



The Canadian Isshinryu Way Everything Karate & Kobudo

Business Name

Volume 6, Issue 1
January 2010

New Year, New Goals

Yet another new year is upon us, and yet another new opportunity to change habits and find new ways to improve yourself.

It is very easy to become complacent in both your actions and thoughts, so take the time to break your current training habits and make new ones.

No matter how good you are, or how good your methods may be, the act of changing how you train will be a jolt both to your muscle memory and your mental outlook.

A great way to approach this is to set some goals for yourself. Try to make them as specific as possible, and relatively small. By doing that you greatly increase your chances of following through. For instance, if you want to have a better horse stance, that's a good goal, have perfect stances all the time, is a little too big for an attainable goal.

Once you've set your goal, now you've got to reach it. Try doing things differently.

Sometimes doing things wrong actually gets you farther than doing things right. We learn from mistakes so by doing it a little one and learning WHY it was wrong, you might just figure out a much better way to doing something.

So keep setting goals and keep accomplishing them and you'll be a master in no time!!

Essential Isshinryu has been Released!

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

ATTENTION NEEDED!

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

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Upcoming Events

Seminars

Okinawan Goju Ryu Seminar—January 31st, 2010—Toshikai Dojo—Ottawa, On

March—Peter Carbone Seminar in Thunder Bay—Hopefully!

Other

Chitora Dojo Pancake Breakfast—January 31st —Thunder Bay, ON



"Karate" Sakugawa By Mike Fenton

Understanding the history of the Isshinryu kata can provide the Isshinryu Karateka with a greater knowledge of the masters of Karate and their contributions to creating Isshinryu. Understanding the people involved leads the student and instructor alike to a deeper respect for the evolution of the art.

"Karate" Sakugawa

Who he was

One of the first pioneers of Karate on Okinawa, long before Karate was named Karate, his actual nickname was Tode, the name used for Karate at the time. He lived during the 18th Century.

Key Instructors

Takahara Peichin—A Buddhist monk living in Shuri

Chatan Yara - A student of Kusanku and other Chinese Arts

Key Students

"Bushi" Matsumura Sokon—Highly influential martial artist, protector to the king and instructor of Karate.

Okuda "Iron Hand", Makabe Choken "Bird Man" and Matsumoto— Three good friends and life long students of Sakugawa. They had many adventures and are worth looking into if you don't already know about them.

The Individual

Rather than outline the training and many details of his life, which exceeds the space allocated for this article, I will instead share a specific incident from his life.

During Sakugawa's time, piracy was prevalent across the Asian seas. Ships were both built to

withstand an attack and traveled in groups to reduce the likelihood of attack. During one of Sakugawa's trips from Okinawa to China pirates struck. The crew of the boat was expected to be able to protect their cargo and any able bodied passenger was expected to assist.

When the attack began, Sakugawa immediately removed his cumbersome formal apparel and grabbed a Bo. Seizing his opportunities he battled viciously against the pirates. As the pirates began to withdraw, one pirate continued advancing. As Sakugawa prepared himself to deal with the remaining pirate he was attacked from behind by four or five other pirates. Unable to properly defend from the position he was in, Sakugawa instead managed to hurl himself and his attackers overboard. Being the middle of the night, the crew members of his ship were not able to determine if he was alive or dead. Assuming he had perished they were forced to move on for fear of another attack.

Sakugawa had not died. He was picked up the following day by a Chinese naval patrol. Having no way of proving he was not a pirate, Sakugawa was charged along with the other men he had thrown overboard. Piracy was a very serious crime during this time period and upon reaching Beijing the entire group was condemned to death. It was not until Sakugawa refused to eat his final meal that he was finally given the proper chance to explain the situation and prove his own innocence. In the end his bravery in the face of the pirates attack was recognized and he was rewarded with special privileges during his stay in Beijing.

I sincerely hope that you enjoyed reading this series of articles on the kata of Isshinryu. This is the last article in the series as all Kata have now been covered. For more information about these kata and karate in general, please refer to Essential Isshinryu. Up next in the Isshinryu history will be biographies of Okinawan Karate masters. If you have corrections or comments regarding this article or any future article, please feel free to contact me directly.



UIKA Symposium in Dryden, ON By Brenda McGogy

On September 11th and 12th, the Dryden Traditional Isshinryu Martial Arts Club hosted the 2009 United Isshinryu Karate Association Symposium. Over 60 students participated in various instructional seminars during the two day event. Sensei and students traveled from Florida, Montana, Arizona, Detroit, Georgia, as well as locally, from Thunder Bay, Vermilion Bay and Kenora to partake.

Master Harold Mitchum, our highest ranking sensei and the closest link to the founder of our style of karate. Master Mitchum studied under Tatsuo Shimabuku, the found of the Isshinryu Karate. Tatsuo named Master Mitchum his number one American Student.

At the symposium Master Mitchum, a 10th Dan ran the children's hour for youth 8 and up. Children were taught self defense techniques and Sensei answered many questions from curious little minds. Friday was Black Belt training, which included weapons, kata, bunkai techniques, strength training and of course basics. Saturday's lessons concentrated on kata and sparring drills. The day

ended with a fun mini tournament.

Banquet, awards ceremony and dance were held at the Best Western. Regional representatives were recognized with plaques for their continued support. Individual achievement awards were presented to several students and are as follows: Most Dedicated Adult Student – Mike Mackie, Excellence in Karate Youth – Mark Ivanowich, Most Dedicated Student Youth – Nolan Yurkiw, Most Promising Student Youth – MacKenna Mackie, Best All Around Student Youth – Kaylee Spalding, Instructor of the Year – Steve Kennerman, Spirit of Isshinryu -Robert Burton. Two Senseis received promotions – Gerry Lewis to Roku Dan and Brenda McGogy to San Dan. Congratulations to all.

The United Isshinryu Karate Association is more than an association, it is a family. A family of dedicated individuals from across the county, who practice, mentor, practice, encourage, practice, learn, practice, teach, did I say practice. Yes, practice, that's what it takes to be a good karate student. So those who are already black belts and those that are just starting out keep practicing and the rewards will be plenty.

Thanks to all who partake in the martial arts or should I call it lifestyle.





Cardio Karate at the Toshikai Dojo

By Pat Couperus

For several years now, Toshikai dojo of Ottawa has been offering cardio-karate classes to the community. Cardio-karate is our name for the melding of the hand and leg strikes with a cardio workout. It is a high energy hour where the sweat pours and students get re-energized. Many fitness clubs and martial arts centres offer these types of classes under different labels such as cardio kick boxing or kick 'n fit. When they were first organized, Toshikai's cardio classes were offered as advanced training sessions for the traditional Isshin Ryu students. After a short time, the classes evolved beyond the traditional techniques and were opened up to anyone. They quickly became popular with friends and family members and it expanded the Toshikai circle.

On top of being a lot of fun, the cardio karate classes offer a great interval type workout. The Toshikai approach is to change up the techniques and rotate between different activities or stations. Where the fitness club workout will tend to repeat on a foundation of basic kicks and strikes and simple combinations, our classes try to work in more advanced techniques over time and to help students progress into more complex and challenging combos. Towards the end of an eight week session students will be introduced to combos that bring together three, four, or more of the kicks and strikes.

Toshikai offers two classes a week, each offering a slightly different regimen. Sensei Tim Leonard has students moving between stations of hanging heavy bags, floor bags, chin-up bars, and a speed bag during his Monday night classes. For my Saturday morning class, I use heavy striking shields and focus mitts for striking drills on top of core strengthening and balance exercises. Both the Saturday and Monday classes have the same overall structure. Using music in the background, each starts with a warm-up to get some heat in the joints and muscles and to help with flexibility, and the classes always ends with a chi replenishing, sweat pouring, exhausting series of punch and kick outs. When you think that

you can't go anymore ... you find that you can. Crazy! Everyone leaves the classes void of any energy. You are completely spent. Each class end with some stretching.

Each class has its advantages. Sensei Tim's class, with the hanging heavy bags and grounded water bags offers stationary targets which you can move around, and which are good for solo work. Heavy bags allow students to hit harder without any restraint or fear of injuring a partner. Of course bad technique and over-enthusiasm can result in twisted wrists, scuffed knuckles or a bent toe. The speed bag drills are also an excellent opportunity to fully develop eye-hand coordination and twitch muscle response. Nothing beats 2 minutes on a speed bag. The chin up bars and triceps dip stations also allow for focused muscle development. Along with the speed bag and the pull up bars, a Tuesday class will usually involve students individually working through a dozen stations on 2-3 minute rounds with 30 second changes. There are four heavy bag stations where students work different combos, a ground and pound, a mirror station to focus on form, and a cardio station.

As any student will tell you, the Saturday classes are just as exhausting. The partner work with focus mitts and striking shields at my classes make the





Cardio Karate at the Toshikai Dojo Cont'd

By Pat Couperus

workouts much more dynamic. Instead of moving around a somewhat static bag, working with a partner and target shields gets the students moving across the floor and around their partners. On a heavy bag you can change up your target zones—hit high and low, for instance—but, shield work takes that one step further. A partner can move the focus mitts around forcing the striker to be more aware and more accurate. Plus moving across and around the floor adds extra cardio to workout. As anyone who has sparred knows, chasing someone around a ring is exhausting.

Shield or focus mitt drills require co-ordination with a partner and more individual coordination of movements. It can be slower at first because working with a partner and a shield requires more control and some restraint---depending on the partner of course. However, that self-control means make partner drills with shields a good preparation for kumite. As well, having to hold or shift a position prior to striking a shield develops balance and stabilizer muscles. In Isshinryu we know that unbalance is the same as a weight.

In addition to improving fitness, both my Saturday class and Sensei Tim's Monday workouts add important elements to martial arts training and each have their advantages.

Heavy bag workouts allow you to work alone and to hit harder and perhaps faster. Striking shield and mitt drills with a partner being more dynamic, develop timing, accuracy and balance and add a level of realism to the training. In the end, both shield and heavy bag drills are crucial to martial arts training. That is why both are used extensively in boxing and MMA gyms to train fighters.

In addition to improving specific techniques for traditional martial artists, cardio karate classes dramatically improve overall fitness, particularly baseline cardio for all students. It is a great

interval type training and great for coordination and core strength. For our non-martial artist students, the classes provide confidence and power that are indispensable in self-defence scenarios. At Toshikai dojo, we have found that the cardio classes have offered an entry point for people into traditional martial arts training, as well.

From the standpoint of traditional Isshin Ryu development, Toshikai's cardio-karate classes have proven to be an adjunct to almost indispensable adjunct to the development of students. We have seen improved sparring stamina, improved quickness to the target and accuracy as well as an improved understanding and application of techniques from the kata. It is essentially another way of practicing the techniques that we use in Isshinryu and other forms of karate. Some techniques are altered and some are added but it is at its heart, martial arts training. It trains the body to punch and kick hard, fast and on target. There is nothing wrong with adding that to a traditional karate regimen.

Beyond the physical improvements and more importantly perhaps, cardio-karate is a really fun class that elevates the spirit.





Year of the Tiger—Year of Chitora

By Trevor Warren

In the fall of 1994, one of my instructors, Dinah Jung, came to me, Mike Fenton and Chris Koppenhaver to tell us that North McIntyre Rec Centre wanted to start a new karate club. The centre had recently renovated and was looking at attracting new programs. She asked if we would be interested in starting a new Isshinryu club. I can't speak for the others, but the idea of having my very own club was exciting but also very nerve racking. I had been an assistant instructor for three or four years by this point, but being in charge was a completely different story.

We met with the leaders of the centre and hammered out the details. They would pay for insurance and in return we would split the registration intake. We were set. We were ready. We were good to go. We felt like we had no idea whatsoever what to do.

On January 19th, 1995 we held our first class. One hour a week every Thursday night. Our first class was larger than we expected (12 students), including one very inquisitive young boy that has since become one of our instructors.

Our early years were sparse. At our least populous we were down to three students (Jesse Hill, his sister Jamie and Jeff Long, who ended up being another one of our instructors). Although having so

few students was at times frustrating, it allowed us to develop our teaching skills and we came up with some very innovative teaching ideas. It was during this period that one of the founders (Chris) moved out west to pursue employment. Interestingly enough even though we only had three students the thoughts of closing our doors never occurred to us. It wasn't too long before the situation would change.

In the fall of 1997 we had a large group of students join our ranks, including for the first time families. This ended up being a trend that extends to the present, with most of our karateka having at least one family member in our dojo. Even though we are a family dojo we still train hard, hit hard, work hard and play hard. This is one of the founding principles we began with and one we will continue with into the future.

Over the years Chitora Dojo has dedicated itself to the highest level of martial education possible. As instructors we are continually learning and growing. We learn not only from our instructors but also our students. Nothing forces you to understand a kata better than having to explain it to another.

On Sunday, January 17th the dojo instructors went out for a nice meal at Naxos Greek restaurant in

Thunder Bay. This is the first time in a long time that we had all had the chance to socialize together. As an instructor it is fascinating to see the growth of our students from children to adults. (the youngest of the group of instructors was just over 2 years old when the dojo was founded).

We have seen students come and go; students that have travelled the world, students that are fighting to defend our country, students building houses, students we have



Chitora Dojo Members at their 2008 AOKA Dojo of the Year celebration

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Year of the Tiger—Year of Chitora By Trevor Warren

completely lost touch with and students that have become friends.

If I could go back in time and tell myself everything I would learn about myself in running a dojo I don't think I would believe it. If not for Chitora Dojo I would have been a very different person.

During a recent seminar featuring the instruction of Hanshi Albert Mady my wife brought my 3 year old son to watch. He watched for a half an hour the students go through fighting drills. Afterwards he said to me "Daddy, when I'm a big boy can I come do that to?" The greatest honour I could have would be my son joining Chitora Dojo – my bio-

logical family coming together with my karate family.

Chitora Dojo is a family dojo, or more accurately a dojo that is family.

For those of you who don't know Chitora means "Essence of the Tiger", so I suppose it's appropriate to be celebrating such a milestone in the year of the tiger (and yes, I know it doesn't start yet, don't be so finicky).

Here's to 15 great years and hoping for more of the same.



Chitora Dojo Members at their 2002 Year End celebration

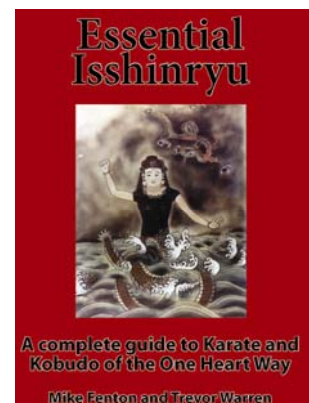
Essential Isshinryu Available

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.





Jack Lafleur Returns to Thunder Bay By Susan Baldassi

Greetings to all Karate-Ka of Thunder Bay. For all those who are interested in expanding their minds and developing themselves beyond the training of skills, focus and fighting within the martial arts, you are invited to attend a weekend of various workshops and meditations that are being offered at the Body Mind Centre of Thunder Bay. Being a Yoga Centre where the health of body, mind and spirit are central, this centre has established itself as one of the community's best places for those who are interested in personal and spiritual growth. As people who are used to developing themselves along the lines of discipline and perfection, attending karate-ka will find themselves equally challenged and supported in exploring and discovering deeper parts of themselves through the guidance and facilitation of a fellow karate-ka, blackbelt, Jack Lafleur, M.A. from Ottawa. Jack is a practicing psychotherapist and facilitator and integrates his training in the martial arts into his unique style of facilitation.

So whether you are someone who is on a personal and spiritual path and are wanting to deepen your practice and experience, or someone who just likes to experiment with new experiences, the weekend of the 18th-21st of February may be for you. For

more information about this weekend's line up of workshops and events and on Jack Lafleur, please contact Susan Baldassi at 807-622-9838. and/or Erin May at the Body Mind Centre at 807-344-1628 or visit their website at www.bodymindcentre.com ."



Isshinryu Family News

**On December 24th, 12:35 PM
Mckenzie RaeEtta Lynn Johnson
was born! Dean Johnson and his wife
Cheryl welcomed the newest edition
to the Isshinryu Family!**

She arrived weighing in at 8lb 12oz and 21 inches long. Just in time to make a great Christmas present.





The Challenges!

Karate

The challenge for this newsletter is to turn your blocks, from defensive protection, to an aggressive attack that also protects you. A good block should also serve as an attack at the attacking appendage.

This principle can be applied to both kicks and punches, in that a "hard" block can be applied to either. There are two key things that need to be developed in order to have this.

#1. Conditioning. If you can't block without it hurting you, you won't want to do it hard. It is very important to develop your own conditioning so that it can be applied to others. You can use a Makiwara, wall or anything else, but you need forearms & shins that are prepared to strike.

#2. Timing and speed. The main difference between a "hard" block and a passable block are speed of execution. In order to strike, you must be fast. If you are slow, you are pushing. Develop a snapping action with your block to make it a strike.

The challenge—Do it! Spend at least 3 weeks preparing by striking your desiring block and developing the speed. And (with a willing partner) try it using by doing basics in partners.

Kobudo

Using the Sai Prong to capture a bo is a great skill to have. But one that needs to be practiced heavily if it's going to be smooth and actually usable.

With a partner, have them start with a "gentle" overhead strike to your head. Block it being careful to catch it in the prong while moving it with your sai away from your head.

As you practice it, increase the intensity of the strikes until they are real strikes. When you can do 50 in a row (at your partners timing) you've got it down.

As a more advanced skill, try the same drill with angled / side strikes.

Training

Hand strength is very important in Karate and Kobudo, for Karate, it makes your punches stronger and your grabs unbreakable. In Kobudo gives you absolute control over your weapon (and avoids you throwing your sai accidentally).

Conditioning the Hands:

Pick a specific part of the hand (let's say Knuckles) and commit to conditioning them everyday. Don't overdo it, but do it. At least 10 strikes per hand, every single day. If you do that for a month, your hands will feel like iron blocks that can hit anything without pain!

Strengthening the hands:

Improving the strength of the hand helps with any technique that includes the hand (almost all of them right?) So, just like the condition, try to do something everyday. Keep it simple, but do it everyday. Some suggestions include, gripping handling, squeezing a tennis ball, finger tip pushups (even from your knees these can be hard). But just do something every day and the results will come quickly!



Competition Results

Chucky Mady

Chucky fought in Bahrain in December knocking out his opponent in only 18 seconds!

Coloured Belt Promotions

Chitora Dojo—Thunder Bay, ON December 10th, 2009

Jon Kaban—Rokyu (Yellow Belt)
Carter Sakiyama—Rokyu (Yellow Belt)
Camilla Tikka—Rokyu (Yellow Belt)
Nicholas Titan—Rokyu (Yellow Belt)
Sarah Williams—Rokyu (Yellow Belt)

(orange)
Morgan Ralko - Roku Kyu (orange)
Ryan Royal - Shichi Kyu (yellow)
Alex Frost - Shichi Kyu (yellow)
Linden Penner - Shichi Kyu (yellow)

Lake of the Woods Dojo—Kenora, ON December 3rd, 2009

Tom Bland - Ni Kyu (2nd brown)
Gord Adams - San Kyu (brown)
Andrew Trent - Yon Kyu (purple)
Gerry Miles - Roku Kyu



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.

Last Summer (Very Late Announcement..)
Norm Losier—Hope Yama Dojo—Nanadan (7th Degree Black Belt)

Dryden Ontario—UIKA Promotions Sept 11th

Gary Lewis—Rokudan
Brenda McGogy—Sandan

Black belt promotions November 28, 2009, Windsor Ont. Mady's Chikara dojo.

Ted Sommerfield Go Dan
Bill Chappus Go Dan
Matt Jordan Yon Dan
Kaitlyn Brown San Dan
Chucky Mady San Dan
Dave Kelica Ni Dan
Ken Steele Ni Dan
Paulo Gallant Sho Dan
Albert Pecorraro {Ohio dojo} Sho Dan
Cassey Froese Sho Dan Jr.
Samantha Froese Sho Dan Jr.
Suzie Eren Sho Dan Jr.
Jordan Marlein Sho Dan Jr.



Contributors



Editor & Author—Chitora Dojo

Mike Fenton—Thunder Bay, Ontario

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 Ottawa

Patrick Couperus—Ottawa, Ontario

Pat has been studying Isshinryu for 9 years and is a Shodan at the Toshikai Dojo in Ottawa and runs the cardio classes.

Author—Dryden Traditional Isshinryu Club.

Brenda McGogy—Dryden, Ontario

Brenda is a newly promoted Sandan from Dryden and was involved in organizing the UIKA Symposium held recently.

Author—Any Dojo

Authors are always wanted! Consider taking the time to submit something to the newsletter.

Karate Terms in this Newsletter

Bo—Staff

Bushi—Warrior

Chatan—A region on Okinawa

Chikara—Strength

Chitora—Essence of the Tiger

Dojo—School

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.

Makiwara—Striking Board

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.

Sai—Three Pronged Okinawan Weapon

Shuri—Capital City on Okinawa

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

Tode—China Hand, Old name for Okinawan Martial Arts (alt. Tote/Tuidi)

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.

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

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

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) lsshinryu.ca) or (newsletter (at) lsshinryu.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 lsshinryu.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

Winnipeg, MB

Contact: Brent Horton

Canadian lsshinryu Abroad

Berlin, Germany

Contact: Ryan Boesche



Guess what were doing at class tonight guys?