



Kawara ban



Vol. 9, No. 4

Legacy Shorin Ryu Karate Jutsu (www.shorinryu.ca)

Winter 2004-2005

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Editor's Note:

As we get ready for the holidays and the new year, if you have any time to yourself to catch up on things or to relax, here is the latest issue of the kawara ban to help you do both.

This issue kind of has a theme to it that seems in line with the holiday season to help to remind us of things we sometimes forget like etiquette, respect and gratitude. The articles by Sensei Dauphin and Sensei Victoria Edler provide us with their thoughts on these points.

Anyway, here's this quarter's issue of information. Let me know what you think.

Lots of things coming up and going on so read on.

Thank you.
Zena Nurse, Editor
Seishin Dojo



"The Path to Discipline Through Etiquette"

"Karate-do wa rei ni hajimari, rei ni owaru koto wo wasuruna."

Karate begins with respect and ends with respect.

Funakoshi Gichin

When one begins the way of karate they are initially inundated with rules. Why do we bow upon entering the dojo? Why must the Sensei be bowed onto the dojo floor? Why must I sit a certain way, stand a certain way, walk a certain way and even talk a certain way? The answer is simple, to learn etiquette and discipline.

Why do I need etiquette and discipline to learn Karate? Historically in the days of the Samurai etiquette could be the only thing that saved your life. A breach in etiquette could result in a duel with three-foot razor swords and discipline would be the only thing that could save the persons life. Certainly today no one in the dojo will physically harm another for something as insignificant as improper posture or not bowing at the correct time. So what is the value of etiquette today? This is a question that I have asked myself over the years more than once and as I look back over my years in Karate the answers are different.

As a white belt the only reason why I followed etiquette was to find my place in the dojo. Let's face it I had joined karate to learn to fight. Everyone else walked, stood and moved a certain way so I followed along. I watched the other students and followed their movements with no real understanding of what I was doing or how it was important. I followed the rules of etiquette only because I did not want to embarrass myself by making a mistake that would be evident to all the other students and especially the Sensei. I wanted to fit in.

My colour belt years started to open my

mind to the importance of etiquette. I have always had a strong love of history and as my Sensei started to teach me the history of Karate and the masters that passed it on I began to love the spartan discipline (even though I still had no real understanding of discipline) that was expected of all those in the dojo. I started to imagine myself as a student of Karate hundreds of years earlier in a different culture with a Sensei that would accept no less than perfection. The truth as I learned is that my Sensei does expect all his students to strive for their highest levels of perfection.

In my colour belt years I still did not consciously understand the value of etiquette on a deep level but to any outsider I would have seemed to be a model student. I bowed at all the right times moved quickly when my Sensei gave a command and generally adhered to all the rules of etiquette without giving it a second thought which was generally my problem. I still had goals to achieve in karate and I had not yet seen the value etiquette could play in helping me achieve those goals.

It was at the brown belt level that my attitude towards etiquette began to change. I saw myself as a person who had something to offer the other students in the dojo. I was determined to show all the other students and myself what a good student was. Others may have had better technique, been faster or more powerful but I tried to be an example of how someone should maintain himself or herself at all times in the dojo. This was the first time that I began to see etiquette as something that had value to anything other than history and tradition. I began to see its value in maintaining control not only over the dojo as a whole but also over myself. I was beginning to develop a code of honour for myself.

As a brown belt I dug deep into all aspects of dojo etiquette; it ran so far that in certain places I refused to eat in a

restaurant before my seniors had been served. As a brown belt etiquette was a way for me to show my senior and peers that I respected them and the Karate lifestyle that they had chosen. It was also a way for me to prove to myself that I had also embraced the Karate lifestyle. Despite my new understandings as a brown belt when I look back I see that I did not have a complete understanding of etiquette and its value to the karateka. In retrospect I think my initial views on etiquette were incomplete because I did not see the value etiquette plays in the achievement of discipline.

Now in my thirteenth year of training I meditate often on the relationship between etiquette and discipline and their value to the karateka. As I sit in my office writing this paper I am a third degree black belt and the Sensei to some thirty students. My previous experiences and beliefs all continue to hold true for me today. Karate etiquette still allows me to find my place in the dojo, I still love the strong sense of history etiquette brings to the dojo and continue to use it as a tool to prove to myself that I have embraced a certain code and lifestyle.

Along with my past experiences today I have a new and deeper understanding of etiquette and discipline, their relationship to each other and their value in the dojo. Today I believe that the etiquette is a road that leads the body, mind and spirit to discipline. In order to follow the rules of etiquette I must live in the moment. The rules of etiquette; which dictate how to stand, when to bow and how to act, all force my mind to remain in the present, inevitably if there is a breach in my etiquette it is because I have forgotten where I am and what I am doing.

Today I believe that discipline can only come from within me and only I can find it. The rules of etiquette are a powerful tool given to me by my Sensei to help me find this discipline inside myself. Rules of etiquette are present in all aspects of karate; kata, kumite and kihon are all interwoven with etiquette. We bow to opponents, keep lines straight, and never go faster than the highest rank all in an effort to maintain etiquette. In my opinion the greatest gift of etiquette is this gift it gives me; a disciplined body, mind and spirit that allows me live my life not some time in the past or future but here and now. Had I only seen this value

in the beginning I might have better achieved my petty goals (or should I say put aside my petty goals), which had nothing to do with the true art of karate and its value to myself and the world I live in.

Sensei Randy Dauphin
Dojo Giri

I would like to thank my Sensei for showing me etiquette and the road to discipline within. I would also be remised if I did not thank Master Richard Kim for teaching my Sensei this way.



Gratitude

I recognize that I, like anyone else, am fraught with mistakes and conjecture; emotions and ego that would – considering the content of this prose - make me sound hypocritical unless my faults were first recognized and acknowledged as such.

A simple ‘thank you’ is perhaps the most underused phrase I can think of in relation to everyday life and karate. The words, no matter what language they are translated into, convey a feeling of gratitude and obligation. It is my belief that many persons who deserve such thanks are conveniently omitted or worse, not even considered. Particularly at this time of the year, it is appropriate to recognize how fortunate we are to live in a society where we have food, shelter and clothing and many people receive presents during the holidays. How can I show I am grateful? Do what you can for (and thank) your parents, grandparents, family, those that provide you with the gifts essential for life and whatever deity you worship. Someone in the world is starving.

In karate we take a very self centered path. By self centered, I mean only to imply that karate can only be practiced by you. No one can do your blocks, kicks or punches for you. No one can make you put effort into a class but you. No one can hone your mind into martial spirit but you. By focusing inward to truly see yourself; that is how we can better relate to others. It is only through the skillful teaching of my karate instructor, Shihan G. Legacy, that I even considered such esoteric thought. All instructors and peers who have shared their knowledge with me helped shape my thoughts as well and for this I am grateful. How can I show I am grateful? How can I begin to repay what my instructors have given me in karate? By

doing what I can for my sensei and my dojo.

Some would argue that you repay any debt in karate in monetary terms with your dues. I would argue against treating your karate class like an aerobics class. In the end, the choice is yours how deeply you internalize karate but I would appreciate your consideration in celebrating and recognizing your instructor, your dojo, your peers and your karate.

Thank you.

Sensei Victoria Edler
Shorin Damashii



Dojo News

On November 10th, the Legacy Shorin Ryu Karate Jutsu Awards dinner was held in St. Thomas. Shihan Chaki was “roasted” in a way at the dinner where a number of people throughout the evening spoke about their memories, feelings and experiences with her over her 30 years in karate.

Also, a number of white crane black belt certificates and student of the year awards were given out.

Students of the Year:

Dojo Ankoh (Shihan Legacy)
Randi Urban

Dojo Shorin Damashii (London UWO-Shihan Michele)
Jason Sousa

Dojo Karate Doko Kai (London - Shihan Chaki)

Kory Nyp
Family of the year - the Bilotta's

Dojo Seishin (London-Shihan Bowron)
John Bagnall

Dojo Kensho Kan, (Brantford-Sensei Randy Dauphin and Sensei Woodworth)
Gary Szoke

Dojo Giri Jii (Kitchener-Sensei Randy Dauphin and Sensei Sara Dauphin)
Ron Watson

Dojo Matsumoto (Vancouver-Sensei McLaren)
Norma Kyllonen

Dojo École Marie-Curie (London-Sensei Beauregard)
Armel Freeman

Dojo Byakko (London Robarts School-Sensei Barnfield)
Brett Gore and Derek Gore

Recent Black Belt Gradings:

At the November 10th Awards Dinner in St. Thomas, the following people were graded to black belts in Matsumura Hakutsuru Kan White Crane by Shihan Legacy:

Yondan:

Michele Legacy
Janice Chaki

Nidan:

Scott Bowron
Mike Dymond
Wayne Baer
Randy Dauphin
Anne Barnfield

Shodan:

Nick McLaren
Scott Watson
Susanne Ha
Sara Dauphin
Jeff McGregor
Victoria Edler
Paul Edler
Shaun Benson

- Also, at the Awards dinner, **Sensei Victoria Edler** and **Sensei Paul Edler** of Shorin Damashii were graded to Sandan.
- Shihan Legacy and Shihan Michele were in Vancouver Nov 18th to the 22nd visiting the students in BC and holding a White Crane seminar. Before the White Crane seminar on **November 21, 2004** Shihan Legacy graded **Kimberly Blackstock** to Shodan. Congratulations Kimberly. This now brings to 5 the number of Legacy Shorin Ryu black belts training in BC.
- On **Saturday, December 11, 2004**, **Sensei Brian Webb** of London Downtown Y Seishin dojo was graded to Nidan and **Mike White** of the St. Thomas dojo was graded to Shodan.



Notices:

- Congratulations to **Sensei Patricia Beauregard** and her family on the birth of her **8 lb, 12oz baby boy, Anthony, on November 16, 2004**. Mom, dad and the baby are doing fine.
- **All students are required to wear protective gear while sparring in the dojo.** It is now the law and will be required in order to grade from now on. Required gear includes mouth-guard, head, foot and hand pads and groin protection. This will cost about a total of \$100. See your sensei for more information.
- **Any student interested in Iai**, the Japanese sword art of drawing and cutting should contact Kyoshi Legacy if you are interested in becoming a member of Iaido. We are adding a new martial art to our system and in order to promote this art, we must organize ourselves as a serious club and begin regular training sessions. The plan is to hold workouts every other Sunday or following the White Crane workouts at the St. Thomas dojo. Membership fees to Iaido are \$55. Sensei Suino will be coming to St. Thomas monthly except for 2 months were members will travel to Lansing, Michigan to train with Sensei Suino. Note: Sensei Suino will be demonstrating Iaido at the WFMA Championships and our shiai.



Upcoming Events

- There is going to be a **Karate History seminar on Sunday, December 19 at 9:00 am**, at the St Thomas Dojo. This will be an educational class so bring a coffee, some paper, and some questions. No uniforms. Shihan Legacy will be teaching this class, and it should run around 2 to 3 hours. The cost will be only \$10.00. This will be an excellent opportunity to study the history of our art and its lineage. For any Questions please contact your sensei or Miles Wilson, at this mthandflyboy@hotmail.com or 631-7164 or 860-7164.
- **November 5-7, WFMA 4th Annual Martial Arts Training Camp & Canadian National Martial Arts Championships** in St. Catherine's, Ontario. See the following website for

more details:

<http://www.wfoma.com/2004championships.pdf> or contact kyoshi@wfoma.com.

- **January 3-10, 2005, World Fraternity of Martial Arts 2005 Goodwill Martial Arts Games** in Royal Decameron Panama. For more information, contact kyoshi@wfoma.com.
- **Saturday, February 19, 2005** will be the date of our annual **Shiai**. It will be located at Carling Heights again. Further details will be provided by Shihan Legacy and your sensei shortly. Please note that **crests and sparring equipment** – hand, foot and head pads will be required.



Letters to the Editor and Submissions

As was mentioned in the prior editions of the Kawara ban, this section is for your letters, questions or comments.

If you have any comments, questions, corrections or additions for future editions of the kawara ban, please send them to zldnurse@golden.net. You must include your name and dojo in order to get published or answered.

Submissions for the next issue of the kawara ban should be submitted by, **February 15, 2004**. Show off your writing skills, poetry or artwork and take part in the creation of the kawara ban and the passing of the knowledge of the martial arts to your fellow karateka.



Martial Arts History

Below is some brief martial arts history that you may find interesting. The information is just to give you an awareness of some aspects of our style and others' history in order to prompt you to do more research if you want to find out more details.

History of the obi or belt

The use of different coloured belts was not done in the early stages of the traditional martial arts and is a fairly new practice.

The different coloured belts that we use to signify our ranks in martial arts, as mentioned in a prior issue of the kawara ban, was created by Jigoro Kano, the founder of Judo. Jigoro Kano, a Japanese educator and sports enthusiast, instituted coloured belts after he introduced the judogi and its obi or belt in 1907. The belts were originally only white and black where the black belt was used for those who had attained the rank of 1st dan. In about 1930, as a symbol of Japan, the red and white belt was introduced to recognize master black belts of 6th, 7th or 8th degree. The white represented purity and the red represented the intense desire to train and the sacrifices that the black belt martial artist had made. The reason why Jigoro Kano did this was to show recognition to the Judo masters similarly to what is done for masters in the tea ceremony or swordsmanship with the presentation of a special tea pot or sword. He also created the red belt for 9th and 10th degree black belts. It is believed by some that the different coloured belts used in the kyu before black belt were introduced in Judo. But some believe they were introduced by Mikonosuke Kawaiishi in 1935 in Paris, France as a means to help western student to achieve great progress and to provide an incentive. The use of these different coloured belts was adopted by other styles.

There is a great article that goes into more details on this topic called Belt Colors and Ranking Tradition by Don Cunningham at <http://www.e-budokai.com/articles/belts.htm>

History Quiz:

Do you know the answers to these history questions? (See prior issues of the Kawara Ban for more history questions.)

1. When Shorin Ryu was first being taught long ago by Sokon Matsumura, what katas were taught first?
2. Where was karate founded?
3. What is the karate creed?
4. Why do we say the karate creed when we are graded?

[Answers](#) are at the end of this

newsletter. How many of these did you get right?



Martial Arts Library

Often, requests are made for suggestions on where to find information in order to complete resumes. Besides asking Shihan or your Sensei, some have found the following resources helpful, informative and just plain interesting.

Previous additions of the kawara ban included suggestions for your martial arts library collection of books. Here are some additions for your hardcopy library, as well as some online resources with brief descriptions of each, costs and where to find.

Internet sites/mailling lists:

New Seishin Dojo (London Downtown Y)

website: <http://www.seishindojo.cjb.net/>.

You can find the current and prior issues of the Kawara Ban here in the **Miscellaneous** section under **Kawara Ban**.

Books:

The following books were recommended by Thomas Schiks of Seishin Dojo in London.

Samurai - The Weapons and Spirit of the Japanese Warrior by Clive Sinclair.

ISBN 1-58574-282-1 First Lyons Press

This book has excellent pictures and can be found at the London Central Library.

Arms and Armor of the Samurai - The History of Weaponry in Ancient Japan by I. Bottomley and A.P. Hopson

ISBN 0-517-64467-3 Crescent Books

Dojo Etiquette

In reference to the articles above contributed by Sensei Dauphin and Sensei Victoria Edler, here are some points of etiquette that you may not be aware of or if you are, then will be a reminder to you.

1. Always remove your shoes before entering the dojo or the dojo floor. Do not put them on until you are outside the dojo or off the dojo floor.
2. If a higher ranking belt sits or kneels during class instruction, then you should also sit/kneel.
3. Never use your hands to sit down or stand

up. They are your weapons.

4. Your hands, feet and gi should be clean for each class. Keep your fingernails and toenails trimmed.

5. Do not take alcohol, drugs or cigarettes before entering or training in the dojo.

6. No swearing or showing disrespect to others in the dojo or outside the dojo.

7. Always walk behind a black belt when in line and do not walk between 2 karateka talking, no matter what their rank.

8. Always bow to your sensei(s) when entering and leaving the dojo.

9. When you need to ask a sensei a question, stand at attention quietly and wait for them to acknowledge you.

10. Come to the dojo prepared to work and to learn.



Dojo Terms

Most of these terms can be found on the Legacy Shorin Ryu website under Misc. documents. Pronunciations can also be found for most terms on the website.

Term	Meaning
Jutsu	Fighting Art
Nukite	Spear Hand
Tetsui Uchi	Hammer Fist Strike
Tobi	Jumping
Zanshin	Awareness



Answers to History Quiz:

1. The Naihanchi's where the first kata's taught before the creation of the Pinan katas.
2. Karate was founded in Okinawa.
3. Look at the bottom of your belt certificate. If you have not yet graded, it is: "I come to you with karate. I have no weapons. Should I be forced to defend myself as a matter of right or wrong, my honor or my principles, my god or my country, then here are my weapons my empty hands." Do you have it memorized, yet?
4. We are promising Shihan to not use karate to harm others.



"It is said that a person who truly knows himself will never harm another human being, even under provocation." From The Bible of Karate -Bubushi.

