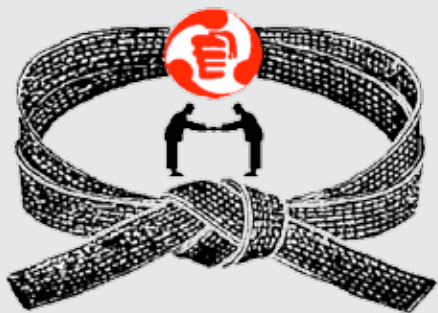


Shorinjiryu Shinzen Kyokai

SHIMBUN

Volume 27, Issue 1 - SUMMER Edition July 2019



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

"Make a New Friend"

As the summer season begins here in the northern hemisphere, and the winter season in the southern hemisphere, Renshi Tony has been tasked with creating yet another great edition of the Shimbun.

As I have stated many times in the past, we instruct our younger and older students to "make a new friend" at each event or at least reinforce older acquaintances. The opportunities afforded me recently truly reinforce this idiom.

The Shorinjiryu Shinzen Kyokai was established to foster, cultivate and maintain friendship within many of the various schools of Shorinjiryu. Those friendships are to be held as the pearl of wisdom and knowledge as they are held by the ceremonial Fu Dogs.

"International Friendships"

To date, the year has been especially fruitful for me. I had the most enjoyable, educational, relaxing, and friendly experience in Australia as did Kyoshi Vincent and Sandan Neil who travelled with me. There is no need to bore anyone with specific details. But, what I believe is incredibly important to point out was the cooperation, willingness to work together and friendship that was shown from the first moment of touch down to the sad departure.

It is my hope that that continues in the upcoming year and many years thereafter.



I would be remiss if I failed to mention Kaicho Watanabe's 17th Annual Kenyukai Watanabe-ha in Maryland. The friendship exhibited by the officials was very positive. Additionally, Renshi Larry Foisy's East-Canadian Koshiki Championship and the ensuing reception was really excellent.

In a few weeks, I will be travelling with Kyoshi Troy and Sensei Decland to Canada for a special clinic. I know that right off the bat, our reception will be wonderful!

One of the beautiful things about the Kyokai is the willingness of member schools to share with each other. Of course, Shorinjiryu is not a rigid system where everyone does the same exact movement at the same exact time. Over the years, many of the various schools developed some adjustments and changes based upon the original Japanese instructors and the current ones. Be that as it may, we all can identify the forms being demonstrated at the many events held during the year. The perfect example of:

DOKO JI GYO SEI KI

I wish every one a safe and enjoyable season.

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

SHORINJIRYU SHINZEN

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“Shorinjiryu Shinzen Kyokai”

The Largest Group of Shorinjiryu Practitioners Worldwide

A Gathering of the Shorinjiryu Family

Exchanging Knowledge, Spirit and Friendship

Special Notification

from Hanshi Myron Lubitsch

In a recent discussion with Shihan Des Paroz, the Shinzen Promotion Director, he informed us that he could no longer do the assignment based on his position in the Australian Defence Forces.

However, he did come up with a great idea based upon his incredible knowledge of history and his great research skills. Shihan Des has accepted the newly created position of:

Research Administrator

He has agreed with the job of investing, compiling, and reporting on various topics relating not only to Shorinjiryu, but martial arts in general.

His knowledge is vast and you will be truly happy with his ability to share his knowledge in a clear and comprehensive manner.

Thank you Shihan Des, we wish you great success.





"Kenyujokai Karate Club"

By Tony D'Avino, Kyoshi

Greetings From The Kenyujokai Karate Club. Our club has had a wonderful year, with much progress for student Tim San who was recently promoted to third kyu Green belt.

We also cannot believe the Shinzen is just around the corner, our fav event of the year.

Rather than discussing some obscure topic, I would like to reflect on things I have observed at tournaments. As our motto "Doku Ji gyo Seiki" indicates, our style Shorinjiryu, emphasizes "Spiritual development of Individuality in mind and body. Long ago due to language barriers, the word "individual" was wrongly used in place of "individuality" which gives our motto a totally different meaning.

We all know that each of us trains and uses Shorinjiryu as it applies to our unique physical, spiritual and mental qualities. This concept is unique to our style. As it was explained, each Sensei had the opportunity to change a particular section of a Kata or Kumite as they saw fit for their group. Sometimes while judging at a Tournament, we do not realize the Kata we are seeing is the same as the one we know due to some of these changes.

This is why we instruct new Shodans who are judging, to not consider these changes as mistakes, but rather that particular Dojos version of the Kata. Even a Kata that the judge does not know, can still be judged

based on the qualities put forth: Kokyu, Kime, Tai Sabaki, eye contact, timing, power etc.

The next aspect I would address is aimed at the Sensei's who are running the classes. My Sensei did not speak English that well, so much of the teaching was to follow his movements.

As a teacher with 50 years' experience, I am much more articulate and verbal or verbose in my teaching.

My Art background centers on fine detail and I also bring this to my Karatedo teaching. It is this attention to detail that separates our style from many others. This can be attributed to the leadership of Kaicho Watanabe and his very high standards.

I would say our style is like "college" level, compared to "Junior High school". Many of these "details" can be found in our roots: the Kihon, Dachi, Hoko, Kokyu, and principles of power and force.

With strong roots "the tree will blossom and be strong" as without them there is no foundation. New students are always enamoured with exotic fancy technique and want to speed past stance training and other basic things.

I think one thing that contributes to some of these "details" disappearing, is when a Sensei has a large group and cannot spend enough time with each student to evaluate those basic qualities.

Here are some of my observations:

In competitions many students are not **breathing** at all or are not breathing correctly. **Stances:** many students are standing "straight legged (they are resting their tired legs).



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Cont'd ~ Kenyujokai Karate Club

by Tony D'Avino, Kyoshi

The "chamber" in punching should be at "nipple" level. I see students with hands on hips, some open hand and some closed hand.

I also see many students not creating **power** by using the "heel, hip, shoulder " rotation to create the power. Instead I see the feet not turning, only the shoulders, or no turning at all.

In some cases, we do not see correct foot position in **Geri**. It should be Jo sokute or Ka sokute.....ball, heel, instep etc not the "floppy" foot.

In **Zuki** the first thing that should move, after the inhalation, is the hand...palm up.

SHORINJIRYU STRESSOR # 1



As the fist approaches the target, it rotates to Tate ken... at that moment...the heel, hip and shoulder rotation begins accompanied by the chamber hand pulling into chamber.....BAM!!! exhale!!!

Kamae...students should have their hands in a prescribed Kamae, fingers closed.

One of the contributing factors is the vast amount of knowledge contained in our style. There is so much to teach, we sometimes overlook the simple things (the Finger pointing at the Moon).

In my own experience, I find Goshin Jitsu for some reason, gets the least attention, so I make a point to address that.

Wishing all in our Karate family a Happy Summer!...

Regards, Kyoshi D'Avino





"Find Your Drive"

by

Sensei Decland Paul-Roper

According to the Oxford Dictionary, motivation is defined as, "a reason or reasons for acting or behaving in a particular way". Additionally, it is the "desire or willingness to do something; enthusiasm."

Motivation can manifest itself externally as well as internally throughout one's life, and as a practitioner of karate, every lesson learned, and every class attended reinforces that feeling. That brings up the all-important question...what motivates you and drives you to succeed?

Discipline, respect, health & wellness, self-defense, these are all reasons why a person would enroll in a karate class. Way back in 2001, these were all introduced to me when I took my first lesson at the Imperial Dragon Hombu Dojo in Brooklyn, New York.

I was so excited to start that I ran inside with my socks still on! Eighteen years later, I have myself to be more than just a student, I am also an instructor, mentor, friend and dojo-mate.

Throughout the years I have seen many of my fellow peers and students come and go and I am glad to say that I have remained a part of the school.

Cont'd ~ Find Your Drive

by Sensei Decland Paul-Roper

Growing up in Shorinjiryu, I have met, competed, trained and learned from many talented karateka. I am able to say that thanks to Shorinjiryu, I have met people from Canada, Germany, Japan, Russia and Australia.

But this all would not be possible if I would have given up along my journey through karate.

Many of times I've felt defeated mentally and physically by people who were faster, stronger, smarter and more experienced than me.

As a youth, I saw so many students pass me in rank and win more trophies than me and I then proceeded to doubt myself. "

Do I really want to do this?' "Am I meant to do this?" "Will I become a black belt one day?"

Fast forward to the present, I am currently a third-degree black belt. Karate has become an integral part of my life and I am meant to be a part of the Shorinjiryu family going forward.

Along the way I have also even acquired a new form of motivation. I want the Mudansha of today to be the even greater Yudansha and people of tomorrow, and knowing that I play a part in their growth and development drives me to be the best Sensei that I can be.

Long Time Friends Become Like Family



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Salutations

Shorinjiryu World

By Sandan Neil.

My time in beautiful Australia with Hanshi Myron was absolutely amazing! Everything from the 15 hour flight to the wonderful host and hostess, Kyoshi Jim and Shihan Lesley were terrific.

During my stay I got a chance to ask every question I could think of, whether it was Shorinjiryu related or just about everyday life.

And while receiving great advice I also got an extensive schooling on 50s Rock and Roll which seemed like it lasted an eternity.

The information I received was extremely insightful nonetheless.

During my stay in Australia, I got the pleasure of attending a training camp which I had the honor of being able to assist in teaching kata with Kyoshi Vincent, which was a prime focus of the training camp.

The motivation everyone showed from the first day of camp to the last was outstanding, the will to learn and enjoying of each other's company really made my time there exceedingly pleasurable.

Neil Stewart



SHINTO

by John Mirrione, Hanshi

The dictionary says: Shinto is a Japanese religion dating back from the early 8th century incorporating the worship of ancestors, nature (rivers and mountains) and a belief in sacred power.

It was the state religion of Japan until 1945.

Let's explore what we did in Karatedo that was and is today related to Shinto. In the early years of Shorinjiryu's (1960s) introduction to North America, new American students felt it was very strange that you needed to bow before entering and leaving the dojo.

During training they had to bow to fellow students and their teacher throughout class. Just a few felt that bowing could be contrary to their religious beliefs.

Parents were concerned about their children bowing and paying homage to a picture of someone, while others loved the idea of paying respect to a picture of Shinan Kori Hisataka who dedicated his life to developing the art they were practicing.

Not talking during class and having to kneel down with eyes closed, and meditating at the beginning and end of class added to the mystique of it all.

Cont'd ~

SHINTO

by John Mirrione, Hanshi

Of course very few knew the meaning of meditation. In some of the traditional dojo of that time they had what appeared to be a small wooden house (Kamidana) hanging on the wall that was bowed to. It would be made of natural wood product with no artificial coloring and hung on a north wall facing south.

Students bowed to this special place as a way of showing respect to those who came before us who worked so hard to pass down the gift of Karatedo generation after generation. Regardless of their personal religious beliefs, students came to accept its presence in the dojo. In other traditional Japanese dojo they performed a ritual of bowing and clapping their hands while facing the Kamidana.

Every effort is made in class not to turn your back to the Kamidana and not to point weapons in that direction when they are not in use. Americans signed up in record numbers to learn this mysterious Asian martial art called karate which they found to be both intriguing and motivating.

Throughout the years I opted to simply make my own miniature wooden Kamiza for my dojo which hung on a North wall in a place of respect and tradition. I made sure not to duplicate it exactly from one dojo to another. It added to the focal point of the dojo together with a picture of Kaiso on the right side and a picture of the school head on the left side.

Some traditional Aikido dojos have much larger Kamiza on a North wall where at the base they display samurai swords.

Showing respect to our founders and past generations is a part of Shinto's ritual practice, ideals and spiritual values. After all what is wrong with showing respect in the dojo?

John A. Mirrione, Hanshi

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What is Your Intention

by Sensei Joey Van Winkle

You're walking down any street, anywhere. It's late at night, or could be midday. It can be familiar or unfamiliar territory. Suddenly, you're confronted by a mugger/attacker/assassin. NOW WHAT??

The person accosting you has his or her mind made up to inflict harm if necessary, to get what they want. NOW WHAT??

This person has **INTENT!** The important question here is, are you prepared to match your assailant's intent. Hopefully, preferably, your intent must exceed theirs.

So, let's talk about this "intent". When teaching class at the Hombu, one of the main aspects that we stress is to not train "like a dog". By that, we mean, just going through the motions without the effort required or intent if you will. If your technique lacks the desired strength, precision, or **INTENT**, you are not doing yourself any benefit by just going through the motions!

It is understood, especially as it pertains to our younger students, that doing a lot of the same exercises over and over again is boring after a while in their view.

What WE are trying to develop within their body is muscle memory. At the same time, developing in the mind the ability to react, **WITH INTENT**, automatically and without thought or hesitation. Therefore, if the technique is weak on a habitual basis, it will become the norm for that student and should conflict arise, their response will most likely be inadequate.



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Cont'd ~ What's Your Intention, by Joey

We are also endeavoring to condition the mind to remain calm in these types of events. But, **INTENT** should always be at the forefront of any reaction. The **INTENT** to protect ourselves, the **INTENT** to deliver a decisive counter to the attack, and the intent to extricate ourselves from the situation as quickly and safely as is possible.

I believe it is essential to make our students aware of the dangers/pitfalls of not training with maximum effort, understanding of course, that everyone has a bit of a "down" day.

But we need to continue to drive home the value of honing your mind, body, and technique and to enter the dojo each session with the **INTENT** of doing the best they can!

DETAILS MATTER

by Page Christis, Shihan



As I grow older, I have become a step or two slower. I am no longer pushing the pace but rather trying to keep up. As such, I have noticed that occasionally my partner during kumite is just going through the pattern.

He or she is completely oblivious to what and where I am in the pattern. He or she is completing the kumite's pattern rather than reacting to when I strike. As a result the true purpose of practicing kumite is lost.



Kumites are designed so that person #1 attacks which causes person #2 to escape. If person #2 does not move, he or she would be struck. So, person #2 reacts by moving out of the way of the strike and then performing a counterstrike. The counterstrike causes person #1 to escape to avoid being struck and follows up with a counterstrike. This back & forth attacking, escaping, and counterstrikes continue throughout the kumite.

Kumites are designed to teach the student favorable methods of escape along with recommended combination of strikes. The desired result of thousand of repetitions with numerous partners of different size and abilities is to form muscle memory. The ultimate goal is to be able to react without conscious thought.



The important component of practicing kumite is the necessity to aim for your partner. No purpose is served by aiming your strike away from your partner towards the empty space. It is also vitally important to wait and escape only after being attacked. Again, you are wasting your time if you react and escape before the striking technique has been initiated.

A more advanced student can enhance their training by waiting until the last second before escaping. This makes it much harder for the attacker to be able to change the direction of the strike in order to follow you.

Practicing kumite is a precursor to shiai. The more realistic your kumite practice will enhance your shiai.



Shorinjiryu Koshinkai Karatedo Australia National Training Camp 2019

by Tony Fletcher, Renshi

Shorinjiryu Koshinkai Karatedo Australia held its National Training Camp in Coffs Harbour during the weekend 17-19 May in what became a very auspicious event for several reasons.

Firstly, we were graced with the presence of Hanshi Myron Lubitsch 9th Dan, from the Kenryukan Imperial Dragon Hombu Dojo in Brooklyn, New York, accompanied by Kyoshi Vincent Capers Jr, 7th Dan and Nidan Neil Stewart.

Secondly, both Shihan Des Paroz and Shihan Lesley Griffin were promoted to 7th Degree Black Belt and thirdly, and most surprisingly for the recipient, Kyoshi Jim Griffin was promoted to 8th Degree Black Belt.

Hanshi Myron also had a surprise advising us all he was conducting a "battlefield" promotion for Nidan Neil to Sandan Neil. No one was more surprised than Neil himself. In addition to the above, Tasshi Marnie Roberts was awarded the Honourable title of Renshi.

These promotions started off an amazing weekend with Kyoshi Vincent introducing us to kata Ananku as performed in the Kenryukan dojo in New York. Aply assisted by Sandan Neil, these two gentlemen took us through the kata step by step with bunkai applications discussed by both Hanshi Myron and Kyoshi Vincent. Everyone took on board this kata with relish, interest and enthusiasm.

During the course of the weekend, various kata, kumite and Bukiho were covered plus some excellent spirited focus mitt and pad work, ably led by Tasshi Dean McKernan. In conjunction with all these training sessions, those Yudansha nominated for promotions conducted demonstrations throughout the day

We thank all the Instructors for their help and guidance over the weekend and we especially thank all the students regardless of rank, for their enthusiasm and their wholesome participation in all aspects of the weekend.

Finally, our deepest appreciation to Hanshi Myron, Kyoshi Vincent and Sandan Neil for making the effort to come out here and share their life, experiences, talent and instruction. It was awesome to see them and they were missed as soon as they left.



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古新会





Success From Failure

by

Jason Berenbach, Tashi

In the movie "The Last Jedi" the following quote from Yoda sticks with me the most:

"Pass on what you have learned. Strength, mastery, hmm... but weakness, folly, failure also. Yes: failure, most of all. The greatest teacher, failure is. Luke, we are what they grow beyond. That is the true burden of all masters."

I was thinking of a recent promotion test some of my students participated in. They had been preparing and training for a while. I would try to explain the bunkai (meaning) for techniques to help them obtain a better perspective.

I would give them their space to perform kata over and over again to adnauseum. However I don't think they were anywhere close to the 10,000 times they say is needed to reach mastery. So the test came and went and the results were in... they had failed

Every person handles failure differently. In the case of these students, failure means you walk away and never come back. From my perspective, even though they failed the test... they did not understand WHY they failed the test.

Koshinkai Hosting Hanshi Myron, Kyoshi Vincent & Sandan Neil In "The Land Down Under" - Beautiful Australia



Cont'd ~ Success From Failure

by Jason Berenbach, Tashi

They believed everything was done right and couldn't grasp where any failure may have occurred. After these students left my school, I was thinking about what lessons I hope they will have learned from their Karate experience years down the road. Lessons such as:

1. A student's failure is the failure of a teacher. Students represent the dojo they come from. I think many students don't realize that they are a reflection of their teachers until much later on.
2. How you handle a failure is just as if not more important, than the failure itself. These students did not go to any Black Belt afterwards and ask the question "What do I need to do to improve?" Being able to take criticism is one of the hardest things to do in life. To accept that there can always be improvement is something not everyone is capable of.
3. Karate is so much more than kicking and punching. When these students walked away after the failed test, they said nothing. They did something called "Ghosting" which is happening more and more in this day of social media. Its all too easy to stop and cut off all communication with someone.

How you can do that with someone you have known for over 8 years is unimaginable to me. However, these students didn't seem to have a problem with it. In the real world, social networks are such a strong asset to have especially in the field of job searching.

Cutting off all contact with a coworker/boss/friend only removes another door towards success.



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Cont'd ~ Success From Failure

4. Most successes in life will come after failures. There have been many entrepreneurs who have failed in startups multiple times until finding the right business.

If you always stop when faced with adversity, you will never accomplish anything.

Before he became famous, Thomas Edison was told by his teachers he was 'too stupid to learn anything'. After he heard that, he went on to hold more than 1000 patents for inventions.

Karate is not for everyone. It is a lifelong commitment and that can be overwhelming for some. Everyone will eventually fail at something in his or her life.

So the most important thing is to remember back to what the wise Yoda said: **"The greatest teacher, failure is"**



Jason Berenbach

"We The North"

by Emanuel (Manny) Hawthorne, Shihan

**Head-Master of the Shorinjiryu
Kenshin Karatedo School**

**Facilitator for the Shorinjiryu
Karatedo International Alumni**

On behalf of the members from London "Beautiful Southwestern Ontario" I would like to take this opportunity to offer my best wishes to all the members of the Shorinjiryu Shinzen Family, may each and everyone enjoy a most memorable, healthy and happy summer for 2019.

Going forward, I would like to suggest we take a few minutes to reflect on how far we, The Shorinjiryu Karatedo Family have advanced, enjoyed and indeed shared our common passion for the art of karate-do.

As I like to believe, everyone, individually or as a group, has contributed to the success of the many; i.e. The Shorinjiryu Karatedo Family. Now more than ever, this remarkable karatedo art form formulated by Kaiso Masayoshi Kori Hisataka is being studied and enjoyed around the world!

To these achievements I ask myself, why, how, who is orchestrating these continuous, expanding developments? To these questions I am once again reminded of what I believe to be the underlying premise for and of Shorinjiryu Karatedo; i.e. as a body, we are intrinsically greater than the sum total of all it's parts!



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"Shorinji Arashiryu Returns to USA"

by Arthur Mark, Shihan

Hello all, my 3-year vacation abroad has come to an end. The Dominican Republic was an amazing experience, and I highly recommend it to anyone that can visit there. I will be re-locating somewhere down south in the USA soon. Unfortunately, I was unable to make a training camp there come to fruition. Logistics turned out to be a nightmare. As far as a new dojo is concerned that will be determined once I get settled.

This brings me to an important question. Why? Why do we do this? For me training is as natural as getting dressed in the morning. You do not need a dojo to train, however a dojo is a place where we all find some kind of peace. How can a place that is associated with so much pain at times keep us in peace? That is the beauty of Shorinjiryu and I'd imagine all other martial arts. It's simple to understand when you dive into it but not so easy to understand or justify to someone who hasn't lived it.

A dojo is a place to let it all out. For any newbies reading, my advice to you is when you are in the dojo, don't try to think or talk, just train and do what your sensei tells you. Give 100% until you are completely annihilated. You should leave class saying to yourself "Never in a million years did I think I can push myself to doing that". When you have this mindset you will truly be at a level of peace and confidence that you never thought was imaginable.

Always Shiai. When not actually practicing Shiai, it's still Shiai. Every punch, kick, kata, drill, should be done with the thought of having an opponent. You need to visualize where every technique is landing on all different types of "imaginary" opponents. It is imperative that your training is focused and always practiced with this type of precision.

Keep your mind sharp and your techniques will follow. Less yapping and more smacking. My Shorinjiryu teacher Kaicho Tamon Kashimoto pushed us to limits that for many years I thought were cruel and unusual punishment. So why did I keep coming back for more, day after day, year after year for 34 years?

It's simple. The next few hours after class made me feel like I've accomplished something most humans will never do. I had a level of peace and confidence that no-one except my dojo mates felt and understood. This is my WHY. Stay safe all, and train hard. Osu.

Cont'd ~ We The North

by Manny Hawthorne

As another example of this reasoning, lets look at kata. Sure we can analyse them, interpret what we think them to be, we can dissect them, we can even mimic and imagine the moves as being or originating from the fatal execution of techniques; all playing to our curious imagination.

In the end however, all the pieces and parts of a kata are never equal to the sum benefit and reward from performing your kata. Whether you be 6 years of age or 96 years of age, there is always something magical to be gained from doing kata and that cannot be explained, for it is our "ALCHEMY!"

Have a wonderful summer everyone, and indeed thank you!

FYI, Southwestern Ontario shares geographically a southern latitude with no less than 5 (five) United States!

Manny Hawthorne



Canadian Shorinjiryu Kadaka Karate-do Federation

Greetings from we, the North NBA Champions. On behalf of the Kudaka Federation, I would like to thank Hanshi Myron, first for his friendship and to him and through him to his students, for a great job well done. Keep up the good work.

The Kudaka Federation has had a busy season with Tournaments, Clinics etc. I'm very proud of my students who participated in these tournaments and clinics.

We had a grading in May with 11 students, 1 for 2nd Dan and 10 for 1st Dan. After the very long all day test, 3 of the students with their Instructors and others students, drove 5 hours to attend the tournament in Sherbrooke, Canada and did very well. That shows their dedication, well done keep up the good work.

On behalf of the Kudaka Federation we wish you all a very safe Summer.

Hanshi Doug Roberts

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

by Aron Polmateer

Greetings Fellow Shinzen Members,

I hope that the start to 2019 has been good to everyone. As a relatively new Shinzen member club (having only been a member for the past 4 years), I am continually amazed by not only the vast amount of talent and knowledge that is contained within the Shinzen organization, but also the willingness to share that talent and knowledge with others.

Both myself as well as my students have had the pleasure of attending many seminars or training sessions over the past few years with some very knowledgeable individuals from multiple different groups and dojos within the Shinzen Association, all of them have made a very big impact on both my personal training as well as level of training that my students receive.

Upon being asked to join the Shinzen organization in 2015, Hanshi Myron Lubitsch told me it was like joining a big Shorinjiryu family, where depending on what you are looking for you will find high level competitors, training partners, friends and even mentors. Little did I know at the time; how very true these words would turn out to be.

I would like to take this opportunity to sincerely thank all of the Shinzen membership for openly passing the teachings of Kaiso Hisataka and Shorinjiryu Karatedo on to the next generation. All of us at the Ken No Seishin dojo look forward to many more excellent training sessions and or friendly competitions with all of you in the future.

"Thank you for passing such a bright torch to lead us on our way"



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"How Much is 40 Hours Worth"

by Vincent Capers Jr, Kyoshi

This past May, Hanshi Myron, Sandan Neil and I travelled to Australia to train with Kyoshi Jim and the students of the Koshinkai. To travel to Australia from New York City is a serious endeavor and cannot be taken lightly. The first leg of the journey is a six-hour flight from JFK to Los Angeles. The second leg is 14-hour straight flight from Los Angeles to Australia. (No Sempai Oscar, the plane didn't stop at a gas station, in the middle of the Pacific Ocean, for a bathroom break and McDonald's or Burger King.) The return flight is the same, only in reverse.

In total we spent 40 hours in airplanes and that total rises as soon as you add customs, security and waiting for baggage. Why did we do it? Why travel this distance? Why endure the cost financially, physically, mentally and spiritually?

Back at the YMCA, in the 1980's, I had made friends with karateka from Australia. Being a silly teenager, I didn't pay much attention and I had forgotten who, what, when and where. But I treated everyone with dignity and respect and made a long-lasting impression. I did not realize the significance of this at the time.

Fast-forward to 2004, I travelled with Hanshi to Australia to visit Shihan Jim. It was an action-packed, five-day, whirlwind visit. We visited all that Brisbane had to offer. In the mountains, we had a wonderful lunch where the view overlooked the city. At the beach, I dipped my toes into the beautiful Pacific. On the cliffs, we saw young dolphins surfing. In the zoo, we saw koala bears and kangaroos up close. (a little too close at times.) In between all of this, we trained, hard. I did not realize the significance of the event either. However, we were paving the way to something much more than being better fighters.

Last May, we spent three days working with 43 students and instructors - teaching Kata Ananku. I slowly began to understand it wasn't the punches or the kicks at all. Simply, it was a group of people, together, sharing the one thing they all loved - Shorinjiryu Karatedo. We discussed practical applications, philosophy, history, and current events along the way to learning every move between the bows.

At the end of the three days, I understood the significance. I gained something priceless. I re-established old friendships and created many new ones. I will keep in touch with my brothers and sisters in karate from Australia. With the internet, everyone is a social media message or email away - no excuses.

My advice to you is to make friends, in class, at tournaments and seminars, wherever you go. You never know where those friendships will take you. For me, they have taken me from, around the corner, to the other side of the world. Where will your friendships take you?

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"The Journey"

by Geoffrey Hinds, Nikyu
Shorinjiryu Kenryukan

Sixteen months ago, 16 karateka were given the opportunity to participate in a special Friday night class.

The advanced sessions were open only to mudansha ranked 5th through 3rd kyu. The goal was to fast track karateka to 3rd and 2nd kyu, as the Hombu Dojo had been without brown belts for too long.

I was one of the fortunate few, and this was my experience.

I remember attending a meeting on a Friday in February with Hanshi Myron Lubitsch, Sensei Joe Van Winkle and Sensei Declan Paul-Roper.

Hanshi Myron explained his plan and I thought it was a tremendous opportunity. I also thought it would be a scary undertaking that would require a lot of time and effort.

As a working man with a family, time was not an abundant resource for me, but I went ahead anyway. We met as a training group the following Monday, which was a holiday in the U.S.

The mudansha were assessed to ascertain where each of us was at the time. The classes soon began in earnest.

Sensei Declan started us out with grueling workouts designed to build stamina. Afterwards, we were put through our paces by demonstrating kata and kumite.

Sensei focused on the areas where some of us were weak, walking us through and fine tuning our forms. The students also received a healthy dose of bunkai.

We were well on our way.

"The Journey"

Cont'd ~ by Geoffrey Hinds

The Yudansha worked through some scheduling issues and the very cerebral, yet fun loving Kyoshi Vincent Capers, Jr. took over the class. His focus was much the same as Sensei Declan; with a twist. We reviewed our forms as before but Kyoshi Vincent deep dived into the karateka's mindset.

We explored the esoterica of Shorinjiryu and martial arts in general. This was done in part by reading and reviewing, "The Book of Five Rings." If you are familiar with Frank Herbert's Dune series, you'll understand when I say we received the "deep training." The net result of the work we put in with Sensei Declan and Kyoshi Vincent is that we all became much stronger mentally and physically and I dare say we developed spiritually as well.

With the test fast approaching, Hanshi Myron asked me if I was ready. The truth be told I never feel ready enough. I told Hanshi Myron that none of the mudansha in the program had perfect knowledge. He turn replied, "Together you do." And he was right.

Finally, the day of the test arrived. We mudansha were faced with 14 black belts who would track our every move. Normally this would be very intimidating but I decided to just do my best and let the chips fall where they may. We performed our katas, weapons kata, kumite and self defense.

Each mudansha also demonstrated "something special," a form that was not required for the testing. The testing went on for 5 hours. It was an exceptionally long day. While we were taking a break, I realized how much karate and Shorinjiryu meant to me. I decided on the spot that no matter the result, I would train harder than ever.

I looked around me and realized how much I appreciated my fellow students, and how much we all put into this. The experience transformed us. It bred a confidence and a camaraderie in us that in all probability last a lifetime.

At the end of the testing, the mudansha were called in. We received our results on the spot. The Hombu Dojo has newly minted 7 nikyus and 2 sankyus. I am so proud of my dojo mates. However, we are under no illusions. In many ways the journey has just begun.



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Des Paroz - Shihan, 7th Dan Shorinjiryu Historian At Large

by Jim Griffin, Kyoshi, 8th Dan

Shihan Des Paroz, 7th Dan Shorinjiryu Koshinkai Karatedo and Shorinjiryu Shinzen Kyokai, commenced his Shorinjiryu Training in the early 80's. I first met him when he was training at his school Dojo at Nudgee College, in Brisbane.

Des was always enthusiastic about his Shorinjiryu training and had / has an inquiring mind, always looking behind the obvious for the hidden areas of Karate, Shorinjiryu Karate and Shorinjiryu as a School. His thirst for his Karate and particularly his Kata was and is immense.

He progressed through the ranks and eventually he was recommended for his Shodan test by his then Instructor Shihan Phill Hooper. I have to say that Des had to endure the most intensive and toughest Shodan grading test that I've ever seen in Shorinjiryu in Australia.

Apart from demonstrating all required Kata and Kumite etc. Des was called upon to fight a number of past and present Koshiki Champions in continuous full contact Koshiki fighting for in excess of 30 minutes.

Doesn't sound that bad.... but try fighting Koshiki pioneer fighters like Chris Kliese, Dave Holmberg, Matty Nester, Phill Hooper, Myself and others in continuous Koshiki, there's no place to hide. Needless to say, Des gave as good as he got and passed his Shodan test.

Over a period of many years, Des opened his first Dojo at St Lucia University and continued his pursuit of background knowledge of Karatedo. Eventually, he moved to Tokyo with his job in the early 90's and trained full time with Hanshi Masayuki Hisataka at the Kenkokan Honbu Dojo in Waseda.

He co-wrote "Essential Shorinjiryu Karatedo" with Hanshi Hisataka and made overseas trips with Hanshi Hisataka. On one such trip to Switzerland, Hanshi Hisataka promoted him to Sandan.

Des also formed a firm friendship at that time with Hanshi Patrick McCarthy, who was / is heavily involved with the Ryukyu Research Society. Of course, this friendship was ideal for Des and his constant thirst for knowledge. Hanshi Patrick was a mentor for Des and his love of Karatedo history has never waned.

Upon his return to Australia, he re-joined Australian Shorinjiryu and has become an integral part of everything Shorinjiryu in Australia.

Cont'd Below

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Shinzen Kyokai SHIMBUN Submissions

The Shorinjiryu Shinzen Kyokai Shimbun accepts submissions on any Shorinjiryu related topic. Submitters do not need to belong to the Kyokai.

All submissions will be reviewed by the Editorial Board and the Kyokai reserves the right to reject manuscripts that market a product or service, are not in alignment with the Kyokai philosophy of non-interference with member schools, or that advocate one school over another.

Submissions should be in English, however foreign language submissions with English translations will also be accepted. The Kyokai reserves the right to make grammar, formatting, and other minor edits to improve the readability of the work.

Submit articles as Microsoft Word, Text, or Open Office formatted Word documents. Submit and identify digital photographs individually, in addition to including them in your document

The Shimbun publishes bi-annually by the beginning of Summer and Winter. Submissions are due by June 30 and December 31. Late articles may be held until the next edition.

Tony Fletcher, Renshi - Publications Director (tonyfletcher@bigpond.com)

Des Paroz - Shihan ~Cont'd

Des researched the Jo in the mid 90's and introduced it to Shorinjiryu in Australia and then the Shinzen Shiai. The Jo has become common place now at Shorinjiryu events. He has recently researched the Eku and has brought it to us in Australia.

The Eku is the king of Okinawan weapons and it is fitting that we now practice an Eku Kata with links back to our Founder's teachers.

Des joined the Australian Defence Forces a few years ago spending a lot of time at sea and in many locations around the world. This is very time consuming but he always makes time to absorb more knowledge for the benefit of us all.

Shorinjiryu Koshinkai Australia and Shorinjiryu Shinzen Kyokai are much stronger for Shihan Des Paroz's involvement. It's good to have our 'Historian at Large', a man who doesn't settle for rumours, fairy tales or stories in pursuit of the truth about our origins.