

The Shorinjiryu Shinzen Kyokai

Volume 20, Issue 2

Witer Issue

December 15, 2015

- 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

Greetings,

Time flies faster than one could expect especially when you get older.

When young, one wishes for time to speed up so that special number eighteen is reached. Well, a word to our younger students, don't rush it. Train, study and enjoy. Learn your basics and take your time, promotions are only official acknowledgements of achievement. Your achievements must come from within.

Anyway, I diverge. The Shinzen Kyokai has maintained its goals, standards and friendships for many years and next year the Kyokai will host its 30th annual event. Shorinjiryu practitioners from many countries will be in attendance and they will come in the spirit of Karatedo and friendship that the Kyokai was originally founded.

Today we are faced with many problems that have spread worldwide. As students, we must maintain ourselves as we have been, but with both eyes opened.

We welcome our new member schools and individual members and wish a everyone a very healthy, happy, joyous New Year filled with brightness and hard training.

Myron M. Lubitsch, Hanshi 9th Dan
Shorinjiryu Kenryukan

2016 Calendar	
Saturday, February 27	Winter Regional Kenryukan, Brooklyn NY
Saturday, April 2	14 th Watanabe-ha Kenyukai, Baltimore, MD
April, TBD	National Training Camp, Coffs Harbour New South Wales
Saturday, May 7	Central Jersey 8 th Youth Tournament, Edison, New Jersey
Sunday, May 29	PanAmerica Koshiki, Sherbrooke, Canada
Saturday, June 18	Spring Regional Tournament, Brooklyn, New York
Saturday, July 23	Long Island Clinic, Setauket, New York
Saturday, October 8	30 th International Shorinjiryu Shinzen Shiai, New York, USA
Saturday, November 19	21 st Annual Invitational Bogujutsu Tournament, Setauket, 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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To be added to the email
distribution list email

editor@shorinjiryu.org

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.

From the Desk of the Editor

Peter Hiltz, Renshi



With the addition of two new schools to the Kyokai, I look forward to a larger mailing list and increase in the number of contributors. However, the challenge of undeliverable email notices remains; addresses die and are not replaced. I'd like to remind everyone to let us know at editor@shorinjiryu.org when your email address changes. As senior instructors, please let your students know about the Shimbun. It is the official publication of the Kyokai and with your attention and contribution will be a valuable resource in your Shorinjiryu journey.

My challenge to us all, from senior instructors to beginners, is the use the Shimbun to spread knowledge. There is diversity in Shorinjiryu, in some sense designed in by its founder. Let's use the Shimbun to explore that diversity. Ask hard questions and especially those that provide insight into the different learnings, teachings, and styles of the first generation instructors.

As I have sometimes gotten questions about the ordering of articles in the Shimbun, I'll offer a few thoughts on how I order them. We have a number of regions and Vice Presidents across the globe, but I only do a few "From the Desks of". Experiments where I've used more than two or three showed that past three it became, well, silly. With few exceptions, articles are ordered as they come in to me. Articles sent to Hanshi Lubitsch but not to me are counted when they get to me. If you want to be published in the first few pages, send me your submissions early. I try not to use school names in article headings because the Kyokai symbolizes unity in Shorinjiryu. If you have questions please feel free to ask.

As always, practice hard.



From the Desk of the Canadian Vice-President

Michel Laurin, Hanshi

Dear Shorinjiryu Family,

I hope this article finds you all in good mental and physical health.

I don't know about you but as for me, I find it hard sometimes to keep a healthy balance between the mind and the body. Every day I find myself reading or watching the news and even if I often choose to ignore the media or the Internet, I have someone talking to me about all the atrocities that are going on around the world. Anyway, ignoring the problem doesn't make it disappear and in the end it's not helping others or myself.

So I keep myself informed and think about what I could do to help or make a difference? Sometimes I have to admit that I'm tempted to retaliate to those monsters that kill innocent people around the world and in our own backyard. And that makes me angry! They're affecting my life, my happiness, and make me upset. I think that's what they want to change our way of life and create chaos in our society. So as an individual, what do I do to keep a peace of mind and remain what I consider a good person?

I definitely don't have all the answers! The older I get the more I realize how little I know!! But it's that state of mind that helps me to grow as an individual and as a Sensei.

So my only answer is to not change, try to be a good and loving father, Grandfather, husband, friend, mentor, sensei and keep going to the dojo and sharing the beautiful art of Shorinjiryu to as many people as I can. Hopefully that will help others to find happiness, and a good yin and yang in all the different aspects of their life.

Happy holidays to all of you!
Love,

From the Desk of the Australian Vice President

Jim Griffin, Kyoshi



Season's Greeting from Shorinjiryu Down Under.

Well, another exciting year is drawing to a close and we now look forward to a great 2016.

2015 has seen Shihan Des Paroz posted to Darwin in the Northern Territory with the Royal Australian Navy so we now have a Dojo in the NT for the first time. I visited Shihan Des and Belinda recently in Darwin for some good company, good food and good training.

Sensei Clinton Andrews has established a Dojo on the near north coast of New South Wales and all our other Dojos in Melbourne, New South Wales and Queensland are quietly getting on with the job.

Planning is now well under way for our 2016 National training camp to be held south of Coffs Harbour in New South Wales in April. This is a new location and venue for Shorinjiryu Koshinkai and it will be another great opportunity for all our instructors and students from around the country to get together for training, friendship and Yudansha gradings.

Another major event for 2016 is the 30th anniversary Shinzen tournament and we intend bring a small group from Shorinjiryu Koshinkai Australia, we are looking forward to catching up with you all next October.

We from Down Under wish you all a happy, peaceful family filled Festive Season.



Bunkai

John Mirrione, Hanshi
Vice President, Emeritus

Too often I have heard the term Bunkai used out of context. It is sometimes used to describe the hidden meaning of our kata movement. Bunkai is what is obvious not what is

hidden. It is the general explanation of movement. Let me elaborate and say that a punch may not necessarily be just a punch and a kick may not be a kick although they are executed just like that most of the time. When practicing kata we cannot accurately know what each technique really is unless we were there at the time of the formation of the kata.

Let's look at the kata Sanchin where you do an obvious upper block. What if I this technique is a push, a break of a choke or shirt hold or perhaps an upper level strike to the throat? Some of the movements can be identified by practicing the Waza or Kumite forms but do not let that confine your imagination to just that. My study of the deeper meaning to our techniques has caused me to look at other styles to see what they are doing. The study of Judo, Akido and weapons could very well uncover some more secrets. The reader should understand that different kata were devised to provide self defense strategies for fighting in different situations like fighting up and down stairwells, in the dark, up against walls, on hilly terrain, or one or more opponents and yes, fight on the ground and in the air jumping over objects, etc, etc. Let's not forget that a punch being directed at a nerve can disrupt the balance of an opponent or perhaps a leg technique that locks or sweeps the other person's leg in such a way that they fall to the ground. The variables are too numerous to mention in this article, however, you can say that the moves that I mention are hidden within the obvious. The obvious being the Bunkai.

When I taught at Lynn University, I encountered a student from another style that felt that a punch was just a punch and nothing more. I showed him how he could break my hold on his hand while he punches me and simultaneously hit a person behind

him with an elbow technique in just one movement. This is simple enough to execute, however, hidden within the obvious that he could see. The Japanese would best describe this as Kakushite or hidden hand which is more like a secret application. Over the years I have seen some very well done Shorinjiryu demonstrations of Bunkai that were taken from sections of our kata.

The author and martial artist, John Sells, gives a definition of Bunkai and Kakushite in his book "Unante". He further elaborates a term called Bunkai Oyo as practical application or secondary technique to finish off an opponent. An example of this would be a block, grab and then throw with follow up kick to the downed opponent. I would be remiss if I did not mention the pressure point grip of the arm or torso to weaken the opponent for a higher degree of success in executing the throw.

I have the luxury of teaching those whom I choose because I have no overhead (rent) or studio dojo to worry about. I often turn away prospective students who apply for classes primarily to learn self defense. After I explain that I do not teach just self defense but instead teach a system that incorporates self defense in our movements they become discouraged. The ones who stay soon learn the advantages of learning kata and those who leave will never know. When I began my journey into martial arts I was told that the student should just imitate the teacher and not concern themselves with any hidden moves. Maybe new students were told this so not to overburden them and allow them more time and effort in learning the sequence of moves. I have made it part of my teachings to show the various applications to students early on when learning kata. In this way I feel they can appreciate more of what they are doing and can truly see the obvious, hidden and secondary technique. Go beyond the Bunkai and explore the comprehensive and diversified self defense techniques that are a valuable part of Shorinjiryu Karatedo training. Discover Kakushite and Bunkai Oyo.

New Years Greetings!

Shunji Watanabe, Kaicho

Karate gives power to those who need more power.

Karate gives guts to those who need more guts.

Karate improves our lives.

Karate brings us together, old and young.



Karate is something that everyone can do.

Karate can be practiced at anytime during the morning, day, or night.

Karate provides improved health as well as self defense.

Karate is something that can be practiced through your whole lifetime.

I recommend karate for everyone.

Find someone in your life to share your karate with in the upcoming year.

Be Safe, Healthy, and Happy in the New Year

Civility

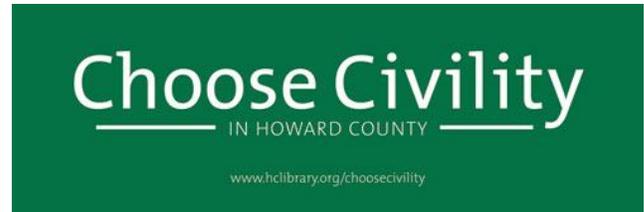
Page Christis, Shihan

Recent broadcast and print news has displayed a lack of civility amongst our citizens. People seemed to have forgotten the importance of common courtesy. At Japan

Karate & Judo Center, we continue to emphasize Reigi (manners), Sonkei (respect), Doryoku (efforts), Seikin (responsibility), and Kansha (appreciation). Rules & regulations were established at the dojo to govern students' behavior. But, karate etiquette transcends the dojo. Karateka are expected to exhibit this same behavior throughout all their endeavors. It is meant to be the "fabric" of who they are.

I work in a county between Baltimore & Washington that several years ago embraced a civility book written by a local professor, P.M. Forni. The book is titled "The Twenty-Five Rules of Considerate Conduct". "Choose Civility"

bumper stickers can frequently be spotted throughout the Baltimore metropolitan area. The Choose Civility bumper sticker is a constant reminder of the necessity to behave appropriately and be a responsible citizen.



Happy Holidays

Nijushiho Kata

Jeffrey Henderson, Shihan



Nijushiho kata is considered a beginner to intermediate level kata and is typically taught at yellow (8th-7th kyu) or orange (6th-5th kyu) belt. It makes

extensive use of circular movements and is why it typically follows in sequence to the square forms of the Naihanchin kata in the curriculum. After studying both Naihanchin and Nijushiho katas a student has the basic elements of empty hand to further develop his karate to a higher level even if no further katas are learned.

The name of the kata translates to "24 Movements". However, the kata does not adhere strictly to 24 movements in its modern form. The video below shows the right side of the kata. The mirror opposite is performed on the left side after a 180 rotation when finishing the right side.

"It is thought that the form of Nijushiho practiced in Shorinjiryu and here at The Institute was passed from Master Azato to Master Kyan and then onto Shinan Hisataka (the founder of Shorinjiryu Kenkokan), having been modified by Azato to include principles of defence against bladed weapons. This is something Azato derived from his own studies of Jigenryu Kenjutsu, and his successful unarmed encounter against a Japanese samurai." – Shihan Des Paroz

Editor's note: You can see the original text and a video of the kata at

<http://www.i-budo.com/techniques/kata/nijushiho/>



Tournaments

Peter Hiltz, Renshi

The question for this time was what role do tournaments play in the practice and study of Shorinjiryu? This is an interesting question and like most questions, needs to be approached from multiple perspectives.

At the basic level, one can argue that tournaments have nothing to do with the study and practice of Shorinjiryu. A student can gain skill in the art and never attend a tournament and a student can participate in tournaments, take trophies for kata and shiai, and still not understand what they are practicing. This is most apparent in shiai where, while form clearly counts and is judged, in many cases a hard contact, regardless of Shorinjiryu skill, will score. An example of this phenomenon is in mixed tournaments where we see practitioners of other styles successfully compete in shiai. In fact, many will do well in kata, which is a testament both to their basic skill in what they practice and the flexibility of the Kyokai's cadre of judges.

On another level, tournaments are value-adding from a number of levels. As a way of testing yourself they are a great way to improve your understanding by the challenge of performing under stress. They offer camaraderie and the opportunity to be exposed to new material and the many variations of the old. There are families of Shorinjiryu, and the Kyokai's tournaments are fantastic places to meet those families and see the variations of style. Clearly, other practitioners, especially the upper ranks, provide exemplars of how kata and shiai should be conducted. You gain something from participating in a larger group, that is, from looking outside yourself.

However, for all the good, there is at least one drawback to my mind, and that is the rapid evolution of kata for the sake of trophies. Some kata seem to change overnight with the addition of flashy, eye-catching moves and the deletion of difficult ones. One performance of Tenno Ryu no Bo Kata I saw a couple years back, though only a couple years since I learned it, had extra bo spins and lacked a few of less exciting sections. We don't judge against orthodoxy so changes to kata do not hurt a competitor and flashy new moves may help. In effect, we have Darwinian evolution of the style with the selector being tournament scores. Flashy moves that get a trophy stay in, moves that the practitioner believe hurt their scores are removed. Maybe these versions are not taught in class, but eventually their creators will teach them, if for no other reason than to help their students win.

For the student, the value comes from participation and observation. Take advantage of the opportunity to observe others and test yourself. Attendance over time can give you a sense of the evolution which in turn can help you decide what to adopt into your basic practice and what to leave out.



A suggestion if I may?

Manny Hawthorne, Shihan

As this marks the end of a year and the beginning of another, I would like to share a thought. To sum up this past year in a word, I would use "racism!" Sadly "racism" was seen and felt everywhere, aimed at a range of ethnic & religious targets, around the world. Personally, I regard racism as a fear grown out of ignorance that materializes as hatred!

As we are practitioners of karatedo & self-defense, my suggestion is: Through our training, we have the opportunity of defending ourselves against ignorance, hatred & racism. The deployment of applications may be different, however the reasoning and principals remain the same! When approached, 1) distract by off balancing your opponent, 2) dismiss or release your opponents hold

or advantage, 3) final completion (zanshin) teach your opponent a lesson in the disadvantages for this type of action or behavior!

This is my suggestion for how we as Shorinjiryu karate-ka can play a positive role in influencing others within our communities and stand out as true marshals!



Season's Greetings

Tony D'Avino, Shihan

Merry Christmas, Happy Holidays, and Seasons greetings from the Kenyujokai Karate Club. This past year has found our club membership growing, with surprisingly spirited and motivated new Kohai!..which

has in turn re energized my own spirit!..for the past many years, I have commented on the fact that when we were students, we came self motivated - perhaps we all wanted to be like Bruce Lee, or some other fantasy notion. I trained four times a week. (now it's hard to get students in twice a week). We were all mostly in our twenties, all trying to be the best in the dojo. As a result, we were always practicing with some sort of injury.

Tournaments saw many trips to the Emergency Room as we did not wear headgear or mouthpieces. Shiai with the old black armor, produced many 'Shorinjuries' through the years, I have witnessed a decline in the number of new students that possess the drive and commitment to walk the martial road. Now a days young children make up the largest faction of our dojos. Perhaps life is more complex and difficult today. Young millenials have to have two and three jobs to afford living on Long Island.

The highlight of our year was attending the Shinzen, where we had a wonderful day of camaraderie and competition! A few observations: Kokyu seemed to be missing in many rings, both in kata competition and shiai. I have noticed this much in recent years. "Breathing" is probably the closest thing to a secret in Karatedo. The role Kokyu plays is paramount and varied! In shiai we want to keep

our breathing from our opponent so he cannot time us. In data it is integral to one's performance.

My most often used command ,to students is "just breathe"!...I think this is slipping under the radar in some dojos, where the attention is given to more advanced things and some basic core items go unnoticed. Another thing I witnessed was improper bowing on the part of students in competition. Many students used Keirei when bowing to an opponent in Shiai, instead of Kenko Ritsurei. When I asked, a senior Sensei said "as long as they bow, I don't care". I guess, as an artist, I am detail oriented so I tend to stress these things.

Have a Happy New Year!



Happy Holidays from Shorinjiryu Kenjiyukai

Pete McMahan, Renshi

As 2015 closes, we look back at the years experiences both good and bad with an eye to the future for paths to continued growth and improvement. We are proud of ourselves for the

effort put forth this year by all students. However we realize that we must make the necessary changes and adjustments in our program in our continuing effort to improve.

We have enjoyed continued growth this year which is clear indication that Shorinjiryu Karate is ever more popular in our NJ area. Parents have been vocal in expressing their appreciation of the traditional core values of manners, respect, responsibility and effort that we stress in teaching their children. We take great pride in seeing our students leaving for University well equipped to handle the challenges before them with the knowledge that we have contributed. We look forward to 2016.

This year we have also recognized the achievement and contribution of Sempai Christina Daniels with a well-deserved promotion at our May 2015 tournament to the rank of Sandan. She continues to train diligently and includes cross training with kickboxing and Yoga. She has become an integral

part of our cadre and simply stated we don't know what we would do without her.

The inevitable changes that we come to expect always seem to come at the inopportune time. Kyoshi John Salasko has relocated to Georgia and his absence is a great loss to us. As with all student/teacher relationships our 27 years together have formed an unbreakable bond. We share the same outlook on many things not the least of which is our approach to the practice and teaching of our Karate style. He has passed on the leadership of our DOJO to myself and it is comforting to realize he has the confidence that I will succeed in maintaining the high standards that he has set in place. I have the determination to try and rely on his guidance to help me through. He and I will of course stay in touch on a regular basis and we expect he will attend our annual tournament in May 2016.

Wishing our Shorinjiryu Family Happy Holidays and a Happy Healthy new year



Reflections and New Beginnings

Jason Berenbach, Sensei

Greetings to all of my fellow karateka. I hope everyone has had a successful year in all martial arts endeavors along with any personal goals. As another year ends and a new

one begins I find myself going through many life changing events.

First I would like to thank my father (Kyoshi Brian) for all his years dedicated to learning (+55 years) and teaching Shorinjiryu karate (+35 years). As many of you now know, Kyoshi Brian recently retired from teaching Karate at the Stelton Dojo in New Jersey. I was 8 years old when first introduced to Shorinjiryu Kenryukan Karate at his dojo. I have to admit I only remember a few experiences during my early years training at such a young age but I do remember one of the most influential classes I attended.

There was a time when all of the students in the dojo would make a big circle around the center of

the room. Starting with the lowest two ranks, the students would fight until a clean technique lands. The competitor that won would stay in the circle and fight the next rank and so forth. In one of these exercises I remember staying in the circle for a very long time (the class size at the time was 40 students) and it wasn't until someone who was double my size, twice my age, and 4 ranks higher beat me. The reason why this moment stood out for me was because after the exercise was over I received words of encouragement from two teachers, Shihan John Salasko and my father. I can briefly summarize what they said into 3 prophetic words... "Never give up".

Now almost 25 years later I have taken over duties as the main instructor for the dojo I've attended since I began training. Teaching my own class allowed me to finally understand the dedication my father and all the other instructors have towards the martial arts. Karate has been the most dominant activity my father and I have shared during my life and I hope we have many more years left to continue the teachings and traditions of Shorinjiryu.

From the Stelton Dojo, I wish everyone Happy Holidays and a Happy New Year. I also would like to now pass along the message delivered to me all those years ago which I hope will provide future encouragement for all... never give up.

Osu



Greetings

Aron Polmateer, Shodan

Members of the Shinzen Kyokai

I'll start by introducing myself, my name is Aron Polmateer, I am a member of the Ken No Seishin dojo, located in London Ont., Canada.

Our dojo had the honour of being officially accepted into the Shinzen Kyokai at the 29th Annual Shinzen Shiai in October of this year.

I and the other members of the Ken No Seishin dojo have spent the last year in a transitional period, after making the decision to leave our previous Shorinjiryu instructor.

Having found ourselves in the position of having no instructor and no official dojo, but still with the desire to keep training in the Shorinjiryu style, we decided to reach out to Sensei Brett Watson of the Hakuto Washi No Ken Dojo who in turn introduced us to Hanshi Myron Lubitsch of the Shinzen Kyokai.

In August of this past year Hanshi Myron and two of his students made the trip to London to meet and train with us at Sensei Brett's dojo.

During the three day visit Hanshi Myron not only oversaw our training and gave guidance and corrections for our techniques, he also explained the history of the Shinzen and what it means to be a member.

At the end of Hanshi Myron's visit, he announced that the Shinzen had accepted our application for membership and invited us to the 29th Annual Shiai, during which he would present four of our 1st kyu students with the rank of Shodan.

It is my intention with this letter to not only give a brief introduction of our Dojo but most importantly to sincerely thank the members of the Shinzen Kyokai and Hanshi Myron Lubitsch for allowing us membership into your family.

I would like to say a special thank you to Sensei Brett Watson, Sempai Wayne Watson and Sempai Candy Watson of the Hakuto Washi No Ken dojo for opening your doors to us and giving not only a place to train for the last year but also your support and friendship.



Season's Greetings

Brett Watson, Sensei

I would like to start off by thanking Hanshi Myron for accepting some new members to the Shinzen on my recommendation this year. They are a great group of people who I felt shared the same mindset as the Shinzen and embody the true spirit of karate. I have trained with them for the last six years and shown a tremendous amount of support and gratitude towards Hanshi Myron, the Shinzen and myself and are extremely honoured to be part of our association. I have never heard the words

“thank you” so many times in my life. This is indeed an exciting new world to them and we look forward growing together and creating a bright new future.

I wish to everyone, on behalf of N'amerind Dojo, a very Merry Christmas, Happy Hanukkah, a safe and festive season and Happy New Year!



My Journey in Shorinjiryu

Arthur Mark, Shihan

In the summer of 1980, my parents finally gave in to my constant whining about wanting to learn Karate. We visited many locations on Staten Island and saw many nice looking, and fancy schools. Some had multi colored mats and fancy paintings on the walls with gold statues and deities on shelves. The last school we visited was no such school. It had a large open wood floor, many pieces held together with duct tape and white concrete walls with blood spatter in many places, a punching bag held together by tape also covered in blood and Makiwara boards with the rope so flattened from years of punishment and you guessed it covered in blood. My mother took one look at this and said “Ok well we should go with the first or second one I think.” I said “No I want to go here.” She looked at me and said “You are crazy you are not going here.” I think I cried for like 3 days (I was 10yrs. old) until she gave in.

I met the headmaster Shihan Tamon Kashimoto, and he was very nice. He assured my father that I was in good hands and that he would make sure it was safe. I got up to leave and he said “Osu” I didn't know what that meant of course so I received my first lesson on how to Osu. He also told me to bring a towel and to never talk, or ask questions. Just listen and do whatever he does. I did that for the next 35 years. Training with Kaicho Kashimoto was brutal, especially as I matured into my teenage years. From 1984-1988 in my high school years I had many great opportunities to train one on one with him. That's when he would really break down the Nanzen Kai version of Shorinjiryu with me. In

his later years he rarely did that. The one thing that he pounded into his students was to never, never give up. We did things at a very fast pace sometimes sacrificing the beauty and the form of the art. His explanation was everything we do from kata, to kumite, to drills has to be done as if you are fighting for real. Keep moving. Explaining takes too long and wastes class time. I just listened and said "osu". Those were the rules. I am very glad that I listened to this advice because it certainly served me countless hundreds of times later in my life.

The harshest times were the seasonal trainings or Kan Geiko. You had to go either 3 or 4 times a week for a pre-determined time for example: 16 weeks. You could not miss or you would feel very disappointed. Class at Nanzen Kai was very grueling and your gi was always drenched with sweat. My mom made me learn to do laundry when I was very young because she did not want to touch my gi after class. Never AC or heat. It was also a great place if you wanted to learn about setting bones back into place. Shihan Kashimoto was an expert at that. I remember one time during shiai a black belt had his finger dislocated and was screaming in pain. Shihan very calmly walked up to him with another senior sensei and used the black belt as a guinea pig to show him how to do it. After three attempts the sensei couldn't do it so Shihan threw the black belt to the ground to straighten out his arm and snapped it right back into place. Then he said "OK CONTINUE" The fight went on for another 30 seconds or so. The training attitude was if you get your hand cut off by your opponents sword pick it up and beat him with it, just don't give up. I've read many of the old newsletters by Hanshi Mirrione and Hanshi Lubitsch and I can certainly assure you that their writings are accurate and not exaggerated by their stories of Kaicho Kashimoto. I have many fond memories of training with Charlie Cable and Shihan Tom Carmelengo as well. I remember being about 18 or 19 and fighting Charlie when he taught class. They were some of my favorite classes. We didn't do much kata, but plenty of shiai. I would go home and have bags of ice ready in the freezer. I also remember when Charlie was promoted to 3rd dan. He had to fight all the black belts in attendance. There were about 20 of them. My grandmother came in from Florida and was at that ceremony when Charlie kicked someone

across the floor off their feet with a yoko geri and into her lap. She let out a scream because she thought he killed him.

I went on to become a New York City Police Officer, and in 1996 after 5 years of patrol I was assigned to the once considered elite plainclothes Gun squad called the Street Crime Unit. We patrolled areas that led the city in shootings for a two week period. We used unmarked cars and costumes to do this and when we arrested someone it was for a crime that would put them in prison for a long time. This is where Kaicho Kashimoto's training and philosophies came in handy, and saved my life many times. Most of the perpetrators we arrested would fight for their life. Me being 5'8" and 165 pounds, was always at a size disadvantage. The guys I dealt with were usually 6'2" and 240 pounds. Thanks to Shorinjiryu and the movement I learned and the tenacious version of our style that Kaicho Kashimoto taught I was never injured in the line of duty and always came out on top in street confrontations. So I can give new practitioners some peace of mind that our style works and works in real situations of life and death. Many of my co-workers were injured through the years and always asked me to teach them. Unfortunately my adherence to the rules didn't allow me to do that at the time.

I look forward to the years to come and meeting with new friends in the Shorinjiryu Shinzen Kyokai. Hanshi Myron has been a tremendous help to me and has done a wonderful job making me feel at home with this group and my transition away from Nanzen Kai. I'm sure I will have hundreds of training stories that pop up in my head from time to time and I will write them down. Until then I want to thank everyone for welcoming me and I want to give everyone an open invitation to look up our school and come train with us at our New Jersey location if you are in the area. Until next time "OSU"

Season's Greetings

Osu and Happy New Year to all my brothers and sisters in karate-do. In my fifteen years being involved in Shorinjiryu, this one has definitely been the most eventful. Every class, every tournament, the friendship bonds that have been strengthened, as well as the new ones that have been established makes every day of training even better than the last. To the Mudansha, with each level of progression you surpass, use it as motivation to continue on your journey through karate-do. To the Yudansha, continue to be the best teachers and role models possible and keep cultivating the students of today into the future teachers and role models of Shorinjiryu. Make this New Year better than the last, and I wish everyone a productive, healthy and successful 2016 filled with great training and development.

Decland Paul-Roper, Nidan
Shorinjiryu Kenryukan

On behalf of the London Shorinjiryu Kenshin Karatedo School I would like to wish all the members of the Shorinjiryu Shinzen Kyokai a very Merry Christmas & Happy, Healthy New Year.

So, are you winning? Are you finding success? Are you still in the race? You must be, because you're reading this greeting! Are you setting new goals & ambitions? May I / we help? If so, just let us know? For as my Sensei used to say often, "If you're not moving up the mountain, you're going down; because to reach the top, there's no standing still!"

Manny Hawthorne Shihan
Shorinjiryu Kenshin

On behalf of the Kudaka Federation I would like to wish everyone a Very Merry Christmas. And a very Happy New Year, see you all next year

Doug Roberts, Hanshi
Shorinjiryu Kudaka

Hope the new year finds you well and the hard training continues in and out of the dojo. Over the 20 years I've been associated with Shorinjiryu I have always been impressed by how open and supportive all of the instructors and dojos have been with all of their students. I hope this year all of the karate-ka find a way, big or small, to continue to support and strengthen their dojo for 2016.

James Anderson, Sensei
Shorinjiryu Kenryukai

During the Holiday Season, more than ever, our thoughts turn gratefully to those who have made our progress possible.

And in this spirit we say, simply but sincerely to each and every one of you...

Thank You and Best Wishes for the Holiday Season and a Happy New Year.

Shihan Tom Bellazzi MBA 7th Dan
Ken Sei Kai Academy of Martial Arts
Lancaster, Ontario

SunShine News

New Promotions

Rank	Title	Name	School
8 th Dan	Kyoshi	John Salasko	Kenjiyukai
5 th Dan	Shihan	Peter McMahon	Kenjiyukai
4 th Dan	Tashi	Dean McKernan	Koshinkai
4 th Dan	Tashi	Boris Nadelman	Kenryuka-Watanabe-ha
3 rd Dan	Sensei	Christina Daniels	Kenjiyukai
3rd Dan -	Sensei	Chris Toth	Kenshin
3rd Dan	Sensei	Michel Pepin	Kenshin
2nd Dan	Nidan	Vitali Veramkovich -	Kenshin
2 nd Dan	Nidan	Dee Foster	Koshinkai
2 nd Dan	Nidan	Anne Kratzmann	Koshinkai
2 nd Dan	Nidan	Decland Paul-Roper	Kenryukan
1 st Dan	Shodan	Deju Balgun	Koshinkai
1 st Dan	Shodan-ho	Leisa Dunmore	Koshinkai
1 st Dan	Shodan	Luke Fitzgerald	Ken No Seishin
1 st Dan	Shodan	Liv Grech	Kudaka
1 st Dan	Shodan	Olivia Grech	Koshinkai
1 st Dan	Shodan	Arun Jose	Kenyukai Watanabe-ha
1 st Dan	Shodan-ho	Eugenie Martin	Koshinkai
1 st Dan	Shodan	Alex Macleod	Ken No Seishin
1 st Dan	Shodan	Jasur Parmanov	Kenyukai Watanabe-ha
1 st Dan	Shodan	Sterling Peach	Ken No Seishin
1 st Dan	Shodan	Aron Polmateer	Ken No Seishin
1 st Dan	Shodan	Daval Ram	Kenryukan
1 st Dan	Shodan	Akshay Sampath	Kenryukan
1 st Dan	Shodan	Vaquine Stewart	Kenryukan
1 st Dan	Shodan	Sean Rhuman	Kenshin
1 st Dan	Shodan	Mike Heyden	Ake no Myojo Budo
Jr. Shodan	Kohai	Jaedon Manton	Kenshin

Congratulations to Tashi Doro Konate on the birth of his son, Mody.

New Kyokai Memberships

Shorinjiryu Ken No Seishin

We are very pleased to announce that the Ken No Seishin School of Shorinjiryu under the leadership of Aron Polmateer has joined the Kyokai. He and his fellow students have recently organized the school in hopes of fostering the betterment of Shorinjiryu and, of course, their own training. The Shorinjiryu Ken No Seishin is located in Canada.



Left to right, Shodan Luke, Shodan Sterling, Sempai Daval, Hanshi Myron, Shodan Vaquine, Nidan Wayne, Shodan Aron, Sensei Brett, Sempai Jessie.



Shihan Scott, Shihan Uchida and Shihan Hiroshi

Shorinjiryu Kenseikan

We are also very pleased to announce that Shihan Scott Brown has re-organized his school and has joined his new Shorinjiryu Kenseikan Karatedo with the Kyokai. Shihan Scott is a very long time practitioner of Shorinjiryu who has trained extensively in Japan.

The Shorinjiryu Kenseikan is located in Australia.

As a matter of interest, he and Hanshi Myron trained while both were in Japan. Hanshi Myron and Shihan Scott became friends and communicated frequently.

Shihan Olaf

The next new membership goes to Shihan Olaf Lotze of Germany has joined as an independent individual. His knowledge of Shorinjiryu is extensive and his training in various other arts is highly impressive.



Shihan Olaf, Hanshi Myron, Shihan Olaf in a visit to NY



Shihan Olaf, Shihan Sandra with Kaicho Watanabe and Shihan Page when they visited Maryland.

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Place
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