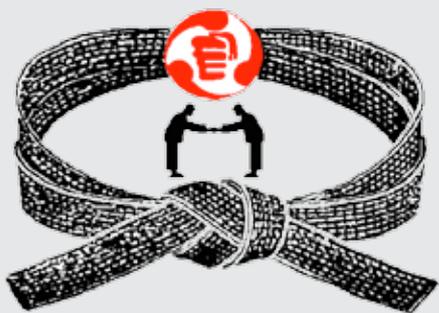


Shorinjiryu Shinzen Kyokai

SHIMBUN

Volume 28, Issue 1 - WINTER Edition Dec 2019



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

"Reflections"

As we are about to enter a new decade, one must reflect upon the past one. Clearly, in my eyes the past 10 years were successful as it pertains to the world of Shorinjiryu and the Kyokai in particular.

Our membership increased, our tournament participation increased, our inter-dojo exchanges of information, techniques and unique historical anecdotes increased and most importantly our friendships grew stronger.

"The Mantle of Leadership"

The original leadership of the individual schools of Shorinjiryu have gotten older and the mantle of leadership has begun to be transferred to the next generation of leaders.

These new leaders do have the advantage of moving into the existing harmonious relationship among the various schools.

It is my hope that their support of the Shorinjiryu Shinzen Kyokai continues as it is loosely translated as the Shorinjiryu Friendship Association.

The whole concept of the Shinzen was based upon friendship, mutual support and cooperation.

All our students, instructors, parents/guardians and volunteers are wished a very healthy, happy New Year.

Myron M. Lubitsch, Hanshi
President



Sunshine Promotions Section by School

Koshinkai

Kyoshi Jim Griffin	BB 8
Shihan Des Paroz	BB 7
Shihan Lesley Griffin	BB 7

Bubishido

Shihan Donald Oxford York	BB 6
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Hakuto Washi no Ken

Sensei Brett Watson	BB 4
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Ken No Seishin

Nidan Aron Polmateer	BB 3
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Kenryukan

Sandan Neil Stewart	BB 3
Shodan Daniel West	BB 2

Ken Sei Kai

Shodan James Andrews	BB 1
Shodan Kaylin Andrews	BB 1

Kenkukai

Shodan David Chen	BB 1
Shodan Amy Pinaro	BB 1

Watanabe-ha/Kenyukai

Shodan Raymond Burns	BB 1
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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

SHORINJIRYU SHINZEN

KYOKAI OFFICERS

President - Myron M. Lubitsch, Hanshi
Technical Advisor- Shunji Watanabe, Kaicho
Senior Vice President - Troy Lester, Kyoshi
VP Canada Region - Michel Laurin, Hanshi
VP Asia Pacific Region - Jim Griffin, Kyoshi
VP/Ambassador - Vincent Capers Jr, Kyoshi
Research Administrator - Des Paroz, Shihan
Publications Director - Tony Fletcher, Renshi
Website Coordinator - Jason Berenbach, Tashi

Shorinjiryu Shinzen Kyokai Shiai International 33rd Tournament ~ Oct 2019



“Shorinjiryu Shinzen Kyokai”

The Largest Group of Shorinjiryu Practitioners Worldwide

A Gathering of the Shorinjiryu Family

Exchanging Knowledge, Spirit and Friendship

Special Notification from the Executive of the Shorinjiryu Shinzen Kyokai

We would like to take this opportunity to announce a change in our leadership roster as of January 1, 2020. Our current Vice President Dan Hayes, Kyoshi, has decided to spend greater time, effort and skill in restructuring and strengthening his Shorinjiryu Kenkukai School.

We appreciate his time and efforts that he dedicated to the work in the Kyokai for over a decade. President Myron M. Lubitsch wishes to express his gratitude to Kyoshi Dan for his efforts and especially long-time friendship.

Kyoshi Dan is quite unwavering in his wish to continue as an active member and advisor. Kyoshi Troy E. Lester has agreed to accept the position of Senior Vice President giving up the position of Ambassador at Large. Clearly, he is highly competent and will do a great job.

We wish both the best of luck and success in their paths.





"Kenyujokai Karate Club"

By Tony D'Avino, Kyoshi

Seasons' Greetings from the Kenyujokai Karate Club. Our year has been one of great training and progress.

As always the highlight of the year was our great day at the 2019 Shinzen Shiai, hosted by Hanshi Lubitsch and the Kenryukan Hombu Dojo.

Our day was highlighted by a record number of trophies, and great camaraderie.

I would like to spend a moment discussing **Kokyu**, our system of "Breathing".

There are many aspects of Kokyu that provide different components to our performance.

- There is "breathing" that helps us withstand a blow.
- There is "breathing" that centers us and joins mind, body and spirit ~ Zazen.
- There is breathing we use to recover our breath, when exhausted.
- Then there is the breathing used to create power in our Kihon.

Most other Martial arts and Weight lifting use Kokyu that exhales on completion of a technique.

In Shorinjiryu we hold the breath and exhale just after the completion of a technique.

The Reason being is that it facilitates the flow of Ki Energy, provides massage for internal organs, allows for the flow of helpful endorphins, and other bodily chemicals to flow.

Kokyu also joins the mind, body and spirit, to create more power combined, than any of the individual aspects. But, there is cautionary information here.

In the Kokyu where we absorb the blow or in striking, there can be physical damage to the Karateka if the breath is held too long

Once at a Doctor's visit, I had an endoscopy and the first question was "do you lift weights or do Martial arts?" Yes, I replied.

They found I had a slight Hiatal hernia, which is a slight tear in my epiglottis, from pressure build up from holding the breath in too long, which can cause heartburn etc.

Recently I had an eye exam and the doctor noticed a small spot on my retina. The same question came up "do you practice Martial arts or do weight lifting"... "yes " I replied!...

Apparently one can damage their retinas from pressure build up from holding the breath in too long. A Vitriol detachment, can lead to a retinal detachment, and blindness.

Fortunately, when I went to a Retinal specialist, he determined it was just a big "floater" that was not moving and posed no problem.

To conclude, I would say that we all should be cognizant when striking or wearing the Bogu while our partner is "blasting away"!....

Regards, Tony D'Avino, Kyoshi



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From The
Kudaka
Federation

Doug Roberts,
Hanshi

SHORINJIRYU STRESSOR #2



On behalf of the Kudaka Federation, I wish everyone a great New Year. Train hard, be safe and we hope to see you at some of the tournaments this coming year.

To all my friends in Australia, our prayers are with you and all the people of your great country. Please be safe.

Again happy New Year from the great white (well so far, not much snow) North.

Stressor pics courtesy Allen Yuan



"Of Belts and Karateka"

by
Des Paroz, Shihan

I write this while in mid-December, at the end of a week long visit to Okinawa, Japan. During my visit I had the opportunity to get back to the roots of karate, learning some very thought provoking material, and gaining some clues into areas of further research into the history of Shorinjiryu Karate as we know it today.

But this is not the story of that visit.

Early in this visit I had the opportunity to meet up with my friend Josh Simmers Sensei of the Okinawa Karate Podcast. Josh is an American living on the island, studying and teaching Okinawan Kempo. Following a training session at the Azato Dojo, we went to the nearby Shureido main store in Naha, where Josh was picking up a new obi for the new year.

This might sound odd to many yudansha who choose to wear only their oldest obi, because of its sentimental value, and perhaps because of the 'years of training' that the obi has seen. But to the Okinawans and Japanese the acquisition of a new obi for special occasions, such as New Year, a major demonstration or a promotion, is not only normal, it is expected.

Cont'd ~ Of Belts and Karateka

by Des Paroz, Shihan

Such special occasions are times when karateka are expected to present themselves with professionalism, and this includes wearing a high quality, well maintained uniform that befits the rank and position of the karateka. This is not unlike the military, where it would be laughable to see a senior officer at a special occasion wearing anything but their most professional and well-maintained uniform, regardless of sentimental value.

So if your belt (or any other uniform item) is tattered and worn, by all means wear that in the dojo, but make sure you wear your best quality uniform and obi whenever representing your dojo or school in a more public setting, and of course during demonstrations and ceremonial occasions.

Another interesting phenomenon seen in many Western dojo is the concept of not washing an obi in the name of 'not washing away the sweat of years of training. This would be highly laughable to the Japanese

who are fastidious when it comes to hygiene and cleanliness.

Once again, Josh-san comes into this story having recently posted a video (<http://bit.ly/washobi>) of how he washed his obi prior to a recent visit to the U.S., wanting to ensure he got rid of the bacteria built up in that belt over the hot, humid Okinawan summer.

I would not advocate washing a belt weekly, but a couple of times a year, particularly after summer, is appropriate.

I washed my belt on getting home from Okinawa, and the water in the bucket was a very dark brown—after only a week of twice daily training on Okinawa.

The belt did not fade or lose colour, and it did not shrink at all. I washed it in cold water, with some washing detergent and a bit of eucalyptus oil.

Your belt is an important part of your uniform and your identity as a person and as a karateka. Make sure it is clean, well maintained and projects your commitment to your art.

Regards, Des Paroz



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hakuto washi no ken

N'Amerind Dojo

by Sensei Brett Watson



Greetings from the N'Amerind Dojo

We had a great 2019 and we look forward to another year of positive change and learning. With 2020 underway I can only see a brighter future for everyone. Excelsior!

Wishing all the best to everyone in the Shinzen and hope you are brought only good fortune and friends.

Domo arigato

Brett Watson and crew





" Good Spirit"

by John Mirrione, Hanshi

Prior to a clinic given by a Shorinjiryu karate master, a black belt changing into his gi stated that he never lost in shiai. In fact he claimed never to have lost in any match including shiai practice in his dojo. He claimed to be an undefeated Shorinjiryu practitioner who was recognized as a world champion in the 1960s.

More and more black belts showed up for the clinic and someone who had been practicing as long as he recognized him and said hello.

The bragger became very quiet.

In fact the silence in the room was deafening. Everyone hurried to get out of the small dressing room to loosen up for what was going to be a great day of learning.

The black belt bragger demonstrated his immaturity when he began to stomp his feet loudly into every movement he made while warming up.

Soon it was realized that his Shorinjiryu training was not long enough and the only thing he held onto throughout the years were foot stomping techniques. Neither he nor his students could correctly perform any of our kata.

As it was discovered, he did lose dojo matches and tournament shiai.

Cont'd ~

"Good Spirit"

by John Mirrione, Hanshi

The person joining us in the dressing room earlier explained that he had beaten him and the reason things became quiet in the dressing room was because the bragger recognized him from long ago.

Day two of the clinic was on shiai for which the braggart decided not to participate. Perhaps he did not want to ruin his undefeated, delusional record.

Perhaps in Karatedo we concentrate too much on winning and not enough time on how to lose respectfully. There is much to learn either way. In feudal times, the loser of a match was usually disabled or killed. In modern times we have rules that protect us from serious injury, however, we sometimes hear contestants make excuses for losing a match.

We see students walk away, shaking their heads, complaining about something they did wrong or how they felt cheated. Their teachers sympathize with them saying ok next time you will do better. This does not teach good spirit.

Of course, with the loss of a match we should train to get better, however, to walk away in disgust making excuses is poor spirit and the poorest of manners. Assuming you did the very best you could and your opponent was better that day is the best learning tool you can have.

"Respect for your opponent whether you win or lose is of paramount importance"

We are a proud group with good roots, so let's not spoil what we have learned from our Japanese teachers, **GOOD SPIRIT**.

John A. Mirrione, Hanshi

Shorinjiryu Kenkokai Karatedo



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"Self Critique"

by Page Christis, Shihan

As I moved through the ranks in karate, the further along I progressed the less feedback I received from my instructor. I was expected to "self critique" and make appropriate adjustments.

This way of thought is completely different than how instruction is conducted in western society. In the U.S., teachers are expected to prepare a lesson plan, which include objectives, an overview of the material, the timeline for instruction and a means to measure whether the objectives have been met.

In western society students will blatantly ask their instructor, "What am I expected to know and what is on the test?" In the dojo, my Japanese karate instructor, Kaicho Shunji Watanabe expected me to "read his mind".

I was very fortunate and had a phenomenal sempai to help guide me along during my formative years in karate. He was very good at dissecting techniques and developing drills to master those skills.

As a senior student or instructor it is imperative to master all skills and techniques fundamental to Shorinjiryu. Everyone is always watching! Lower rank students are looking to you for guidance. They don't know any better. They think how you demonstrate a technique or skill is correct and will mirror your actions.



Cont'd ~ Self Critique

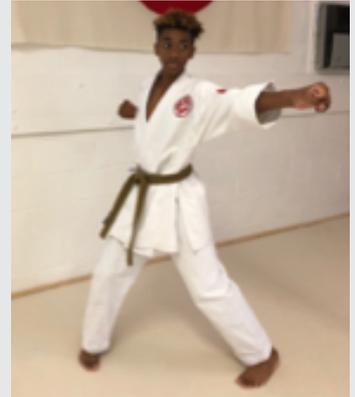
by Page Christis, Shihan

It is therefore imperative that we teach the "correct way".

Technology has now made it quite simple to record yourself executing techniques. Use the video recorder on your cell phone to capture your performance. That recording can then be easily transferred to your computer. It is much easier to scrutinize your technique by viewing yourself on a large monitor. You can then make adjustments to your technique as needed.

Shorinjiryu Kenkokan Karate as taught by Shihan Kori Hisataka is a very unique Okinawan style. It is crucial that you "pass on" how this style is different and the logic behind the differences. If you don't, this style will be lost to future generations.

The vertical punch is an integral technique in Shorinjiryu Kenkokan Karate. But what truly makes the punch different from other styles is the "heel-hip-turn" executed during the punch. The thought process behind incorporating the heel-hip-turn is the utilization of the whole body to increase the power of the punch. In addition, the punch is executed with the assistance of the other arm. When the fist is chambered prior to the punch, the opposite hand is extended outward. When the punch is thrust forward, the opposite hand is forcibly brought back to your side assisting in the rotation of the upper body (heel-hip-turn). The utilization of both arms increases the power of your punch by using more muscle mass. The rationale being that the use of two arms are stronger than one. This also follows along with Issac Newton's Third Law of Motion, for every action (force) in nature there is an equal and opposite reaction.



One of the unique fundamentals of Shorinjiryu Kenkokan Karate is kokyu (breath control technique). Emphasis is placed on holding one's breath (tightening your core) while executing a strike or withstanding a strike. Other Okinawan styles emphasize just the opposite breath control. They exhale (tightening their core) while executing a strike. They also use "kiai" which refers to a short shout yelled while performing or attacking. They believe that kiai will startle or intimidate an opponent.



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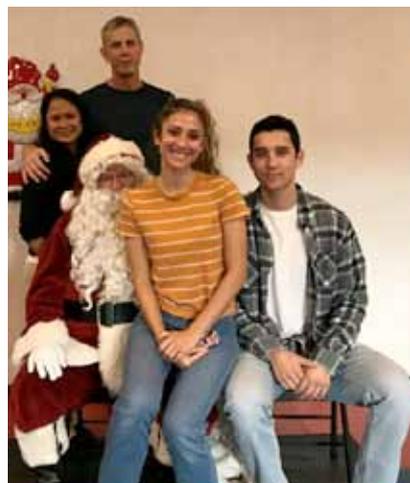
Cont'd ~ Self Critique

by Page Christis, Shihan

Kokyu is a basic underlying core principle of Shorinjiryu Kenkokan Karate but is easily forgotten unless a conscious effort is made to incorporate it in every practice. It is readily apparent when someone is not practicing correct kokyu:

1. They count out loud while you are delivering a strike towards them
2. You hear them breathe out while executing a strike
3. They become out of breath or start turning blue in the face while performing numerous large muscle group (aerobic) drills.

Sometimes the easiest thing to learn is the most difficult.



SANTA CLARITA KARATE
HOLIDAY PARTY





Cont'd

"Self Critique"

by Page Christis, Shihan

Other Okinawan styles teach nekoashi dachi (cat stance), but I am not familiar with any other styles teaching tanshiki nekoashi (single cat step) & fukushiki nekoashi (double cat step).

The ability to move quickly forward, backward and laterally is vitally important in Shorinjiryu Kenkokan Karate. It does not matter whether you are attacking or defending yourself; you still have to be able to move fast.

The first line of defense that is taught is to escape out of the reach of your opponent. If you are not quite fast enough, the second line of defense is to rely on your blocks to avoid getting struck.

The thought process behind quick escapes is that it is best to avoid contact with your opponent. If you have to rely on your blocks to defend yourself, you might get injured.

The ability to kick effectively and efficiently is not an easy task. A strong kick starts with a solid base of support. You support leg must remain firmly on the ground. You must not rise up on your toes. It is also essential that you kick with your whole body (hips) not just with your leg.

In order to kick with your hips, you must allow you support legs heel to turn slightly inward during the execution of the kick.



Cont'd ~ Self Critique

by Page Christis, Shihan

You must also raise your knee preferably above 90 degrees whether you are kicking high or low. The ankle must remain tight (with no movement) no matter whether you are kicking with the heel or the ball of your foot. If you allow any movement of your ankle, you are giving up a considerable amount of power from your kick.



A good drill to test your kicking technique is to practice mae geri, yoko geri and mawashi geri from the ground (suwari waza). Sit in a modified seiza position with your toes bend under. Kick normally.

This drill can be accomplished by either kicking in the air or against a heavy bag. Your kicking form should be identical to when you are standing upright. You should still be kicking with your whole body (hips) and not just with your leg.

This drill forces you to raise your knee to kick rather than allowing you to swing your leg. Shihan Kori Hisataka had his students practice this drill frequently.

Shihan Kori Hisataka emphasized the practice of tsuranuki (striking through your target) rather than sundome (focus techniques). The rationale behind practicing tsuranuki has to do with muscle memory.

Remember the old adage, "you never forget how to ride a bike". When a movement is repeated over time, a long-term muscle memory is created for that task, eventually allowing it to be performed without conscious effort.

In a stressful situation you will react in the same manner that you practiced, so the practice of tsuranuki is essential.



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Gentlemen..... Looking Good

Caption this..... if you dare.....

.....Ed

Hanshi Myron with the Kenryukan Demo Team
In the Woodhaven Street Fair 2019



Cont'd ~ Self Critique

by

Page Chrisitis, Shihan

Several years ago, an adult student from another Okinawan style competed in shiai at Baltimore's tournament. This student did not practice striking the bogu (chest protector) or makiwara board. He previously only hit karate shields (hand held plastic pads).

During the competition, he fractured several bones in his hand/wrist. His injury required surgery, which resulted in missed time from work. The injury was a result of his forearm and hands not being conditioned to withstand the impact on a hard surface.

Shorinjiryu Kenkokan Karate focuses on realistic, practical training. Students repeatedly hit and kick the bogu and makiwara boards. They practice attacking and defending themselves while stationary and moving, in both non-stressful and stressful situations.

Conditioning the body, and mind is crucial in being able to meet any demands you might encounter.

Another core component of Shorinjiryu Kenkokan Karate is kumite, a prearranged pattern (form) with one or two partners. Kumite in other Okinawan styles refers to sparing (fighting), a means of testing one's skills and techniques; which in Shorinjiryu Kenkokan Karate is called "shiai".



Cont'd ~ Self Critique

by Page Chrisitis, Shihan

Shorinjiryu Kenkokan Karate's kumite is a means of testing one's ability to move which entails learning the appropriate distances to reach your opponent while striking and being able to escape an attack while incorporating correct stances, techniques, breath control and maximum power.

But in order to get the most from kumite, partners must actually aim for each other.

One person attacks as the other escapes as they continue the pattern. They must work together and make the training as realistic as possible. They are wasting their time if they aim away from each other. No one has to move in that scenerio.

Posted on the wall in my gym is a quote from the movie, A League of Their Own, which is very appropriate to the study of Shorinjiryu Kenkokan Karate. It states,

"If it was easy, everyone would be doing it!"

No one said that the study of Shorinjiryu Kenkokan Karate was going to be easy. It is quite the opposite and, I believe much more difficult to learn than other Okinawan styles. But, there is sufficient rational justification to warrant the implementation of all the differences of Shorinjiryu Kenkokan Karate compared to other karate styles.

Page Chrisits, Shihan



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Joke Corner

Q ~ How many Martial Arts Masters does it take to change a light bulb?

A ~ An infinite number...

because they all come with empty hands!

Yours in budo
Sensei Allen Yuen



Spot the person in the front row with no facial hair



"Kata Bunkai"

by Jim Griffin, Kyoshi

According to Wikipedia, "bunkai" literally meaning "analysis" or "dis-assembly, is a term used in Japanese Martial Arts referring to the process of analysing Kata and extracting fighting techniques from the movement of a "form" (Kata).

The extracted fighting techniques are called "oyo".

This is the generally accepted belief but there are also opinions that Bunkai actually came before Kata, the Kata being the result of 2 (or more) man fighting drills that were then adapted for Kata by the originator/s of the Kata.

We, in Shorinjiryu, are particularly fortunate that Kaiso Hisataka and his successor (Hanshi Hisataka) provided us with two, 3 and four man kumite to sharpen our distance, timing and technique as an adjunct to our Kata.

Kata provides us with all the techniques we will ever need in our Karate but don't provide us with real world distance and timing etc., as mentioned previously.

What came first in Shorinjiryu? The kumite or the Kata? Within Shorinjiryu, we have a number of Kumite that possess techniques contained in the Kata. Naihanchin, Nijushiho, Sankakutobi, Sanchin, Nijushiho no sai, Shishiryu no bo etc. to name a few.



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"Kata Bunkai"

by Jim Griffin, Kyoshi



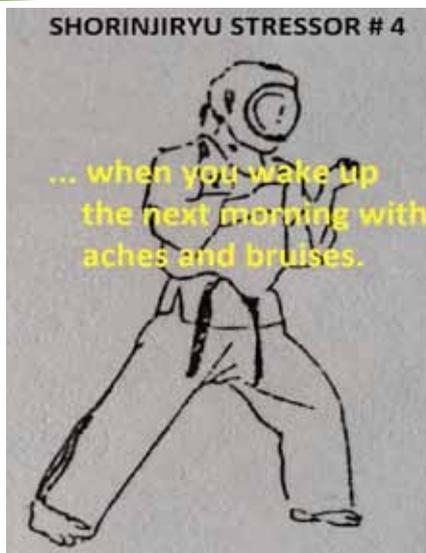
It's easy to relate the particular Kata to the corresponding kumite. While Sankakutobi is a relatively modern Kata, the older Kata such as Naihanchin, Nijushiho and Sanchin are much older. Were these older Kata adapted into kumite or was it the reverse? Was the Kata developed from the kumite by Kaiso's teachers?

My thoughts? I think the originators of Kata worked with partners to ensure the technique used in the Kata was relevant to the message they were teaching their students. So, if that was the case, the Kata form was created from the original fighting technique and our Bunkai is a platform for us to try to unravel the messages our Founders and their teachers were trying to convey. Our kumite provides the elements that aren't able to be included in a Kata.

Does modern Karate place too much emphasis on Bunkai to the detriment of the Kata? We now see "Bunkai Competition" in some tournaments, was Bunkai meant to be used in competition? Was Kata meant to be used in competition?

My advice, look deeply into our Shorinjiryu Kata and you will find the messages that Kaiso and his teachers were trying to pass on to us. Don't modify your Kata to suit your Bunkai, modify your Bunkai to suit your Kata. Don't bypass the "obvious" in the quest for the "hidden", I think there is room for both in our "bunkai".

Jim Griffin, Kyoshi





**"Ken No Seishin
Karate Club"
London Ont,
Canada"**

by Nidan Aron Polmateer

Greeting and happy New year to all Shinzen members and family.

2019 was full of both challenges and growth for our small Dojo here in London, Ontario, Canada and we are very excited for the new possibilities that are in store for us in 2020.

I would like to take this opportunity to thank all of the member clubs and associations that have invited us this past year to both their expertly run tournaments and seminars.

We as a club feel very lucky to know that no matter where we have traveled or which club / association we have visited, we have been received graciously and treated like family.

We look forward to supporting many more Shinzen member run events in the coming year and most importantly spending time training with our Shinzen friends and family.

Best wishes for the coming year.

Yours in Budo

Aaron Polmateer



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Spirit Awards.....Congratulations



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