



KAWARA BAN

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Legacy Shorin Ryu Karate Jutsu • www.shorinryu.ca



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• EDITOR'S NOTE •

Well, for starts, you will notice that there is a new look to the KAWARA BAN. Jennifer Kawalec of the Seishin Dojo offered to give it a new look so here it is. Let us know what you think and what ideas you have for future enhancements.

A lot has happened since the last issue of the KAWARA BAN: special seminars with Senseis Anthony Sandoval, Nicholas Suino and Leo Loucks; weapons seminars; special gradings and awards; new black belts; two more dojos in Ontario have joined our family; continuing karate research; and a new section to help improve your training.

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

- June 26th, 2008, **Paul Strom** of the Burnaby, BC Dojo was graded to Shodan.
- On Saturday September 6th, 2008, **Sean Flaherty-Plourde** of the Brantford, Ontario Dojo and **Beth Swistara** of the St. Thomas Dojo were graded to Shodan at the St. Thomas Dojo.
- On Saturday, December 6th, 2008, **Quin Hopkins** of the St. Thomas Dojo and **Jordan Burd** of the Seishin Dojo were graded to Shodan.
- On Saturday, December 6th, 2008, the following special gradings and awards took place at the Annual Legacy Shorin Ryu Karate Jutsu Awards Banquet held in St. Thomas at the Kings Buffet.

Special Gradings

Kaney Ebisuzaki	Yondan
Jim Christian	Yondan
Darryl Winn	Sandan
Greg Fahlgren	Nidan
Kelly Hopkins	Nidan
Gary Szoke	Shodan
Jay Hodglinger	Brown Belt
Jason Pettit	Purple Belt
Alyssa Woods	Green Belt

Student of the Year

Jason Pettit	St. Thomas Dojo, Hanshi Legacy
Cory Nip	Bob Hayward Y Dojo, Kyoshi Chaki
Darren Nip	Bob Hayward Y Dojo honorary award for work with CHAA recovery team, Kyoshi Chaki
Kennady Hopkins	St Thomas Dojo, Kyoshi Michele
Rebecca Braley	London Y Dojo, Shihan Bowron
Troy Novas	St. Thomas Dojo, Kyoshi Kittelberger

Christiana

Altamirano	Brantford Dojo, Sensei Dauphin & Sensei Woodworth
Jasmine Percival	Kitchener Dojo, Sensei Dauphin
Jake Foster	Robarts School for the Deaf, Sensei Barnfield
Juan Jara	Furansu Dojo, Sensei Patricia Beauregard
David Tiedje	Burnaby Dojo, Sensei McLaren
Stefan Chiru	South Burnaby/New Westminster Dojo, Sensei Fournier

Notices

- All students are required to wear protective gear while sparring in the dojo including the grading. All students should bring all of their gear to every class and to the grading even if you are not grading because you may be asked to spar. It is the law to wear protective gear while sparring 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.
- At the recent grading held at the Hombu Dojo in St. Thomas, Hanshi Legacy made a few recommendations that we should all keep in mind. One point was that when performing a kata, keep in mind the name of the kata and its intent. If you don't know the meaning of the name of your kata(s), you should ask your sensei. All katas have a meaning or focus so if you know this you can perform the kata appropriately. For example, if a kata is a White Crane kata, it should be performed bird like. Learn the suggested bunkai for your kata so that you know why you are performing each move. This will allow you to perform your kata with intent and purpose. In the last issue of the KAWARA BAN, the name and meaning of each of our karate katas was listed. See your sensei for a copy of this KAWARA BAN or email me and I will send you a copy.



- **Legacy Shorin Ryu clothing.** There is various clothing available in all kinds of colours, styles and sizes with the Legacy Shorin Ryu crest or Iaido crest on it. There are sweats, t-shirts, long-sleeve shirts and hoodies available to purchase at very reasonable prices. See your sensei for the clothing available and prices. The next order will be made right after the February 14th shiai.

- **www.shorinryu.ca website updated.** The website has been recently updated with a great new look. There is lots of great information including: News and Events section, Gallery which has pictures from events and the past, and Locations.

- **New Seishin Dojo website coming.** Jennifer Kawalek, karateka in the Seishin Dojo and graphic designer, has been and is currently working long and hard on designing and completing the new Seishin Dojo website. The website looks great and is almost complete. It will have lots of great information, like links to the past KAWARA BAN issues, information specific to the dojo like pictures, class times, events, history information, etc. Look for the upcoming announcement.

- **January 10th & 11th. Sensei Anthony Sandoval** put on a seminar that focused on the health and healing side of the martial arts through kata. The seminar was held at the Hombu Dojo in St. Thomas for \$35 per day or \$65 for the weekend. **Sensei Sandoval** is considered to be responsible for bring White Crane karate to North America. He trained under **Hohan Soken**, part of Matsumura's family, who passed away in 1972. It was a very informative seminar.

• 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 519-432-8353 extension 28246 or email me at abarnfie@uwo.ca

Thank you,
Anne Barnfield

Upcoming Events

- The first Saturday of every month, the brown and black belt workouts at the Hombu Dojo in St. Thomas at 10am will be open kumite training sessions to all belt levels. If the Saturday is a holiday weekend, like Easter, then the workout will be the next Saturday.
- **January 31st, 2009.** Iaido Seminar with **Sensei Suino** at the Hombu Dojo. Contact **Hanshi Legacy** for details.
- **February 14th, 2009.** Annual Matsumura Challenge Invitational Shiai. The annual tournament will be held at Parkside Collegiate, 241 Sunset Drive, St. Thomas Ontario. Tournament will start at 10am.
- **February 2009.** Visit to BC clubs by **Hanshi Legacy** and other karate-ka from east of BC.

• 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 znurse@ody.ca. Please note the new email address which changed October 2008. 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 March 5th, 2009. 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 was 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.

History Quiz

1. What is considered the most powerful punch of all time?
2. Who was **Gichin Funakoshi's** first karate teacher and how did he meet him?
3. Who is **Nabe Matsumura**?
4. Who was **Kanryo Higaonna** and how is he connected to Shorin Ryu?
5. Who was **Yonamine Chiru** and **Yonamine Tsuru**?
6. What is channan or chang'an?



Sad notes about two martial arts icons who have had an impact on our martial arts in their own way.

- **Hidetaka Nishiyama** passed away November 7th, 2008 at the age of 80 years of age. He was the first Japan Karate Association (JKA) instructor in the US, founded the All-America Karate Federation (AAKF) and later the International Traditional Karate Federation (ITKF)
- **Joe Hyams** passed away November 8th, 2008 at the age of 85. He studied the martial arts under **Ed Parker** and **Bruce Lee**, was a Hollywood columnist, an actor and wrote many books including *Zen in the Martial Arts*, which has been on our recommended reading list in a past issue of the KAWARA BAN.

• 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 Karate of Okinawa book by **Sensei Scaglione** is a book that I have had for a long time. I was reminded of it by **Sensei Christian** recently in class so I thought it was worth mentioning and recommending. This book has some great suggestions for training that you may not have thought of and may help to improve your conditioning and your martial arts.

Karate of Okinawa - Building Warrior Spirit with Gan-Soku-Tanden-Riki by **Robert Scaglione**. Published by Person-to-Person Publishing, Inc., New York. ISBN 0-9626-4840-x.

Internet

- Recently **Sensei Anthony Sandoval** did a seminar at the Hombu Dojo in St. Thomas on the health aspects of kata. He has a website that has information on White Crane and karate history located at: Sandoval Karate and Kubudo Federation <http://www.white-crane.org>

- Here is a great article on how to bow properly in the tradition of the Japanese culture. <http://www.24fightingchickens.com/2006/09/09/perfecting-the-japanese-bow/>
- I came across some great YouTube video of **O'Sensei Richard Kim's** seminars. This video tells you how to bow properly, ki and cha. <http://www.youtube.com/watch?v=-cZLahYfuz0>
- You can find Legacy Shorin Ryu Karate Jutsu on facebook.com at <http://www.facebook.com/home.php?#/group.php?gid=2267594134>. You can chat with karateka from other dojos, find out some information on books, see pictures from events, and what events are coming up.

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.

Osu is a term frequently used in the dojo. What you may not know is when it should be used or how to pronounce the term. Osu is a Japanese term that should be pronounced like "oats" but without the "t". So, it should be pronounced "os" with a long "o" and the "u" being silent. When it should be used is hardly at all. In Japan, it is only used when everyone lines up and bows to the instructor. (You can find more information about at <http://www.24fightingchickens.com/2008/12/31/do-you-say-osu-too-much/>).

Training Focus

For those of you looking to improve your martial arts, karate, and conditioning or just try something new, here is a new section that provides a training suggestion that focuses on a specific target area. As martial artists, we should try to be as informed and knowledgeable as possible about all aspects of training – physical conditioning, nutrition, health, spirit – as well as the art itself. As I'm sure you've heard many times before and will hear many times more, martial arts is a way of life and not just something you do or take. A martial artist is what you are.

In general, if you want to improve something, find someone who does it well and train or learn from them. If you want to be a better martial artist, then train with a black belt. But, you can do some things on your own.

Basics – Kata – Life

While training at the Hombu Dojo with Hanshi and many other karateka, Hanshi mentioned, which I'm sure we have all heard before from him and our sensei(s), that your basics are your kata. This means that how you perform your basic techniques, blocks, kicks and strikes, in your basic drills is how you should perform these same techniques when you are doing them in your katas. We should have the same attitude and intent when we are performing our basics as when we are performing our kata moves.

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
Dai sempai	teach under a teacher
Gyaku zuki	reverse punch
Mawashi geri	roundhouse kick
Mae geri keagi	snapping front kick
Oi zuki	front punch
Ushiro geri	back kick
Yoko geri	side kick
Zenkutsu dachi	front stance

History Quiz Answers

1. In the early 1900s, some time after 1905 (around 1920s), **Yasutsune Itosu** demonstrated karate at a demonstration by fighting a top Judo practitioner. He knocked out the Judo practitioner with a single punch and because he did this, this allowed karate to be not be considered inferior to Judo and to prevent it from going into obscurity.
2. **Gichin Funakoshi's** first teach was **Yasutsune Azato** who was the father of a school friend of **Gichin Funakoshi**.
3. It is believed by some that **Nabe Matsumura** was the grandson of **Sokon "Bushi" Matsumura** who received the menkyo kaiden (certificate of full proficiency allowing the recipient to carry on the teacher's art) from his grandfather. There are also some that believe that there is research and information to support that **Nabe Matsumura** did not exist and that his art was really transferred down from **Sokon Matsumura** through **Yonamine Chiru** (renowned martial artist from well-known martial arts family famous for kobudo and married to Matsumura) and through their children (three) who were only girls. It is believed by many including **Hanshi Legacy** that all of Matsumura's children knew karate

Martial Artwork

Rooftop Karate - Savana, Cuba. Picture found by Jennifer Kawalec, Seishin Dojo.

- and that **Yonamine Chiru** had a lot of information. Maybe **Nabe** was created to allow for the information to be passed down through a male family member and not necessarily the best student. The arts used to only be transmitted down through the males and not through the females. If he did exist then it is believed that **Nabe Matsumura** only trained under **Sokon Matsumura**, he learned Shorin Ryu and White Crane from him. He is believed to be the only person who learned the Matsumura's White Crane other than **Yasutsune Itosu**. **Hohan So-ken** married one of Matsumura's daughters and **Nabe Matsumura's** only student.
4. **Kanryo Higaonna** was born (1853-1915) in Naha, Okinawa and was the founder of Naha-te, the original Okinawan Goju. Goju Ryu was created by **Miyagi Chojun** who was a student of **Higaonna**. **Kanryo Higaonna** connection to Shorin Ryu was that he was a student of **Sokon Matsumura**.
 5. Along with the information noted in the answer to question three above, **Yonamine Chiru** was a great fighter and very strong. **Chiru** is the common spelling of her last name but the correct spelling is believed to be **Tsuru** as in the Hakatsuru White Crane. **Chiru** is the Japanese word for white. She came from a great weapons family that still exists. She fought and beat **Sokon Matsumura** in a "shiai" but it wasn't to the death. She is believed to be the one who brought Shorin Ryu, with her and their daughters to modern day and not **Matsumura**. It is believed she passed Shorin Ryu on to their daughters. She created the Seisan kata as a means of protecting a baby on her back during a fight.
 6. **Channan** or **Chang'an** is the name of the two katas created by **Sokon Matsumura** from katas that he learned from in China from a man of the same name. **Channan** is the English phonetic spelling but it is believed to actually be spelled as **Chang'an**. **Yasutsune Itosu** created the Pinan katas from these katas.

