



Kawara ban



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

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Editor's Note:

This issue I'm calling the history issue. It includes some history information published in prior issues. I decided to do this for the benefit of new students in order to give them some of our martial arts history in one issue. This issue has information on many of the major founders or contributors to our style. The usual information will also be included as in prior issues – recent gradings since the last issue, upcoming events, notices of what has happened since the last issue or what is going on that may be of interest to you.

Thank you for taking the time to read this issue. Please pass on to your students or any one else in our dojos as I only send this in electronic copy to those black belt email addresses that I have. If you received this issue from someone else, please feel free to send me an email to add you to my black belt listing so you can get the next issue

directly.

Thank you.
Zena Nurse, Editor
Nidan, Seishin Dojo

Dojo News

Recent Black Belt Gradings:

On Saturday, December 1, 2007, **Linette McInnis** of Dojo Karate Doko Kai, London Bob Hayward Y and **Sean Adams** of Kensho Kan dojo in Brantford were graded to Nidan. **Carly Gustin** of Seishin Dojo at the London Downtown Y was graded to Shodan at the St. Thomas dojo.

On Saturday, March 1, 2008, **Sylvia Pillon** of the UWO dojo was graded to Sandan.

Earlier this year a number of people were graded in **Iaido to shodan or 1st kyu:**

- Hanshi Legacy – Shodan
- Shihan Michele Legacy – Shodan
- Sensei Sue Helps – Shodan
- Sensei Roger Helps – Shodan
- Sensei Randy Dauphin – Shodan
- Sensei Geoff McGregor – 1st kyu
- Lauren Murch – 1st kyu

Karate Kata Research Study

• Dear Karate Students:

Some time ago some of you helped me by completing a questionnaire survey on karate kata. You may remember reading 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 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: 432-8353, extension 28246; or email: abarnfie@uwo.ca

Thank you,

Anne Barnfield.

Notices:

- **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 82 members.
- **All students are required to wear protective gear while sparring in the dojo including the grading.** It is now the law and is required in order to grade. 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.
- **Chinese Fan classes will start April 14th at the hombu (home) dojo in St. Thomas.** The classes will be taught by Shihan Michele Legacy in 1 hour sessions. The classes will start at 4:30 to 9 pm and each 1 hour session will cost \$40 for private lessons or \$30 for semi-private lessons. Contact Shihan Michele for more information.
- **Iaido (Japanese Swordmanship) classes being April 16th at the hombu (home) dojo in St. Thomas** from 7pm to 8:30pm. Hanshi Legacy will be instruction the classes at a cost of \$60 per month.
- **Children's Fitness Tax Credit** information can be obtained from 1-800-959-8281 or <http://www.cra-arc.gc.ca/fitness/>. A tax credit is available to parents of children under 16 years of age of up to \$500 for eligible fitness programs.
- **New Legacy Shorin Ryu dojos** – there are 3 new clubs that have joined the Legacy Shorin Ryu Karate Jutsu group of dojos. One in Huntsville, Ontario, one in BC and one in St. Thomas. Please join us in

welcoming them.



Upcoming Events

- **On April 5th**, Hanshi Legacy and a number of karateka from our dojos will be travelling to **Kentucky** to give a seminar for **Sensei Anthony Sandoval** in order to raise funds to help with his medical costs. Contact Hanshi Legacy for details.
- **Leo Loucks will be giving a Fighting seminar on May 10th.** Leo Loucks used to train with Hanshi Legacy and was a member of the SWAT team on the Toronto police force. The seminar will be held at Edward street Public school in St. Thomas and will cost \$45.
- **Camp Bushi Karate camp on Sunday, July 6th to Saturday, July 12th, 2008** from noon to noon at Dalewood Conservation area just east of St. Thomas, ON. There will be a kids camp and an adult camp at the same location and time but different sites. There will be Karate, Kobudo, Hiking, Swimming, Soccer, Baseball, Pizza, archery and lots of fun and games. Cost: \$260. Cost for kids includes camping, food and t-shirt. Fee for adults excludes food but includes camping, t-shirt and bokken. 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 at 519-782-4640 or cell: 519-872-2418.



Letters to the Editor and Submissions

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 25, 2008**. 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.

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'.

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, the founder of Shotokan karate, and Yasutsune Azato. Sensei Funakoshi is considered to be the father of modern day karate.

Winter 2006-2007 Issue



Women of Our Martial Arts History

We have all found it difficult to find information on the masters in the martial arts history closely connected to our style or in general, especially, accurate information. It is even more difficult to find accurate, if any, information on the female martial artists.

Martial arts were traditionally only taught to males so in the very early years it was rare for a woman to learn the arts.

There are many notable female martial artists in history. One, Yonamine Chiru, is noted in the *Women in the Martial Arts* essay on the Legacy Shorin-ryu website (see Martial Arts Resources below). Before she became the wife of Sokon “Bushi” Matsumura, she was famous for her great fighting ability. Although, most of the information that I have found has been received orally, I have found a little on the net or in books.

Yonamine Chiru came from a great fighting family that was known for their martial arts skills, especially the bo. It is believed that when Matsumura was a young man, he challenged Chiru to a fight but much to his surprise, he lost. Now, there have been a couple of stories as to why he was fighting her, one out of a dare and another in order to marry her. In the latter story, she said she would never marry a man who could beat her in a fight. For one reason or another, he had to find a way to best her. He eventually did win by faking a strike to her breasts, which caused her to pause long enough for him to get in a strike to win the fight.

Yonamine Chiru is believed to be the creator of the seisan kata as a means to protect her baby on her back.

Fall 2001 Issue

Shotokan – founded by Gichin Funakoshi in 1936. The name means, “house of Shoto”, where Shoto, which means “pine waves” in Japanese, was Gichin Funakoshi’s pen name for his poetry. He created the style in Japan as a combination of various Okinawan karate styles. It includes the lighter, flexible movements of Shorin School and the powerful techniques of the Shorei School.

Winter 2001/2002 Issue

Bodhidharma and the 18 Hands of the Lohan

It is understood that Bodhidharma, (Damo, Tamo or Dharuma) was responsible for teaching the monks of the shaolin a ‘kata’ called 18 hands of the Lohan in order to help them withstand the long hours of meditation that they had to endure. The 18 hands of

the Lohan was believed to be a combination of breathing techniques and exercise to help them develop their strength. The monks then used this ‘kata’ as a basis for their fighting techniques.

Fall 2001 Issue

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.

Spring 2005 Issue

One of our Shorin Ryu Lineage:

Takahara Pechin & Kusanku

Satonuku “Tode” Sakagawa

Sokon “Bushi” Matsumura

Yabu Kentsu

Richard Kim

Kyoshi Gary Legacy

Note: As per Richard Kim’s book, The Weaponless Warrior, Yabu Kentsu’s sensei was Sokon Matsumura but Itosu Yasutsune was the senior student and did most of the instructing of Yabu Kentsu.

A little bit about Okinawa:

Okinawa is part of Japan but is not considered Japanese. Okinawa has its own culture, language, music and history. Okinawa was an independent kingdom called the Ryukyus.

This symbol is considered to symbolize Okinawa originally but today represents Okinawan karate. There are differing opinions on the meaning of the symbol. One is it represents



the unity of the 3 kingdoms of the Ryukyus: Hokuzan, Chuzan and Nanzan.

This is the symbol of Okinawa prefecture adopted in 1972. The circles are said to represent, from outer to inner, ocean, peace and development or



progress. The off-centre positioning of the circles symbolize the eternity of heaven and earth, self-completion, equality, and

peace.

Many of our katas have Japanese versions of their names. For example: Pinan is Heian in Japanese, Patsai is Bassai, Seisan is Hangetsu and Naihanchi is Tekki in Japanese, respectively.

Fall 2004 Issue



Matsu Higa

The advent of karate or toudi, the traditional martial art practiced on the island of Okinawa, is placed around the time of Toudi Sakugawa (1733-1815). Though much has been written about the martial artist following Sakugawa little is known about those who came before him. Sakugawa's instructor was Takahara Peichin (1683-1760), a Buddhist monk, mapmaker and astronomer. In turn Takahara had learned kobudo and empty-handed martial arts from Matsu Higa. While not much is known about this man, his name is accompanied by several birth and death dates indicating there may have been several Matsu Higa's. The earliest, being born in 1647 and having died in 1721 would fall in line with this Matsu Higa being the sensei of Takahara. Legendary for his knowledge of the bow, sai and tonfa he is known to have taught both Takahara and his own son, Matsu Higa. Beyond learning much about weaponry he is known to have learnt open handed kata from Zhang Xue Li, who visited Okinawa in 1663, and a Chinese crane practitioner named Wan-Su (Wang-ji or Wang ch'i), who came to Okinawa around 1683. This Chinese master is a possible originator of the kata wanshu that is found in karate styles of both Shuri and Tomari. Another Matsu Higa is reported to have been born in 1790 and died in 1870. Assuming the reliability in the dates given, this Matsu Higa could not have even met Takahara Peichin much less taught him having been born 20 after Takahara had died. This name is also attributed to a member of the Kojo family, Kojo Shinunjo Peichin (c.1780-?). He was a senior imperial guard at Shuri castle and beyond studying his family's martial art he also studied with Toudi Sakugawa. He is also known to have traveled to Fuzhou to adding more to the family style he learned from his father, Kojo

Shinpo.

Sensei Michelle Knowlton
Damashii Dojo

Spring/Summer 2003 Issue



Empi / Wansu

Wansu is considered one of karate's oldest kata and incorporates many exaggerated up and down movements. Including an 180-degree jump that appears to impersonate the crane. Shotokan karate founder Gichin Funakoshi, in an effort to better describe the wansu kata, renamed the form empi (empi) meaning "flying swallow," or "flight or the swallow."

Rohai

Rohai means, "vision of the crane" or "vision or the white heron." Some karate systems include two or three different version of the kata-rohai nidan and rohai sandan. Rohai contains a number angular defensive and offensive tactics performed from the one-legged crane stance. The kata is featured in the shito-ryu, shindo-ryu and Shotokan karate systems as well as several other styles. Shotokan stylists refer to the kata as meikyo, a name that describes the opening movements of the kata and is better known to Okinawans as "the crane stretches its wings".

Wankan

The wankan kata utilizes many Chinese-based learning stances to feint an attack. The kata also includes a five-point combination that quickly changes from an one-legged stance to a shifting sanchin posture.

Chinto

The name "chinto" is most often translated as "crane standing on a rock," although it is sometimes referred to as "night crane." The chinto kata is riddled with one-legged stanced and jumping kicks characteristic of the crane. The kata is similar to the wansu (empi) form in the way the practitioner moves from high to low attacks. Chinto is a difficult kata to master because of the many balancing techniques and one-legged pivoting actions it includes.

Seisan

The seisan kata begins much like the sanchin

with three steps forward, but then gets more difficult as it integrates spearhand strikes and one-legged stance. One of the highlights of the kata is a technique whereby the seisan practitioner pulls the imaginary opponent into a side stomp kick. Seisan also features three open-handed pushing and sweeping block/strikes combinations that are also seen in the highly advanced peichurim kata. Some karate styles, such as shorinji-ryu, include crane head blocking techniques in their seisan kata. The shorinju-ryu version is also longer than most other seisan forms. Shotokan found Gichin Funakoshi renamed the kata hangetsu or "crescent moon," because of the arc-shaped steps found in the form.

Kasanku

There are almost as many versions of the kusanku kata as there are styles of karate. There is even a sai (forked trudgeon) kata performed to the movements of kusanku. In its original form, kasanku includes empty-handed push blocks executed from shifting stanced, as well as a 180-degree jump kick. Funakoshi changed the name of kusanku kata to kanku, which means, "to view the sky"- In honour of the opening sequence, in which the practitioner forms a circle overhead with their hands and peers through them at the sky. Taekwondo's koryo form mimics the kusanku kata by employing the same opening movements.

Gojushiho

The name "gojushiho" means 54 steps and many historians believe the kata is related to an article in the legendary Bubishi martial arts text, which chronicles the 54 steps of the black tiger. Granted, a black tiger is not a crane, but according to the Bubishi text, the 54 steps of the black tiger are actually movements to defend against and overcome a white crane's attacks. The article claims the tiger used open-handed hook blocks and grabbing moves to disrupt the crane's balance. The tiger also fight fire with fire in the gojushiho kata; utilizing crane techniques such as the beak strike while delivering a front kick.

Winter 2003 Issue



Yasutsune Itosu:

- 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. patsai 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.

Winter 2005 Issue



Our Katas and their meaning:

Pinan Shodan – peaceful mind one
 Pinan Nidan – peaceful mind two
 Pinan Sandan – peaceful mind three
 Pinan Yondan – peaceful mind four
 Pinan Godan – peaceful mind five
 Seisan – thirteen hands
 Nihanshi Shodan – inner energy one
 Nihanshi Nidan - inner energy two
 Nihanshi Sandan - inner energy three
 Wanshu – name of a Chinese envoy
 Wankan – kings crown
 Ananku – light from the south
 Rohai – vision of the white crane
 Patsai – to breach/penetrate the fortress
 Patsai Sho – breach the fortress small/minor
 Patsai Dai – breach the fortress big/major

Black Belt Katas
 Nijushihō – 24 steps
 Empei – flying swallow
 Jion – the temple
 Chinto – fighting to the east/crane

standing on a rock
Kusanku Dai – name of
Gojushihō – 54 steps



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.

Karate-Do: My Way of Life
Author: Gichin Funakoshi

Zen in the Martial Arts
Author: Joe Hyams

The Weaponless Warriors: An Informal History of Okinawan Karate
Author: Richard Kim

Okinawan Karate: Teachers, styles and secret techniques
Author: Mark Bishop

The Classical Man
Author: Richard Kim

Bubishi: The Bible of Karate
Translated with commentary by Patrick McCarthy

Jonathan Livingston Seagull
Author: Richard Bach

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.



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.

See your sensei for a full list of the dojo rules or <http://www.shorinryu.ca/rules.html>.



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>
Hei	Yes, acknowledge
Kiai	Spirit shout
Mokuso	Quiet meditation
Mokuso owari	Meditation over
Rei	Bow, courtesy
Yoi	Ready, prepare
Shorin Ryu	Way of the Shaolin Temple

空

kara (empty)

手

te (hand)



Martial Arts Quote:

“Kata takes great faith, tenacity and hard work to master. Every time one practices the kata, his first move and his last move remind him of ‘karate ni sente nashi.’ It is stressed incessantly. ‘In karate, there is no advantage in the first attack.’ ” Sensei Richard Kim – The Weaponless Warrior

