



Kawara ban



Vol. 10, No. 4

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

Winter 2005-2006

In This Issue:

Editor's Note:	1
Dojo News	1
Recent Black Belt Gradings:	1
Notices:	1
Upcoming Events	1
Letters to the Editor and Submissions	2
Martial Arts History	2
Yasutsune Itosu:	2
Martial Arts Library	2
Books/Articles:	2
Internet:	2
Dojo Etiquette	3
Dojo Terms	3
(Kaiwa Corner)	3



Editor's Note:

Well, here it is finally, the next issue of the Kawara Ban. It has been a long time since the last issue and I promise, the next issue will not take as long as this one to come out but will be issued, as usual, following the next St. Thomas grading.

This issue has lots of notices and upcoming events including the trip to Okinawa this fall. Also, there is some more martial art history mainly about Yasutsune Itosu and the **Kaiwa Corner** by Paul McEvoy, a seishin dojo student with knowledge of the Japanese language.

As always, contributions related to martial arts are welcome and requested from any karateka so please feel free to make my job easier.

Thank you.
Zena Nurse, Editor
Nidan, Seishin Dojo



Dojo News

Recent Black Belt Gradings:

On Saturday November 26, 2005, **Alyson Webb** and **Zena Nurse** of the Seishin Dojo were graded to Nidan at the Annual Karate banquet.

On Saturday March 4, 2006, **Dave Beecroft**, **Gord Debbert**, **Lucian Ilie** and **Thomas Schiks** of the Seishin Dojo were graded to Shodan at the St. Thomas dojo.



Notices:

- On Sunday, October 30th, 2005 Sensei Patricia Lemon gave birth to a baby boy, **Tristin William Alexander Lemon-Nurse**. He was 8lbs, 4oz and 21 inches long. The whole family is doing great. Congratulations!
- **World Fraternity of Martial Arts 2006 Goodwill Martial Arts Games** were held in January in the Dominican Republic. A number of students from our dojos attend. Lots of fun and success was achieved by all. The results:
 - ◆ Shihan Janice Chaki took first in all three divisions.
 - ◆ Sensei Jeff McGregor took first in Kata, second in weapons and third in sparring.
 - ◆ Lynette McInnis took first in kata and second in weapons.
- **Please help if you can.** A family of 4 of a little girl in Sensei Dauphin's dojo had a fire in their apartment. Fortunately, everyone is safe but they lost everything. If you have anything that you would like to donate, it would be greatly appreciated. The little boy is about 4 or 5 and the little girl is 8, along with their parents. Contact Sensei Dauphin or your sensei if you would like to donate anything.
- **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.



Upcoming Events

- **April 1- 2, 06 - sleepover at the St Thomas dojo.** Starts at noon, goes to noon. Karate, weaponry, games and prizes. Bring all equipment. Evening meal and breakfast provided. Cost - \$50 per person.
- **April 2, 06 Sparathon -Buffalo, NY** with Sensei Bill Adams. An ideal time to do some great training and get exposure to different fighting styles. Last year we went down with several students and had a great time. Mark your calendar, details to follow or contact your sensei or Hanshi.
- **UWO Karate Club: End of Year Dinner** - all Yudansha as well as their students are invited to attend this year's 'end of year dinner' for the UWO Karate Club. It will be **Monday April 10 at 6:30pm** at the **Mongolian Grill** (Located on Richmond St d/t - North of Richmond and Central in London, ON) at a cost of \$20/person (includes buffet, coffee or tea or pop, taxes and tip). Individuals will have to pay for their own dessert or alcohol. Please let your sensei know if you wish to attend before Friday, April 7 so that your sensei may let Jason Sousa (jason_sousa@hotmail.com) at the UWO club know what to expect for numbers. Students are welcome to show up and pay at the dinner if they wish, although

a rough estimate would be greatly appreciated.

- **Iaido Seminar** - Sensei Suino will be back in St. Thomas on Saturday **April 15**. The cost will be the standard \$50 for members and \$60 for non members. New students are always welcome. If anyone is interested please encourage them to come. They won't be disappointed. Contact your sensei or Sensei Paul Edler at Anko dojo for more information.
- On **April 29th**, **Sensei DeGuzman** is hosting his **annual karate tournament in Sarnia, ON**. Sensei De Guzman is a big supporter of our tournament so if you can attend, it would be greatly appreciated.
- **July 9-15, 2006**: Camp Bushi in Dalewood Conservation Area. Further details to follow as available.
- **July 21-23, Iaido Camp**. Further details to follow as available.
- Hanshi Legacy is planning a trip to **Okinawa/Japan November 20-30 2006**. If you are interested please plan to stay after the grading for a few minutes to discuss. All are welcome to participate. Cost is \$2850 CDN
First deposit of \$350 is due by March 31, 2006. For details please contact Hanshi at mokurai@execulink.com.



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, 2006**. 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.

Editor's Note:

Martial arts history is hard to nail down because a lot of it has been transmitted by word of mouth from one person to another, sensei to karateka or any written history kept secret and only given to a select few. What history is contained in this issue of the kawara ban, future and past issues has been obtained by word of mouth and from what are believed to be reputable sources. The best advice I can pass on to you which came from Hanshi as he advised us during the last history seminar is to keep looking at reputable sources – books, online and our senseis.

Knowing the history of the martial arts and specifically Shorin Ryu is an essential part of your martial arts training so ask lots of questions.

Yasutsune Itosu:

At the last grading in St. Thomas, Hanshi asked the students a lot about Yasutsune Itosu. Below is some information about him. Some of it came up during the grading and/or during the last 2 history sessions in St. Thomas in the past year.

- Born in Shuri, Okinawa in 1831 and died January 26, 1915
- Sokon Matsumura was his sensei and he was his #1 student
- Nickname was “Anko” or “iron horse”.
- Brought karate into the public school system in 1901
- Created the Pinan katas from the channan katas he learned from Matsumura
- Closed the hand to a fist instead of keeping open as part of the means of making karate easier and safer to learn in the school system
- Believed to have created the katas that end in “sho” i.e. passai sho, kusanku sho.
- Is believed to have created Naihanchi nidan and Naihanchi sandan

- Gichin Funakoshi trained under him
- Known for his very powerful and strong hands, arms and legs.



Martial Arts Library

Often, requests are made for suggestions on where to find information in order to complete resumes. Besides asking Hanshi 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.

Books/Articles:

The following books/articles are recommended martial arts reading by Sensei Gord Debbert. Most of these books have been recommended in prior issues of the kawara ban a long time ago but are well worth repeating, especially for newer students:

Karate's History and Traditions, by Bruce A. Haines, ISBN 0-8048-0341-2, published by Charles E. Tuttle Company Inc., Tokyo, Japan.

The Bible of Karate Bubushi, Translated by Patrick McCarthy, published by Charles E. Tuttle Company, ISBN 0-8048-2015-5

Okinawan Karate, Teachers, styles and secret techniques, by Mark Bishop, published by A&C Black Limited, London, England ISBN 0-7136-5666-2

Okinawa, Island of Karate, by George W. Alexander, published by Yamazato Publications, ISBN 0-9631775-0-8

Internet:

The following internet sites were recommended by Gord Debbert as being interesting for martial arts history and information:

- <http://www.akka.org/history.htm> History of Kenpo
- <http://members.shaw.ca/butokukan/butfram9.htm> Timeline of Butokukan

- http://www.seiyo-shorinryu.org/pages/thestyle/p_histor2.html 36 Family History Info.
- http://www.sanshin-kan.com/English/KarateTeachers_E.aspx Karate Pioneers
- <http://karatenb.com/dr.chitose.html> Karate New Brunswick - History of Karate Practitioners
- <http://www.nyc-shorinryu.com/okinawa.html> Brief History of Okinawa, from the New York Shorin Ryu Karate Club
- <http://en.wikipedia.org/wiki/Shaoлинquan> Shaolin Martial Arts, the five animals and some history
- <http://www.northamptonkarate.com/site/manual.html#history> Northampton Karate – Shorin Ryu lineage
- <http://www.okinawan-shorinryu.com/okinawa/history.html> Okinawan History - Timeline
- <http://homepage.ntlworld.com/j.kelly627/fiveanimals.html> Five Animals of Kung Fu
- <http://pages.prodigy.net/kickinc.1/history.html> Five Animals



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. When asked to perform any task, line up or move to a certain position in the dojo, always move quickly.
2. Do not remove any part of your gi, including your belt, during training unless told to do so.
3. Only adjust your gi or belt in class when told to do so. When you are told to adjust your gi or belt, always turn away from the front of the class to fix your gi or belt.
4. Your gi should always be clean, neat and ironed. Do not wash your belt as it traditionally is believed to contain the essence/spirit of your training.
5. Listen carefully to instructions given and acknowledge the instructions by responding with “hei”.



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
Hara	Abdomen, Ki
Hei	Yes, acknowledge
Kekomi	Thrust
Keage	Snap
Kiai	Spirit shout
Mae	Front
Mokuso	Quiet meditation
Mokuso owari	Meditation over
Nukite	Spear hand
Rei	Bow, courtesy
Yoi	Ready, prepare

空

kara (empty)

手

te (hand)



会話 コーナー

(Kaiwa Corner)

By: ポール マケボイ 六 きゅう
せいしん 道場
(Paul McEvoy 6th Kyū Seishin Dōjō)

With this column, I will introduce some Japanese vocabulary that will be useful in the *dōjō*. The first word of the title, *kaiwa*, means “conversation” so my intention is to provide conversational words often used during *karate* classes. I hope this will be especially beneficial for those people going to Japan in November. The way I will structure the vocabulary is to write it out in *Kana* (Japanese characters) and then in *Romaji* (English alphabet) followed by the translation. The *Romaji* will be grouped into sounds that are pronounced together. Finally,

I will provide the situation in which one would use the words presented.

E.g. みぎ mi gi (pronounced “mi gi” and not mig i) “right”
Shihan Bowron says to start with your “mi gi” hand.

If anyone has a specific vocabulary usage question or would like a translation, they can be forwarded to me at porul@msn.com and I will do my best to answer all requests in future editions of Kawara Ban.

せんぱい Sen pai “Senior”

- used as a term of respect for one who has attained a higher rank than you (e.g. Jordan *sen pai* is very quick)

こうはい Kou hai “Junior”

- used when speaking to one of a lower rank (e.g. Yolanda *kou hai* just started practicing with us recently)

おねがいます O ne gai shi mas(u)
“Please” or “if you please”

- used if asking someone to do something for you (e.g. before training with a partner, you may say “*o ne gai shi mas*” to mean “please help me train well”)

すみません Su mi ma sen
“Excuse me” or “I’m sorry”

- used if you don’t know a person’s name and you wish to speak to them OR if you need to apologize to a *sen pai*.

しつれいしました Shi tsu rei shi ma shi ta “I’m sorry for causing you trouble”

- More polite than *su mi ma sen* and should be used when talking to a *sen pai*. Especially useful if you are late for class or make a mistake while presenting in front of the group.

