



The Canadian Isshinryu Way Everything Karate & Kobudo

Isshinryu.ca

Volume 6, Issue 2
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Finding ways to Succeed

Every karateka is different. This is a fundamental fact of Isshinryu, and Okinawan Karate in general, that Karate can be adapted to anyone.

Shimabuku Tatsuo taught differently to different students, as did most Okinawan instructors, seeking ways to give their students the best education possible. At the same time, the student held the responsibility to find ways to become successful themselves.

In every Dojo, there is a variety of individuals, each with their own goals and challenges to becoming better at Karate. Being good at Karate isn't just about being the fastest or strongest, it's about everything; understanding Kata, knowing the history, explaining and helping others.

While there are many ways to succeed in the Dojo, there are also many challenges that may present themselves; Physical challenges like injuries, size and conditioning, mental barriers such as having a temper, becoming complacent or arrogant.

I hope that each of you reading this thinks

about this in terms of your own condition and tries to find new ways to succeed and overcome any challenges that they come across. This is not only the way to succeed in Karate, but in life.

And remember, never be satisfied, if you are good in one area of the Martial Arts, that is all the more reason to believe you can be good at ALL aspects, so try to apply yourself and be great at everything!

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.

Upcoming Events

Seminars

Sensei Advincula Seminar—Abbotsford, BC—May 15th weekend

34th Annual Spring Weapons Weekend—Northville, MI—April 30th—May 2nd

Hanshi Mady—April 17th—Kenora, ON

Hanshi Mady—May 7th—Brandon, MB

Tournaments

MAC Open—Thunder Bay, ON—April 17th.

Isshinryu Tournaments

Isshinryu Hall of Fall—Knoxville, TN—July 23rd & 24th.

Other

Chitora Dojo Pancake Breakfast—March 28th —Thunder Bay, ON

EWFC Fighting—Edmonton, AB, June 5th.

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Matsumura "Bushi" Sokon 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.

Matsumura "Bushi" Sokon

Who he was

The last man to receive the title of Bushi and serve as head guard for Okinawan royalty. Also one of the most influential instructors in the history of Karate.

Key Instructors

Karate Sakugawa—A pioneer of Karate and features in the last newsletter

Yashichiro Ijuin - A master of Jigenryu sword fighting.

Key Students

Itosu Anko—Very highly regarded instructor on Okinawa, largely responsible for the incorporation of Karate into the school system and creator the Pinan and Naihanchi kata sets.

Funakoshi Gichin— Founder of Shotokan.

Hanashiro Chomo—The person credited with officially naming Karate, "Karate".

Kyan Chotoku—Instructor of Tatsuo Shimabuku and highly regarded instructor on Okinawa.

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.

This particular incident relates to Matsumura's wife and how they became a couple.

Yonamine Tsuru was a very strong woman. In her youth she primarily spent her time with boys practicing tegumi (Okinawan Sumo) and Te. Her spirit was so incredible that on occasion she would even defeat men in feats of strength. On Okinawa it is considered advantageous to marry young. Due to Tsuru's reputation she did not attract a great deal of interest from suitors. As was the custom her parents decided to offer a handsome dowry to entice a suitor.

When Matsumura met Tsuru he could not believe his luck. In his opinion he had found the ideal woman. He shortly proposed marriage through her parents and they were soon married. Many stories of her strength and fighting ability exist. The most consistent one involves Matsumura himself. One day, he thought he would have some fun with his wife. Knowing she was on her way home late one night, he donned a mask and hid waiting for her to travel down the path. When she finally arrived Matsumura leaped out expecting to startle his wife, but instead found himself knocked down and tied to a nearby tree.

Being highly frustrated Matsumura decided he would try the trick again, but this time would ensure that it was successful. Again, he donned the mask and waited for her. This time, he leaped out and began by feigning a punch towards her breast. When she went to defend herself he quickly kicked her. The kick was focused but clearly not intended to do her harm. She then revealed that she knew it was him all along and was glad to see that his training was developing well. This incredible woman was a highly skilled fighter and a supportive wife.

I sincerely hope that you enjoyed reading this series of articles on the history of Isshinryu. For more information about this master and karate in general, please refer to Essential Isshinryu.

Up next in the Isshinryu history will be additional 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.



Push Me, Pull You

By Tim Boykin

I recently participated in/taught at a seminar in Charlotte NC. My topic of focus was weapons applications and more specifically, disarms and carry on techniques. As a result of that seminar, I was challenged to develop additional techniques to apply in the event an attacker was able to survive my initial attack, hang on for dear life and mutter something about mercy.

For the sake of argument, let's say the starting position for training is toe to toe, with both parties grabbing the bo staff with both hands. In fact, he's so close you're literally pushing against each other, neither having a substantial advantage over the other. What do you do?

If you remove your hands, the attacker will push. If you raise your leg to kick, you may be too close and lose your balance. If he's bigger, he'll just regain his composure and push to keep you off balance. If you try a rookie mistake like attempting a wrist or finger lock, good luck and let me know how that works out for you. I'd recommend the direct approach.

Step 1: Relax and yield (but hold onto the bo)

Step 2: Lean into the attacker (don't pull away) and drop your body weight

Step 3: Release one hand and initiate a palm heel strike to his chin/face

Step 4: Use the striking hand (let's say right) to set up a throw.

Step 5: If he's pushing into you, use hiza garuma (knee wheel). If he's moving from side to side, use Osoto Gari (major outside reap); if he's trying to bowl you over, use O goshi (major hip throw) and lastly if he's a nut case and attempting to skewer you like a shishkabob, just use tomoe nage (circle throw). Note: This is my personal favorite because you get to watch the look on his face as he sails over you and into the adjacent wall.

The point to remember is that the attacker's hands will be tied up holding onto the bo staff. Continue to provide him with a false sense of security by not pushing back or trying to take control of the weapon. If you "distract" him with a single palm heel strike and then go directly into a throw, the attacker is already stiff and vertical (easy prey for a throw) and totally surprised. Just remember the basics steps for a throw: Break his kazushi (balance); tsukuri (enter) and kake (throw). The attacker will, in all cases let you know which throw to use, based upon his attack and his stance.

For those of you not familiar with these basic throws, I highly recommend you expand your horizon, visit your local book store and obtain/order a copy of Kodakan Judo by Dr. Jigoro Kano. An excellent reference book and a welcome addition to any martial arts library.

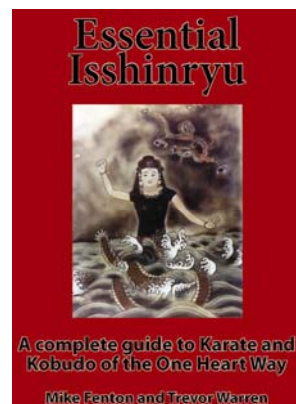
Essential Isshinryu Available

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.





Learning Kata By Greg Saxe

In *The Brief History of Wansu Kata*, Steven Armstrong discusses the four phases when learning the kata: ARA-KEZURI (beginning), NAKA-KEZURI (middle), HOSO-KEZURI (top) and SHIAGE (Having reached the top). Armstrong breaks down his understanding of each phase briefly, and compares them to climbing a ladder. This was most important for me as it now gave me a scale, if you will, to analyze my own progress in kata.

In the first phase, ARA-KEZURI, I learned the basic form of the kata and begin to put the moves together. This phase for the last couple of kata has been becoming shorter and shorter, for wansu it was only one class of one-on-one work with a fellow karateka; this was very encouraging. The second phase, NAKA-KEZURI, is one that I come back to again and again. With feedback from my sensei and fellow karateka, I am constantly looking to improve my stances and refine my strikes, making them more life-like and thus ready for performance. The third phase, HOSO-KEZURI, is the one I have just entered in my practice. I have a clearer understanding of the kata I have learned, but continue to be shown new ways to improve my applications. I have added the kiai to all of my kata, yet struggle with the appropriate balance of speed and power. The final phase, SHIAGE, is something I hope to achieve in my belt testing performance. Although I have had the privilege of 'teaching'

other karateka in the first katas and kihon basics, I do not feel as if I am at the phase in my learning consistently enough to consider myself "having reached the top."

Although Armstrong talks of kata practice when discussing these four phases, I believe that they more appropriately apply to the whole of karate practice. I can use his analysis to help me understand my own progress in the way of Isshinryu. The self-confidence in my kata performance and practice that I have now, compared to when I first began 18 months ago, is considerable. His four phase breakdown is not linear. I believe that we can go forward in our practice, and then back again as different aspects of the skill we are learning become revealed to us. This is also important for me to understand as I continue to delve deeper into my practice of karate. I would love for things to continue to progress onwards and upwards at the same pace, but karate, like life, is often not like this.

The learning of wansu kata has been more in depth than any other in my karate practice thus far. This text has allowed me to incorporate both a mental and physical understanding of the fourth kata I have learned in Isshinryu. Armstrong takes a philosophical approach to presenting the kata, and this definitely appeals to my intellect as well as my hunger to learn more about karate in general.

All Karateka Invited to Train By David White

Hanshi Albert Mady will be in Kenora, April 16 - 18, 2010. Hanshi Mady's visit will be hosted by Sapay Martial Arts School.

A full weekend of training is planned, with brown and black belt promotions on the evening of Friday, April 16. Workshops for children and youth, ages 5 - 12, will be held on the morning of Saturday, April 17. Training on Saturday afternoon will be open to all adult participants, ages 13 and older, from any karate style. Sunday morning, April 18, will be set aside for Isshinryu karateka to spend time with Hanshi Mady reviewing kata, applications and kobudo techniques.

Hanshi Mady has a broad range of information to share with all karateka, regardless of rank or style. His dynamic teaching style and passion for excellence in karate offers every karateka a valuable opportunity to explore and refine many aspects of their training and performance.

With more than 35 years of training expertise, Hanshi Mady holds the rank of 9th Dan in Isshin Ryu Karate and 4th Dan in Kyokushin Karate. He has been recognized numerous times for his dedication to the martial arts and he and his students have been successful on the world stage in all aspects of traditional and competitive martial arts.

This weekend visit by Hanshi Mady offers all karateka a fantastic opportunity to meet new martial artists, renew old friendships, and access the wealth of knowledge Hanshi Mady brings to the time he spends with each participant.

For more information about this opportunity to train with Hanshi Mady, please contact Sensei David White at (807) 468-3843 or email sapaymartialarts@shaw.ca.



Appreciating the Kiai

By Sue Matthews

Mark Hatmaker writes in his article for Black Belt Magazine explaining the use of the grunt in sport - the kiai in karate. He compares the kiai to the grunt of the tennis player hitting a ball and the sharp exhale of the boxer as he punches his opponent.

Although some believe that purpose of a kiai is to help focus the athlete, Hatmaker argues that if done properly and at the moment of greatest exertion, the core tension that the kiai creates, will allow the athlete to increase their power. He does note however that the kiai must be done in a fashion that does not leave the jaw open to a strike.

So, how does one, who was told as a child to be seen and not heard, find their own kiai and manage to engage the appropriate mechanics and timing in order to make it an effective power boost or strike of its own? This is not easy; I have been looking for my kiai for months now, and have seen it briefly, but not on a regular basis yet. In fact, it often happens that I focus on getting my kiai into a kata at the right place and at the right time and with the right power, and then proceed to forget absolutely everything else I am supposed to be focussed on; I forget the next block or strike, or I end up turning myself around and am facing the wrong way entirely. Why is this task of the kiai, so easy to understand and logical in theory, yet so difficult to accomplish?

I think I do indeed have the idea of the kiai in place and I do seem to know how to create it properly. I have tested it out in the gym while practising katas and have managed to attract some nasty glares from among the apparently easily frightened, lulemon wearing aerobics types who were not ex-

pecting someone to let loose a kiai right next to them. Clearly, this shows that not only is the kiai useful as a way to draw negative attention to yourself in a ladies gym, it can indeed be a strike of its own if you manage to use it properly.

I do think that I am actually learning to use my kiai more effectively; it doesn't come from the back of my throat as it used to, but it hasn't quite reached the core area where it is supposed to be located; it is in a kiai no-man's land right now, somewhere in between. But the progression is promising, and it is representative of how my learning karate has progressed.

I started this journey just before my 40th birthday, as something that I would try and if I didn't like it, then at least the experience was there and it was something to talk about on Monday morning when the weekend warrior bruises came out for show and tell. Then something unexpected happened; I actually liked it. The sparring isn't my favourite thing and probably will never be, but by learning karate, I have actually improved my health, my balance, and my ability to focus.

My learning is slow, and difficult sometimes due to life circumstances and the fact that none of this seems to come naturally to me yet, but I see progression and improvement, just like with my kiai. If by the time spring comes around and this translates from the dojo to an improved, stronger, better balanced golf swing, I feel I may be haunting the junior kyu at my dojo for a very long time. I wonder if the golf etiquette book will allow for a kiai when you drive off of the tee?

Karate Manitoba Provincial Championships

By Richard Wharf

Nine members of the West-Man Isshinryu Dojo competed in the Karate Manitoba Provincials securing nine medals. The following are the results:

Kyu Rank Results

Kata Female 10 & under Paige Hitchens - Bronze
Kumite Female 10 & under Paige Hitchens - Silver

Black Belt Results

Kata Female 14-17 years Maria Jensen - Gold

Kata Female Adult Catherine Tsagarakis - Silver

Kata Female Adult Yvonne Riesmeyer - Bronze

Kata Male Adult Richard Wharf - Bronze

Kumite Female 14-17 years Maria Jensen - Silver

Kumite Female Adult Yvonne Riesmeyer - Silver

Kumite Female Adult Lee Ann Gloor - Bronze



Review of Isshinryu Karate by Steve Armstrong By Timo Tikka

It was not difficult to find insights (benefits gleamed) from the book selected for review, *Isshinryu Karate* by Steve Armstrong as told to Jay Alevizon (1993), but it proved to be very challenging to explain the book with a clear focus on training and improving my karate.

It is interesting to see how Tatsuo Shimabuku's uncle, Chioyu, over a period of two years developed in young Shinkichi (Tatsuo Shimabuku) the ability to pay attention, physical endurance and patience so that he would be ready to start his martial training at the age of eight. The story of Tatsuo's childhood shows that the molding of character shaping a person's destiny begins at a young age, in other words we the adults are responsible for the education and training of children. His uncle also showed how important it is not to cave into persistent pleading of children, because they do not know when they are ready for the next step.

We also see that Shimabuku always had an attitude of learning, willing to learn right from childhood through to his later years. This is an attitude we must all have, because the world around us is constantly changing and we can learn from everyone.

Throughout the stories of Shimabuku's early and later years we see lessons for life in the eight codes of Isshinryu.

The eye must see all sides and the ear must hear in all directions are meant both outwardly and inwardly or physically and spiritually. In life we must try to see and hear all sides of a situation and then form an opinion and respond to the situation. Sometimes we can take time in forming an opinion and responding, but when life itself is at stake we may not have the luxury of time and must respond immediately. Endurance, patience, quiet confidence, discipline, courage, humanity, being both a realist and dreamer these are the qualities we must possess as karateka in our training and teaching, and also in our everyday lives.

A person's heart is the same as heaven and earth is essentially telling us to follow our heart, follow what we believe, but we must also believe in ourselves.

What I did find disappointing and disheartening is how politics, power struggles etc. Have crept into Isshinryu karate. Karate is not supposed to be about rank or position.

Another successful Kickathon By Jesse Hill

On Saturday February 28, 2009 the Isshinryu clubs in Thunder Bay came together in another successful kick-a-thon. Though the number of participants wasn't as high as it has been in the past, everyone did an awesome job pushing themselves to kick non-stop for a full sixty minutes. The kick-a-thon fundraiser has been a Thunder Bay tradition for years, whereby students raise money for their dojo by collecting pledges (either per kick or a flat rate) and every year the participants have a great time doing as many proper Isshinryu basic kicks as they can in an hour, challenging their endurance and gaining an awesome sense of accomplishment afterward. Between the nine participants a grand total of 22 057 kicks were done with no one doing fewer than 1000 kicks. This

year's winner was Kendra, a white belt from Chibushi Dojo with 4280 kicks.





The Challenges!

Karate

The Karate challenge for this newsletter is to learn how to make the basics and kata your own without changing the move. For this, all you need is a partner to work on bunkai with you; starting with the most basic and obvious ones. Take your time with this, setting aside a set amount of time for just one bunkai, to see how you can make the move work best for you, adjusting how you're doing the technique to accommodate height, weight, and all those other variables.

The most important part of this is not to let your partner be lazy and just let you get the move to work (of course they would never do that), get them to make you work for it and point out when something you are trying just isn't going to work.

Kobudo

Learning kobudo can be challenging in and of itself, those weapons feel awkward in your hands and seem like more of a hinderance than a help in a fight. The key to overcoming this feeling is to become comfortable with the basics of the weapon. Whether you are working on bo, sai, or tonfa, mastering the basics is what transforms the weapon into an extension of your body.

Here are the challenges:

Practice the basics every day for a week. Try to do each basic 30 times on each side (as applicable). Be sure to perform each repetition with the same power and focus as you would in a combat situation.

Analyze the motion of the weapon. Think about the purpose of each basic and how the motion of the weapon fulfills that purpose. If possible do the basics in front of a mirror so you can see how they look when you do them, compare that to how your sensei performs the basics and adjust accordingly. If you don't have access to a mirror in a big enough room ask a fellow karateka to watch your basics instead. Jot down any questions you have so you won't forget to ask during the next class.

Training

As the weather gets nicer, everyone's favorite excuse not to run regularly is disappearing. If you're among the many people who feel that running is the most excruciating and abhorrent act ever devised by human kind these tips are for you. If you enjoy running it maybe because you know some of these tricks already and are able to remove as much of your conscious mind from your running regimen as is possible.

1) Be routine. The body as a machine is quite good at adapting to regular and consistent demands from it's operator. If you run three times weekly opposed to once weekly, your body will be overall more prepared for such physical challenges and your once weekly running obligation will not become the day of the week you always feel inexplicably sick.

2) Remember Distance and Time are important and **separate**. Running is helped along by a goal. If you just run without knowing your destination or how long you intend to push yourself you'll probably quit before too long. Pick a distance you want to be able to run and push yourself with your training until you can run it regularly without having to slow to a walk. Push your endurance alternately by choosing a static amount of time and commit to running yourself silly until all the time is gone, no matter how much distance you might cover. Remember that these two approaches are complimentary, it's good to switch back and forth between them.

Whatever your current running ability is now, it's important to set and reset goals as we reach them. If you can sprint top speed for 4 minutes without breaking a sweat, then try bumping it up to 6. If you can run three miles and aren't gasping at the end of the event maybe it's time to try four. In the next newsletter (since it will still be running season, we'll continue with additional tips to push you farther and faster in your running.

So run!



Competition Results

None Reported

Coloured Belt Promotions

Chitora Dojo—Thunder Bay, ON February 12th, 2009

Sydney Takats—Gokyu (Orange Belt)
Logan Takats—Gokyu (Orange Belt)
Adrianna Tikka—Gokyu (Orange Belt)

Gordon Findlay—Rokyu (Yellow Belt)

Michael Calabrese—Yellow Stripe
Joshua Calabrese—Yellow Stripe
Travis Ward—Yellow Stripe
Jamie Ward—Yellow Stripe
Colin Nagy

Toshikai Dojo—Ottawa, ON

Christian Barnett - Ikyu
Jason Miller - Nikyu
Greg Saxe - Sankyu
Jonathon Benedeczky - Yonkyu
Alexandra Benedeczky - Yonkyu
Sue Matthews - Gokyu

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.

From the Tatsu Dojo in Abbotsford, BC

Sheila Reimer - Godan
Kelly Knight—Yondan



Contributors

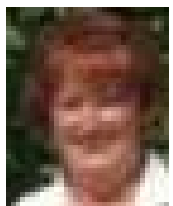


Editor & Author—Chitora Dojo

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.

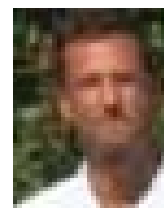


Author—Toshikai Dojo Ottawa

Sue Matthews—Ottawa, Ontario
Sue Matthews aka "Giggles" started Isshinryu just over a year ago and is loving it despite being the only female kyu in the dojo. She is training four days a week (twice in karate and twice in Cardio-karate) and was recently promoted to gokyu (orange belt).

Author—Toshikai Dojo Ottawa

Greg Saxe—Ottawa, Ontario
Greg "The Machine" Saxe fulfilled a life long dream of taking martial arts when he started with Isshinryu over two years ago. A life long fitness freak, Greg loves kumite. Last year he competed in two full contact tournament, took on some additional Muay Thai training and will be competing in Montreal at the end of March.



Author—Any Dojo

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

Karate Terms in this Newsletter

Bunkai—Taking to Pieces, commonly interpreted as the application of technique.

Bushi—Warrior

Chatan—A region on Okinawa

Chu—Middle

Dan—Level

Dojo—School

Furi—Swing

Ge—Lower

Go—Hard

Jo—Upper

Ju—Soft or Gentle

Jutsu—Technique

Ka—Person / Practitioner

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.

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)

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.



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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



It's a good thing Jack know's what he's doing!