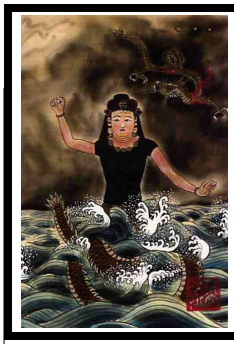

The Canadian Isshinryu Way
Everything Karate & Kobudo

Isshinryu Canada

The Canadian Isshinryu Way

Feb 2018

The Drive to Improve

In all pursuits we are moving forwards or going backwards. Sometimes we are only going forward just enough to avoid going backwards.

In our Karate training, most of us push ourselves clearly forward. Sometimes there are stumbles, but each year we can clearly see that we are better than the year before.

That drive to improve is what defines the successful and the unsuccessful. Please remember that anytime you feel tired, or bored, or unmotivated. By pushing through you keep yourself driving forward, improving, learning and bettering yourself.

The upcoming Expo is a great opportunity to jump yourself ahead. No matter your rank or organization, you are welcome and will have a great time!

It's also a great time to improve yourself as well as share. Preparing a seminar is a good chance for introspection, and the feedback/questions illuminating.

Keep improving, keep pushing forward and I hope to see you in May.

Essential Isshinryu is available!

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

ATTENTION NEEDED!

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

Upcoming Events

Events

Isshinryu Expo May 2018! This may long weekend the Isshinryu Expo is back. Many returning and new presenters will make this an event you won't want to miss.

USIK (United Southern Isshinryu Karate) Seminar: Marshville, NC Feb 17th

USIK Seminar Shallotte NC March 3rd

Inside this Issue:

Seiunchin *By Chat Fletcher* **2**

Chitora Dojo News **3**

Kihon By Richard Ruberto **3**

The Challenges **4**

Seiunchin

By Chad Fletcher

制引戦 Seiunchin kata

Seiunchin was developed by Gojuryu founder, Master Chojun Miyagi around 1920. Miyagi combined the fundamental techniques of Naha-te (Okinawan-te) he learned from his instructor Kanryu Higashionna with the soft breathing techniques of Pa kua chang he learned while in China to form this kata.

Master Miyagi was Tatsuo Shimabuku's instructor in Seiunchin kata. After many years of practice, Master Shimabuku revised Seiunchin and incorporated it into Isshinryu. This kata was changed very little compared to the remaining empty hand kata of Isshinryu.

Seiunchin kata begins very slowly and with "ubuki" breathing, and then explodes into full power and extremely fast speed. One characteristic that makes Seiunchin different from any other empty hand Isshinryu kata is that there are no kicks. Seiunchin builds stamina and develops an inner strength.

Another interesting characteristic is that it makes use of 2 "archer blocks". Seiunchin kata defends against 6 imaginary opponents attacking from all different angles and uses a total of 3 basic Isshinryu stances: Seisan, Seiuchin, and Cat stance.

This kata seems to have been brought to Okinawa by Higaonna Kanryo, who is said to have learned it under the master Ruru Ko, or perhaps under Wai Xinxian, who is said to have taught at the old Kojo dojo at Fuzhou City in Fujian Province. Recent research has indicated that Ruru Ko was actually Xie Zhongxiang, founder of Whooping Crane boxing, but this kata is not included within that style, thus hinting that Higaonna had either learned it elsewhere, or else developed it himself. However, here we run into a problem, as Nakaima Norisato (founder of Ryueiryu) is also said to have learned this kata under Ruru Ko. Another theory is that Miyagi may have been responsible for creating this form or introducing it from other sources.

The word Seiunchin is written as "Control, Pull, Fight" by many Okinawa Goju-ryu stylists, as well as Isshinryu teacher Uezu Angi (son in law of Shimabuku Tatsuo), perhaps hinting at the various grappling and grabbing techniques contained within. A good example is the "reinforced block" which can actually be applied as a wrist-crushing joint lock (Tokashiki, 1995), and the "archers block," which can be used as a throw (Higaonna, 1981; Kai, 1987).

Otsuka Tadahiko, a Gojuryu teacher who has spent considerable time in China and Taiwan researching the roots of his system, tells us that his research indicates Seiunchin may mean "Follow-Move-Power," which would be pronounced Sui Yun Jin in Mandarin Chinese (Otsuka, 1998). Kinjo Akio says that his research has revealed to him that Seiunchin may be from a Hawk style of Chinese boxing, and mean "Blue-Hawk-Fight," which is pronounced Qing Ying Zhan in Mandarin, or Chai In Chin in Fujian dialect (Kinjo, 1999).

This kata is preserved in many modern styles of karatedo, including Gojuryu, Shitoryu, Isshinryu, Shoreiryu, Kyokushin, Shimabuku Eizo lineage Shorinryu, Ryueiryu, etc.

Seiunchin introduces the reinforced blocking and striking techniques never before used in Isshinryu karate. This is a rare type of blocking and striking, which is used against an opponent that is much larger and more powerful than the karate-ka.

Chitora Dojo Promotions in Thunder Bay, ON

Chitora Dojo is happy to announce the follow promotions

Promotions to Sankyu
Peter Harbon and Doug Deschenes

Congratulations!

Kihon
By Richard Ruberto

This should be a no brainier for most of us so it's mostly for those who may not know. For the sake of this practice leave out the first four basics. Let's use the 5th basic as an example. We step back, block, then punch. It should also be practiced stepping forward or stepping to the side on a 45 degree angle or sliding the feet as apposed to stepping. The same practice holds true for a basic that steps forward. Do that basic going back or to the 45 or sliding/scooting, etc.

In the 5th basic the primary bunkai is to block then punch. Study the movement of the arms or hands. Use them as strikes, releases, wrist or arm locks, etc.

With a front snap kick study the movement once more. The primary strike is with the ball of the foot. Then the foot swings back into chamber and can be a strike using the heel on the way back.

Always be open to the less obvious. I will be teaching similar principles within the kata at the upcoming EXPO in May. I look forward to training with all of you. Until then stay healthy and happy.

The Challenges!

This Newsletter's first two challenges are about slowing things down and make thinking about our kata by doing something different. After giving them ago, trying to come up with other ways to perform your kata than the norm that stop you from falling into the "no-minded" routine that comes from years of practice. Share what you come up with, we'd love to include them in the next Newsletter.

Karate

Take it slow and think is the challenge theme this time. Instead of doing your Kata hard and fast, do them slow and soft.

Changing how you practice and actively thinking about the techniques will help you think differently and slow you down enough to notice the small points you've been ignoring. Doing it softly will let you think in terms of soft blocks and grabs instead of hard blocks and strikes.

Do at least one kata per day like this and you'll improve a kata every day. Thinking is very important in Karate, make sure you don't forget to think.

Kobudo

If you haven't already read the karate challenge, please read that first.

There's nothing different for Kobudo from Karate, try your kata slow and consider your stepping and movements.

As a bonus, if you are able grab a partner, why not try doing all your bunkai/drills as avoidance techniques? Instead of stepping inside, step outside. Instead of a hard block, deflect.

Too easy? (I don't believe you!) Turn all your blocks into strikes via movement. By using your movement to be in the right spot, you can double your speed very easily and still protect yourself.

Training

For those of us in Canada, the weather doesn't make outdoor training easy. So instead, let's do what we can indoors.

Dedicate at least 5 minutes per day and pick a single exercise. Then do as much as you can, rest 10 seconds and repeat until your 5 minutes are up. It may sound easy, but let me assure you. By the 2nd minute you'll be re-thinking that.

Remember, push yourself, whether it's pushups, situps or any other exercise, if you take it easy and pace yourself, you are only cheating yourself tomorrow.

About The Newsletter

Just as in our dojo training, the newsletter is about sharing and improving as a group. We regularly have contributions and updates from Quebec to British Columbia in Canada, as well as from Germany, New York and the Southern United States. Everyone is always welcome in my Dojo or to share via the newsletter.

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; ANY-THING!

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

You can even include pictures if it helps your article!

Karate Terms

Ashi foot

Atemi vital points of the body

Bunkai take to pieces/analyze

Empi, hiji elbow

Hajime Begin

Hiza knee

Kansetsu joint

Ken fist

Keri Kick

Kin-geri Groin Kick

Kinteki groin

Kokan heel

Kosomi ball of foot

Kote wrist

Men head

Mo Ichi Do One more Time

Rei Bow

Seretsu line up

Shotei palm heel

Shuto/Shoto knife hand

Sokuto blade of foot

Tsuisaki toes

Tsuki direct strike

Uchi indirect strike

Master/Grand Master Photo from this Year's KYU FEST

See the events for some great upcoming events