

# Kawara ban



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

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### Editor's Note:

Well, it has been a while since we had an issue of the Kawara ban so here it is.

We will back to our regular quarterly schedule following the St. Thomas gradings. This issue brings us up to date with news and happenings and a correction from the last issue.

In the last issue of the Kawara Ban, I neglected to list the credit for the Martial Quote: "If you know how to fight, peace is a choice." was by Daniele Bolelli in [On the Warrior's Path – Philosophy, Fighting, and Martial Arts Mythology](#).

Here you go and I apologize for not having any issues to you until now.

Thank you.  
Zena Nurse, Editor

Nidan, Seishin Dojo

## 2 Soften your mind

2 Often throughout our lives, we are told to  
2 harden our minds to the task at hand. At  
3 work, at school, and in the training hall, we  
3 are taught how to stiffen our mind and our  
3 thoughts. We must in actuality, learn to  
3 *soften* our minds...

3 I submit to you, the image of the mind, as a  
4 lump of clay.

4 If we allow this clay to harden, it can no  
4 longer be shaped. It will not grow. It will not  
4 stretch. It will remain a hardened lump of  
4 brittle clay.

4 If however, that clay is kept softened; then  
4 we may shape it any way we desire. It can be  
4 adapted into new forms. The soft clay can be  
4 stretched and enlarged. It can be folded tight  
5 upon itself, making it stronger. It is  
5 malleable, useful and ever changing.  
5 Which then, is the better material?

Our minds – like the clay – should not be allowed to harden as we are often instructed; Strive to keep your mind soft. Shape it to fit whatever situation you encounter. A hardened mind is a stubborn but brittle thing. It will break where a soft mind will bend.

Steve Beecroft  
3<sup>rd</sup> Kyu, Seishin Dojo

## Dojo News

### Recent Black Belt Gradings:

At the Annual Awards banquet held December 17, 2006 in London, Ontario at the Mandarin Restaurant, the following black belts were awarded:

Legacy, Michele - Hachidan

Chaki, Janice - Hachidan  
Bowron, Scott - Sichidan  
Dymond, Michael - Sichidan  
Kittelberger, John - Sichidan  
Baer, Wayne - Rokudan  
Dauphin, Randy (RENSHI) - Godan  
McLaren, Nick - Godan  
Woodworth, Mike - Godan  
Beauregard, Patricia - Yondan  
Hanley, Josh - Yondan  
McGregor, Jeff - Yondan  
Birgess, Steven - Nidan  
Fahlgren, Greg - Shodan  
Hopkins, Kelly - Shodan  
Wilson, Miles - Shodan

See the History section for more information on our belt rankings.

On Saturday, December 9, 2006, **Linette McInnis** of Dojo Karate Doko Kai, London Bob Hayward Y was graded to Shodan at the St. Thomas dojo.

On Saturday, March 3, 2007, **Jennie Wilson** and **Kevin Holtby** of Seishin dojo, London Y and **Robert Chlumsky** of the Brantford dojo were graded to Shodan at the St. Thomas dojo.

We have **1 new dojo** opening up in Los Angeles, California by sensei Shaun Benson. This will give us a good reason to go to LA. Congratulations and good luck!

### Notices:

- **New Baby - Sensei Dan Whittal** and his wife Rachel had a baby girl, **Maria**, on December 1, 2006. Congratulations to you both.
- **Trip to Okinawa, Japan October**

**18-28, 2006** Hanshi Legacy and 18 students from our dojos travelled to Okinawa. Those that went had a great experience, got in touch with some of our martial art history and came back with some great stories and pictures. Another trip to Okinawa is planned again in a few years so keep this in mind and start saving.

- **www.shorinryu.ca website updates** - There have been some recent changes on the [www.shorinryu.ca](http://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 Hanshi Legacy.
- **Legacy Shorin Ryu Group in Facebook** –For those who are already in Facebook and many of us are, you can find the group at <http://www.facebook.com/group.php?gid=2267594134>. You can find out what's going on with our dojos, see pictures from karate events or talk to other karateka from our dojos that you don't get to talk to or see very often. There are currently 54 members.
- **White Crane Seminar June 2-3, 2007** – Sensei Anthony Sandoval, Hanshi, 10th Dan, Okinawan White Crane Kenkyu, conducted a White Crane seminar at Lambeth Community Centre, London that was attended by a large number of our students. Over the 2 days, we went through about 4 white crane katas from mainly a deeper inner meaning and bunkai level. It was a mentally tiring weekend for all, especially if you did both days. For some this was the second seminar with Sensei Sandoval this year as many attended one of his seminars in March 2007 in Lebanon, KY. Sensei Sandoval will be at **Universal Martial Arts Association Hall of Fame** being inducted in the Hall of Fame with the Pioneer award and conducting a White Crane seminar. For more information on Sensei Sandoval,

see [www.sandovalkaratekobudofederation.com/](http://www.sandovalkaratekobudofederation.com/)

- **Brown and Black belt workouts** – held every Saturday at the St. Thomas dojo or Pinafore Park in St. Thomas, weather permitting, except usually on holiday weekends. All brown and black belts should attend to keep up their advanced training. Contact your sensei for more information. If you just graded to brown or are looking to grade to black belt in the near future, you should ensure that you attend, when possible.



### Upcoming Events

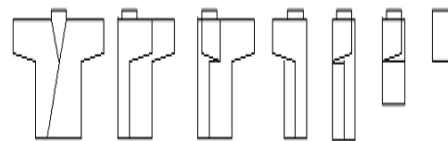
- **Camp Bushi Karate camp on July 15<sup>th</sup>-21<sup>st</sup>, 2007** from noon to noon at Dalewood Conservation area just east of St. Thomas, ON. There will be Karate, Kobudu, Hiking, Swimming, Soccer, Baseball, Pizza, archery and lots of fun and games. Cost: \$250. The deadline to register is July 1<sup>st</sup>. To register or for information contact Hanshi Legacy or your sensei. Anyone wishing to help out by doing a game, special training or something with the campers please contact Hanshi Legacy.
- **Universal Martial Arts Association Hall of Fame Banquet, Masters Seminars & Tournament, Sept 28-30, 2007** – Hanshi Legacy has been nominated for induction into the UMAA Hall of Fame in Charlotte, North Carolina at the Omni Hotel for the Silver Achievement of the Year (over 30 yrs in the arts). Also, Sensei Anthony Sandoval, Hakutsuru White Crane, is being inducted into the Hall of Fame for the Pioneer Award. A number of us have already made hotel reservations, which are limited due to another large function happening at the same time so if you plan to attend, see your sensei or <http://www.universal-martial-arts.org> for details. There is a special reservation group code for this event.



### How to Fold Your Gi

There is a great site on the internet that has been around for a long time called

24FightingChickens (<http://www.24fightingchickens.com/>) that has some great articles. Below is an excerpt from one of them on how to fold your gi properly.



- **Use the Floor** - The first step to properly folding a gi is to get on your knees on the floor. Lay the jacket out with the back down to the floor. Spread the sleeves out so that they point straight out to the sides in opposite directions.
- **Fold One Side Over** - Fold one sleeve and a quarter of the torso of the jacket over toward the other sleeve. As any part of your jacket that was on the floor is folded in, brush it off with your hand to get anything that stuck to it off. Also, this brushing action helps you to crease your uniform neatly.
- **Fold the Sleeve Back** - Fold the sleeve back on itself to get it out of the way.
- **Fold the Other Side** - Now fold the other side in and that sleeve back the same way.
- **Fold the Jacket Up** - Two more easy folds and your jacket is folded into a nice square.
- **Now for the pants** - Lay the pants out on the floor and brush them off to flatten them. Fold them in half, bringing one side over the other.
- **Fold the Top Down** - Now fold Top half of your pants down and continue folding them so that your gi is rolled up in folds in three motions.

**Tie a Bow** - Now place the jacket and pants together, making sure that the loose ends are inward on both items. Wrap the belt around the package, and tie it off. You're done!



## 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](mailto: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, **August 25, 2007**. 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.

The following article is a brief overview of karate's history taken from our website, [www.shorinryu.ca](http://www.shorinryu.ca).

### Karate's History

Briefly, the origin's of karate is believed to be as follows starting with it being referred to as Te or 'hand', then Okinawa-Te or Tode (from china meaning 'Chinese hand'). It then divided into Shuri-te, Naha-te and Tomari-te, names for villages in Okinawa. The first 2 developed into Shorin-Ryu and Shorei-Ryu. Tomari-te is believed to have been absorbed into other styles with no real direct style descendents. Shorin-Ryu and Shorei-Ryu developed into karate or 'empty hand', which later became known as Karate-do or 'way of the empty hand'.

### History Quiz:

Here are a couple of history questions:

1. List the coloured and black

- belt rankings in our style, Legacy Shorin Ryu Karate Jutsu.
2. Who created Shorin ryu?
3. Where did karate come from or originate?
4. What year did Okinawa become a prefecture of Japan?
5. Who was the first person to do karate?

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.

### Internet:

Check out the following internet sites:

- [www.shorinryu.ca](http://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](mailto:amcheuk@sfu.ca) for any additions or corrections.
- You can view a video of Sensei Sandoval doing Hakutsuru Kata on YouTube.com at: <http://www.youtube.com/watch?v=zUEqKCMjWzM>.
- You can view a rare video of Hohon Soken performing a version of Chinto on YouTube.com at: <http://www.youtube.com/watch?v=xzWNg1xUtZQ>.



### 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](http://www.shorinryu.ca).

- No student will provoke violence, inside or outside the dojo, or allow himself to be provoked into violence, under pain of expulsion from the art of karate for life.

See your sensei for a full list of the dojo rules.



## 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](http://www.shorinryu.ca).

<u>Term</u>	<u>Meaning</u>
Shorin Damashii ji	spirit of the Shaolin Temple
Shorin Ryu	way of the Shaolin Temple



## History Questions Answers:

1. Below is a list of our belt rankings.  
Judan – 10th Degree red belt  
Kudan – 9th Degree red belt  
Hachidan – 8th Degree red belt  
Sichidan – 7th Degree red and white belt  
Rokudan – 6th Degree red and white belt  
Godan – 5th Degree Black with red stripe  
Yondan – 4th Degree Black with red stripe  
Sandan – 3rd Degree Black  
Nidan – 2nd Degree Black  
Shodan – 1st Degree Black  
7<sup>th</sup> Kyu – White  
6<sup>th</sup> Kyu – Yellow  
5<sup>th</sup> Kyu – Green  
4<sup>th</sup> Kyu – Purple  
3<sup>rd</sup> Kyu – 1st Level Brown

2<sup>nd</sup> Kyu – 2nd Level Brown  
1<sup>st</sup> Kyu – Brown Belt with black stripe

2. Sokon “bushi” Matsumura
3. Okinawa
4. 1879
5. Karate Sakagawa



### Pictures of the Masters

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



Yasutsune “Anko” Itosu (1827-1906) was Sokon Matsumura’s #1 student and was the first person to introduce karate to the Okinawan school system. He created the 5 Pinan katas.



**Gichin Funakoshi (1868-1957)** was a student of Yasutsune Itosu and the founder of [Shotokan](#) karate. He is considered the father of modern day karate.



### Martial Arts Quote:

“The kata teaches fighting and living skills at the same time. The aim of the kata is to make the individual one with the universe. As he tunes in with the kata, he is, in the end, attuned to himself.” – Richard Kim, [The Classical Man](#).

