



The Isshinryu Way Everything Karate & Kobudo

**Isshinryu
Worldwide**

Volume 15 Issue 1

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15 Years

It's hard to believe that this is the 15th year of the newsletter. When it started it was primarily for a few Canadian Dojos to share info and acknowledge their students. Over time, this grew, and both helped to connect people and friends and share knowledge.

Contributions now come regularly from all across Canada, many places in the US and Germany. All of which are always greatly appreciated and informative.

Because of this important growth, it is time to stop calling this newsletter "The Canadian Isshinryu Way." While many of us are Canadian, many are not, so instead it will simply be called "The Isshinryu Way" going forward. Here's to many more great years training and improving our Martial Arts.

which hopefully everyone will be able to attend at least one.

For the first time in many years AJ Advincula (first generation student of Tatsuo Shimabuku) will be visiting Canada, in Calgary, you won't want to miss that.

Also travelling from Okinawa is Tamayose Sensei who will be teaching Kobudo in Chilliwack, BC.

Hanshi Mady will be in Thunder Bay, ON and of course there is also the Isshinryu Hall of Fame in the summer.

Some posters are attached to the end of the newsletter this time, all events are listed below, if you want more info on any of them, please reach out.

Speaking of improving, we have a dream set of events coming up across Canada and in the US in the next few months,

Essential Isshinryu is available!

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

Upcoming Events

Events

40th Annual Sabaki Challenge, April 13th, Denver, CO

Tesshinkan Kobudo Seminar with Tamayose Sensei, April 26-28, Chilliwack, BC

AJ Advincula Seminar
May 18/19, Calgary, AB

Hanshi Mady Seminar,
June 1, Thunder Bay, ON

40th Annual Isshinryu Hall of Fame Tournament, July 19/20, Tennessee

Annual Kyu Fest, Sept 2019, North Carolina

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Improvement comes through Effort



Hanshi Robert Markovich Inducted into the Isshinryu Hall of Fame

This past summer at the Isshinryu Hall of Fame, Hanshi Robert Markovich was inducted into the Isshinryu hall of fame. It is a well deserved recognition for his many years of dedication to spreading Isshinryu and training so many of us over the years.

Hanshi Markovich is the fourth Canadian to be inducted into the hall of fame, the previous 3 all being students of his. Congratulations Hanshi!

Hall of Fame biography

Grand Master Robert Markovich is one of the pioneers of Isshinryu Karate-Do in Canada. At the age of 10, he emigrated to Canada from Yugoslavia. He began his training in Isshinryu Karate-Do in 1967 under the instruction of Lloyd Rusette, Don Shapland, Don Nagle, and Harry Acklin, and he currently holds the rank of 9th-Degree Black Belt. He has trained other IHOF inductees including Albert Mady, Lamon Kersey, and Al Panazzola.

Grand Master Markovich served in the Canadian military for three years as a member of the airborne regiment 2 PCLI from 1959-1962. He received arctic survival training as well as training in various weapons, self-defense (Judo and Jiu-jitsu), and unarmed combat.

Grand Master Markovich received both his Bachelors and Masters of Arts degrees in Geography. As a high school teacher, he helped set up Isshinryu programs in many high schools across Windsor, Ontario. He established the Okinawa Karate School of Windsor in 1970, and at 76 years old, he still teaches and trains three days per week. Grand Master Markovich has traveled to many areas of Canada to teach and conduct Isshinryu classes and seminars.

Grand Master Markovich also holds a 4th-degree black belt in modern Arnis training under Master Presas and he practices Taoist Tai Chi. He also enjoys squash, racquetball, cycling, rollerblading, and ice-skating.



Also inducted into the hall of were: [Robert Porterfield](#), [Mark Rudd](#), and [Dr Robert McKittrick](#) full biographies of each have been added to the Isshinryu Hall of Fame website.



USIK Update and Seminar

By Jon Oshita

Isshinryu is growing in the southern United States, specifically, North Carolina and the surrounding areas. A self-defense seminar was held in Shallotte, a small local beach town in Southeastern NC.

United Southern Isshinryu Karate held the unique event hosted at the dojo of South East Carolina Isshinryu on Feb 9th. The self-defense seminar was unique because participants were subject to various activities and drills by a rotating group of high-ranking Black belts, Masters and Grand Masters.

The seminar went far beyond the typical “he grabs you and you do this” mantra. For example, participants learned no-nonsense striking techniques from black belt, Ray Reisen, who is a retired police officer with decades of experience in street confrontations.

Students got the privilege of learning technique from Grand Master Tim Boykin, a retired U.S. Navy commander. Master Dean Scott was there from the Piedmont region of NC teaching locking sessions. Also, Grand Master Mitch Kobylanski and Master Tim Cunningham were there running drills.

Traveling up from Charleston SC, Sensei Justin Andre drilled adults and kids in defense of the all too common

“bear hug” and other classic “school yard” situations. Jon Oshita opened students minds to a myriad of common household and street items that were used in creative ways for self-defense.

This was all topped off with a brown and black belt session taught by Grand Master Mitch Kobylanski. The session was an analytical look at aggressively closing the distance in a fight. Kobylanski sensei reached back to his fighting days in New England and shared those experiences.

The USIK is an Organization that thrives on growing strong Isshinryu Karate in the southern United States. One of the many perks of being a member of United Southern Isshinryu Karate is these seminars are free to all members and we have them all throughout the year! Because the state of North Carolina can be driven in half a day, all seminars are an easy country drive.

The USIK even hosts an annual tournament for Kyu ranks only. The Kyufest is a tournament that is a favorite among Isshinryu community. Through the efforts of dedicated Isshinryu Karate Black Belts, Isshinryu is thriving in the Southern United States and United Southern Isshinryu Karate is there to help it grow.





Martial Arts Supershow

By Janet Fuchek

During a recent trip to Las Vegas, 46-year-old Rick Wiljamaa must have felt like a kid in a candy store. But for this lucky Isshinryu black belt, his treat wasn't sugar – it was a chance to learn from some of North America's best martial artists.

Wiljamaa recently returned from the Martial Arts 18 SuperShow, held at the Bellagio Hotel, from July 1-3, with pre-conference seminars also offered.

It was his first time at the event and he was so amazed by it that he decided to sign up for next year's SuperShow.

"The largest martial arts show in the world greatly exceeded my expectations and I would recommend it to anyone thinking of opening a dojo, instructors, and any martial artist who wants to expand their knowledge," says Wiljamaa.

He got information about the Martial Arts 18 SuperShow through an email blitz by Century Martial Arts. Since he has timeshares in Las Vegas, he decided to participate in the prestigious affair.

Wiljamaa trains in Isshinryu karate under instructor Charles Boyd of Calgary, Alta. He started studying the style in 1984 at the original Kaminari dojo at the Confederation College Fitness Centre in Thunder Bay, Ont.

He's associated with the American Isshinryu Karate Association (AIKA) as the initial Canadian member and the Canadian Representative.

The dedicated practitioner operated his own dojo in Red Deer, Alta., from 1999-2004 as an associate instructor (able to promote kyu ranks) under the AIKA.

As Manager of Engineer Services for Rocky View County outside Calgary, the avid martial artist makes his home in the neighboring Okotoks, Alta.

At the Martial Arts 18 SuperShow, Wiljamaa considered the opening ceremony as a highlight. Cast from the new Youtube series Cobra Kai gave a talk about its predecessor The Karate Kid. There were also martial arts demonstrations during that time.

Another memorable moment was the presentation of a lifetime achievement award to Fumio Demura, whose resume indicates he introduced Shito-ryu karate and Okinawan kobudo (traditional weaponry) to the

United States. He was the inspiration for the character of Mr. Miyagi in the Karate Kid films and was actor Pat Morita's martial arts stunt double in the first, third and fourth films.

Wiljamaa attended 15 seminars, including a pre-conference one. Some of the topics centered on how to run your own dojo, how to recruit members and how to retain members.

The veteran practitioner became aware of how instructors should approach prospective students regarding their pricing structure and an introductory program for them. He embraced the suggestion that they should organize an introductory class, consisting of people who called the dojo around the same time to inquire about lessons. That way, those interested in training could have their goals better addressed through a discussion of their needs, such as which skills they wish to build. Otherwise, as he was told, potential students might feel like outsiders walking alone into a dojo for the first time.

Another interesting topic was how instructors could become partners in education through the establishment of relationships with local school districts. The presentation included mention of the teaching of martial arts during physical education classes. Wiljamaa learned that instructors should do good deeds for the school first to set the tone for their eventual asking for the opportunity to run martial arts classes at the school. Such ideas included a back-to-school drive for supplies.

"It should be give, give, give," he says he learned about how martial arts teachers should approach the relationship.

A talk on the prevention of injuries and on boosting athletic performance resonated with him. Jason Han, who is the lead physical therapist for the Los Angeles Football Club, conducted it. Wiljamaa learned that martial arts instructors should correct any physical weaknesses of students at an early stage to avoid them developing into full-blown injuries.

Besides the seminars, he also enjoyed meeting martial arts celebrities, like Bill "Superfoot" Wallace and Billy Blanks.

"He surprised me," says the accomplished martial artist of Wallace, expecting him to be less approachable

(Continued on page 5)

Martial Arts Supershow

By Janet Fuchek

as a celebrity. “He was friendly and kidding around. He did one of the morning stretching seminars. He’s still very flexible. He did the splits.”

Wiljamaa was equally impressed with Blanks.

“He has a new Boom Boxing system,” he explains, adding that he watched his one-hour workout for participants. “It’s similar to Tae Bo (Blanks’ other program).”

Wiljamaa says that this new system incorporates shadow boxing and bag work, where three people are assigned to a bag, as they punch, kick and block to music.

He says he liked Blanks’ motivational speech at the end of the workout about how people could better

themselves – that their level of conditioning is up to them.

Though the event was overwhelmingly a success and the location – the Bellagio – a hit, Wijamaa does have a recommendation for future attendees. He says eating options there are limited and participants should consider exploring possibilities for food outside the venue. The experienced martial artist also would like to caution registrants of the extreme heat in Las Vegas at that time of year.

With his debut at Martial Arts 18 SuperShow now a recent memory, Wiljamaa is looking forward to next year’s event to further his martial arts expertise.



Rick with 'Superfoot' Bill Wallace



Rick with Billy Blanks



About The Newsletter

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

Articles are welcome from anyone and everyone. They can be about anything related to the Martial Arts, a technique you think is just great; A better way to do a technique; History of a Karate Master; a tournament trick that works well; ANYTHING!

All articles are appreciated as e-mail. You can send it to your instructor to proof read and send in, or directly to me. (sensei@isshinryu.ca)

You can even include pictures if it helps your article!

Karate Terms

Bunkai take to pieces/analyze

Dachi Stance

Dojo Training Hall

Hai Yes

Hajime Begin

Mo Ichi Do One more Time

Rei Bow

Seretsu line up

Shiro White

Kiro Yellow

Orenji Orange

Ki-Aka Orange
(Red-Yellow)

Midori Green (Modern)

Ao Blue/Green

Murasakino Purple

Chairo Brown

Kuro Black

Aka Red

Suwate kneel down

Tatte stand up

Wakarimas I understand

Wakarimasen I don't understand

O-hi-o good morning

Konichiwa good afternoon

Kombanwa good evening

Oyasaumin asai good night





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