



The Canadian Isshinryu Way Everything Karate & Kobudo

Isshinryu Canada

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Appreciate the Support

The Isshinryu community, specifically the Canadian Isshinryu community, is tremendous. I get a great deal of help in putting together this newsletter; this time I happened to be short on articles and sent out a reminder for them, and within three days I had more articles than I could include. The articles came in from ranks ranging from orange belt to 7th, 8th and 9th Dans. Those who didn't contribute this time, promised articles for the next.

This type of support isn't uncommon in our Isshinryu community. We are lucky to be included in a group of individuals that continually find ways to put their own ego's aside and help others whenever possible. My instructors puts up with any question I have, my advanced student never hesitate to help out in the dojo teaching or otherwise. Frequently the help comes without even asking, just by their noticing something can be done.

I'd like to encourage everyone both to continue the great nature of cooperation, but also to take the time to appreciate it. We are part of something that is very special, and by appreciating it we can ensure that it continues to all the future Isshinryu

Karateka that are just starting, or will start.

You'll find the challenges this time all about cooperation and working with others in the Dojo.

Let's keep up the good work, and for my part I'd like to thank everyone that helps out with the newsletter as well as those that benefit from it, you make it worth the effort!

Essential Isshinryu has been Released!

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

ATTENTION NEEDED!

Do you know of someone great in Canadian Isshinryu? If so, please e-mail Sensei@issheinryu.ca with the contact details to be profiled in future newsletters.

Upcoming Events

Seminars

Hanshi Mady in Thunder Bay—January 15th.

Tournaments

Other

Chitora Dojo Pancake Breakfast—November 28th

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Martial arts begins and ends with Respect



Higaonna Kanryo

Understanding the history of Isshinryu and karate can provide the Isshinryu Karateka with a greater knowledge of the masters of Karate and their contributions to creating Isshinryu. Understanding the people involved leads the student and instructor alike to a deeper respect for the evolution of the art.

Higaonna Kanryo (1853-1917)

Who he was

The leading martial artist from the city of Naha in his time and a well known instructor across all of Okinawa.

Key Instructors

Aragaki Seisho—Higaonna's first instructor and well known as the first person to demonstrate Seisan publicly in 1867.

Wai Xinxian—Chinese instructor of Aragaki Seisho and later Higaonna was a master of Yongchun Crane Boxing.

Kojo Taite - A close friend of Aragaki and a main instructor at the Kojo family dojo located close to the Okinawan dormitory.

Key Students

Miyagi Chojun—One of the most respected instructors in Okinawan Karate history and founder of Goju-ryu

Kyoda Juhatsu— A well known instructor and martial artist and founder of Toonryu (which he created in honour of Higaonna).

The Individual

Rather than outline the training and many details of his life, which exceeds the space allocated for this article, I will instead share a specific incident from his life.

After many years of training, Higaonna had a strong desire to travel to China to continue his training. In 1874, he boarded a vessel headed to Fuzhou to seek a master. Initially he stayed in the Okinawan dormitory in Fuzhou City (Fukien Province). He studied under Wai Xinxian as well as

possibly Ruru Ko (Xie Zhong Ziang). The assumption is that the bulk of his studies occurred at the Cai (Kojo) family dojo which was located close to the dormitory.

While in China his studies were focused upon the development of the body and the basic movements. His days were long and hard as he was responsible for maintaining the garden and cleaning the dojo in exchange for his training. Higaonna had an especially difficult time picking up the language and found life difficult for a time.

By the end of his training, Higaonna had successfully developed both his body and mind. He eventually learned to read, was able to study many Chinese classics, favoring the Wubeizhi (Bubishi). While in China Higaonna learned the forms; Sanchin, Sei-yunchin, Shiisouchin, Seisan and Pecchurin. After ten years of rigorous training, Higaonna bid farewell to his instructors and friends in China and returned home.

When Higaonna returned, he found Okinawa had changed. With the King having been deposed, the probability of Okinawa ever achieving independence was a distant possibility. As a result Higaonna went through a period of depression where he would not teach or practice even when requested.

At some point after the popularization of Karate began in Shuri, Higaonna finally succumbed to the requests for instruction. Upon seeing the dedication to learn exhibited by many of Naha's young men, Higaonna threw himself into teaching. He trained his students in the basic techniques as well as the philosophies behind them.

In 1905 as the popularity of Karate grew to unprecedented heights on Okinawa in the school system, Higaonna began teaching his art at a public high school in Naha. In order to make the forms more appropriate for the public education system, Sanchin and other forms were updated to include strikes with the closed fist which were previously done as open hand strikes.

I sincerely hope that you enjoyed reading this series of articles on the history of Isshinryu. For more information about this master and karate in general, please refer to Essential Isshinryu.

Up next in the Isshinryu history will be additional biographies of Okinawan Karate masters. If you have corrections or comments regarding this article or any future article, please feel free to contact me directly.



Heaven and Earth, the Moon and the Sun: The *Bubishi* and the Origins of the Spiritual Codes of Isshinryu Karate

By Pat Couperous

Code 1. "A person's heart is the same as Heaven and Earth" / "The human mind is one with heaven and earth"

Code 2. "The blood circulating is similar to the Moon and Sun" / "Our blood circulation parallels the solar and lunar cycles of each day"

Continued from the previous newsletter.

The concept of transcendence was widely spread throughout the Indian and Oriental worlds. As such many references are made to the training of the mind and spirit in order to attain physical prowess. To a large extent the *Bubishi* simply presents what was common world view. Thus, the ideas were spread to and from many different parts of that world over the centuries. Ideas were re-interpreted by different cultures and for different purposes. The example from the first article of the *Bubishi* focuses on individual attainment. However, the concept of natural order and the universal power which is part of the first code also appears in the writings of the many Japanese Zen bushido philosophers. For instance, Takayama Kentei an 18th century Japanese military and civil advisor to a feudal lord provided the following advice for his master: "When man stands between heaven and earth and does his best with things on earth according to the order of heaven, the power of earth should manifest naturally." Here we can see that a similar framework is applied to governance in what was a very hierarchical society.

In addition to the sections outlining the historical development of fighting styles, several articles also address the ability to summon or control *qi*, the universal life energy. This life energy is drawn to and projected from the heart or centre of our being through the meridians or energy pathways of the body. One can look at this ability as a variation of spiritual enlightenment. The spiritual Centre of individuals is in harmony with Heaven and Earth, sharing the energy. Thus, *Bubishi* speaks of developing inner strength through physical training, such that energy "flows inward and outwards through the vital points." Thus the abilities of a martial artists come to surpass the simple physical actions in order to summon the *qi*.

Whereas the first code is concerned with harmony of the individual with the universal, the second is

concerned with the manifestation of the spiritual and natural energy. The *Bubishi* illuminates the various natural cycles that were seen as the foundation of daily spiritual and physical life. The ideas behind the second code are particularly well reflected in the approaches to healing and to the physical body that are outlined in the *Bubishi's* articles.

Meridian energetic pathways play a key role in many of the articles and are seen as the basis for individual health and success. They are central to Chinese medicine and healing. The sections on healing, medicine and vital points in the *Bubishi* make it clear that patterns in nature, in the heavens and in the biological processes were seen to be all part of the same universal system. Confucian, Daoist and Buddhist philosophies all had a profound effect on the development of the Chinese healing traditions over the centuries. And all of them integrated cyclical natural patterns in some manner.

It was during the Song dynasty (960AD - 1280AD) that the ideas of meridian pathways and vital energy points were codified. A doctor to the imperial family concluded that the "respiratory and circulatory systems behaved in the body in the same way as the earth rotated the sun." Thus, "the blood circulating is similar to the moon and sun" is inherited from this tradition. Further to this, the doctor analyzed and codified the vital points of the body. He demonstrated how they changed over the cycle of the day. A system was developed where the twelve meridians of the body corresponded to twelve bi-hourly divisions to the day. Building on this theory over the centuries, herbal cures were administered in different combinations at different times of the day. The idea of cyclical patterns in time was further reflected with the adoption of the twelve year zodiac cycle.

Taking the concept of meridian patterns one step further, several articles in the *Bubishi* discuss the vital points of the body which correspond with the meridian patterns. Many articles of the *Bubishi* explain the vital points as targets to inflict specific types of injuries by disrupting certain energy flows. Taking the concept of patterns somewhat further, the *Bubishi* provides a template for attacking vital points at their corresponding bi-hourly time period. This is said to inflict profound injuries and even delayed death.

(Continued on page 4)



Heaven and Earth, the Moon and the Sun:

The *Bubishi* and the Origins of the Spiritual Codes of Isshinryu Karate

By Pat Couperous

At first consideration, the practices of targeting vital points and meridian patterns both for healing and inflicting injury seem to be very physical and literal connections to the second code. However, these are the application of a particular philosophical understanding of humanity both biological and spiritual. As the many interpretations of the Isshinryu codes suggest, there are many cycles in a persons life –some are spiritual and some are physical.

Those patterns are repeated and reflected through the many different aspects of human existence. As martial artists we are taught that it is equally important to train the mind and spirit as it is to train the body. Such training will result in an important balance, symmetry and feedback between the three, so that an improvement in one will be reflected in the others. Thus, it is not surprising that

the first two codes emphasize the spirit and energy and the cycles of those forces. By understanding the philosophical and intellectual context of the origins of the codes we can see how central the interplay between mind, body and spirit was and remains to martial arts training.

I believe that Master Shimabuku emphasized the eight codes when he established Isshinryu because he wished to highlight that interplay. He wished to ensure that his style was connected to the long history of Okinawan *te* and was not simply seen as an offshoot or blending of other *Ryukyu* styles. As well, by providing a connection directly with the *Bubishi* through the promulgation of the codes, his students would hopefully embrace the spiritual aspects of martial arts training.

Economy of Motion, Body Mechanics

By Richard Ruberto

Since training with AJ Advincula and Sherman Harrill Sensei's I have learned, among other things, economy of motion and good body mechanics. Both stressed it but in completely different ways.

Let's first address economy of motion. The shortest distance between two points is a straight line. Large windups will simply take longer and telegraph your movement. So if you simply don't go down to go up, up to go down, left to go right and right to go left. You will be using economy of motion. In other words not wasting time on unnecessary movement. In essence trimming the fat. This is what Advincula sensei taught me.

Harrill sensei had a different approach to economy of motion. He stressed using blocks as strikes and strikes as blocks. He would simply use a shoulder high block, throughout the entire movement as a hit, block or both. So you can now see two different mentalities for the same subject.

As far as body mechanics are concerned. Proper use of leverage, stances, your center, hips and a load of small things will make your tech-

niques more effect. Most if not all my sensei taught body mechanics. If you are strong and fast you can get away with a lot of mistakes. Using good solid body mechanics will make you much more affective and give the not so talented a better chance at pre-vailing.

For the older karate-ka I strongly recommend larger range of motion. This contradicts the economy of motion some what but for a good reason. As we grow older we start to lose range. A larger range of motion is not for fighting, it's for health reasons. At 57 years when I see trouble ahead, I detour. Thus exaggerate movement. LOL

Stay healthy, train hard,
Richard Ruberto Sensei



Practice Practice Practice

By Jesse Hill

Practice practice practice. It should come to no surprise to anyone reading this that the contributors to the Canadian Isshinryu Way are strong proponents of practice as an essential part of learning martial arts. Practicing your karate is more than just going through the motions ad nauseam, you need to think about each technique. How does it work?

What circumstances are necessary for it to work? How would you set up the technique in a self-defense situation? These are just a few of the questions you can ask yourself while practicing. Thinking about technique is great but you also need to make time to try out your bunkai with an actual person. During the time before your class starts is a great opportunity to ask a fellow karateka to give you a hand trying out a technique. Another person can give you a different perspective on the technique or point out a reaction an attacker might have that you had not considered. Practicing in different ways can also shake things up and help you stay interested while still making your Isshinryu better.

The physical aspect of karate is not the only one, so it is not the only part we need to practice. Engaging in practice for the mental aspect of karate is something you can do at any time in any place. Whether it's on the ride home from school or work, or to the dojo, you can practice your "karate mentality" quite easily. Ask yourself, what does it mean to be a karateka? Why am I training? How is my attitude different in and out of the dojo? It what ways should it be different? Each individual will come up with answers that fit their situation. If you are unsure of your answer to some of these

questions have a conversation with a sempai or sensei, I'm sure they could provide some insight.

Terminology and history of karate are important keys to greater understanding of Isshinryu. Spending some time getting familiar with Okinawan/ Japanese terms gives you the ability to discuss techniques more precisely and perhaps learn more about how certain techniques might be related. The history of Isshinryu and of karate in general is fascinating and by learning about where karate came from we can better understand why karate is the way it is today. I know my life would be quite a bit different if karate had remained a family secret taught only to the eldest son. A knowledge Okinawan history is a necessity but it is also beneficial to learn about the local history of Isshinryu in your community, this helps everyone preserve the knowledge and experiences of Isshinryu in Canada and provides more context for the ways in which different Dojos are run, what traditions they have, and contributions to the greater world of Isshinryu. Remember, every student who works hard at her or his karate is a valuable contribution to our art.

Practice is essential to becoming a good martial artist and also necessary to maintain your skills as well as improving them. But practice doesn't have to be the same old thing all the time, there are many ways to vary your practice and focus on different aspects of your karate training. Drilling stances, basics, and kata, are only one facet of Isshinryu training so remember to also train your mind by asking questions and learning more about the history and culture of karate.

Keep training!

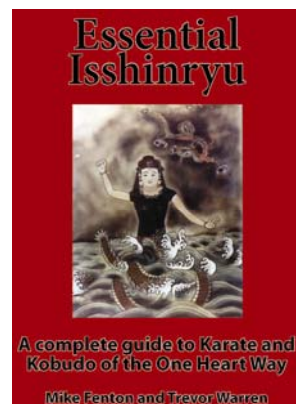
Essential Isshinryu Available

Essential Isshinryu is the recently released book by Trevor Warren and Mike Fenton. The book is a complete guide to the one heart way including both history and techniques of Isshinryu.

Essential Isshinryu is now available for purchase via Amazon.com, Amazon.ca and many online retailers. For more information please contact the authors via this website or by [clicking here](#).

For more information including a complete table of contents for the book please visit Isshinryu.ca or EssentialIsshinryu.com.

Bulk rates and signed copies are available directly from the authors for those interested.





Mady's Karate Fight Results

FCFL Full Contact Fight League Results Canada Vs USA

Team Mady of Mady's martial arts competed in Port Huron in the FCFL Full Contact Fight League, Canada Vs USA event, Billed as Halloween Havoc, at McMorrison Area.

Team Canada won 8-1.

In other action on the card, 3 of Team Mady Fighters won their matches in great style.

Colin "not so passive" Passa of Team Mady, 170 lbs Defeated Russ Toth of Port Huron MI. in a 3 round battle, winning every round with great striking and grappling, the fight was rated as Fight of the Night by Canadian Pro Fighter.com

Theo "the poetic hit man" Toney, of Team Mady, 155 lbs defeated his opponent, Jason Pomeroy of Flint MI. Theo defeated Pomeroy with great take downs and striking combination's, Scoring a first round KNOCK OUT, IN 1:07 of the first round. It was voted KO of the night.

Collin " the submission magician" Meloche, 135 lbs of Team Mady, defeated his opponent Clint Kingsbury of Team Adrenaline from London, in 1:20 of the first round with a Triangle Choke, forcing his opponent to tap out. This match was for the FCFL 135 MMA Title. Meloche wins. It was voted submission of the night.

The 20th American International Full contact karate championships, held at the Riverside Rochester Conventions center, in Rochester NY.

The event honored past champions and awarded a beautiful 20th anniversary Medal and an anniversary clock, Albert Mady was one of those recipients, he won the 2002 Light heavy weight Sr. black belt men, full contact division. He weighed 155 lbs in the competition and fought two opponents that were a minimum 60 lbs heavier than him.

Semi-knock down is full contact with pads, knock down is full contact without pads

Mary Anne Ozvat, 8 years old, Intermediate Semi 1st place.
Andre Ozvat 10 years old boys, Advanced Semi 3rd.
Michaela Bondar 10 year old girls, Advanced Semi 2nd and kata 3rd
Nicholas Bondar 13 boys, Advanced kata 4th
Mathew Taiariol 11 boys, novice Semi 2nd and 4th in Kata
Laurentiu Matei 13 boys, intermediate Semi 1st
George Zinkantes 15 year old boys intermediate Semi 2nd
Chance Phillon 15 year old Novice Semi 1st
Josh Simmons 17 year old intermediate Semi 2nd

Phil Brown 17 years old advanced Kata 1ST
Robbie Mikha Men's heavy weight intermediate Semi-2nd
Holly Kakch-McNamara woman's intermediate semi 3rd
Melissa McLeod woman's kata 1st and 3rd in Sr. kata.
Amanda Makivirta woman's advanced kata 3rd
Shannon Speight kata 2nd and advanced weapons 1st

Carol Pretli, Woman's heavyweight Knockdown, 2nd
Carol is a 2 time former champion of this event.

Chucky Mady, Men's knockdown super light weight 1st, scoring a 1st round KO in 1:12 of the first round. 3 years running super light weight champion. Also 3rd place NO-GI advanced submission grappling.

Theo Toney, Men's light weight Knockdown, 3rd, Black belt Weapon's Kata 2nd and No-Gi intermediate Grappling 1st place

Tom Barry, Men's middle Weight Knock down 3rd.
Dave Ford, 180 lbs Jiu Jitsu Kumite Division 1st
Moe Ballout 195 lbs Jiu Jitsu Kumite Division 1st

FCFL Full Contact Fight League Results Uptown Beatdown

Team Mady fighters competed and conquered at: The FCFL, FULL CONTACT FIGHT LEAGUE MMA Event, Uptown Beatdown, an outdoor MMA event held at the Uptown Grill in Commerce Township MI.,

Tom Barry 170 lbs of Team Mady, tapped his opponent out, Aaron Fuson of Michigan in 42 seconds of the 1st round with a Guillotine choke.

Collin Passa 170 lbs of Team Mady, in his mma debut, won by TKO, stopping his Michigan opponent, Rob VanSant, with ground and pound, early in the second round.

Don Ruan Bradigampola 145 lbs of Team Mady, beat Eric Gillean of Michigan, by way of a D'arce choke in the second round.

In the final two fights, MAIN events of the night,

Kyle Prepolec 170 lbs of Team Mady, defeated Lee Collozo from Florida of American Top Team, Kyle won in the first round with a Kimura, arm bar submission hold,

Theo Toney 155 lbs of Team Mady, defeated his opponent Tim Jenny of Michigan, with a D'arce choke, making his opponent tap out in the second round.



The Challenges!

Karate

Once again, I'm going to make the challenges a theme, and that theme is the same as this entire newsletter. Appreciate the community and individuals that make up Isshinryu Canada.

To further that, I'd like everyone to try and make use of the community to improve their Karate, it is easy to ask your instructor for help, but that isn't really using all the resources available to you. So this challenge is to use others to help you. This can be a peer (someone the same rank as you) or someone lower ranked. Remember, the key to improving is to look hard at yourself and recognize weakness, if humility is a problem this might be a great exercise for you.

Here's some ideas on how you can ask for help.

- 1) **Trying out techniques.** Trying bunkai on different people is important. If you only try them on people who either know what to expect, or have a similar skill set to your own, what happens when you need to use the application again someone who shares none of those qualities. This is great to try with a lower ranked person who doesn't know the technique, or others with different body types.
- 2) **Ask for a review of your technique.** Most people can recognize good technique, even if they don't know the technique's purpose initially. A great way to approach this is, show the technique slowly, explain what you are "trying" to do with the technique and then have someone critic you when doing it full power & speed. I think you'd be surprised the insights you'd gain even from those completely unfamiliar with the technique. Additionally, by explaining it, you'll gain deeper understanding yourself.
- 3) **Offer assistance.** Don't be afraid to share your good ideas with others. By sharing a good idea with someone else, it gives them the opportunity to help you improve upon. That continual improvement is what all Okinawan Karate was founded on.

Kobudo

If you haven't read the karate challenge yet, do that now!

The Kobudo challenge is the same as the karate challenge (yet again)

Everything that applies to the Karate challenge also applies to Kobudo, but in Kobudo it is extra important to train with your peers (and any rank that knows the Kumite kata). No matter how hard I've tried, I can't properly do Bo tai Bo Kumite or Bo tai Sai Kumite properly without a partner.

Those two kata are extremely important to understanding what it is actually like to use a bo. Even those the kata are simple, the concept of having an opponent in front of you and considering what they actually do, in addition to striking the weapons together teaches a great deal.

Training

Once again, I'm going to talk about using the community of Isshinryu. In your Dojo, I'm sure there are a number of people who could use help with their training, whether it be a spotter at the gym, or a running partner to help motivate them when the next hill seems too large to handle.

This is something I can speak to personally, while I'm motivated to work out and do so as often as I possibly can, having a good training partner who'd going to push me (or taunt me) throughout the workout does wonders.

Remember, fitness levels don't have to match up initially, but desire should, as long as you can find someone else who wants to be the best they can, that's a pairing that can succeed and achieve great results.



Coloured Belt Promotions

Toshikai Dojo—Ottawa, ON

Andrew Tam—Green Belt (Yonkyu)

Welcome Back Sensei Susan

All of Isshinryu Canada would like to welcome back Sensei Susan Baldassi to active teaching after her recent hiatus (and knee surgery) . It sure didn't take her long to make news with her re-opened Toshikai Dojo of Thunder Bay.



News from the Toshikai Dojo—Ottawa, ON

By Tim Leonard

Sensei Richard Ruberto, 6th dan from New York, recently came to Ottawa to share some of his teachings in Isshinryu and Kobudo. Our goal for the weekend was to train, establish new friendships and have a good time. This was done in spades. Sensei Ruberto, being a former New York City police officer and well traveled martial arts enthusiast, offered some unique insights into body movement and economy of motion. Sensei challenged us to think about our kata and the reasons certain techniques are taught. In fact, for one hour, we focused on nothing but "chudan uke" and explored hand positioning with various drills. A thousand thank-yous Sensei!!



Ruberto Sensei training on Okinawa



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—Toshikai Dojo Ottawa

Patrick Couperus—Ottawa, Ontario
Pat has been studying Isshinryu for 9 years and is a Shodan at the Toshikai Dojo in Ottawa and runs the cardio classes.

Author—Chitora Dojo

Jesse Hill—Thunder Bay, Ontario
Jesse is both a dedicated student and a skilled instructor understanding the importance of helping others grow.



Author—Any Dojo

Authors are always wanted! Consider taking the time to submit something to the newsletter.

Karate Terms in this Newsletter

Bunkai—Taking to Pieces, commonly interpreted as the application of technique.

Bushi—Warrior

Chatan—A region on Okinawa

Chinkuchi—Bone, Sinew and Energy

Dojo—School

Furi—Swing

Jo—Short Staff

Ka—Person / Practitioner

Kama—Sickle(s)

Kata—Prearranged training techniques

Kihon—Exercises

Kime—Focus

Kobudo—Ancient Martial Way, the term used to describe all the weapons in Isshinryu and Karate.

Kyu—Student rank level, counting down towards 0, being the first rank of Black Belt.

Makiwara—Striking Board

Naha—Port city on Okinawa

Okinawa—Japanese Island where all karate began

Ryukyu Islands—The island chain south of Japan where Okinawa is the largest Island.

Sanchin—Three Battles

Seisan—Thirteen

Seiuchin—Control, Pull, Fight

Shuri—Capital City on Okinawa

Te—Hand

Tonfa/Tuifa—Baton with Handle

Uchi—Strike

Yara—An original student of Kusanku and pioneer of Karate techniques on Okinawa.

Yudansha—Black Belt

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.



Submissions

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

Contact: Buzz Cox

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

Contact: David White

Ottawa, ON

Contact: Tim Leonard

Quebec

Contact: Pierre Parenteau

Saskatchewan

Contact: Brian Smout

Sioux Lookout

Contact: Jim Sapay

Thunder Bay, ON

Contact: Mike Fenton

Contact: Trevor Warren

Vancouver, BC

Contact: Rachel McGovern

Windsor, ON

Contact: Albert Mady

Winnipeg, MB

Contact: Brent Horton

Canadian Isshinryu Abroad

Berlin, Germany

Contact: Ryan Boesche

Stow, Ohio

Contact Albert Pecoraro



I think unwitting husbands deserve a warning before meeting the Fucheks