



The Canadian Isshinryu Way Everything Karate & Kobudo

Business Name

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Promotions & Growth

This newsletter gave me the pleasure to announce many promotions from across Canada of all ranks. From coloured belts to the Dan promotions in Ottawa, Windsor, Brandon and BC, Canadian Isshinryu is thriving, and I'm very glad to be included in such a fine group of individuals working to improve Isshinryu unity.

This newsletter while still being Canadian focused has also started to expand slightly in that we are getting more contributions and updates from Dojo's outside of Canada. The focus is going to stay on Canada, but I would like to welcome anyone reading this regardless of location to feel welcome to contribute, even if you aren't Canadian, you are still welcome in our Isshinryu community, everyone who puts in the effort to train is in my good books.

This newsletter in particular has a very special article in my opinion. One that I personally enjoyed reading very much and the authors contribution to helping not only Canadian Isshinryu but all Isshinryu to understand what it was like in Steve Armstrong's dojo in the 60's and 70's is quite informative.

I hope everyone takes the time to congratulate everyone on their new promotions and also enjoys Sensei Michael Odell's article.

The next newsletter will be in September, until then, keep training and keep spreading Isshinryu! I'd like to have another large batch of promotions and articles so that everyone knows we don't slack off over the summer, we just train outside on the occasional nice days we have!

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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Seminars

Isshinryu Summer Camp
August 20-22, Cookstown, ON

Tournaments

Isshinryu Tournaments

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

Other

EWFC Fighting—
Edmonton, AB, June 5th.

An obstacle is what you see when you stop focusing on your goal.



My Early Days with Isshin Ryu Sensei, Steve Armstrong

By Michael E. Odell

Foreword by Mike O'Leary

In the article by Michael Odell, he talks about Robert Edwards, for us oldies Robert was the "Janitor" in the full contact circles of the 70's, his face a common occurrence on the cover of BB magazine.

He also mentions Don Wazaluski who succeeded Mr. Armstrong and how that presence has held the Pacific northwest branch of IR together in the Washington state .

I personally know these folks well, Robert and Don are still teaching and training, they don't get into the political forum of IR so you don't see them on the lists or groups talking about themselves, but they are a strong presence in their communities, especially Mr Edwards... Now there is a story, teaching in the tough Black neighborhoods of Seattle.

Mr. "Waz" as some of us call him will be attending the AJ seminar I have coming up on May 15 and will most likely be staying with myself or Mr. Odell, who lives just across the border from me in Blaine. Hopefully Robert can attend as well, most of these folks are in their late 50's to early 60's. Mr. Odell is over 70 and training daily, and is a remarkable man for his age, two years ago he took up Judo as a new interest. (Just think about that) Mike is the Senior student of the Armstrong group. He has a great deal of knowledge to share. He and AJ Advincula are good buds and AJ respects the fact that Mike is loyal to Mr. Armstrong. Loyalty , a trait we seem to have over looked in IR.

This article is short and to the point, it paints a picture of what life in the 60's and 70's was like for Isshinryu. Long before most of us even heard of it, these are the old guard, not the one's online, not the ones touting "Shimabuku taught me" but just simple students who were there, who met Shimabuku, who saw the interactions and lessons taught years ago.

Mike lives just across the border from Abbotsford and its about a 20 minute drive to his place from mine. We get together on a regular basis to train and our families are close.

He is affectionately known as "Iron Mike". About 6 years ago we went to an Advincula Sensei seminar at Chuck Boyd's Dojo in Calgary, while sitting in the hotel later doing what all good IR folks do at semi-

nars, we were horsing around and one of my students jokingly threw a verbal taunt at Mr. Odell. At age 67 or so, Mr. Odell grabbed this man who was lying on the bed, by the belt buckle and shirt collar and virtually did a weight lifters " Jerk" to bring this man to shoulder height and threw him across the king size bed onto the floor about 5' away. My student weighed about 225 lbs at the time! It was all in good fun and everyone laughed. But I turned to another of my students and said "Did you see what just happened" He did. And ever since he has been "Iron Mike" to us.

He has trained for something like 41 years and has been officially recognized by the entire Armstrong clan as the "Senior student" and is a wonderful friendly and easy going man. He is close friends with folks like Robert Edwards (The Janitor) point and semi contact karate man of the 70's, They tell stories of the 60's and 70's in Armstrong's dojo that fascinate you, They have tapes of old seminars and actually had some original copies of the "Shimabuku tapes" the ones with the big Megami in the back-ground, that was Armstrongs dojo. They remember the Seattle open, the huge tournament that Armstrong was famous for when "Karate was Karate" not touchy tag.

My Early Days With Isshin Ryu Sensei, Steve Armstrong

by Michael E. Odell an Armstrong Senior Student

Steve Armstrong was not always the easiest man to get along with. But you knew he was boss and under his firm and capable hand Isshinryu across North America grew into a cohesive karate power.

Sensei opened his first dojo which may be Washington State's first karate school in 1960. The school was in his garage. Later he moved to his Tacoma dojo, a two story facility and a forty minute drive from my home, a drive I made four times a week for several decades.

After 41 years I still remember my first visit, late January or early February 1969. Five or six pictures of Armstrong's Black Belts lined a wall above a strange but colorful painting. It seemed to be a woman, one arm raised and one arm lowered, over her head a dragon, also a list of punches, kicks, and a warning sign, "No Black Gis."

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My Early Days with Isshin Ryu Sensei, Steve Armstrong

By Michael E. Odell

When Robert Edwards, an African American first entered the dojo he thought the sign referred to black GIS on nearby Fort Lewis military base. But, because of Armstrong's reputation, Robert asked to join. Of course the sign referred to one's workout Gi not to GI's.

Large mirrors covered the rest of the wall. In the far back, two 2"by 6" boards sticking out of the floor, behind them karate weapons and two full sets of old kendo gear for sparring. In the other corner a heavy bag.

From the front office came Steve Armstrong, dressed in jeans and open short sleeve shirt. The first thing I noticed, his huge beefy hands. He was only six year's older then myself. A large man, about six foot four. His greeting gave just a hint of his Oklahoma birth, September 22, 1931, and his Texas childhood. I joined immediately. The fee, \$25 per month. Later my wife and three of our four children joined, \$37.50 for all of us. At that time no fee when you achieved Black Belt.

Although others might lead warmup exercises and teach class, Sensei Armstrong was watching. Afternoon children's classes and advanced classes Sensei usually taught. There were plenty of free times to workout. Classes were structured: basics, kata, sparring. Under Sensei, sparring was powerful and focused. Control necessary and strictly enforced. This was before the foam foot and hand gear Sensei detested and referred to as "Bunny Pads." He claimed the pads would lead to weak focus, sloppy techniques, and carelessness. Many of us believe he was right. Eventually at his tournaments Sensei gave into the "Bunny Pads." But never liked them.

Several times a week Sensei Armstrong centered on a list of self defense techniques from his days of training on Okinawa in the 1950s under Isshinryu founder Tatsuo Shimabuku. The techniques easy to learn and effective. Prior to meeting Shimabuku Sensei, Mr. Armstrong had been an amateur boxer as a youth, as a young Marine a Judo Nidan and gained Black belt in two styles of Japanese Karate. He said he did not know what karate was until he went to Okinawa. Tatsuo Shimabuku agreed with him and Mr. Armstrong started as a white belt.

Dojo Saturday afternoons, those Dan's who liked it, I being one of them, put on the kendo gear for full contact sparring. It was basic Armstrong Isshinryu: kick, punch, grab, pull, groin kicks, and take downs.

Even with gear, one had to protect themselves. Only a foul cup protected your groin, so you best do the same. The fiber glass chest protector protected the center, but watch your ribs. The head gear, with heavy gauge steel wire bars, protected your face, but your side vision was blocked. An unblocked round house kick or ridge hand to your head had you looking out of one of the headgear's ear holes.

In reality, the gear limited ones techniques to straight forward power. It was difficult to use the mobile, closer, and faster kata techniques, techniques needed in a street confrontation. The gear did give us the ability to test our power and let testosterone fly. And it helped condition the body, as our limbs were exposed to full power kicks and blows, our version of KoTeKiTai.

Full contact was for higher-ranking students only. At Armstrong's you must be 16 years of age to receive your brown belt and 18 first Dan. Several students were very capable but had not reached the necessary age to receive promotion. No matter how good you were, you waited or went elsewhere for promotion.

The early years at Armstrong's tournaments, Sensei made any Brown or Black belt, regardless of age, compete with the adults. This was not popular with the Sensei who, for whatever reason, were promoting grade school students to Black Belt. But Steve Armstrong was boss.

At times Steve Armstrong walked onto the dojo floor and handed you a new obi. You were promoted. Promotions held by Sensei and Black Belts, however, were the norm. Although the ranking system would change, it was Orange Belt, Blue Belt, Green Belt, 3rd, 2nd, and 1st Brown Belt, and the coveted Black Belt.

Sensei Armstrong traveled back and forth across the country, helping to standardize Isshinryu, as well as authoring books and publications. He was a leader in creating and popularizing open karate tournaments. His tournaments in Washington State drew the big names in karate to help and to compete: Don Nagle, Ed Parker, Don Bohan, Chuck Norris, Joe Lewis, and many others. In 1967 he held the first Annual Seattle Open at the prestigious Seattle Center, attracting several thousand paid spectators and first class competitors.

West Coast to East Coast, Sensei was one of America's top point sparring referees. September 1977 he

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My Early Days with Isshin Ryu Sensei, Steve Armstrong

By Michael E. Odell

was in Texas to help Pat Burleson with his tournament when it happened. He suffered a ruptured pituitary tumor. It took more than five years to recover from the worse of his physical and mental difficulties. Although he never regained anywhere his former abilities, Sensei continued to teach and spread Isshinryu. But the end was approaching.

In 1988, due to health, he retired and sold the building housing his Tacoma dojo. Sensei promoted Don Wasielewski to take over in the Pacific Northwest. Don promised Sensei Armstrong he would pass on the entire system to his students and any other Isshinryu student willing to learn. And yes, there was the typical jealousy of a few who had been in Isshinryu longer. But Don's exceptional job fulfilling his promise has proven the wisdom of Sensei Armstrong. Due to Don and other Senior students loyal to Armstrong, Isshinryu in the Pacific Northwest remains strong and

vibrant.

The last time I saw Sensei, it was obvious Steven Harry Armstrong, "America's Sensei", was a man at peace. A year and half later, November 15, 2006, at the Washington State Veterans Home Retsil, Washington, Sensei Armstrong passed away.

Since the early 1960s, Armstrong Sensei's students have proven their ability in kata, point, semi, and full contact tournaments, on the street, law enforcement, and in the military. Most important, the majority have proven themselves in the public arena as productive citizens. Many say they owe this to Steve Armstrong's positive influence on their lives. We miss him.

Michael E. Odell - Senior Student
Blaine, Washington

Grading and Seminars

By Richard Wharf

Hanshi Mady conducted a black belt grading and seminar in Brandon, Manitoba on May 7 & 8. Approximately 50 attended sessions that included: Drills and skill for children's martial arts, practical self-defense, fighting skills & techniques, breaking skills, weapons training and kata & kobudo bunkai. Everyone had a great time! Special Thanks to those participants that traveled from Kenora, Winnipeg & Swift Current to attend. It was great to train with you!

Nine people graded for different levels of Dan. The following are the results:

Richard Wharf - Godan
Buzz Cox - Godan
Sheldon Gray - Sandan
Bill Robinson - Sandan
Lee Ann Gloor - Sandan
Cathy Tsagarakis - Sandan
Yvonne Riesmeyer - Sandan
Wayne Smith - Nidan
Rob Hay - Shodan





Lake of the Woods Dojo Promotions

By Steve Davis

Spring 2010 was a good time for promotions in Isshinryu Thunder and not to be left out the Lake of the Woods Dojo would like to announce the following promotions.

Chris Imbeault - Yellow belt
Jessica Robertson - Orange belt

Mattieu Lebel - Green belt
Kathleen Lebel - Green belt
Eva Bandur - Green belt
Ashlan Adams - Purple belt
Ryan Wesley - Purple belt
Ana Alarcon - Brown belt
Haiden Lyle - Brown belt
Angela Holm - 1st Brown



Advanced Belt Promotions at the Chitora Dojo

Not to be left out, the Chitora Dojo ALSO held advanced belt promotions this Spring and after a gruelling test complete with injuries and the required crying promoted four individuals.

Amanda Findlay—Ikkyu
Justin Johnson—Ikkyu
Mitchel Lambert—Nikyu
Derek Lambert—Yonkyu
Congratulations!

You know it was a good grading when everyone who was promoted is sitting at the end. I wonder if their exhausted?





Toshikai Dojo Promotions

by Tim Leonard

The Toshikai Dojo recently traveled to Windsor for dan (black belt) testings. Although we could have done the testing in Ottawa, we have a tradition of going to Windsor. Why? To be tested by 9th degree Hanshi Albert Mady and to fight Mady's fighters..... Nothing gets the butterflies going like having to train and face an almost certain death. Picture this.....Ottawa karateka are generally between the ages of 35 and 45, work in government or the high tech sector while Windsor fighters are generally under 35 years old and work at the local bar as bouncers....For those who had never made the trip before, your anxiety levels get totally maxed out. As one Ottawa karateka put it two weeks before his test, "I am practicing typing with a pencil taped to my forehead so I can still have a job when I am a quadriplegic..." a bit of an exaggeration but you get the idea.

So what happened? Friday was dedicated to kata,

bunkai and self-defense and Saturday was dedicated to fighting drills, kumite and then some more kata. All put forth a display of Isshinryu kata that made a Sensei proud and showed some excellent self-defence abilities. Then it was time to fight.....and fight they did by going 5 two minute rounds with some very tough fighters from Windsor (Chucky, Carol, Tom, Glen, Theo, Till and Santi-ago). As per usual, the last match was against two fighters for one minute. Who knew that one could get that many bruises in just 11 minutes!!! Fortunately no hospital visits were necessary and we all carried our battle wounds proudly. Congratulations goes out to the following for a job well done:

Shane Hale - Sandan
 Pat Couperus - Nidan
 Rod Berek - Shodan
 J-F Sauriol - Shodan
 Chris Barnett - Shodan
 Bob Horvath - Sankyu (from Mady's Karate)



Chikara Shibu Promotions

By Albert Pecoraro

The Isshinryu Chikara Shibu of Stow, Ohio, headed by Sensei Albert Pecoraro (Sho Dan) under the guidance of Hanshi Albert Mady (Ku Dan - Mady's Martial Arts, Windsor, Ontario, Canada) and Shihan Gary Yano (Ku Dan - Westlake Martial Arts, Westlake, Ohio, USA), has been training a small group of 5-6 students in Isshinryu out of his garage since March/2009. Sensei Pecoraro was Ikkyu when he formed the group and received his Shodan from Hanshi Mady at the Nov/2009 Yudansha at Mady's Martial Arts. He continues to train out of his garage 2-3 days a week and is

slowly growing his class size. He also is studying Ju-Jitsu and Kwanmukan at Hickey's Karate Center in Stow, Ohio under Shihan Patrick Hickey (8th Dan) and Shihan Pamela Hickey (8th Dan).

Sensei Pecoraro would like to announce the promotion of the following students:

Greg College - Go-kyu (green belt) on March 19, 2010
 Chris Hatala - Shichi-kyu (yellow belt) on May 8, 2010



Can Karate Training Truly Prepare Someone for a Street Fight?

By Shane Hale

"The more you sweat in training, the less you will bleed in battle."

- Motto of Navy Seals

A real street fight is made up of numerous components. These include: stress, fear, adrenaline, violence, pain, injury, remorse, weapons, ground techniques, strikes, holds, chokes, multiple opponents, etc. While it is impossible to safely introduce all of these elements at the same time in martial arts training, we are able to simulate one or more of the above components in each of the various exercises we practice in the dojo.

We simulate the various elements of a 'real' street fight in many ways in the dojo. Some of these are reflected in the benefits gained from committed martial arts training. These benefits and how they help prepare us for a "real world" encounter are:

Basics: The basics are the building blocks that will later be used to create kata. A karateka spends many hours perfecting their stances and basic techniques in preparation for more advanced training. Probably the single most important skill a student needs to perfect early in their training is their stances. It is not "practice makes perfect" as people often say but rather "perfect practice makes perfect." Proper stances, balance, and transitions are key to successfully defending oneself in a real world encounter.

Kata: The kata allow a karateka to practice and perfect combinations of techniques. They also provide a mechanism to train balance, timing, bunkai, body mechanics and most important, visualization of an opponent. One of the most important benefits of kata is the study of bunkai. As a karateka learns more of the bunkai of their kata they begin to understand how the movements work together in a series and how their opponents are likely to react to each strike or block. As a karateka continues to learn they eventually realize that every series of movements can be interpreted an almost infinite number of ways. This adds to their overall arsenal of weapons that can be used in a real street fight or self defense scenario.

Kiai: Nearly all junior karateka do not understand or believe in the value of a proper kiai. They are embarrassed to make that kind of a noise and usually won't yell properly from the diaphragm. Invariably, though, as students receive proper coaching from their Senseis and practice their kiais over

the years their initial embarrassment disappears and they gradually begin to see the many benefits of a strong kiai. A good kiai tightens the abdomen and diaphragm which makes you much better able to take a solid hit. This brief tensing of the diaphragm also leads to throwing stronger strikes. A strong kiai can also frighten your opponent and cause them to lose their rhythm or even draw a breath which leaves them vulnerable to an attack. One benefit of using a good kiai that is often overlooked is that in a real fight a loud kiai will draw attention to what is happening. This can cause bystanders to become involved and stop the fight or it may prompt them to phone the authorities who can then assist you in stopping the assault. In practicing self defense, a strong kiai can be more effective than a good strike in distracting the attacker and it has the added benefit of making others aware of your situation.

Physical conditioning: Push-ups, crunches, cardio, anaerobic exercise, stretching, drills, strengthening, etc. All of the above improve strength, balance, endurance and flexibility which are qualities that will be needed in a fight so must be readily available.

Muscle memory: The concept of muscle memory is also sometimes referred to as mushin which translates to English as 'without thought.' The thousands of repetitions that a karateka will do of their techniques in the dojo mean that if they ever need to use these techniques in a street fight they will not need to think at all; the body will simply react as it has trained to do for years. Speaking to an older member of the temple in the movie Enter the Dragon (1973) Bruce Lee said in reference to his fist, "I do not hit, it hits all by itself." This is the true meaning of muscle memory. It means that your reactions are no longer happening in your conscious mind. Through thousands of repetitions they have moved into the subconscious mind and are now instinctive reactions that require no thought.

Self Defense: Any good dojo will teach and reinforce good self-defense in its students. The applications may be drawn from the kata or from other sources but need to be drilled frequently and all techniques must be simple and easily applied by even the most novice of practitioners. One key precept of self-defense that is taught in the dojo is the idea of prevention. Many defense situations can be avoided simply by not doing things such as leaving your car or house unlocked, parking in dimly lit areas, etc. A

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Can Karate Training Truly Prepare Someone for a Street Fight?

By Shane Hale

dojo is an excellent place to learn these basic concepts, practice the techniques and maintain a self-defense mindset. In addition, it is often within the area of self-defense that a karateka is first exposed to the concepts of pressure points, joint locks and chokes. The karateka gets to experience the effects of these techniques and then gets to practice them on someone else. In the case of chokes and joint locks the karateka is given instruction and practice in how to get out of these. Once the student believes they have mastered the techniques the sensei will begin to increase the level of realism in various ways to make it more difficult for the student to escape. With enough practice, the attacks and defense techniques are almost as realistic as they would be out on the street.

Sparring: Whether a dojo practices full contact, bare knuckle sparring or no contact whatsoever there is an enormous benefit that can be gleaned from sparring in the dojo. A karateka will learn to properly distance themselves and to time their attacks and defenses. Often, a martial artist will experience the fight or flight reaction that is an instinctual reaction and they will need to work through it. This is the exact reaction that can be expected in a real world fight scenario. The more realistic the sparring is, the better it is in preparing someone for a real world fight scenario. However, it is very important to remember that no sparring match, no matter how realistic, is ever as intense or violent as a real world encounter likely will be.

Grappling: Given the commonly held truism that nearly all fights will wind up on the ground in the first few seconds, an ability to fight on the ground is very important. Most techniques that are taught in an upright position can be applied or adapted to ground fighting, but if someone has never been taken down and put in a hold they are very likely to panic and forget what they've been taught. Practicing your skills on the ground in the dojo is the best way to overcome this fear and to become comfortable fighting on your back if required.

If a dojo practices sparring with a reasonable level of contact there is another major benefit that can quickly be seen. Most novice martial artists go into a mild form of shock the first time they are hit with any kind of real force or even if they happen to clash a sensitive part of the body such as the shin on another opponent. The natural reaction to this pain is to drop your hands and focus your attention on the spot that hurts. Or, if you happen to be

struck in the solar plexus this can disrupt your breathing which again causes the novice karateka to drop their guard. In time, though, the karateka quickly learns that these strikes are not as bad as they originally seem and, in fact, they can take these shots and still continue fighting. This is one of the most important lessons one can learn in the dojo: In a real fight you will get hit and it will hurt. If you give in to your initial reaction you will be defeated and will likely suffer more serious injuries. If, on the other hand, you can work through the pain and keep fighting you stand a much better chance of

defeating your opponent. Training to spar is almost as valuable as sparring itself. The various drills, combinations, focus pad work, heavy bag work, etc. that are done in the dojo all lead to improved balance, strength, penetration of strikes, movement, etc. which are all key skills in a street altercation.

Breaking: In the author's experience nothing increases a person's confidence more effectively than the first time they successfully break a board. It is amazing to watch karateka and non-karateka work through their own fear and eventually hit the board (or brick) with their full force and pass right through it. We have seen many times where young children or women have successfully broken a board and we always mark the point that if you can break a board, you can break a bone of an assailant. For those who train in the martial arts regularly, breaking is a great challenge that allows you to hone your skills, strength and focus and, most importantly, your time on target. This allows you to impart the most damage on your target whether it be a board, brick or attacker. One of the key benefits of training to break is that it requires the karateka to develop both chinkuchi (sinew, bone and energy) as well as their kime (focus). Most people will not be successful in breaking unless they channel all of their power and impart their full force onto the item they are trying to break. In addition, their energy or ki must flow through the object, otherwise the karateka will likely bounce off. Similarly, even if a karateka hits the object with their full chinkuchi force but fails to connect with the proper part of what they are trying to break or hit it at an improper angle their power will be far less effective and the object may not break. Both chinkuchi and kime are needed to be successful in breaking and once these skills are learned this combination of energy and focus can cause enormous damage to an assailant in a real street combat situation.

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Can Karate Training Truly Prepare Someone for a Street Fight?

By Shane Hale

Tournaments: Competing in kata forces a karateka to overcome one of many peoples' biggest fears: performing in public. Most people experience butterflies in the stomach, shortness of breath, dry mouth, etc. the first few times they compete and many experience this every time. These are the exact same sensations that are associated with the fight or flight response ingrained in us all. Having to manage this fear and work through it to perform your kata in front of a panel of judges is a great experience that teaches a martial artist the important lesson that they can still operate despite their fear.

Kotikитай: Similar to the benefits of sparring, kotikитай triggers another form of strengthening so that your bones and muscles are more used to being struck such that in a real fight they can block attacks and deliver strikes without becoming too sore to continue the fight.

Makiwara: As with kotikитай, the use of a Makiwara in the dojo is an excellent way to strengthen hands, feet, and other striking areas of the body. These are the weapons that will be used in a street fight so it's very important they be strong and are used to hitting.

Weapons: In any good dojo weapons will eventually be taught. These can be traditional weapons such as the bo and sai or they can be more modern weapons such as a knife, cane, kubotan or escrima stick. The lesson that a karateka will learn in the dojo is that anything is a weapon if it is used as such. While people may not have a pair of sai at hand when a fight breaks out, they will have various objects such as a belt, a brick, a flashlight, etc. The karateka will quickly learn that these objects can be used to defend themselves and also that various objects could be used on them as a weapon by their attacker. They will learn that each weapon must be quickly evaluated to understand the danger it presents and equally quickly it must be eliminated. All weapons training in the dojo helps to prepare the karateka for real world scenarios because even though the weapons may vary, the general principles remain the same.

Discipline: There is a certain somewhat intangible quality that can be found in most serious karateka. The term discipline can be used to describe it but it's actually much more than that. If a karateka applies themselves properly to their training and spends enough time in the dojo training with their peers

they will invariably start to demonstrate some very positive traits they have learned, almost as if by osmosis, along their journey in Karate-do. These traits include a willingness to assist their kohai in their training, a strong sense of community within the dojo, a tendency to want to lead by example, and a strong personal drive to succeed despite seemingly insurmountable challenges. This quality is sometimes described as a 'fighting spirit' but it in no way implies that the individual seeks physical conflict. This is a quality that frequently appears as a senior kyu prepares them self for their shodan test and invariably remains once it appears. This drive or spirit is a natural byproduct of the karate do way of life and is very beneficial in a couple of ways when a real world fight scenario is encountered. First, the confidence a person gains while training in the dojo is something an attacker can instinctively sense. As a result, the karateka in question may never be attacked at all. However, if they are attacked, this personal drive might just be the differentiating factor that allows them to prevail against a larger or stronger opponent.

Nothing can prepare someone for a real fight like being in real fights would prepare them. However, many people never fight in their lives and those that do run a very real risk of being severely injured or killed so while nothing is better than real world experience the vast majority of karateka will continue to train in the dojo, usually with the clear goal of never needing to be in a real fight.

It is not possible to practice all real world fight scenarios with full force in the dojo for the obvious reason that serious injuries would frequently occur. Instead, we simulate a real world fight in many different ways in the hopes that with sufficient training and practice, and adrenaline pumping through our veins, we will stand a much higher chance of defeating our opponents on the street. There is no 100% guarantee of victory simply because we train in the martial arts but the more we train and the more realistic that training is, the more likely we will prevail in a real altercation. The training we do in the dojo, when done properly, provides the best simulation of a real street fight possible. No single component of our training that is described above can prepare us properly for a real fight, but when each of these components is added together the value of the whole training system is far more than the sum of its parts. Our training in the martial arts definitely does prepare us physically, mentally and spiritually for real world combat to the extent it's possible to do so. Perhaps the most important lesson we learn is to avoid physical conflict unless it's absolutely necessary. However, if force is required we learn that you must attack with every weapon in your arsenal in order to ensure you prevail.

Hopefully none of us ever have to experience this first hand but if we do we can be confident we are as well-



Martial Training, Mushin

By Albert Mady

The objective of a good martial arts instructor and practitioner is the never ending perfection of one-self through physical, mental and spiritual training.

In regards to the spiritual training, I feel that it has nothing to do with a particular religious denomination or beliefs, but one must train religiously and make the art a part of their every day life. By doing so a practitioner will develop the training regiment to progress in the art and become a leader within the art. Without developing the spiritual aspect of martial arts, one may continue to train but will always be just a follower, we must all strive to be leaders in our own right. We will also develop the ability of MUSHIN, the ability of no mindedness, we eliminate the long thinking process of executing a technique during a self defense situation and we react to the situation. This reaction eliminates the chance of being injured and develops split second thinking, which can determine the difference between life and death, win or loss. This reaction comes from repetition, by training religiously and making it part of your life.

Mentally, martial arts will develop your focus and concentration, with these two traits we will develop awareness of our surroundings. By developing this awareness we can excel our physical abilities. Developing this type of focus and concentration can help us excel in school, work and every day life. A story that was passed down to me during my laido training was, when two Samurai would walk down the street next to each other, they would walk, if

they wanted to talk, they would stop, face each other and talk. They would not walk and talk, so in battle they were fierce and proficient warriors, when they fought, they fought, they would not be distracted by thinking about something else. They were focused with 100% concentration in battle and they would react naturally due to their repetitious training. FOCUS, CONCENTRATION, MUSHIN.

Physical training, consists of spiritual and mental training, but also is composed of repetition, good old hard work. Blood, sweat and tears, for some reason some people are afraid of this area, working out hard sometimes hurts but there are good pains and bad pains. Good pains come from proper exercise, pushing your muscles to their limits, breaking them down and building them back up, and in turn we build ourselves up mentally and spiritually. We develop the ability to endure and excel, these traits are of course carried on to our everyday lives, work and family. Hard training must be balanced, there is a difference between hard training and abusive training. Abusive training will break down your body and spirit and will burn you out physically and mentally. Proper physical training will build you up, make you faster, stronger, will develop your endurance, balance, focus and spirit. It is not just how many push ups you can do, it's did you push yourself to the limit and is your limit getting higher with every work out, if not you will never get as good as you could be. I also believe that a chance of heavy contact will develop ones concentration and ability to defend ones self in any situation.

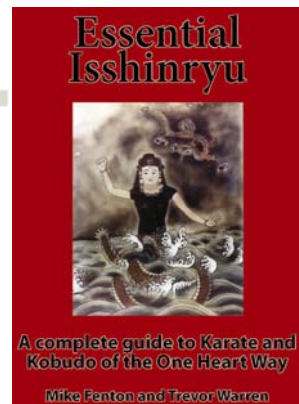
Essential Isshinryu Available

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.





The Challenges!

Karate

Train with a focus

This challenge needs to last for an entire summer and it should. Regular training is good, but being able to develop your own focus on a particular aspect and continue it is very important. Many people will recognize an area to work on and start working on it. Unfortunately, they also will at first get better quickly and then move on. Sometimes this is good for keeping things fresh, other times, you aren't really improving, you are just reclaiming what you should have already had.

In order to really get improve, you need to find ways to improve beyond your previous bests, creating new understandings of the technique, including it's strengths, weaknesses and of course your own personal strengths and weaknesses. Only by understanding can you improve.

Kobudo

So, my challenge I'd like to lay out for this summer is for everyone to train with a specific goal in mind for the entire summer. Never be satisfied that you are better, or even the best, continue to try to improve with whatever goal you choose to set for yourself.

One of my instructors once said that you must practice the technique until it becomes so natural your mind can wander and become bored, that's when your body understands it well enough that the doors start opening to understanding it.

By the next newsletter, I expect everyone to be a new martial artist!

PS: This should be applied to both your Karate and Kobudo training.

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. Let's add a few more pointers I couldn't get to last newsletter...

3) If allergies are not an issue and your neighborhood is nice running outside can be a great option. You can even plan out a route by using one of many online map service that features a road distance measuring tool. You can also plan courses that might start and finish right outside your front door, eliminating the need to drive to town to use some kind of set facility. Change your route to keep the things you see while running novel. If your busy appreciating the nice trees, pretty lawns, and friendly people there is little time to feel exhausted.

4_ Having someone talkative to run with and to pull your mind onto any thought other than "My sides hurt, I'm out of breath, I want to stop" is a great aide in getting past mental obstacles. Small talk, deep discussions, arguments, whatever the content is it can help you realize running that your feelings of being short breathed or exhausted are not always completely, but in some degree, just exist in our head.

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. Remember running requirements for belt testings and club standards are minimum expectations. Many students make the mistake of practicing to accomplish the test requirements. In some individual cases people who are capable of running farther should push themselves to develop their own potential. Endurance skills have wide ranging influences on our traditional karate, fighting, and overall physical health.



Competition Results

Thunder Bay MAC Open

Rachel and Megan Rubin winning musical forms, placing 2nd and 3rd in Kata as well as 1st and 3rd in fighting.

Ottawa Martial Arts Open

Congratulations to JF Sauriol who placed first in both weapons kata and empty hand kata at this weekend's Martial Artists Open Tournament! JF wowed the judges with Kusanku and Kusanku Sai.

JF also showed them that Toshiakai can fight, placing third in point sparring.

Montreal Kyokushin Tournament

Greg Saxe (Ottawa) won second place in Montreal this weekend in the Kyokushin tournament (Men's Senior Semi-Full Contact)

Winnipeg Open

Kaylee Spalding (TIMA Dryden) 3rd in Kata and 4th in Fighting

TIMA Dryden also participated in a tournament in Kenora doing very well, the following participates attended; Sensei Brenda McGogy, Mark Ivanowich, Alexandra Ireland, MacKenna Mackie, Sensei Scott Wyder, Andy Pham, Nolan Yurkiw, Josh Couto, Brita Shlachetka, Kaylee Spalding, Linzey Shlachetka, Payton Zilkalns, Cole Charlton, Ethan Ireland, Christian Matsuo

Coloured Belt Promotions

Due to a large number of Spring Promotions, this space couldn't possibly hold all the promotions, so please read the rest of the newsletter and read about all the promotions from across Canada.

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.

Charles Boyd— Nanadan —Calgary, AB

Mike O'Leary— Nanadan —Abbottsford, BC

Peter and Tracy Motut - Godan - Mission, BC

Justin Frost—Nidan—Kenora, ON

David Emery—Shodan—Kenora, ON

Just like with the Coloured Belt promotions, I couldn't possibly fit all the promotions here. You'll find



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

Shane Hale—Ottawa, Ontario

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

Author—Chikara Dojo

Hanshi Albert Mady—Windsor, Ontario

Hanshi Albert Mady is a 9th Degree Black Belt in Isshinryu and a board member of the American Okinawan Karate Association. His son Chucky is also a black belt and experienced competitor.



Author—Any Dojo

Karate Terms in this Newsletter

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

Bushi—Warrior

Chatan—A region on Okinawa

Chinkuchi—Bone, Sinew and Energy

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

Kime—Focus

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

Mushin—No Mind

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

Uchi—Strike

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

Yudansha—Black Belt

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

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

Contact: Buzz Cox

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

Contact: David White

Ottawa, ON

Contact: Tim Leonard

Saskatchewan

Contact: Brian Smout

Sioux Lookout

Contact: Jim Sapay

Thunder Bay, ON

Contact: Mike Fenton

Contact: Trevor Warren

Vancouver, BC

Contact: Rachel McGovern

Windsor, ON

Contact: Albert Mady

Winnipeg, MB

Contact: Brent Horton

Canadian lsshinryu Abroad

Berlin, Germany

Contact: Ryan Boesche

Stow, Ohio

Contact: Albert Pecoraro



Guess. who is this lsshinryu karateka?"