



The Canadian Isshinryu Way

Everything Karate & Kobudo

Isshinryu.ca

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Canadians Earn Distinctions at AOKA

This year was a very special year for Isshinryu Karateka. In the past, Isshinryu Karateka have won awards in the AOKA, however, this year they outdid themselves, earning the most awards Canada has ever earned at a single AOKA event, including winning all but one of the black belt level awards!

Congratulations to everyone who either one or was a finalist for an award. They don't come easy and this is just another example of what makes Canadian Isshinryu so great.

To those who nominated myself, and my Dojo, for awards, thank you! It is a great feeling to be recognized by people you have looked up to for many years and feel they appreciate your contributions to the art we have all dedicated significant portions of our lives to.

I greatly hope, that others feel as I do and whether they won an award, or just know someone who did, it encourages them to push that much harder in training, everyone in every dojo con-

tributes to the success of the rest of us.

The hard work and dedication that is the lifeblood of every Dojo must continue to grow.

If you are a new student and reading this, congratulations! You've just begun a great journey that can last as long as you like.

If you aren't a new student, fulfill your role in the Dojo! Everyone in the Dojo has their own role, and expectations placed upon them. For everyone, it is simply to do their best. But just as importantly is helping others to grow.

Just as when you learned, people helped you out, it's your responsibility to help others. This happens in many different ways. Sometimes you are the Uke, the person they get to practice with, others you can help correct technique.

By everyone working together in the Dojo, everyone benefits, even the instructors. Even a brand new beginner on their first day, can help to teach any instructor a better way to understand their own Karate.

Remember, no one person wins an award without the support of everyone, and everyone gets better in a supportive and strong Dojo. Everyone class, try to make your Dojo just a little better and everyone wins!

ATTENTION NEEDED!

Do you know of a great Sensei in Canadian Isshinryu?

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

Upcoming Events

Isshinryu Tournaments:

November 29th, 12th Annual Isshinryu Karate Kobudo Shiai—Hope, BC

Knockdown Tournaments:

Guardian Challenge November 15th, Winnipeg, MB

Open Tournaments:

Lakehead Open November 1st, St. Ignatius High School, Thunder Bay, ON

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Eighteenth Edition of the Canadian Isshinryu Newsletter!

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



Kyan no Sai 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.

Kyan no Sai

Special Note

Kyan no Sai is not included among Isshinryu kata as it was removed by Shimabuku Tatsuo after the creation of Kusanku no Sai. Because of the simplicity of Kyan no Sai many dojos still teach the kata.

Name

The kata is named after the great Okinawan master Kyan Chotoku.

Technique

Kyan no Sai is a relatively basic form clearly intended to teach basic Sai skills. In Kyan no Sai all basic strikes are represented and upon mastering this kata the student should feel comfortable with the basics of the Sai.

Two variations of Kyan no Sai exist. Both kata follow the same pattern and have similar movements however one reduces the count and complexity of the pattern slightly. The longer version is currently performed across most Kobudo groups while the shorter one can be seen in a poor quality video of Shimabuku Tatsuo and in some Isshinryu groups. As we cannot be sure that for the filming it was even Shimabuku's intention to perform the full kata and not a new kata, or a portion of a new kata he was developing, and due to the already short length of the kata, the full version is presented here.

Origins

Many people have conjectured that the kata was either created by Kyan himself in order to help his students learn to handle the Sai, or was created by Shimabuku Tatsuo after studying basic Sai techniques with Kyan.

Because of its widespread practice in other arts it is highly probable that the kata was created by Kyan, or possibly by one of his instructors and renamed.

Other arts to include Kyan no Sai include: the Taira Shinken lineage, in which it may have been introduced by Shimabuku but is very unlikely; Matsubayashiryu (Shorinryu) Karate and Kobudo created by Nagamine Shoshin, which has no direct ties to Shimabuku, Okinawa Kenpo Karate Kobudo Koryu Kan, Shorinjiryu Kata and many other Kobudo and Shorinryu groups.

While many Shorinryu groups may have picked up the kata through Shimabuku Eizo, whom Shimabuku Tatsuo is believed to have taught, there are simply too many others for such a basic kata to have been so widely adopted without a common instructor.

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

“Kyan no Sai is not included among Isshinryu kata as it was removed by Shimabuku Tatsuo after the creation of Kusanku no Sai”



Benefits of the Nations Capital By Tim Leonard

Due our fortunate location here in Ottawa, the Toshikai Dojo has had two memorable visits from two Canadian masters of Isshinryu. On August 20th, Shihan Bob Markovich (8th dan) came to train the local blackbelts and gave a three hour Arnis seminar. After the blackbelts were humbled and everyone received a massive dose of stick fighting, we relaxed and enjoyed ourselves at a local restaurant. At the end of the day, I had to ask myself "When will Shihan Markovich ever slow down?" He is a true testament that keeping active through Isshinryu keeps you going strong. Good day had by all.

Shortly thereafter, I received word from Sensei Mike

O'Leary (6th dan) (thanks to the Canadian Isshinryu Way for making that connection) that he was coming to Ottawa to celebrate his mother's birthday. Little did I know that Sensei Mike is from Ottawa and visits on an annual basis from British Columbia. On Sept. 7th, Sensei Mike gave us an education on some of the fundamentals of Isshinryu: stances, chambering, body shifting, punching, etc. On top of which we spent time talking about the psychological mind set of being prepared to fight and what happens during a fight. Sensei Mike has had a career working in corrections and filled our heads full of stories of past encounters and how Isshinryu helped him survive many situations. We are looking forward to his visit next year!!

"I had to ask myself "When will Shihan Markovich ever slow down?" He is a true testament that keeping active through Isshinryu keeps you going strong. Good day had by all. "



New Arnis Dojo in Ottawa By Shihan Robert Markovich

Readers of the Canadian Isshinryu Way may be interested to know that there is an official Arnis club starting in Ottawa. Till Kuendigger, one of our Isshinryu blackbelts will be instructing. Anyone within driving distance of Ottawa who is interested in Arnis classes should contact Till or Tim Leonard. Tim Leonard along with Till will be bringing some of their students down to Windsor for testing in Karate. We expect to take Till under our wing during that time and work with him so that he can advance the people under him who are training in Arnis.

Till did a fair amount of training in this discipline while he was in Windsor and with some mentoring will do a good job in Ottawa. He is probably operating at a brown belt level currently. I will be going up to Ottawa periodically to advance him so that he can test for black belt, possibly next year.



Sunsu Kata and Nage no Kata Contrast and Comparison By Master Tim Boykin

I recently began my pursuit of judo in earnest after returning to Charleston SC last year. One of the many requirements was learning a Judo kata known as Nage No Kata (Kata of Throws). And, interestingly enough, there are several comparisons between this kata and Sunsu Kata.

Nage No Kata was developed between 1884-1885 at the Kodokan. It is an advanced, Black Belt Level Kata which is broken down into five (5) sections of three throws each. Section one (1) is Te Waza (Hand Techniques); Section (2) is Koshi Waza (Hip Techniques); Section (3) is Ashi Waza (Foot Techniques); Section (4) is Ma Sutemi Waza (Rear Sacrifice Techniques); and Section (5) is Yoko Sutemi Waza (Side Sacrifice Techniques). These throws are performed with an uke (receiver) on the left (hadari) and right (migi) sides. Defenses and attacks are unique to each throw. For instance, the first series are Te Waza (Hand Throws) and utilize the same attack to both sides (depicting a mirror image) on both the attack and throw. When an attack fails (because of the throw), the next similar attack is different do avoid the previous results. This is the stimulus for the different response (a different throw).

Fortunately for me, my training partner is the two time, heavyweight NC/SC State Randori Champion, whom I respectfully refer to as the "Dancing Bear" (behind his back of course). As my uke, he greatly assisted me in developing the proper technique and mechanics to make each throw work.

A number of stances are utilized in Nage No Kata, including Shigin Hontai (basic ready stance) and Jigo Hontai (defensive stance). There is even a deeper stance known as Sumo Hontai. Shigin Hon-

tai is essentially a seisan stance, whereas, Jigo Hontai is a slightly modified seiuchin stance. All stances stress natural position and relaxed/flexed knees. When Shimabuku Sensei as developing Sunsu kata, he utilized techniques from other Shorin Ryu and Goju Ryu kata, and reversed them in order to ensure that both sides of the body were developed (left and right). The throws in Nage No Kata also draw heavily from the basics of Judo, specifically entry (tsukuri), breaking balance (kuzushi) and completing the throw (gake). This includes, but is not limited to, specific and independent attacks/defenses for all the throws. Isshinryu consistently draws upon basics to ensure that movement (sabaki), distancing (maai), blocks/strikes/kicks are executed with snap, balance and rapid retraction.

Kano Sensei saw the value in kata as a means of specific, detailed and advanced instruction. Performing this particular kata enabled the judoka to keep an edge on advanced and obscure throws and forced judoka to practice on both sides!

Another parallel, is that Nage No Kata MUST use an uke throughout the kata (to demonstrate the throw); whereas an Isshinryu kata utilizes an uke to a much lesser degree to explain bunkai (application) at advanced levels. Therefore, the importance of uke, tori and bunkai cannot be under estimated.

Judo kata REQUIRES the uke to be present, while Karate kata stresses the ability to VISUALIZE the uke's presence and responses to their techniques.

"When Shimabuku Sensei as developing Sunsu kata, he utilized techniques from other Shorin Ryu and Goju Ryu kata, and reversed them in order to ensure that both sides of the body were developed (left and right)."

12th Annual Isshinryu Karate Kobudo Shiai

The Hope Yama Dojo is hosting the 12th Annual all Isshinryu tournament in Hope on November 29, 2008. Historically this is a by invite only tournament but this year, all Isshinryu reading the Canadian Isshinryu Newsletter are welcome. Invited Dojo's include Leavenworth Wa. Sensei Mary Kostka, Auburn Wa, Sensei George Shin, Redmond Wa, Sensei Jeremy Johnson, Mission B.C. Sensei Tom McDonagh, Abbotsford B.C. Sensei Mike Oleary, Abbotsford B.C. Sensei Sheila Reimer, Agassiz, B.C. Sensei Bruce Tupling, Chilliwack B.C. Sensei Don Shapland.

The tournament will have a number of Divisions, Kata, Team Kata, Weapons Kata, Bunkai and Kumite (16 and under). All traditional, white gi's, no music, all Isshinryu.

The Tournament will be held at Hope Secondary school from 9:00am till 4:00pm on November 29th.

For the tournament poster, please visit www.issihinryu.ca. For more information contact Sensei Norm Losier.



Canadians Rock Charlotte

Susan Baldassi & Janet Fuchek

Ontario Isshinryu practitioners made their mark at the American Okinawan Karate Association [AOKA] Championships in Charlotte, N.C., held on Aug. 8-10.

They defied the stereotype that all Canadians do in the "Great White North" is hockey, hockey, hockey.

There's room for "kumite" and "kata," too.

After all, some blistery, winter days, it's too cold to stay outside. Better to dispense of your energy in the dojo than face frostbite and icicles hanging from your eyelashes!

At the actual competition portion of the weekend, Windsor's Chuck Mady led the way with gold in Men's Black-belt "Kumite."

"I fought my heart out and I won," says Mady. "I fought some good fighters. The tournament was a good experience."

Kaitlyn Brown, also from Windsor, took first in Jr. Women's Black-belt "Kumite", while Ottawa's Matt Morin grabbed first in Novice Men's "Kata" and "Kumite." Other tournament results were as follows: Thunder Bay's Dinah Jung, third in Black-belt "Kata"; Thunder Bay's Jodi Polhill, third in Jr. Women's Black-belt "Kata"; Windsor's Cindy Marlien, second in Sr. Women's Brown-belt "Kumite"; and Windsor's Jordan Marlien, third in "Kata" and second in "Kumite" in the Nine-year-old Brown Belt division.

Ottawa's Chris Barnett placed first in Men's Sr. Intermediate "Kata" and third in "Kumite."

"My wansu kata was a hit," he figures. "I didn't do so well in fighting. I didn't bring my A-game. I fought well, but obviously not good for first place."

A chance meeting in the hotel lobby that weekend afforded Barnett and some of his Canadian Isshinryu colleagues a late-night training session with Master Wayne Wayland of Virginia. He saw a group of Canadians working on their karate after the bewitching hour and jumped in to offer advice.

"It was an amazing experience," the Ottawa karateka reveals. "Clearly, he is a master, and I really enjoyed the opportunity to work out with him."

Sixteen-year-old Jodi Polhill of Thunder Bay was also awestruck.

"It was like seeing a master in a new light," she says. "He jumped right in and joined our workout."

Besides the competition aspect and networking opportunities associated with the event, there was a presentation of AOKA awards.

The Ottawa husband-wife team of Tanya Lemaire and Shane Hale earned the distinctions of "Outstanding Black-Belt Female" and "Outstanding Black-Belt Male," respectively. Thunder Bay's Dinah Jung won "Outstanding Female Instructor," while Polhill and Jordan Tennier, also from Thunder Bay, were honored as the "Outstanding Youth Black Belt – Female" and "Outstanding Youth Black-Belt Male," respectively. "The Spirit of Isshinryu" award went to Thunder Bay's Mike Fenton, whose Chitora Dojo, which is a Thunder Bay affiliate of Master Albert Mady's group of clubs, won "Dojo of the

"After all, some blistery, winter days, it's too cold to stay outside. Better to dispense of your energy in the dojo than face frostbite and icicles hanging from your eyelashes!"





Canadians Rock Charlotte Cont'd Susan Baldassi & Janet Fuchek

Year.” In addition, Debbie Findlay of the Chitora Dojo was chosen as a finalist for “Outstanding Supporter of the AOKA”, while Jeff Long was named as finalist for “Outstanding Blackbelt-Male”.

Jung, a fourth-degree black belt, brings her elementary teaching experience to her role as head instructor for the Satori dojo in Thunder Bay.

“I’m very surprised and honored,” she says of her award. “I was really overwhelmed. It was a memorable experience.”

Polhill and Tennier are assistant instructors at both the Toshikai and Kokoro dojo in Thunder Bay.

“It was an excellent opportunity and gives me an incentive to continue my karate career,” says Polhill. “Helping to teach karate is my greatest contribution (to the sport). Being a younger assistant instructor, I know the little kids can relate to me.”

Tennier was equally excited with his accolade.

“I felt very happy,” he says. “It was a real honor to win.”

Fenton, whose Canadian Isshinryu newsletter has done a remarkable job of connecting like-minded martial artists across Canada, was elated by his award.

“It was a huge honor,” he says. “I didn’t expect to win.”

Judging from the stellar cast of Canadian competitors and award winners, one can clearly see that hockey isn’t the only popular pastime in the “Great White North.”

“Even more important that being good at focusing, or unfocusing, is understanding the circumstances that you want to be in either one of those states, and how control your mind to achieve that level of focus.”

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 final installment focusing on the most important aspect of prepared for any situation, mental conditioning. As humans, our brain is our most powerful attribute and must be utilized to enhance all aspects of your martial arts training.

Being mentally prepared can mean many different things to different individuals and in different situations. For some, it means having increased focus to concentrate on a task at hand, for others, it means not focusing on an individual thought, but leaving your mind open to accept input from all aspects of your surroundings.

Even more important that being good at focusing, or unfocusing, is understanding the circumstances that you want to be in either one of those states, and how control your mind to achieve that level of focus.

Extreme Focus is the term I will use for the times you want to increase your focus and maintain focus when you mind wants to either turn inward, or focus elsewhere. In Martial arts, this happens commonly in two situations. The first is during training, after executing many Kata, some students will find their motivation to continue waning, this is precisely when you want to increase your focus, and avoid the many distractions that suddenly appear. When you are mentally tired, you look for ways to change what you are doing, this may mean watching some else do a kata, or becoming lost in your own head. The key is to recognize that this is the case, if you are physically tired, you may need to push yourself through, but everything is mental.

The second case happens during fighting, even the best of us occasionally get struck. And sometimes it actually hurts! As soon as this happens, every part of your body wants to think about and protect the area. While this natural response is to protect you, everyone who’s done a little fighting knows that if you get hit in the groin and drop your hands and grab your groin, things are about to get MUCH worse for you.

In order to avoid this natural reaction, your mind must be prepared and immediately focus itself on the task at hand (usually someone trying to punch and kick). This must happen very quickly, or you may find yourself in trouble.



Improve your Karate Conditioning Cont'd

The other type of focus, is being unfocused. I'm sure everyone has been fighting and had their eyes become temporarily transfixed on a hand, or foot of their opponent, only to watch it hit them. It is common for the eyes (mind) to become "stuck" an object, or point when it is being asked to process lots of information. During fighting, we are constantly surveying our opponent, to accurately judge their next movement,

The easiest way to think of controlling your mind in this situation is to work on recognizing yourself in this situation and break it as quickly as possible (hopefully become you've had a shin connect with your head). Beyond in the dojo fighting, this type of focus also ties directly to awareness, and being aware mentally, can help you avoid many situations.

Developing Extreme Focus

To develop extreme focus, requires practice. Luckily, it is easy to practice as opportunities regularly present themselves.

To practice, place yourself in a situation with many distractions, including lots of noise, and visual stimulation and simply chose something uninteresting and focus your attention on it. You'll be tempted to look around and see what else is going on, but to start you want to ignore it. As a second level, you want to allow yourself to become absorbed in the distractions, and then pull yourself away for a lengthy period. A good time to practice this is while watching sports, it's generally easy to identify an exciting play come up, just as you see someone rushing to score, look away until after the "good part" is over. It won't make the game nearly as enjoyable, but you'll definitely improve your mental focus.

Developing Unfocusness

Teaching yourself to be unfocused is harder to condition, but still very important. Fortunately, developing

it, can be used to make your life easier. This practice should be done when your mind becomes too focused. Anytime you find yourself mentally stuck whether it be at work, at home, or in the Dojo, simply take a deep breath all the way down to your toes and think only about your breath. This type of active meditation will help condition your mind to let you take control at will, and eventually you'll be able to unfocus at all.

Being Extremely Focused while Unfocused

This is the ultimate goal of this conditioning. It is also the type of focus desirable while fighting. During a fight you want to be unfocused to see and notice everything going on around you and your opponents, movements, but be extremely focused to avoid distractions while fighting that would allow your opponent the advantage.

The only way to develop this is by fighting. When fighting, you want to try to maintain that unfocused state of mind, that means keeping focus on both your opponent and your surroundings. As you fight you will momentarily focus on different things and then you want to engage the extreme focus to quickly determine if it is something you must react to or ignore. The same applies to when you are hit, you will immediately switch to the extreme focused mindset to move on and put the discomfort out of your mind and work toward improving your situation.

Mental conditioning is the hardest and easiest conditioning to do. It's the hardest to perfect, because your mind is a very powerful part of you. But it can be developed at any time, it doesn't require a lot of space, and it doesn't make you sweaty and smelly.

"In order to gain a better feel for the weapon, it is very important to drill yourself. Feeling two weapons make contact is important for getting a feel for the weapon."

Improve your Kobudo Extending your Body

When discussing the weapons, it is common to refer to their usage as an extension of the body. It is important in understanding the weapon to think of it this way, but it is far more common to think about the weapon rather than the weapon as part of the body.

When training, it is common for people new to the weapons, and even those not so new to them, to focus on the weapon, and in doing so, forget about their feet, hips, etc. To make the weapon part of yourself, is to include it all those basic movements you normally do when you fight and add it's capabili-

ties to your repertoire.

In order to gain a better feel for the weapon, it is very important to drill yourself. Feeling two weapons make contact is important for getting a feel for the weapon. By understanding how the weapon reacts when in your hand will allow you to feel it's movement and incorporate into your own strategies.

Practice Tip 1:

Work with partners whenever possible. Doing drills and simply feeling the weapons strike each other under controlled conditions will teach your body how to move with the weapon. If your technique is lose and



Improve your Kobudo Cont'd Extending your Body Cont'd

sloppy, or even just not supported by your body it will be come quickly apparent. The more you can try this the better.

Practice Tip 2:

Use or get a Kobudo Makiwara. Just as it is important to train on the Makiwara, or a heavy bag for your empty hand techniques, striking a Makiwara with your weapons (make sure it's a Makiwara designed for it) will help you get a good feel for the weapon, and also improve your body techniques and understand the physics behind delivering an effective strike.

Practice Tip 3

Practice Freestyle. While kata are designed to teach you how to handle specific situations with the weapons (Bunkai) by moving / practicing more freestyle, doing whatever moves feel appropriate given your body position you will find the weapon naturally begins to feel more integrated into your movements.

With everything, the more you practice, the more you get out of it. Keep practicing and your weapon will become a natural extension of your body.

“Of course the codes of karate being greatly philosophical in nature I do not mean to exclude other interpretations of the code, however the underlying message of each interpretation of this code will essentially boil down too the English phrase “There is more than one way to skin a cat”, apologies to all you cat lovers.”

Training Tips The Manner of Drinking and Spitting is either Hard or Soft—Part I Simeon Ostap

Everybody who has taken part in a serious martial arts class, be it traditional or otherwise, knows that the key to good technique as well as physical improvement, is rooted in training. In order to showcase how the traditional codes of karate can serve as maxims for how you organize and execute your training these tips can serve as helpful reminders to train what you may have been neglecting, or to help you hone a skill that you already have a handle on.

This time I would like to put the focus on a code that I think represents a quality of martial arts training that is related not simply to the students pursuit of mastery, but also to the relation of the student to their instructors. The methods we use to teach as well as the approach we take to learning determines greatly our success not just in the realm of Karate but also in other skills we attempt to develop during the course of our lives.

To illustrate this consider the code of karate “The matter of drinking and spitting is either hard or soft”. This code is no doubt familiar to newsletter readers, and if you're new to the scene you now have an opportunity to ask your instructor “What are the codes of karate?” because you are never too green behind the ears nor are you to green yellow or white around the waist to begin contemplating these codes and understanding how they relate to your karate training and everyday life.

For the purpose understanding my explanation of how this code can maximize your training and teaching potential I will start by trying to reword the code in a manner that will make it clearest. It is worth noting that an older version of this karate code refers not to spitting and drinking but rather exhaling and inhaling, that being said we can safely interpret that the code is making reference to processes which are either bringing something into our-

selves or expelling something out from ourselves. Perhaps you can reach the conclusion I have been preparing to make but if you have not connected the dots yet this code means that when it comes to issues regarding mastery of new techniques, or the instruction of new techniques to others, there is more than one method available to both teacher and student. Of course the codes of karate being greatly philosophical in nature I do not mean to exclude other interpretations of the code, however the underlying message of each interpretation of this code will essentially boil down too the English phrase “There is more than one way to skin a cat”, apologies to all you cat lovers.

In this interpretation these teaching and learning methods are equally valid and can be applied to any type of training be it physical, technical, endurance or strength, however the method of the teacher and the student must be similar if considerable and timely improvement are desired, a dichotomy between the teachers understanding of how the student will be trained and the student thinking otherwise is going to cause a great deal of turbulence before the ball gets rolling, it's best to know from the outset and if you are a student it is usually best to follow your teachers lead. These two methods are mentioned in the code as being either hard or soft in nature. Related to the Taoist concept of hard and soft energies particular approaches are arguably best for particular goals. Lao Tzu insisted that a soft passive approach to governance would create the greatest possible emperor. Though this may or may not be the case I will not imply that one method is indefinitely better than the other, but rather that these different approaches hinge upon different ideals and personality styles and are successful for the practitioner based on taste and personality more than anything else.

To Be Continued in the next Newsletter



Senseis can do more than just teach karate.....

They can also marry their students! This past summer, Sensei Tim Leonard presided over the marriage of two of his students, Barb Cousineau and Sensei Pat Couperus. "It was a special day and a privilege to plan the ceremony and then preside over it. I would have never imagined being given such an opportunity," states Sensei Leonard. It was a great day with lots of celebrating into the evening. A most memorable moment was watching Pat and Barb breaking boards in their wedding attire. Way to go Pat and Barb!!



18th annual American International Full contact Karate Championships Hanshi Albert Mady

Results from October 11th Rochester NY, at the Riverside Rochester Convention Center. The event is the 18th annual American International Full contact Karate Championships, which also hosted the Tri-Combat Challenge championships and the Submission- Grappling championships. 21 members of Mady's Karate and MMA Center brought home 31 trophies and 2 championship belts, with 13 1st place finishes. Competitors came from Canada, U.S., Poland, Switzerland, Australia, Lithuania and Iran. Competitors had to compete several times in three respected divisions, the event started at 9am and finished at 11:30pm.

Clicker (continuous light contact fighting)
Semi-knockdown {Full contact with pads}
Knockdown {Full contact NO PADS}

Paulo Gallante 64 years old 2nd place mens senior advanced semi-knock down.
Cyndy Marlein 53, 2nd place woman's senior advanced Clicker fighting.
Kyle Marlein 18, 3rd advance clicker fighting, 4th advanced kata.
Jordan Marlein 10, advanced, 1st kata, 1st weapons kata, 4th semi knockdown
Andre Ozvat 9, advanced 4th kata, 1st semi-knockdown.
Paolo Emond 10, intermediate 3rd semi-knockdown
Alyssa Brown 15, Intermediate, 2nd Kata, 3rd semi-knockdown
Sam Paulin 16, Novice, 3rd semi-knockdown
Dalton Gilmore 13, Advanced, 2nd kata, 4th semi-knockdown
Jesse Corchis 15, Advanced, 3rd Semi-knockdown
Sean Riberdy, Men's Novice, 2nd Semi-knockdown
David Taiariol, Men's advanced, 1st Semi-knockdown

Philip Brown, 15, intermediate, 1st Kata, 1st Semi-knockdown

Kaiytllyn Brown, 17, Woman's Black belt, 1st Weapons, 2nd Kata, 1st Semi-knockdown.

Carol Pretli, Woman's Heavy weight Knockdown, 2nd place

Moe Ballout, Men's Heavy Weight Knockdown 1st place.
Theo Toney and Chucky Mady competed in two grueling competitions that day.

First SUBMISSION GRAPPLING, AND TRI-COMBAT CHALLENGE.

Theo Toney 22 years old, fought 4 grueling 3 round matches in the Submission Grappling taking 2nd Place, but that night he came back to fight in the Tri-combat title event. Tri-combat is a 3 round fight, 1st round Bare knuckle full contact karate, Second round San Shou Kickboxing, third round Grappling Submission. Theo fought great using his mixed martial arts abilities to dominate his opponent through out the fight with striking and throwing combinations. Theo won the Middle weight Tri-combat title.

Chucky Mady 19 years old, did the same as Theo, to place 3rd in the Submission Grappling event, then coming back in that night to fight in the Tri-Combat title match. Chucky fought a Muay Thai fighter from Iran via Toronto, In the first round there was a lot of action and nice skills from both fighters, then the Iranian fighter kicked Mady with a very hard illegal kick to the groin, this caused a stop in the action for a few minutes, Mady came back to finish the first round with vengeance and dominated the next two rounds with very nice kickboxing and grappling skills, to win the Light weight Tri-Combat title.



Competition Results

AOKA World Championships

Chucky Mady—1st Lightweight Black Belt Fighting
 Kaitlyn Brown—Windsor, ON—1st Junior Women's Black belt Fighting.
 Matt Morin—Ottawa, ON—1st in Kata, 1st in Fighting

Dinah Jung—Thunder Bay, ON—3rd Instructors Kata
 Jodi Polhill—Thunder Bay, ON—3rd in Junior Black Belt Kata
 Cindy Marlien—Windsor, ON—2nd in Fighting
 Jordan Marlien—Windsor, ON—2nd in Fighting

Coloured Belt Promotions

Thunder Bay, ON

August 14th—Chitora Dojo
 Rod Arbouw—Orange Belt
 Gordon Findlay—Brown Belt Kobudo

Justin Johnson—Brown Belt Kobudo

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.

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

News

AOKA Award Winners

Outstanding Female Black Belt of the Year—Tanya Lemaire—Ottawa, ON
 Outstanding Male Black Belt of the Year—Shane Hale—Ottawa, ON
 Outstanding Female Instructor of the Year—Dinah Jung—Thunder Bay, ON
 Outstanding Female Junior Black Belt of the Year—Jodi Polhill—Thunder Bay, ON
 Outstanding Male Junior Black Belt of the Year—Jordan Tennier—Thunder Bay, ON
 Spirit of Isshinryu—Mike Fenton—Thunder Bay, ON
 Dojo of the Year—Chitora Dojo—Thunder Bay, ON
 Finalist—Supporter of the Year—Debbie Findlay—Thunder Bay, ON
 Finalist—Black Belt of the Year—Jeff Long—Thunder Bay, ON

Peter Carbone Seminar in Thunder Bay

Sept 27-30 Thunder Bay hosted a seminar with Grand Master Peter Carbone focusing on the Tanbo and Bo. Once again, Grand Master Carbone proved to be a wealth of information and everyone who attended, both enjoyed themselves greatly and learned a great deal.

Toshikai Dojo Runs for the Cure

On Sunday, Oct. 5th, many members of the Toshikai Dojo participated in the Run for the Cure. It was a cold morning in Ottawa but we were part of 11,000 participants who helped raise money in the fight against breast cancer. Congratulations goes out to Jay "Round Two" Miller who was our top fundraiser and a big thank-you to Sensei Tanya Lemaire for being our Team Captain.





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

Tim Leonard—Ottawa, Ontario
Tim lives in Ottawa with his wife Debbie (also a black belt). He currently dedicates a great deal of time to his Dojo and is the first to teach Isshinryu in the Ottawa area.



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—Chitora Dojo

Simeon Ostap—Thunder Bay, Ontario
Simeon Ostap is a Nidan and have been training for over 10 years. He has recently completed his Honours Degree in Psychology and is a very dedicated martial artist and skilled fighter.

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

Judo—Gentle 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.



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

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) Is shinryu.ca) or (newsletter (at) Is shinryu.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 Is shinryu.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 Is shinryu Abroad

Berlin, Germany

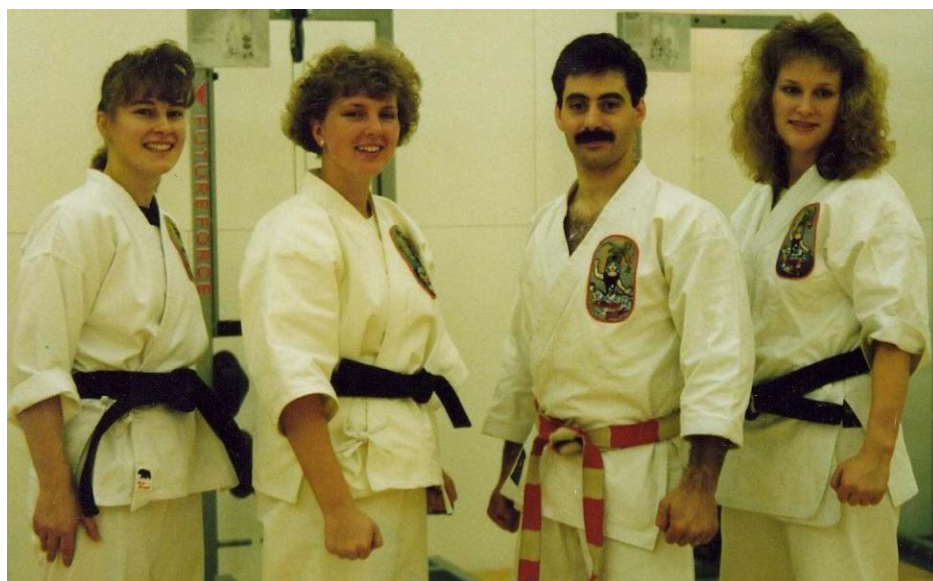
Contact: Ryan Boesche

Shijiazhuang, China

Contact: Simeon Ostap

Tsukuba Ibaraki, Japan

Contact: Brent Horton



What is this a picture of? It's the Canadian Charlie's Angels! Can you guess what year this photo was taken? Send your guesses to sensei@is shinryu.ca and we'll reveal the answer next month!