

- A Gathering of the Shorinjiryu Family
- Largest Group of Shorinjiryu Practitioners Worldwide
- Exchanging Knowledge, Spirit, & Friendship

Shorinjiryu Shinzen Kyokai Shorinjiryu Shimbun



From the Desk of the President

by Myron M. Lubitsch, Hanshi

As we approach the half year mark, all I can say is wow! The amount of events so far has been staggering, all of which tells me that we must be doing something right. The Winter Regional, the 11th Kenyukai Watanabe-ha Invitational, the 5th Annual Central Jersey, the 17th Annual Shorinjiryu Shindo Budo Kwai Koshiki Karate Tournament, the Provincial Sherbrooke Tournament, the Spring Regional/Fathers' Day Recognition Tournament, Koshinkai National Training Camp, and a number more.

One of the historically significant event was the clinic hosted by the Kentokukan as it invited Shunji Watanabe, Hanshi (technical advisor of the Kyokai) to work with a large group of black belts in forms, ideas, philosophies that he learned from his instructor, Kori Hisataka, Shinan over 60 years ago.

The friendship that the Shinzen has worked for over all these years appears to be successful. Just think, if one adds up the years of Shorinjiryu training of just the senior school leaders equates about 1,000 years of original Shorinjiryu training.

As the old commercial said, "we try harder".

I wish everyone a great summer and a pleasant winter for our Australian friends.

A Policy Statement

As a service to our members, we are continuing a policy instituted many years ago, Kyokai registered black belts who attend and participate in the Winter Regional and the Spring Regional do not have to pay a participation fee. Special discounts are offered to all students of Kyokai registered schools for participation in the two aforementioned events in addition to the Shorinjiryu Shinzen Shiai. Score keeping and refereeing clinics

hosted at the Kenryukan headquarters are fee of charge.

We value our members.

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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. To join, contact Hanshi Lubitsch at hanshi@shorinjiryu.org.

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. 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 pictures individually, in addition to including them in your document.

The Shimbun publishes on June 15 and December 15. Submissions are due by June 1 and December 1. Late articles may be held until the next edition. Submit articles to newsletter@shorinjiryu.org or directly to Renshi Pete at editor@shorinjiryu.org.

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Brian Berenbach, Shihan

Peter Hiltz, Renshi

Unless otherwise stated, all articles in this document reflect the author's opinions. Inclusion in the Shinzen Shimbun does not constitute endorsement by the Shorinjiryu Shinzen Kyokai or any of its affiliates.



From the Desk of the Editor

by Peter Hiltz, Renshi

Our website has an exciting new feature: dojo search. Go to <http://www.shorinjiryu.org/dojo-search/> and see if your dojo is there. We've entered in dojos from the old web pages and a number of schools have used the web forms to enter theirs.

Dojo search is offered as a marketing tool for you. Potential students looking for a Shorinjiryu school can enter a number of search criteria and see all the schools in that area. Since students typically attend schools close to where they live, there is very little chance of competing with another school.

From the link above simply follow the instructions to enter your dojo. Enter each active teaching location. For example, if you have three locations enter all three in different entries. Each location offers a short roll-over text and when clicked on, a more verbose note. This text is yours so look at your roll-over text and verbose note and let me know if you want it changed.

Dojo search is open to any Shorinjiryu Dojo, regardless of political affiliation. Last Shimbun I discussed the recommended reading section of the website, however, no one has come forward with additional suggestions for reading material. The theme was to collect the titles of books that we feel are of value to Shorinjiryu community. My hope was to create a rich list of reading material that compliments and expands our Shorinjiryu studies. If no suggestions come forward by the December Shimbun, I may either delete the page or populate it with what I, as your humble editor, believe of value. That should scare you.

Though I've not put it on line, the idea of a recommended suppliers list was also surfaced last Shimbun, with no feedback. Let me know if you want me to move forward with this idea.

A Baltimore Sensei, name lost to memory, tells his students that 'A blackbelt is a white belt that did not quit.'

Submitted by Sensei Sheldon Topolsky, New Beginnings Karate, Baltimore Maryland

2013 Calendar	
January 5	Kagami Biraki Kenryukan, Brooklyn NY
February 23	Winter Regional Kenryukan, Brooklyn NY
March 16	Hanshi Watanabe Clinic Montreal, Canada
April 6	Watanabe-ha Kenyukai Baltimore, MD
May 4	Central Jersey Youth Invitational Kenjiyukai, Edison NJ
May 26	International Shindo Budo Kwai La Valle, Canada
June 15	Spring Regional Kenryukan, Brooklyn NY
July 13	Yudansha Clinic Baltimore, MD
July 14	Blackbelt Testing Baltimore, MD
September 21	Long Island Clinic Long Island, NY
October 12	27 th Annual Shorinjiryu Shiai Queens, NY
November 17	Long Island Tournament Long Island, NY

Neural System: the Key of Martial Arts

Larry Foisy, Renshi
Shorinjiryu Shindo Budo Kwai
Translated from French by
Luc Robichaud



You have probably heard an instructor say to you, “this technique is very efficient and pain inflicting!”. Martial arts have a purely defensive character - be this as it may - the fact that throwing punches and kicks causing luxations and articular controls implies a sensation of pain. But, what is the sensation of pain?

You could practice martial arts all your life without acknowledging the importance that the nervous system has, just as you could use a microwave oven every day without knowing that the microwaves agitate the water molecules in food in order to heat it up. In my opinion, when we want to practice advanced martial arts, it is primordial to understand the nervous processes in order to optimise and enhance the efficiency of our techniques for combat, to destroy or heal. For example, if you teach or are taught, during self-defense, to hit behind the neck (cervical areas C1 to C7), then it is

important to consider that if the strike is badly controlled or too abrupt, it may transversally section the spinal cord. Consequently, such a strike could cause loss of mobility and all sensation located beneath the lesion with the possible risk of quadriplegia.

Briefly, the encephalon (the brain) and the spinal cord constitute the nervous system (NS). They both ensure the command and coordination of the organs and the locomotor apparatus of perceiving, analysing and responding to internal and external stimuli thus ensuring the mental and intellectual functions. Hence, the human brain, complicated as it is, wouldn't be of much use without the nervous system which acts as an intermediary between it and the external world this through the afferent and efferent nervous systems. The nervous system is divided into two parts: the central nervous system (CNS) and the peripheral nervous system (PNS).

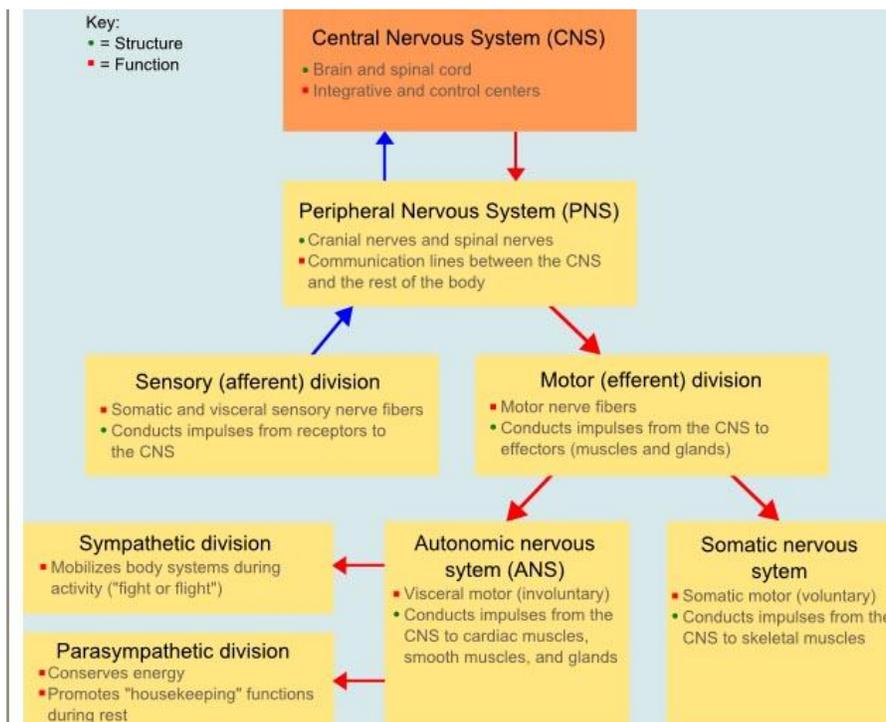


Figure 1. The diagram of the nervous system (wikiversity.org)

The PNS is formed by ganglions, nerves outside the brain and the spinal cord. The PNS, in contrast with the CNS, isn't protected by bone structure, the cranium or the spinal column (figure 2). Its role is to transport information (nervous impulse). This system includes the autonomic nervous system (ANS).

The ANS is the part of the nervous system responsible for involuntary functions such as heartbeat, digestion and vascularisation, keeping the human body in balance (figure 3). This system is subdivided into two parts: the sympathetic (SNS) and parasympathetic (PSNS) nervous systems. Both are very important in the practice of martial arts.

The SNS is essential due to its role in the fight or flight response. In dangerous and stressful situations it secretes adrenaline, dilates the pupils, increases the heartbeat, enables vasoconstriction of the blood vessels, inducing a paling of the skin, etc. Hence, as mammals (post-reptilian), we have the capacity of using these defense mechanisms against threats to our person. During practice in the dojo it is beneficial to find the methods that accurately simulate such situations and to become more familiar with the state of panic (sympathetic) they evoke in us.

The PSNS, contrary to the SNS, brings about a state of relief and allows the body to secrete endorphines, optimise rest and reconstruct the body. The activation of the PSNS is sought during activities such as meditation, massage therapy, yoga, etc. The daily *mokuso* (meditation) brings the body into the parasympathetic state of being and profound calm if

practiced for long enough. It's only by the third deep breath that one can attain this state.

The CNS is situated in the cranium and the spinal column. It is the system that manages and controls the body's responses by means of effectors (glands and muscles). It also ensures maintenance of internal equilibrium.

This column is but a brief overview of the nervous system. By familiarising yourself with it you could use this knowledge to your advantage, in order to stimulate your body for combat, to heal and to benefit from the many advantages of meditation. You can use it to engender reactions on the body of an assailant. You have surely, though involuntarily, experienced banging your elbow (hitting the funny bone) and consequently your arm becomes temporarily half paralysed. Or yet again hasn't your doctor tested your PNS by hitting you on the knee with a reflex hammer in order to generate movement by reflex.

To conclude, in advanced martial arts our aim is to use our knowledge of the NS in order to use it against assailants as to render them more vulnerable e.g. hitting the forearm precisely on the median nerve creates an involuntary opening of the hand.

During a competition, for example, you can increase your execution speed by knowing that reaction time consists of: 1- time of response (perception of afferent stimuli and choice of action), 2- reaction time (the neuromuscular efferent response) and 3- action time. This topic will be discussed in more depth in a later column.

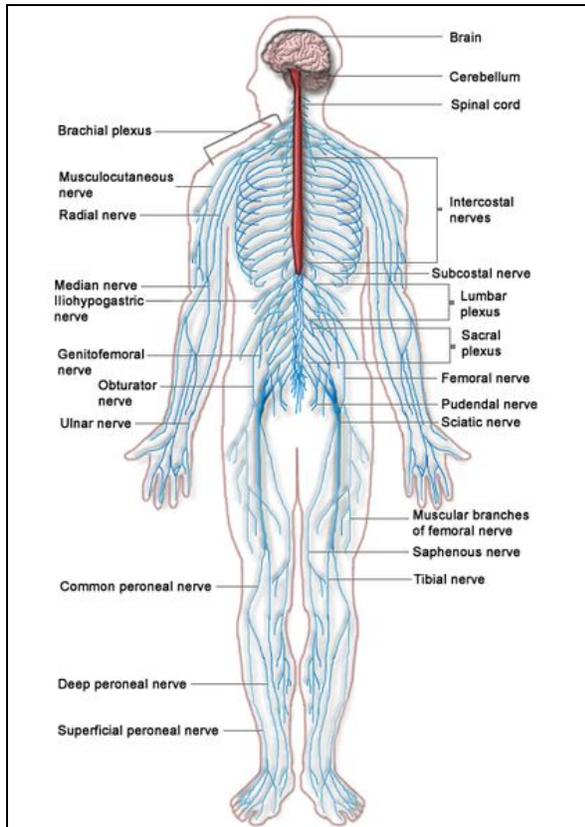


Figure 2. A diagram of the Human Peripheral Nervous system (from wikipedia.org)

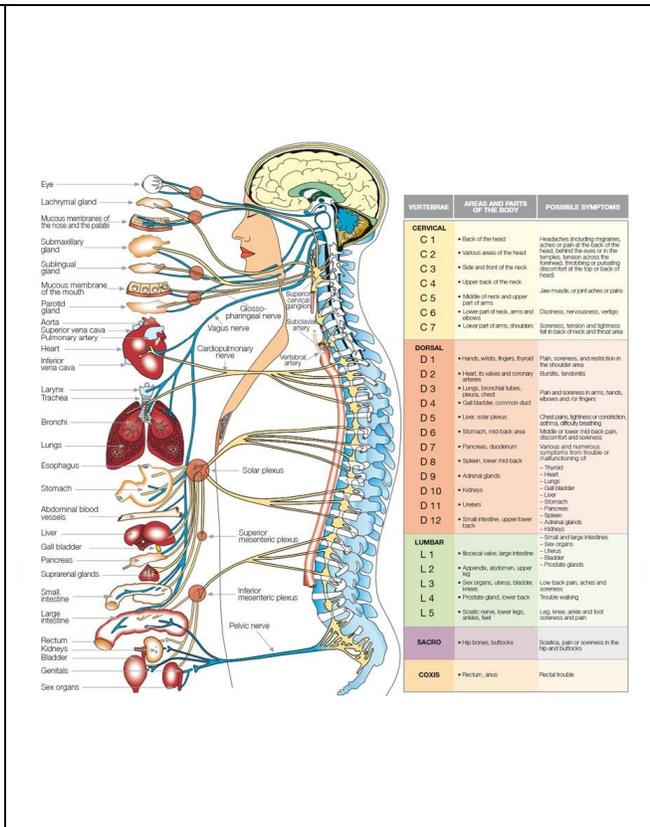


Figure 3. Relation between organs and neural system (www.chiropractique.com/relation_organes.php)

Revised by Claudie Archambault-Therrien
Bachelor ès sciences Kinésiologie, U. of Sherbrooke



Making the Crane

By Dan Hayes, Shihan

This article is actually part of forthcoming book written by D. Hayes to be approved and endorsed by Watanabe Shoshi on the practice and principles of Classic Shorinjiryu as taught by Hisataka Shinan and currently by Watanabe Shoshi and Hayes Shihan.



Origami and the process of learning the folds is not unlike the folds of *Kata chi*. Most karate-ka devote much of their practice in an effort to remember the

Another learning process is to learn a few different forms which vary both slightly and great ways. This “lateral” method of education may make it easier to coordinate opportunities to clearly see the common substructure and varying alternatives.

This imperative process of learning can only happen if one’s mind is set for such intent.

Today we see many who *know* many kata and others who can perform quite “prettily”. I have heard many such performances referred to as “*momiji katsu chiru*” by my seniors.

The message being that like the falling leaf, although they are pretty in color and to watch float

MOMIJI KATSU CHIRU

Falling autumn leaves...colorful, graceful but lifeless.



kata *embu* (pattern) and mimic what **they** see their Sensei demonstrate. They miss the point in not trying to understand the kata and its intent or Bunkai. Like an origami-ka, one should understand the folds and begin to see the process by which they work, how they differ and can be made to accomplish different tasks. By learning one design, a crane for instance, and no other, we can begin to learn to make others only if we pay attention to the purpose and process of the particular folds and their relation to others. We can then foresee alternatives and plan for a different outcome.

from the tree they are dead or empty of life or life’s experience and understanding. This is afforded with an effort to embrace depth and patience.

It is a good student who knows how to **copy** and **make** Origami because they have mimicked a form or forms by paying attention to the sequence and precision of folds. It is a great student who can **create** via their understanding method/essence and learns to create their own (shiai).



Challenge Yourself

By John Mirrione, Kyoshi

Have you ever noticed that whenever a competitor finds a kata that he/she really enjoys and feels comfortable with they perform the same kata in competition and demonstrations over and over again? Those competitors stay well within

their comfort zone playing it safe. Well this may make sense to some, however, is this really how our predecessors wanted it to be? I do not think so.

Let me tell the reader a short personal story about my experience in the dojo of Sensei Tamon Kashimoto, my second Shorinjiryu teacher. One day he asked his students which kata was their favorite and which one was their least favorite. I answered quickly that Sanchin was my least favorite and Nijushiho was my favorite. He said "Then I want you to practice Sanchin at every class and make sure that you perform it at every tournament for the next year". I knew at that point that I gave the wrong answer and there would be consequences. I also knew that I would not be able to win any trophies doing that kata anywhere in the near future or perhaps ever. All classes would now be focused on me and my performance of Sanchin Kata. Sensei would lead me through the form over and over again until I was not able to hold my arms up or steady my legs. After a few weeks, I felt relieved when Sensei left me alone. I guess he felt that I was on the right path. As the months passed by, I began to feel more comfortable with each aspect of the kata and was lucky enough to place in an in-house tournament. Interesting to note that Sanchin kata is still not my favorite, however, I still practice and teach it. Sensei forced me to see that kata was not just an imitation of movement, but something of much more value in my training. The self defense aspects became a natural part of me.

The masters of old would say that it takes years to learn a kata. Of course, we know that we can learn the moves of a kata in a short time, however, much practice is needed so the kata can be performed without error. Months of practice are needed so the student can understand the meaning of the different movements (Bunkai). Years of practice of a kata

are needed so a student can feel comfortable exploring the hidden applications (Kokushite). Few today venture this far into a kata. Please keep in mind that it may be impossible to know exactly what all the applications really are unless you are the student of the master who devised the kata or have trained with a direct student of the master. Students who arrive at the point of feeling comfortable doing a specific kata should take the challenge of studying the kata even deeper. Besides doing the left side of the kata (if it is not already included in the kata) read about it, watch other Shorinjiryu karateka performing it and study videos of other styles doing it. All of this research will take some patience; however, I assure you that the effort will be well worth it.

I learned a very valuable lesson that I use today for my own personal training and for those I teach. Although I have been practicing karate for a very long time I am in a constant state of learning. When I go to the dojo to train, I start off by doing my least favorite kata first. I practice it very slowly being careful to get all the movements correct and then pick it up to a normal pace applying correct speed, breathing, rhythm, focus, power and balance. It is important to mention that when you do kata slowly you cannot hide your mistakes that you would otherwise hide with quick movements. I am always conscious of the historical value of kata that tells a story of a time long ago where the ancestors of our martial art used them to practice self defense movement relevant to the time and place where they lived.

As a result of what Sensei taught me, for many years I would practice and perform kata with which I was not completely comfortable. Winning or losing did not matter. I found that the preparation forced me to thoroughly learn more about each kata that I was to perform. It is a known fact that tournament participation plays an extremely important role in our development because of the preparation it takes to do well. It is our responsibility to do the best we can in representing our sensei, dojo and most importantly Shorinjiryu

Karatedo. I challenged myself as I hope you will. Step out of your comfort zone and consider challenging yourself. Our karate ancestors would have wanted it that way.



Clinic Report

By Renshi Max Mastrocola

Hanshi Shunji Watanabe and Shihan Daniel Hayes arrived at Montreal International Airport on the afternoon of March 15 and were greeted by Shinan Wayne Donovan and Sensei

Max Mastrocola.

Our guests were brought to their hotel for a couple of hours of rest before joining the Kentokukan kodansha (senior black belts) for dinner at Roberto's Restaurant. Here, in addition to enjoying a wonderful meal, we were given an opportunity to ask Hanshi Watanabe many questions about his long karatedo career, especially his early training days at the Shorinjiryu Kenkokan hombu dojo in Tokyo as a student of Kaiso Masayoshi Kori Hisataka. To our surprise, Hanshi Watanabe was quite the story teller and a good time was had by all. The next day, on March 16, the clinic began at 1pm. Over 50 black belts, from 1st dan to 9th dan, and several brown belts from many Canadian

Shorinjiryu schools were in attendance. The main purpose of the clinic was to give Hanshi Watanabe an opportunity to pass on the teachings of his sensei, Kaiso Hisataka, to current and future generations of Shorinjiryu practitioners.

After the opening ceremony and introductions, Hanshi Watanabe began the clinic by explaining the meaning of the Shorinjiryu Kenkokan motto, *doku ji gyō sei ki*, or "spiritual development of individuality in mind and body". According to Kaiso Hisataka,

Shorinjiryu karateka are like trees in a forest. All the trees have common characteristics, but no one tree is the same as another. In the same way, Shorinjiryu karateka share common techniques, philosophies, and knowledge, but no practitioner is identical to another. It is from this comparison that we can understand how each of us simultaneously learns from and enhances Shorinjiryu karatedo via our individuality.

Throughout the clinic, Shihan Hayes reinforced much of the technical and philosophical material with additional English explanations while Sensei Mastrocola aided with French translation.





Next, we moved into some technical material by tackling Kumite Sankakutobi Shodan No Ichi and Kumite Sankakutobi Shodan No San. Hanshi Watanabe showed us all how to leverage body movements (tai sabaki) to enhance speed and efficiency of displacements. It was quite impressive to watch just how quickly Hanshi Watanabe could move! As we tackled these kumite, the second of which was new for most of the participants, no one noticed the passage of time. In fact, three hours passed before a short break was even suggested.

In the next section of the clinic, we worked on Kata Sanchin. Interestingly, Hanshi Watanabe believes this kata to be one of the most challenging forms taught by Kaiso Hisataka, even though it seems simple on the surface. As a group, we worked on breathing techniques as it applied to Kata Sanchin, namely, shallow (chest) and deep (belly) breathing. For each of these, we reviewed 4 additional types of breathing:

- Long breath in, long breath out
- Long breath in, short breath out
- Short breath in, short breath out
- Short breath in, long breath out

By using different breathing techniques, Hanshi Watanabe demonstrated how speed and power could be developed at different instances in the kata. Shihan Hayes further explained how you could determine the best time to attack in a fight, for example, by observing your opponent's different types of breathing.

In the final section of the clinic, we were enthralled by Hanshi Watanabe's rendition of Kata Bo. As with kumite, he again emphasized how body movements could be leveraged to enhance speed and efficiency of motion. Also, since some of the karateka present had never practiced with the bo, Hanshi Watanabe reviewed a few bo basics like how to hold and manipulate the bo while striking.

The final two hours of the clinic passed very quickly and we found ourselves almost in disbelief as the clinic came to an end. We proceeded with the usual closing ceremony and with Hanshi Watanabe taking the time to shake the hands of every participant. Group and individual photos followed as well as an opportunity to have Hanshi Watanabe autograph the official clinic program for each participant.

On behalf of the Kentokukan Karatedo organization, the clinic organizing committee wishes to thank Hanshi Watanabe, Shihan Hayes, and all the participants for contributing to the historic and special nature of this event.



Reflections on Shorinjiryu, Then and Now

By Shihan D'Avino
Kenyujokai Karate

Greetings , Brothers and Sisters in Shorinjiryu, from the Kenyujokai Karate club.

Hoping all are looking forward to a great summer, and much fruitful training! After just participating in Shihan Salasko's, and Sensei McMahon's tournament in New Jersey, I had a chance to reflect on the state of Karatedo, as it is today , verses as it was in 1973, when I began my experiences in Shorinjiryu.

In 1973, there were Karate Dojos in every little shopping center, populated by mostly young men in their twenties, trying to emulate and live the lifestyle, that was shown in the Bruce Lee movies at the time. It was not uncommon to travel to Dojos of other styles, and find oneself doing Shiai in parking lots, with these students, to test our style vs. other styles. There were no high rents or insurance fees for Dojos and training only cost around \$35.00 a month.

In our tournaments, there was the black shiny bogu, no head gear or mouth pieces, a gigantic "outside your Gi" foam and steel "cup", that hung down to your knees...worn by all competitors, both male and female. If one were doing shiai, and there was a head technique thrown...if there was a little contact, and a little blood came out...it was o.k...as long as there was good kime!.If you rocked the guys head off his shoulders, you would get the warning!

There were sweeps and throws on the wood floor. There were many major injuries, and many trips to the emergency room. Now we live in a world of litigation. Insurance costs are high and limit the nature of our practices. Unless we compete on matted gym floors, gone are the throws, sweeps,

and takedowns. As well as techniques like "drop sidekicks"and "body Scissors".

Gone are adult students, now replaced by legions of young children. Most public "karate" schools are relegated to being babysitters, with darate birthday parties where one can find seven year old "Blackbelts"! My own students, in their 30's, had to move out of state as there were no jobs for them in New York. Most adults needed more than one income to survive. Many did not have the time or money to invest in luxuries like martial training.

In tournament shiai it now seems to be a game of hitting the bogu. The variety of techniques has diminished, and we see a continuous repetition of the "bread and butter" techniques. The one thing I noticed in every division that I ran at the recent tournament was the absence Kokyu! After each division was over, I rounded up the group, to reinforce the importance of Kokyu.

In a conversation regarding breathing, an instructor told me..." I'm not much into breathing". This was puzzling to me, as if ever there was a "secret" in martial arts, it is breathing! As this instructor is as ancient as I am, the conversation turned to the old thinking that in Shorinjiryu we don't Kiai as other styles do. That was the reason for his statement.

This point needs to be addressed. To the un-initiate, the kiai is the karate "yell" that scares the opponent. True, as a Judoka would agree, that if you startle the opponent, he will become stiff like a board and be easy to throw! And in many cases Sensei's tell their students that in Shorinjiryu our breathing is quiet so the opponent cannot "time" us, for a hit, we don't yell. But, the true nature of Kiai is more than that. Kiai is actually the joining of the energy of Mind, Body, and Spirit...through a breath...and the release of that energy, in that spit second, is Kiai. The culmination of those forces, through that breath, is greater than any of those forces alone. We also understand that Kokyu, protects us when we are hit, adds power to our techniques, quiets our mind in meditation, revitalizes us when tired, focuses our senses, encourages the proper flow of hormones, like adrenalin, massages the internal organs, and cultivates the flow of Ki energy.

Another point of concern, for me, is the lack of self motivated advanced students, who will carry the “torch of Shorinjiryu”, when geezers like myself, no longer can lead. As I recall my student days, no one had to motivate us, we were self motivated, for whatever real or fantasy reasons we had. Now as students go down the martial path, their priorities seem to change, out of necessity, or by choice.

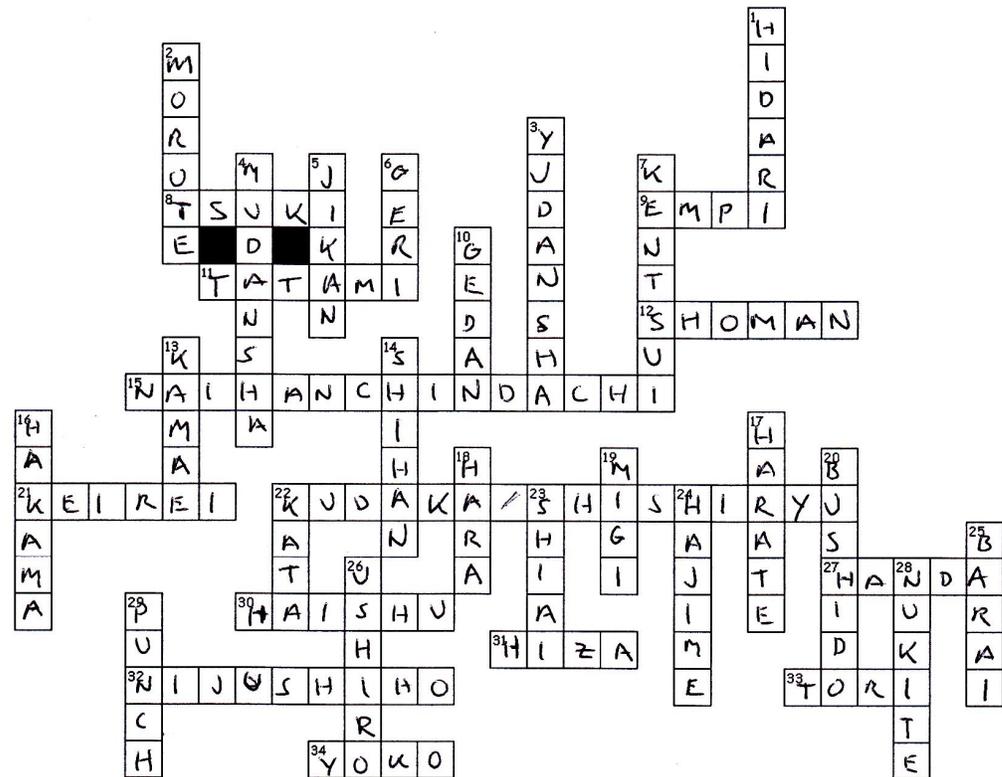
The realities of long and hard training, and the inherent potential for “staleness” due to the necessary repetition, and length of training to become proficient, causes students to disappear. Or, they become “victims of life”...Marriage, babies, houses, pets, multiple jobs etc.

To conclude on a positive note, I would mention that the real gift of our training is “life”! More than a few of our senior practitioners have had bouts of cancer, myself included, and other life threatening issues. “Across the board”, we all have had doctors tell us, the main reason for our survival, was our superior physical condition, and our “martial mentality” gave us the spirit and determination to deal with what had to be done. We all get old, but martial arts slows that process way down, and we can remain who we once were, much longer than the average couch potato!

Don't forget the 27th
Annual Shorinjiryu
Shinzen Shiai on Saturday,
October 12, 2013.

Mark your calendars and
make your travel and hotel
reservations now!

Solution to December's Puzzle



- | | |
|--------------------------|--------------------------|
| 8. Punching | 1. Left |
| 9. Elbow | 2. Double |
| 11. Mat | 3. Blackbelts |
| 12. Front | 4. Non blackbelt |
| 15. Horse stance | 5. Time |
| 21. Ceremonial bow | 6. Kick |
| 22. no jo | 7. Hammer fist |
| 27. ken 4-finger knuckle | 10. Lower level |
| 30. Back of hand | 13. Guard |
| 31. Knee | 14. Highest instructor |
| 32. 24 moves | 16. skirt-like pants |
| 33. Attacker | 17. Open hand |
| 34. Side | 18. Stomach |
| | 19. Right |
| | 20. Code of honor |
| | 22. Single person form |
| | 23. Fight |
| | 24. Begin |
| | 25. Sweep |
| | 26. Back |
| | 28. Spire hand |
| | 29. First strike in ichi |

June Puzzle

June's puzzle is a simple cryptogram where letters in the plaintext alphabet are substituted with letters from the cipher alphabet. Your task is to decrypt the paragraph and determine the cipher alphabet. Not all letters are used. The text is taken from Scientific Karatedo, 1976.

AHWGSUDR CRIRCW, HU GLHW TSCSZCSTL, GB GLR XRUZGL BI
WRZFRUG EBHUHUZ GLR WGCHJHUZ TSCG SUA GLR GSCZRG. OBNC
CRSDL HW HFTBCGSUG IBC GLHW TSCGHDNXSC GRDLUHVNR. HI GLHW
AHWGSUDR HW GBB XBUIZ, GLR IBCDR BI GLR YXBK KHXX YR KSWGRA.
OBN FSO XBWR BNC YSXSUDR SUA GLR BTTBURUG LSMR GLR DLSUDR
GB DBNUGRCSGGSDJ. HI GLR AHWGSUDR HW GBB WLBCG, GLR
WGCHJHUZ TSCG KHXX UBG LSMR SGGSHURA HGW FSQHFNF WTRRA.
GLRCRIBCR HGW FBRUGNF KHXX YR WFSXX SUA GLR YXBK
HURIIRDGHMR. INCGLRCFBCR, HI OBN SCR GBB DXBWR, GLR
BTTBURUG KHXX LSMR S DLSUDR GB LHG OBN YRIBCR OBN WGCHJR.
GLR CRSDL HW NWNXXXO GLR INXX XRUZGL BI GLR SCF BC XRZ, SUA
HW ARMRXBTRA YO TCSDGHDR KHGL GLR FSJHKSCS (S YBSCA NWRA
IBC TNUDLHUZ, JHDJHUZ, SUA WGCHJHUZ TCSDGHDR).

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