

- 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

Myron M. Lubitsch, Hanshi

As another year is rapidly coming to an end, it is time to reflect upon the past year. The 2014 karate season was replete with exceptional events. In fact, there were so many that to name them would take up too much space and to leave one out would not be acceptable. Be that as it may, the events went off very nicely and clearly proved that Shorinjiryu is alive and well.

I applaud all the senior instructors, instructors, black belts and you, the students on your continued development, training, and progress in the study of Shorinjiryu as developed by the founder Kori Hisataka almost seventy years ago.

Many of the first generation North American instructors have had the opportunity to meet, train and learn from the instructors who came from Japan in the 1960's and 70's. Unfortunately, most of those instructors have retired and moved back to their ancestral home years ago. Currently, there are three still instructing in North America and I bet some of you may not know that fact. I challenge you, the new generation, to seek out information about the original instructors – ask your instructors to relate to you their experiences. Learn about your system, it is fascinating and it part of our heritage.

One of the greatest gifts of my years of involvement is the friendships that I have made. For that I am thankful. Each time you go to an event, re-establish friendships made, make new ones, share techniques and knowledge and grow as a true martial artist of Shorinjiryu.

I wish everyone a wonderful and fruitful New Year.

Myron M. Lubitsch, Hanshi 9th Dan

Shorinjiryu Kenryukan

2015 Calendar	
Saturday, February 21	Winter Regional Kenryukan, Brooklyn NY
Saturday, March 28	13 th Watanabe-ha Kenyukai, Owings Mills, MD
Saturday, April 18	Championnat Est-canadien de Koshiki de Sherbrook, Sherbrooke Canada
Saturday, May 2	Central Jersey Tournament, Edison, New Jersey
Sunday, May 23	Shindo Budo Kwai International PanAmerica Koshiki LaValle, Canada
Saturday, June 20	Father's Day/Spring Regional Brooklyn, New York
Saturday, October 10	29 th International Shorinjiryu Shinzen Shian Queens, New York
Saturday, November 21	Annual Invitational Bogujutsu Tournament Brooklyn, New York

Shorinjiryu Shinzen Kyokai Leadership

Myron M. Lubitsch, Hanshi	President
Daniel Hayes, Kyoshi	Vice President
Shunji Watanabe, Kaicho	Technical Advisor
Jim Griffin, Kyoshi	Asia-Pacific Regional Vice President
Michel Lauren, Hanshi	Canada Regional Vice President
Des Paroz, Shihan	International Relations
Brian Berenbach, Kyoshi	Secretary & Editorial Board
Peter Hiltz, Renshi	Publications

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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 join@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, 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 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.**

Editorial Board

Myron M. Lubitsch, Hanshi, President

Brian Berenbach, Kyoshi

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.

We would like to express to Hanshi Doug Roberts our deepest condolences on the loss of your brother. His loss was totally unexpected and we truly understand the pain that he and his family are going through.



From the Desk of the Editor

Peter Hiltz, Renshi

I received no positive responses to my challenge to capture for posterity the Sankakutobi Sandan kumites. Indeed, I received only one response of any kind and it offered a different set of kumites. This is not the first time I've levied a challenge to my brothers and sisters in Shorinjiryu with no response.

This saddens me because I believe every bit of knowledge, regardless of practical application in today's world, at the very least holds our heritage. I also don't believe I'm smart enough to choose what to leave out.

Capturing this material, either to bring it into the school or the Kyokai in general, will preserve it for the future. That is really what I am after: preserving something that tells us where we've been.

I'm not shutting the door on this challenge. Should anyone with the knowledge and motivation to resurrect this work choose to do so, they can always contact me for support and help.

Have a safe and happy holiday season, and strive the practice hard in the coming year.

Pete, Renshi

KARATE DO

Shunji Watanabe, Kaicho



Over the years, I met many people at the dojo, in tournaments and at clinics. Some of these people were good. They were personable and sincere. Others were bad with toxic personalities. Some were very skilled in martial arts and others were extremely

uncoordinated. I am very thankful for having studying martial arts. BUDO opened the door which allowed me the opportunity to meet such a diverse group of people. It allowed me the opportunity to teach KARATE DO and spread the meaning of Doku Ji Gyo Sei Ki.

Shunji Watanabe, Kaicho
Watanabe-ha Kenyukai
Technical Advisor



Tournament: Bad for Business / Essential for Life

Dan Hayes, Kyoshi

While karate at the IB dojo is not a sport, we do however engage in tournaments in modern karate. This is in direct contradiction with the code of Bu or Bujutsu as set forth in the Budoshoshinsho and other medieval texts. Life styles and society have changed but the concerns are the same or even more prevalent. Although the principles of Bu have not changed, the process has in order to accommodate the modern society.

Tournaments afford us the opportunity to engage in a pseudo dualistic environment where appreciation for the finality of actions teaches appreciation for what is inevitable, whether or not we agree. Opportunity for controlled conflict and

the resolution of this interaction is rarely afforded to people today. This lack of training and failing propagates a mediocre society comprised of citizens incapable of true appreciation.

As the concerns of protecting our property, loved ones or honor diminish and we no longer duel or battle to the death (legally), we lose an understanding of the several very real principles essential to survival, more to the point, life;

- Life is not “fair”, at least judged so by your standards.
- What is important is what we need, not what we want.
- Easy now is a forecast for irreparable weakness later.
- To help others is to help the self and vice versa.
- Character is what defines us in the end and character is defined as what we do when no one sees us. Reputation is defined by the opinions of others based on their perception of what they think they have witnessed.
- At times there is more life and beauty in death than life.

Unfortunately, the “business” of “martial arts” has become just so and the development of the student is now second to the paramount concern of paying the rent. This of course is only natural. If we want a place to practice with others, we need to support the structure. This is only reinforced when society judges the quality of the school and its practice on the “winning and losing” of an event.

Instead of seeing the profound benefit of the tournament’s essential concept *mata kadai o etadakimashite* (to gain through loss), we fear losing students. This loss of tuition means no rent.

By eliminating the fear of decreased enrollment and financial stability some choose not to attend. This means the students don’t get the opportunity to challenge themselves, face a myriad of fears, anxiety and failure squarely in the face.

Issues of angry parents, inexperienced judges, favoritism, scoring errors and much more are the concerns of ignorance. Unfair is a momentary personal judgment. I think of the ticket I got for rolling through the stop sign and how unfair that was and not about how many times I went right through and no one was there to catch me. So I curse the officer instead of counting my blessings for the times it was unfair of me to not get that ticket.

Bottom line, look for the positive, keep the

negative to yourself. Opportunities to improve our character abound at these events, but only if we avail ourselves of them.

Gashou, Hayes Sensei



Morikami

John Mirrione, Hanshi

Each year, for a modest fee, a popular Japanese garden in Boca Raton, Florida has what they call a Hatsumi Festival. The sponsors of the event play host to a variety of martial arts demonstrations over a two day

period. There are Japanese food concessions and vendors selling Japanese artifacts. You can choose to just walk through the beautiful landscaped gardens or watch the scheduled exhibitions of the various Japanese arts. There are demonstrations of the tea ceremony, origami, kyudo, karate, judo, iaido, aikido, and jujutsu. As you enter the gardens you are given a pamphlet listing the times of the demonstrations so you can pick and choose which ones you would like to see. The demonstrators are from the traditional arts and perform in a traditional manner. After each demonstration, you can approach the demonstrators if you have any questions about their style. They are more than happy to give out leaflets giving information on where and when classes are given with some history on what can be learned. Over the years I have attended several of the festivals. Of course I love to watch the karate demonstrations and I also like to watch the aikido demonstrations that almost always include some sword forms.

I would like to share with the reader some of my past observations.

At one such event I witnessed a demonstration given by a very old traditional karate style that has a reputation for being tough. First they started off by telling the spectators how very difficult it was to master what they were about to demonstrate. A black belt smashed through several pine boards which were neatly spaced. Still another came up on the stage and had long 1 ½ by 2 inch planks of wood broken across his stomach, arms, and legs as he changed stances for each hit. Each Black Belt had his own specialty. The senior Black Belt showed everyone how he trained to toughen his

toes by walking upright on them sort of like a ballerina would do. The final demonstration was when all the Black Belts went up on stage and proceeded to kick each other in all parts of the body with no one showing any pain. It was explained that they were the best karate style and that they practiced true karate. I have been practicing karate for a long time and am no stranger to breaking techniques. Everything demonstrated was not very difficult; however, some of the spectators seemed impressed. I know, as well as many karateka know, that pine is easy to break with the grain and especially when it is dried and stacked up with spacers. The only demonstration I saw that I felt was interesting was the breaking of a baseball bat across the shin. Kata demonstrated had very deep breathing and slow movement. Only a few in the audience requested information on the school.

We moved on to the second demonstration which featured Aikido. It began with all the students bowing to the sensei in a most polite manner. The children were assembled to show their skills with throwing techniques. Next up were the adult non black belt holders (mudansha). One student in particular caught my eye early on in the demonstration. He was a white belt about 40 plus years old who seemed to kneel and stand up with more procession than the rest. His posture when preparing to demonstrate had more focus and balance. I thought to myself that perhaps he had come from another Aikido school and was given a white belt as a beginner in this new school or perhaps he came from another martial art and was now practicing Aikido to complement it. I overheard one person in the audience say that he was a black belt pretending to be a beginner and this was done to show the spectators that they could be as good as he was in a short period of time. Very few spectators showed interest in joining this school.

The next and last demonstration I observed was with another traditional karate school. The first to demonstrate were the children as a black belt (yudansha) explained each and every aspect of what they did. At the beginning and end of each demonstration they would look to see where the master teacher was so they could politely bow to him and he would then politely return the bow. The stage that they were given to demonstrate on was small and the surface was uneven, however, they managed to overcome those challenges. Next up

was the chief instructor who spoke very little English. He explained to the crowd that his father was his teacher and the headquarters of their school was in Okinawa. A senior black belt further explained that the school was new to Florida and that they practiced a family style handed down from one generation to another. They were not interested in having a very large school and instead were interested in teaching just a few dedicated individuals. As the master instructor positioned himself at the center of the stage for his demonstration I noticed that the matted service was uneven. The demonstration began with the chief instructor quickly taking on his students who attacked him relentlessly. All went well until the final part of the demonstration when the uneven surface of the stage caused him to slip and almost fall. He managed to recover just in time and received a big applause from the spectators. His karate was not fancy. It was just basic kicking, punching and take down techniques. Everyone understood what he was doing and they liked it. Several people went up to the stage to get information on his school.

The reader will notice that I will not mention that name of the style or its teacher when telling my story. I do not wish promote or demean any style of karate or its instructors. I know that those who set a poor example do not represent the whole style or its masters.

I have witnessed many martial arts demonstrations where the demonstrator had a slip or error in a routine. Everyone makes mistakes and I guess that's why they put erasers on pencils. I have found that the public recognizes that mistakes will happen even under the best of circumstances and may view this as being a reality that is sometimes unavoidable. To highlight the most difficult training of your karate style does not give a true example of what it really represents and those who falsely represent their style do every one of us an injustice. What I witnessed that day were demonstrations of one style pretending to be strong, another misleading and a real martial art with all its simplicity, practicality and imperfections.

Whether we are practicing in class or doing a demonstration it is important to not resort to theatrics to impress those watching you. A credible proven martial art has no pretenders. I will attend the next Morikami Festival to further my experiences.

Triunity

Larry Foisy, Renshi



The number three is widespread in martial arts practice, whether it is to represent the three timings (san-o-sen, tan-o-sen, and go-no-sen), the three phase states (zanchin, tsuchin, and

zenchin), the fact that we repeat three times several segments in our katas, the three Ks of karate practice (kihon, kumite, and kata), or even the three mindsets (body, mind and spirit). This trilogy is also depicted in the four million years development of the human being. That same human being was first born as a fish coming out of the water in the amphibian state. It went through 65 million years of evolution to become paleo-mammalian beings and, eventually, neo-mammalian beings (humans). All this development reveals the complexity and mystery of the evolution of our brain. That being said, the knowledge about our three brains, or our triunique brain, is very important in our martial practice since it dominates all of our actions.

The reptilian brain

Nature provided us with this primitive cortex for survival and awareness of the environment. It is a slave of habit, poorly equipped to cope with new situations, since in any given context it will always react the same way. Five basic forms of behavior are associated with it: the isopraxis (Greek: iso-, "same"; Greek: -praxis, "behavior"), where two or more individuals perform a same activity, the perseverance, the repetition, the orientation and the camouflage. These behaviours are all associated with martial arts through the repetition of an activity several times a week for several years, wearing a karate-gi, and observing etiquette—all this while always taking the same path to the dojo and back.

The mammalian brain (limbic)

The limbic brain produces information in terms of emotions and guides human behavior to be appropriate for the preservation of the species. It provides for the development of emotion within the short-term memory. This brain does not allow one to speak, to read, and to write, but rather gives a sense of the reality of self, belief, and conviction. Positive feelings like love and compassion, as well as negative emotions such as aggression and violence, have their headquarters in this brain. The

olfactory system is intimately linked to the mammalian brain. Just think of the smell of leaves in the fall, and immediately a memory associated with a specific emotion will resurface.

The evolved brain (neocortex)

While the limbic brain is responsible for the brain's inner world, the neo-cortex illustrates itself as an outer world based on signals from the eyes and ears. The latter, through the prefrontal cortex, helps unite past experience to present experience in order to provide the capacity to anticipate. This is the brain which allows for empathy. Within this brain lies the left hemisphere, which allows human beings to write, talk, and reason. It also contains the right hemisphere, which is responsible for creativity, spatiality, and artistic sense. The union of these two hemispheres provides flexibility, fluidity, speed, power, association, asymmetry—all motor skills which are crucial to martial arts.

How is knowledge of the triunitary brain important in our martial practice?

Naturally, if I devote a column to this topic, it is because the issue is important on all levels of martial arts. To use the expression of The Karate Kid II, the "moment of truth", or the time we are actually going to have to defend our life, occurs very rarely in a lifetime.

You have probably already seen a fight in a bar, where two men start speaking louder while standing on the tip of their feet, torso swollen and fists closed. The most important thing to notice is the reddish skin tone the men have, which reflects a state where the limbic brain is at its peak. The men are, in fact, behaving like mammals. They will throw blows only to show their dominance, with no intention of killing. Usually when a person is down or blood is drawn, the fight ends.

If, on the contrary, during such a confrontation you see a person quickly changing tone, closing in on themselves as if ready to pounce, with open hands and pale skin, beware of the reaction of said person. They have come down a notch on the cervical level, therefore reaching the reptilian brain, which means that nothing will stop them. They might attack or even bite the throat. Basically, they will do whatever is normally proscribed in a duel between primitive mammals. This is no longer a state of domination, but of survival.

An analogy I often use in class is the confrontation of two moose who want to show their domination in order to win the female. They will confront each other face to face, antler versus antler, without truly meaning to hurt each other—since rarely due the same species kill their own kind, unlike humans. If a moose meant to kill, it would simply attack the flank.

Now, I draw your attention to the closed fists. In karate we generally learn to make fists from the beginning because it is the least deadly and destructive technique. When acquiring a higher grade, we win our teacher's confidence as well as self-control, which is why we learn different techniques when reaching an advanced level (such as nukite, shuto, aïto, irate, aïshu, etc.).

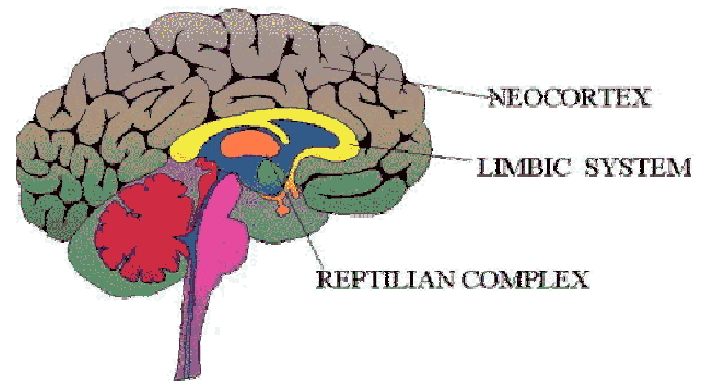
Concerning tournament sparring it is obvious that it takes the form of a domination duel, at the end of which there is a winner declared and a gold medal awarded. When we see pre-fight rituals, we typically see action happening on the limbic level: the looks, the provocative attitude, the showing off while hitting targets as loudly as possible, etc. I in no way mean to denigrate competition, which is a method to control emotions, practice tactics, and test concepts of combat; but in the street it is quite a different situation, especially if it is a "moment of truth" and your brain is in survival mode (i.e. reptilian brain).

This explains why self-defense practice and fighting practice are two subjects that, while complementary, are biologically different.

All overly complex self-defence techniques should be avoided, and hence the KIS rule (keep it simple) is expected to predominate our teachings. For example, we often execute self-defence techniques with a take-down followed by a single technique. The principle of domination dominates once more! UFC fights, also a ritual of domination, especially demonstrate that bringing an opponent to the ground is not equivalent to winning. The first Ultimate Fighting contenders were very surprised at this fact, and therefore had to come up with new strategies. That is why Jiu Jitsu began to work so well against fighters incapable of ground sparring. It was understood that being on the ground is not a sign of submission.

In conclusion, our brain is dominated by the triunity: the reptilian brain, the limbic brain and the neocortex. Like it or not, these three systems

biologically predetermine how we react, hence the need to take them into consideration. After all, a clear difference exists between wanting to win and needing to survive. Neglecting to practice under stress, which simulates the state of survival, or pursuing practice through concepts too complex or in need of too much explanation, could make martial arts ineffective in a real-world situation.



Renshi Larry Foisy, Yondan in Shorinjiryu Shindo
Masters ès Computer Science, U. of Sherbrooke
Massage-Kinesy-Hypno therapist,
Translated by Sempaï Ioana Andrei, Ikkyu



Greetings from Shorinjiryu Kenjiyukai Karate

Pete McMahon, Sensei

The Kenjiyukai Dojo had an excellent year boasting 60+ students enrolled and with rising parent participation we hope to cultivate an adult

division this year. We attended the Shinzen with 40 people and had an all around wonderful day.

Thanks and congratulations to Hanshi Myron for hosting this popular event.

Recently we have had the pleasure of visits by some of our Yudansha that have gone off to college. Shodan Leah at George Washington, Sempai Aditi and Pratyush at Johns Hopkins and others who have graduated from Tufts, Harvard medical etc. We are very proud of their accomplishments and how they have developed their individual talents. All have expressed their appreciation for our help and as an instructor this is comforting to hear. However, what we have done is simply introduced them to the lifelong commitment to the principles of Shorinjiryu Karate.

As an instructors we present and explain to those who are receptive the proven formula for success that is evidenced in our motto "Spiritual Development of Individuality in Mind and Body". We are guides with experience who can offer our insights as to how we have developed on our own path and indicate by example the effort required to succeed. However, it is up to the individual to make their own commitment to training and development. They themselves have embraced these principles and worked hard to develop the mental and physical strength to overcome adversity and pursue their individual paths to success.

I look forward to sharing with these Yudansha their insights in the future so we may all continue to develop together.

Best regards to all for a Happy and Healthy New Year
Sensei Pete McMahon
Chief Instructor
Shorinjiryu Kenjiyukai Karate

Season's Greetings

Manny Hawthorne, Shihan



Friends & fellow karate-ka, rich in ethnic diversity and religious beliefs, please share with me in the joy and celebration of this Christmas Holiday Season. Sincerely, I would like to wish each and every member of the Shorinjiryu Kyokai the best of

health, happiness and prosperity for this coming New Year "2015!"

At this time of year it is customary for members of the Kyokai to submit a short article or story relative to the teachings and shared experiences within the Shorinjiryu Karatedo Family. With this in mind and after much thought, I have chosen to write a piece on one of the teachings within our style that over these many years I believe holds the embodiment of Shorinjiryu Karatedo. A teaching that not only relates to karatedo and the forming of a fighting strategy, for it also can easily relate to a multitude of life situations.

My earliest recollection for being taught this teaching dates back to the early 70's, where as a brown belt I was given a lecture by Hanshi Masayuki Hisataka. The teaching was on the importance and significance for strategically designing a fight plan.

(Note: This model for creating a strategic fight plan can also be found in the first edition of the book "Scientific Karatedo" by Masayuki Hisataka.)

To better explain my interpretation of the teaching, I have taken the liberty of listing the five step process using the acronym "**T – TREE**".

T = Technique

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T = Target

R = Range

E = Entrance

E = Execute

Technique refers to what technique you wish to deploy; **Target** refers to the location you wish to score with the technique; **Range** refers to the distance to be travelled to the target; **Entrance** refers to how to approach and deliver the pre-determined technique; **Execute** refers to the deployment and perfect completion of the plan.

Aside from the basic elements in designing a strategic fight plan, I have come to understand many other complimentary benefits:

- having a plan helps a student design a training program with a clear focus on a pre-arranged outcome
- with a designed strategic plan, one can address adjustments to the plan should they become necessary
- with the strategic plan being deployed with complete success, this will and should be regarded as a total act of Mind, Body and Spirit (or as I like to think of it, “a successful act of Zen!”)

In addition to Karatedo and martial arts training, the five steps for strategic planning can be applied to a wide range of application and or process requirements. Notably, the “five Step Strategy” can easily be recognized in military operations and deployments. Finally, there is no limit to the applications for exercising the “Five Step Strategy”; i.e. from the boardroom to classroom, from the Karatedo competition to the battlefield.

As I believe, the “Five Step Strategy” or “T – TREE” holds one of the most significant teachings within the school, expressing the philosophy of Shorinjiryu Karatedo Ha Hisataka.

Also as I have come to learn, this same teaching (i.e. “T – TREE”) or variations thereof, can be found in many renowned writings such as “The Art of War” by Sun Tzu, and the legendary “Book of Five Rings” by Miyamoto Musashi.

In closing, I would like to express my sincere appreciation and thanks to Hanshi Myron Lubitsch for his unyielding support, absolute competence, and refined leadership through maintaining the largest body of Shorinjiryu Karatedo practitioners in the world! Also, to all the members of the Shorinjiryu Kyokai Karatedo, I would like to express to each and everyone my sincere thanks, for it is through their individual dedication and expressed high spirit that I personally find motivation and inspiration. This for me, above everything, expresses a true and active Zen within the family of Shorinjiryu Kyokai Karatedo!



Sincerely, Arigato Gossai Massu,
Shihan Manny Hawthorne.



Greetings From the Kenyujokai Karate Club

Tony D/Avino, Shihan

Merry Christmas, Season’s Greetings, and Happy Holidays, from the Kenyujokai Karate Club! This past year has found our club rebuilding and seeing new karateka learning the ways of the “Do”! This past summer we did much outdoor training! Always enjoy the energy, and challenges of our many class locations.

The highlight of our year was preparing and participating in the grand event: the Shinzen! Many thanks to Hanshi Lubitsch and the Kenryukan Dojo! This was the first competition, for our new students. Their day was full of friendship and great competition. Many trophies were won! The best part of the Shinzen is meeting old friends and making new ones! The large group photo that showed all the contestants was a fun experience. Contained therein is our future!

A few points I would like to mention regarding the competition itself! As we have gone through the years, much concern has been given to the safety of our students, during shiai. The pressures of litigation, and medical bills has caused us to become hyper sensitive. As a result many kihon and techniques have disappeared from the competition, except in higher black belt divisions.

No Nage Waza, or sweeps, unless the participants are on matted surfaces. We do not see the kinds of techniques like “body scissors” or “drop sidekicks, especially in the lower rank divisions...we see a redundancy of the same basic Kihon. Hineri zuki, Mawashi Geri, Tegattana, Hamma uchi, Uraken, Yoko Geri, Mae Geri. With the hyper concern over head techniques...especially in the lower ranks, most students do not concern themselves with protecting their faces.

As a result much of shiai has become focused on the bogu. I have seen beginning students use Kamae where they cover the bogu with their arms. An experienced Sushin will not allow that, but new Shodans, might not catch it. Also the idea that techniques must “explode” is fading...especially in very young divisions, where it seems that if a contestant merely touches the bogu,

a point is given. We know it is challenging for new black belts to get a “feel” for what an ippon or wazari, looks like from a five year old!

Another area of concern regards “consistency in judging”. At this Shinzen I saw experienced, older Senseis, who did not understand the concept of “jogai”. When two contestants fight their way out of bounds, there should be no tapping on the floor. I saw this all day long! Only if a contestant runs out of bounds, should we see tapping on the floor!

Hanshi Lubitsch runs clinics for judging. More people should attend these functions! As a personal view, I feel that the Koshiki style of judging, is much more difficult and stressful for the Sushin, and many more mistakes are made due to the stress and the confusion of the moment! This also brings to mind (and this brings the head contact issue back) that if I blast you in the face with a uraken...you won't be around to deliver a technique to the Bogu!!

We used to see this in the old days...before mouthpieces, headgear and such. The contestant who threw a “sondome” uraken...first...did not receive his point, because everyone in the room heard the “boom” of the Yoko Geri, on the Bogu, that the other guy threw, after the fact!!

In the “Old days”, we did not wear headgear. The head was a target, as well as the groin (sondome). This gave the competitor reason to cover and protect those areas. If a contestant threw a uraken to the head with good focus, and a little contact was made, with even a bit of blood, the fight continued, no chui!! You protected your face!!

To end on a positive note, I have recently viewed some old tapes of tournament Shiai! Wild and Wooley!! The biggest difference I saw was, that our technique and version of Shorinjiryu, today, has vastly improved under the tutelage of Kaicho Watanabe!! Which leads me to mention that as the years have gone by, I have come to appreciate the fact that we study one of the most comprehensive and beautiful martial arts!

Regards, in Karatedo , Shihan D'Avino



Hello to all my Shorinjiryu family

Michel Laurin, Hanshi

It's this time of the year already! Time flies... I know you've heard that before but unfortunately, the older you get the faster it's ticking and there is less and less of it ahead. Which makes me question where my life went and how do I want to spend what's left? But the one thing I never questioned is that Shorinjiryu has been the best thing I've ever done and will be part of my life until the day I die! Shorinjiryu is who I am and I couldn't survive without it, it's what I breathe and eat. Shorinjiryu has kept me grounded and reminded me time after time that movies, money, and other artificial things in life are not what's most important.

What's important is Friends and Family; they bring me mental and physical health. Everything else I can live without. Shorinjiryu is my extended family and for the past forty-four years has been providing me the balance necessary for my well-being. I hope you'll all be as lucky as I am. Happy Holidays and I wish you all a Happy New Year,

Michel Laurin, Hanshi
Shindo Budo Kwai
Canadian Regional Vice President

Greetings

Arthur Mark, Shihan



I'd like to thank Hanshi [Myron M. Lubitsch](#) for putting on such an amazing event and making my school a part of the Shinzen. This was my first Shinzen since severing ties with Nanzen kai and Kaicho Kashimoto after 34 years of training, and I must say it was quite an event. Congrats to all the competitors and especially those that placed in their event. Domo Arigato gozaiamasu.



The Past, the Present, the Future

A Snapshot of My Journey

Eileen Santiago, Nidan

On Monday, December 1, 2014 exactly sixty nine days remain until I report for boot camp with the

United States Marine Corps. At nineteen years of age, I have spent thirteen years of my life in Hanshi Myron's Imperial Dragon Hombu Dojo in Brooklyn, New York. On my first day, when I was six, I was half dragged, half carried, a hundred percent forced to try karate by my father. Pre-the-Hombu, I was a mischief maker and a couch potato, my catch phrase was something along the lines of "I'm bored." On my second day of karate, I believe I left the house in my new size double zero gi, and I attended both of the classes offered that day. At barely twenty, I am not sure at what point it is acceptable for me to refer to something in my life as an era? For an era is defined not by a set period of time, but by a distinctive characteristic during that time. But as I'm gearing up for this new venture in my life, "era" strikes me as the best term for the thirteen years at Hombu that I am about to leave behind.

As a Marine Corps Poolee (someone waiting to ship to USMC boot camp), I find myself much better equipped for the hardships of military boot camp than most of my new peers. Marine Corps boot camp makes Marines, it is made to be so difficult because it is meant to instill recruits with the necessary skills in order to be a part of an elite organization. But, as I am going into boot camp, I am coming off of thirteen years of Shorinjiryu karate and none of my new peers can cite the same. The level of difficulty of the training I am going to be administered does not seem all that daunting because with Shorinjiryu karate I have already trained in and been a part of an elite organization.

The best tools I could ever be equipped with I received long before I signed a contract and long before I even decided to enlist. I started getting them when I was six in a double zero gi and I have gotten them in every gi I have ever worn including the three and a half that I wear now. When speaking of eras, I have only heard of them beginning and of them ending, but looking at the era which I am

leaving behind now, I feel uncomfortable referring to it as the end of an era in my life because I find it to be very far from that. I feel certain that it is a pause, a hiatus, I do not question returning to the Hombu after my enlistment and putting on a gi again.

While I'm getting ready to leave behind Brooklyn and the Hombu for the next five years, it is imminently clear to me that the elite organization of Shorinjiryu will remain and continue flourishing long beyond any time frame that I can imagine at this moment. I feel an immense gratitude for the people I have met and the things that I have learned over the last thirteen years and the only adequate form of repayment that I can find is to continue returning to the Hombu and to this style. In sixty nine days, I will report to Marine Corps Boot Camp, but more than my determination to earn the title Marine is my determination to return to and stay at the Hombu, and I will be back. I'll be seeing you soon Brooklyn.

Doko Ji Gyo Sei Kai and Semper Fi.
Eileen Santiago, Nidan
Shorinjiryu Kenryukan

My life as a Pinball

Brian Berenbach, Kyoshi



In the fall of 1962 I was enrolled in Long Island University in Brooklyn. My method of transportation was the same for most of the

students, taking the subway. LIU in some ways was a continuation of high school; take transportation in-take classes-take transportation out. In short, a typical commuter college.

However, this semester would be a bit different for me. Early in the semester, while walking from the train to the campus, I passed a martial arts school. I remember that it was on the north side of Flatbush Avenue; as if it had been on the south side I would have missed it (Flatbush Avenue is a wide street with a lot of traffic). I stepped in and saw a myriad of things going on, from Kendo to Judo to Karate. Of course, I had no idea what they were or what the differences between them were. Always fascinated by the goal of being able to take care of myself I

purchased a judo gi and started my study of the ancient art. I enjoyed the ability to throw people twice my size and move around speedily. However, for me Judo was not a good fit. Every time I was thrown I would get a severe pounding migraine headache behind my right eye. I put up with it for several months until one day, after the judo class had ended, I noticed another group taking to the mats and doing forms. Not a single fall. Wow! I quickly switched from Judo to Karate. I found out that the style was Shorin Ryu. The head of our dojo was Sandan James Wax, but we never saw him. Our daily instructor was Shodan Greg Helms, a physically imposing and talented person with a kind and patient disposition. At the time I was very timid, and his quiet encouraging approach to teaching was a key factor in me not hanging it up.

I have two key memories of my time studying at the Flatbush avenue dojo, one quirky and one sad. In the basement there were a line of makiwaras and body bags. A new student showed up one day, telling us he had practiced on his own and was already quite good at punching and kicking. We took him to the basement where he could demonstrate on the makiwara. On his first attempt at a kick, he kicked himself in the leg, breaking it. Good news: a powerful kick. Bad news: a broken leg. One day I finished my class to find an unusual silence in the dojo. I found out that President Kennedy had been assassinated. Out of respect, with all of us a bit stunned by the news, we closed the dojo and went home.

Unfortunately, nirvana was not to continue, as one day, Sensei Wax up and absconded with the dojo treasury. After limping along for a while trying to practice without an instructor, the dojo closed and that was that.

I had studied Shorinryu long enough that I picked up the ability to block head shots reflexively (we practiced blocking attacks to the head intensively) and my overall blocking techniques were up to par. In addition, I had learned Kiyagi (snapping) methods of kicking and punching, and had a very fast snapping side kick that would cut under an attackers punch. While the techniques were not as powerful as the kekome (thrusting) techniques of Shorinjiryu, they had the advantage that they could be delivered in less than 1/10th of a second, meaning

that if you were in the right position, uke could not respond quickly enough to block them.

After a few weeks of asking around I found out about another judo school on Avenue J in Brooklyn teaching karate. The instructor was Godan Hisanobu Yamazaki.

I initially struggled with the variance from Shorinryu. The punch was vertical, and, until I got the hang of tensing I kept banging my elbow on the punch. Also the kick was quite different, and it took a while before I picked up that one had to aim the knee higher than the target.

So life was good again, that is, until a while later, Sensei Yamazaki was deported for teaching on a tourist visa. I finally dug deep, withdrew my life savings (I think it was about a quarter for a starving college student), went back to where it all started (Flatbush Avenue) and started taking lessons with Hanshi Masayuki Hisataka. I do remember Sensei Hisataka meeting me at the gate to the World's Fair, and getting me in to see his demonstration with Walter Gekelman, et al.

Aside: I understand that some of today's instructors at one time or another had relationship issues with Master. Hisataka. However, to be fair, I never experienced any such problems; he was always kind to his lowly student from Brooklyn. For example, after I left the military, I briefly went to Canada, and Hanshi Hisataka let me stay at his apartment. He introduced me to his wife and while there we went thru the galleys of his book together. I even got a chance to tour the dojos where he was teaching and make the acquaintance of Brian Aarons.

But I digress. After graduation from college I started doctoral studies at Emory University in Atlanta. Drafted out of graduate school, I enlisted in pilot training in the air force. A lucky bout with hay fever got me into engineering school instead, and I wound up an engineering officer in Japan. This led to a chance meeting with a real estate huckster who tried to sell me some Florida property. I did not buy any, but did come out of the sales talk with the address of Kori Hisataka's dojo. I then continued my studies of karate, and on separation from the service, taught Shorinjiryu for two years at a

community center in Haifa (where I briefly lived) before returning to the US.

Years later I married and started teaching...again... at a community center in Edison, NJ. I introduced my three sons to karate; the oldest was too busy with academic matters to continue, the youngest was “too sensitive”, but for my middle son Jason, it clicked.

So where am I going with this meandering epic? The main point that I hope I am making is that I was essentially a pinball in the machine of life, going from bumper to bumper, and when opportunity arose, I tried my best to latch on to it.

If there is any moral to this story, it is to simply not give up on your goals. Go up, down, sideways, get hit by those pesky flippers, but sooner or later you can, hopefully, achieve that high score.

The students and teachers of the Stelton Dojo, including myself, my Yudansha Sensei Jason, Nidan Marc and Shodan Yamini, as well as our 50+ students, all wish you a wonderful holiday and a happy new year.

Season's Greetings

I want to wish everyone a great Holiday season and a wonderful new year. The best is yet to come.

John A. Mirrione, Hanshi
Shorinjiryu Kenkokai Karate Do

Have a safe and happy holiday season.

Peter Hiltz, Renshi
Shorinjiryu Ake no Myojo Budo

~ To the Shinzen Kyokai Family ~

**From Our club to yours,
We wish you a very
Merry Christmas, a Happy Hanukkah
and
a safe, healthy,
and prosperous New Year.**

**Ken Sei Kai Academy of Martial Arts
Lancaster, Ontario**

Shihan Tom Bellazzi , 7th Dan
Sensei Dan Desjardins, 1st Dan

Seasons Greetings

Winter has always been my favorite time of the year and this one is no different. There is always something about the snow fall that is very calming and peaceful to me. Remember to take a break from the hustle of holiday shopping and appreciate the season with your friends and loved ones. I would like to wish everyone in the Shinzen a very Merry Christmas and festive New Year. May you have a safe and wonderful winter. Kempai!

Hakuto Washi no Ken, N'amerind Dojo
Brett Watson

Happy holidays to all Karateka, I hope you all continue to train diligently and be safe in the New Year.

James Anderson, Sensei
Shorinjiryu Kenryukai

As we go about our busy lives, we continually face many obstacles taking up our time and interfering with our ability to get to the dojo to practice. We must learn to simplify things, determine what is important in our lives and make that a priority. Unless we make karate practice a true commitment, we will never live up to our full potential. Doku Ji Gyo Sei Ki
Merry Christmas & a Happy New Year

Shihan Page Christis

Dear Fellow Budoka

On behalf of the International Budo Institute I would like to wish both you and your family the very best for the holiday season and the New Year. May your Karatedo spirit be renewed for another year. I hope that you find new vigour in your training and that new possibilities open up to you. As we look back on the last year I hope that you are filled with warmth and happiness in reflecting on all the strength that has gone into practice and positive outcomes for both you and your students alike. May that spirit continue strong into the next year. We look forward to hearing of your continued success through the Shorinjiryu Shinzen Kyokai.

With warmest regards,

Shihan Jeffrey Henderson

Shihan Donald York

Greetings from the Great White North

On behalf of the Kudaka Federation and myself, I wish everyone a very Merry Christmas, happy holiday, and a very Happy New Year.

Doug Roberts, Hanshi
Kudaka

Sunshine News

New Member School

We are very pleased to announce that Shihan Arthur Mark, founder of Shorinji Arashiryu school of Shorinjiryu, has applied for membership and has been accepted into the Shorinjiryu Shinzen Kyokai as our newest member. Shihan Arthur has been a student of Shorinjiryu for over 30 years, he is a ranking student in Bujinkan Budo Taijutsu, he teaches an interesting course in conflict resolution known commonly as verbal judo and he is a retired detective in the New York Police Department.

We wish him the best of luck as he takes the first steps in his new endeavor. If you wish to learn more about Shihan Arthur and his school, please visit his web site Tokyo Karate Club of New Jersey which also happens to be the name of his dojo.

Advancement Announcements

John A. Mirrione Hanshi 9th Dan Kenkokai

Brian Berenbach Kyoshi 7th Dan Kenryukan

Vincent Capers, Jr. Kyoshi 7th Dan Kenryukan

Troy Lester Kyoshi 7th Dan Kenryukan

Alberdeston Gonzalez Shihan 6th Dan Kenryukan

Peter Guarascio Renshi 5th Dan Kenkukai

Doro Konate Tashi 4th Dan Kenryukan

LeAsia Easrth-Shabazz Tashi 4th Dan Kenryukan

Jim Dee Tashi 4th Dan Kenryukan

James Anderson Sensei 3rd Dan Kenryukai

Henry Chicaiza Sensei 3rd Dan Kenryukan

Eddie Christian Sensei 3rd Dan Kenkukai

Annette Lopez Sensei 3rd Dan Kenryukan

Deji Balgn Shodan 1st Dan Koshinkai

Olivia Grech Shodan 1st Dan Koshinkai

Daniel West Shodan 1st Dan Kenryukan

Congratulations

Sensei Christian Hernandez proud father of a baby girl

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