



# The Canadian Isshinryu Way

## Everything Karate & Kobudo

Isshinryu Canada

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### Don't forget your Karate

Over the summer, karate classes are generally reduced and a greater variety of training is done, but this doesn't mean you should allow this to set back your training.

Over the course of the summer, I'd like to strongly encourage everyone to set aside a little time to stay strong on their fundamentals, keep the kata fresh in your mind. Even if you just mentally run through the Kata while sitting in the car or waiting in line, you'll be that much more prepared the next time you practice it.

It's important to enjoy your training, and summer is a great time to try new things and enjoy yourself.

The next newsletter will be after the summer in the early fall, if you find yourself with some time, why not write an article for it? New view points are always welcome, and I would like to have additional articles targeted at our younger karateka,.

Simple training ideas or motivational stories are ideal for those of us with less years on our bodies.

Have a great summer and as the title says, Don't forget your Karate!

#### 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 Isshinryu?** If so, please e-mail [Sensei@issheinryu.ca](mailto:Sensei@issheinryu.ca) with the contact details to be profiled in future newsletters.

### Upcoming Events

#### Tournaments

June 8th, Thunder Bay  
Open Martial Arts  
Tournament

June 15th, KIAI  
Championship, De-  
troit, MI

July 11-13th, IWKA,  
Akron, Ohio

July 27th, Issheinryu  
Hall of Fame, Gatlin-  
burg, TN

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Enjoy Your Training!



# Isshinryu Karate International – Karate Mady’s way

As was mentioned in the previous newsletter there has been a schism in the American Okinawan Karate Association resulting in the dissolution of the board of directors. Partially as a result of this Albert Mady, has decided that it is time for a new organization within the Isshinryu family.

Hanshi Mady has called this group Isshinryu Karate International (IKI). I had a chance to ask Hanshi about his motivation behind and plans for this new organization

**Canadian Isshinryu Way:** What is Isshinryu Karate International?

**Hanshi Albert Mady:** IKI is exactly what it is called, Isshinryu Karate International. It is an Isshinryu organization that will bring many individuals and schools together, along with members from other styles, for the purpose of training and advancing in their art.

**CIW:** What led to your decision to start this new organization?

**Mady:** What led me to my decision to start this organization is that it informally already existed, with affiliate students/dojo across Canada and many other countries. I have been asked by many for many years to do this on a formal basis, but my loyalty to what I was doing always came first. Unfortunately that is gone and through the good blessing of my Sensei (Grand Master Lewis Lizotte) I decided to go forward with this. Loyalty and respect to my Sensei will always be there, that is why I spoke to him first. Another thing that led me to my decision is that I want to bring back good old school fighting attitudes. Enough of the no contact paddy cake stuff, Isshinryu was not developed for that. Strong kumite, practical self defense, understanding kata as a text book of fighting skills and not just a bunch of pretty moves, picking up an old style weapon and knowing how to use the skills in today's society; that is what I want to see in Isshinryu. Some are doing it and too many are not.

**CIW:** What are the guiding principles of IKI?

**Mady:** Guiding principles of the IKI, STUDY YOUR KARATE AND BE ABLE TO USE IT IN A PRACTICAL AND EFFECTIVE WAY, IF NEED BE. Don't train for rank, Rank will come your way if you train.

**CIW:** Will it be possible to be a part of the IKI as well as another organization?

**Mady:** Other organizations and individuals from those organizations can be part of the IKI. We are a training organization.

**CIW:** There are already numerous Isshinryu Karate organizations. What is it that sets the IKI apart from the other organizations?

**Mady:** ME



Logo for Isshinryu Karate International – the flag will represent the practitioner’s country of origin



## Isshinryu Karate International – Karate Mady's way

**CIW:** If someone came to your organization from an outside organization, would their current rank be recognized or will they have to retest?

**Mady:** Their current rank would be recognized if it came from a legitimate recognized instructor. If they wanted to test under the IKI, that would be fine, but they will have to pass the standards that will be set forth.

**CIW:** What will be the governing structure of the organization (*board of directors, benevolent dictatorship, etc.*)

**Mady:** The governing structure will be similar to Kyokushin, board of directors, and branch chiefs. But, I WILL NOT TOLERATE ridiculous politics. (Ed. Note: For a full description of Kyokushin Canada's bylaws go to <http://www.kyokushin.ca/bylaws-ikok-canada>)

**CIW:** If you could make one statement to the Isshinryu karate world about the IKI, what would it be?

**Mady:** The IKI is here, it has been for many years, just not in a formal sense. It is made up of strong well rounded martial artists that want the best for ISSHINRYU. Time to get the respect back for all karate practitioners.

**CIW:** On behalf of all readers of the Canadian Isshinryu way, we'd like to Thank you for taking the time to answer all our questions so candidly and your continued commitment to Isshinryu.





## Grand Master Albert Mady receives the Queen Elizabeth II Diamond Jubilee Medal By Trevor Warren

Sometimes interruptions can be good things.

On Tuesday, January 15, 2013 Hanshi Albert Mady was kneeling down in front of one of his children classes preparing for the bow in when he was asked to stop and wait a minute.

"I was busy and wondering why they were delaying the bow in, then Mr. Masse (MP Windsor West) came over and started to announce to everyone in the dojo about the (Diamond Jubilee Medal) award and presented me with it. It was an overwhelming honour."

The Queen Elizabeth II Diamond Jubilee Medal is a special award celebrating the Queens 60<sup>th</sup> anniversary of her accession to the throne as Queen. The medal was awarded to Canadians who have made significant contributions to Canada.

Citing Albert Mady's many contributions to his community and country (Hanshi has taught many different groups, including Police Tactical Units, security groups, sexual assault crisis centres and health care workers, just to name a few) MP Masse was honoured to present this medal.

"I have personally witnessed our Windsor and Essex County youth gain confidence, respect, and poise through the teachings of Mr. Mady. His commitment to teaching and leadership, have benefited many families in our region and is most deserving of this recognition", stated Masse.

Hanshi Mady was surprised, honoured and humbled by this award. This award came at a very emotional time in his life as his sister Tanya had just passed away. "(While receiving the reward) I did break down a bit, thinking about my sister, Tanya, who recently passed away and wishing she was there to see me get the medal."

I asked Hanshi if there was anything he would like to say about this honour. He stated that a major part of this award and any award he received

is due to his students and those he has trained with.

"There are times in your life as a martial artist and I suppose in any profession, one wonders: Why am I doing this, is it worth it? Then something like this happens and that question is answered. Thank you to the martial arts and all my students in Canada and worldwide.OSU!!!"

Congratulations Hanshi! Definitely a well-deserved honour.





## Seminars in Charleston, SC

### By Justin Andre

On Saturday the 20th of April, the main Charleston Isshinryu Dojo hosted a kumite seminar, conducted by Grand Master Mitch Kobylanski, Ku Dan (9th degree black belt). The seminar was conducted at the Joint Base Charleston Gym in North Charleston, SC. Quarterly workouts and seminars are normally hosted at the main dojo in Charlotte, NC. This is the first seminar in the Charleston area, and the event had an outstanding turnout! About twenty students came to participate in the event. We started at 900 and continued until 1130.

Before the seminar began Sensei Justin Andre was presented his San Dan (instructor certificate) by Master Tim Boykin. The first half of the seminar focused on hand techniques and entry skills. Sensei Kobylanski explained how to derive power and speed through economy of motion. The concepts presented were meant to have a wide application and appeal to all skill levels and body types. The second half of the seminar tied in kicking drills and combinations building off of the previously mentioned concepts.

After the seminar, several participants hosted lunch and socialized together at Steel City Pizza. There was much positive feedback from the participants about the event. Everyone had a great time and no one got hurt. The Charleston dojo deeply appreciates Sensei Kobylanski's visit and we all look forward to future workouts!

The next seminar will be conducted in North Carolina in support of Burlington, High Point, and Lexington Dojo in early May.





## Ruberto Sensei in Ottawa

### By Tim Leonard

The Toshikai Dojo of Ottawa would like to thank Sensei Richard Ruberto for coming to Ottawa on the weekend of January 26th and sharing his expertise with us. Saturday's seminar focused on the lessons of our kata and how to apply them to real life applications. Sensei Ruberto, who always pays homage to his teachers, went on to explain "chinkuchi" and how to develop one's power with their technique. After several demonstrations, the class started to understand this not often explained concept. Here is quote from Higanno Moria, 10th dan, Goju-ryu Karate that can help.

*"This expression [chinkuchi] is used to describe the tension or stability of the joints in the body for a firm stance, a powerful punch, or a strong block. For example, when punching or blocking, the joints of the body are momentarily locked for an instant and concentration is focused on the point of contact; the stance is made firm by locking the joints of the lower body – the ankles, the knees and the hips – and by gripping the floor with the feet.*

*Thus a rapid free-flowing movement is suddenly checked for an instant, on striking or blocking, as power is transferred or absorbed. Then the tension*

*is released immediately in order to prepare for the next movement."*

Saturday's seminar ended with Sensei Ruberto teaches "Ku Te," his own hand kata that he developed full of his favourite techniques and applications.

Saturday night was the year end celebration for the Toshikai Dojo of Ottawa now in it's fifteenth year. Sempai Jay Miller and his karateka wife, Vanessa, hosted the event at their new home and also announced they are expecting birth of their first child. Congratulations Jay and Vanessa!!

Sunday's seminar was called the "Showcase" seminar in which each person demonstrated one kata and received feedback from Sensei Ruberto. This was a very special way for the students of the Toshikai to shine and get valuable advice from a senior sensei. Well done Toshikai karateka, you did your club proud!





## Zen In the Martial Arts—Continued

By Matt Morin

Continued from the previous newsletter..

### Allowing

“Softness triumphs over hardness, feebleness over strength. What is more malleable is always superior over that which is immovable. This is the principle of controlling things by going along with them, of mastery through adaptation”

-Lao-tzu

### Anger without action

When uncomfortable emotions like anger arise in us it is very common to not want to look at them. It is not wrong to feel anger. Anger is simply a part of being human. When you can acknowledge your feelings you don't have to pretend to be that which you are not. However, it is not good when you let these feelings dictate who you are being. When you act out of anger towards another person it is very likely that you will get hostility in return. A martial artist is someone who is masterful in avoiding unneeded conflict.

Emotions do not demand action. They are simply an energy that run through us and can be observed. Hyams suggests that this ability to observe yourself is an essential quality of the martial artist.

### Mushin: Let your mind flow

*“The mind must always be in the state of ‘flowing,’ for when it stops anywhere that means the flow is interrupted and it is the interruption that is injurious to the well-being of the mind. In the case of the swordsman, it means death. When the swordsman stands against his opponent, he is not to think of the opponent, nor of himself, nor of his enemy’s sword movements. He just stands there with his sword which, forgetful of all technique, is ready only to follow the dictates of the unconscious. The man has effaced himself as the wielder of the sword. When he strikes, it is not the man but the sword in the hand of the unconscious that strikes”*

Takuan

They say to reach the level described above it takes a lot of time and repetition. You cannot will yourself to have no thought because that, in es-

sence, is a thought. Achieving mushin is about the practice of repetition, allowing and letting go.

### Make a friend of fear

It is nearly impossible to run away from fear in the dojo. This makes the dojo a perfect place to learn about how to face fear. The instances that fears arise are different for each student. It may be a fear of being hit, looking badly in front of your peers, or performing in front of people etc. The dojo is a safe place to allow the fear to arise, be observed, faced, and eventually overcome. It is very likely that one will notice that the fear is coming from his/hers own mind and is not due to an actual threat. Accept the fact that it's alright to be fearful. It is better to face a fearful situation than to ignore it.

### Presence

*“You must learn to live in the present, not in the future or the past. Zen teaches that life must be seized at the moment. By living in the present you are in full contact with yourself and your environment, your energy is not dissipated and is always available. In the present there are no regrets as they are in the past. By thinking of the future, you dilute the present. The time to live is now. As long as what you are doing at the moment is exactly what you are doing at the moment and nothing else, you are one with yourself and with what you are doing-and that is Zen; while doing something you are doing it at the fullest”*

Master Bong Soo Han

### Active Inactivity

The notion of active inactivity is very simple but yet it is not commonly practiced in our culture. The idea is to set time aside to consciously do nothing. This practice helps with gaining a stronger sense of presence by assessing where you are physically, mentally and emotionally.

Bruce Lee talked about consciously taking the time to do nothing but presence himself during a sparring match. Each time he would do this he would reassess his opponent, the effectiveness of his movements and adapt accordingly. He claimed that consciously taking time to do this was a big part of his practice.

(Continued on page 8)



## Zen In the Martial Arts—Continued

By Matt Morin

### Inactive Activity

*"You and your opponent are one. There is a coexisting relationship between you. You coexist with your opponent and become his complement, absorbing his attack and using his force to overcome him."*

Bruce Lee

When faced with a situation that requires an action, the practice of inactive activity is about consciously acting with the purpose of assessment. In this practice it is important to remain calm and centered and look for an opening for action. When this opening presents itself we can commit fully to action. "The time to strike is when the opportunity presents itself".

### Zen Breathing

When most people breathe they only use the top of their lungs, forgetting about the bottom part. One aspect of martial arts training is learning to breathe deeply. Ideally, you should breathe deeply into your lungs just as you naturally do when you are sleeping. This works really well when faced with stressful situations. Zen breathing restores calm, confidence and strength.

### Kime: Tighten your mind

*"You may train for a long, long time, but if you merely move your hands and feet and jump up and down like a puppet, learning karate is not very different from learning to dance. You will never have reached the heart of the matter; you will have failed to grasp the quintessence of karate-do"*

Gichin Funakoshi

Kime is about focusing all of your thoughts on a one specific goal. The idea is to filter out all extraneous thoughts that do not relate to that goal. When the mind remains tightened in this fashion no energy is wasted. Once your goal is achieved, you move on to the next. Learn to apply this in all areas of life as an unfocused mind always wastes energy.

This kind of focus is very powerful because you can direct all of your resources at a single objective. A commonly known application of this is Bruce Lee's "one inch punch". He described it as completely relaxing his mind and his body, focusing all of his thoughts on the single point of focus, and in a burst

of energy fully committing to the action. To this day, his one inch punch remains legendary.

### Karate-do: A way of life

#### Martial Arts without Zen

It is entirely possible to master the physical techniques of the martial arts without gaining an understanding of the spiritual and philosophical teachings. If this is the case, the practitioner remains limited to the physical benefits of the arts. Gaining physical mastery is no small feat and inherently comes with great power. With great power comes great responsibility and I believe managing this responsibility lies in the mental and spiritual aspects of the art. I think that this separates a great fighter from a great martial artist.

#### A way of life

*"A man is born gentle and weak. At his death he is hard and stiff. Green plants are tender and filled with sap. At their death they are withered and dry. Therefore the stiff and unbending is the disciple of death. The gentle and yielding is the disciple of life. Thus an army without flexibility never wins a battle. A tree that is unbending is easily broken. The hard and strong will fall. The soft and weak will overcome."*

Lao-Tzu

All in all, I found this book to very inspiring. Joe Hyams really does a good job of explaining the different Zen principals and how they have related to his martial arts training. I particularly liked how he expressed that through this spiritual and philosophical understanding, he has been able to apply his martial arts training to the rest of his life. This process put martial arts as the center piece of his perspective which has allowed him to grow as a human being.

In my adult life, spiritual growth has become very important to me. As I progress in my training and with my shodan fast approaching, I desire to make martial arts my personal center piece. I understand, more and more, how it is a never ending process of self improvement and learning. As I move forward, and embark on this journey called karate-do, I am excited that I am dedicating my time and energy towards such a rich and rewarding art form.





## Ottawa Summer Update

By Tim Leonard

There has been a lot going on here in Ottawa as of late including changing dojo locations, adjusting to summer schedules, and now the preparation for kyu testing at the end of June. This past weekend, May 5<sup>th</sup> and 6<sup>th</sup>, our old friends Andrew Tam and Till Kuendiger came back to Ottawa to offer seminars on knife fighting and stick fighting. As you can see by the photo, they arrived in style on their new BMW motorbikes. Saturday's seminar involved reviewing what we had already learned of the Sayoc Kali Knife Fighting System and then many more drills to teach flow, defense, and ease of use with the knife. My biggest learning of the day was that when defending with the knife make sure it is in your left hand (or your non-dominant hand). Sunday's seminar focused on Modern Arnis learning the most effective way to hit someone with, and to defend against, a 28 inch stick. I have always loved doing Arnis as it truly is the most applicable weapon during regular day-to-day living (i.e. just grab a stick and

go). Many thanks are extended to Sifu Tam and Sensei Kuendiger for the sharing of their knowledge. Also I would like to extend a big "Aregato" to Matt Morin who hosted a BBQ at his home on Saturday. We were also celebrating two recent birthdays in our dojo for Matt and J.F. Sauriol. In the Toshikai, instead of giving the "bumps", we go the extra mile to honour people's birthdays by having them perform Sanchin kata and then everyone has a turn giving their own special gift. This is especially fun to do when their family and friends are watching!!

The summer is now upon us and I would like to remind everyone to stop by our dojo if your holidays include coming to our Nation's Capital. Our annual Break Yer Bones BBQ will be held Sunday, July 21<sup>st</sup>. All are welcome.

## Training in Denmark

By Shane Hale

I traveled to Denmark for work a couple of weeks ago. Hanshi Mady had put me in touch with Shihan Lars Andersen of Copenhagen, who in turn put me in touch with Bo Andersen of Aarhus, Denmark. Bo helped me organize the logistics of a quick visit to Sensei Thorkild Sundstrup's dojo on a Tuesday night. Unfortunately Sensei Thorkild was ill so was not able to attend in person but he sent his best wishes. His students, in particular Bo and Mikael Estefan and the rest of the guys were excellent hosts.

Due to work commitments I arrived a bit late to class but was warmly welcomed. Bo and I compared notes on basic kihon and kata while the rest of the club worked on sparring drills. As I often find when I travel to other dojos our similarities far outweigh our differences. The dojo in Aarhus is a strong dojo of young guys who do excellent kata and fight hard. It's nice to see such

similarities in clubs when you travel such a distance.

After class some of the guys took me out for a meal and we were able to get to know each other some more. The dojo culture in Denmark is very similar to Canada. They train hard and have a great club / family atmosphere. I'm definitely looking forward to my next visit which is currently scheduled for late May. These guys are very welcome to come and visit us anytime in Canada. If anyone here will be in Denmark, Germany, etc. let me know and I'll put you in touch. Bring your gi and you'll have a great time.

Check out out the back page for our spot the Canadian Isshinryu Karateka game.



## Hanshi Albert Mady Conducts Gradings and Workshops in Kenora By David White

More than 70 Isshinryu karateka from across Northwestern Ontario and Manitoba spent May 3 - 5, in Kenora, attending promotions and seminars with Hanshi Albert Mady, Ku Dan, and owner of Mady's Matial Arts, in Windsor, ON.

Hanshi Mady spend Friday evening grading adult candidates for Dan ranks. Nine candidates from Kenora, Sioux Lookout and Thunder Bay participated in the four hour test, which was attended by more than 150 friends, family and spectators.

From Sapay Martial Arts, Sensei Jim Sapay, of Sioux Lookout, received his Roku Dan, while Sensei David White, from Kenora, was awarded his Go Dan.

From the Lake of the Woods Karate Dojo, in Kenora, Justin Frost Kizmet, received his San Dan. Donna Adams and George McNeil were awarded Ni Dan. Angela Holm, Brandon Woods, Kailey Adams and Gord Adams all received their Sho Dan.

Rob Purdon, of the Kokoro Dojo in Thunder Bay, was promoted to Ni Dan.

On Saturday morning Hanshi Mady spent two hours with about 30 karate students, ages 7 - 13. He reviewed sparring applications, kata bunkai and delivered a strong anti-bullying message.

"The way he wove his anti-bullying and respect ideas into self-defense practices was truly admirable," commented Glenda Darling, who drove two and a half hours with her eight-year old son, from Sioux Lookout, to participate in the seminar.

Adult karateka spent three hours on Saturday afternoon working on full contact sparring techniques and practical self-defense concepts. Three hours on Sunday morning were devoted to breaking down the movements of kata, from Sesian to Wansu, and practicing bunkai from all of the hand kata.

A Saturday night dinner attracted a full house and everyone had an opportunity to relax and socialize. For many, it was a first opportunity to meet Hanshi Mady and he made lots of time available to visit with participants and answer questions about his history in Isshinryu karate and the development of Isshinryu in North America.



Hanshi Mady's visit to Kenora was coordinated through Sapay Martial Arts and co-hosted by the Lake of the Woods Dojo. Shihan Brent Horton helped organize a group from Winnipeg to attend for the weekend, and along with Sensei Richard Wharf, from Brandon, MB, helped with transportation for Hanshi Mady.

Sensei Trevor Warren and Sensei James Stewart both brought karateka to participate in the weekend from Thunder Bay; and Sensei Marvin Osmond, from Sioux Lookout had a group of students in attendance.



## Hanshi Albert Mady Conducts Gradings and Workshops in Kenora

Attendance at the weekend seminar is good indication Isshinryu has a strong foundation across Northwestern Ontario and Manitoba. In Kenora, it is actively practiced by about 200 children and adults at three dojos: Sapay Martial Arts, Lake of the Woods Karate Dojo and the Can-Te Karate Club. All three actively promote karate as a vigorous fitness activity, a great way to enjoy friendly competition, and a lifelong learning and social activity.

Also promoted at the Lake of the Woods Dojo were:

Yellow Belt:

Matthew Korba-Nyberg, Ethan Vander-vegte, David Loewen, Charity Andreason, Rod Macdonell

Orange Belt:

Audrey Vander-vegte, Josiah Loewen, Tim Loewen



## Tokumura returns, Uechi humbles

By Richard Ruberto

It's been an exciting month for me. On April 05-06, 2013 a bunch of first generation students of Tatsuo Shimabuku sensei, gathered in Juliet, Tenn. here in the USA. Among them Harold Mitchum, Tom Lewis, John Bar-tusevics, Miller, Clarence Ewing, Jake Eckenrode and Kensho Tokumura Sensei. On Friday a Q&A was held and on Saturday Isshinryu karate and Tokushin kobudo was taught.

On Saturday following the training Tokumura sensei announced his return to Isshin ryu. He was ranked to Hachi dan by Mitchum sensei. As some of you may know already after Tatsuo's passing Tokumura supported Kichero. In time they parted ways (I won't discuss why here) and Tokumura left Isshinryu for Gojuryu. It was an historical event for sure that he made his return. Isshinryu was always in sensei's heart.

It's not normal practice for an Okinawan to be ranked by an American and it doesn't sit right with some. I can understand and respect their opinion. I will not voice my feelings about that either.

A side note to all of this. I was contacted by Tsuyoshi Uechi sensei through mutual friends. He asked for information on the above event which I was more than happy to convey. I set up his hotel reservations and transportation. He was accompanied by his lovely wife Ayako san. Not many know but Uechi and Tokumura have not spoken to one another in about four years. It was one of my wishes they reunited in friendship. Well mission accomplished all went well. I drove Uechi and his wife back to the airport on Saturday before the event.

I consider Uechi and Tokumura friends and Tokumura my sensei as well. Uechi was his student at one time. This is what karate is about in my mind. I also have a sensei I haven't spoken to in years. I am also hopeful one day somehow we will sit and talk. Mending damage is not always possible or easy. It's testing me in every way. I have to admit it's more of a challenge than being tested for rank.

In friendship,  
Richard Ruberto Sensei



## The Challenges!

Summer can be an unusual time for martial arts training in Canada. For a brief period, we are open to training anywhere that we like, yet, many Dojo reduce their schedules. As a student, the greatest improvements of my skills and true understanding of the martial arts were honed away from the Dojo during summer training.

The challenges this time are to train passionately enjoying your surroundings and opportunities to train. Get together with your training partners at the beach or park and play around with techniques, try new things and make mistakes (the more important part of improving).

The challenges are all going to be outdoor challenges that are open ended giving you lots of flexibility to complete them, and hopefully let you find greater enjoyment in your training.

### Karate

Your Karate challenge is to expand your horizons in terms of training locations. Over the course of the summer, train as much as possible of course, but specifically try to train in at least three new locations.

Ideally, your new locations will vary in terms of environment, training in shallow water, on gentle (or steep) hills, rocky ground, etc. The world offers a great variety of surfaces and as a Martial Artist we should prepare ourselves for the world we live in.

If you have a difficult time with one surface, don't avoid it, instead do it more, and get comfortable on it.

### Kobudo

The Kobudo challenge is hopefully a simple one. Look for weapons. As you are out and about over the summer, be on the lookout for weapons of opportunity, sticks, branches, rocks, rakes, etc. Anything that using your knowledge of Kobudo could be converted into an effective weapon for your use.

See if you can spot a weapon every day. As added "credit" try some of them out, see how they differ from what you expect them to act like in actual use.

### Training

Summer training is ideal for one specific purpose, endurance training, whether running or biking or rollerblading, get out and put the kilometers on.

Canadian summers are painfully short so enjoy the scenario while you can, it won't be long before we are forced back inside to a track or treadmill. By the end of the summer, there's no excuse not to be a lean, mean fighting machine!



## 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

Matt Morin—Ottawa, Ontario

Matt just travelled all the way to Thunder Bay in order to earn his Shodan.



### Author—Wanted

Authors are always wanted, why not contribute your opinions or insights? Anyone can offer something of value, regardless of rank or experience.

## Karate Terms in this Newsletter

**Chinkuchi**—Focus and body alignment

**Heiko Dachi**—Ready Stance

**Ju Dachi**—Free Stance

**Ka**—Person / Practitioner

**Kanetsu**—Joint

**Kime**—Focus

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

**Kosa Dachi**—Cross Stance

**Kumite**—Free Fight

**Kurakashi**—Repeat

**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

**Seretsu**—Line Up

**Shiko Dachi**—Horse Stance

**Shitogi**—Gi Pants

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

**Shuri**—Capital City on Okinawa

**Tatsu**—Dragon

**Tatsuo**—Dragon Man

**Tetko**—Brass Knuckles

**Tonfa/Tuifa**—Baton with Handle

**Tsuki**—Direct Strike or Thrust

**Tsuru Dachi**—Crane Stance

**Uchi**—Swinging or in-direct strike

**Uchi Hachi Dachi**—Inner Eight stance

**Ude**—Forearm

**Uke**—Hard block

**Uwagi**—Gi Jacket

**Yubi**—Finger

**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.*



# 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) Is shinryu.ca) or (sensei@is shinryu.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 Is shinryu.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 Is shinryu Abroad

#### **Berlin, Germany**

Contact: Ryan Boesche

#### **Stow, Ohio**

Contact Albert Pecoraro



One of these Karateka is Canadian, the rest are from Denmark, can you spot the Canadian?  
I know, I'd welcome any of them in my Dojo!