



Kawara ban



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Editor's Note:

Here is another issue of the quarterly Kawara Ban. It has a couple articles, one new (The Life of Miyamoto Musashi) from Shihan Chaki and one taken from the main website (Karate: Is it a Sport or An Art?) written by Sensei Black in Vancouver. There are lots of news about the dojo goings on and lots of events coming up, many of these will be of special interest to those planning on competing in the World Championships in the Dominican.

Also, there's some history obtained from the December history seminar that you may find interesting. And the other usual feature sections.

Please take a look and let me know what you think, if you have any corrections or if you want to contribute to future issues. This is your kawara ban so anyone who trains with us can contribute no matter what their rank. I

hope you enjoy it

Thank you.

Zena Nurse, Editor
Shodan, Seishin Dojo



The Life of Miyamoto Musashi (1584-1645)

There is no life or story more famous than that of Miyamoto Musashi. Musashi added a unique dimension to the image of the great samurai master.

He was born with the gift of the sword because his fame developed at an early age. At 13 he fought and killed Master Arima of the Shinto-Ryu.

It is likely that his father, Munisai Shinmen, the reputable master of swordsmen, taught him the art of the sword. This alone would not have been sufficient to explain either his precociousness or his extraordinary virtuosity. In his 61 years living he entered into around 66 fights, often against a large number of opponents at a time and remained unconquered, with the exception of Master Muso.

During a sword contest, Musashi's father, challenged a young samurai who was known to be a great master, Ganryu Sasaki, and defeated him. Sasaki, humiliated, later murdered Munisai by deceiving him. Miyamoto Musashi set about looking for him and found him. The two young masters engaged in a memorable fight from which Musashi emerged the winner.

Musashi's life seems to consist of a series of spectacular fights, yet at the age of 30, he was tired of this lifestyle. In fact, he was a man of great delicacy and culture. He practiced calligraphy, in fact, he excelled in this art. He also did classical painting and was interested in poetry and, above all, exercised his mind in meditation. He worked continuously at his special sword technique, imagining it was far from perfect.

He created the famous Enmei ryu of the two swords which later became the Niten-Ichi-Ryu.

His technique recommended holding the long sword (or daito) in the right hand and a short sword in the left hand. In two sword combats, the long sword was used first in a slicing motion and the short sword served to deliver a whiplash or lunge.

At age 60, Musashi retired into a cave where he chose to live in great poverty. This enabled him to write ESSAYS ON THE FIVE CIRCLES. (Gorin no Sho) which he completed two years later in May 1645.

This work gives great instruction in sword tactics which could only be understood by a trained student. This manuscript was never intended for circulation but according to custom, the master left it to his successor, Terao Katsunobu, so he in his turn could hand it down, and so on, from generation to generation.

Musashi died on May 19th, 1645. His tomb is near the town of Kumamoto and is still a place of pilgrimage.

Janice Chaki, Shihan



Karate: Is it a Sport or an Art?

There has been much debate over the years about what constitutes "real" karate and it has usually involved the camps supporting Sport Karate and Classical Karate-do. This is my opinion on the matter.

If I were to take an orange and show it to you, and ask you what it was, a common response would be that it was in fact an orange that I was holding.

If I took that same orange and proceeded to peel the skin off of it so that I held the peel in one hand and the unpeeled orange in the other and I asked you the same question about each hand, what would the response be then?

First, the hand with the peel in it. What am I holding? A peel, no doubt!

Next, the hand with the peeled orange in it. What am I holding? An orange! A peeled orange, but it is still an orange (some may argue).

An orange without the peel is still an orange, but a peel is just a peel.

Karate is like that orange. Classical Karate-do is still Karate even without sport karate, and it has been so for hundreds of years. Sport Karate remains nothing but peel, when you remove it from the orange.

This is just one Karate-ka's opinion. There has been much debate over the years about what constitutes "real" karate and it has usually involved the camps supporting Sport Karate and Classical Karate-do. This is my opinion on the matter.

Tim Black, Sensei Dojo Kokoru No Matsumoto, Vancouver, B.C.

This article was taken from the list of articles on the main dojo website: www.shorinryu.ca.



Dojo News

Recent Black Belt Gradings:

On Saturday, March 5, John Griffiths was graded to Sandan (3rd Dan).

Congratulations Sensei!!

- On January 3-10, 2005, a number of students from our dojos competed at the **World Fraternity of Martial Arts 2005 Goodwill Martial Arts Games** in Royal Decameron Panama. They all did very well and should be congratulated for their success. CONGRATULATIONS!!! Shihan Chaki was kind enough to provide the results and to comment on her time in Panama:

Michele Legacy and Randy Dauphin placed first in all three events making them triple crown winners for a second

year in a row.

- Janice Chaki - 2nd in kata & 3rd in fighting
- Dan Whittal - 2nd in kata & 3rd in fighting and weapons
- Adam Langer - 2nd in kata, weapons & fighting
- Mike Parent - 1st in kata & weapons 2nd in fighting
- Kevin Holtby - 2nd kata and weapons & 1st in fighting
- Svlanta Warford - 1st in kata and fighting 3rd in weapons.
- Steven Burgess - 3rd in fighting

Over all the trip was great. This is the best resort I have ever been on. The food was second to none. And I am a fussy eater. Sunny skies all the time. It was hot, but it was supposed to be hot. The people were fantastic. I would recommend this resort to anyone.

- Our annual **Matsumura Classic** was held February 19th at Carling Heights. It was a great success, again with many medals being handed out to our students. We also had an Iaido demonstration by Sensei Suino. Congratulations to all who participated and a special thank you to all who helped with the administration of the event.



Notices:

- 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.
- Sensei Barnfield** is doing a follow-up to the **kata survey** that many people had completed in the past couple/few years. She would like to do a more in-depth interview of those people who completed this original survey. If anyone who completed the kata survey would help Sensei Barnfield with this next phase of research, please contact her at (519) 532-8353 ext. 28246, or by email at abarnfie@uwo.ca. The interview would take 45 min to an hour at a place convenient to the participant. **Thank you for your help.**

- Sensei Barnfield** has had another article published in the **Journal of Asian Martial Arts**. See the Martial Arts Library – Books/Articles sections for more information.
- White Crane workouts** are scheduled at the St. Thomas dojo at 9 AM for the following dates: March 20, April 10, and May 15 & 29.
- White Crane Seminars** are scheduled at the St. Thomas dojo at 9 AM for the following dates: April 24 and June 19. Cost: \$50 members or \$60 non-members.



Upcoming Events

- Iaido training** in East Lansing, Michigan with Sensei Nichlaus Suino on Saturday afternoon, **March 19**, and Sunday morning, **March 20**. Cost: Free to NAIA (North American Iaido Association) members for Saturday's workout or \$20US each workout day for non-members. Contact Sensei Paul Edler at (519) 438-7827 or pedler@uwo.ca for more information.
- Camp Bushi 'youth camp'** on July 10-16th, 2005 at Dalewood Conservation area just east of St. Thomas, ON. There will be White Crane, weaponry, fighting and the usual and new fun and games. Cost: TBA.
- For the first time, there will be a **Camp Bushi 'adult camp'** on July 22 to 24th, 2005 at Dalewood Conservation area. It will consist of: White Crane, Iaido, and fighting. Cost: \$200 or \$180 if pre-register by July 1 (includes tenting lot, meals excluded). A minimum of 15 people is required. For more information contact your sensei or Kyoshi Gary Legacy at 1-519-782-4640 or at mokurai@execulink.com.
- World Fraternity of Martial Arts 2006 Goodwill Martial Arts Games** will be held in the Dominican Republic next year. Anyone interested should let Kyoshi Legacy know as soon as possible.

Registration forms are available from your sensei or Kyoshi and cost savings can be had if you book before March 31, 2005. If you are interested, see the list of tournaments below.

- **WFMA Elora Points Tournament** 24 April 2005 - Elora Community Centre hosted by Sensei Dauphin.
- **WFMA US Nationals Columbus Ohio** 14 May 2005 (100 Bonus Travel Points) *****World Games Qualifier.
- **WFMA London Points Tournament** 4 June 2005.
- **2005 World Martial Arts Games-18th June 2005** to qualify you have had to have won a first, second, third or fourth at a WUMA Qualifier.
- **WFMA, IBTF and RONIN 1st Annual Summer Camp** 15, 16 & 17 July 2005 – Fergus.
- **WFMA Mississauga Points Tournament** 17 September 2005.
- **WFMA Training Camp** Niagara Falls 4, 5 & 6 November 2005.
- **WFMA Canadian National Martial Arts Championships** 6 November 2005 (Double Points).



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, **May 15, 2005**. 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.

On December 19, 2004, a history seminar was held at the St. Thomas dojo by Kyoshi Legacy. Since there was a lot of history to cover and we didn't have all day to cover it, this seminar was part one of at least 2. Everyone who attended received a lot of information. I thought I would pass some of what I learned on to those who couldn't attend in a few points below and in future issues of the Kawara Ban. If you have any history information that you would like to contribute or correct, please feel free to send it to me.

- Bodhidharma was from India born Oct 5 sometime between 440 and 840, was a Zen Patriarch. He has different names in different cultures. The Chinese call him Ta Mo and the Japanese call him Darma Taishi, for example.
- He is rumoured to have sat and meditated in front of a wall for 9 years. He kept falling asleep so he cut his eyelids off. Where they fell, tea grew.
- He wrote a book called Zen Teachings of Bodhidharma. (See Martial Arts Library)
- The original Shaolin temple was located in China in Hunan province. The Chinese government tried to burn it down many times so the monks fled to Fukien province. There are now many Shaolin temples.
- The Shaolin monks taught the physical aspects of the martial arts to merchants in exchange for food to survive.
- Sokon "bushi" Matsumura is believed to have trained at the Fukien Shaolin temple.
- Kusanku is believed to have been a business man who learned martial arts from the Shaolin monks or was a Shaolin monk. He was one of the 36 families who moved into Okinawa from China.
- The Kojo family was Chinese and is believed to have had a dojo near the Shaolin temple. Matsumura trained with

Kojo either at the temple or met monks to train.

- Matsumura trained for a total of 6 months in China over a 10 year period due to the restrictions of his job.
- Fang Zhong Hon was a Chinese Shaolin monk and the father of Fang Chi Liang (daughter), the creator white crane.
- Fang Chi Liang created white crane after she saw cranes who she thought were doing a mating ritual. She later realized they were fighting, tried to break it up with a stick and noticed how the cranes avoided and blocked the stick. She incorporated the moves into her boxing style and beat most of the monks at the temple when she returned to the temple.



History Quiz:

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

1. What is Sokon Matsumura's real name?
2. Which of our katas did Matsumura invent?
3. What katas did Itosu create?
4. Who created the Kusanku kata?
5. What is Patsai really called?
6. What book has Kyoshi Legacy read over 20 times?

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 Kyoshi 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.

Books/Articles:

The following books/articles are recommended:

My Road to Shaolin by Matthew Polly in **Reader's Digest** February 2005 issue. This is an article written by a former kung fu student who returns to the Shaolin temple after 10 years away. It is written from the perspective of a "martial artist" and talks briefly about the history of the temple.

Traditional Martial Arts with a Non-Traditional Population: Teaching the Deaf by Anne M.C. Barnfield, PhD - **Journal of Asian Martial Arts** Volume 13 - Number 4 - 2004

Russian Systema Flow Training: A Progressive Alternative to Stimulus-Response Training by Kevin Secours, B.Ed. - **Journal of Asian Martial Arts** Volume 13 - Number 4 - 2004

The Zen Teachings of Bodhidharma by Red Pine and Bodhidharma. 126 pages & \$17.95 in Chapters.ca or \$14.60 in Amazon.ca. Published: January 1989 ISBN: 0865473994 · Published by Farrar, Straus & Giroux, Incorporated



Dojo Etiquette

Here are some more points of etiquette that you may not be aware of or if you are, then will be a reminder to you.

1. In order to be considerate of your sensei and other students, always arrive to class on time or, better yet, early for class so that you don't disturb the class already in progress. If you are going to be late to class on a regular basis for unavoidable reasons, discuss this with your sensei.
2. If you are late to class, kneel just inside the door and to the side until your sensei invites you to join the class. Perform the required activity required (i.e. push-ups) at the end of class without being asked or ask what activity is required for being late.
3. Do not spar or perform kumite in class without your sensei's permission

- or without a black belt present.
- 4. If you forgot your belt, either request a white belt from your sensei or senior student or just wear your t-shirt tucked into your gi pants without your gi top. Do not wear another coloured belt or your gi top without a belt.
- 5. Ladies/girls should always wear a high cut t-shirt under their gi top.
- 6. Long hair should be tied back out of the way.
- 7. If you are going to miss any classes or need to leave class early, notify your sensei at the beginning of class or as soon as possible.
- 8. When your sensei is talking to the class, stop what you are doing immediately and give your full attention to her/him.
- 9. When you work with someone else, be respectful of that person and use the level of physical control appropriate for their rank, age and physical conditioning. What you may think is light contact may not be in their opinion, so pay attention and ask.
- 10. You are required to have a gi and your crest sewn on your gi correctly in order to grade to your next belt (yellow belt). If you have concerns discuss with your sensei.



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.

<u>Term</u>	<u>Meaning</u>
Hiza	knee
Kakato	heel of the foot
Rokudan	6th degree black belt.
Rokukyu	6th class. Frequently spelled as Rokyū
Samurai	one who serves
San	three
Sankyu	third class
Seisan	thirteen
Sensei	one who has gone before
Sho	beginning, small or minor
Shodan	beginning degree or step
Shoshin	beginner mind
Waza	technique



Answers to History Quiz:

1. Unyu Kiyō
2. Naihanchi Shodan, Pinan Shodan and Nidan and half of Sandan, Patsai and Chinto.

3. It is believed that Yasutsune Itosu created half of Pinan Sandan and all of Pinan Yondan and Godan, most of the kata's ending in "shō": Patsai Sho, Kusanku Sho; and Naihanchi Nidan and Yondan.
4. Sakagawa created kusanku kata.
5. Tawara (Towara) Patsai
6. Robin Hood



Martial Quotation:

"Seven Times Down, Eight Times Up!"
– Daruma doll by Deiryū

