



The Canadian Isshinryu Way Everything Karate & Kobudo

Isshinryu.ca

Volume 4, Issue 1
February 2008

Make it Better

Everyone has been very helpful with the newsletter contributing over the past 3 years. But those that know me, know that I can be very greedy in the martial arts. Do you Kata well for me, and I'll always expect more from then on!

So, I would like EVERYONE to get involved to make the newsletter and website better for all Isshinryu Karateka. But, I need ideas and even more contributions! While you read this newsletter and while you at the dojo, give some thought to "What could help me?" and "What information could I share with others?".

Now that you've considered it, share it! I'm sure that everyone reading this can come up with something they would like in their training they aren't currently getting. Login to the website and tell everyone in Isshinryu and we'll try to make it happen!

Requests are always welcome as well. Virtually every Improve Your Kobudo or Improve your

Upcoming Events

Seminars

March 9th, 2008—Hanshi Albert Mady Bo Seminar—AOKA Event
March 9th, 2008—Hanshi Albert Mady "Train like a Champion" - Ottawa, ON

Weapons Camps

Weapons Connection Spring
Weapons Camp—Northville, Michigan—April 11, 12, 13.

Ryukyu Kobudo Tesshinkan
Weapons Camp—Chilliwack BC. End of April.

Isshinryu Tournaments:

August 9th, 2008—AOKA World Championships—Charlotte, NC

Karate have originated in one of two places. The first being one of my students asking me how something works, this is the most common. The second is my noticing something my students need to work on. But, there are lots of students outside my Dojo that may need to work on things I've not covered.

So, Students, next time you ask your Sensei a question and he gives you a good explanation, send it to me! If you felt the information you just received was of value, then it's worth sharing right? As well, if you are curious about something but feel bad about asking your Sensei question after question (Yes Hanshi, I sometimes feel bad about it...) Ask everyone, then anyone can answer, even a fel-

low student that has already asked the question.

The key is, everyone needs to work together to make Isshinryu grow. We've started the bonds between cities, it's time for the students to meet. Visit Isshinryu.ca and take part in the forums, Ask questions, answer questions.

Get Involved! I'm expecting a lot of e-mails and a lot of new contributors this year, make sure you are one of them!

PS: In case you can't find the website, it's on the top corner of this page.

ATTENTION NEEDED!

Do you know of a great Sensei in Canadian Isshinryu?

If so, please e-mail Sensei@issheinryu.ca with the Sensei's contact details to be profiled in future newsletters.

Do you know of a great student in Canadian Isshinryu?

If so, please e-mail Sensei@issheinryu.ca with their Sensei's contact details to be profiled in future newsletters.

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Sixteenth Edition of the Canadian Isshinryu Newsletter!

- Valuable training information
- Important historical articles
- Promotion & Tournament Results
- Important details on upcoming events.
- A Karate crossword



Sanchin—Part I By Mike Fenton

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 Myth's

This is perhaps the most serious myth associated with any of the kata. That is that Sanchin is bad for your health. It was reported for a number of years that on Okinawa the masters who trained Sanchin were damaging their internal organs with all the increased pressure and as a result died younger than most on Okinawa.

While a large enough study has not been done, and probably never will be done. This belief arose from a very small number, and a number which can be equally balanced with other well known martial artists who regularly practiced Sanchin and lived a long life.

Sanchin Kata



The Name

The kanji for Sanchin is fairly easy to interpret and written very similar by almost all historical texts.

Sanchin translates as "Three Battles" or "Three Conflicts" both are acceptable translations and generally indicate the same meaning. Analysis of the translation shows the true meaning of the kata.

The three battles are usually referred to as mind, breath and spirit, although other interpretations are possible. Through the mastery of these three elements of a conflict, a karate-ka becomes truly unstoppable.

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

I sincerely hope that you enjoyed reading this. The next article will begin the background of Sunsu and its unique place in Isshinryu. If you have corrections or comments regarding this article or any future article, please feel free to contact me directly.

Mike Fenton

mike@issheinryu.ca

"Sanchin translates as "Three Battles" "

Women in Karate "My" Thoughts By Tanya Lemaire

Its fun to people watch, isn't it? How a person approaches new situations and how they handle themselves really tells you a lot about them. As a water bottle, I do a lot of sitting on the sidelines and watching people as they participate in their chosen activities.

I have had the pleasure of watching someone take up various sports over their lifetime such as horse-back riding, downhill skiing, Ultimate Frisbee, running and karate. Of all her activities I can safely say that karate has changed her the most, for the better.

As her water bottle, I watched with pride and pleasure over the last nine years as she worked on her technique with basics and kata, gained confidence in herself for sparring and self defense and learned what made her tick as a karate-ka and a person. She has overcome personal challenges and takes her role in the dojo as Sempai, and that of the only female in the karate club, very seriously. She has learned to offer sound and experienced advice and guidance to fellow club members, which from what I can tell, is well received.

These days we're preparing for Shodan testing. And

(Continued on page 3)



Women in Karate “My” Thoughts Cont’d

By Tanya Lemaire

(Continued from page 2)

wow, what a ride this has been! She has taken everything she’s learned about karate in the last nine years and about herself as a person, and is focusing her attention and energy into preparing for this event. I’ve never seen her as busy as she works out almost every day to prepare her mind and body for this new challenge. She took up boxing to improve and control her power to help with her sparring. She started running again to meet the Shodan physical requirement and to increase her cardio fitness. As her proud water bottle, I can say we’re on the go and having fun!

I should take this moment to point out that she was diagnosed with asthma six years ago and that’s it’s very hard for me to watch her struggle whenever she has flare ups. But it is encouraging to see her learn to use these challenging moments to deepen her resolve to overcome this disease in order to continue to improve her fitness and endurance and, to continue her karate career. She uses her weaknesses as challenges to overcome and faces them head on to the best of her ability. This trait has been strengthened by her commitment to karate and is one she shares with the club’s junior kyu to encourage them and help them along with their personal challenges with karate.

From what I can see, her challenges are the same as those the men in the club have to overcome. It seems as though everyone at one point struggles with lack of self confidence, fear of failure and even the physical part of karate. From what I can see, as a mere water bottle, not too many people can do fifty knuckle push ups right off the bat, this skill takes training and commitment. Using her learned experience, she has offered support and guidance to those who seek if and has grown into her role as Sempai.

Compared to the other sports I’ve seen her do, horse-back riding, Ultimate Frisbee and volleyball, karate, unlike other individual sports, really becomes a way of life where the person embraces the true meaning of “empty hands” in their day to day life by growing as a person as their skills develop. I’ve seen her confidence in her abilities grow over the years and it’s quite the thing to say that you’re doing karate and that you spar with people and break boards, for fun! She gets a lot of raised eyebrows when she tells people she’s a Brown Belt in karate and that yes she fights against boys. What they don’t understand, since they don’t understand the true meaning of karate and how it changes a person, is that she chooses to do this activity year after year and chooses to overcome her internal fears to become a stronger and more grounded person. Simply choosing to come back time after time is noteworthy. Gotta respect that eh?

As I’ve mentioned before, I’m a water bottle, so speaking about the inner thoughts and feelings of humans is not my specialty. But what I can do, and I do it a lot, is observe people and make comments on what I see of their behavior. What I see are people who enjoy the challenges of martial arts, whether they are male or female, and that to progress in this sport is to find your own path. I have seen my owner struggle to bring the “Eye of the Tiger”, i.e. more power, to her kata and to overcome some personal struggles to become a better fighter in class. But what I also observe are the men finding their own path in karate as well. So to me, the differences are not in what has to be overcome, but in how the challenges are met.

Women in karate, and I’ve seen this time and again, have many additional demands on their time such as raising children and taking care of their homes, whereas the men seem to be less burdened with these demands. Over the nine years she has been studying karate we have seen many women come and go, the men too, but the ratio is much higher for women. This is too bad since karate is an activity with so many more benefits than just the sweat. Oh well, there’s not much I can do from the sidelines but to provide the hydration and all she can do is be there for the women when they do come to try the classes out and encourage them as best she can.

From my perspective on the sidelines, the most obvious challenge that women face, more so than the men, is the physical component of karate. In this club there is no quarter given to the women when it comes to the physical requirements such as push ups, crunches, running and sparring. It is understood that these things are harder, but the expectation is still the same. In some ways it’s encouraging for her, and other women, to be treated the same, but on the other hand it is also difficult knowing that you’re entering the same arena, so to speak, with a significant disadvantage.

I know for her, it has helped tremendously knowing her Senseis understand that the physical differences are difficult and they are encouraging and supporting her training along the way. See this is where having other women in the club is good so they can share their frustrations with someone who has or is in the same situation. This is the difference between empathy from other women and sympathy from the men. Big words for a water bottle eh?

So there are “my” thoughts on women in karate, having had the distinct advantage of observing a woman in training from their white belt through to final preparations for their black belt. It has been quite the ride with many ups and downs and I can only look forward to her next chapter, or first step, in karate as a Shodan! She is so going to kick some butt!

“Women in karate, and I’ve seen this time and again, have many additional demands on their time such as raising children and taking care of their homes, whereas the men seem to be less burdened with these demands. “



Carbone Dispels Okinawan Myths By Susan Baldassi and Janet Fuchek

If you've heard any myths about Isshinryu karate and weaponry, ninth-degree-black belt Peter Carbone will set you straight.

The high-ranking master in Ryukyu Kobujutsu, who is also an eighth-degree-black belt in Isshinryu Karate and Kobudo, did just that in a series of traditional Ryukyu Kobudo (weaponry) workshops he conducted Jan. 18-20 in Thunder Bay, Ontario. The 61-year-old icon, who hails from Northville in the Detroit, Michigan, area, is also President of the Ryukynote Kobujutsu Hozon Budo Kyokai in America.

"I want to share my education with everyone else," says the passionate martial artist, who was impressed with the participants' determination and hopes to return to put on other seminars. "It appears to me that everybody is sincere and hungry for more knowledge."

Carbone braved the shocking cold of Northern Canada to venture to this small city, nestled on the shores of Lake Superior and less than an hour's drive from the Minnesota border. Besides hockey, martial arts is quite popular there. Some people even consider the Lakehead - its other common name - to be "the martial arts capital of Canada" due to the city's unique Thunder Bay Martial Arts Council. This innovative organization defies the fallacy that various arts and styles don't mix, as members representing different clubs work together to promote the martial arts locally.

Close to 50 martial artists, from children to adults, attended the weekend affair - some as far away as Dryden and Sioux Lookout, which are about a three-and-a-half and five hours' drive, respectively, from Thunder Bay. They gathered to see a weap-

only link to Okinawan Grand Masters Nakamoto Kiichi and Uezu Angi, son-in-law to Grand Master Shimabuku Tatsuo. Carbone, who considers himself to be Uezu's first student, qualifies as the weapons powerhouse who fulfills this role. During the seminars, he imparted not only several valuable weapons techniques, including those of the Gusan (Okinawan jo), tanbo (short stick), bo, sai and tonfa, but also his martial-arts related knowledge of Okinawa, which he visited 26 times to date to further his training with some of the best on the island.

One myth that he hopes to dispel is that the sai is an ancient Okinawan farming tool. According to Carbone's research, however, it was designed to be strictly a weapon.

Another is that Grand Master Shimabuku Tatsuo studied Gojuryu Karate extensively. False, figures the martial artist, adding that he heard he studied the art to a lesser extent, offering to pay for lessons to financially help the instructor Miyagi Chojun - who was also a school teacher - after devastations he suffered during war.

With his vast wisdom, Carbone was a hit with both participants and spectators, alike.

"He was really nice - a good teacher," concur eight-year-old twins Megan and Rachel Rubin, agreeing that they value above all the bo basics he showed them.

Fans at the sidelines, like the girls' father Dave, absorbed Carbone's teachings through observation.

"I liked the way he spoke to people," says the former martial artist of the guest instructor. "He was to the point and informative. You could understand it."

"During the seminars, he imparted not only several valuable weapons techniques, including those of the Gusan (Okinawan jo), tanbo (short stick), bo, sai and tonfa, but also his martial-arts related knowledge of Okinawa, which he visited 26 times to date to further his training with some of the best on the island.."





Carbone Disperses Okinawan Myths Cont'd

By Susan Baldassi and Janet Fuchek

The kids picked it (new techniques) up pretty easily. I really liked it, too. I liked the history lesson."

Another parent Mike Baraynk was also pleased with the knowledge he gained.

"I learned about the background behind the weapons," he says. "I could have stayed here all day." His seven-year-old daughter Kelsey was equally awestruck.

"It was really cool," she says. "I liked using the bo."

So did brothers Jared Holroyd, 6, and Devan, 8.

Their father Kevan, who also took part in the seminar, appreciated how Carbone taught the youngsters.

"He was serious but brought it to their level," he explains. "I was impressed with the defense counter techniques with the tanbo."

The weekend was definitely a success from the

viewpoint of organizers, Isshinryu fourth-degree black belts Trevor Warren and Mike Fenton.

Besides enhancing their martial arts skills, participants learned more about Carbone's trademark "Agena" sai – his specialty of all the weapons he makes – which is fashioned after Grand Master Tatsuo Shimabuku's own pair.

"The idea behind the sai is that it collects energy and causes it to explode out of the finial," he explains, adding that he is the only person in the world to make these sai.

Just as owners of the Agena probably feel fortunate for this treasured find, seminar registrants most likely felt blessed for the rare knowledge that they assimilated.

Myths dispelled, techniques acquired, friendships formed – Carbone's Thunder Bay training sessions were certainly a worthwhile venture for both martial artists and onlookers alike.

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Isshinryu Crests

For Dojo's looking to obtain the classic oval Megami (Mizugami for some..) Hanshi Mady and Shihan Markovich have managed to arrange for the manufacturing of them in Windsor and are will to share there new low rate with everyone.

The Crests are full color and completely stitched and are available in the normal size as well as the smaller child size.

The rates are very affordable, please contact Shihan Markovich if you would like to place an order.

Don't delay though, I've already placed my order and I'm waiting for the next run which means the more that are requested the sooner I get mine!

Training Tips—The Eye Must See All Sides Part 2

By Trevor Warren

During The Fight

One of the best weapons you have in a fight is your peripheral vision. For those that are unfamiliar with this term, it refers to objects that are not in your direct line of sight or focus. For example, while I am typing this and staring at my computer screen I can see objects like my water bottle and printer out of the corner of my eye. Even though I'm not looking directly at the object I can still see it. This is known as peripheral vision.

To determine the limit of your peripheral vision, have

a friend start with a finger behind you and slowly circle it towards the front. When you see the finger, stop. This will be the limit of your peripheral vision. Certain medical conditions may limit your P.V., but in general it should be slightly greater than half a circle (180 degrees).

Using your peripheral vision in a fight gives you a great advantage. You can stay focused on a single point while attacking and defending. This focus will decrease distraction. To develop your P.V. reflex use the following drill. Start by having a partner throw punches and kicks while staring at a point just above the knot of their belt. As they throw the attack say "left" or

"One of the best weapons you have in a fight is your peripheral vision."



Training Tips—The Eye Must See All Sides Cont'd

By Trevor Warren

“right”. From there graduate to blocking the techniques while staying focused on the same spot.

This spot should be where you are looking during a fight. You can easily see all attacks from this point. There is some evidence that your peripheral vision reflex is actually faster than your regular reflexes.

At all times, whether fighting or just strolling around in public, it is important to be aware of your surroundings. Staying alert is the best way to stay safe. And please, for your own sake, do NOT park your cart in the middle of the aisle.

Improve your Karate Conditioning

Conditioning is a crucial part of the martial arts and frequently becomes overshadowed by the desire to learn new techniques and be promoted. However, any serious martial artist should focus on developing their conditioning in order to truly be able to function as a martial artist.

This will be a series of three Improve Your Karate's on conditioning with the first the most common of conditioning methods, the striking and blocking surfaces. Conditioning using a Makiwara (punching board) is the fundamental aspect shared by every style of Okinawan Karate. The board is struck repeatedly to strengthen the knuckles and correct technique. This naturally extends to the forearms, feet and shins.

Conditioning for striking is very important as it is almost like a secret weapon, not only can you strike or block, but you can do it harder using the same technique because you prepared your body for it.

This type of conditioning has two crucial aspects that must work in unison to achieve effective results, the first step is to damage the area you wish to condition, (i.e., punch something) that alone will not provide conditioning, the conditioning comes from the healing of the damage, making it stronger.

When conditioning it is important to gradually build up so that it heals quickly. If you strike yourself very hard and it takes weeks to heal, your body doesn't learn to adapt to the change, and just heals, however, if you do just a very small amount of damage so that it heals overnight or in a day or two then doing that regularly, quickly teaches your body if it doesn't want to regularly hurt that way it must adapt your body (which it does by building calluses). This is the way all conditioning should be done.

Once again, remember that this should be an ongoing event, don't do it for a week and expect great results, you need to do it for months and years allowing gradual changes to strengthen the body. As well, this is not an activity for children to practice with the dedication I'm describing. Some conditioning is acceptable, but doing it daily would not be healthy.

Conditioning Striking Surfaces

For conditioning of striking surfaces, nothing can supplant striking. Begin with light strikes and a low number of them. I would recommend beginning at ten with each hand and slowly progressing from there. What you strike can also be tailored to your skill level. I prefer to find something around the house I can use so that it is readily available (Tip: For me, I keep a brick I broke many years ago that didn't get thrown away, relatively small, but still nice and hard).

As you get stronger and feel more comfortable, slowly increase the force you strike with and the number of strikes, but remember, if you strike too hard and really hurt your knuckles, you'll lose most of your conditioning before you've healed enough to continue, so be cautious.

Other striking surfaces include; Knife Hand, Palm Heel, Elbow (carefully), ball of foot, and heel.

Conditioning Wider Surfaces

Conditioning wider surfaces like your forearms and shins can be done by striking the surface either with your hand, or an object (Sai, Tonfa, Tanbo all work great). Just like the striking surfaces you need to build up slowly. Due to the length of the surface, I recommend starting at one and working your way to the other, so if you are doing your forearm, start

“Conditioning for striking is very important as it is almost like a secret weapon, not only can you strike or block, but you can do it harder using the same technique because you prepared your body for it.”



Improve your Karate Conditioning Cont'd

at the wrist and work up to the elbow and then back. Starting a single trip up and down should be sufficient.

Just like striking, as you get stronger and more comfortable, build up the intensity of the strike as well as the number of strikes you do going up and down. You'll also begin to learn which part of your arm is stronger and weaker so that you can strike harder at certain points.

Other areas that can be conditioned like this are the upper arm, inner forearm, inner and outer thigh. In addition to the muscles, you can also condition the bones on the top and bottom of the forearm.

Don't forget that healing is the most important part of conditioning. Immediately after conditioning, rub the surface you were conditioning to stimulate blood

flow to the area. Your blood carries everything your body needs to heal and strengthen the area so the sooner the blood gets to it the sooner it will heal.

Always wait for it to heal before repeating the conditioning! If it is still sore, it means it hasn't healed and you risk injuring yourself (and setting back your conditioning progress).

Final Tip: The progress may seem slow, but this is very much a case of slow and steady wins the race. Keep it up and you'll rarely feel pain when blocking or striking. A VERY useful trait to have.

In the next newsletter I'll discuss cardiovascular conditioning.

Improve your Kobudo Pull don't Push

The Bo is a challenging weapon to use because you must coordinate movement with both sides of the body. This is not a common requirement for martial artist as they typically use each arm in unison performing their movements freely. With the bo when one hand moves the other must follow.

Keeping that in mind, one hand needs to be the "guide" hand, directing the action, while the other hand is the engine, powering the movement. Notice, I don't say front or back hand? That is because the hand position will vary depending on the strike.

Let's focus on the side strike, it's a simple motion with the bo travelling across the body striking to the temple. And, it can be done back and forth for easy training. All "swinging" bo strikes, should be driven by the pull, the engine is pulling the bo back towards your body (a strong movement) at the same time the hips twist to strengthen the movement while the "guide" hand maintains the angle ensuring the strike is on target.

Now that I've described it, here's how you can practice it.

Start in your proper oblique Seisan stance holding your bo in a ready position. Quickly pull your front hand directly down to your front hip while directing the other end of the bo to the temple. The middle of the bo should "roll" across your body. Relax the "guide" hand and allow

the engine to drive it as quickly as possible. After only a few attempts you should be able to generate significant power in the strike (and make a nice whooshing sound as well).

Once you've got the basic strike down, you must add on the hip motion. Moving your hips properly not only increases the power of the movement, but positions your body to optimally provide a stable anchor behind the strike to eliminate absorption of the force away from the strike.

Doing the same movement as the previous strike, add in the hip motion. Any hip motion must be timed precisely with the hand / bo motion. The hips should twist in the direction the strike is travelling.

The optimal end position for the strike is with the bo perpendicular to the other thigh, using it as brace for the strike. Both drills should be done repeatedly in both directions. I recommend starting with just the hands in a single direction and adding it step by step.

Once you have the motion done, it's time to extend the motion to all strikes, pull your strikes powerfully and any swinging strike will be powerful and more natural. Many incorrect bo movements are caused by people trying to push the bo around. Just remember Pull Don't Push!

"one hand needs to be the "guide" hand, directing the action, while the other hand is the engine, powering the movement".



Ask a Shihan Biography of Robert Markovich

Shihan Markovich was born 30 August 1940 in Yugoslavia and moved to Windsor, Ontario Canada at age 10. He began his Isshinryu training in 1969 under Lloyd Russette, Don Shapland and Doug Noxon. Shihan Markovich received his Shodan in 1971 and his Hachidan in July of 2002. In addition to his Isshinryu training Shihan Markovich also continued learning and in 2007 earned his 2nd Degree Black Belt in Modern Arnis

Shihan Markovich has been a member of the American Okinawan Karate Association (AOKA) since 1971 currently serving on the promotion board. He has instructed in a number of dojos in the Windsor Canada area. His students include Albert Mady and Lamont Kersey. Shihan Markovich was also a member of the Canadian Isshinryu Karate Association

(CIKA) from 1988 until its disestablishment in 1993. His awards include, the Hall of Fame award for outstanding contributions to Isshinryu Karate in 1999 and the AOKA Spirit of Isshinryu award in 2002. Master Markovich is also a former member of the Canadian Armed forces and Reserves who received his commission as a full lieutenant in 1965. He graduated with a BA in Geography from the University of Windsor and after attending Teacher's College, began his secondary school teaching career in 1969. He completed his Master Degree in Geography in 1971 and a second Masters Degree in Fine Art in 1987. Master Markovich retired from secondary school teaching in 1997, and keeps busy via a variety of activities, including artwork, picture framing and martial arts training.

“I think that after 40 years it has become a way of life, not to mention that it is a way to remain healthy and active. If I stop doing it I'll feel guilty and there will be something missing“



Ask a Shihan Answers By Robert Markovich

Q1. You have been training in Isshinryu for a long time but continue to branch out training in Arnis and opening new Dojo's. What pushes you to keep improving and helping others improve?

A1. Well, as I said before, my wife thinks that I'm crazy. However, I don't agree with this point of

view. I think that after 40 years it has become a way of life, not to mention that it is a way to remain healthy and active. If I stop doing it I'll feel guilty and there will be something missing. Another important factor for me are the friendships of like-minded people that I have developed over the years. My career has been teaching. I was a high school teacher until I retired and I enjoyed it. Karate is an extension of this.



Ask a Shihan

Answers By Robert Markovich Cont'd

Q2. What Kata do you most enjoy teaching?

A2. I enjoy teaching Seisan kata the most because there is so much in it in terms of applications. The 'chicken head' block can be translated into five or six effective techniques, just to mention one move. The kata that I like to perform however is Chinto.

When one becomes older one finds that it becomes more difficult to keep up. That is why it is good to learn grappling techniques so that it becomes possible to subdue an opponent quickly. There are a lot of grappling techniques in kata.

Q3. What is your favorite memory from your time as a student?

A3. I think my favorite memory is being young and training at a time when karate was a fairly new sport for North Americans and no one had to worry about being taken to court.

Q5. What are you most proud of as an Instructor?

A5. I guess that I am most proud of the fact that at nearly 68 I am still in the game and able to work with my students at almost the same physical level as I've always done. I am also pleased that I have not become stale mentally. Each new group of students is a new challenge. It is very gratifying to see them succeed and progress through the ranks.

Q4. What do you wish Isshinryu Karateka in general would put more effort into?

A4. I think that everyone should put a lot more effort into basics as they are the foundation of good kata and good self defense. Kumite is good but it can take you only so far. Kumite is a sport for the young.

Q6. At this point in your training, who would you most like the opportunity to train with and learn from (any style, anywhere)?

A6. I think that I would have liked to train with a Jiu Jitsu master such as Wally J. The high point of my career was training with the late Grand Master Remy Presas in Arnis.

Isshinryu Student Exchange

An Invitation by Ryan Boesche

For those of you who don't know us, the Kokoro Dojo in Berlin, Germany is a sister dojo to the Kokoro Dojo in Thunder Bay, Ontario, Canada. Started up three and a half years ago by Sensei Ryan Boesche (San-Dan) from Canada, the Kokoro Dojo Berlin has gone from a handful of students twice a week to over fifty members with classes running six days a week.

We are striving to keep close ties to Canadian Isshinryu and have already had a number of visitors from Canadian martial artists. Our members are consistently impressed by the calibre of martial artist that have been so kind as to share some of their knowledge with us.

In order to further this great tradition that we have begun and the spirit of international budo, we are offering a student/instructor placement program here in the heart of Berlin. Students and instructors of all ranks are invited to come to Berlin for a month and experience the culture, sights and sounds and maybe even learn a bit of the language all while keeping up with their martial arts studies.

The Kokoro Dojo runs "Kleine Drachen" (Little Dragons), Nihong-Ki (slow and fluid movements similar to

Tai-Chi), children's courses, adult's classes, after-school programs as well as kobudo. So really something for everyone.

For those of you who don't speak any German, not a problem. Most of our students are bilingual or can at least speak enough English to muddle through. Aside from that, we also have British and American students in our classes who can translate as well. It's probably a good idea to get a phrase book and learn a few sentences, but everything else you need can be picked up during your stay with us.

We currently have one host family (Sensei Ryan Boesche and Susi Kassler) that is willing to take in an Isshinryu student for a month of training and show you around Berlin too.

Anyone who is interested, don't hesitate to send an email to find out more details. The earliest possibility is spring/summer 2008, but we are happy to plan for 2009 too.

And for those who might be in the area touring Europe, feel free to get in touch with us. The guest room and couch are always open for a couple of guests for a shorter stay too.

"Students and instructors of all ranks are invited to come to Berlin for a month and experience the culture, sights and sounds and maybe even learn a bit of the language all while keeping up with their martial arts studies."



Competition Results

None reported

Coloured Belt Promotions

Thunder Bay, Ontario—December

Logan Takats—Yellow Stripe
Sydnie Takats—Yellow Stripe

Ottawa, ON—January 6th

Chris Barnett, Matt Morin and Jay Miller—Gokyu
Rod Berek—Sankyu

Continue training and practicing at home to improve your standings and to help ready yourself for promotion.

Black Belt Promotions

Each newsletter, we will attempt to recognize all Black Belt level promotions that have occurred since the previous newsletter.

Again like everything else in this newsletter, there is no guarantee of absolute completeness. If you know of someone I missed, please let me know and I will include them in the next newsletter.

Completed Promotions

Don't stop training now! There's always more to learn and improve upon.

January 6th—Ottawa, Ontario

Derek Dunnett—Ottawa, ON—Shodan

Derek Dunnett was one month away from testing for Shodan (black belt) two and half years ago when he became injured and could not attend class ever since. Derek was the sempai of our dojo for years before being forced to leave due to health reasons. Derek was promoted to Shodan in a ceremony



Other News

AOKA Gets new Website

The American Okinawan Karate Association, now has a new website. The new site is just getting started but is very similar to our Canadian website. On top of that, I'm involved with the setup and running of it, so requests are welcome! Check it out.



Contributors



Editor & Author—Chitora Dojo

Mike Fenton—Thunder Bay, Ontario
Mike lives with his wife Kyla and has been training in Isshinryu karate for over 20 years, and has been an instructor for over 15 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.



Author—Toshikai Dojo Ottawa

Tanya Lemaire—Ottawa, Ontario
Tanya has been studying Isshinryu since 1999 and recently was promoted to Shodan. Being very active within the dojo, Tanya will also soon be running her own class for children. Tanya is presently part of the AOKA women's committee.



Author—Chikara Dojo

Robert Markovich—Windsor, ON
Master Robert Markovich is an 8th Degree Black Belt and a member of the AOKA Promotion Board. He also holds a 2nd Degree Black Belt in Arnis and is a very dedicated martial artist and instructor.



Author

Janet Fuchek—Thunder Bay, Ontario
Janet is a Godan (5th Degree Black Belt) that has been training the majority of her life. She has traveled extensively expanding her knowledge of the martial arts and Isshinryu and is always open to learning and sharing knowledge.

Author

Requested—Anywhere in Canada
Someone willing to contribute their time to helping other Isshinryu karateka with their training or understanding.

Karate Terms in this Newsletter

Barai—Sweep

Bojutsu No Kihon—Basic exercises of Bo combat

Bunkai—Application of Move “Taking to Pieces”

Bushi—Okinawan Title for Samurai

Chikara—Strength

Chitora—Essence of the Tiger

Dachi—Stance

Dojo—School

Ekū—Kobudo Boat Oar

Gojuryu—Hard / Soft Way

Gusan—Okinawan Jo

Hanshi—Model Instructor

Isshinryu—One Heart Way

Kanji—Japanese Writing

Kama—Sickle

Karate—Empty Hands

Karateka—A person who trains in karate

Kata—Prearranged training techniques

Kobudo—Ancient Martial Way

Nidan—Second degree black belt

Okinawa—Japanese Island where all karate began

Peichin—“Senior” Honorary title in the Ryukyu Kingdom.

Rokudan—6th Degree Black Belt—Master Level

Sanchin—Three Battles

Sandan—3rd Level (Black Belt)

Sensei Level. This rank denotes instructor level as such the title Sensei becomes the appropriate title for the individual at this rank.

Sempai—Senior Student

Shodan—1st Level (Black Belt)

Shuri—Capital City on Okinawa

Tanbo—Short Stick (Baton)

Uchi—Strike

Uezu Angi—Son-In-Law of Shimabuku Tatsuo

Yondan—Fourth Degree Black Belt

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



lsshinryu.ca

Visit lsshinryu.ca for an archive of our newsletters and must more information about lsshinryu.

Story Submission

Stories 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 stories are appreciated as e-mail. You can send it to your instructor to proof read and send in, or directly to me. (Mike (at) lsshinryu.ca) or (newsletter (at) lsshinryu.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 lsshinryu.ca We are getting too many to list here.

Affiliate Cities!

Abbotsford, BC

Contact: Mike O'Leary

Brandon, MB

Contact: Richard Wharf

Calgary, AB

Contact: Charles Boyd

Cookstown, ON

Contact: Harri T. Makivirta

Hope, BC

Contact: Norm Losier

Kenora, ON

Contact: Steve Davis

Ottawa, ON

Contact: Tim Leonard

Saskatchewan

Contact: Brian Smout

Sioux Lookout

Contact: Jim Sapay

Thunder Bay, ON

Contact: Mike Fenton & Trevor Warren

Vancouver, BC

Contact: Rachel McGovern

Windsor, ON

Contact: Albert Mady

Canadian lsshinryu Abroad

Berlin, Germany

Contact: Ryan Boesche

Shijiazhuang, China

Contact: Simeon Ostap

Tsukuba Ibaraki, Japan

Contact: Brent Horton



The Chinese New Year began on February 7th of this and 2008 is the year of the Rat.

The Rat (Chinese:鼠) was welcomed in ancient times as a protector and bringer of material prosperity. It is the first of the 12-year cycle of animals which appear in the Chinese zodiac related to the Chinese calendar. Rat is associated with aggression, wealth, charm, and order, yet also associated with death, war, the occult, pestilence, and atrocities.

Thanks to Charles Boyd for providing the Image.