



The Canadian Isshinryu Way Everything Karate & Kobudo

Isshinryu Canada

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Make your Goals Achievable

As many Dojo are now restarting after summer breaks or reduced classes hopefully most students (and instructors alike) are starting to decide on goals for the upcoming months.

When setting goals, I strongly believe that in order to reach them, you need to make sure they can be divided into manageable tasks both in achievement and practice.

No matter your goal (whether it be improving an aspect of your Martial Arts or in life), making it something you can move toward regularly (daily) and incrementally is very important.

Many small steps will lead you a long way, learning and accomplishing things is incremental. If you try to force yourself into a situation where you must immediately do something, it's very difficult to accomplish.

Whereas, if you practice a little every day for an entire year, you will certainly have grown a great deal if you compare yourself from day 1 to day 365.

Set yourself some goals for this coming year and work hard to reach them. Remember that the best goals you can have are usually hard to achieve. Don't be afraid of challenging yourself, it will bring out the best in you.

Keep training and improving!

Essential Isshinryu has been Released!

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

ATTENTION NEEDED!

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

Upcoming Events

Seminars

Peter Carbone in
Thunder Bay Oct 1st.

Tournaments

Hanshi Mady in Bran-
don, MB Oct 21/22.

Other

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Strike when the Opportunity Presents Itself



Higa Matsu

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.

Higa Matsu (1790– 1870)

Who he was

A student of Matsumora Kosaku and part of a well known martial arts family. As second son he distinguished himself for his fighting skill.

Key Instructors

Unknown—He was a Kobudo expert and guard in royal service. He was also influenced by Chinese martial arts.

Key Students

Ufuchiku Kanakushiku (Kinjo Sanda) — Police commissioner and well known Kobudo master. He added many weapons to common Kobudo training and many consider him the first modern Kobudo master on Okinawa.

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.

Higa Matsu developed the local weapons of Bo and Sai and became renowned for his skills with the Bo. In an era where piracy was prevalent his skills were frequently put to the test. One notable physical attribute of Matsu was his size.

At 5' 2" and 140 pounds he was a large man by Okinawan standards. Through his constant practice with the Bo and Sai it is said that his forearms grew in both size and strength to the point that he was able to crush a coconut between his bare hands.

The origin of Higa Matsu's Tonfa or Tuifa technique is a rather interesting story. In the late 1820's while he was still a relatively young man there was a visiting Chinese master on Okinawa who specialized in the "Iron Ruler" or Tuifa. Already well known for his Bo technique, a match was setup between the two. Whether this was setup by the combatants directly or others is not known, however the match did take place. As with any fight involving weapons the risk was tremendous. The Chinese master attempted to control the fight and pressed the attack, but every time he did so Matsu was able to deflect the attack and regain control. The two fought for almost thirty minutes before a draw was declared.

The Chinese master was so impressed both with Higa Matsu's technique as well as his calm attitude during the battle that he offered to teach Matsu his Tuifa technique. This Tonfa technique became a staple of the Kobudo community along with Matsu's Bo and Sai work.

The next newsletter will continue to provide Kobudo masters that helped to shape Isshinryu. Kobudo is an important part of Isshinryu Karate, and it's history and included aspects are important knowledge for student of Isshinryu.



Sam Sheridan's "The Fighter's Mind"

By Mario Drouin

In 2010, following his book "A fighter's Heart: One Man's Journey Through the World of Fighting", Sam Sheridan wrote a second book: "The Fighter's Mind: Inside the Mental Game." To create this book, Sheridan met, interviewed and studied boxers, wrestlers, MMA and UFC fighters, coaches and trainers as well as extreme athletes.

Freddie Roach, nicknamed the "Choirboy" is one of the trainers Sheridan met. Roach owns and operates "Wild Card Gym" in Hollywood. He was Trainer of the Year in 2003, 2006, 2007 and 2008. Manny Pacquiao, Mike Tyson and Oscar de la Hoya are some of the boxers he coached and helped. Freddie Roach says there are two sets of minds for fighters; the ones who gain from a loss and those who get destroyed by it. The two best examples of these opposites are himself and Manny Pacquiao.

Freddie Roach was a well-known boxer; he had a hundred and fifty amateur fights and twenty-seven pro fights before he got knocked out. He sums it up as: "I skipped the fear because I started so young; I never had fear in a fight until after the first time I got knocked out. I was never even hurt by anybody – I was invincible. Then one day I never saw the punch coming, and I woke up on the floor. I got up, the guy rushed me and put me down again, and fuck, and then the ref stopped the fight. From that point on, I knew I could get knocked out and that changed my whole game, my attitude. Before that I would go in reckless. I would take a couple to get mine off too. But then I knew what could happen and it made a big dent in my fighting career. I wasn't fearless anymore. It put a question mark in my head. That was the beginning of the end, the start of a downhill slide of my fighting career."

In contrast to Freddie Roach is Manny Pacquiao. He is a very popular person in the Philippines. In an interview, the Philippines' secretary of the environment said: "Manny Pacquiao is our greatest national resource". As Sheridan puts it, Manny is a Filipino who came to Roach with a lot of ability, but raw, and Freddie polished him into a gleaming gem, the pound for pound king. Freddie Roach said: "Manny, he's been KO'd and he just says 'There's always a winner and a loser, tonight just wasn't my night', and that's a pretty good attitude to have. It didn't hurt Manny. It made him better. He learned from it, he knows that it could happen, and most guys don't think it could ever happen". Roach also says that a great champion can accept, internalize and understand defeat. He refers to William C. C. Chen, who was a tai chi teacher who called this 'investing in loss'.

Sheridan brings up the mental game that is played in a

fight and in other sports like marathons. He asked Roach about the debate on who would have won in between Mohammad Ali and Mike Tyson. His answer was: "Ali would have fucked with his head and made Mike a mess going into the fight. Pure power for power, Mike would have knocked him out, but Ali could have got to him mentally, and I think he would have, because Mike was so weak mentally." His view is that Tyson was a great puncher which would make the fights end in usually less than six rounds. But if he would hit you and you would still be there, he would mentally break. Sheridan refers to Ali as 'one of the great psychological warfare practitioners in boxing'. Ali had made George Foreman believe that he had used a witch doctor before their fight in Zaire and it worked.

Sheridan then met David Horton, an ultra-runner from Virginia. Horton once held the Appalachian Trail record, a race that runs 2,175 miles, from Georgia to Maine and he did it in 52 days and 9 hours. He also crushed the record for the Pacific Crest Trail, a 2,650 miles race which he did in sixty-six days. When Sheridan asked Horton what kind of mental game he'd play with himself, his answer was: "There are two statements that I use. The first is simple: this too shall pass, it will end. It can't last forever . . . because sometimes things will feel that way. The second one is very, very important: It never always gets worse." His reasoning is that our body is capable of so much more than we think possible, it is all psychological. Horton has been in some races where he had felt finished and then, a day or two later he had started feeling chipper and good. He says: "When you're in a bad race, and it is ten miles into a fifty-mile race and it is hurting bad right now, what is it going to be at forty? It may feel a lot better...and there is only one way to find out."

To expand on the mind set a fighter has to be in, Sheridan talked to Josh Waitzkin, a chess champion since he was six years old. When he met him, Sheridan says: "you could feel him watching you with those soft brown eyes-- he didn't look like a chess genius, he looked like a Mediterranean peasant. But in his eyes you could feel it— suddenly it made sense, the serious intellect behind there watching you, evaluating you, and cataloging weakness and strength patterns." It is that gift that allowed Josh Waitzkin to become a world champion in tai chi 'push-hands' in China and Taiwan. Waitzkin is also taking jiu-jitsu and is considering competing in the world championship. In what he calls the 'psych-out game', he compares chess and martial arts. He says the psych-out game is so hard and so highly developed in chess that it makes martial arts seem easy. Even though martial artists could be great athletes, even incredible, they could be pressured, dominated.

(Continued on page 4)



Sam Sheridan's "The Fighter's Mind" By Mario Drouin

In his book 'The Art of Learning' Josh Waitzkin writes:

"In every discipline, the ability to be clearheaded, present, cool under fire is much of what separates the best from the mediocre. . . if one player is serenely present while the other is being ripped apart by internal pressures, the outcome is clear. . . We cannot expect to touch excellence if "going through the motions" is the norm of our lives. On the other hand, if deep fluid presence becomes second nature, then life, art and learning take on a richness that will continually surprise and delight. . . The secret is that everything is always on the line. The more present we are at practice, the more present we will be at competition, in the board room, at the exam, the operating table, the big stage."

It is important to be relaxed during a fight, otherwise, on top of having to fight yourself; your mind is not into what you are doing. Mark DellaGrotte, who studied muay Thai at the Sityodtong Camp in Pattaya, Thailand was a semiretired fighter, now a trainer and had just got back into training himself. One day, coming back from the beach, a belly full of rice and a sunburn, he was told that he had to fight a Thai in an exhibition match. His opponent was an ex-military guy who had something like four hundred fights. DellaGrotte says: "I had nothing to bank on but being relaxed. It was probably my best fight ever. I kept chipping away at him, and in the third round I finished him with a series of head kicks. I was in the worst shape of my life, I was overweight. But some guys are like that. I was a nervous fighter; my business was based on my reputation. For some guys it's better if they don't know. They're just training hard and sleeping well, and then you tell'em 'the fight is today'. I didn't have time to think about it, to scenario the fight to death. When a fighter has too much time to think about it, he actually clutters his thoughts."

Sheridan asked Donny Lalonde, a former world champion who had knocked down Sugar Ray Leonard, about

the mental aspect of fighting. His reply was: "You've got to have already done the thinking in the gym. In the fight, you can't have your mind wrapped up. You can't be thinking instead of fighting. It's about reacting." In Manny Pacquiao's case, he has ten people living with him in his suite before a big fight, it reminds him of home, his country and helps him relax and be at ease.

There is no doubt that practice and repetition is key to be great in anything. Only in movies like 'The Karate Kid' can someone become so good in so little time and training. Sheridan refers to a book 'The Outliers', written by Malcolm Gladwell which is about success. In it he cites an investigation by psychologists at the Berlin Academy of Music which concluded that the ones at the top were the ones that had worked the hardest, practiced the most. Nobody at the top was a natural without this commitment, nobody at the bottom had worked hard but not get anywhere and there was a magic number: ten thousand hours of diligent, intentional, informed practice. This number also comes up in just about any field and discipline. Like Freddie Roach describes, it is only with practice that fighters can get in the zone: "You don't think about it, you react and explode and it's automatic. I can't say I'm going to land one-two of a four-punch combination and realistically mean it. I don't land four shots but one punch will develop the next, and you don't know what that first punch developed until you're there. You become so accustomed to reacting to what your opponent does with that move, that now it comes natural. You don't have to think about it. Feel for it."

Like Sheridan says about the mental side of fighting: "Fighting provides, eventually, what you are looking for. (It could be anything – tennis, chess, ultra-running – but you will bring that same intensity and need and make it into a fight. It's a fight you want, however you manifest it.)" In life you will have to fight something mentally at some point and the only way you come out winning is to learn from your loss, hurt or victory. Fighting makes you feel alive. Like Sheridan says, there are a million reasons to fight and there is one reason. Yours.

Hanshi Markovich Brings the Dance of Pain to Ottawa

Two weeks ago my wife and I were in Ottawa. While she visited her friends I managed to put together enough time to see Tim Leonard and give him and his black belts a two hour seminar on grappling. We had a lot of fun throwing people around and working on arm bars, wrist locks and finger locks. We affectionately call this routine the "dance of pain". Tim has his basement converted into a little dojo with mats and

bags. It was perfect for a small group. I always enjoy visiting them as they always seem so appreciative. They will be coming to Windsor for testing in November and I hope that I'll be able, along with Albert, to devote more time to them. Say "Hi!" for me to all the people that we seldom get to see, especially those in Manitoba.



The Meaning of Karate-Do

By Richard Ruberto

Let's talk about how we conduct ourselves outside the dojo. Are we courteous towards and helpful to others? Do we greet others with a smile, hand shake and or a hug? Do we go out of our way to help others grow along side of us? Do we invest in others in order to invest in ourselves? Ok enough questions I am hopeful each one of you reading this sees the direction I'm going in.

You see folks, I can no longer differentiate between my actions in the dojo and outside the dojo. I cannot imagine being any different. I love to watch others progress. I so enjoy teaching others and learning from others. I like when people show mutual respect. I like discipline and structure in my life. I would take humble over egotistical any day of

the week. I cherish the thought of endless possibilities.

In my humble opinion you cannot be one way in a dojo proper and another outside a dojo. Karate-do is so much more then just something I do for a few hours and put aside. Compare it to what your parents taught you and all of life"s lessons along the way. You will then see how valuable Karate-do actually is.

Promotions at Lake of Woods

By Steve Davis

Excellent job by all students!

Adults:

Ben Wiebe - Shichi Kyu
 Alex Frost - Roku Kyu
 Ryan Royal - Roku Kyu
 Marina Kosugi - Roku Kyu
 Gerry Miles - Go Kyu
 Eva Bandur- Yon Kyu
 Joe Shouldice - Yon Kyu
 Kailey Adams- Ni Kyu
 Gord Adams - Ni Kyu
 Brandon Woods - Ik Kyu



Kids:

Kennedy Miles - Roku Kyu
 Jessica Robertson - Go Kyu
 Kathleen Lebel - Yon Kyu
 Mattieu Lebel - Yon Kyu
 Ashlan Adams - Jr. San Kyu





The Challenges!

Karate

The challenge for this newsletter is a hard one. BE CREATIVE!

Focus on your bunkai and think outside of the box, think about angles and movement. Just because in the kata things proceed straight forward, doesn't mean the application of the techniques must. Trying bunkai from all angles will open up many new insights into the technique.

Obviously, a partner helps, but thinking and planning can be done independently so when you have the opportunity to try it out, you make use of the time.

Before next newsletter, I encourage everyone to try at least 100 variations of bunkai, if even one of them results in a great new bunkai, or a new understanding of the movement, or how you can move, that's a great success.

Bunkai is the truth of martial arts, improving your understanding is a great step forward in your Martial Arts.

Kobudo

A strong solid block is critical in Kobudo, in your Karate training, getting punched will most definitely hurt, but in most cases it, won't kill you. The same isn't necessary true of your training with weapons.

Pick your weapon and work on your blocks. First step is to practice getting into position. Start from a variety of positions and do your block strong and fast as you can. Once you've practiced getting into position, grab a partner and try it out. This is a great opportunity to prefer your block.

The great part of training with weapons is that it's easy to determine if your block isn't right, it hurts. When the block is working correctly, the weapon does the work and saves your arm. Focus on the angle of the block and supporting it properly with your body so that you aren't absorbing the force.

A great example of this is with the short weapons, having your Sai at the proper angle and the most powerful bo strike just slides right off.

On to the Challenge, have a partner attack. One hundred strong strikes in a row all blocks strong and effective. If #99 isn't quite right, start over!

Training

Variety is the key to improving when it comes to physical fitness. Over the summer, I'm sure you did lots of running and other outdoor physical activities. Rather than suggest a new workout for you to try out this time, instead I'm going to encourage you to add on to what you are already doing (assuming of course you are actually training).

This challenge is to add on to your current works with new exercises. It's not a good idea to just add on to an existing working so if you were running for 40 minutes, instead run for 20 but start with some pushups before your run, run a little faster, then do some jumping squats and finish with some sprints. Variety like this will challenge you far more than a single exercise can.

So, the challenge is to incorporate at least four different exercises in each workout. Plan ahead so you aren't resting for long periods between your exercises and you'll be shocked at how much more challenging your 40 minute workout can be.



Canadian Black Belt Promotions

On June 10th, Hanshi Albert Mady visited Thunder Bay for gradings and seminars. This grading wasn't just for Thunder Bay, but for Ontario, Manitoba & Saskatchewan.

I'd like to thank Hanshi Mady for continuing to come up and train us for so many years, and everyone who came to test or just to help train including, Richard Wharf & Buzz Cox from Brandon, MB, Brian Smout from Swift Current, SK, Brent Horton from Winnipeg, MB, Dave White from Kenora, ON, Ryan Boesche from Berlin, Germany and of course all the students you brought with you.

The Martial Arts is about people, having a great training weekend helps everyone to grow.

I also want to extend my personal congratulations to everyone who successfully graded. I was very proud of my own students who performed superbly, and overjoyed to promote my four most senior students to the Sensei ranks.

Without further ado, here is the complete list of those promoted.

Nikyu

Kevin & Karen Holyrod—Kokoro Dojo Thunder Bay

Ikkyu

Rob Purdue, Kokoro Dojo Thunder Bay

Shodan

Justin Johnson and Alexander Serenko—Chitora Dojo Thunder Bay

Sandan

Jesse Hill—Chitora Dojo—Thunder Bay
Simeon Ostap—Chitora Dojo—Thunder Bay

Jeff Long—Chitora Dojo—Thunder Bay

Timo Tikka—Chitora Dojo—Thunder Bay

James Stewart—Kokoro Dojo—Thunder Bay

Yondan

Joe Rigato—Kokoro Dojo—Thunder Bay
Ryan Boesche—Kokoro Dojo—Berlin, Germany

Godan

Dinah Jung—Satori Dojo—Thunder Bay

Brian Smout—Swift Current, SK
Trevor Warren—Chitora Dojo—Thunder Bay
Mike Fenton—Chitora Dojo—Thunder Bay

Nanadan

Brent Horton—Winnipeg



More pictures on the next page (and Isshinryu.ca)...



Coloured Belt Promotions

Thornhill Dojo—Till Kuendiger

I am proud to announce the first promotion of the group I have started training here in Thornhill, one Peter Harris has earned his yellow belt.

We attended Sensei Harri Makivirta's testing this April in Cookstown.



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.



Jeff Long—Assistant Editor

Jeff Long—Thunder Bay, ON

Jeff is a Sandan and Sensei at the Chitora Dojo. He's also an English major who's been helping to reduce the spelling & grammar mistakes in the newsletter.

Author—Any Dojo

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

Karate Terms in this Newsletter

Chudan—Middle Level

Do—Way

Dojo—School

Furi—Swing

Gusan—Okinawan Jo

Jo—Short Staff

Jutsu—Technique

Ka—Person / Practitioner

Kama—Sickle(s)

Kami—Divine Spirit

Kanetsu—Joint

Keri—Kick

Kihon—Exercises

Kime—Focus

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

Kumite—Free Fight

Mae—Front

Makiwara—Striking Board

Mushin—No Mind

Naha—Port city on Okinawa

Sama—Honorific suffix applied to a name, denotes respect

Shiko Dachi—Horse Stance

Shozenkutsu / Seisan Dachi—Small forward stance

Shuri—Capital City on Okinawa

Tonfa/Tuifa—Baton with Handle

Uchi—Strike

Uchi Hachi Dachi—Inner Eight stance

Ude—Forearm

Uke—Hard block

Yubi—Finger

Yudansha—Black Belt

Zenkutsu Dachi—Forward Stance

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

Article Submission

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. (Mike (at) Isshinryu.ca) or (sensei (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



Keep up with your basics, you're going to be doing them for a long time!