



The Canadian Isshinryu Way Everything Karate & Kobudo

Isshinryu Canada

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Make 2016 Your Best Ever

Happy New Year.

2016 is already underway and I hope it's off to a great start for everyone. This year has the potential to be your best year ever. All that's preventing it is you.

Whatever it is you want to make better this year, just do it. Within the Karate community we have a number of great things coming up this year, but in the end, your practice is your practice.

Whatever you put into something, you'll get out of it. Remember this as you make your decisions this year. Every time you choose not to put in the extra effort, be consciously aware that you are choosing not to reap the rewards of that hard work.

Just as importantly, this same logic applies not just to your Karate and Kobudo. Obviously, I hope that you put your greatest effort into your Mar-

tial Arts, but I'm also happy to hear of success and accomplishments outside of Karate.

All of your successes combine to make you the person you are. Choose to put the effort in this year and become your greatest version ever and make this your best year ever.

Essential Isshinryu is available!

For more information on the first Canadian Isshinryu book, visit www.essentialissheinryu.com!

ATTENTION NEEDED!

Do you know of someone great in Isshinryu? If so, please e-mail Sensei@issheinryu.ca with the contact details to be profiled in future newsletters.

Upcoming Events

Events

Isshinryu Expo 2016— Start making plans for the May Long weekend. It will be another great event full of superb seminars. You definitely

don't want to miss it.

Seminars

Jerry Holt—Thunder Bay—Feb 19, 20th. Kobudo and Bunkai Seminars.

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A journey of a thousand miles begins with a single step



2016 Isshinryu Expo is Coming

This year is the second Isshinryu Karate Expo and once again is poised to be an outstanding event.

Please join us for a weekend of training and friendship at the Isshinryu Karate Expo 2016 in Thunder Bay, Ontario, the Martial Arts Capital of Canada.

There will be over 20 seminars offered by expert instructors conducted over three days. A fabulous Banquet celebration and Black Belt Grading conducted by Hanshi Mady and other senior Dans.

Our last event in 2014 was extremely well attended by martial artists from Manitoba, Ontario, Germany and New Jersey. This event is looking to be even larger.

We are pleased to announce that all seminars, testing and banquet will be held at the Valhalla Inn, Thunder Bay, an ideal venue, especially for those travelling to the Expo.

Looking forward to seeing everyone at the Expo!

ISSHINRYU KARATE EXPO



May 20-22, 2016
Thunder Bay, Ontario
Martial Arts Capital of Canada

Contact:

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Facebook: Isshinryu Karate Expo 2016

Over 20 Seminars
Expert Instructors
Expo Banquet
Black Belt Testing



My Martial Arts Crisis of Faith

By Shane Hale

Recently I found myself at a moral crossroads as I trained and prepared for my Yodan test. Having been raised in a religious (Christian) environment, I became agnostic through my teens and twenties and eventually adopted atheism in the past few years. At this point I'd identify myself as an Atheist who is influenced by Buddhism, Humanism, Dudeism, and a little bit of the Church of the Fonz (Fonzie Be With You). I was having difficulty reconciling my skeptical world view with some of the teachings in the Martial Arts i.e. the talk of the body's "energy fields," hero worship, and blindly following senior sensei.

My dilemma began a couple of years ago when I was watching a television show that I very much enjoyed called "Penn & Teller Bullshit." The show would generally debunk many commonly-held beliefs on topics such as recycling, holistic medicine, and various New Age products and services such as Feng Shui. Generally I enjoyed the show and for the most part agreed with the arguments put forward. Then suddenly there was an episode in which they tore into the Martial Arts, and as if that wasn't bad enough they even used an Isshinryu dojo in Florida as their case study, basically claiming that the Martial Arts were all an unnecessary scam filled with phoney instructors only interested in making money off of their unsuspecting followers and promising foolproof self-defence techniques.

At first I was angered by the seemingly unfair attack on the Martial Arts, but as time passed the arguments they made and the issues they raised really made me question why I was training in the Martial Arts and whether I'd allowed myself to become a proponent of a belief system that P&T described as phoney and could be likened to a gimmick which makes grand claims yet doesn't deliver. I did not agree with what was said in the show, but I started to question myself. Is it not hypocritical to agree most of the time yet vehemently disagree when they debunk your thing?

In the past couple of years I've also started listening to a podcast called Skeptoid. One episode in particular also caught my attention. It was regarding Martial Arts "Bullshido" which is described as "a joke term which mocks made up or exaggerated Martial Arts claims." A couple of examples of Bullshido are The Touch of Death and knockouts without touching. A link to the full transcript of the podcast can be found below and is recommended read-

ing for anyone interested in the skeptical / scientific take on these fake claims of the Martial Arts. For the purposes of this article it's sufficient to say that there are strikes that can be fatal or cause major damage, but these all require actual physical contact and for an injury to be inflicted. Any additional claims around disrupting chi or energy or mojo are simply not supported by anything that can be scientifically observed or reproduced.

The Penn & Teller show spawned a year-long crisis of faith for me and almost caused me to leave the Martial Arts. I had always felt uncomfortable with the "spiritual" component of the Martial Arts and now I was starting to question everything. Prior to writing this article I don't think anybody was aware of my own internal struggle and when I mentioned the episode to a few people I kept my thoughts mostly to myself. I'm a fan of Penn & Teller in general but this attack on the Martial Arts hit too close to home for me. I was upset by the show and the claims it made. I understand that shows such as this present only one viewpoint and that they work hard to support their chosen side of the argument, and this one did a great job of making me question everything I was doing in the Martial Arts.

So, considering the claims made by Penn and Teller, (mostly Penn as Teller was oddly silent), and adding in how much Bullshido is actually prevalent in the Martial Arts, and then my own observations and concerns around hero worship and blind acceptance of grand claims in the Martial Arts, all of this is what led to my moral crossroads.

Some people treat the Martial Arts like a religion and it is not. The concepts of Martial Arts are based in Buddhism which is a non-theistic philosophy, not a religion. This is an important distinction which has helped me accept the spiritual side, which I've never been truly comfortable with. I still believe that the Martial Arts should be practiced mentally, physically and spiritually and if done so properly there would not have been a Penn & Teller episode on this subject.

Bowing to the teacher / master. Is that hero worship? It is not. It's a sign of mutual respect because the instructor or master bows with you as well. This is similar to the Sempai/Kohai relationship. Added to this are the stories of ancient masters and their super-human feats such as Master Shimabuku driv-

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My Martial Arts Crisis of Faith

By Shane Hale

ing nails with his hand into wood. Most are likely not strictly true as told or have rational explanations (e.g. consider the size of the nail head and any conditioning Shimabuku would have done to his hand). However, just like the fables of the Bible, they can teach important lessons. This is a similar argument to what many religious people claim and there is some validity to it... to a point. Hanshi Mady, for example, is not God. He is a regular, fallible human being just like everyone else. He is, however, a strong and excellent martial artist who has dedicated his entire life to the Martial Arts and to teaching and training. He is entirely worthy of our respect and admiration, just not our worship. Hanshi Mady is not God, but if you wrong him, he just might arrange for you to meet your own personal god in short order.

It goes without saying that you should respect your instructor and be respectful when you question or challenge them as with anyone else. Many times your instructor does know alternate bunkai or different interpretations and they may simply be withholding them in order to keep things simple. It's better to know one simple bunkai that works than 20 that are risky or have a low probability of success. If a given bunkai doesn't work for you, practice it until it does. If you still can't make it work then ask for another. A good instructor will humbly tell you when you've reached the limit of their knowledge. An excellent instructor will then point you to alternate sources of information (more senior instructors, certain videos, etc.) to find the answers you seek.

Yes, there are probably a few charlatan Martial Arts instructors just as there are phonies in every busi-

ness or endeavor, but I've visited many dojos across North America and Europe and everyone I've met has been absolutely good, honest, hospitable, friendly and welcoming. The assertions made by P&T simply are not true for the majority of clubs and individuals that I've met.

How does one balance their personal and religious beliefs (or lack thereof) with the Budo code and the Bushido lifestyle? These can co-exist as long as one understands that the Creed and Codes of Karate are not part of a religion. They are part of a code of ethics or philosophy that you can choose to follow in your training and can further choose to adopt in your overall life.

As martial artists and as people, we should question and challenge everything we're told and we should never give up our individuality or our own free thought. If your instructor demands your worship or suppresses your thoughts then you should find a new instructor, not give up on the Martial Arts.

For me, I feel like I've now managed to integrate the two seemingly conflicted views between healthy skepticism and the spiritual teachings of the Martial Arts. For me the Martial Arts are not a religion or anything of the sort. They do, however, provide a great workout, a chance to blow off some steam, great camaraderie, many friends for life and more than a few important life lessons a person can choose to carry with them outside the dojo. I frequently find myself quoting various codes such as "The Eye Must See All Sides" and applying them to situations in my work or my personal life.

Toshikai Ottawa Dojo

By Tim Leonard

Congratulations goes out to our newest brown belt, Kevin Harman, who was promoted on November 29th. He did a great job at his testing showcasing his karate abilities and now has his sights set on the next testing for Ikyu in Thunder Bay in May.

We were very fortunate in November to have a surprise visit from Sensei Mike Fenton who was in Otta-

wa for business. Sensei Fenton gave an impromptu seminar on the bo, covering the basics. We really appreciated the new drills that were taught and have been working on them ever since. Hopefully 2016 will bring Sensei Mike to Ottawa again.



Update from Chilliwack, BC

By Ryan Bird

This past while for us here at Chilliwack Isshin-Ryu Karate Club has been amazing. We had the opportunity to cross the line into Washington and attend a tournament with the Isshin-Ryu/GoJu-Ryu clubs down there. We had a great time and met up with friends from long ago and made so many new friends as well. As the club grows we find our selves working on individual focuses, whether it be focusing on class, focusing at work/school, focus-

ing techniques, that as been the lesson path as of late. We are hoping to expand in this next year and get more readily available space.

We hope that everyone in the great Isshin-Ryu community has had a safe and fortunate new year. Let's make this year like all the others, a year to remember!!!

Promotions in Thunder Bay, ON

In December, the Chitora Dojo conducted a grading for students and the follow students were awarded the rank of Yellow Stripe.

Mikke Savinainen
Mason Hahnle
Nova Fairall
Leo Lamont
Nicole Lamont

Also from the Chitora Dojo, Rachel McGovern has earned her PhD in Experimental Medicine (UBC), specializing in the use of genetic analyses to study the effects of anti-HIV drugs on the virus (things like drug resistance and other ways the virus overcomes the roadblocks we throw at it).

She is now lecturing at Simon Fraser University on topics of Infectious Diseases and still working at the lab, though in a different capacity.

Congratulations on the wonderful achievement!

For those keeping track, that brings us to

Chitora Dojo Black Belts 9

PhD's 3

MSc/MA 5

Not too bad for people who get hit for fun.





Team Mady Results By Albert Mady

On Saturday November 21st, Waterloo Sports Complex, WKF World Kickboxing Federation National Championships.

Tom Barry of Team Mady, 75 Kg, Defeated Lars Mueller of Evolution MAFA, from Mississauga ON. Tom won the Canadian title and belt, in the K1 rules A class fighters division, with a 3 round unanimous decision over his very tough opponent.

In other Team Mady action, our young fighter, Abudulrahman, Al-Sahli, 10 years old, fought Mathew Mackenzie at the Battle of the Dragons Kickboxing event in Woodbridge Ontario. Abdul won by way of a 3 round unanimous decision. K1 Kickboxing rules.



Tom Barry WKF Canadian Champion



Abudulrahman, Al-Sahli, 10 years old



Team Mady Results

By Albert Mady

Chucky Mady, 143 lbs, won the first WFKO World Fighting Kyokushin Organization, "Professional" North American Light Weight bare knuckle full contact Kyokushin Karate Champion, with a 4th round knockout, against his opponent Juan Manuel Zuniga, 145 lbs, from Costa Rica, with a spinning back kick to the body after throwing several very hard body shots. Juan, who has won his last 6 tournaments, and is the Costa Rico champion, went down three times in that round and could not get back up to beat the count in the 4th round of a 5 round fight. Chucky will now be fighting in Russia and Germany along with other countries in Europe. Here is a link to the final round of the championship fight.

<https://www.facebook.com/kelly.mckeeganmady/videos/10156286908105121/>

My Daughter In Law, Kelly Mady, won her division, 1st woman's novice semi knockdown, in a hard fought match.

We also won 1st place in the middle weight, knockdown division, Derek Kuchmey, 180 lbs, won the Amateur full contact bare knuckle division by winning 3 hard fought matches, winning the final match with a spin hook kick to his opponents head, scoring a KO.

In the same division, Gregg Sachs, placed 3rd from the Ottawa Isshinryu dojo affiliate.

1st place Novice Semi- knockdown was Daniel Dtat, middle weight

Matt Lavigne 2nd place intermediate semi-knockdown, middle weight.

Checkout out the back cover for a picture of all the competitors.





The Challenges!

When setting goals and trying to accomplish things, it is very common to pick a large goal and then get discouraged. When that happens, no one wants to fail at their goals so instead, let's pick small tasks that you can easily do.

The key point is that you need to do it EVERY day. No days off, but if you miss a day, jump right back in. They are all easy to do, but you MUST do them.

By making a commitment to yourself to do it everyday, you'll improve your mental level of training, but also very quickly incrementally improve your skills. You may not notice after day 2, or day 5, but after day 30 or 50, things will suddenly be different. You'll be sharper and things will come easier to you.

Karate

10 punches and 10 kicks.

That's it. Keep it simple, you definitely have time to do 10 punches and 10 kicks every day. I recommend the reverse punch and front snap kick (Mae geri)

Try to keep your technique good, but focus on just doing it as much as possible. Quality will come naturally.

Kobudo

Practice your stances.

Another very simple one, no weapon required. Stepping properly during Kobudo (avoiding being too square, or sideways) and a nice long C Step are very important. Just do ten steps forward and ten steps back everyday.

It won't take long for it to feel perfect.

Training

10 Slow Pushups

Instead of trying to do your push ups super quick, do them instead for a stomach workout.

Down, Up, Hold and squeeze your stomach for two deliberate breaths (in and out twice) and repeat. It should take you about a minute to finish. If it's easy, squeeze your core harder.



Contributors



Editor & Author—Chitora Dojo

Mike Fenton—Thunder Bay, Ontario

Mike lives with his wife Kyla and has been training in Isshinryu karate for almost 30 years, and has been an instructor for over 25 years. He is currently head instructor of Chitora Dojo in Thunder Bay, Ontario.

Author—Chitora Dojo

Trevor Warren—Thunder Bay, Ontario

Trevor lives in Thunder Bay with his wife Maria. He has dedicated a great deal of his time to teaching and his own training with the realization that hard work is the key to success.



Jeff Long—Assistant Editor

Jeff Long—Thunder Bay, ON

Jeff is a Sandan and Sensei at the Chitora Dojo.

Author—Toshikai Dojo

Shane Hale—Ottawa, ON

Shane is the first Black Belt student (recently promoted to Sandan) of Tim Leonard in Ottawa Ontario. He is also the president of the Ottawa Flying Club and the recipient of the 2004 Chief Flying Instructor's award.



Author—Wanted

Authors are always wanted, why not contribute your opinions or insights? Anyone can offer something of value, regardless of rank or experience.

Karate Terms in this Newsletter

Ashi foot

Atemi vital points of the body

Bunkai take to pieces/analyze

Empi, hiji elbow

Hajime Begin

haishu back hand

Haito ridge hand

Hiza knee

Kage-geri Hook Kick

Kansetsu joint

Ken fist

Keri Kick

Kin-geri Groin Kick

Kinteki groin

Kokan heel

Kosomi ball of foot

Kote wrist

Men head

Mikazuki-geri Crescent Kick

Mo Ichi Do One more Time

Rei Bow

Seretsu line up

Shotei palm heel

Shuto/Shoto knife hand

Sokuto blade of foot

Taisuko sole of foot

Tsuisaki toes

Tsuki direct strike

Uchi indirect strike

Ude forearm

Ushiro back

Ushiro-geri Back kick

Yoko side

Yubi finger

It is important to familiarize yourself with commonly used Japanese words. Try to memorize all the words each time and you will soon have a large "karate" vocabulary.



Business Name

Submissions

Article Submission

Articles are welcome from anyone and everyone. They can be about anything related to the Martial Arts, a technique you think is just great; A better way to do a technique; History of a Karate Master; a tournament trick that works well; ANYTHING!

All articles are appreciated as e-mail. You can send it to your instructor to proof read and send in, or directly to me. (Mike (at) Isshinryu.ca) or (sensei@isshinryu.ca)

You can even include pictures if it helps your article!

Dojo Directory:

Any student is welcome at anytime to visit any dojo. Before class, always introduce yourself to the Sensei of the dojo and tell them who your current Sensei is.

For a full dojo list visit Isshinryu.ca We are getting too many to list here.

Affiliate Cities!

Abbotsford, BC

Contact: Mike O'Leary

Brandon, MB

Contact: Richard Wharf

Contact: Buzz Cox

Calgary, AB

Contact: Charles Boyd

Chilliwack, BC

Contact: Ryan Bird

Cookstown, ON

Contact: Harri T. Makivirta

Dryden, ON

Contact: Rick McGogy

Hope, BC

Contact: Norm Losier

Kenora, ON

Contact: Steve Davis

Contact: David White

Ottawa, ON

Contact: Tim Leonard

Quebec

Contact: Pierre Parenteau

Saskatchewan

Contact: Brian Smout

Sioux Lookout

Contact: Jim Sapay

Thunder Bay, ON

Contact: Mike Fenton

Contact: Trevor Warren

Vancouver, BC

Contact: Rachel McGovern

Windsor, ON

Contact: Albert Mady

Winnipeg, MB

Contact: Brent Horton

Canadian Isshinryu Abroad

Berlin, Germany

Contact: Ryan Boesche

Stow, Ohio

Contact Albert Pecoraro



Isshinryu Team from Mady's Karate at WFKO Championships