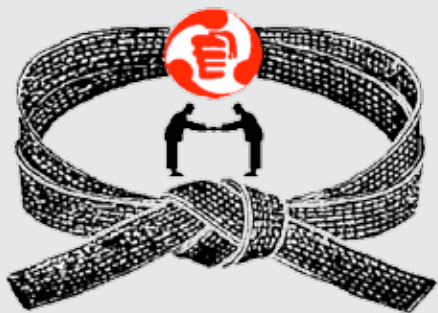


# Shorinjiryu Shinzen Kyokai

# SHIMBUN

Volume 30, Issue 1 - WINTER Edition March 2021



## Greetings From The Desk Of.....The President

### "Greetings and Welcome to 2021"

I hope this issue of the Shimbun finds you and your families safe and well.

The message I wrote for the previous newsletter basically has not changed.

The covid-19 virus has struck harder than expected. Social protocols are still in effect and in some places more draconian than ever thought.

### "Looking Forward"

But, there is a light at the end of the tunnel or the end of a storm.

Operation Warp Speed proved that the medical world and the pharmaceutical companies can work together to produce vaccines in record time, something that was deemed impossible.

The various schools of the Shorinjiryu Shinzen Kyokai have not given up and have operated where they could under strict social protocols.

When this pandemic finally dissipates, I am certain that they will come back strong.



This edition of the Shimbun is framed to be one of **"HOPE"** and good wishes for 2021.

Remembering what I said in the last Shimbun issue, it is still relevant today

七回び八起き **Nanakorobi yaoki**

**Fall seven times and stand up eight**

In short, don't give up.

Thank you for the submission of the articles to help us produce this shortened version of our newsletter.

Each and every one of you is wished good health.

Take care and be well.

Myron M. Lubitsch, Hanshi  
President



*Shinan Kori Hisataka*

*22 April 1907 - 14 Aug 1988*

### JOINING THE KYOKAI

The Kyokai is open to all like-minded schools and students descended from Shinan Kori Hisataka. Schools may be asked to submit proof of lineage, to include documentation or video of forms practiced.

Contact Hanshi Lubitsch at:

[join@shorinjiryu.org](mailto:join@shorinjiryu.org)

### SHORINJIRYU SHINZEN

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*We always say the good old days ~ We can make more good old days in the future*



## *“Shorinjiryu Shinzen Kyokai”*

*\*The Largest Group of Shorinjiryu Practitioners Worldwide\**

*\*A Gathering of the Shorinjiryu Family\**

*\*Exchanging Knowledge, Spirit and Friendship\**





## "Message from the Kyokai Vice President"

*Troy Lester, Kyoshi*

Hello Shorinjiryu family,

2020...A Year to Forget??

2020 was a year like none other for most of us.

You've heard it said both in seriousness and in jest that it was definitely a year to forget.

And yes, there are a quite a few local, national and global events that most will say scarred 2020.

I'm not here to argue against that sentiment. However, personally, I can honestly say, 2020 will be a year I will choose to remember with equal parts fondness and disparagement.

The "scarring" events are well documented, so I won't go into them now.

However, what I prefer to do is focus on the fact that those events allowed me the opportunity to better myself by learning new skills and improving some old ones.

Those events also allowed me to bring new elements to Hombu and the Kenryukan. Whether it's streaming classes or new teaching techniques I've developed because of the current restrictions, I will certainly continue to implement when things are "normal" again.

## "Message from the

## Kyokai Vice President"

*By Troy Lester, Kyoshi*

There's the common phrase, "Hindsight is 2020". And now 2020 is in our hindsight. What I invite you to do is to look back on 2020 and find things in yourself that you can build up. Or maybe there are things you started that you can continue to build on.

Then I invite you to figure out how you can apply those things to help strengthen your dojo. Chances are, your dojo can help you in your undertaking. And an improved you will help lead to a strengthened dojo.

I wish for you an amazing 2021. I wish for you a year of growth. I wish for you a year of amazing study of the art of Shorinjiryu.

Kyoshi Troy E. Lester  
Vice President

## Hope for the Future

*By Olaf Lotze-Leoni, Hanshi*

When I was asked to write about hope, I had to think for many days what I should write about in these difficult times. It is not easy to find the right words to describe hope as it is a complex emotional state of us humans looking towards the future.

The longer I thought about it the more I found hope is everywhere, so hope is a positive state of mind that is based on an expectation of positive outcome depending on events and circumstances.

We can find hope in psychology where we find a new opening to new creative possibilities, in healthcare to hope that we stay healthy, in culture, hope is focused on economic and social empowerment, in mythology or literature, in religion as a key concept (god gives hope) in most major world religions.

Humankind is based on hope, the hope to survive sickness, war or natural disasters and hunger. Now we hope that this pandemic will be over soon, and we can go back to our daily routine.



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## Cont'd - Olaf Lotze-Leoni, Hanshi

As practitioner of Shorinjiryu we hope to continue to teach our loved Karatedo and as students we hope to get back to the dojo and interact physically with our colleges and exchange friendship and knowledge in the dojo.

We can see now that many Sensei and students meeting each other at online sessions to satisfy the basic need to continue training.

In doing this, we nurture the hope that we will soon get back to training in the dojo again.

But there is also a negative side of hope, it is fear not to reach what we are expecting, but we are prepared with our martial arts training to overcome that fear.

When we carefully read Kaiso Kori Hisatakas' book and try to think about the heritage of his Karatedo we find hope to better each person in body, mind and spirit through continuous training.

To overcome fear and anger in training with each other. He found his country destroyed after the WII and his hope was to teach young students his Karatedo to help and built up his country.

We all have the opportunities with the legacy of Shorinjiryu Karatedo to always study further, to support each other to teach and to learn even in this time of life and keep it for the future.

Please do not lose your hope that we can come together one day again and look back and say yes, we overcame that terrible time because we had our communities, friendships in the martial arts.

Thank you for the opportunity to write this article

*Olaf Lotze-Leoni, Hanshi*





## " TRAIN ON"

by John Mirrione, Hanshi

### TRAIN ON

Over the last several months many of us have been forced to stop training in the dojo and have explored training in public parks, garages, backyards, in some cases on line.

We continue to practice our kata, kumite, shiai and weapons for self perfection.

In earlier times on Okinawa, our predecessors were forced to train in secret on roof tops, back yards, in parks under the cover of darkness and sometimes having to endure the worse of weather conditions.

Yet, they never gave up and for that we are all thankful.

**We cannot let their sacrifices go in vain.**

Be strong for the next generation and be ready to pass down what you have learned.

**" Be Positive, Strong and  
TRAIN ON"**

John A. Mirrione, Hanshi  
Shorinjiryu Kenkokai Karatedo



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## "Introduction"

by Peter Lerk, Shihan



Dear members of the Shorinjiryu Family,

I would like to thank all of you, and in particular the officers of the Shorinjiryu Shinzen Kyokai, for your confidence admitting me as a new member of the Shorinjiryu Family.

The conversations so far gave me the same feeling as 36 years ago, when I started training Shorinjiryu Kenkokan Karate in Switzerland. For those who do not know me, I would like to introduce myself.

During primary school I first came into contact with martial arts, practicing Taekwon Do. After starting university however, it became more and more difficult to keep taking classes in my old hometown.

In addition, at all the karate or taekwondo schools I attended at the time, I did not find what I was looking for: pleasure in training, not just a focus on competition but a combination of mental and physical development.

At the end of my studies in 1985 I moved to Basel in Switzerland for an internship. I was therefore surprised and happy that I found this pleasure in training again with David Chu (3rd Dan at that time). This was the first time I was introduced to Shorinjiryu Kenkokan Karate.

What I especially appreciated was the combination of mental and physical development, the fact that not everyone is equal and that therefore the individual is taken as the starting point (reference), and finally the combination of Ju-ho, Go-ho and Buki-ho.

After my internship I moved, together with my girlfriend at that time, and current husband, to Switzerland to work there and of course train with David Chu and amongst others Gerard Curchod (+), Curzio Marconi, Vito Christofaro and of course Shihan Diallo Mamadou (8th dan); my Swiss Shorinjiryu Family.

**Q: What drink is served after a Shorinjiryu belt ranking party?**

**A: Twist Punch**

Thank you Allen Yuen, Sensei

### Cont'd ~ Introduction

by Peter Lerk, Shihan

In 1991 I returned to the Netherlands and founded my own Shorinjiryu Kenkokan dojo in Amersfoort and Meppel. This was a difficult period, far away from my Swiss karate family and far away from Japan.

I was therefore pleased to receive the great support from Shihan Olaf Lotze-Leoni, a true martial arts professional. Now, at the age of 58, I am happy to be part of the Shorinjiryu Shinzen Kyokai.

I wish you all a happy, but above all healthy 2021!  
After the COVID-19 period, I soon hope to meet you in person, train together, learn from each other and for all have a good time.



A quick look back, always stirs the memories



## The Future of Shorinjiryu Depends on YOU

By Page Christis, Shihan

Albert Einstein once said,

*"Adversity introduces a man to himself".*

How we handle ourselves during adversity defines us as a person. The pandemic is adversity. We have no control over it. We must accept that the pandemic is part of our life now. We must not obsess over things that cannot be controlled but learn to "deal with it".

Positive thinking is crucial to overcoming adversity. We must not wallow in self-pity! We must continue to believe that things will get better.

AND we must follow the recommendations of the medical community to keep our family, friends and ourselves safe.

This past year has been an extremely difficult year to operate a dojo. Shihan Pete McMahon's Center Jersey Dojo & Tashi Jason Berenbach's Shelton Dojo operate through the Department of Parks & Recreation.

Their dojos have been closed due to the pandemic with no re-opening date provided.

Will these Dojos be allowed to open in 2021 or in 2022? Will former students or will the instructors be forced to start from scratch?

## Cont'd ~ The Future of Shorinjiryu Depends on YOU

by Page Christis, Shihan



There was a recent quote in my local newspaper the Baltimore Sun,

*"2021 could be a great year – if your business survives".*

In many locations, Dojo's are a business. The instructors pay rent, insurance, utilities, taxes etc. . .

Hanshi Myron Lubitsch's Imperial Dragon Dojo is located in New York City. The Governor of New York ordered all Dojo's closed from mid-March to late October.

Since the Dojo was closed, students were not attending class and therefore not paying monthly dues. Meanwhile, Hanshi Myron was still required to pay the bills. How long can a business operate with money going out and not coming in? Drive around your business district and see how many vacant storefronts there are.

On Long Island, prior to the pandemic, Kyoshi Dan Hayes was forced to re-locate two businesses, Island Budokan Dojo and a weight training studio. In March, Kaicho Watanabe was forced to relocate Japan Karate & Judo Center after 46 years. The landlord wanted the space for a U-Haul vehicle rental business. Both Dojos were closed for many months due to the pandemic. When the dojos re-opened, not all former students returned.

Shorinjiryu is not easy to learn and physically demanding. As a result, there has always been a high turnover rate among new students. I think this is a defining moment for Shorinjiryu and whether our dojos will survive. Will these businesses (dojos) be able to stay open?

Your actions or in-action may determine the fate of your dojo. I use the words, "your dojo", even though you may not be the instructor or even a black belt. Your actions do matter. You cannot expect just one person to handle all of the dojo's responsibilities year in and out. A lot depends on how you feel about your dojo.

Do you consider it to be part of your extended family or do you just consider it to be a location for a sport that you can live without. Without more students stepping up to help, your dojo might close and become just a "fond" memory.



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Working it out at the Japan & Judo Centre





by

Page Christis, Shihan

Cont'd ~

### THE FUTURE OF SHORINJIRYU DEPENDS ON YOU

Kaicho Watanabe always emphasizes Te Hon Shimasu, "show by example". There are other saying that are also just as appropriate such as "Action Speak Louder Than Words".

What are you doing to keep your dojo open? Each Shorinjiryu Dojo is in a different situation with different solutions.

If your dojo operates through the Department of Parks & Recreation, you currently don't have a location to practice.

Why don't you contact some of your peers and start meeting at a local field to practice on weekends.

Meet during daylight hours at the warmest time of the day. By staying connected with fellow students, you are keeping your dojo alive! Students will remain engaged with a sense of belonging.

You are helping to ensure that these students will return once the dojo finally opens.

Cont'd ~

### "THE FUTURE OF SHORINJIRYU DEPENDS ON YOU"

By Page Christis, Shihan



If your dojo is a business, the pandemic has lowered enrollment which means there are less students available to cover the bills. Help your instructor by encouraging your friends to join. Emphasize the qualities of your dojo and instructor that has enriched your life.

The most successful advertisement is "word of mouth". Why not share your dojo with your friends. You are not only helping your instructor keep the dojo open, but you are bringing something meaningful to your friends.

These suggestions are just the "tip of the iceberg". There are many ways that you can contribute to the success of your dojo. Don't wait until it is too late to help.

Go to your instructor with solutions and be ready to implement them. Don't expect your instructor to do all of the work. It is time for you to "shoulder some of the responsibility".

### "THE FUTURE OF SHORINJIRYU DEPENDS ON YOU"



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Kyoshi's Troy & Vincent - 4 & 4 = 8

Hanshi Myron presenting Hachidan, 8th Degree to Kyoshi's Troy & Vincent



by Larry Foisy, Renshi

2021 – New level of incompetence in martial arts!

Remember the day when you decided to practice martial arts, this moment where you were not yet aware of what was the practice of martial arts and naturally, you were then incompetent.

**This is the state of being a beginner!**

Then, after some months of practice, you knew at this point what was the practice of martial arts, but you had yet to become competent.

**This is the state of being an intermediate!**

After that, many months passed, and you have been even more aware of your practice and you have acquired a good level of competence from it.

**You have obtained your black belt!**

Afterwards, you have arrived at a point of competency where you did not need to think about the entirety of your movements, because they became so natural and therefore, you did not need to be aware of them in their realization,

**You have obtained the title of Renshi (external master).**



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*Cont'd ~ "Covid and our Karate"*



by Larry Foisy, Renshi

Let us take all of this and apply it to our current situation during COVID.

In the beginning, the virus fell upon us without any warning and caused a fast close of our dojos. We were then put in a situation which we never had any awareness of and were faced with our incompetence in this new reality.

Many have put themselves on hold until time passed so that they could find the comfort which they had previously known. For others, they decided to convert themselves to a new form of virtual teaching, where they had to take awareness of their incompetence, but have persevered to familiarise themselves with this new approach.

After many months now, we have found a semblance of comfort to teach and we became more competent with each passing day in this new pedagogy. Furthermore, we must show a lot of resilience and admit that right now, we can no longer require as much as we once did of our students and of our teaching skills.

The situation with the COVID has no regards of what we are, but our capacity to be honest enough with ourselves to become once again white belts and those who will be able to lift themselves up from the situation the easiest, will be those who will have been aware of their incompetence and with the mindset of a beginner, taking on the challenge of climbing the ladder to find a new level of transmitting martial arts that the hundreds of years which have preceded us never warned us of.

2021 is the year where I invite you to do the necessary and utilise all the resources now available to you, so that you can elevate yourself to a new stage in the evolution of the practice of martial arts.

Larry Foisy (Godan , Renshi)  
Translate by Michael Levesque (Shodan, Sensei)

**Kudaka Federation**

by Doug Roberts, Hanshi

Covid 19, when will it end? No class, no tournaments, no summer camps, can't get together. But life goes on and so does Karate. Instructors (teachers) and students started to think out side the box. A big thank you to our London and Moose Creek instructors as well as all the other dojo's in Ontario, keep up the good work.

In 2020 we had to work around promotions as we could not get together but as stated above, working outside the box with zoom meetings, zoom clinics and even a zoom get together for a cooking lesson.

As covered at every summer camp, students should be doing basics at home and as shown at summer camp how to check your basics by yourself to make sure you are doing them properly everything is taught for a reason.

Let's hope by the fall we can get back to some form of normal. From all of us in Canada we wish you where ever you are, good health, stay safe, until we meet again, and by the grace of God we'll meet again.

P.S. I could write a song about "we'll meet again" or you can look up Vera Lynn, or for those of a certain age, that won't be necessary.





## "Ken No Seishin Karate Club"

London Ontario, Canada"

by Aron Polmateer, Sandan

Greetings and happy new year to all fellow Shinzen members,

This past year has been like nothing most of us have ever experienced before. Each one of us has had a different experience with Covid 19.

One thing that I have found is that no matter what your experience has been, it has come with its own difficulties.

As a Full time Dojo, KNS Martial Arts has definitely had its own share of obstacles this past year. Like most clubs around the world, our Dojo was mandated closed by our government and we very quickly moved to online classes.

Although not ideal, online classes provided us with a way to continue our students' training and after a short period of adjustment, classes started to seem almost normal again.

As time went on, we started to notice that as more things closed around us and the more restrictions that were put into place, our classes became to a lot of our students, one of the only normal things in a very un-normal world.

To help keep our students stay connected and to hopefully give "at home" parents a short break,

## "Ken No Seishin Karate Club"

by Aron Polmateer, Sandan



we decided that we wanted to make sure that on top of their regular weekly online classes, our students also had the opportunity to "just be kids" with their Dojo friends.

So we decided to run a weekly Dojo art contest and have "fun night" hang outs where we played online games and had special classes that focused on karate history. We implemented weekly one on one student check up zoom classes where they got one on one attention from a Sensei or Senpai. Some of the best lessons had very little karate involved but instead, a lot of very enthusiastic tales of at home science experiments gone wrong or stories of online learning adventures. We made them smile when there was not much to smile about.

I guess what I'm trying to say is that through everything this past year has thrown at us, we at the KNS Dojo have learned that if we all stick together and look out for one another, we will get through this stronger than we were before.

I personally have learned that sometimes just being there and listening is the best gift you can give or receive from someone else. I know that many other Dojos in the Shinzen have very similar stories and experiences to ours and have gone to great lengths to keep their students engaged and training, using many of the same ideas that we have.

As I was getting ready to write this, I asked a couple of our students to share their thoughts on how continuing their training online has helped them during the pandemic.

Without really knowing what they were going to say, I was a bit taken back by some of their responses. In sharing these student responses, it is my hope that all of the amazing and devoted instructors within the Shinzen see just how much what we do affects our students daily lives in a positive way.

We will all keep making this world a better place, one Karate class at a time.

I can't wait to see you all again at the next Shinzen Shiai!!

Sincerely,

Aron Polmateer



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### Cont'd - KNS Karate

### Student Feedback

Sensei, I really like being able to do karate online with you. Last year I wasn't able to finish my hockey or play soccer because of COVID and that made me sad, but you have found a way for us to keep doing karate.

I still get to see my friends, even if it's on zoom. I was even able to get my second stripe!! Thank you!

— Brooklynn, 10 years old 9th Kyu student

Sensei Aron,  
Your tireless efforts during this lockdown has not gone unnoticed. You show up at every class with a positive attitude that brings joy to the kids. You've taken the time to bond with each child in their private sessions and this keeps them engaged and wanting to show up for their lessons.

You've gone above and beyond with **Kids Night In** (or parents 2 hour break), art activities and karate history lessons.

I have nothing but praise for you and KNS Karate. I am so happy we joined the dojo in the fall. This has been a beyond positive experience for us in a time when finding positivity can be difficult.

You truly have the kids best interest at heart.

Thank YOU just isn't enough!!!

— Laura Aseltine, Karate Mom

Thank you Sensei for training us online while this pandemic is happening. I find online challenging at times but you make it really fun. I've learned to have more patience, noticed I'm getting stronger and mostly it keeps my head in the game. I look forward to evening training when my homework is done. It's a much more fun way of learning.

— Rylee Hogan 13 yrs old - 6th kyu student





by Jim Griffin, Kyoshi

### "Karatedo, the Elixir of Life"

I'm not sure if you've noticed but we are all ageing. Of particular interest is the ever-escalating numbers of "more mature" Karateka in our ranks.

Which came first, the chicken or the egg? Are more older students starting their Karate careers or are more long-term Karate students and Instructors living and training longer?

The answer is probably a bit of both, but research has shown that the practise of Martial Arts improves the physical and cognitive health of the practitioner.

This applies to long term Martial Artists and those who commence their training at more advanced ages.

I was chatting with a new 13 year old student last week and I mentioned to him that he needs to improve his fitness levels.

I explained that it's no good being the best fighter in the world if you can't last more than 30 seconds in a dangerous situation.

Most of my students are over 50 years of age so it's good to have some young blood coming through. He's a bright boy and he asked a few of the students within earshot why they commenced training in Shorinjiryu.

### Cont'd ~ Karatedo, the Elixir of Life

by Jim Griffin, Kyoshi

The answers were mostly the usual but one stood out, a 50+ year old student told the new student to look around the Dojo and try to find one student who didn't look fit and healthy. The answer was that we can retain our health far into our senior years by continuing our Karate training.

I have been asked many times when I think I might retire from Shorinjiryu Karate and my stock answer is "when they put me in a pine box". Of course, something might change that but unless that something happens I will continue to train.

The Coronavirus has seen Dojo's close to physical training, open again, close again etc and the word is that we will see at least 7 years of this before the virus is beaten. This is all the more reason why we all, young and older, need to maintain our physical training and our fitness even in isolation.

Use it or lose it. The great thing about Kata, Randori Kumite and Gokyu etc. can be practiced alone with the dual results of improved physical and mental fitness. Only one person in this World can make you climb out of the comfort zone and continue your training, YOU.

We, in Australia, have got off lightly so far from the effects of the virus but the same can't be said of our American and Canadian colleagues. Please, in the words of a great man, "stay safe and be well"



Kyoshi Jim, Shihan Lesley, Renshi Tony, Sensei Peter, Sensei Leisa, Sensei Hannah, Sempai Cassie and Paul Gillmore doing some Judo, Jujitsu and Heihojutsu cross training



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## "Why Hope Matters"

by Pete McMahon, Shihan

My study of Shorinjiryu started at age 39. I had doubts that I was too old to begin such arduous training, that I couldn't keep up with the younger students, that my job and family responsibilities would prevent me devoting the necessary time to practice.

But I never stopped hoping. I believed that I could find a way to achieve my goal of attaining the rank of Shodan.

Hope implies that there is the possibility of a better future. It shows up at the worst possible times when things are dire and difficult, but can keep us going through the tough times.

If during difficulty, we can see the faint glimmer of something better, then hope opens us up and turns us to that something. Hope redefines what is probable and opens the path to the impossible.

In 1991 the eminent positive psychologist Charles R. Snyder came up with the hope theory:

*The person who has hope has the will and determination that goals will be achieved and a set of different strategies at their disposal to reach those goals.*



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## cont'd ~ "Why Hope Matters"

by Pete McMahon, Shihan



Hope is not a passive exercise in wishing, but an active approach to life, arising when there is something we want and though it may be tough going we can develop a plan to take us where we want to go. My goal was to achieve Shodan rank. My plan included attending regular classes at night, attending clinics, practicing in the evenings and at work during lunch breaks, reading exercising and adjusting my diet. Anything I could think of to help achieve my goal. I gradually progressed through the ranks and while gaining a better understanding of myself, I also felt I got stronger physically. These things kept me going and that hope motivated me to continue working.

Hope is still motivating me 30 years later. It is not delusional wishing things to happen but rather a clarity of vision. Once you have a goal realized you can set about doing the things necessary to get there. I feel more empowered and less stressed and with continued effort I can hope for continued progress.

In today's environment hope matters more than ever. Looking at the challenges we face, hostilities, adversity that is creeping into our culture, we have the hope that we can make a positive difference and turn the negative into something better. Research indicates that hope can help manage stress and anxiety and cope with adversity. It contributes to our well being and happiness and promotes positive action.

Hopeful people make healthy choices, eat better, exercise or do other things to help them move toward what they want to accomplish. Then other positive emotions such as courage, confidence and happiness emerge. They allow us to take a broader view, to become more creative and retain optimism.

Hope is not delusional. It isn't denial. It doesn't ignore challenges but rather bolsters us to overcome these challenges and move forward. It is not wishful thinking. It does not ignore trouble or make excuses or deny danger. It is stepping up to the reality of the situation and working through the tough stuff, believing that something better is attainable.

**HOPE IS RESILIENT**

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We Need a History to have a Future, but you can't live in the past - fun to relive it though ~ Ed





**KNS Karate - Social Distancing Warmup & Training**



**The Kenryukan "Virtual Team" Unmasked**



**KNS Karate - That's MY Trophy**

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