



# The Canadian Isshinryu Way

## Everything Karate & Kobudo

Isshinryu.ca

Volume 4, Issue 2  
April 2008

### One Heart Way

Isshinryu was the name chosen by Shimabuku Tatsuo to represent his style of karate. It was not some obscure name as it may appear to those who do not understand the language spoken on Okinawa but a simple statement. Shimabuku Sensei was teaching the "One Heart Way".

Many people, including almost all of the people reading this, if asked, would say they train in Isshinryu. Those people are saying they train in the "One Heart Way". My question is, are you really? What does "One Heart Way" mean to you? Is it nothing more than a series of moments / techniques, or does it actually mean something more?

Shimabuku Sensei was a very wise man. He understood both human nature from his early training as a fortune teller and also mastered the martial arts. His understanding of the Kenpo Gokui (Codes of Karate) demonstrate that it was more than an exercise regime for him. I firmly believe that he wanted more from his students and all those following his lineage. After all, we may be a few steps removed, but we are all his stu-

dents.

Being of "One Heart Way", should be an indication of not only the techniques you practice but the way you practice them!

It should not be acceptable to practice your karate without committing yourself full to your training. This doesn't mean you must train full time, it means when you are training you must dedicate your full attention to it. Act with "One Heart" towards your goal.

This applies to everything you should do. It's not just your karate. Try to approach any challenge in your life, or even task you have to accomplish, with the "One Heart Way". By putting all your effort into ac-

complishing the task, you will do it better and more efficiently. Allowing yourself any leniency only promotes bad habits and ultimately will reduce any successes you could have had in the endeavor.

The next time you are tired, frustrated or otherwise unmotivated to work hard, remember, you train in the "One Heart Way" and have the ability to persevere and overcome any challenge ahead of you. After all, you've made the intelligent decision to train in the "One Heart Way" and not the "Half Hearted Way".

Continue to train Isshinryu and you will enjoy many successes both in and out of the Dojo.

#### ATTENTION NEEDED!

##### Do you know of a great Sensei in Canadian Isshinryu?

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

#### Inside this issue:

<i>History of Isshinryu Sanchin Part 2</i>	2
<i>Balancing Karate-Do with Zen</i> By Jack LaFleur	2
<i>Book of Five Rings</i> Jason D. Miller	4
<i>Improve Your Karate Conditioning</i>	6
<i>Improve your Kobudo Speed</i>	7
<i>Ask a Sensei</i> Dinah Jung	10
News	10

#### Sixteenth Edition of the Canadian Isshinryu Newsletter!

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

### Upcoming Events

#### Seminars

**Sensei Advincula seminar**  
Abbotsford Isshinryu Karate Club—May 30, 31, June 1st.

#### Weapons Camps

**Weapons Connection Camp**—Northville, Michigan—

May 16, 17.

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

#### Isshinryu Tournaments:

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

July 25/26, 2008—Isshinryu Hall of Fame Tournament—Gatlinburg, Tennessee.

**Knockdown Tournaments:**  
**6th Annual Jim Grafe Memorial Tournament**, May 17th, Hilton, New York



## Sanchin—Part 2

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.

### Sanchin Kata



#### The Technique

Sanchin is the most difficult kata in Isshinryu to master. It requires careful balance between tension and relaxation and involves the entire body like no other kata does. Frequently people get frustrated while working on Sanchin, or feel they are good enough. One really great aspect of Sanchin is that the more you put in the more you get out. You could work on it for years and still benefit from every additional time you do it.

This kata is the shortest kata in Isshinryu, but takes the longest time to perform. This kata has a total of 11 techniques, 11 breaths, 5 steps and should take about 2 minutes to perform.

Alternate Technique: This is the only kata in Isshinryu where the horizontal fist is used by some people instead of a vertical fist.

#### The Origin's

Sanchin is widely reputed to be the oldest kata in all of Karate. It is the result of the link to the breathing exercises believed to have been taught by Bodhidharma (c. 525 AD). Bodhidharma as the legend asserts traveled from India to China spreading Buddhist wisdom. Upon arriving he found that the monks lacked the proper discipline for the long meditation sessions and would regularly fall asleep during them. This story however cannot be supported by historical texts and at this time must be construed a possible myth.

The modern history of this kata is much more fact based. It is known that Higaonna Kanryo traveled to China and studied the Whooping Crane style of Kung-Fu from Wai Xinxian (Wang Da Xing) in the Fukian province of China. From here he brought back a form of the Sanchin kata to Okinawa. He taught this form to Miyagi Chojun, but with open hands and two turns. Miyagi changed the kata to its current form and taught it to Tatsuo Shimabuku, who also taught the kata in this form.

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

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*“Frequently people get frustrated while working on Sanchin, or feel they are good enough. One really great aspect of Sanchin is that the more you put in the more you get out. “*

## BALANCING KARATE-DO WITH ZEN

By Jack LaFleur

### THE ENERGETIC AND PHYSIOLOGICAL IMPORTANCE OF BREATH IN THE MARTIAL ARTS

#### Introduction

The conscious use of breath for the purpose of training and relaxation has been well documented in the

martial arts as well as other demanding sport activities where the human body is put under immense pressure to perform and express itself. The proper use of breath is important for martial artists when they employ power strength, speed and proper technique. It is also just as essential when learning

*(Continued on page 3)*



## BALANCING KARATE-DO WITH ZEN Cont'd

By Jack LaFleur

(Continued from page 2)

to focus, relax, concentrate and calm the mind when preparing for something that is both physically and mentally challenging. It is my hope that the reader will have a clearer understanding how these two aspects affect training in general and consequently the way he/she uses breath for their own benefit. The information in this paper is a compilation of both my own reflections and experience of the last four years training in Isshin-ryu as well some research taken from other martial artists who have written about the importance of breath from their perspective.

Before delving into a discussion about physiological and energetic processes, principles that support proper breathing techniques and how the practise of karate sees the importance of breath, I will begin by speaking about breath from a more philosophical/esoteric perspective as a backdrop from which a wider context may be understood about breath and why I specifically chose it as a key tool in reaching this level of practice in Isshin-ryu.

### Philosophical View

"Breath" I believe represents one of the mysteries of life and of the human condition which few people ever stop to contemplate. It is something we do all day, every day. It is that function and part of reality that keeps us alive, keeps us healthy and moves through us largely outside of our awareness. To most modern western minds, breath is this strange and mysterious thing we often take for granted; just something we do. From the Eastern philosophies breath is widely understood as a conduit that connects us to the essence of life itself. Indian yogis and Buddhist monks have believed and known for centuries that breath can be used in many ways to expand, strengthen and empower the life force within each human being. The spiritual practise of Zen has always propagated the meditative and focusing qualities of breath. Countless martial artists today have combined their respective styles with the art of "Zazen" (sitting meditation) as a way of controlling, harnessing and wielding the vital energy of "chi" or "ki" within their martial art (Nakamura, p.27).

Within this eastern view, I have also learned and come to believe that when one is in tune with the breath, one is in the flow with a whole other side to life that is often missed. This is known as the "being" side of life. This is best accomplished when a karate-ka practises "zazen" or sitting meditation. From this perspective, one is concerned with being still, quiet, observant, aware and in control of the mind. This is the place in us where we are able to create a single pointed focus where all energy and power can be used for a single goal. This is counter-balanced with the "doing" side of life that is

more about reacting, accomplishing, movement, striking, fighting and/or coming up against other opponents and/or their minds. In life as in the dojo, we need both for balance. The hard must be balanced with the soft; the yang must be tempered by the yin. The doing/training in martial arts must be in flow with a commitment to self-awareness that comes from "being" with and getting to know oneself. In my experience, there is no better focus than the breath both inside and outside the dojo to create this balance.

What would this balance look like in practical terms? In my view, and what has been most important to me in my training has been the application of breath in the areas of kata, the ability to focus, taking a hit, striking, and reversing the stress response that occurs when faced with an opponent and/or testing for a promotion. I will first discuss the general physiological and energetic principles which underlie these four aspects and some basic implications on bio-mechanics. I will then include some of my own experience with breath in these areas and how it has taught me to be a better martial artist.

### How Karate sees Breath: General Physiological Principles

The first principle that breathing must be based on is good posture. If a martial artist's posture is poor, he/she will have difficulty achieving the optimal "physiokinetic" output that the body is capable of. Proper spine alignment, good stance, or keeping one's center line, are key when paying attention to posture. Without this awareness of proper posture, the karate-ka will not adequately employ the second principle which is the proper use of diaphragmatic breathing (Pearlman, p. 79). In karate, this is known as breathing from the "hara" or "tanden" which is located two to three inches below the navel and half way in towards the spine. When one works at breathing from the *hara*, one inherently slows down the breathing process. As Master Nakamura, a proponent of Seido karate would argue, most people breathe too often and too shallow. This does not allow for the fowl air trapped in the lower part of the lungs to be fully expelled. In addition, within the intake cycle, our lungs are rarely ever filled up beyond a third of their capacity. This is known as intercostal breathing. However, when a karate-ka practises "zazen" or "sanchin" kata, he/she learns to use more of his/her vital energetic capacity, and is able to remove unnecessary carbon dioxide from the bloodstream and effectively reduce the number of breathing cycles per minute. Those who are not involved in martial arts or any kind of physical activity will have an average of 15-18 breathing cycles per minute. With practise, a karate-ka can learn to decrease his/her breathing to five or six cycles per minute.

As already mentioned, doing this regularly would result in

(Continued on page 4)

*"If a martial artist's posture is poor, he/she will have difficulty achieving the optimal "physiokinetic" output that the body is capable of."*



## BALANCING KARATE-DO WITH ZEN Cont'd

By Jack LaFleur

a more efficient cleansing of the blood of residual carbon dioxide and better oxygenation of our brains and central nervous systems (Nakamura, p. 45). As Master Nakamura argues, when we practice this more “Zen” way of breathing, we decrease the amount of stress on our autonomic nervous system, and increase our energy by restoring our vital capacity and efficiency of oxygen exchange, which can then be used in our ability to focus and concentrate while training. The effect on the central nervous system cannot be emphasized enough when we consider the inherent stress that is placed on the mind/body during fighting or a testing. Using breath consciously under such conditions will trigger the parasympathetic nervous system (responsible for relaxation) which reverses the effects of the sympathetic nervous system (responsible for fight or flight response) and returns the body to homeostasis. Conceivably once in a calmer state, the martial artist can then direct his/her mind/body and energy to the task at hand.

### Ramifications of Improper Use of Breath

It is also important that we as practitioners of a martial art understand that the effects of proper breathing and improper breathing extend to more than just the physiological\autonomic\central nerv-

ous systems. Our breathing directly affects the bio-mechanics of our skeletal-muscular structures and ultimately the practise of our martial art. Steve Pearlman who has authored a book on the many different principles and techniques that govern the practise of martial arts, has written on the effects of improper use of the breath and the ramifications on movement. He argues, “If we breathe improperly and consequently raise our chests, contract our midsection, and foster unnatural tension in our upper bodies, we inevitably restrict and stiffen our movements”. He goes on to say that there are several noticeable effects on our skeletal-muscular system. “1) We raise our center of gravity, thereby diminishing our balance, and thereby forcing us to invoke more muscle use so as to remain upright. 2) We create tension that inhibits speed of motion in striking and other techniques. 3) We inhibit the relaxation response that naturally should occur with each exhalation. 4) We decrease the amount of oxygen in our bloodstream, thus decreasing our stamina. 5) We consume through muscular tension a greater percentage of our mind’s attention, which consequently inhibits both tactile and visual perception, as well as reaction time”. (Pearlman, chapter 19, Breathing, p. 79)

To be Continued in the Next Newsletter!

## “A Book Of Five Rings: The Classic Guide To Strategy” – Miyamoto Musashi

By Jason D. Miller

### **A Pattern On Principles: Ichi Ryu Ni To Kendo and Isshinryu Karate**

It is remarkable to see just how easily one martial art can translate directly into another in terms of their overall guiding principles, regardless of how different they might otherwise appear. In his book, “Go Rin No Sho” [“A Book Of Five Rings”], the famous ronin samurai Miyamoto Musashi outlines a guide to strategy, both in terms of his self-developed style of Kendo [the way of the sword], Ichi Ryu Ni To [one school, two swords], as well as for conducting one’s life in general.

Many themes throughout the book resonate with those we have been taught in our own schooling of Isshinryu Karate: one’s dedication to their art through constant practise, study and self-subjugation, the ability to maintain a calm/relaxed interior in the face of danger, the importance of respect and honour, the value of continuous education in other/additional arts, and the retention and subsequent propagation of that knowledge.

But, perhaps this is even more evident when one

compares Musashi’s teachings in his book with those of the eight Codes of Karate. Lets examine a simple slogan used to describe the importance of study and practise in his book: “Pen and sword in accord” [a slight variation on the better known “The pen is mightier than the sword”]. It emphasizes the value of using both/either methods in accomplishing a task – not unlike the karate code “The Manner of spitting or drinking is either hard or soft.” indicating that there are multiple ways to accomplish a single goal: some more direct or even confrontational while other methods can be more indirect and diplomatic.

A similar argument can be made about “the way of the warrior” [Bushido] that rules the life of a samurai stating that “a resolute acceptance of death” is required in order to gain mastery of the sword; by abandoning one’s life to the study of kendo and to throw away all fear of death. This is not unlike the karate code “a person’s unbalance is like a weight”, specifying the need to dedicate one’s self to a single task/goal and to abandon all other distractions/influences that might otherwise deviate one from attaining that goal.

*“Many themes throughout the book resonate with those we have been taught in our own schooling of Isshinryu Karate*



## “A Book Of Five Rings: The Classic Guide To Strategy” – Miyamoto Musashi By Jason D. Miller

Where these two otherwise differing arts truly find their likeness, however, is in how these eight Codes of Karate are directly translatable to that of Miyamoto's Five Books of Strategy: Ground, Water, Fire, Wind, and Void. Ground, the foundation for the Ichy Ryu Ni To, speaks about knowledge: that ability to learn the smallest detail as well as the overall picture and in gaining both a deep and a shallow understanding of the art. This is no different than the karate concept that “the eye must see all sides”: to understand all the information available before making a decision. Water [the defensive strategy book], in the meantime, speaks about the liquidity of movement: how one's spirit must be adaptable to all situations, and able to release that spirit in a fashion suitable to the circumstances [whether in a small trickle, or a great torrent], while the karate codes speak of how “The body should be able to change direction at any time”. This same principle is also seconded in Fire [the discussion about one's fighting spirit in strategy] which talks about the logistics implicated in large-scale battles involving large groups of men where movements are easier to predict and the ability to manoeuvre quickly in

other directions is limited. In Musashi's teachings it is noted that strategies for large-scale battles are easily and directly translatable to those of single combat, and vice versa. In his final book, Void, Musashi attempts to relay how the ultimate goal through constant practise and study is to reach “the void” [nothingness, or complete clarity]: to appreciate the power of nature and the rhythm of each situation such that one is able to strike naturally and without thought. This discussion of man's link to nature and the power and energy derived from it through “the void” speaks to karate's first code “A person's heart is the same as Heaven and Earth” stating that a true heart/spirit will connect a man with his surroundings and the natural laws governing nature.

Through only a small subset of examples we can see the similarities indoctrinated by each of these varying martial arts in terms of the basic principles and codes of conduct that rule one's practise and study in the pursuit of obtaining mastery in their respective arts, and ultimately culminating in one finding the void/enlightenment.

*“One of the best weapons you have in a fight is your peripheral vision.”*

## 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!

## March Kid's Camp a Huge Success

The Toshikai Dojo of Ottawa ([www.toshikai.ca](http://www.toshikai.ca)) is growing! In partnership with Brainwaves ([www.brainwaves.ca](http://www.brainwaves.ca)) we successfully hosted our first March Break “Science of Martial Arts” kids' Karate Camp the week of March 10 to 14. The camp was open to children between the ages of 7 to 14 and there were a total of 23 registered for the week. Brainwaves ran the morning sessions and covered topics including physics, body mechanics, gravity and muscles. The afternoons were all about traditional Isshinryu Karate.

Toshikai had a volunteer Sensei for each afternoon. Thank you to Rod Berek, JF Sauriol, Chris Barnett, Sensei Patrick Couperus, Sensei Tanya Lemaire, and Sensei Shane Hale. Everyone willingly took time off work to participate in this event and stretched their teaching wings.

On Monday, “Sensei” Rod taught them the first five basics, the first four codes, the Creed of Karate and played lots of games. He also taught them some Japanese terminology such as “Sensei,” “yamae,” “hajime” and counting to ten. He also demonstrated Chotoku



## March Kid's Camp a Huge Success Cont'd

Kyan no Sai. The children enjoyed themselves and were very impressed with the sais. Throughout his teaching an emphasis was made on respect to each other and to the Sensei, the children were taught to bow when entering and leaving the dojo.

Tuesday, "Sensei" JF reviewed the basics, codes and Creed and then taught them some street proofing techniques as well as No Buri No Jo. He also introduced a game which became the week's favorite, Sharks and Dolphins! Continued emphasis on respect and paying attention was made.

Wednesday Sensei Patrick took over and ran a tough warm-up, followed by a review of the Isshinryu basics, codes and creed. He then gave a discus-

sion on the importance of proper breathing and how it makes your body strong. He followed this with a demonstration of Sanchin kata, and then finished the day with more games that focused on balance and coordination.

Sensei Tanya took care of Thursday's agenda which started with a final review of basics, codes and the Creed and then included more street proofing and self-defense. She also taught the kids some breaking techniques using kicking shields in preparation for a demonstration for the parents to be held Friday afternoon. The demonstration was to show off everything the kids had learned all week plus a breaking and kata demonstration to be performed by Sensei Shane and some of the Toshikai kyu.

*"The children enjoyed themselves and were very impressed with the sais. Throughout his teaching an emphasis was made on respect to each other and to the Sensei."*



## 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 second focusing on crucial aspect of being prepared for any situation, cardiovascular conditioning. Having the energy and to continue to push yourself is very important and should be developed. It can improve your karate in a number of ways.

Conditioning for endurance is very important as it allows you train your karate harder and in the case of a sport fighting situation, gives you more time to choose the correct time to strike. If you are a fighting someone who is out of shape a simple strategy is to allow them to tire themselves out and then capitalize when their technique suffers. This can also be dangerous if you allow your own technique to suffer (the hands become very heavy to hold up once you get tired)

There are two primary types of cardiovascular training that I recommend everyone do, both will give you a direct improvement with your karate. The



## Improve your Karate Conditioning Cont'd

first is endurance based, training that conditions the body to operate for long periods of time while expending a significant amount of energy. This will allow you to fight long, do more kata, and practice longer, all while doing it with better technique. The advantages to all of these should be obvious. It also helps reduce your technique getting worse and worse because you are too tired to do it properly.

The second type of training I like to stress, both for myself and my students is explosiveness. This type of training conditions your body to work together to operate in such a way that all of your energy can be focused for a specific task. In practice it may be a combination of attacks, or defense or even individual attacks, but this training will allow you have that ability to deliver on command.

### Endurance

For endurance training the key is that your training must be long. By definition it must take time, you can't do endurance training in 5 minutes, you need to dedicate time to do it. I recommend that you dedicate at least 30-45 minutes to it. It may not be something you do everyday but even once a week in addition to other training will provide big improvements. The simplest exercise is running, running can be done almost anywhere and is easy to regulate the effort while the entire body is working. The key is to do continuous exercise. Don't run five minutes then take a five minute break and run another five minutes. Instead run 30 minutes at a much slower pace, in the end, you'll get more out of it. Running can also be substituted with skipping, bicycling, skating, rollerblading, swimming, or any other exercise that allows you to work consistently for a substantial length of time.

### Explosiveness

For explosive training, you need to do short term exercises that require many muscles to work together. The simplest exercise here is again running, although a little different, sprinting drills. Both starting from a jog and starting from standing will help your training and condition the body to react to the opportunity. Think of each sprint as an opening to attack. As soon as it's time to go, every bit of effort you have must be put together to achieve the desired result. This can be done with a wide variety of exercises, and include fast skipping, shadow boxing, explosive pushups (launch yourself into the air every pushup), heavy bag work. The key is that you must put the effort in. Don't do a fast jog when you should be sprinting, SPRINT. That means run will all your energy for as long as you can.

Cardiovascular training is important for everyone. It will help you with your Isshinryu, but it will also make you much healthier. All my students know that I'm in Isshinryu for the rest of my life. I have no desire to shorter that length of time, so by keeping my cardiovascular system strong, it helps to keep me healthy and will allow me to keep training my Isshinryu much longer.

Always give your body time to recover after a workout. If you train too much, you are will begin to feel tired before you start working out, this is called overtraining, if you are overtraining, you will end up decreasing rather than increasing your endurance

**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 won't be winded, even at the end of a hard training session. A VERY useful trait to have.**

In the next newsletter I'll discuss mental conditioning.

## Improve your Kobudo Speed

Isshinryu is an art known for it's speed and power. All our strikes are powerful, but by utilizing and vertical fist and natural body mechanics we have one of the fastest punches in all of the martial arts. On top of that, due to our natural stances, our kicks are some of the fastest in the martial arts.

Our Kobudo techniques should be no exception. Everyone knows two simple principles, if you don't have power, you won't have much effect with your technique, but more importantly, if you can't hit your target, you will have NO effect at all with your tech-

nique. Having both is of course the desired solution. But in Kobudo, most people put much more focus on their power and less on their speed. Someone who understands the need for both power and speed will easily best someone overly focused on power.

Note that I have at no point thus far mentioned a weapon. The reason is that this has nothing to do with a weapon, it applies to all weapons. If it takes you a full second to do Bo thrust, sai wrist break or tonfa temple strike, it is all the same. The strike is too slow to be effective. I want you to work on improving all weapons

*“Conditioning for endurance is very important as it allows you train your karate harder and in the case of a sport fighting situation, gives you more time to choose the correct time to strike.”*

*“If it takes you a full second to do Bo thrust, sai wrist break or tonfa temple strike, it is all the same. The strike is too slow to be effective.”*



## Improve your Kobudo Cont'd Speed

(or whatever weapons you are training with) to speed up your techniques without sacrificing your power.

### Analyze your speed

To improve your speed, you need to understand where your strengths are. Start by doing your technique normally and assessing the speed of your technique (sometimes it can help to have someone else do this for you...) Then try to relax your body and do it as quickly as you can (think of throwing away your weapon) and compare the speed. Now, ask yourself the following questions.

- #1 Did I use the proper path for the weapon (a straight link is always best).
- #2 Was I tight during the strike, or only at the point of contact?
- #3 Did I rotate my body (hips) to assist the strike?

### Develop your speed

Now that you understand what aspect/aspects need work with your strike, you need to create your own plan for improving it. I recommend focusing on a single aspect at a time and creating a firm plan for improving it. Start by doing the technique slowing to mental prepare yourself for the motion you want to take.

Once you understand what you want to do, try to make your body do it. This will need to be built up to slowly. Once you CAN do it. Now you need a plan to practice it and make it normal. You need to reprogram your body to "know" how to do it differently. If you've done a million punches with the bo, you can't do give differently and think you've got it. You have to drill it until the "old" way feels wrong because your body has learned the new way. Having to think about the technique will always be too slow!

*"If you've done a million punches with the bo, you can't do give differently and think you've got it. You have to drill it until the "old" way feels wrong because your body has learned the new way. "*

## Hanshi Mady Seminars a Success By Janet Fuchek

Sixth-degree black belt Brant Ledoux, an expert in Isshinryu Karate, had a unique martial arts opportunity recently. He got to train under the style's highest-ranking Canadian - ninth-degree Albert Mady of Windsor, Ont., at a series of seminars in Thunder

Bay on March 29. The event attracted close to 25 participants of various belt levels and ages.

"When I go to seminars, it's always nice to be reas-





## Hanshi Mady Seminars a Success Cont'd By Janet Fuchek

sured about certain skills that I practise, especially coming from a very high-ranking instructor like Albert Mady," says Ledoux. "I love the variety of self-defense moves that he teaches from our 'kata' (a series of movements against imaginary opponents). It's always a pleasure."

Ledoux added self-defense and fighting techniques to his repertoire, as well as increased his knowledge of traditional Japanese weapons, like the "bo" (a long, wooden staff) and the "sai" (short, double-pronged swords). A children's seminar was scheduled for earlier in the day.

"Everyone enjoyed the tough workout and full-contact drills he (Mady) showed us," says organizer Dinah Jung of the Satori Isshinryu Karate Club in Thunder Bay. "Everyone was pretty tired and had a few bruises, but they seemed to be enthusiastic and learned more techniques about fighting and improved their skills with the bo and sai."

The workshops were held in conjunction with a black-belt testing the evening before, where Thunder Bay's

Jodi Polhill, 15, earned her junior black belt and Dean Johnson secured his third-degree black belt. They tested under a panel of local black belts, headed by Mady. The veteran martial artist teaches Isshinryu Karate in Windsor and coaches full-contact fighters. He also holds a fourth-degree black belt in Kyokushin Karate.

To earn their next rank, Polhill and Johnson had to demonstrate their competence with the following aspects: basic techniques, self-defense moves, fighting against one opponent and against two rivals, "kata" and the application of its techniques, and for Johnson, weapons "kata." They also needed to show their knowledge of the philosophy of Isshinryu Karate and related Japanese terms. It was a gruelling four-hour affair that came not without pain and grimaces. During one "kata," in fact, members of the testing panel hit the pair with punches and strikes to examine their level of concentration and ability to withstand a blow.

It was definitely a weekend to remember for local martial artists.

## Thanks to a Special Karateka By Amanda Findlay

At 19 years old, this young black belt is one of my idols. He always helps me to his best extent and adds humor and fun to the lessons. Jeff Long is an amazing person, teacher, friend and all around person.

Whenever I don't have a ride home he is almost always able to give me a ride.

When I am confused while doing bunkai or if a technique doesn't work well he always helps me work through it. He always encourages me and everyone at the dojo to do our best.

Jeff, you offer us information, useful skills, fun, humor, rides home, and much more. From everyone at Chitora Dojo, we would like to say thank you for everything you do.

This is what we had to say about you:

"Jeff, thank you for all the rides home you've given me. Thank you for the help with the bunkai, kata, basics and still adding humor to it." -Amanda Findlay

"He is awesome." - Adam Kok

"He is funny and great at helping me with my basics and kata." - Jesse Dereutier

"He is a pretty outstanding young fella'. He never hesitates to help out...A great example of what Isshinryu karate is all about." - Gord Findlay

Jeff, thank you for all that you do and how you contribute to our dojo. We all love you and hope to spend many more years with you at the dojo.





## Ask a Sensei Biography of Dinah Jung

Dinah began studying Isshinryu with Sensei Pat O'Connor and Sensei Dave Von Bargen at the original Kaminari Dojo in Thunder Bay, Ontario. She excelled at the Martial arts and both earned her black belt and opened her own dojo in 1984. The Dojo, later named Satori Dojo (Ultimate Knowledge) is the longest running Dojo in Thunder Bay and virtually every class has been taught by Dinah herself. In 2005, Dinah was promoted to the rank of Yondan by Hanshi Albert Mady.

attending seminars across Canada and into the US, including attending the last two AOKA World Championships. Her dedication to Isshinryu has not gone unnoticed, one of her many accomplishments is the AOKA Outstanding Female Instructor Award.

Sensei Dinah has been continually instructing students in Isshinryu for almost 25 years, and all her students past and present appreciate her dedication to the traditional art of Isshinryu Karate and Kobudo. And she's always done it with a smile on her face!

She serves as an ambassador of Isshinryu and Karate by traveling widely to tournaments and seminars. She continues training and helping others in their training constantly and is currently training the future generation of instructors. On top of her teaching, Dinah dedicates a significant amount of time to

*“Sensei Dinah has been continually instructing students in Isshinryu for almost 25 years, and all her students past and present appreciate her dedication to the traditional art of Isshinryu Karate and Kobudo“*



## Ask a Sensei Answers By Dinah Jung

### Question #1.:

**You've dedicated more hours than can be counted to promoting Isshinryu and improving your own training. What drives you to keep working so hard?**

I guess what keeps me going is the passion I feel for karate, and the fascination I've always had for the martial arts since I was a child. Also, I'm fortunate to have wonderful students that I thoroughly enjoy teaching, and they help to motivate me to keep learning new skills to pass on to them. (I remember all the questions that Sensei Mike and Sensei Trevor used to ask when they were students.)

### Question #2

**Which of the 3 Isshinryu weapons do you prefer and why?**

I'd have to say I enjoy working with the bo and sai equally in terms of Isshinryu weapons. There are other weapons from Kobudo that are fascinating to work with also. The bo is a powerful weapon to work with since the self-defense techniques can easily be adapted to common everyday tools such as a broom, shovel, rake, etc. While the sai has a mystical aspect to it, as you imagine the attackers, and manipulate the sai through the kata. It is an impressive weapon, that easily holds its own against a bo,



## Ask a Sensei Answers By Dinah Jung Cont'd

as demonstrated in the applications of the moves for the bo/ sai kata.

### Question #3:

#### Who was most influential in your own training?

When I first started training in Isshinryu, Sensei Pat O'Connor and Sensei Dave Von Barga inspired me to work hard on my katas and basics. I am very grateful to Sensei Billy Younger, who spent countless hours passing on his skills and knowledge for sparring. He even brought different sparring partners from around town to class for me to fight. Presently, Hanshi Mady and Sensei Brant Ledoux offer guidance and support for improving my katas, bunkai, and sparring skills.

### Question #4:

#### What Kata do you wish students would dedicate more time to improving?

I don't think that there is one kata students should dedicate more time to improving, but I encourage students to keep practicing all of the katas they learned equally. Many students tend to focus on the latest kata they are learning, and often neglect to improve the stance, timing and power on the first katas.

### Question #5:

#### As one of the leading women in Isshinryu and the Martial Arts what advice do you have for the many young women currently working hard at their training?

My advice for all students (not just young women), is what Sensei Pat O'Connor told me when I got promoted to my first belt. I remember how elated I felt just to achieve my yellow belt, and I felt that Shodan was like an impossible dream. He told me to, "Always set your goals high and never lose sight of them. As you slowly and steadily work toward your goals, one step at a time, you will ultimately achieve them."

### Question #6:

#### Any other words of wisdom to share?

Karate should always be practiced not just physically, but mentally, and spiritually also. When you think of karate as a way of life, it can be the vehicle that gives you the strength and confidence to stand up for your beliefs, and the ability to persevere through times of adversity.

*"Karate should always be practiced not just physically, but mentally, and spiritually also. When you think of karate as a way of life, it can be the vehicle that gives you the strength and confidence to stand up for your beliefs, and the ability to persevere through times of adversity."*



Dinah enjoying herself at a Kobudo Seminar working with Sensei Brant Ledoux



### Competition Results

#### Thunder Bay—MAC Open

Jeff Long—1st Weapons, 1st Kata  
Jodi Polhill—1st Weapons, 1st Kata, Kata Grand  
Champion  
Vlad Serenko—1st Kata, 2nd Fighting

### Coloured Belt Promotions

#### Ottawa, ON—February 24th

JRam Balasurbramanian, Julie Marion, Jim Roche,  
Greg Saxe - Yellow Stripe  
JF Sauriol - Sankyu (blue belt)

### 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.

March 28th, 2008

Shodan-Ho—Jodi Polhill—Kokoro Dojo—Thunder Bay, Ontario

Sandan—Dean Johnson—Chibushi Dojo—Thunder Bay, Ontario

April 12th, 2008

Shodan Arnis—Ken Steele & David Keselika

### 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.

#### News from Shihan Robert Markovich

I don't have a great deal for you this month except to say that I'm passing off my little childrens' class to Aldo Panazzola. He will be in charge as soon as the details are worked out. However, we are thinking of opening another satellite club in a near by town called LaSalle. The place has grown with young families moving in and a lot of children running around. Perhaps we can get something started there and then pass it on to another one of our black

belts. Wish us luck!

The black belt testing in Arnis was moved back to April 12 for Ken Steele and Dave Keselika. We thought that this was best as they had just gotten their black belts in Isshinryu in the fall and as a result didn't have a lot of time to concentrate on Arnis. However, they were ready and I was looking forward to having them join me in the black ranks within Arnis - cool!

We had the Arnis test for Ken Steele and David Keselika yesterday, April 12. They both passed with no problems at all. Counting me we now have three Arnis black belts in our club. Hopefully we can expand this and create an Arnis association in the city.

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



## 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

Jason Miller —Ottawa, Ontario

Jason Miller was one the Toshikai Dojo's original students about 10 years ago. After training only a few months, he left and came back some 9 years later. Thus his nickname is Round Two. This time, Jason is sticking with it and recently tested for go-kyu (orange belt).



### Author—Toshikai Dojo Ottawa

Jack Lafleur —Ottawa, Ontario  
Jack Lafleur began his Isshinryu training at the Toshikai Dojo of Ottawa in 2003. Jack is a psychotherapist by trade and is the lead facilitator for a personal development initiative called the Inner Journey. Jack received his blackbelt in 2007 from Hanshi Mady.



### 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

**Gojyuryu**—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.*



**Isshinryu.ca**

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

### 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) Isshinryu.ca) or (newsletter (at) Isshinryu.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

#### **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 Isshinryu Abroad

#### **Berlin, Germany**

Contact: Ryan Boesche

#### **Shijiazhuang, China**

Contact: Simeon Ostap

#### **Tsukuba Ibaraki, Japan**

Contact: Brent Horton

# Something's Missing!

Normally on this page there is a cartoon, or a crossword puzzle, but it's missing this month. The Canadian Isshinryu Way is looking for a new idea of what to include, any and all suggestions are welcome, especially from those under the age of 15. This page is just for you (or those that think like they are under 15) so tell me what you'd like!

If you see me, tell me. If you don't have your Sensei (or Parents) e-mail me at Sensei@issheinryu.ca and I'll do my best to make it happen.