



# The Canadian Isshinryu Way

## Everything Karate & Kobudo

**Business Name**

Volume 5, Issue 2  
March 2009

### Chinto is King!

Readers of the Canadian Isshinryu newsletter and visitors to Isshinryu.ca once again surprised me! While I personally find my "favorite" kata varies day to day, many know that I am quite fond of both Chinto and Seisan. That said, I also understand that Chinto is a challenging kata that many find difficult to perform well. Image my complete surprise to see that Chinto Kata not only proved to be the favorite kata of the readers but it was a complete blow out.

Chinto earned more than half of all votes cast and was far and away the winner. Followed distantly by Kusanku and Sunsu. Sadly in last is one of the most important kata in Okinawan Karate Sanchin.

Way to go Canada! You have a great appreciation of the advanced techniques of Isshinryu.

As a follow up to the first, very successful poll, the new poll will be put up by the time you are reading this newsletter and will be Kobudo based, rather than asking about a favorite kata, as many won't know the kata, it is the favorite weapon. It may be a weapon you've already learned, or a

weapon you'd really like to learn. Visit Isshinryu.ca and be sure to vote. Results in the next newsletter!

Keep training and teaching and improving. You only get out of your training what you put it. Effort is the currency of success.

#### ATTENTION NEEDED!

**Do you know of a great Sensei in Canadian Isshinryu?** If so, please e-mail Sensei@isshinryu.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@isshinryu.ca with their Sensei's contact details to be profiled in future newsletters.

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### Upcoming Events

#### Weapons Camp

Weapons Society Spring Camp—April 3rd, 4th and 5th—Northville, MI

#### Seminars

Peter Carbone Seminar—Thunder Bay, ON—March 28th.

#### Isshinryu Tournaments

KIAI Grand Championships—June 5th—7th—Novi, Michigan

30th Annual Isshinryu Hall of Fame—July 31st—Knoxville, Tennessee

#### Open Tournaments

Thunder Bay Mini Tournament—March 29th.

Can Te Isshinryu 2009 All Martial Arts Tournament—Kenora, ON—April 4th

Thunder Bay MAC Open—April 18th



## Urashi no Kun 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.

### Technique

Urashi no Kun is the second of the Bo kata and is much more complex than Tokumine no Kun, but includes considerable repetition.

### Origins

The kata's origins lie in the Urashi village. The teaching of this kata can be traced back directly to Mabuni Kenwa, who taught it to Taira Shinken. It is unclear where Mabuni learned the kata; it was most likely from one of his instructors with heavy Okinawan influences, Itosu Anko or Aragaki Seisho.

## Urashi no Kun 浦添棒 History of Urashi no Kun

### Name

The common name on Okinawa for this form is Urasoe no Kun. Urashi is the Okinawan name of the village, with Urasoe being the Japanese. Regardless of the language used the name originates from this village.

The kata was a standard practice in Taira's teachings and, as a result, was taught to Shimabuku who included it in Isshinryu.

## Shishi no Kun 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.

### Technique

Shishi no Kun is the third Bo kata and is longer and more intricate than the previous two Bo kata.

### Origins

The Soeishi family was influential in the early practice of Kobudo. Being the instructors to the royal family they garnered a fair bit of attention and had many students. Their forms were widely practiced on Okinawa by Chinen Shichiyataka and Chinen Sanda, but it was Shichiyataka who instructed Kamiya Jinsai and many others in the techniques. As a result their techniques survived and were taught by Kamiya Jinsai to Taira Shinken.

## Shishi no Kun 周子の棍 History of Shishi no Kun

### Name

The name comes from an adaptation of the original name of the kata. Like many of the other names Shishi results from the Okinawan pronunciation of the Kanji for Soeishi, which is used in Japanese circles and in Taira's own curriculum. It is said that while describing this kata to the Americans on Okinawa, Shimabuku would simply refer to it as "Big Bo". Unfortunately this reference has led some to the mistaken impression that the name translates to "Master of the Big Bo".

Taira Shinken taught this kata to Shimabuku, who included it in Isshinryu. It is said that it took many years of practice before Shimabuku was confident enough with his technique to teach this form.



## News from the Kokoro Dojo, Berlin

By Susi Kassler

As some of you might already know, Sensei Ryan Boesche from the Kokoro Dojo of Thunder Bay, ON, came to Berlin in 2003 and started teaching Karate. Making Isshinryu more popular in Germany and bringing students of all ages together was one of his main goals.

Over the past five years he has built up a growing martial arts community with over 110 students from ages 2 to 63 years young and three locations in Berlin.

In March 2007 the non-profit charity organization "Kokoro Karate e.V." was founded with the goal of improving training possibilities with seminars, extra equipment etc. This year the Kokoro Dojo is proud to announce that through the hard work of all its members and generous donations from local businesses, Hanshi Albert Mady will be travelling to

Berlin and leading seminars in May. A whopping six-day run of seminars will be held spread out over all three locations. Topics will include basics, kata, bunkai, kobudo, self-defence and kumite.

If there is anyone interested from Canada, the USA or elsewhere, you're more than welcome to join us!

Seminars would be for free of course; Sensei Ryan Boesche could offer 3-4 beds in his apartment. So if you are free between May 20<sup>th</sup> and May 27<sup>th</sup> 2009 or you'd like to stay even longer, just email Sensei Ryan at [sensei@kokoro-dojo.com](mailto:sensei@kokoro-dojo.com).

Susi Kassler  
Berlin, Germany

## Easy Fitness

By Hanshi Albert Mady

Start with some stretches, and some type of cardio exercise, I recommend at least 5 minutes of skipping, better with a weighted rope.

The 5 minute muscular endurance exercise. Each exercise is done to time, the idea is to do as many of each exercise, {with good and proper form in order to benefit from the exercise and not to do harm to yourself} in the time allowed. This exercise is important because it stresses endurance and in turn build up long lasting strength.

This can be done with a partner or alone.

Partner up, Full sit ups for 1 minute, again proper form, keep your behind on the ground and breath out with the execution of each exercise, with the sit up, squeeze your abs tight when you breath out and sit up. Do not pull up on your neck with your hand, that will injure you. Let the abs do all the work.

Turn over on your belly, partner hold down the legs at the ankles, now Chest raises for 30 seconds,

breath out. The hold down at the shoulders, thigh raises, place your hands down your sides or below your thighs. Lift those legs up and down for 30 seconds, keep them as straight as possible.

**HYPER EXTENTIONS COMPLIMENT YOUR SITUPS.**

Group 1, the group that was exercising, you now do push ups for one minute, if you cannot complete a minute of proper form push ups, go to your knees and keep some weight on those arms, if you can't do any more then just hold up the position until the end of the minute. DON'T QUIT.

Group 2 is doing leg raises at the same time.

**THEN THE GROUPS SWITCH,** group 1 does leg raises, group 2 does pushups.

Now both group 1 and 2 will do sitting tucks or kick-outs, for one minute.

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## Easy Fitness Cont'd

By Hanshi Albert Mady

Group 2 now turns over on the belly and does Chest raises for 30 seconds and then does Thigh raises for 3 seconds.

Group 2 finishes with PROPER sit-ups, for one minute.

We then will do two more abs exercise or core exercises, Group one will go back to a sit up position group 2 holds the legs, and group one will do MAN MAKERS or sit backs. Start at 3/4 up in the sit up position, back must be straight head back, sit back just a little every 10 seconds, until you are holding the position only and inch off the floor for the last 10 seconds. Keep the focus on the abs, keep them tight through out the exercise. Then group 2 does it. All for one minute

Finish off the abs with 1 minute of Planks, lay flat on you belly, then hold your self up on your toes and elbows or forearms, flat as a plank with your body off the floor, keep the abs tight. AND BREATH.

Finally, finish with more Push ups, 10 Wide arm, 10 one hand forward and one back, then switch, and then finish with 10 with your hands together under your chest.

ALWAYS stretch before, during and after your work-outs you will be less sore the next day.

## The Importance of First Aid in Karate Pt I

By Villiam Tikka

Although some may think that the application of first aid is more of a common sense procedure, consider this. Even an untrained beginner has enough common sense to put up their guard in a fight, but as karate has shown, with the help of practice, persistence and the use of proper technique, a trained karate ka is able to turn common sense into an extremely effective weapon. The very same holds true for first aid. By learning and practicing the proper techniques associated with medical care, one can, again, turn common sense into another extremely effective tool.

Hello, my name is Sempai Villiam Tikka, and I am an Ikkyu studying Isshinryu at Chitora Dojo in Thunder Bay ON, Canada. My part time job for the past 5 years has been a medic in the Canadian Forces Medical and Health Services group. In that time I have been subject to many different scenarios (both simulated and real) that could potentially occur in a karate training session.

Three of the most important aspects of karate include kata, physical fitness and sparring. Even though these activities are usually carried out in a safe manner, accidents can still happen. There is always the option of simply calling an ambulance and having the paramedics deal with the situation, however, this only serves to waste precious time that a trained first aider could be using to better the situation and possibly even turn a life-threatening injury into one that is much more manageable. This is why it is extremely important for each dojo to have at least one member who is familiar with some form of medicine, whether it is a doctor, a nurse, or someone who simply has up-to-date first aid training.

As most Sensei's and Sempai's alike have very busy lives (and thus not enough time to obtain a nursing degree or an M.D. just for the sake of karate) the most feasible option would be to attain a certificate in first aid by attending a local first aid course. Here, you will be able to learn things like: CPR on all

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## The Importance of First Aid in Karate Pt I Cont'd

By Villiam Tikka

ages, basic wound care, joint immobilization, methods to treat for shock and many other things that will come in handy if an accident occurs. You will also learn how to properly manage a medical trauma scene which is critical in the first moments following an accident.

However, this option may not be for everyone, but for those of you who are interested in being able to

properly administer medical care a course in first aid might be right for you, and can usually be completed in 1-2 weekends. Thank you all for reading, and I invite you all to join me again next time when I go over what to expect from first aid courses from a financial standpoint, as well as other ways to bring first aid to your dojo.

## Krav Maga Practical Self Defense Part 1

By Rod Berek

Krav Maga is a combat system designed expressly for close-in street fighting (Krav Maga is Hebrew for "contact combat"). It designed solely with functionality in mind, with no regard for form. Krav Maga has no uniforms, no katas and only one rule – "no rules". A street fight has no rules, so why should the training? Krav Maga was designed to give the practitioner the maximum possible chance of victory in any combat situation, whether there is one attacker or many, unarmed or armed. After all, it was originally born out of the necessity for European Jews to protect themselves against anti-Semitic Nazi gangs in the years just before World War II.

### The Beginning

Imi Lichtenfeld was born in Bratislava, Slovakia in 1910. A naturally gifted athlete (and ladies man), he grew up training in his father's gym, and became adept in boxing, wrestling and gymnastics. He also developed skills in self-defense, as his father worked with the local police, teaching them combat techniques. As anti-Semitism grew in Europe in the 1930's, it was common for Fascist gangs to cruise the Jewish neighbourhoods looking to attack anyone who even looked Jewish. Imi formed a protective force of other Jewish wrestlers and boxers, but he understood that the structured sports he knew so well would have to be modified for use in streetfighting. So, he took the best features of each sport, and combined them with new moves, to create a combat system that can be used against any attacker, and can turn the situation from a position of defense, to one of offense, in a heartbeat. This new system was taught to many

members of the Jewish community, and was used to save the lives of many of Imi's neighbours and friends.

In 1940, shortly before the Nazi invasion of his homeland, Imi immigrated to Palestine, arriving there in 1942. He taught his fighting techniques to members of the Jewish underground and became the chief combat instructor of the Israeli Defense Force when Israel became an independent state in 1948. He continued to refine his fighting system, now called Krav Maga, and began to teach it to the police and to Jewish citizens. He continued his work until he passed away in 1998.

### The Six Pillars of Krav Maga

David Kahn, the Chief American instructor of the International Krav Maga Association (IMKA), has defined Six Pillars of Krav Maga:

**Simultaneous defense and attack** – one must be able to quickly move from a disadvantageous position to an advantageous position quickly and instinctively, by neutralizing each attack and providing an immediate counterattack.

**Focus on Vulnerable Soft Tissue** – as in Isshin-ryu, the groin, eyes and throat are all preferred targets.

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## Krav Maga Practical Self Defense Cont'd

### By Rod Berek

**Decisive Action** – When confronted with violence, be decisive and quick, and do whatever is required to overcome.

**Retsev** – the Hebrew word for “continuous motion”. Essentially, this means to continue to counterattack until the threat is neutralized. You do not want your attacker to be able to regroup or have time to analyze their options. An example of this from Isshinryu might be the Gedan barai go den juk tsuki. In training one may replicate this concept by shadow boxing using a 12-strike combination rather than a 4-strike combination.

**Submission Techniques** – if at all practical, subdue your attacker to end the threat rather than issue the “killing blow”

**Building Blocks** - as in karate, all the advanced techniques that are taught begin with basic moves that are built upon.

#### The Kravist Mindset

As in all martial arts, Krav Maga demands mental preparation as well as physical conditioning and technique. Going into a fight with either body or mind untrained and ill-equipped to act is a recipe for defeat. Therefore some of the basic tenets of Krav Maga's mental preparation are:

**De-escalation** – Krav Maga evolved to become a military fighting system, and as such includes lethal techniques which will allow a bare-handed kill in a fight (these moves are NOT taught to civilians). This is certainly a definite end to a fight. One might be surprised to find, then, to find that Krav Maga also teaches that the best end to a fight is to resolve the conflict and not have the fight start at all. Resolution may be achieved by talking, or it may be achieved by backing down. It takes a great deal of moral and mental courage to back down from a fight when you are trained for combat, but some things are simply not worth potential injury or lawsuits. One's personal demeanor and comportment are also key in defusing potentially violent situations.

**Unscripted Training** - once a Kravist has been trained in the basics, training situations must be unscripted and contain the element of surprise. This is the only way to develop instincts and reflexes, and to move from being unprepared to being at maximum efficiency as quickly as possible.

**Realistic Training** – training sessions should be as close to real combat as possible. Eliciting feelings of fear and panic in a controlled, safe situation will allow the student to positively channel these feelings in a real life violent attack.

**Body Knowledge** – in a real fight, where both assailant and target are charged with adrenaline, thresholds of pain will be higher for both. Thus, in order to neutralize the attacker as expeditiously as possible, it is necessary to know where the most vulnerable points are on the body, and how to apply force to them to cause the attack to end as quickly as possible.

**Threat Recognition** –when a person is confronted with potential violence, the mind must be able to recognize the degree of the threat, analyze the situation to determine what possible defenses and offenses are possible, formulate a plan of action, and finally, one must choose to act or not. And if the choice is to not act, one must only physically and mentally stand down when all risk of the threat has passed.

**Threat Visualization** - one must mentally train as well as physically train. Mental practice involving the visualization threat scenarios and planning how one may neutralize them is key to confidence, and to being able to react quickly should one ever be confronted with a similar situation in real life.

Unlike Isshinryu, krav maga involves a lot of chokes, clinches and ground work. Also, any move that works while in the standing position will also work on the ground.

To be continued in the next newsletter.



## Sanchin Seminar times two! By Tim Leonard

On Saturday March 7th, the Toshikai Dojo co hosted a seminar with the East Wind Budo Life Centre. Sensei Mike Swywk (6th dan Goju Ryu) and Sensei Tim Leonard (5th dan Isshinryu) each taught their respective versions of Sanchin kata. As all students of Isshinryu know, our version originates from Goju Ryu. Goju Ryu actually has two versions of Sanchin:

Sanchin-Ichi and Sanchin-Ni.

Sanchin-Ichi and Isshinryu's Sanchin katas are nearly identical. The movements are the same: three punches stepping forward, two standing punches, four spear hands and stepping back two windmill open hand pushes.

Sanchin-Ni which is closer to the original open hand version of Sanchin involves two turns and mostly the same techniques as Sanchin-Ichi.

What was apparent to both Sensei were the similarities between the katas; even some of the explanation of breath, stance and meaning of Sanchin were the same. If you really think about it, that is quite something. Even though we have trained in

different styles, learned from different sensei who in turn learned from different sensei, who all eventually learned the kata from Miyagi Sensei, the essence of Sanchin Kata remains constant throughout regardless of style.

Cool, eh?

What is noticeably different about Isshinryu's Sanchin and Goju Ryu's Sanchin is the manner in which the body is the manner of contracting the body and tensing the muscles. Isshinryu's Sanchin (at least the one that I was taught) focuses on totally relaxing body while breathing in and then contracting and tensing the muscles on the breath out and execution of the technique.

Goju Ryu's Sanchin keeps all the non-moving body parts tense, all the time, and only the moving body part is soft. This one difference really does change the internal workings of the kata. Not that one version is better than the other but it is simply different. And it where we are different from one another, the learning takes place.





## Dean Johnson Gets Married!

On March 14th, 2009 in Thunder Bay, Dean Johnson and Cheryl Zerebecki tied the knot and officially expanded the Isshinryu Canada extended family.

I hope everyone will join me in congratulating Dean on his marriage and wish him many, many years of happiness with Cheryl.

If you'd like to contact Dean directly, you can reach him by e-mail at

**[dean.johnson@chibushi.issheinryu.ca](mailto:dean.johnson@chibushi.issheinryu.ca)**

For those of you who haven't yet met Dean, he is a Sandan and head instructor of the Chibushi Dojo in Thunder Bay. He's been training for many years under Dinah Jung and Albert Mady and is a very dedicated martial artist. He currently works as a forest fire fighter which sees him travel frequently, but he always does an excellent job and keeping his training fresh.

PS: Dean, Cheryl was right, it was probably a good idea not to come out for head shot night the week before your wedding, although I do think the FEAR would have made you sharper than ever!







## The Challenges!

### Karate

#### Blocking:

This newsletters challenge is to focus on developing a very basic fundamental aspect of the martial arts, the ability to execute the most effective block possible. In a true self defense situation, you may only have once chance to defend yourself. The first attack against you may be the last. In addition to the damage involved, you may only get one chance to counter the attack before things get worse. There are two keys points I'd like you to think about and focus on improving as part of this challenge:

#### #1 Making the block effective

This means more than just stopping the attack! Of course it must stop the attack, but being effective also means placing yourself in a position that is advantageous to you. If by blocking you expose yourself to a worse attack, or even not in a position to stop the attacker, you have not blocked effectively.

#### #2 Making the block more than a block

Once you become adept at blocking, and understanding the positioning of both your body and your attackers body, you are ready to look at making the block part of the counter attack. The saying may go "the best defense is a good offense" but that doesn't mean that a good offense isn't a good defense. By changing your position and angle of your block, you can easily turn it into a strike. By striking as part of the block, you give yourself a time advantageous over your opponent who was in the mindset of attacking you as well as a psychological advantageous in that by attacking you, it hurt them, whether it be from a hard block, or an integrated counter they felt pain as a result of attacking you.

This can of course be applied to all of your training. It should start in Bunkai and then be applied while fighting. Studying Bunkai is the opportunity to learn how your body works, and fighting is the chance to apply your understanding.

### Kobudo

#### Slow down and Observe:

This challenge is a simple one, it is to watch your weapons while you train. The key to understanding a weapon isn't in understanding yourself, it's in understanding the way the weapon works. So in order to better understand, you need to go slow, do the motions as you do them, and observe the way the weapon works, and think about how it wants to work.

Each weapon is different, but if you remember that the strike must be supported (your body supporting the strike) and that faster the weapon is travelling the more force it will transfer to the target, you are prepared to analyze your technique.

Start with your basic strikes, and then start thinking about kata. You'll be surprised at how much you can learn just by watching yourself.

### Training

#### Keep Track of your training:

Rather than suggest a new way of training, this time I would like to suggest a new mindset for training. Anyone who works out regularly will tell you they keep track of their workouts. This will allow them to know how much they did previously both to create goals as well as to avoid guess work in certain exercises.

In order to make this work, all you need to do is pick something that you can do regularly, it doesn't have to be anything big, but you have to set a schedule for it, and record every time you do it. Not only that you did it, but what you did. For instance, if you picked pushups, you would record how many you did. Now comes the real key, you must improve. Now I don't mean you have to improve every time, but you must always be pushing to do better. By tracking it you will set a goal for yourself when you start and you can try to beat the previous total.

Set yourself a task and complete it. Even a small improvement is an improvement, and can be the start of something big!



## Competition Results

Thunder Open 2009—Thunder Bay, ON  
St. Ignatius High School in Thunder Bay hosted the Thunder Open on Feb 28t, 2009. Isshinryu karateka were present and did exceptionally well with Jeff Long of the Chitora Dojo winning both the Weapons Grand Championship and the Overall Form Grand Championship and Team Satori Dojo win the Team Kata division.

### Under Black Results

Team Satori Dojo - Spencer Kuroi, Markku Rajaneimi and Amber Smolcec 1st Place Team Kata  
Amber Smolcec - 1st place Kata  
Jayden McNab - 3rd place Kata, 3rd place fighting  
Spencer Kuroi - 3rd place Kata  
Markku Rajaneimi - 1st place fighting

### Black Belts

Jodi Polhill - 2nd place traditional weapons, 1st place open kata, 1st place traditional kata, Overall Grand Championship Kata runner up.

Jeff Long - 1st Place traditional weapons, 1st place traditional kata,

**Weapons Grand Champion**  
**Overall Grand Champion Kata**

## Coloured Belt Promotions

### Thunder Bay—Chitora Dojo—Feb 12th, 2009

Chitora Dojo held a very successful grading on February 12th, 2009. After a long night of solid kata and hard fighting the following promotions were awarded.

Billie Findlay - Sankyu - Purple Belt  
Rodney Arbouw - Yonkyu - Green Belt  
Greg Iwanonkiw - Gokyu - Orange Belt  
Alyssa Iwanonkiw - Gokyu - Orange Belt  
Logan Takats - Rokyu - Yellow Belt  
Sydnie Takats - Rokyu - Yellow Belt

### Yellow Stripe Promotions

Jonathon Kaban  
Nicholas Titan  
Daniel Darosa  
Carter Sakiyama  
Jamie Gunnell

Congratulations to everyone!

## Yudansha (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.

None Reported



## 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 25 years, and has been an instructor for over 20 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—Chikara Dojo

Hanshi Albert Mady—Windsor, Ontario

Hanshi Albert Mady is a 9th Degree Black Belt in Isshinryu and a board member of the American Okinawan Karate Association. His son Chucky is also a black belt and experienced competitor.

### 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—Chitora Dojo

Villiam Tikka—Ikkyu—Thunder Bay, Ontario

### Author—Toshikai Dojo

Rod Berek—Ottawa, Ontario



## Karate Terms in this Newsletter

**Barai**—Sweep

**Bunkai**—Application of Move  
"Taking to Pieces"

**Chikara**—Strength

**Chitora**—Essence of the Tiger

**Dachi**—Stance

**Dojo**—School

**Ekku**—Kobudo Boat Oar

**Gojuryu**—Hard / Soft Way

**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

**Yudansha**—Group of Black Belts  
(Graduates)

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



## Business Name

Visit [Isshinryu.ca](http://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](mailto:Isshinryu.ca)) or (newsletter (at) [Isshinryu.ca](mailto: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](http://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

#### **Dryden, ON**

Contact: Rick McGogy

#### **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

**From the archives of Grandmaster Don Bohan**

**"Timing is the ability to deliver a technique at the precise instant the technique has the greatest effect."**

The only thing you EVER say afterwards is,

**"He said he was going to kill me. I believed him. I'm sorry, Officer, but I'm very upset now. I can't say anything more. Please speak with my attorney."**

*I do not train to fight,*

*I train not to fight.*

*I train to end confrontation,*

*fast,*

*preferably without ever giving my opponent a chance,  
he should have no idea what happened until I am long gone.*

*Quotes Submitted by Hanshi Albert Mady*