

## SUMMER SHIMBUN 2011

Greetings from the Desk of the President  
Myron M. Lubitsch, Hanshi  
President



Allow me this opportunity to wish everyone a fantastic summer and a special congratulations to all the school students who were promoted, moved up or graduated from which ever school they attended.

This year so far has been replete with a rather large number of events making it clearly evident that the instructors are offering many opportunities for their students to participate, to share, to test their skills and to meet old and new friends.

Greetings from the Desk of the Vice President  
Daniel Hayes, Shihan  
Vice-President



Summer is a great season to get outside and engage in the activities related to son. I wish everyone a great summer, but don't forget your training.

Use Your Imagination  
By John A. Mirrione, Kyoshi ~ Kenkokai  
Vice President Emeritus



While researching available material from some traditional martial arts schools, I noticed that they either teach all or part of their available curriculum. Some boast up to 40 kata, dozens of yakusuko kumite (pre-arranged fighting forms) and, of course, an assortment of weapons. All of this appears very interesting and appealing to some, however, in these times the masses want to learn very little, very fast. Schools that brag of this extensive curriculum usually have low enrollment. To the few who choose to enroll in program like this the benefits can be rewarding because the teacher never runs out of material to teach and the student absorbs as much as the teacher teaches. The disadvantage is that students learn too much and tend not to master a single

form although they can boast that they know many. Teachers may brag that they teach material that others do not know or lay claim to knowing the true original form as taught by the founder. Schools that pride themselves on having an extensive program of information may cause students who have limited learning capacity to stop training prematurely. Some teachers expect their students to compete using forms that match their level of rank when in fact the simplest of forms will suffice. Ask yourself this question: if you were to judge the famous masters performing the simplest kata how would you grade them on the degree of difficulty or precision of their movement.

We know that in Shorinjiryu in the early 1960s, the three first kata were deliberately taught to show the student three different directions in which to fight, linear (Sanchin), sideways (Naihanchin) and angular (Nijushiho). Yakusuko kumite were taught to complement these forms and weapons forms were originally taught only to brown belts and higher. Close examination of our kata will reveal that many times the movements are redundant in different kata, however, could take on a new meaning in each form. Many will agree that we can only speculate what the true meaning of the moves is because we did not live at a time when they were developed. We all agree that kata have great historical and cultural value. The hidden movement (kakushite) is often times the subject of heated discussion among long time students. What is of paramount importance here is that we become aware of the practical obvious application (bunkai) of the moves so as to make them useful in a self defense situation. In Shorinjiryu many factors play a role in every school doing the same named kata differently. One major factor is that all of Kaiso Kori Hisataka's disciples who arrived in the states in the 1960s taught each kata slightly differently as will each generation did thereafter.

In conclusion, I would say although I do teach a sizable amount of forms, it does not matter how many kata you say you know rather how many you do well. As to the hidden meaning of the movements, when asked, my teachers would say "What do you think" or as I would say to my students today "Use your Imagination".



Greetings from Down Under  
Shihan Jim Griffin ~ Koshinkai  
29<sup>th</sup> June 2011

Where do I start? It has been an exceedingly busy time for Shorinjiryu in Australia on a number of fronts.

The major effort over recent months has gone into re-establishing the independence of Australian Shorinjiryu Karatedo following a number of years as a part of the Shorinjiryu Kenyukai Watanabe Ha Federation and the formation of Shorinjiryu Koshinkai Karatedo Australia.

I should mention at this time that this is a change of direction that we felt we needed and is no reflection on Hanshi Watanabe or his Federation. Hanshi Watanabe is undoubtedly a true Shorinjiryu Master with so much knowledge to share and we appreciate the time we have had with him.

Our annual National training camp and Yudansha gradings were again held at Coolum on the Sunshine Coast in April and was well attended, as usual. The 2011 camp featured an afternoon with Hanshi Patrick McCarthy which was limited to Yudansha levels during which we focused on katana basics and the relationship of the katana to our Karate training. The following morning Hanshi Patrick opened a lot of eyes with his kata application sessions.

On the Saturday night came the Yudansha promotion tests and we were impressed with the standard of all those who tested. The successful Yudansha were as follows:-

Sensei Tony Fletcher to Yondan (awarded the title of Tashi)

Sensei Leanne Sippel to Nidan

Sensei John McDonnell to Nidan (first stage test)

Sempai Joanna Choe to Shodan Ho

Sempai Anne Kratzmann to Shodan Ho

Sempai James Bowden to Shodan Ho

The last 4 will complete their tests at a later camp.

We are now eagerly looking forward to our Black Belt camp at Coonabarabran in August. As usual there will be good hard training, good food and the companionship of our local Shorinjiryu family.

Renshi Lesley and I became Great Grandparents again recently and also Grandparents again, we now have 5 grandchildren and 2 great grandchildren☺

Sensei John McDonnell recently married his soulmate Roz and it's great to see how happy they are together.

We are really looking forward to October and the 25<sup>th</sup> Anniversary Shinzen Shiai, it will be great to catch up with our Shorinjiryu family again. See you there.

Best Regards to All



Greetings from the Kudaka Federation  
Doug Roberts, Hanshi

Just a short note to say we had a very good tournament in the City of Brockville last Month students from across the Great Province of Ontario took part. On Saturday June the 25th we had a grading in the City of Toronto, Roger Carrabetta for Sandan from Toronto, George Rigby for Shodan from Ottawa, Nicole Hemlow for Shodan from Kingston and Michelle Black for Junior Shodan from Toronto, all students did very well, congratulations to them all for all their hard work. From the Kudaka Federation I wish everyone a great summer, see you in New York in the fall.



A Message from Shorinjiryu Kenyujokai  
Shihan Tony D'Avino

Greetings, from myself and the karate club to all my fellow instructors and karateka!

We are hoping that the summer season presents many positive training opportunities for all. I would like to share some of my thoughts on the subject of *Zen Koans*.

*Zen Koans*, as presented by Dr. T. Suzuki, are teaching tools designed to break down the barriers to enlightenment - *satori*. *Koans* may be viewed as riddles with multiple possible answers which provide an insight into the nature of reality, not by linear thought, but by intuition feeling. The purpose of the *Koan* is to open the mind and perception to the truth.

*Zazen*, *Ritsuzen*, and *Dozen*, are vehicles that help the student develop his ability to derive the benefit from *Koans*. In trying to answer the *Koan*, the student will come to a mental precipice where all logical thinking no longer functions. The purpose of the *Koan* is to push the student over the precipice into the spiritual reality that the master is attempting to guide the student towards.

Here are some thoughts to ponder:

“You cannot describe it, you cannot picture it. You cannot admire it, you cannot sense it. It is your own true self, it has nowhere to hide. When the world is destroyed, it will not be destroyed.

“When you do not think good, and when you do not think not- good, what is your true self?”

“Before the first step is taken, the goal is reached. Before the tongue is moved, the speech is finished. More than brilliant intuition is needed to find the origin of the right road.”

One of my favorites!

“Into a soul absolutely free from thoughts and emotion, even the tiger finds no room to insert his fierce claws. One and the same breeze passes over the pines on the mountain and the oak tree in the valley; and why do they give different notes? No thinking, no reflecting, perfect emptiness; yet, therein something moves, following its’ own course. The eye sees it, but no hands can take hold of it- the moon in the stream. Clouds and mists, they are midair transformations; above them eternally shine the sun and the moon. Victory is for the one, even before the combat, who has no thought of himself, abiding in the no-mind-ness of great origin.”

A certain Mr. Lee, put it this way :

“Not being tense, but ready.....Not thinking, but not dreaming.....Not being set, but flexible.....Liberation from the uneasy sense of confinement....It is being wholly and quietly alive, aware, and alert, ready for whatever may come!”

Regards



### **Audio Shorinjiryu**

A New Concept in Advanced Instruction

Peter M. Hiltz, Renshi

If you don't have access to either a first or second generation instructor, increasing your repertoire of material is difficult. While there are a few books and DVDs that describe the more common material, and these may or may not include the occasional uncommon routine, to learn new material in the absence of a live teacher requires one to bring the book or a DVD player to the dojo and constantly refer back to it. In this process you read or view the opening moves then perform them, go back to the source for the next one or two moves, return to the floor and practice, then go back for the next, and so on. In the end, you spend more time locating where you are in the book or video then practicing to learn.

This is a very inefficient process.

The concept of Audio Shorinjiryu overcomes this challenge. Intended for advanced students, each Audio Shorinjiryu routine consists of a set of four MP3 files: introduction, detailed lesson, intermediate lesson, and reinforcement lesson. The MP3 files can be played on any MP3 player. While I envision attaching a portable MP3 player to your belt and using earbuds, a boombox that plays MP3s will also work.

The introduction identifies the routine, gives the prudent legal reminders - "Practice at your own risk," etc. - and provides guidelines for learning. These include a methodology for using Audio Shorinjiryu, the taxonomy used to describe techniques and directions, and a reminder to always use complete techniques and proper form.

The detailed lesson provides an excruciatingly detailed description of each move including footwork, directions, and strike details. It may offer a glimpse of bunkai. After each move is introduced the routine is repeated from the beginning, building the student's familiarity with the moves and providing needed repetition. The details keep the pace slow enough that new moves can be learned and the constant repetition from the beginning mimics what I've found to be an effective teaching style.

The intermediate lesson repeats the complete routine from the detailed lesson once, which removes extraneous details, speeding up the execution. Important details of timing, direction, and technique are kept, with the goal of building "muscle memory" by repeated, moderate speed execution of the entire routine.

The reinforcement lesson removes additional narration and leads the student through numerous repetitions of the entire routine at a more realistic pace.

Each of these lessons can be repeated as many times as needed.

Creating an Audio Shorinjiryu routine is not difficult. The routine is transcribed in exact detail to create a script and double-checked with its source, which may be a book, video or direct knowledge. Breakpoints are identified where the routine should be restarted to maximize learning. The transcribed routine is then narrated into a digital voice recorder with a high quality microphone. I created a soundroom environment by closing off one room for the duration of the narration and insuring no fans or computers were running. Morning, before others wake, is a good time to narrate.

Each version of the routine is narrated in small sections then assembled on the computer using a shareware audio editor. Once built, the basic routine is copied and recopied to build the lesson. Each lesson runs between 30 minutes to an hour, depending on the complexity of the routine.

Ananku, Bassai, and Sankakutobi Shodan no Ichi (offense) have been recorded and lessons created. Sankakutobi and Seisen Katas are under development.

## **Explorations of Sai Kata**

*Peter Hiltz, Renshi; Mark Rosenthal, MD, ikkyu; Mike Heyden, ikkyu*

We've been told that Shorinjiryu Karatedo has hidden meanings or techniques, where if what we've heard is true, the Okinawan masters neglected to pass on details of techniques to the conquering Japanese. While this may or may not be true, there can certainly be situations where techniques

become lost or unclear over time. The minute details get lost in the teaching, and as their applications move from clear applicability to historical knowledge, there is less visibility into what might have been lost.

### Antique vs. Modern Sai

Inspection of figure 1, a picture of antique sai found at [http://en.wikipedia.org/wiki/Sai\\_\(weapon\)](http://en.wikipedia.org/wiki/Sai_(weapon)), indicates that modern sai are different from the sai used by our martial arts ancestors. The upper sai is attributed to Okinawa and the lower to Indonesia. Figure 2 overlays a modern practice sai with the Okinawan sai. The modern sai image is scaled to match the length of the anti-

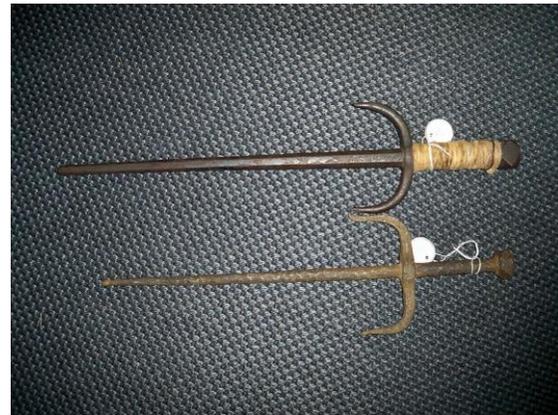


Figure 1 Antique Sai

Our modern sai appears different from the antique version of the Okinawan sai. The tines do not have

the outward turned tip, they are placed farther back giving a longer center spike and shorter handle, and they are squarer than in the modern version. The

butt end is larger in the antique sai and it has a thicker gripping area. These differences move the center of balance back towards the hand and improve the user's grip.

### Interpreting Sai Kata

Sai Kata seems to be a case where the minutia of a technique has been lost. The next-to-last sequence consisting of a turning form and mid-level block, punch with butt-end of the sai, kick, apparent back strike with the sai, raising the other sai to the first, then pull down, is missing critical details of why the second sai is raised to meet the first, what is the intended bunki and its effect, and how exactly do you position the sai to accomplish this bunki.



Figure 2 Modern Sai Overlay

*Scientific Karatedo*, Hisataka, 1976, describes this sequence on page 271:

“Move with a left backward *neko ashi* to the SW and simultaneously execute *jodan juji uki* in *zenshutsu* stance, then adopt a left *neko ashi* stance with both *sais* pointing forward in *chudan juji kamae*, twirl both *sais* inward.”

The move is preceded by a “*mawashi uchi oroshi*”, or downward strike to the head. While the strike is clear, the follow up lacks detail and is difficult to relate to any desired effect.

The opening discussion of weapons in *Scientific Karatedo* focuses on sword defenses, and with this in mind my students and I hypothesized that the move following the head strike was a sword defense of some kind and the twirling and subsequent motions were to either break the sword or to separate it from the attacker. Our first trials involved a bokken and with it we identified the specific placement of the sais and body motion that applied sheer force (breaking force), rotational force or torque, and downward force to the bokken. See figure 4. Unfortunately, the tines on the sai, being both wide, rounded, and with outward facing tips, combined with the thickness of the bokken resulting in the bokken slipping out of the sais at the moment of maximum force.



**Figure 3 Catching Katana**

The next step was to use a steel sword – katana – to see what effect the thickness and texture of the sword had on the grip and applied force of the technique. The effect of the shape of the sai’s tines cannot be evaluated with our current equipment.

Our experiments showed that if the first sai is used in a blocking/catching motion and the other sai correctly intertwined with it, a downward and pulling motion<sup>1</sup> would put sheer stress (breaking force) on the katana, rotate it a quarter turn weakening the attacker’s grip, and pull the attacker forward and off balance, resulting in either disarming the attacker or forcing him into a roll.



**Figure 4 Sai Positioning**

To execute this, the downward moving katana is caught between the upper or outside tine and the center spike as shown in figure 3. The other sai is then placed between the inside or lower tine and the spike as shown in figure 4. Figure 5 shows the configuration with the katana in place.

Rotating the assembly down and towards your center twists the blade, applies breaking force, and pulls the attacker down. Figure 6 shows the twisting motion’s rotation of the katana and figure 7 shows the off-balance that comes with a forceful rotation of the sai.

Close inspection of figure 4 and 5 shows the asymmetry of placement. The intertwining sai is placed so that the handle is away from the catching sai and katana blade.



**Figure 5 Sai Positioning with Katana**

The asymmetry creates a lever action, multiplying the effect of the turn. The slight upward motion as the defender brings their hands into their center creates torque that twists the blade and multiplies the sheer force applied across the blade.

There can be, and probably are, other interpretations of this particular move in Sai Kata. We welcome hearing them and continuing to explore this topic.

<sup>1</sup> This is effectively moving the sai to your center.

## Future Work

The discrepancy between the modern practice sai and the antique sai opens the possibility that our experience has drifted from the reality of our practicing ancestors. The thicker wrapping shown in figure 1 may impact the grip, and the different shape of the metal and size of the butt will yield a different balance. It remains a future project to commission a blacksmith to produce a set of sai modeled after the antique sai, wrap the handle to match the picture, and experiment with both the kata and kumite to determine what, if any, differences exist.



**Figure 6 Twisting Motion**

**Figure 7 Off Balancing**



## The Tournament Scene

Winter Regional  
Brooklyn, NY



This event marked the beginning of the tournament 2011 season. While the temperature was cold outside, the competition was hot inside. Once again, this event began a season of warmth, friendliness and comraderie.

9<sup>th</sup> Annual Kenyukai Watanabe-ha Invitational Tournament  
Baltimore, Maryland  
April 2, 2011

The 10th Annual Shorinjiryu Kenyukai Watanabe-Ha Tournament was held on April 02, 2011 in Eldersburg, Maryland. There were approximately 140 Karateka in attendance representing Shorinjiryu, Shotokan, and Wing Chun Kung Fu respectively. Members of the Shorinjiryu family were natives of Baltimore, New York City, Long Island, and Canada. Several students were recognized and promoted for their continued diligence in the art, there were fantastic demonstrations from students of different schools; and all of the proceeds from the tournament went towards disaster relief for the thousands of people affected by the earthquake and tsunami in Japan.

There was a high level of competition during the tournament, as all students went beyond themselves in displaying the art, the true spirit of Karate, and camaraderie. Afterward we all ate, drank, sang, and had a merry good time at the ensuing banquet.



3<sup>rd</sup> Annual Central Jersey Tournament  
Edison, New Jersey  
April 30, 2011  
Tashi Pete McMahon



Greetings all from the Kenjiyukai dojo> We are proud to report this years tournament held in May had 110 participants. Highlights of the tournament included Shodan promotions presented by Shihan John to Leah Kravets, Aditi Trevedi, Nirmal Patel and Pratyush Trevedi. All have worked hard for 9 years to acheive this ranking and we wish them well.

Shihan John stated in his closing remarks that he would be relinquishing the day to day operations of the Dojo to myself as chief Instructor. Shihan of course will continue in his capacity of "Saiko Komen" and I will count on his guidance and support as always. Many thanks again to all who attended for there tremendous support.

I made a few observations at the tournament which I would like to share. Most people that I encounter lately have a grim outlook on the future and no wonder considering the economy, fuel costs, depressed housing

prices, threat of terrorism etc. and it takes effort to maintain balance and not give in to a defeatist attitude. These are temporary setbacks to be overcome and dismissed. We learn from our training to turn our weakness into our strength, to always search for the path to improvement of body and mind, build a strong spirit. It is easy to understand that some may find it difficult to maintain a positive outlook in these trying times and could relate many reasons for their failure to succeed however it is important that we realize the difference between victory and defeat is often simply having the will to succeed.

I observed 110 successful students compete in friendly competition at our tournament. I observed four proud Shodan demonstrate their skills for all to see and I observed the positive effects that hard work and dedication has made on this young generation. The participants exhibited strong spirit, character and integrity--the things that ensure success. In the near future we will all observe: an improved economy, development of alternative fuels, young people being able to afford housing, and the defeat of terrorism, etc. I have concluded that the future is in good hands and there is little reason for concern. I had a great day and hope all who attended did as well.

I look forward to seeing all at the Shinzen. Have a great summer



The 15<sup>th</sup> Shindo Budo Kwai Koshiki Tournament and Celebration of the 30<sup>th</sup> Year Anniversary  
of the Founding of Shindo Budo Kwai  
May 29, 2011



Once again, under the direction of Kyoshi Michel Laurin and his senior black belts, the 15<sup>th</sup> Shindo Budo Kwai Koshiki Tournament was successful.

This event had two added elements; 1<sup>st</sup> – this was the 30<sup>th</sup> Anniversary of the founding of the Shindo Budo Kwai and 2<sup>nd</sup> – Shihan Mikhail Krysin, the leader of the World Koshiki Karate Union attended in an effort to discuss this new organization.

A surprise demonstration was given by a group of Kyoshi's original students. A feeling of true appreciation was felt by all and especially by Kyoshi Michel.

Kyoshi Michel performed a magnificent demonstration with his students. He was also surprised by Hanshi Lubitsch who presented him with a unique samurai table statue.

The results of this event can be found on the Shindo Budo Kwai web page.



### Spring Regional/Fathers' Day Recognition Tournament Brooklyn, NY ~ June 18, 2011

Even though this event takes place the day before the actual Fathers' Day, it is considered a highly popular one with the fathers. Students are encouraged to bring their fathers and many do so. In fact, over 50 fathers attended. Fathers who were escorted by their karate student-child did not have to pay a spectators' fee. At the beginning of the event, the students were asked to come up with their fathers to receive a special trophy and get their pictures taken. Those pictures are located on the Kenryukan web site.

Shinzen recognition certificates were awarded to a number of black belts, that list is noted in the Sunshine Section.





## Sunshine Section

Congratulations to all the public school graduates.

Congratulations to Nidan Dr. Henry Chicaiza upon his graduation from his Pediatric E.R. Internship.

Congratulations to Tashi Peter McMahon upon is assuming the leadership of Shorinjiryu Kenjiyukai Central Jersey Karate and the retirement of Shihan John Salasko from that position. Albeit, he will still play an active role both the Kenjiyukai and Kyokai.

Congratulations to Kyoshi Michel Laurin and his black belts upon the 30<sup>th</sup> Anniversary of the founding of Shindo Budo Kwai.

Congratulations to Sensei Christian and Natalie Hernandez upon the birth of their baby girl.

Congratulations to all the yudansha.

Shihan Jim Griffin	BB 7	Koshinkai
Shihan Jeffrey Henderson	BB 6	Bubishido
Tashi Yesenia Santiago-Persad	BB 4	Kenryukan
Nidan Jason Berenbach	BB 2	Kenryukan
Nidan Henry Chicaiza	BB 2	Kenryukan
Nidan Alberto Colon	BB 2	Kenryukan
Nidan Laudy Diaz	BB 2	Kenryukan
Nidan Kevin Gutierrez	BB 2	Kenryukan
Nidan Nazir Khan	BB 2	Kenryukan
Nidan Annette Lopez	BB 2	Kenryukan
Nidan Nelson Patino, Jr	BB 2	Kenryukan
Nidan Marc C. Riley	BB 2	Kenryukan
Shodan Yamini Kathari	BB 1	Kenryukan
Shodan Decland Paul Roper	BB 1	Kenryukan
Kohai Shodan Leah Kravets	BB Jr	Kenjiyukai
Kohai Shodan Anthony Labalbo	BB Jr	Kenkukai
Kohai Shodan Nirmal Patel	BB Jr	Kenjiyukai
Kohai Shodan Aditi Trivedi	BB Jr	Kenjiyukai
Kohai Shodan Pratysuh Trivedi	BB Jr	Kenjiyukai

The 25<sup>th</sup> Silver Anniversary Shorinjiryu Shinzen Shiai is up and running. This special event will take place on Saturday, October 8, 2011 in Queens, NY. For more detailed information and application please go to the [Shorinjiryu.org](http://Shorinjiryu.org) web site events section.