



Kawara ban



Spring/Summer/
Fall 2006

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

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Editor's Note:

Well, again this has been a busy year for me so I haven't been as diligent with the Kawara ban as I would have liked. As a result, the Spring/Summer issue is actually the Spring/Summer/Fall issue. I will be getting back to a regular schedule of quarterly issues with the next one scheduled for early December but I still need help with the content.

Again, in this issue we have the Kaiwa Corner by Paul McEvoy, as well; he has provided another article on some Japanese etiquette for those going to Japan this week.

Also, Sensei Barnfield is taking her research to the next level and requesting help through personal face-to-face interviews.

My apologies for the lateness and I hope you enjoy this issue. For those going to Japan, have a great time, learn lots, take lots of pictures and video, train hard and come back safe and

sound with lots of good stories.

Thank you.

Zena Nurse, Editor

Nidan, Seishin Dojo

Dojo News

Recent Black Belt Gradings:

In May 2005, Hanshi Legacy visited our Vancouver dojos in BC and promoted **Ian Russell** and **John Ryan** to Sandan and **Alan Cheuk** to Nidan, all are from the Burnaby dojo.

On Saturday, September 9th, **Lynn Morrison** and **Adam Langer** of Dojo Giri were graded to Nidan at the St. Thomas dojo.

We have **2 new dojos** opening up in Windsor and Chatham, Ontario so if you are going to be in either of these areas, please contact Shihan Legacy for the location so you can arrange to stop in to support the club. Congratulations and good luck!

Notices:

- Many of us at the grading on Saturday, June 3rd noticed the return of the **self defences** which for those who have been around for a long time, may remember from many years ago. They will be part of all future gradings as part of the testing. The first 5 were tested at the June grading. 10 in the September grading but there are many of them - from karate, white crane and kempo which will be required in increasing number until all are learned in the future gradings. Details about this will be communicated to you by your sensei.
- **July 9-15, 2006: Martial Arts Youth Camp** in Dalewood Conservation Area, RR#8, St. Thomas was held. Day camp or overnight camping was available for

ages 7 years old and up. Activities included Karate, Weaponry, swimming, football, hiking, games, pizza & movies, scavenger hunts, prizes and free camp T-shirt.

- **July 21-23, 2006: Adult Karate Camp** was held at the St. Thomas dojo. Activities included Kata (Nipai Po-White Crane), Weaponry (Iaido with Sensei Nick Suino) and Fighting.
- **Sensei Anne Barnfield's kata research at UWO:** Sensei Barnfield has research permission from the College to run a more in-depth study on learning kata. This time she will record interviews with people (like a newspaper reporter!). She is able to pay people \$10 for 45 minutes to an hour of their time. If you are willing to participate in the research, it would be greatly appreciated. Please contact Sensei Barnfield at abarnfie@uwo.ca. See the letter below from Sensei Barnfield with further details.
- **www.shorinryu.ca website updates** - There have been some recent changes on the www.shorinryu.ca and there promises to be a few more in the coming months, so keep checking back! One thing to note is that we now have an online store where students can order Gi's, equipment and other karate related products online through Shihan Legacy.
- On **September 16, 2006** a seminar was held with **Sensei Wally Sloki** at the Lambeth Community Centre in Lambeth that many attended and learned lots of great fighting techniques. He was a world class fighter and instructor.
- **Sensei Victoria Edler and Sensei Paul Edler** have moved to Japan for a year to teach English. They

have a blog set up to keep in touch, let everyone know how they are doing, what they are doing and seeing. While they are there, they are travelling around Japan, especially Kyoto and putting pictures from their travels on the blog. It is at:

<http://blog.myspace.com/paulandvictoria>



Upcoming Events

- **Okinawa/Japan October 18-28 2006** Shihan Legacy has planned this trip that 18 students from our dojos are attending.



Dear Karate Students:

A while ago some of you helped me by completing a questionnaire survey on karate kata. You will have read in our newsletter, Kawara ban, that the results were inconclusive. To continue this study I would like to interview a representative sample of karateka; people of all grade levels, whether you have already answered the survey or not.

In the interview I will ask some questions about practising and performing katas. There will be no pressure to answer questions in a particular way; there are no right or wrong responses. Interviews will be tape recorded to ensure accuracy of information. The interview will take approximately 45 min to an hour, and will be arranged at a time and place to suit you best. You will be given \$10 to compensate for your time.

Participation in the study is voluntary; if you take part and at any time you do not wish to participate, or to continue any longer, or to answer a particular question, you have the right to say so. You may also withdraw consent at any time. If you do not wish to participate in this study, this will in no way affect your standing at your karate club. All information will be treated as strictly confidential, as will individual responses. I am the only person who will have access to your demographic (identifying) information.

Results will be pooled with those of other participants for statistical analysis.

The individual results from this study will be entirely confidential - at no time will names or any other information that could identify you or your particular answers be released. The results of this research should provide insight into the learning and performance of spatial abilities and lead to benefits such as a better understanding of the development of these abilities and the part learning plays in that development.

This research has been approved by the Research Ethics Board at Brescia University College. The final decision regarding participation, however, rests with you. If you are interested, please contact me to get a copy of the information letter and the consent form. If you have any questions or concerns about the study, please contact me, at: 519-432-8353, extension 28246; or email: abarnfie@uwo.ca

Thank you,

Anne Barnfield.



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, **November 25, 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.

Here are a couple of history questions:

1. What was Yonamine Chiru's other

name?

2. What was her family famous for?

You can find the [Answers](#) at the end of this newsletter.



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:

- On our **BC Dojo** website, <http://www.shorin.ca/readinglist.htm> you will find a great resource for martial arts reading. The dojo has a list of books that they recommend be read by their karateka as part of their training. The editor suggests that even if you have read any of these books once, you should read them again. You never know what you will pick up the second or third time you read the book(s).

Internet:

Check out the following internet sites:

- www.shorinryu.ca is our dojo's main website. It contains lots of great information like dojo rules, grading requirements, sample resume, Karate Creed, and links to some of our other dojos. See under **Notices** above for some more information. Please note the Black Belt Listing and contact Alan Cheuk at amcheuk@sfu.ca for any additions or corrections.
- <http://en.wikipedia.org/wiki/Shorinryu>. Well, for those who are not familiar with Wikipedia, it is a free online encyclopedia that has very reliable information. So much so, that some major encyclopedia companies are not happy with it. I

did a search for Legacy Shorin Ryu and one of the results was this webpage. It is a very good brief history lesson of our style of karate, Shorin Ryu.



Dojo Etiquette/Rules

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. These were taken the **Dojo Rules** listed on our website, www.shorinryu.ca.

1. Students will behave as gentlemen and as ladies, at all times, **inside and outside** the dojo.
2. Students will attend at least one class weekly at a time designated for their instruction. Any student who is absent from their instruction for a period of over one month, without the understanding of the sensei, can be expelled from the school, without notice.
3. Under no circumstances will any student, from white belt to brown belt, teach the art of karate to any person, or persons, without the permission and sanction of their Sensei. Any student who does so teach, can and WILL BE DEGRADED TO THE RANK OF WHITE BELT.



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. These were taken from the **Translations** section of our website, www.shorinryu.ca.

<u>Term</u>	<u>Meaning</u>
ude	forearm
ken	fist
seiken	forefist



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 5th Kyū Seishin Dōjō)

Welcome to second edition of this column. In the first edition, I stated that if anyone had any specific vocabulary usage question or would like any translations, they could forward them to me at porul@msn.com. That offer still stands. In this instalment, I will provide some of the words needed to introduce oneself in social situations. As was the case the last time, I will write the phrases 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. Also, a pronunciation “key” will be provided for the underlined letter combinations.

Greeting someone and introducing yourself for the first time:

おはようございます O ha yo go zai
mas(u) “Good morning”

- Used until approximately 11AM

こんにちは Kon ni chi wa
“Hello”
• used between approx. 11AM and 6PM

こんばんは Kon ban wa
“Good evening”
• used after approximately 6PM

はじめまして Ha ji me ma shi te
“It’s nice to meet you”
• Pronounced like ‘men’ without the ‘n’

(ポール) です (Po-ru) des(u)
“I’m (Paul)”
• Replace first bracket with your own name. The second bracket—‘u’—is written in but not pronounced

どうぞよろしく Dou zo yo ro shi ku
“Please be kind to me”.
• This is not an expression that we use in English, but the feeling is “It’s nice to meet you” AND “I’m finished my introduction now”

So, a typical introduction would look like this:

こんにちは。はじめまして。(ポール) です。どうぞよろしく。
Kon ni chi wa. Ha ji me ma shi te. (Po-ru) des(u). Dou zo yo ro shi ku.

Cultural point:

At the beginning of hajimemashite, I would start a bow and finish the bow at the last syllable of that phrase. I would then pause slightly as I straightened from the bow before giving my name. During the last expression, I would bow again.



How to Take a (Public) Bath

Public bathing is something I never even thought about thinking about—before I went to Japan that is. Having lived in Japan for five years, however, it is one of the aspects of the culture that I miss the most. This guide is for those going to Japan in February who, like I was, are unsure about the procedure. What I have explained below is the usual formula: there are always some differences but the way listed is guaranteed not to offend anyone.

First, some background information. What is a public bath? There are two main kinds: *Sento* (public bath) and *Onsen* (hot springs). Both of these places are popular locations for relaxing and cleaning away the grime and stress of the day. *Sento* are bath houses that take regular tap-water, heat it to varying temperatures, and provide “pools” in which people can soak. *Onsen* are like *sento* but the water is from natural springs—many of which have perceived benefits (i.e. iron, sulphur, etc.). In my experience, a *sento* may be called an *onsen* but an *onsen* is never referred to as a *sento*. As well as having bath tubs and showers in the guests rooms, most hotels also have a segregated—males in one, females in another—*onsen* on one of the floors. Occasionally the men’s and women’s bathroom changes from day to day so it is often best to ask where you should go before entering.

Preparing for the Bath:

- Prepare a small bag of toiletries. Include a small towel (bigger than a facecloth but smaller than a bath towel—you will use this towel to wash

yourself), soap and shampoo (some locations will provide all of these things but most do not—especially if not in a hotel)

- Remove your shoes as you enter the change room.
- In the men's change room, do not be alarmed if a cleaning lady arrives to tidy while you are in there. Just smile (if she makes eye contact) nod hello and continue as though she were not there (men will not be in the women's change room)
- Strip all of your clothes off and place everything in the locker or basket provided
- Taking your small towel and toiletries with you, step out into the shower/bathing area

The Bath:

- Take one of the provided bowls and sit at a shower nozzle
- Shower yourself and fill the bowl with water
- Wet your towel and soap it up (wash, shampoo, shave, etc.)
- Rinse well (body and towel).
- Carrying your towel with you, enter a bath and soak (leave towel on the side of the tub or place it on your head—try not to put it into the water)

If you are at all unsure about what you should be doing, copy somebody else. You can, and I recommend doing so, move from bath to bath. As stated above, they can vary in temperatures from about 3°C to more than 40°C. After the bath, most people rinse at the showers again before drying off and dressing.

That is all there is to it. Enjoy!!
(If anyone has any questions about this or any other topic relating to my personal experiences in Japan, I can be reached at porul@msn.com)

By Paul McEvoy 5th Kyū Seishin Dōjō



History Questions Answers:

1. Yonamine Matsumura.
2. Martial Arts skills especially kobudo. Her family had one of the top schools of all time in Okinawa.

Pictures of the Masters

Here are some pictures of masters in our martial arts history:



Satunuku "Tode" Sakugawa



Sokon "Bushi" Matsumura



Yasutsune Itosu

Martial Arts Quote:

"If you know how to fight, peace is a choice."

