



# The Canadian Isshinryu Way Everything Karate & Kobudo

**Business Name**

Volume 7, Issue 5  
Nov 2011

## Motivation

Motivation in your Martial Arts training is a critical factor to your long term success in the Martial Arts. If you can't find ways to be excited about your training, it's unlikely you will find ways to keep improving throughout your life.

Having been an instructor for many years and a student for every longer, I can tell you that my drive within my training varies greatly. Personally, I am unmotivated by rank, and highly motivated by understanding.

That is of course my current motivation, at various times as a younger student (and instructor) I was driven to learn more, win tournaments, be a better fighter, be a better bo fighter, etc.

Changing of what drives you to improve is about setting goals, sometimes your focus for improving your Karate can be as pure as getting in shape. A great fighter that is out of shape rarely lasts a round or two in the Dojo, An Ok fighter in great shape makes the great fighter look bad by the end of the evening.

Keeping your motivation (and excitement ) for developing your martial arts skill will guarantee you a lifetime of success in the Martial Arts.

If you find your passion dwindling, the best thing I can recommend is to find a focus and throw yourself into it.

Make sure to acknowledge what you can achieve in the Martial Arts, it will take you to great places.

### Essential Isshinryu has been Released!

For more information on the first Canadian Isshinryu book, visit [www.essentialissheinryu.com!](http://www.essentialissheinryu.com!)

### ATTENTION NEEDED!

**Do you know of someone great in Canadian Isshinryu?** If so, please e-mail [Sensei@issheinryu.ca](mailto:Sensei@issheinryu.ca) with the contact details to be pro-filed in future newsletters.

## Upcoming Events

### Seminars

**Richard Ruberto—**  
Ottawa, ON—Dec 9th  
& 10th.

**Hanshi Mady in Berlin,**  
Germany—May 16th-  
21st

### Other

**Mady's 2011 Dojo**  
Christmas Banquet, Dec  
3rd.

### Inside this Issue:

**Ufuchiku** 2  
**Kanakushiku**

**The Plan:** 3  
**Conditioning and**  
**Diet**

*By Jason Miller*

**Shimabuku** 4  
**Tatsuo's Kumite**  
*by Richard Ruberto*

**The Art of** 7  
**Judging**  
*by Charlie Snearly*

**The Challenges** 9

**The News** 10

Rise to the occasion



## Ufuchiku Kanakushiku

Understanding the history of Isshinryu and karate 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.

### Ufuchiku Kanakushiku (1841– 1920)

#### Who he was

A student of Higa Matsu and an early expert on Okinawan Kobudo. Also the police commissioner. He was also known as Kinjo Sanda in Japan.

#### Key Instructors

**Higa Matsu**—An expert with the Tonfa and great martial arts master. See the last newsletter for more details.

#### Key Students

**Kina Shosei** — Okinawan Kobudo expert who lineage continues to teach the art as taught by Ufuchiku.

**Yabiku Moden**—A school teacher and expert in Karate who made Kobudo his passion. He studied with both Ufuchiku and Chinen Sanda. His student Taira Shinken lead the revival of Kobudo across 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.



Ufuchiku was the police commissioner of Shuri and as such taught his techniques to the police force, spreading it's influence and doing a great deal to popularize his favorite weapon, the Sai.

Ufuchiku was a large and stern man. He was rarely seen smiling or laughing, and in fact rarely even spoke. He is purported to be the first true kobudo master on Okinawa; studying many different weapons and introducing them to the Okinawa systems. The weapons he is responsible for adding to the Kobudo curriculum are the Eku (boat oar), Suruchen (weighted chain), Roku-shaku Kama (Kama attached to the end of a Bo) and three brass knuckle variations, Tetko (pointed knuckles) Tetsu (Points on top and bottom) and Tetku (claw hands). One last weapon he introduced was of his own design. Due to his fondness of the Sai he experimented and created the Nunti Sai a Sai with a prong reversed.

Ufuchiku eventually created his own art and called it Ufuchiku-Den Kobujutsu, or Ufuchikuryu as it was commonly known.

The next newsletter will continue to provide Kobudo masters that helped to shape Isshinryu. Kobudo is an important part of Isshinryu Karate, and it's history and included aspects are important knowledge for student of Isshinryu.



## The Plan: Conditioning and Diet

By Jason Miller

For most of my life, I have been overweight. Like many other North Americans, it seems that I have always struggled with my weight. About eight years ago, I was obese and considerably ill. It was then that I made a decision to do something about it. It was a long battle, but I managed to persevere and was successful in my goals. It changed my life. I went from an "armchair quarterback" to an active participant in everything sport-related, including training in martial arts. Karate for me is only one of a handful of activities that I participate in every week. I am still involved in multiple sports activities today, though I have had to cut back in order to add more balance into my life: The body does require some time to recover, especially as we get older.

Yet, despite this great accomplishment, my struggle with weight continues. I do plenty of exercise; various sports, gym, and martial arts practice. Which means that where things really break down is with regards to food. I love food. Who doesn't really? I like cooking, I love going out for dinner, or going out for a pint of beer after the game with the team. The issue simply boils down to what, when, how much and how often I am eating. Don't get me wrong, I didn't make significant strides in my weight struggles by only doing exercise. I had fixed a lot of bad eating habits over those years. But not all of them. And so when I began to cut back on the number of sport activities I was participating in, those bad eating habits caught up to me again. And so the battle rages on: a need to balance what I eat with the amount of physical activity that I do.

This issue with my weight is even more prevalent today: It represents one of several difficult barriers that I will need to tackle over the next 5-6 months as I prepare myself for black belt testing.

I found it interesting, while reading through the August 2011 edition of **Black Belt** magazine, the number of articles that talked about conditioning and diet, particularly as it relates to training for the purpose of fighting. It was hard not to see a general, underlying message in many of those articles: endurance is the key to being a good fighter. A typical sparring match will last between three to five minutes and requires a high-intensity output from the body. One must be able to act and react without fatigue.

How to get there requires a disciplined training regime, coupled with a proper, nutritional and healthy diet. They go hand-in-hand. The body requires the proper fuel in order to allow for safe, and effective training. And this training builds up our conditioning

ensuring that we'll have the necessary endurance when we need it. So, where do we start? How do we go about building the conditioning and strength necessary?

### TRAINING PROGRAM:

To start with, the program needs to be realistic. We can't shoot for the moon. We have to push ourselves, yes, but if we set our initial goal to do 3-4 hours of exercise every day, we're doomed to fail. The program also needs to be dynamic: One can't do the same old, trust-worthy routine every day. The body will become used to it, and no progress will be made. I remember all too well these little stalemates or "plateaus" as I called them during my initial weight loss several years ago. It didn't matter how many hours I put in on the treadmill, my weight remained constant. It wasn't until I changed the routine with small tweaks here and there that I eventually broke through the plateaus and saw improvements once again.

It is also important to train the body as a whole: to target all of the muscle groups. Simple exercises are all that is required to start: conventional push-ups, plyometric push-ups, bodyweight squats, lunges, squat jumps, pull-ups and sit-ups. Strength training can be accomplished by using a combination of using external weights [i.e. kettle bells], training the body to be able to move in all directions, and using isometrics and resistance training.

Another excellent source of conditioning is through running. But it should be a more strategic running regime. Running for long-distances at a slow jog is considered wasteful when attempting to build endurance and conditioning for sparring, as it prevents muscle recovery. Instead, we should run for shorter periods at higher intensity [approximately 2-3 miles or 15-25 minutes] a couple of times per week making sure to change the terrain occasionally. This will better mimic the conditions that one would find in a three to five minute sparring match.

Training should combine the cardio aspect and the resistance training, allowing for recovery time between the more intense workouts. In the final weeks of the training program, the focus should shift to jumps, sprawls, foot drills to create speed, core-stabilization, push-ups and reaction drills.

### FOOD:

Our bodies need fuel, even more so when we're putting extra strain on them with high-intensity workouts

*(Continued on page 4)*



## The Plan: Conditioning and Diet

By Jason Miller

designed to build our endurance. That fuel comes from many aspects of the food that we eat. What surprised me from the articles is that one of the important component sources of that fuel is sugar. Sugars are converted into glucose, which are then transported via our blood to the muscles. It is the source of where we get these sugars that we need be wary of. Soft drinks, artificial sweeteners, sweetened juices, desserts, sauces, cereals, and dressings that contain lots of sugar are unhealthy. Similarly we need to be careful when reading the labels on the products that we buy at the grocery store as sugars come in many alternative forms and names [high-fructose corn syrup, cane, dextrose, fructose, sucrose, etc.]. Instead, we should get our sugars from 100% fruit juice, dried fruit, trail mix, milk, honey and jam.

While sugar is considered an important source of our fuel, we have to remain conscious of when and where to consume them. During recovery days or light-workouts, we should avoid them entirely in order to avoid the "sugar rush" and "sugar crash" that eventually results in low-energy. Having sugars prior to a workout is a good way to ensure that you will have the fuel necessary to sustain. Sports drinks are an excellent means for replenishing the body's glucose levels both during longer, more intense workouts and again after those workouts.

Sugars are obviously not the only component neces-

sary in the food we consume as it relates to our training program. It is also important to monitor and ensure that we are consuming the correct portion of protein required to sustain our training. Vegetables are natural and healthy, and can be consumed safely in large quantities, thus providing our bodies with much needed nutrients. Another interesting recommendation is to change our eating habits to having five smaller meals throughout the day, rather than the traditional three larger meals.

There is no simple formula, of course. If there was, then there wouldn't be an obesity crisis in North America and everyone would be happy and healthy. It takes hard work and a lot of patience to find a training program that works for you, to monitor the results throughout and to make those little tweaks necessary along the way to break through the "plateaus". If you want to become an effective fighter, your program has to concentrate on building strength and conditioning while maintaining a healthy, stable diet necessary to provide the fuel required to achieve those purposes.

## Shimabuku Tatsuo's Kumite

By Richard Ruberto

Here are the kumite drills given to me by Sherman Harrill sensei. They might need to be demonstrated to properly understand them, but they are simple.

My present to the Canadians,

1. a. Left hand holds right wrist  
From Seisan, pull the hand back to the release position and strike to the solar plexus.
- b. Two hands hold one wrist  
Step in and grab your hand from the top, drive the elbow up to the chin for a strike followed by a backfist. This can also be done by going underneath, grabbing your fist and stepping forward into Seiunchin, doing a elbow strike reinforced with the other hand.
- c. Left hand holds right hand, from side position  
From Chinto, hand grab is from over the top, trap his hand and go into a hand bar.
- d. Right hand holds right wrist  
Thumb on the top, bring the hand to the outside and over the top, striking to the throat with a shuto strike. The left hand will go underneath the right arm in a open palm to protect the ribs.
- e. Right hand holds right wrist from top



## Shimabuku Tatsuo's Kumite

### By Richard Ruberto

Grab comes from over the top; from Seiunchin, reinforced block traps the hand and goes into back fist strike to the nose.

2.
  - a. Outside block, punch inside  
Attacker right foot forward, right hand punch.  
Defender steps back, right foot back side block, reverse punch to the solar plexus.
  - b. Inside block, punch side  
Attacker right foot forward, right hand punch.  
Defender steps back right foot, side block, reverse punch to the ribs.
  - c. Step forward, punch  
Attacker right foot forward, right hand punch.  
Defender (from the end move of Naihanchi) steps back into Naihanchi and punch.
  - d. Shoulder block  
From Sunsū; attacker steps forward with a lead punch, block then back fist
  - e. Grab arm, elbow  
From Sunsū; attacker steps forward with a lead punch, defender steps in, grabs the wrist, steps around and breaks the elbow, then elbow strike to back. Hook wrist from over top, arm bar then elbow strike. Open palm deflect fast spin around with elbow strike.
3.
  - a. Punch back of hand  
Attacker throws twist punch, defender down strikes to the back of the hand, the same as knocking on a door. Use cat stance from Seiunchin back fist for punch or kick.
  - b. Punch back of hand side  
Isshin-Ryu punch attacker right foot forward, right lunge punch. Defender left foot back, back fist with right hand.
  - c. Punch back of hand knuckle  
If the attacker steps in with left punch, strike with knuckles of fingers on the back of the fist. This can also be used to strike on inside of the wrist.
4.
  - a. Knuckle block for kick, counter kick  
Attacker kicks from right leg, defender steps back down block with knuckle strike to the shin, then counters with a kick with the right leg.
  - b. Cross arm block  
From Chinto kata, cross block; blocking with the back hand and knuckle strike with the lead hand.
  - c. Left hand push right leg inside counter kick  
Heel palm block leg across (close out) then counter kick to groin or inside of leg.
  - d. Knee block, kick  
From Wansu kata, knee bump the leg across then counter with a kick.
  - e. Grab leg, grab Adam's apple, trip punch  
From SNT hook the kick, while grabbing Adam's apple, drive knee into the groin while keeping control of the trapped leg then punch.
5.
  - a. Hold arm, use against punch  
Trap lead punch with both hands as the attacker punches with other hand jerk the arm to the inside of the body.
  - b. Left kick  
Same as (a) arm will be jerked towards the kicking leg.
  - c. Right kick  
Same as (b)
  - d. Twist  
The attacker attempts to spin out and around, bring their arm up and over the shoulder into an arm bar.
6.
  - a. One hand holds gi, grab, twist, kick  
From Sunsū, the first toe rip. The attacker grabs your gi, grab thumb and wrist rotate, toe rip.





## Shimabuku Tatsuo's Kumite

### By Richard Ruberto

- b. Two hand hold gi, push kick  
From Sunsu the second kick, toe rip . The attacker has a judo lapel cross grab, reach up underneath asin the kata and toe rip.
  - c. Trip two feet kick  
The same as a and b except use a kick, sweep the leg out and follow up with a heel stomp kick.
- 7.
- a. Full nelson, karate cut groin  
From Sunsu hands go up and out to the sides (little fingers facing out) bump with the hips then strike to groin.
  - b. Full nelson, grab leg, heel kick  
Same as a except after the bump step to side grab their left leg, keep your right leg in close to their left leg and do heel stomp into the groin.
  - c. Full nelson, grab both legs, chop to groin  
After the bump slip leg behind them, grab and bring both leg into the air release one and strike to the groin.
  - d. Back neck breaker and choke hold, chop groin  
Point hand into air while striking to the groin. You can also just grab a hand full.
- 8.
- a. Bear hug waist, hands free, grab one finger, break or hit back of hand  
Grab one finger or thumb and hit your hand with a open hand, if you can't grab a finger just rap on the back of the hand until they let go.
  - b. Bear hug around arms and waist, grab groin  
Sensei said to dust hips off, each time striking to the groin while moving leg to the inside. You can also step to the side grab the leg and do as in
  - c. Head lock, grab groin and one shoulder break  
Attacker has you locked with his left arm, reach in and grab the groin with your right hand while the left hand grabs the front of the gi by the neck, step in with your right leg in front and dump followed with a counter. Same grab, left hand hooks behind the leg at the knee while the right hand goes over the head and with the index finger under the nose pull back and raise the leg sticking the groin with right hand.
  - d. Head lock, knuckles in side  
Take knuckles and grind into the sides until they release.
  - e. Full Nelson, jerk shoulder up kick legs out in front  
Throw arms straight up in the air, drop straight to the ground, punch to the Groin and kick to the midsection.
- 9.
- a. Devils hand shake, grab your fist , pull, kick  
Pull your hand to your center and hold on as you kick (push) the leg out SNT then counter.
  - b. Double devils hand shake, twist over, elbow kick  
Have to be a young person to do this. Step forward to make the attacker hold on tight then flip over and counter with a kick and elbow strike.
- 10.
- a. Two hand straight choke, break, grab Adam's apple  
Attacker is sitting on top and has a choke hold. The defender reaches inside with his left arm at the their elbow, at the same time bring the right arm up inside and grabbing the throat. Pressure is applied to their right arm and throat while rolling over onto your side, holding their right arm down and controlling them with the choke. Same attack as above except they are choking with their left and attempt to strike you with their right hand. Defender brings right hand to the inside and blocks their right hand strike as you go for the choke.
  - b. Cross arm choke, one arm and shoulder up between his arms and grab Adam's apple  
Judo cross arm choke. Same as above.
  - c. Smother hold, knuckles in side  
Judo cover from the top down with attacker holding onto your obi. Knuckles into the side until they get off.



## Shimabuku Tatsuo's Kumite

### By Richard Ruberto

11. a. Straight stab, grab hand and wrist, twist, kick, trip, kick  
Attack comes from below the waist up with right foot forward, right hand stab. Step back with right foot, left hand to inside of the wrist, right hand comes up twist joint to the outside, kick, sweep leg and drop down, heel stomp and punch. This can be done without the sweep, just take down with the joint lock.
12. a. Ice pick stab, block across, kick  
Knife is raised high above the head in a down strike with right hand and right foot forward. Step back right foot, left hand open ark sweep, right hand chop to the neck. Right foot kick to the groin. The person can be taken down with a sweep, heel stomp and a kick.
13. a. Straight stab, both hands up, karate cut block, kick  
Coming in with knives in both hands, hands raise to high port, down strikes and pulls apart as in San chin then kick.
14. a. Straight stab leaning forward, grab hand with both of yours, pull, trap at elbow  
Lunges in with right hand and right foot forward, step back deep deflecting with the left hand grabbing the wrist with the right then left hand grabs. Pulling them to the deck as you turn and place your left knee on the back of their arm (rub point) right hand has the wrist control or break at elbow.
15. a. Two knife straight stab, squat kick  
Person attacks with both knives, same deflect as 14a squat to the side and kick

## The Art of Judging

### By Charlie Snearly

The two fighters clashed, a flurry of punches and kicks blurring together in front of my untrained eye. "Did that technique strike home," I wondered. As I was processing that thought, my words leapt ahead of my decision making, dribbling out of my mouth in a quiet, uncertain "Matte."

The head judge stared at me in confusion before pulling the two slightly perplexed fighters apart. I met eyes with the other side judge, who was already beginning to chuckle at my half-hearted call. As I did this, I immediately began to doubt myself... since I called stop, should I follow through and call a point I was uncertain about?

This was my first experience judging kumite for points as a brown belt, and thankfully it took place during a class, not at a high-stakes tournament. Looking back, I can laugh at my inexperienced mistakes, but it is important to recognize that just like any aspect of the martial arts, properly judging tournament kumite and kata is not an innate skill. Like everything in Isshinryu,

it requires practice, instruction, and confidence in your technique.

It is important that a black belt spends time working as a judge in a dojo setting before doing so in a tournament. Getting in these repetitions is valuable, because judging a kumite match is not as simple as participating in one. I had fought hundreds of bouts before I first stepped off to the side to judge, and I knew what it felt like to strike and be struck, but knowing what it is like to score a point or be scored on is entirely different than seeing that point when two other fighters are competing. Similarly, performing a kata and judging the performance of a kata are distinct skills.

As I watch senior students and new black belts judge for the first time, the same uncertainty that I felt during my first match as a judge is readily apparent in their actions. They rarely call a stop, often look to the head judge for reassurance as they decide scores, and

*(Continued on page 8)*



## The Art of Judging

### By Charlie Snearly

are confused about how to indicate their calls. In my experience, dealing with that uncertainty is one of the most important challenges a new judge has to overcome.

While repetition will work this out, I find that it is helpful to specifically tell the new judge, "Don't be afraid to call what you see." Similarly, take the time to explain all of the hand signals and procedures for scoring beforehand, in order to eliminate that source of uncertainty.

When working with new judges in kumite, it can be instructional to let the match continue until one of the new judges has to make a call. Learning that they are empowered to make calls and even make mistakes, knowing that the other judges are there to correct them if they err, will greatly help the growth of the novice judge.

In judging kata, a lack of confidence can cause a different set of problems. An uncertain new judge is likely to waver in scoring, adjusting the way he or she scores kata in order to better "fit in" with the rest of the judges. This is incredibly unfair to the participants in the competition and must be avoided at all costs.

To demonstrate this problem, let's imagine two competitors performing Seisan kata. I see the first kata, and being a new judge, I have little idea what to score it. I give her a 6.0, but my fellow judges both give her a 6.5. Seeing this, I think, "Man, I really need to up my scores, I'm way lower than everyone." The next competitor comes up and performs a similar kata, but I move this competitor's score up to a 6.4, so I'm not

so far off from my fellow judges' scores. While I may feel better because I'm in the same range as the other judges, I just scored two similar katas wildly differently. The loser here is the first competitor, through no fault of her own.

Consistency and confidence should be the goal of any tournament judge, and the way to develop that is to spend time judging and receiving feedback from experienced mentors. Here in North Carolina, our association of dojos, United Southern Isshinryu Karate, makes a concerted effort to provide that experience by holding an annual students-only tournament, which we call the Kyu Fest.

Since only Kyu-ranked students compete, all the black belts are free to spend time honing their ability to judge, keep score, logistically move the tournament along, and even run a ring as a head judge. All of this is overseen by Sensei- and Master-level instructors, so any mistakes or missteps are quickly corrected. This experience has been invaluable for our black belts as we develop as judges, teachers, and martial artists.

Like every aspect of the martial arts, tournament judging is a skill that does not develop automatically, but must be practiced and cultivated through repetition. Through that repetition, and with a bit of helpful advice, any novice can become a confident judge of martial arts competition.

For more information about United Southern Isshinryu Karate and the Kyu Fest tournament, please visit [www.usik.org](http://www.usik.org).

## Dryden TIMA Promotions

The Dryden TIMA Karate Club is very excited over the recent promotion of two of our junior students. Nolan Yurkiw and Mark Ivanowich were recently promoted to the rank of Junior Black Belt. After many years of practice and dedication their hard work has paid off. Mark and Nolan participated in a 1 km run prior to their testing. Their dedication to their martial art was apparent on test night as both proudly displayed their skills for their Sensei's. Both young men are an example that dedication and hard work will pay off. Nolan and Mark spent many hours practicing their kata's, sparring, basics & weapons in order to achieve their Junior Black Belts. Nolan and Mark are role models to many of the younger students in the club and their commitment to their martial arts is something that all the karateka of TIMA club should strive for.



CONGRATULATIONS MARK & NOLAN!!





## The Challenges!

This newsletter's challenges are a special gift from Justin Johnson of the Chitora Dojo in Thunder Bay. If you've got a challenge you'd like to issue, please send it in!

### Karate

The challenge for this newsletter is about the Basics and time. As most people progress in karate they have more and more to practice and seemingly less time to do it, this is especially true of the Basics. Less and less time is spent working on their Basics but more time is spent doing them. Consider how many times in the last kata you did seiken gyaku tsuki or a mae geri occurred.

Now focus on one kata and think about how improving two different basics will make a difference in that kata. The next time you finish that kata stop. Do each basic 25 times perfectly. Afterwards do the kata again and note how much smoother and easier parts of it become.

The real challenge is to repeat this through all your katas until all 25 basics are done, and then repeat!

### Kobudo

Bunkai!

Spend some time thinking about and analyzing the kata you know.

- 1) What is each move for?
- 2) How do they link together?

Next get with a partner and try them out, slowly at first. Again think about the moves as you do them.

- 1) Do they work or do they need modification?
- 2) Are they effective against someone armed only with one type of weapon or will they work against a bo, sai, staff, eiku, mop, hammer, etc equally well.

Just by answering these questions you will improve your Bunkai.

### Training

As the days shorten and the weather turns cold it is easy to let the physical aspect of your training become neglected. Every dojo has a certain level of physical fitness that is required. If you are unable to do what is expected of your rank at this moment all is not lost for realizing that is the first step. The next step is to fix that problem, how you do it is up to you.

The challenge is before the next newsletter to be able to meet the requirements for the next rank above yours.



## AOKA Announcement

Steve Young  
Special Announcement -

As of November 7th, 2011, as head of the American Okinawan Karate Association, am am awarding the following instructor certificates:

Hanshi - Master Albert Mady  
Hanshi - Master Mitch Kobylanski  
Kyoshi - Master Robert Crosby  
Kyoshi - Master David Hansen  
Renshi - Senei Dwayne A. Burrell

Congratulations to All

## Black Belt Promotions

### Winnipeg, MB

#### Summer Gradings

Candace Daher—Shodan  
Eugene Richard—Shodan  
Michael Read—Shodan

#### Spring Grading in Brandon

James Lund—Sandan

### Windsor, ON

Jason Miller—Shodan—Ottawa, ON  
Matt Morin—Ikkyu—Ottawa, ON  
Greg Saxe—Nikyu—Ottawa, ON  
Phil Brown—Nikyu—Cookstown, ON  
Rob Purdon—Shodan—Thunder Bay, ON

## Coloured Belt Promotions

None Reported



## 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.

### Jeff Long—Assistant Editor

Jeff Long—Thunder Bay, ON

Jeff is a Sandan and Sensei at the Chitora Dojo. He's also an English major who's been helping to reduce the spelling & grammar mistakes in the newsletter.

### Author—Toshikai Dojo

Jason D. Miller—Ottawa, Ontario

Jason is a student of Tim Leonard's in Ottawa, ON and recently earned his Shodan.

### Author—Chitora Dojo

Justin Johnson—Thunder Bay, Ontario

Justin has been training Isshinryu Kobudo about 10 years and soon after also began studying Karate. He is currently a Shodan in Karate and preparing for his Shodan in Kobudo.

### Author—Any Dojo



## Karate Terms in this Newsletter

**Chudan**—Middle Level

**Do**—Way

**Dojo**—School

**Furi**—Swing

**Gusan**—Okinawan Jo

**Jo**—Short Staff

**Jutsu**—Technique

**Ka**—Person / Practitioner

**Kama**—Sickle(s)

**Kami**—Divine Spirit

**Kanetsu**—Joint

**Keri**—Kick

**Kihon**—Exercises

**Kime**—Focus

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

**Kumite**—Free Fight

**Mae**—Front

**Makiwara**—Striking Board

**Mushin**—No Mind

**Naha**—Port city on Okinawa

**Rokushaku**—Six Foot

**Sama**—Honorific suffix applied to a name, denotes respect

**Shiko Dachi**—Horse Stance

**Shozenkutsu / Seisan Dachi**—Small forward stance

**Shuri**—Capital City on Okinawa

**Tatsu**—Dragon

**Tatsuo**—Dragon Man

**Tetko**—Brass Knuckles

**Tonfa/Tuifa**—Baton with Handle

**Uchi**—Strike

**Uchi Hachi Dachi**—Inner Eight stance

**Ude**—Forearm

**Uke**—Hard block

**Yubi**—Finger

**Yudansha**—Black Belt

**Zenkutsu Dachi**—Forward Stance

*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

# Submissions

### Article Submission

Articles are welcome from anyone and everyone. They can be about anything related to the Martial Arts, a technique you think is just great; A better way to do a technique; History of a Karate Master; a tournament trick that works well; ANYTHING!

All articles 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 (sensei (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

##### **Quebec**

Contact: Pierre Parenteau

##### **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



## The Symbol of lsshinryu?