The Canadian Isshinryu Way
Everything Karate & Kobudo

Isshinryu.ca

Volume 5, Issue 4

September 2009

Make it Practical

The last poll on the website was dedicated to what people want to improve in their personal training. It was a surprise to me to find that the run away winners were fighting and bunkai. What this actually tells me is that there is a desire among Isshinryu Karateka in Canada to get better at what Isshinryu itself is best at, practical application of self defense techniques.

Bunkai coming a close second in the poll is a great sign that the true essence of Karate is being appreciated! Way to go!

But… Just saying it isn't enough, instructors, push your students on Bunkai, both by showing and by teaching them how to analyze the movements of the Kata. Students, ask your instructors about the kata, and remember to drill the techniques.

In order to be reasonably good at any of the Isshinryu basics, you must perform it at least 10, 000 times. Most people by black belt have duplicated this number 10 fold. Do not fall into the habit of thinking that practice only applies to the basics, or simple techniques.

In order to master any skill, repetition is key. This applies to Bunkai as well! Once you think you understand a Bunkai for a movement, it should be drilled and drilled again. Once you are comfortable with the technique, your understanding will open up and even more techniques will flow from that understanding!

Most of all, keep training and keep Thinking.

Essential Isshinryu has been Released!

For more information on the first Canadian Isshinryu book, see page 3 or visit www.essentialisshinryu.com!

ATTENTION NEEDED!

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

Upcoming Events

Seminars

Maurice Smith Seminar—Chikara Dojo—Windsor, ON—October 24th & 25th

Hanshi Albert Mady Seminar—Thunder Bay,ON—November 7th.

Other

Chitora Dojo Pancake Breakfast—Sept 27th and October 25th—Thunder Bay, ON

Inside this issue:

History of Isshinryu Hama Higa no Tuifa 2

Essential Isshinryu Released 3

First Aid in the Dojo 2—Villiam Tikka & Patricia Lyle 4

Isshinryu Summer Camp 4

Toshikai Dojo Break Yer Bones BBQ 2009 6

By Tim Leonard

The Challenges 9

News 10

Hama Higa no Tuifa
By Mike Fenton

Understanding the history of the Isshinryu kata can provide the Isshinryu Karateka with a greater knowledge of the kata and the techniques it employs. The origins of a kata can guide us toward understanding both the application of the technique as a student and a deeper respect for the evolution of the art as an instructor.

Hama Higa no Tuifa
浜比嘉のトゥイファー

History of Hama Higa no Tuifa

Name

The name is derived from its place of origin. The "no Tuifa" indicates that it is the Tuifa of Hama Higa. Tuifa is the Okinawan name for the Tonfa, which is Japanese.

Technique

There is only one Tuifa kata found within the Isshinryu system and that is Hama Higa no Tuifa. Hama Higa no Tuifa follows a very basic floor pattern and is based upon a single major combination which is used throughout the kata.

The popularity of the Hama Higa forms in Kobudo can be seen in Richard Kim's book Kobudo 2 in which he demonstrates the Kama, Tuifa and Sai work from the region.

Origins

Hama Higa Peichin was a classical Okinawan Karate and Kobudo master said to have lived around the late 1600s. His skill in all the weapons was impressive and many of his forms have survived. He hailed from the Island of Hama Higa which was known for it's advancement of the Bo, Sai, Tuifa and Kama technique.

The exact path the forms took to arrive in Okinawa is unknown. The Hama Higa kata has been an integral part of Okinawan Kobudo since the time of Sakugawa and the majority of instructors have taught the forms. Taira Shinken learned the set of forms from Yabiku Moden, and then taught it to Shimabuku as a method of teaching Tuifa technique.

Due to its place of origin, it is likely that this kata passed through the lineage of Higa Matsu to Ufuchiku Kanakushiku and eventually on to Yabiku Moden but there is no evidence of this lineage.

Shimabuku's teaching of this kata has lead to much confusion. While in the US, Shimabuku was quite ill when he was filmed working with the Tuifa. Whether he was simply demonstrating technique or attempting, to perform Hama Higa is unknown, but what he did perform was misconstrued as a kata by the name of Chie Fa for many years. It has been recently realized that Chie Fa was just a misinterpretation of Tuifa during the translation process.

Most Isshinryu groups now practice Hama Higa no Tuifa as taught by Taira Shinken to Shimabuku.

I sincerely hope that you enjoyed reading this. The next article will cover the only tonfa/tuifa kata in Isshinryu, Hamahiga no Tuifa with the bulk of the article primarily on the kata's origins focusing specifically on the path the kata took on it's way to Shimabuku Tatsuo and it's incorporation into Isshinryu Kata. If you have corrections or comments regarding this article or any future article, please feel free to contact me directly.

Mike Fenton

mike@isshinryu.ca

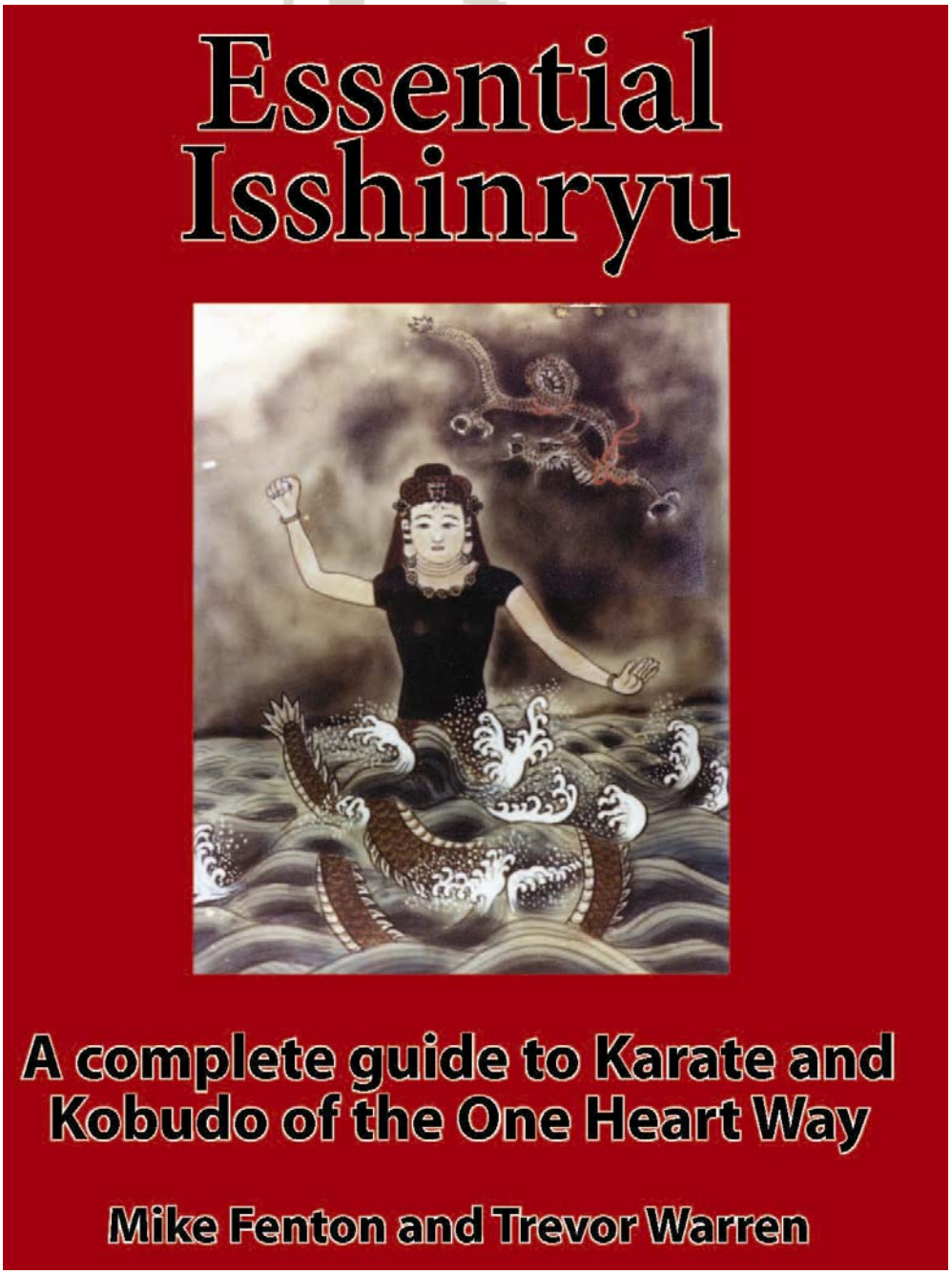
Essential Isshinryu Released

Essential Isshinryu is the recently released book by Trevor Warren and Mike Fenton. The book is a complete guide to the one heart way including both history and techniques of Isshinryu.

Essential Isshinryu is now available for purchase via Amazon.com, Amazon.ca and many online retailers. For more information please contact the authors via this website or by clicking here.

For more information including a complete table of contents for the book please visit Isshinryu.ca or EssentialIsshinryu.com.

Bulk rates and signed copies are available directly from the authors for those interested.



Importance of First Aid in Karate Part 2

By Villiam Tikka and Patricia Lyle

Hello again, I am Sempai Villiam Tikka and I am returning to continue my series about the Importance of First Aid in Karate (Part 1: Vol 5 2:4-5). Joining me for Part 2 is my colleague, Patricia Lyle, who is also very enthusiastic about following up on my previous article to explore first aid courses and ways to incorporate First Aid into your dojo.

Nationally recognized First Aid courses are offered through a variety of organizations, two of the most prominent being The Red Cross and St. John's Ambulance. The two organizations both offer courses for inexperienced individuals as well as those with previous first aid knowledge, however, courses through St. John's Ambulance tend to be 10-25 dollars more expensive than those offered through The Red Cross. This is due to the fact that the courses offered through St. John's are enriched with accompanying booklets, videos and tests which enhance the learning experience, and ensure knowledge is passed to those taking the course. St. John's also offers more specialized courses, geared towards particular age groups, activities, or locations, proving additionally beneficial for those looking to enhance their previous training.

Generally, the courses offered by St. John's can be divided into two categories: CPR (Cardiopulmonary Resuscitation) with First Aid or a course in just CPR. Although CPR training alone may consume less time and money (averaging $85 for 1 day), First Aid accompaniment enhances both knowledge and training for the individual (around $135 for 2 days).* The additional First Aid training provides advanced accident scene management skills as well as basic wound care training, applicable to a broad range of scenarios a person may encounter.

Next, there is the choice of which level of CPR training to take: Level A allows you to perform CPR on adult aged individuals while Level C allows for carrying out CPR on people of all ages. Since many, if not most dojos, include young karate-ka, the choice of Level C CPR is well worth paying an extra $20 for the additional skills.

However, paying $135 to a Level C CPR plus First Aid course can appear to be a lot of money to pay. We would therefore like to propose a few options which may allow you to more easily fund the training. One option is to have the dojo, or employer reimburse the individual for the First Aid training. Another option includes recruiting people who already have First Aid training, such as members of St. John's Ambulance or the Canadian Forces Medical Services. This allows First Aid trained individuals to be incorporated into your dojo while avoiding the issues of financing new training.

Despite all the available training options, First Aiders may be limited by the First Aid kit they have accessible. Next time we will investigate some equipment which should be included in any standard First Aid kit, as well as items you may wish to incorporate, to enhance your own First Aid kit.

*Note: Prices stated are from the Thunder Bay branch, and may vary from city to city

Isshinryu Summer Camp

By Robert Markovich, Tim Leonard and Harri Makivirta

With the AOKA tournament being canceled this year due to economic conditions, the Canadians decided to hold their first ever Summer Karate Camp from July 10 to 12th. Sensei Harri Makivirta hosted the event in own backyard (a dojo and an acre of land in Cookstown, ON). Karateka pitched tents, brought tent trailers, slept in the dojo and some stayed at the local Days Inn. The event brought together three dojos from Windsor, Cookstown and Ottawa Ontario for weekend of training and fun. Shihan Robert Markovich from Windsor had often talked of getting a summer camp going and are we ever glad Shihan finally got it going.

The camp was a great success with about 20 participants in total. Friday night training began at about 5:30 p.m. and ended at 9 p.m. We covered Bo-Bo kumite and Bo-Sai kumite with the adults and some of the older children. At the same time Sensei Leonard worked with the remaining children on Tokomine Bo. Saturday morning began with a 5 K (or 3 mile) run led by Sensei Leonard then breakfast followed by group basics. Basics were followed by two hours Arnis training (short stick fighting). We broke up the group in two sections and Windsor black belt Dave Kaselika worked with the advanced group and Shihan Markovich worked with new people. We also worked on finger and joint locks which everyone

(Continued on page 5)

Isshinryu Summer Camp Cont'd

By Robert Markovich, Tim Leonard and Harri Makivirta

seemed to enjoy despite the pain. After lunch, Sensei Makivirta put everyone through a vigorous bag workout and then through various full contact fighting techniques. After several buckets of sweat, we praticed hand kata go over the waza (techniques) of Seisan, Seiuchin, Naihanchi, Wansu and Sanchin.

Training ended at 6 p.m. and it was time for food and relaxation. Some chose to barbeque while others went out to a local Japanese restaurant. Around 9:00 pm everyone went over to Daniella's house, one of Sensei Harri's students to watch UFC 100. Our thanks to Daniella and her family for putting on a nice spread for everyone.

Sunday training began at 9:00 a.m. due to the late night. We picked up from where we left off on Friday going through the application of bo, sai and tonfa. We reviewed everything that had been taught over the weekend and demonstrated empty hand kata and weapons to each other so that we could insure uniformity among the three dojos.

Sensei Makivirta led a class on a different way of doing basic exercises called "Ten Point" which is ideal for dojos without a lot of space and very good for teaching students to move in 10 different directions while doing the basics.

The Windsor contingent left for home around 12:30 p.m. while the Ottawa karateka remained for another couple of hours to work on kumite once again with Sensei Markivirta. There were three students (Reily, Nicholas and Phil) from Sensei Markivirta's dojo who were tested on their kata on Saturday and then needed to complete the kumite component. All three did a great job. Well done!!

Chris Barnett from Sensei Leonard's dojo tested for his orange belt in Arnis and was successful.

Everyone agreed that the camp was a success and that they had learned a lot in a very condensed time frame. Everyone also indicated that this should become an annual event which would, not only help with learning but present everyone with an opportunity to see old friends. Until next year!!

Toshikai Dojo—Break Yer Bones 2009

By Tim Leonard

The Tohsikai Dojo of Ottawa held is 9th annual Break Yer Bones BBQ on Saturday Sept 12th. Although the some of faces and the format has changed over the years, the original intent of challenging oneself remains strong. This year's event saw a return to some original structure of breaking competition and the "Japanese Pine of Death." What is a JPOD you may be asking yourself? It is unfinished 1 inch by 12 inch pine board, much thicker than the regular pine boards. Due to high costs of lumber, the JPOD was brought back after we had vowed never to use these boards again. Flashback to our first BYBBBQ in 2000 when the JPOD won and a brownbelt went home with a broken hand.

Several karateka performed their own breaking routines. There were demos of Sanchin kata, Kusanku kata, a broken Louisville Slugger bat (way to go Chris!), a skit put on by Sensei Tim Leonard and his son Aaron (in which Sensei Tim nearly got knocked out by an elbow to the head) and many individual achievements from karateka and guests alike. Afterwards came the competition part of the afternoon in which there was head to head competition in three categories: push-ups, highest kick and power break.

For their breaking routines, Sensei Deb Fuchek took top honours for the Female Breaker of the Day and J-F Sauriol won Male Breaker of the Day. Jack LaFleur did the most push-ups for the guys but only beat Diane Dufour by a few who took top female honours. Matt Morin came close to tying the dojo highest kick record of 7'3" and has vowed to take the title away from Sensei Leonard next year. The power breaks were the highlight of the day where fire, brick and Japanese Pines of Death were plentiful. In the end, Sensei Shane Hale ruled once again by smashing brick with his elbow, JPODs with his hand and a 2*3 with his shin.

Of note, Rob Berek was awarded the most Improved Karateka of the Year Award and Pat Couperus was given the Most Outstanding Instructor of the Year Award.

A fantastic day was had by all and already looking forward to the next one.

Isshinryu Kata Videos

With modern technology becoming more and more able to help us in our daily lives, and Karate being such an important part. Here is a collection of Youtube video's that relate to Isshinryu. The list isn't compiled by me, but I definitely enjoyed the techniques!

Shimabuku Tatsuo – Founder of Isshinryu
Seisan/Seiunchin/ Naihanchi 1958 http://www.youtube. com/watch? v=C_n5N23MLg8
Kusanku Kata 1958 http://www.youtube. com/watch? v=ovbp9DspKVU
Sunsu Kata 1958 http://www.youtube. com/watch? v=P6Pc-WJqxEM
Kyan No Sai 1958 http://www.youtube. com/watch? v=7Y7obnU3r-4
Tokumine no Kun http://www.youtube. com/watch? v=CpSHkWLAxNE

Shimabuku Eizo – Brother
Seisan Kata http://www.youtube. com/watch? v=VB50TfZ3T54
Seiunchin Kata http://www.youtube. com/watch? v=uXX6HgrCeBU
Chinto Kata http://www.youtube. com/watch? v=Y-z8naRgdmY
Sanchin kata http://www.youtube. com/watch? v=fGfFEKdpy4g

Shimabuku Kichero—Son
Sunsu kata http://www.youtube. com/watch? v=9ReR5vg8iWU
Teaching Seisan http://www.youtube. com/watch? v=xwzT1GNsz4E

Uezu Angi – Son in Law
Knife defense http://www.youtube. com/watch? v=GgmKZQPi5_E
Ground fighting http://www.youtube. com/watch? v=avCiX3h4gp4
Empty hand vs bo http://www.youtube. com/watch? v=NfegT4VVhBw
& Jack Snipe – bo vs bo http://www.youtube. com/watch? v=aMSCPnA0gco
Urashi no Kun 68 http://www.youtube. com/watch? v=kTN2LANxtrU
Tokumine no kun 68 http://www.youtube. com/watch? v=kbX8-UYdEGc

Sunsu Kata 1968 http://www.youtube. com/watch? v=i--7N3XiYyk
Shishi No Kun 68 http://www.youtube. com/watch? v=z5b93-2qs20
Chantan Yara No Sai 68 http://www.youtube. com/watch? v=fArjk1Wq1qg
Sunsu kata – opening of the Okinawan Budokan 1997 http://www.youtube. com/watch? v=aNaNU7PA- xY
Urashi No Kun Bo kata of Isshinryu is demonstrated at the IWKA championship on Okinawa in 1985. http://www.youtube. com/watch? v=hZcjxfvSUfY

Eiko Kaneshi was a senior student of Tatsuo Shimabuku founder of Isshinryu Karate. Here some of his students demonstrate Sunsu and Chinto kata. http://www.youtube. com/watch? v=4PeM0Z3do3o

John Lennox 1985 Wansu Kata http://www.youtube. com/watch? v=gIaAm3YgHmg
Harry Acklin Chinto kata 1966 http://www.youtube. com/watch? v=0KO-NK9d48s
William Duesel self defense 66 http://www.youtube. com/watch? v=NYq0ebS4_AU

Michael Calandra - Isshinryu
Tokumine No Kun http://www.youtube. com/watch? v=Iw_dzWTIsh0
Urashie No Kun Bo http://www.youtube. com/watch? v=Ickaoe_AN9s
Shishi No Kun Bo http://www.youtube. com/watch? v=Qi8BLHwhbDw
Seisan kata http://www.youtube. com/watch? v=OQg3IFJM7rM
Seiunchin kata http://www.youtube. com/watch? v=QfK74JQQ7qs
Naihanchi Kata http://www.youtube. com/watch? v=MnJis1yIVLA
Wansu kata http://www.youtube. com/watch? v=V3WeRO8IZDE
Chinto kata http://www.youtube. com/watch? v=u6E2sdmcz9Q
Kusanku kata http://www.youtube. com/watch? v=NvofsG7uIEM
Sunsu kata http://www.youtube. com/watch? v=vOTguIQyLuI
Sanchin kata http://www.youtube. com/watch? v=xiTXb2vWxoU
Kyan no Sai kata http://www.youtube. com/watch? v=MPsPgACCHIg
Kusanku No Sai Kata http://www.youtube. com/watch? v=KrERoMDoHB8
Chantan Yara No Sai http://www.youtube. com/watch? v=zJsKgLwvzXc
Hama Higa No Tuira http://www.youtube. com/watch? v=7_1oaCEuIDE

2nd Annual Westlake Martial Arts Tournament Results
By Albert Pecoraro

The Mady-Yano Chikara Shibu of Stow, Ohio took a few trophies on Saturday August 29 at the 2nd Annual Westlake Martial Arts tournament. The MVP was orange-belt Greg College who took 1st in Men's White-belt kata (performing Seisan), 1st in Men's White Belt Kumite, and 2nd in Men's Under Black-belt open division. Albert Pecoraro (I-kyu) took 1st in Men's Brown Belt Kata (performing Su-n-su).

Greg hadn't competed in almost 2 years and finished the competition even though he was inured. Albert made a comeback after an 18 year absence from Isshinryu and a 19 year absence from competition. He is preparing for his Shodan test Nov.28/2009 with Hanshi Albert Mady."

Albert Pecoraro (Ikkyu), Shihan Gary Yano (Kudan) of Westlake Martial Arts and Greg College (Rokyu)

Yin and Yang in our Lives

By Jason D. Miller

"You need to unleash your yang side". These are the comments that I probably hear the most often since I began training as a karateka a few years ago. But what does it actually mean? How does one get in touch with their yang side? What is yin and what is yang?

According to Chinese philosophy, yin & yang are two principles, forces or energies inherent in all things, dating back to the very beginning of time. Yin is traditionally associated with things that are cold, passive, dark/heavy or feminine, while yang represents things that are hot, active, light/ weightless, and masculine. They are both morally neutral, agnostic opposites of one another. Yet, in Chinese philosophy, each of them contains at its very center, an element of the other. As such, they are both in constant, dynamic conflict with one another, each trying to dominate the other but unable to do so because at their very center, they contain the opposite force.

What this principle or model provides us is a means of explaining our own struggles and contradictions in all that we do. These opposing forces are at work within us. Sometimes we are predominantly yin, while at other times more yang, but always a mix of both. The idea is that we need to search for a balance between these two forces: to achieve harmony and equality between them as well as in our lives. It's important to realize that this equilibrium is a dynamic one as the constant struggle between yin and yang is a never-ending one: it goes on and on with no foreseeable end.

In Isshinryu Karate, one of our codes is: "A person's unbalance is the same as a weight." This code above all of the others, has always resonated with me. It's the one that I struggle with the most: finding that balance. I'm fairly certain that I'm not that only one that feels that way. Life sometimes seems to get out of control as we take on more and more things: work, sports, volunteering, social, relationships, family, house and home, bills, etc. How does one find that balance? Or do they ever actually find it? The philosophy of yin & yang seems to offer us some explanation. It tells us that this constant struggle is natural. It tells us that we need to pay attention to what we do and to ensure that we don't do too much of one thing or the other: that we try to find a balance between our yin & yang activities as well as our yin & yang tendencies. We can't be constantly active (yang). There has to be some "downtime" or time to ourselves. If we don't, then we will be out of balance. I think that is probably the main reason that I often feel that my own life gets out of control. I'm constantly active and rarely seem to have time to schedule peace, quiet and tranquility [maybe I need actually need to get in touch with my yin side? ;)].

Chinese philosophy goes one step further. It tells us that we play a key role in the universe/world around us, and that, like us, it too is governed by the same principle of these two opposing forces at work. It goes on to say that "if we are not in harmony and balanced within ourselves, the whole universe is put out of order." [1] It is said that we are a part of the overall universe, and that, conversely each of us contains that same universe within. Therefore, "By what you do and what you do not do [...] if you act in ways which disturb the balance of yin and yang [...] then you alter the very nature of the balance of nature." [2] It's an interesting concept, and yet a little worrisome at the same time to realize that our own personal balance/equilibrium - or lack thereof - can have such an impact on the world around us.

Yin & yang are found in everything around us, including ourselves. For the Chinese, this is reflected in everything they do: in health and medicinal practise (i.e. herbal remedies), in cooking, in relationships, in the arts (music, landscape paintings, sculpture, feng shui), and in physical exercises such as Tai Chi Chuang (an exercise designed to assist the flow of Chi [life energy or breath in both negative and positive forms] throughout the body).

I'm sure you've heard the expression: "Change is the only constant". A fundamental, key aspect of the yin/yang model is that we can't change who or what we are. We are born either predominantly yin, or predominantly yang. Throughout our lives, these forces will fluctuate. Our role is not to try and prevent that change, but rather to accept it and attempt to find and maintain a balance between these naturally conflicted forces, to resolve these conflicts by understanding the world around us, to realize that diversity and difference is natural, and to do so in a passive, non-interventionalist manner so as to not inadvertently disrupt the universe around us. Frustration or unhappiness in our lives often comes from trying to hold onto the past. Part of this struggle is that we need to learn to "let go". Chinese philosophy states that if we follow nature/heaven's way it will lead to virtue, but if violated, it will lead to misfortune. Sound familiar? It's another one of our codes: "A person's heart is the same as Heaven and Earth."

To be continued in the next Newsletter.

The Challenges!

Karate

Stances are something that I frequently talk about both in the Dojo and in the newsletter. And it's only fitting that after a long summer break we get right back to training by focusing on the fundamentals, and there is nothing more fundamental than your stance.

Your challenge for this newsletter is to choose a stance, any stance, and improve it. First make sure you have the basics of the stance down and then start thinking about it.

Questions you should ask about your stance:

#1 Is it balanced? When you are in your "perfect" stance you should be relatively comfortable. If your knee hurts or you feel as though you are about to fall over, something isn't right and you should analyze your position.

#2 Where is it strong? Each stance is different, but has it's own strengths and weaknesses, by understanding the benefits and angles the stance you chose provides helps you to make good decisions about the stance.

#3 How do I get out of this stance? No stance is meant to be in permanently. You frequently need to step forward or back or change to a different stance entirely. Study your stance and figure out how you can transition without putting yourself in a bad position along the way. A good fighter doesn't need a big mistake to capitalize on, they notice patterns and strike when the opportunity presents itself.

Kobudo

As I did in the last newsletter before summer, I'm going to copy the Karate challenge for the Kobudo challenge. Stance is crucial in Kobudo and with all the fancy weapons swinging around, frequently overlooked. Pick a weapon and a stance and duplicate the above.

Training

I'd like to believe that everyone is in tremendous shape after a summer of running outside and generally making the most of the weather to train. But realistically, I know many of you went camping and otherwise sat around enjoying the mere moments of nice weather this past summer provided.

That means, it's no time like the present to get back into your training and the best way to jump start it is with endurance training. Endurance training is a great place to focus after a break for a few reasons.

#1 It comes back very quickly. Within a short period of time, you'll feel in shape again.

#2 It hurts badly. It can make you feel sick and make you promise yourself that you'll never let yourself get out of shape again.

So take time to focus on your endurance, you can do it anywhere anytime and it pays off greatly whether you are fighting or doing kata, the ability to do it powerfully for longer is the equivalent of doubling or tripling your effective study time in the martial arts.

Competition Results

Mady's Fight Results

Chucky "The Energizer Bunny" Mady, 20 years old, of Mady's Martial Arts Center, fought Chad Coon, of Grand Rapids Mich., for the 135 lbs DFL, Detroit Fight League MMA Title. The event took place at the Imperial House in Clinton Township Michigan.

It was a good match, both fighters came out striking with Coon starting off the striking, Chucky answered with good punching/kicking combinations of his own. Coon moved in to clinch and was lifted and slammed to the matt by Chucky. Chucky immediately moved into a side mount for control, moved into a full mount and solid striking, ground and pound. With Coon's wrestling background he rolled Chucky only to find himself in trouble and was caught in an arm bar and Coon quickly tapped out. Chucky "The Energizer Bunny" Mady win the DFL 135 LBS MMA title in 2 min. and 30 seconds of the first round.

Theo Toney of Mady's also retained his 170 lbs DFL title.

Coloured Belt Promotions

Thunder Bay, ON—Chitora Dojo—June 2009

Alexander Serenko Nikyu
Vlad Serenko Sankyu
Jessie Deruiter Sankyu
Camilla Tikka Yellow Stripe

Ottawa, ON—Toshikai Dojo

JF Sauriol - Ikkyu (brown belt w black stripe)
Rod Berek - Ikkyu (brown belt w black stripe)
Chris Barnett - Nikyu (brown belt)
Jay Miller - Sankyu (blue belt)
Greg Saxe - Yonkyu (green belt)
Zoran Milojevic - Gokyu (orange belt)
Sue Matthews - Rokkyu (yellow belt)

Cookstown, ON—Mady's Karate North

Philip Brown – Tested for purple
Nicolas Brown – Tested for Green
Riley McColl – Tested for Brown
Dave McColl – Tested for - Purple

In the photo: JF "The Crazy Frog" Sauriol, Rod "Kamikaze" Berek, Sue "Giggles" Matthews, "Psycho Sensei" Tim Leonard

Yudansha (Black Belt) Promotions

Each newsletter, we will attempt to recognize all Black Belt level promotions that have occurred since the previous newsletter.

Again like everything else in this newsletter, there is no guarantee of absolute completeness. If you know of someone I missed, please let me know and I will include them in the next newsletter.

Completed Promotions

Don't stop training now! There's always more to learn and improve upon.

None Reported

Contributors

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Mike lives with his wife Kyla and has been training in Isshinryu karate for over 25 years, and has been an instructor for over 20 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.

Author—Toshikai Dojo
Jason D. Miller—Ottawa, Ontario
Jason is a student of Tim Leonard's in Ottawa, ON and recently earned his Sankyu (Blue Belt). He is currently working to unleash his Yang side, check it out on page 8.

Author—Toshikai Dojo
Tim Leonard—Ottawa, Ontario
Tim lives in Ottawa with his wife Debbie (also a black belt). He currently dedicates a great deal of time to his Dojo and is the first to teach Isshinryu in the Ottawa area.

Karate Terms in this Newsletter

Chatan—A region on Okinawa

Chikara—Strength

Chitora—Essence of the Tiger

Dojo—School

Hanshi—Great Instructor

Karateka—Someone who practices Karate.

Kata—Prearranged training techniques

Kihon—Exercises

Kobudo-Ancient Martial Way, the term used to describe all the weapons in Isshinryu and Karate.

Kyu—Student rank level, counting down towards 0, being the first rank of Black Belt.

Naha—Port city on Okinawa

Okinawa—Japanese Island where all karate began

Ryukyu Islands—The island chain south of Japan where Okinawa is the largest Island.

Sanchin—Three Battles

Shuri—Capital City on Okinawa

Taira Shinken—Shimabuku Tatsuo's weapon instructor

Te—Older name for Karate. Also translates as hand.

Toshikai—Fighting Spirit

Tuifa—Proper, older name for the Tonfa.

Uchi—Strike

Uke—Receiver, Recipient of the technique being practiced.

Yara—An original student of Kusanku and pioneer of Karate techniques on Okinawa.

Yudansha—Group of Black Belts (Gradutates)

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.

Isshinryu.ca

Visit Isshinryu.ca for an archive of our newsletters and must more information about Isshinryu.

Story Submission

Stories 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 stories 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 (newsletter (at) 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

Calgary, AB
Contact: Charles Boyd

Cookstown, ON
Contact: Harri T. Makivirta

Dryden, ON
Contact: Rick McGogy

Hope, BC
Contact: Norm Losier

Kenora, ON
Contact: Steve Davis

Ottawa, ON
Contact: Tim Leonard

Saskatchewan
Contact: Brian Smout

Sioux Lookout
Contact: Jim Sapay

Thunder Bay, ON
Contact: Mike Fenton & Trevor Warren

Vancouver, BC
Contact: Rachel McGovern

Windsor, ON
Contact: Albert Mady

Canadian Isshinryu Abroad

Berlin, Germany
Contact: Ryan Boesche

Shijiazhuang, China
Contact: Simeon Ostap

Tsukuba Ibaraki, Japan
Contact: Brent Horton

An Excellent use of a summer day!
Dave Kaselika and Greg Saxe going through Bo-Sai kumite