



The Isshinryu Way Everything Karate & Kobudo

Isshinryu
Worldwide

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One Heart Way

As hopefully everyone reading this already knows, or will know shortly, Isshin, the identifying name of our style of Karate means “One Heart”

As an individual, this can and should be interpreted as putting all your effort and focus into your pursuits. This is both a mental and physical pursuit. If your mind is elsewhere, it’s impossible to put your best physical effort in. Let your mind lead you to success, and focus on being present.

Bigger than the individual, One Heart can be applied to all of Isshinryu. Are you supporting other Karateka? In your Dojo? In your City? Everywhere? You can do this by training hard, keeping a good attitude and contributing your time. Stay humble, be open to learning and be open to sharing what you know.

Everyone in the Dojo from the newest beginner to the most senior instructor can both learn and teach at every class. Look

for the opportunity, silence your Ego and pay attention. You will be the better for it.

My Dojo was recently closed due a strike closing the building for a couple of weeks. During that time, Shihan Dinah was kind enough to take us in for a night. The students all greatly enjoyed the class and change of venue, but I believe I gained the most from the experience.

Getting to participate with a MASTER instructor like Shihan Dinah was beyond refreshing. Her fabulous outlook at passion has always been evident and even though I’ve taught for many, many years, I left with many new ideas and excitement to break my own routines.

Be open to learning, visit other Dojos, live like Isshinryu is a single Heart to be cared for and show your dedication!

Upcoming Events

Events

None Reported

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Essential Isshinryu is available!

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

What is your limit? Is it really?



Promotions and Events at Chitora Dojo

On June 13th, the Chitora Dojo held promotions and the following ranks were hard earned.

Yellow Stripe
Agostino Fiorenza

Gokyu/Orange Belt
Julia Fenton
Kaelyn Fenton
Wilder Ostap
Serena Warren

And on June 17th, in the Adult group Peter Harbron was promoted to Nikyu (Brown Belt)

Unfortunately, they must not have liked their new belts, as two days later the Orange belts all competed in a Mud/Mountain/Obstacle race (Muds & Suds) getting themselves thoroughly filthy. Not only did they finish the course, they repeated it 2 more times, and when Wilder's shoe broke, he continued barefoot.

The black belts also ran the event and finished strong, with very dirty gis.



Before and After



Yellow Stripe at 80, headed for Black Belt!



Hanshi Albert Mady in Thunder Bay

On May 31st, Hanshi Albert Mady visited Thunder Bay, Ontario (as he has annually for over 30 years) and shared his knowledge with many eager Karateka. Some of whom travelled from across Canada to attend.

During the weekend, the following promotions were also awarded.

Sankyu

Jacob Wood (Toshikai)

Ikkyu

Ethan Anderson (Toshikai)

Lux Po (Toshikai)

Shodan Ho

Tyler Anderson (Toshikai)

Shodan

Tim Berube (Satori)

Nidan

Rick Wiljamaa (Calgary)

Keira Purdon (Chowa)

Jen Edwards (Toshikai)

Congratulations to all that were promoted!





Sweeping the Floor

By Rob Purdon

Training karate has many benefits for the mind, body and spirit and when a person starts training in a martial art like karate, they have started on a path along which lie many lessons, some of which may not appear as such on the surface. To a new student, executing a middle body block and reverse punch may seem relatively simple: block a punch and counter punch. However, as the student progresses and gains understanding, they may start to see that the catch before the block is actually a block in and of itself and that we can use the technique to effectively block two strikes before delivering a counterstrike. We also learn to change angles to make our techniques more effective and it seems that only as we mature as students do we start to see these types of subtleties. Note that maturity in this context has nothing to do with a student's age it reflects their progression and understanding of karate. As understanding increases, a student starts appreciating and looking for these subtleties and it becomes hard for them NOT to see them. Almost everything we do as karate students can have a lesson. However, sometimes we need to be reminded that these lessons do indeed exist and that all we have to do is find them. For myself, one of these lessons was delivered while I swept the dojo floor before class one evening.

When I first started training karate, I saw my then Sensei get out a broom and start sweeping the floor. I was uncomfortable just standing around while Sensei was working so I offered to sweep the floor. He told me "No thank you, a Sensei should always be humble enough to sweep the floor of their dojo." This is a lesson I have taken to heart because it is in my nature to arrive early for things. Consequently, starting when I was a lower rank, I was usually dressed in my gi and on the dojo floor well before my Sensei and/or other students arrived at the dojo. At that time, I was training in a gym at a multi-use recreation centre and the floor was often quite dirty as other user groups allowed use of outdoor footwear. In order to contribute to the class and help maximize the training time, I would often get a broom out and start sweeping the dojo floor so it would be clean for bare feet before class. I came to think that I had the technique of sweeping a floor down pat; however, I soon learned that, as in karate, mastery of the basics was only the beginning.

The recreation centre I trained at for most of my career

employed a part time custodian who also had a long career in the school system as a custodian. "Jim" would sometimes be at the rec centre before me and, if I hadn't got to it first, he would sweep the dojo floor. I watched him on these occasions and soon noticed that he was able to lift a great deal more dirt off the floor than I ever did. This prompted me to watch him more carefully and, in an exact parallel to karate, I realized that he working with much less effort and far more efficiently than I ever did while sweeping. The difference, which should be no surprise for any karate student, was his technique. He would walk while sweeping with the broom, but use his gait to push the broom forward with one arm and then retract his arm slightly. This should sound quite familiar to Isshinryu students. In this way "Sensei Jim" (as we affectionately called him) was able to clean the floor faster, better and with less effort simply by applying an appropriate technique, using his natural body mechanics. This should also resonate with Isshinryu karate practitioners. Needless to say, I began trying to use his technique and it is how I now sweep a floor. While I have not yet gained as much proficiency as "Sensei Jim" had, the effectiveness of my sweeping has improved. This should serve to reinforce the premise that, in karate as in life, technique outperforms energy/power every time and that we should always focus our karate training on learning and seeking perfection in our techniques instead of chasing power before technique. We can also see that karate training can transfer over into our real world lives and vice versa.

Some years have passed since I first started to sweep the dojo floor. "Sensei Jim" accepted a well-earned retirement from custodial work quite a while ago and I recently opened my own dojo at another location. However, I still arrive early and get the broom out to sweep the floor before class. As I was going through the now familiar rhythm of sweeping one evening, I realized that while performing this simple task, I was also reviewing the lesson plan for the upcoming class in my mind, by going over the drills, thinking about how I would conduct the lessons and what I would say in the way of instruction. I also realized that this type of reflection served to help keep the upcoming class on track while allowing

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Sweeping the Floor By Rob Purdon

my mind to shed the stresses of my daily life and centre myself on one purpose – training and teaching karate. The simple rhythm of sweeping, the timing of the broom strokes with my steps and my breathing has evolved into a form of pre-class meditation. While I was sweeping the dojo floor (which is beneficial in its own right), I was also sweeping my mind, clearing it of unneeded baggage and preparing myself to be focussed on the upcoming class and on my students. This is an important

aspect of karate – we are better students and teachers when we leave our baggage at the door to the dojo and come together with one purpose without distractions/pressures from the outside world. I hope those who read this can also find ways to sweep their metaphorical floors, finding equal rewards within the rhythms of simple but important everyday tasks and they also come to value the importance of technique.

Makiwara Mishap By Jon Oshita

Here's an interesting story about the makiwara. I have several makiwara set up in my back yard. My aunt, who is Japanese, was visiting from Japan and staying at my house. I asked her if she wanted to see some karate equipment. Because she only speaks Japanese, she replied with "Hai" which means "yes or sure" in Japanese. As we were walking, in my broken Japanese, I was explaining the purpose of the makiwara and how it works. By now, my Uncle, who is fluent in both Japanese and English, had joined us at the makiwara. About 10 feet from the makiwara I said "asoko makiwara desu" which means "that's the Makiwara over there." My Aunt replies....."doko?" Which means "where?" "Where?" I thought "it's right in front of you." So I brought her closer. Now she can't miss them I thought. But still she says "doko?" I was very confused. How can she miss a 5ft board sticking out from the ground right in front of her!

Finally, I put my hand on the makiwara and said "Kore." Which means "this". She replied "kore!?"

Then my Uncle stepped in and solved the mystery that was truly lost in translation.

You see, "Wara" is the dried rice plant after harvest. And "Maki" means to "wrap around" my "makiwara" does not have a wrap of dried rice plant, in fact it does not have a wrap at all. It is just pure exposed wood. As of this writing, I have been striking a Makiwara for 29 years and have never used a wrap.

Then I realized I have only been striking the conceptual idea of the makiwara and not the literal meaning of the object. Many of us in karate strike various surfaces and call them makiwara without knowing the true translation of the word.

I still strike the makiwara the same way I always have, with exposed unwrapped surfaces. Sometimes its wood, rock, or even tires. I still call them "makiwara" but now I sometimes ask myself "where is the Wara?" And so I leave you with this question, "Does translation and meaning change your way of training and approach to your own makiwara?"



2019 Kyufest

By Jon Oshita

The Kyufest is a United Southern Isshinryu Karate tournament held in Charlotte North Carolina every September. The Kyufest is for Isshinryu students from around North Carolina (and around the US) who hold belts ranking from white to brown. This tournament is specifically for the Kyu rank.

The main objectives of the Kyufest are to allow students to gain tournament experience and build confidence and fellowship.

The competition allows attending students to strive for a goal and to do their best on tournament day. Family and friends are encouraged to attend and cheer on the competitors!

Competition at the Kyufest follows the traditional karate tournament standards such as kata, kumite and kobudo. But that's where the similarities end.

The Kyufest prides itself on its uniqueness. For instance, along with the traditional kata division, this year's kata competition also included a partial kata competition for the youngest of our warriors. White belts who are four to five years old may compete in a special kata division by performing a segment of Seisan kata. The beaming smiles are addictive and confidence soars when these youngsters receive trophies taller than they are.

Safety first. Kyufest kumite rules keep the well being of competitors in mind first. Light to medium contact to the body is allowed but there is no head contact. Though the Kyufest holds a no head contact rule, that does not mean you cannot strike to the head. It means Kyufest competitors will use full control, full power and pull inches from the head. This takes lots of practice and control. Exactly what we are looking for in our karate ka.

The Kobudo competition, of course, adds that exciting spice to a karate tournament. Because the Kyufest is for the Kyu rank only, the black belts of all ranks get to play a specific role in this once a year tournament.

The tournament opens with an impressive display from the Sun Vally High School JNROTC color guard, followed by an acknowledgment of any black belt advancements over the year. Which that in turn is followed by a belt ceremony for any master rank advancements. This year, Mrs. Rita Parke and Jon Oshita were the 2019 recipients of the Master rank.



Another aspect of the Kyufest that makes it unique is that the Kyufest relies on PRE-registration! Weeks prior to the tournament divisions are already slated and ready to run. Therefore all competitors, because of pre-registration and clearly marked rings, already know where they need to be when they arrive to the tournament! This helps ensure a smooth running tournament for both competitors and spectators. By comparison, some martial arts tournaments receive all fees and registrations at the door. Because the Kyufest is comprised of beginners and intermediate practitioners, the atmosphere at the Kyufest is a mixture of fun, excitement and nerv-

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2019 Kyufest

By Jon Oshita

ousness. The tournament is buzzing with competitive faces, smiles and trophies.

Families are rewarded with a timely tournament. The days of spending all afternoon to compete does not happen at the Kyufest. The Kyufest ends on time.

The Kyufest is located in Charlotte North Carolina. It is common for families who are from out of town, to make a weekend vacation out of the Kyufest and explore what

Charlotte, North Carolina has to offer. The annual Kyufest is designed to build more confidence and tournament experience-all through good karate sportsmanship. It is a special time for students from all over the US to meet, make friends and see how each other have grown in Isshinryu karate through the years. Kyufest is the tournament for our future black belts and Masters!

For more photos please go to USIK.org





About The Newsletter

Just as in our dojo training, the newsletter is about sharing and improving as a group. We regularly have contributions and updates from Quebec to British Columbia in Canada, as well as from Germany, New York and the Southern United States. Everyone is always welcome in my Dojo or to share via the newsletter.

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. (sensei@isshinryu.ca)

You can even include pictures if it helps your article!

Karate Terms

Bunkai take to pieces/analyze

Dachi Stance

Dojo Training Hall

Gokyu Fifth Step

Hai Yes

Hajime Begin

Keri Kick

Kyu Level or Level

Makiwara Wrapped Dried Rice (Or Striking Board as we all know it)

Mo Ichi Do One more Time

Rei Bow

Sempai Senior Student

Seretsu line up

Suwate kneel down

Tatte stand up

Colours

Shiro White

Kiro Yellow

Orenji Orange

Ki-Aka Orange
(Red-Yellow)

Midori Green (Modern)

Ao Blue/Green

Murasakino Purple

Chairo Brown

Kuro Black

Aka Red

**Set outrageous goals
and chase them
with abandon!**