ryu in the United States. He received his black belt from Master Nagle in 1958. Sensei Lizotte was discharged from the Marine Corp. in 1959 and settled in the Chicago, Illinois area.

While in the Chicago area, he taught at the local YMCA. In 1960, he opened his own Dojo in the Chicago area. During the years in Chicago, he also taught self-defense tactics to various Law Enforcement Agencies. Later while in the Connecticut area he taught at area colleges and universities, such as the University of Massachusetts and Amherst College in Massachusetts.

On July 28, 1963, Sensei Lizotte became the first full contact Karate World Champion. In his first defense of

the title in 1964, he was beaten by Mike Stone in a very close match. In 1964, he was chosen to perform a Martial Arts Demonstration at the Worlds Fair, held in New York City. Other notable Isshin-Ryu instructors on hand at the Worlds Fair included Gary Alexander, Don Bohan and Ed McGrath. Thousands of spectators were in attendance to witness the former World Champion perform. The following year, 1965, he was again chosen to perform at the Worlds Fair.

Sensei Lizotte opened his first Dojo in the Enfield, Connecticut area in 1966. He then moved on to Holyoke, Massachusetts and opened a dojo. He also taught in his home in Somers, Connecticut until opening the current dojo in Enfield, Connecticut.

In 1967, Sensei Lizotte began training with Grand Master Steve Armstrong, who at that time was the owner, director and Chairman of the Board of the AOKA, an organization bounded by Tatsuo Shimabuku, Harold Mitchum, and Steve Armstrong in 1960. Master Armstrong was also one of the chosen Americans to head Isshin-Ryu Karate in the United States.

Sensei Lizotte came up through the Ranks being promoted to black belt by his second instructor Master Nagle and then by Master Armstrong and the AOKA. Master Lizotte is very active at the Dojo, he is there seven days a week and personally teaches the Black Belt instructors class on Monday and Wednesday evenings.

Sensei Lizotte holds Dan ranks in Isshin-Ryu Karate, Jujitsu, and Judo. He is the owner, director and Chairman of the Board of the AOKA. He is very active on the tournament scene throughout the country. He hosted the annual Connecticut Karate Championships for many, many years. In addition he occasionally hosts the Annual AOKA Grand National Karate Tournaments.

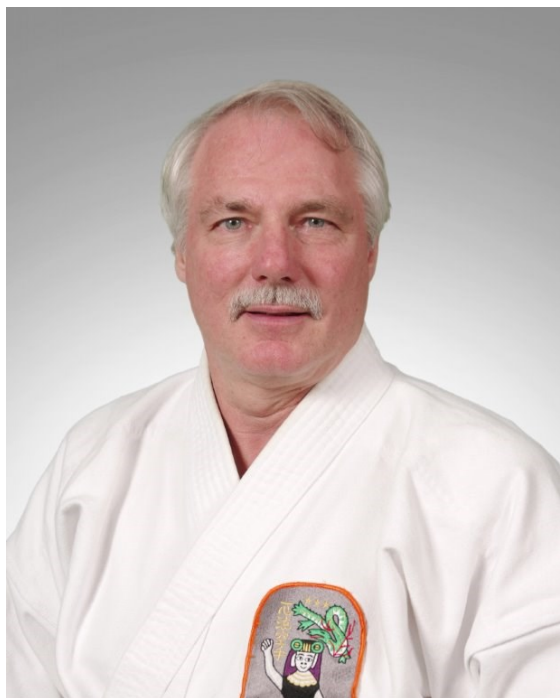
Sensei Lizotte was inducted into the Isshin-Ryu Hall of Fame in 1989, the New England Black Belt Hall of Fame and the Krane Hall of Fame in 1991. In 1992, he was the recipient of the Spirit of Isshin-Ryu awarded by the AOKA Isshin-Ryu Hall of Fame.

Sensei Lizotte's profession is real estate development. He has constructed many homes and shopping malls in the Connecticut area. He currently resides in Enfield, Connecticut with his wife, Arlene. He has two children, Michelle and Paul. Paul is the co-owner and one of the Dojo instructors on the Dojo staff. Michelle is a microbiologist who teaches at Smith College in Northampton, Massachusetts.



Shihan Richard Wharf Passed Away

This Tribute was written by Tim Leonard and Susan Baldassi



"Karate shouldn't be your life, It should make your life better." Richard Wharf

Wise words from from a kind and gentle warrior who has left us far too soon.

Richard has been part of our Isshinryu family for more than 30 years. Student of Brian Smout, Richard took over the dojo in Brandon along with his close friend Buzz Cox. Every time there was a special event, be it a testing in Winnipeg, a tournament in Windsor or the Isshinryu Expo in Thunder Bay, Richard was there sharing with all us, being one of us.

As a 6th Degree Black Belt affiliated with Hanshi Albert Mady, he was one of the pillars of our Isshinryu community and respected as an innovative martial artist. At our Karate Expo last month, many of us had an opportunity to attend his seminar, perform a kata for him at the testing or connect with him at the many social events. He was already planning what he would teach at the 2020 Expo.

Richard knew how to laugh, how to make karate an enjoyable experience for everyone in his class, and he knew so much more than just karate. Indeed, we have learned much from who he was as a Sensei, and as a human being. Richard we are going to miss you so, so much, but we will never forget your lesson: Karate does make our lives better; you made our lives better.



Buzz Cox Albert Mady and Richard Wharf



About The Newsletter

Just as in our dojo training, the newsletter is about sharing and improving as a group. We regularly have contributions and updates from Quebec to British Columbia in Canada, as well as from Germany, New York and the Southern United States. Everyone is always welcome in my Dojo or to share via the newsletter.

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. (sensei@issheinryu.ca)

You can even include pictures if it helps your article!

Karate Terms

Ashi foot

Atemi vital points of the body

Bunkai take to pieces/analyze

Empi, hiji elbow

Hajime Begin

Hiza knee

Kansetsu joint

Ken fist

Keri Kick

Kin-geri Groin Kick

Kinteki groin

Kokan heel

Kosomi ball of foot

Kote wrist

Men head

Mo Ichi Do One more Time

Rei Bow

Seretsu line up

Shotei palm heel

Shuto/Shoto knife hand

Sokuto blade of foot

Tsuisaki toes

Tsuki direct strike

Uchi indirect strike



A busy and fun seminar at the 2018 Isshinryu Expo