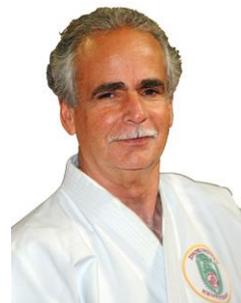


- A Gathering of the Shorinjiryu Family
- Largest Group of Shorinjiryu Practitioners Worldwide
- Exchanging Knowledge, Spirit, & Friendship



From the President's Desk

by Myron M. Lubitsch, Hanshi

Incredible, but the year is now almost over. World-wide there have been many unfortunate events that truly impacted the lives of our students. Few schools of Shorinjiryu were left unaffected by these natural and man-made events.

Having said that, all our schools have maintained the high standards of Shorinjiryu, are actively teaching, instructing, serving our students, and have persevered.

The list of special events of the past year is rather extensive. Some are listed here: Winter Regional, Spring Regional/Fathers' Day, 4th Annual Central Jersey, 10th Annual Kenyukai Watanabe-ha, 16th Annual Koshiki International Shindo Shindo BudoKwai, 26th Annual Shorinjiryu Shinzen Shiai, 18th Invitational Island Budokan Bogujutsu, Koshki Sherbrooke, Kwai, Australian National Training Camp and 35th Anniversary Celebrations and a number of clinics.

Clearly, we have been an active organization.

This year we were extremely happy to have Shihan Emanuel "Manny" Hawthorne's return to the Shinzen Kyokai. He is clearly an advocate for the betterment of

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Shorinjiryu and his input and cooperation is greatly appreciated.

I was personally honored by the Shindo Budo Kwai group when my assistance was requested in the intricacies required for the special event planned for the then Kyoshi Michel Laurin. After much planning, the event took place at the 16th Annual Koshiki International Tournament in May.

On May 27th, I along with Shunji Watanabe, Hanshi, and Wayne Donivan, Shinan, co-signed the certificate for the elevation of Michel Laurin to the grade of ninth degree black belt with the honorable title of Hanshi.

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Shorinjiryu Shinzen Kyokai Leadership

Myron M. Lubitsch, Hanshi	President
Daniel Hayes, Shihan	Vice President
Shunji Watanabe, Kaicho	Technical Advisor
Jim Griffin, Kyoshi	Asia-Pacific Regional Vice President
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Peter Hiltz, Renshi	Publications

Shorinjiryu Shinzen Kyokai
P.O. Box 210160
Woodhaven NY, 11421

Phone: 718 647-4157
Email: SSK@shorinjiryu.org

Visit us on the web at
www.shorinjiryu.org

To be added to the email
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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. 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 renshipete@morningstarkarate.com or Hanshi Lubitsch at mmlshihan@aol.com.

Editorial Board

Myron M. Lubitsch, Hanshi, President

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 Editor's Desk

by Peter Hiltz, Renshi

The Kyokai is proud to announce its new webspace design. This redesign gives the site a more modern look and offers exciting new features. We've added some new sections with the goal of making the site a worldwide Shorinjiryu resource, not just a resource for Kyokai members.

We're offering tournament results on the Events page and can post pictures there too. The site has slideshow capability where you can send pictures to me, your humble webmaster, and I'll get them on a slideshow page. If you have a lot why not put them on a CD and mail them? Email me and we'll work out the details.

We've started a page for Recommended Reading. We all keep libraries of material and if you've identified something of value, this gives you the opportunity to share it with the community. My hope is that this expands into an on-line reference library of Shorinjiryu material. The possibilities for the good of Shorinjiryu are endless.

The newsletter archive now has keyword search functionality. You can automatically search through every newsletter for words of interest.

The site's architecture allows multiple

editors so if you want to edit your school's page in real time, without going through me, you can. Let me know and I'll set you up an account.

Another new idea being considered is to create a list of trusted equipment suppliers. This would be a listing of suppliers that you've used and found to be responsive, of high quality, and would recommend to others in the community. If you like this idea, let me know.

Anyone know the Google Maps API?

I'm trying to implement a new feature on the Kyokai website to display multiple markers on a Google Map. I can get the map, and can get one marker, but cannot figure out how to display multiple markers. Any guidance or help would be appreciated. If you can help, please contact me at editor@shorinjiryu.org.

Remember to send in your events for next year as soon as you know them so I can get them posted on the calendar. We'll post any other event related information too.

None of the above will work unless you contribute. Send your ideas and contributions to editor@shorinjiryu.org.

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 Shorinjiryu Shiai Queens, NY
November 17	Long Island Tournamnt Long Island, NY



Koshiki Kumite in Shinjuku

By Shihan Brian Berenbach
Shorinjiryu Kenryukan

Being one of the few karateka who studied at the hombu in Shinjuku and is still active in Shorinjiryu (Kaicho Watanabe being another), I often find it disconcerting that there is something lost in time; an understanding of how and why kumite came to be, and how it has drifted from the original use by Kaiso. As I am not getting any younger, I am going to try to put the reader (you) in a time machine, take you back to the Shinjuku Dojo in the 50's-60's and describe how it was. Hopefully, by doing this I will give you a sense of what the kumite were and why they were that way. The second part of this article is a description of three kumites that some (especially in Canada) may already be familiar with.

Shinjuku Dojo circa 1965: You walk into the dojo and clap to announce your presence. Kaiso, not having good vision, needs to know who has come in. You change into your gi, stretch and then start the class. Sooner or later mayhem (individual training) turns to order, as you are observed by Kaiso, taught kata, and spend some time on the makiwara. Then the class converges for kumite. Just as with cleaning the dojo after every class, there is no rank here. Everyone does the same thing. You pair with someone (hopefully better than you so you can learn), and put on the bogu. Yes, the bogu. With the exception of weapons kumite, the kumite are always done with both tori and uke wearing bogu. You will see why shortly.

You start by walking thru the kumite, either a new one or one you have done before, but since the class is mixed, with partners chosen at random. Everyone starts slowly. Whenever you do a kick or a punch, you go

full force to the bogu (to where your opponent WAS). Naturally, your opponent should get out of the way, but if they don't, he/she (actually, in those days, always a he) gets hit. Watch those arms, boys and girls.

You learn very quickly not to let your arm get trapped against the bogu, and when blocking a kick, to mainly get the heck out of the way. This brings up an interesting point about the current day practice of kumite without bogu. I have seen kumite techniques done without bogu that simply don't work; the kicker or puncher is either too far away or too close or the angle is wrong. Kumite practice with bogu fixes those problems quickly.

Now, to do a kumite with a bunch of moves and never hit anything solid can be downright frustrating. So Kaiso identifies "touch points", usually when executing a technique that would be most challenging, and the "hitee" stands still (does not get out of the way) and allows the hitter to make full contact. So, why do I always wind up with a partner a head taller than me? The bloody (in the literal sense) bogu are smooth polished wood (modified kendo shields). Everything hurts until your knuckles are desensitized and you figure out how to make contact without breaking something. In my case, front kicking someone a bit taller than me, the kick usually slides up the bogu. Much to my chagrin, when that happens, Kaiso orders my partner to bend over just a bit (e.g. "help the idiot"). My embarrassment aside, this would not be an issue against a body wearing clothing, but the bogu slopes back a bit from waist to chest and is smooth and slippery. If you haven't had the pleasure, try it some time.

Continued on page 18



Shorinjiryu Demonstration

Shihan D'Avino
Kenyujokai Karate

Greetings Karateka!

As the the new year approaches I would like to wish all our Karatedo family good luck and hard training in the coming new year!

As I live in the town of Babylon, we were lucky to survive the storm, and we and our home are intact, by the grace of God!

Recently Shodan Paul Rosanno and I did a Karate demonstration at the Eastneck Nursing home in West Babylon L.I. We had great fun and brought some positive energy to the residents! They were impressed by the grace and power of our style.

Our focus was on Karatedo as a life and health activity that delays the aging process and helps people to maintain "who they once were". The most fun was taking pictures with the residents at the end of the demo! It was joyful for us to bring a little fun into their lives!

Regards,

Shihan D'Avino,
Kenyujokai Karate Club
Happy Holidays!





Age

John Mirrione,
Kyoshi Kenkokai

In this article, I will touch on a subject that I have not seen much written about in our organization, AGE. We all experience it and it is unavoidable. We cannot live without it and we are forced to do the best we can with it. As we get older we begin to lose our sight, hearing, balance, flexibility, height, coordination and yes, we also lose hair and some memory. It is widely believed that being diligent in the practice of our traditional martial art will add years to our life span. We develop strength, flexibility, confidence and are better able to deal with the stress of life. While we may not be immune to some medical issues, it appears as though our quality of life is much better than the average person. Even when we are stricken with some medical disorder, we seem to recover quicker than the average person. It is known that martial arts masters of the past lived longer and healthier lives than the general population of their time.

For several years after moving to Florida, I attended the South Florida Senior Games. This annual event hosted karate competition for senior karateka. When I say senior, I mean from ages 55 to 85 year old black belt divisions with high ranking karateka from several different styles. Arthritic with knee and hip replacements, they would slowly go to the starting point and perform weapons and empty hand kata. Some would make every attempt to move flawlessly fighting the pain of old injuries or an illness brought on by old age. Many had practiced and learned their art from some very prominent people and yes, some of them were very prominent karateka themselves. Modest and with no complaints about their age or their disabilities, they were just happy to be there to compete and demonstrate their kata. The younger students who were helping to keep

the event organized made sure that every accommodation was made for the seniors to make them feel comfortable. Strangely, it took me some time to realize that we were, in fact, putting on a demonstration for them and not just the spectators, and they loved it. Due to some budget issues, the town where the event was held stopped holding the event. I competed and demonstrated for 7 years and each time learned more about being older and how rewarding it can be.

In Shorinjiryu karate we are taught to never show pain. Showing your pain is a sign of weakness and will not set a good example for those who look to you for leadership. The samurai spirit becomes a part of us and we never give up nor do we accept defeat. As young karateka we move quickly, snap our punches and kicks, remember everything and move our bodies effortlessly. When we get a injury, it heals quickly and we resume training wearing our bruises proudly. Sparring is fun, challenging and rewarding. Youth serves us well.

Unfortunately, today we see young students quit their training after a minor injury or because of some outside dilemma I call a temporary life interruption. Older students become discouraged when they feel they can no longer keep up with the pace of younger students. They become frustrated when they have some difficulty remembering all the kata or they cannot kick as high as they used to. Some older students will seek out a martial art that is softer and can accommodate their limitations. As in the case of senior black belts, those who have endured the training for many years may simply stop training as a result of physical limitations brought on by aging.

In conclusion, let me say that as we get older we should adjust or modify our training. We must never attempt to do what we can not do and only train within the parameters of our ability. This does not necessarily mean that we do less, however, we must not be fooled into believing that our bodies can do what

our minds want us to do. Some minor adjustments in hip rotation, body posturing and speed are just some of the simple accommodations we can make to move economically and provide longevity to training. Economical movement could mean longevity. Getting older is not a reason to stop training and learning. Continued practice will result in a better quality of life. Do not be discouraged by age as we have so much more to learn.



Sanchin Bunkai

Shihan Manny Hawthorne
Kenshin

The following was in response to a question I posed to Shihan Hawthorne regarding the bunkai of his performance of Sanchin

Kata as seen on YouTube. My thanks for his timely and detailed response.
Pete, Renshi

Renshi Peter,

Thank you for asking and, of course, viewing my demonstration of Kata Sanchin. Before offering my interpretation, I would first like to express and extend greetings to all the Shorinjiryu Shinzen Officers and Members. Without getting into details, this past year has truly challenged the character of each and everyone! And if I may, "the character is judged by how one (a family) deals with and accepts the challenges" to this I say, kudos to the Shinzen Family for not only dealing with adversities, but also in offering much needed support!

Best of the Holiday Season / Merry Christmas, Happy New Year, health, happiness, and prosperity to all!

My interpretation of "The bunkai" is exactly that - my interpretation - and I'm glad you asked the question as such!

To start off, let me give you some background as to my experience in learning and practising kata; and to your question, bunkai. Hanshi Hisataka and / or Shinan Donovan to my recollection when teaching kata, never really spent a lot of time exploring the actual applications within a particular kata. He / they did on occasion express an idea for the application but the idea was never fixed on being the only interpretation. If you were to ask the same question from ten karate-ka, I would guess you would get somewhat different answers. I will say this though, Hanshi / Shinan when explaining a certain kata, did explain the overall value and significance for a specific kata. As in the training of kumite, each by / in design are for developing a variety of fighting characteristics (i.e. short-long, close-distant, circular-angular...etc). As well, it would've been explained that in practicing kata, you can take on a different style / spirit (i.e. tiger, crane, snake, bull, dragon). This again, as you can imagine, would alter the interpretation for bunkai depending on which of the five animals you chose.

So, as to "my interpretation", depending on who I would be explaining the kata too, for myself I like to try and keep it simple. For example, a child really doesn't need to hear that he / she is locking an opponent's arms and dislocating their elbows; neither would their parents appreciate it, eh? As well, a person who suffers from asthma might truly like hearing the fact that in performing the kata they are actually exercising and messaging the four areas of the lungs (i.e. upper, middle, lower, and back areas). For, as explained to me by a former doctor / student involved with asthma research, the back area of the lungs between the shoulders is one of the most significant areas to exercise / message for asthma sufferers! The most important explanation I offer for doing kata is that if someone wants to become proficient in karatedo, then there is no other way to do this except to "DO IT" having a constant focus on improvement.

In all honesty, not that I'm knocking bunkai, for it is interesting and serves as a motivational tool; for some people. However, to my way of thinking, the focus of one's kata and training should be more centered on the internal benefits / rewards and to a much lesser degree on the external application-bunkai; for external gains, we of Shorinjiryu are very fortunate in that we have the bogu-do's and / or the makiwari!

The theme or underlying premise for Kata Sanchin, depending on who taught and explained the kata, has something to do with "Man's three internal battles" indeed, ultimately the direction or mind-set being towards three levels (i.e. an internal exercise/meditation).

I hope this answers your question? As you can see, there are many interpretations and ways of understanding karatedo. Suffice it to say, there are no easy answers; nor should we look, or be satisfied with an easy solution. In our study of karatedo we knowingly and / or unknowingly adopt the philosophy of KAIZEN (continuous improvement) and as such, it has never been expressed as being easy, eh?

Furthermore, as I was also lead to believe, kumite is a more challenging, realistic, and live expression of bunkai.

Shihan Manny Hawthorne



Greetings from the North

Douglas Roberts, Hanshi Kudaka

First, I would like to say on behalf of myself and the Kudaka Federation our thoughts and prayers are with all the people

that were involved in super storm (hurricane) Sandy.

We at the Kudaka have been very busy these last couple of months at our respective dojos. Starting in Ottawa, Kenshi James Taylor is getting two of his Black Belts ready for their grading on December 8th in Toronto: James Campbell for Sandan and Greg Searle for Shodan. Shihan Jean-Eric Gibeau, Kenren is from the Brockville Dojo. I thank him for going to New York for the last Shinzen tournament. He seems to be our Ambassador at Large these days.

Shihan Gibeau is working with both our Kingston and Ottawa dojos as well as checking out other dojos for the Federation.

Thank you, Jean-Eric and keep up the good work.

Shihan Bob Cussler, Kenkyo along with Kristine Miller, Kenshi from their Kingston Dojo are working hard to get their students ready for their next level. They are also working with Sensei Bruce Osbourne to get him ready for his Yodan exam.

Shihan Rick Black, Kenkyo, from his Toronto Dojo, has been working very hard with his students. He has worked on material which has been placed on a DVD and has been sent to Sensei Jeff Kilbourn in London.

Sensei Jeff Kilbourn from his London Dojo (that is London Ontario not England) has many new students. Shihan Black and I are looking forward to going to London and also having Sensei Kilbourn come to Toronto. Even though, London is about an hour and a half away, the trips would prove to be of great value.

We had great time in Montreal at the Kentokukan Fall Classic. Our students did very well and I was pleased that most of my senior instructors were there to help referee and judge. I was also pleased that SAFETY was of the upmost priority. Well done. I was very satisfied with all the students; they were all winners in my eyes because they

were there to participate, to test their skills and to make new friends.

It was a great delight to connect with an old friend Shihan Norman Wener. We worked together for many years in our dojo in Montreal and we certainly had many, many good times together. I have to say, I truly miss those days and my friends in Montreal.

I will end by saying that Shihan Rick Black and I were on our way to New York for the Shinzen Tournament in October with our Federation's presentation for Hanshi Lubitsch, which I had accidently forgotten in Toronto the year before. As it was and I will make this short, after three hours in the office at the boarder the officers sent us back and would not tell us why. Oddly, the Canadian border patrol could not find a reason as to why they sent us back. I guess someone was having a bad day and regretfully that is why we were not able attend. I would like to congratulate Hanshi Lubitsch and his students for another successful tournament and wish him the best of health for many years to come.

On behalf of me, Hanshi Brian Aarons and the Kudaka Federation, we wish everyone a Merry Christmas, happy holidays and a very Happy New Year.

News from Australia



Jim Griffin, Kyoshi
Shorinjiryu Koshinkai
Karatedo
Vice President Asian/Pacific
Region

2012 has been a great year for Shorinjiryu Koshinkai Australia, this being our 35th anniversary year.

The celebrations commenced with attendance of our National training camp by Hanshi Myron Lubitsch, Shihan Troy Lester and Shihan Jeffrey Henderson. It was good to have these fine people join our celebrations but even better was the chance

to catch up and share our Shorinjiryu training.

Shihans Max Estens, Lesley Griffin and Des Paroz were all tested and promoted at this camp, as were a number of other seniors.

Renshi Graeme Bowden 5th Dan
Tashi Marnie Roberts 4th Dan
Sensei Amanda Bugden 3rd Dan
Sensei Adrian Cepak 2nd Dan

In addition, 4 students completed their Shodan Ho tests.

Clinton Andrews
Dee Foster
Chrissie Hanley
Ben Oliphant

The last official function of our 35th celebrations was our Black Belt camp at Pilliga Pottery in September. Our seniors were able to train together then get together for another celebratory dinner.

Our special guest at the camp was Shihan Phil Hinselwood of Yagyū Shingan Ryu, he is an old friend of many of us and a great exponent of the samurai arts.

Merry Christmas, Happy Holidays and thank you all for your friendship and support in 2012.

Karatedo and Its Tao Connection



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

Karate-do has known multiple names throughout the history of martial arts, such as Tode (the Chinese hand), the hand of Cathay (Cathay being the ancient name for China), the Okinawa-te (the hand of Okinawa), Naha-te, Tomari-te and Shuri-te

(the hand of the town of Naha, Tomari or Shuri).

It was in 1936, that Gichin Funakoshi, having officially introduced “karate-do” (the Way of the empty hand) in Japan, had to rename the Okinawan martial art to rid it of all Chinese references so that it could be accepted in Japan and recognized by the Dai Nippon Butoku Kai.

道 道

Japanese symbol *Do* Chinese symbol *Tao*

When the Okinawan committee reunited in Naha to rename their art: karate-do”, it used the suffix “do” (the Way) like the Japanese martial arts judo (the gentle Way), aikido (the Way of unifying (with) Qi), iaido (way of the sword), kyudo (the Way of the bow) and the non-martial arts like shodo (the Way of calligraphy), chado (the Way of tea), or kado (the Way of flowers), etc.

As illustrated above, the symbols Do and Tao are the same. The Tao originates from Taoism, a Chinese religion and philosophy. For Taoists, the human body is a world (microcosm) similar to the outer world, that of heaven and earth (macrocosm). Taoism encompasses a variety of concepts that stem from it: the Yin and the Yang (symbols of the bipolarity of things), Qi (life energy), Wuxing (Five elements/Phases1).

Wuxing is composed of five elements that enable the study of the characteristics and interaction as all manifestations. These five movements or elements are: wood, fire, earth, metal and water. Each of them relates to the organs, the seasons, the energies, the senses, and the sentiments. Qi circulates all though the human body, alternating the Yin/Yang polarity in the five movements (Wuxing).

You will agree that in a street fight, professional MMA, boxing, a karate competition and other combat disciplines you have never witnessed such position as Kosa Dachi, Sanchin Dachi, Sagi Hashi Dachi, Kiba Dachi, Nahanchin Dachi or Sotobiraki Jigo Hantai Dachi being performed in the ring. So, if they are not applicable, to what purpose did the founding masters introduce them into our katas?

My research has converged towards oriental Taoist theories upon which the katas were originally founded. Without delving into complex notions that demand a more advanced student, I will take the Dachis as an example. In Chinese cosmology, we propose Yin and Yang positions in function of the five elements in a therapeutic nourishing cycle (acupuncture, acupressure, reiki , etc.) or in a destructive cycle (used in advanced martial arts) where cycle is : Fire – melts - metal – cuts – wood – penetrates – earth – confines – water – water – puts out – fire (...)

Once we know the positions associated to the five elements and the bodily areas associated to them, we then hold the key to further understanding the katas.

Continued on page 20



A Special Thought About Training

Hanshi Michel Laurin
Shindo Budo Kwai
Regional Vice President
Canada

Dear Shorinjiryu Family,

I hope you are all well and training hard.

Training hard... After having practiced karate-do on a daily basis for over 41 years; I, probably like some of you, have asked myself why am I still practicing Shorinjiryu. Why am I still teaching?

Some may answer money. Well, I will never complain about having and still making a decent living by teaching what I love most, and, yes, I know I'm blessed. I have to say that money was never and still is not the motivation for my lifetime dedication to the art. Then, why?

When you think about the pain, the injuries, and students leaving the dojo after several years of dedication from both parts; why am I still doing this?

It would take too long to list all of the benefits that the practice of Shorinjiryu has given me, but here are a few:

As a kid, it gave me self-confidence and self-esteem, two qualities I was lacking. As a teenager, it helped me to focus and gave me goals. Once I knew what I wanted to accomplish, thanks to the practice of Shorinjiryu, I then choose a healthy life style that kept me away from cigarettes, heavy drinking, and drugs.

As a young man, Shorinjiryu took me all over the world; and I made wonderful friends. It also gave me the opportunity to start an organization that gave me so much and through the years became so much

more. It became a brotherhood that I hope will last a lifetime and beyond.

As a father, it is to see my kids practicing and learning Shorinjiryu, helping them to growth, and becoming healthy and wonderful people.

Now, it's about staying healthy and as young as possible though the practice of Shorinjiryu. But more importantly, it is not about me anymore; it is about giving to others, passing the knowledge and experience to my students. It is also about meeting the other members of our beautiful family while teaching seminars, hosting tournaments, meetings, or supporting other tournaments.

The other day I received a phone call from a young man. At first, I didn't recognize him, how could I, he was a young kid when I taught him Shorinjiryu. Now at age 23, he graduated from university and found a good job. The reason behind his call was simply to thank me for helping him succeed in life, he said without Shorinjiryu he doubts he would have made it.

Through the years I have received several testimonies like this one. Even though it hurts each time I lose a student who leaves the dojo to go to a university or any other reason, I then remember that if I made a difference in his life and helped him to succeed then I am happy. Now, you know why I'm still practicing, teaching and will be as long as I live!

I would like to take this opportunity to wish Happy Holidays to each and every one of you!

Love.

One Parent's Opinion

Milissa Morales, Parent
Kenryukan

The following was submitted to publicly express the gratitude of a parent who found in her local Shorinjiryu dojo an anchor through a troubled year. As also shown by Hanshi Laurin in his article, our studies and work in Shorinjiryu, both as teachers and members of the Shorinjiryu family, make a difference in peoples lives.

The Imperial Dragon Hombu is not just a dojo to my family, but more like another home. Hanshi, as well as the instructors are very concerned in the everyday life of their students and as well their family. I have 2 children attending classes there and, believe it or not, they look forward to going all the time. The enormous amount of attention they receive on every visit is very well appreciated. All the students and instructors greet each other with hugs and high fives. All the instructors remind the kids to do well in school and to be very responsible. This is as parents do on a daily basis, but it is always good for others to preach the same concerns to the kids. With those types of gestures, the children feel that people outside of their homes also care for them.

As a parent, I go to the dojo to support my kids. Being there physically, cheering them on boosts their self-esteem. All parents should take the time and sit during the karate sessions; giving support to their children especially the younger aged ones, giving encouragement to strive, and telling them to do their best in anything they do.

We need to be positive role models for our children and that begins with us, the parents, but it is also good to have a support network.

I would like to give a special thank you to the entire team at the Imperial Dragon Hombu for their time and dedication.



News from the Shorinjiryu Kenjiryukai Organization

Sensei Pete McMahon
Chief Instructor
Shorinjiryu Kenjiryukai

This was a wonderful year for the Kenjiryukai Dojo. It appears that we have sparked an interest in Central New Jersey for Shorinjiryu Karate as witnessed by our increase in membership to 55 active students with 2 on a waiting list.

The addition of an evening class for advanced students host by Shihan John has also been well received. This increase coupled with the successful Shinzen tournament has left us confident of a secure future for Shorinjiryu.

We often hear people speak of the things that are wrong which makes it easy to lose sight of the good things happening around us. Despite the devastation in our area caused by Hurricane Sandy, there has been a tremendous outpouring of support from local residents. Families have opened their homes to neighbors displaced by the storm; clothes and food donations are pouring in and even the Government programs so often maligned seem to be reaching swiftly with housing and funding for disaster relief. It is heartening to see this massive relief effort and it restores our faith in human nature.

All of us at Kenjiryukai offer our best wishes to all for another healthy and happy holiday season.



Food for Thought

Richard Alecia, Tashi
Kenkukai

The future has once again arrived and of course left.
Have we gained from what we sought?
Are we still holding dear, the things we speak as true?
Tomorrow, the future returns again.
Plan accordingly: for the past is waiting and taking aim.
“Non scholae sed vitae discimus.”



From the 2012 Shiai: Concentration



From the 2012 Shiai: Extension



From the 2012 Shiai: Waiting

Season's Greetings

and a

Very Happy New Year

From the Officers and Officials of the Shorinjiryu Shinzen Kyokai

Myron M. Lubitsch, Hanshi
President
Kenryukan - USA – India

Dan Hayes, Shihan
Senior Vice President
Kenkukai - USA

Shunji Watanabe, Hanshi
Honorary Technical Advisor
Kenyukai Watanabe-ha

Jim Griffin, Kyoshi
Vice President Asian-Pacific Region
Koshinkai

Michel Laurin, Hanshi
Shindo Budo Kwai
Vice President Canada Region
Canada – USA

Des Paroz , Shihan
Public Relations Coordinator
Koshinkai - Australia

Brian Berenbach, Shihan
Kenryukan - USA
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Peter Hiltz, Renshi
Ake No Myojo Budo - USA
Publication Director

John Mirrione, Kyoshi
Kenkokai - USA
Vice President Emeritus

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Kenryukan - India

Carlos Figueroa, Shihan
Kenryukai - USA

Brian Aarons, Hanshi
Doug Roberts, Hanshi
Kudaka Federation
Canada

Region Jim Griffin, Kyoshi
Max Estens, Shihan
Koshinkai - Australia

Jeff Henderson, Shihan
Bubishido
Canada

Peter McMahon, Tashi
John Salasko, Shihan
Kenjiyukai – USA

Anthony D'Avino, Shihan
Kenyujokai - USA

Tom Bellazzi, Shihan
Ken Sei Kai – Canada

Brett Watson, Sensei
Hakuto Washi no Ken
Canada

Manny Hawthorne, Shihan
Kenshin
Canada



Season's Greetings Greeting all!

I hope you have a wonderful holiday and a great New Year with lots of hard training. Train hard and train well.

Renshi Alberdeston "Big Al" Gonzalez, Kenryukan



Happy Holidays!

Be good to yourself and to others in training. Be patient with yourself and with others while training. Be kind to yourself and to others while training. Be forgiving with yourself and with others. After all, in karatedo, we are all we have got. Happy holidays and peace to you all for a joyous and healthy New Year.

Nidan Marc Riley, Kenryukan (Stelton & Hachikenkai Dojo)



Challenges for 2013

As we closeout 2012, I challenge you to practice everything 20 times with 13% more effort, spirit, and diligence. Why? So that we can be, 13 times better by the end of 2013.

I wish you are very happy and prosperous 2013.

Vincent Capers, Jr., Shihan, Kenryukan



Greetings

As we prepare ourselves for the upcoming holidays and festivities not only is it a time of celebration, but it is also a time for reflection. As we look back upon 2012, we remember the illnesses and injuries that have plagued too many in the Kenryukan Family and families on the east coast. It is easy to take mental and physical wellness of others for granted and unfortunately, it is not easy to sympathize with some at times, but it something we must do in order to respect ourselves.

The Kenryukan family has persevered and we are stronger with a renewed sense of loyalty and dedication.

I look forward to another year of training and instructing. May you have a happy, healthy, and prosperous year.

Nidan Annette Lopez, Kenryukan



A Special Thought

I hope everyone is enjoying the holidays with their families. I, also, hope that everyone is continuing to train diligently.

I would also like to take this time to thank Hanshi Myron for allowing me to train at his dojo and to all the black belts and students who have treated me like family. Thank you for welcoming me back.

James Anderson, Shodan, Kenryukai



***A Special Greetings
from Shorinjiryu
Kentokukan***

On behalf of Shinan Wayne Donivan and the Kentokukan family, I would like to wish all our Shorinjiryu brothers and sisters Happy Holidays and a wonderful New Year.

May 2013 be filled with an abundance of health, happiness, love, friendship, success...and training of course!

Max Mastrocola, Renshi, Shorinjiryu
Kentokukan Karatedo



An Original Poem

The Magic of the
Holidays never ends
and its greatest of gifts
are family and friends.

Happy Holidays and
Happy New Year!

Tom Bellazzi, Shihan, Ken Sei Kai
Academy of Martial Arts, Canada



Greetings

The more you train, the more you will learn and the more you learn the better you will become not only as a karateka, but as a individual. The New Year is here and now would be a great time to rededicate yourself to achieve higher goals. A Happy New Year to each and every one of you.

Troy Lester, Shihan, Kenryukan



A Special Wish

As the end of 2012 approaches, it is time to look back and reflect upon this past year. Members of the Kyokai have had to overcome many obstacles. There has been the devastation brought by Hurricane Sandy to many of our communities, homes and businesses. There has been the loss of life of our loved ones, family and friends. There has been the havoc caused by illness and injury.

I wish to stress the need to stay focused. Keep moving forward. The will to succeed is imperative to overcome any obstacle in your life. Remember, Karate improves you mentally, physically and spiritually.

Come to class often, practice hard and assist your fellow students. I wish you all the best in 2013!

NANA KOROB I YAWOKI

Shunji Watanabe, Kaicho. Kenyukai
Watanabe-ha, Kyokai Technical Advisor



***To All of Our Friends in
the Shinzen***

Have a Happy Holiday
and an Optimistic New
Year.

At this time of year we are filled with hurry and worry, all are very busy. Don't let anticipation get in the way of what is truly important.

Take the time to enjoy each other's
company.

Do something nice for someone else, for this is the essence of the season.

Tell someone you Love them. Show them that you care.

The point is that we need to be caring, we need to nurture our relationships with friends and family.

Within all of this, we create a healthy environment for all to grow.

I and this Holiday greeting have been inspired by a New York Police officer who has shown compassion for a fellow human being. The officer had seen a homeless man barefoot in the cold November evening in Times Square. Instead of moving him along he went into a nearby store and bought him shoes and socks. He then helped the man put them on and helped him to his feet.

This is the understanding and Compassion that I speak of. This is what the world and our relationships need.

Be kind to each other and take the time to share a smile and conversation

Take Care, Be Well
Count your Blessings

Wayne Watson, Haku To Washi no Ken



Dear Fellow Budoka,

Please accept our warmest wishes for a wonderful holiday season and for a prosperous New Year. May 2013 bring you all

health, happiness and good fortune.

We also challenge everyone to take a moment to thoughtfully rededicate their efforts to the study and promotion of Shorinjiryu.

For those Sensei beginning their teaching journey in 2013, we wish you the best of

luck, determination and patience. Make sure to reach out to your senior instructors for guidance and remember that it is normal not to know all the answers. For those who are continuing their teaching efforts, we wish that your expertise grows and that you continue to make a difference in the lives and hearts of your students. May the powers that be give you the strength to be the example and driving force that leads your school to even greater accomplishments.

Lastly, we wish the Kyokai the utmost success in the year to come and send our gratitude and best wishes to Hanshi Lubitsch, Shihan Hayes, Renshi Pete and the support staff for all that has been accomplished in 2012. The International Budo Institute feels blessed to be a part of the Shorinjiryu Kyokai and we look forward to a mutually rewarding 2013 typified by continued support and sharing of Shorinjiryu and the values that the Kyokai represents.

Yours Sincerely,
Jeffrey Henderson, Shihan
Bubishido



Greetings

On behalf of the Australian Shorinjiryu Karatedo Association, the Kengokan Dojo in Sydney and myself and Belinda, I wanted to take

this opportunity to thank Hanshi Myron and all members of the Shorinjiryu Shinzen Kyokai executive, and all the members of the Shinzen Kyokai for their support in 2012.

The vision we all share of preserving and further developing Kudaka-style Shorinjiryu karate is an important one. We must maintain the principles and core teachings laid down by Shihan Kori Hisataka, but we must also remember that his gift was the

platform that is Shorinjiryu karate, and that this platform must continue to be built upon, under the watchful eye of the senior people of Shorinjiryu, in the right way.

Best wishes for the upcoming holiday period. I trust that 2013 will be a safe, happy and prosperous year, and that your karate will continue to grow.

Best regards

Des Paroz, Shihan

President, Australian Shorinjiryu Karatedo Association

Head Instructor, Kengokan Dojo Sydney
Promotions Director, Shorinjiryu Shinzen Kyokai

Koshiki Kumite

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Of course, once we learn the moves, we do the kumite a minimum of 100 times, with one count being one full execution, full speed, full force. Our bodies learn quickly what words cannot teach us, and frequent kumite in this manner teaches us quickly how to evade a punch or kick, and to deliver techniques from many different angles.

So we learn to fight, to deliver techniques with power and speed, to evade; we learn timing and breathing; most important: we learn without getting hurt. You see, during shiai, people get hurt. Shorinjiryu is not

punching and kicking air, and the old style hard bogu result in many injuries as everyone is out for blood, and if your partner doesn't break something that belongs to you, hitting the shield the wrong way will. So if we do shiai frequently, Kaiso will be left with a one person class.

Coming back to the present, kumite is rarely done with shields on nowadays. If you are at a dojo where this is practiced, my humble apologies, I just have not seen it. The bogu are expensive, it takes time to put them on and take them off, and having thirty students in a class instead of 12, makes it very difficult for the instructor to maintain positive control of 15 pairs of students doing full contact kumite.

So things are different nowadays; not always, in my humble opinion, for the better.

Three elementary kumite, gohan shodan, nidan and sandan are described below. Keeping in the spirit of Shinjuku, note where I suggest full contact. However, you can experiment with your own contact points. Try to minimize disruption of flow. Ideally the kumite are symmetrical and should be practiced on both sides. Go ahead, try full contact kumite. If you are brave, try it with the old style bogu. And be sure to let me know about your experience.

Kumite: Gohon Shodan

OFFENSE:	DEFENSE:
1. Right cat stance	1. Left cat stance
2. Right cat step, right punch ** contact ** ⁱ	2. right triangle step
3. Duck	3. complete the turning form, step in with right foot, right chop over partners head (hopefully) ⁱⁱⁱⁱ
4. Right front kick coming out of duck. ^{iv} **contact**	4. Pivot clockwise on left foot, left leg sweep. ^v
5. Cat step back to starting position, evading kick. ^{vi}	5. right twist kick ** contact ** ^{vii}
6. starting position	6. Cat step back to starting position

Kumite: Gohon Nidan

OFFENSE:	DEFENSE:
1. Right cat stance	1. Left cat stance
2. Right step, right punch ¹	2. pivot to the left, left outside block ^{viii}
3. right cat step back, evade side kick	3. left hopping side kick to the solar plexus ^{ix} ** contact **
4. Switch feet; pivot clockwise on left foot, left outside block, block partner's twist punch.	4. Immediately after left side kick, right twist punch. ^x ** contact **
5. large hop back	5. switch feet and spin to right
6. Right twist kick (simultaneous with partner kick) put foot down in right front stance*	6. Left step, right front kick (simultaneous with partner kick)*
7. right cat step back to start	7. left cat step back to start

* remember to offset your simultaneous kicks to the right to avoid injury

Kumite: Gohon Sandan

OFFENSE:	DEFENSE:
1. Right cat stance	1. Left cat stance
2. Left step, right front kick	2. Left cat step back and to right, inside left downward block ^{xi}
3. Right cat step diagonally back and to right with right outside sweep, block twist kick	3. Right reverse kick **contact**
4. Switch feet, pivot clockwise on left foot, left outside block	4. Continue moving forward after the kick with a right punch (right punch-kick combination)
5. Right twist chop ^{xii}	5. Right cat step back, right extended arm block
6. Left step, left chop ^{xiii}	6. Left triangle step
7. Left cat step back, left outside block	7. Continue the turning form and left punch ** contact**
8. Right triangle step, right punch* **contact**	8. Right triangle step, right punch simultaneous with partner punch.*
9. Right cat step back to start.	9. Pull right foot behind left, left cat step back to start.

* Remember to offset your punches to the right to avoid injury

ⁱ Front punches were always delivered in sokumen tsuki, full rotation, with the body sideways to the target, and hips, shoulder and hand in alignment; pressing the shoulder down helped keep it from getting dislocated. Remember that these techniques were based on weapons fighting, and you don't want to present a large target area when attacking. Still helps when you opponent is holding a knife. The marker “**contact**” indicates a suggested point at which, prearranged, uki can stand still and let tori strike full force to the shield.

ⁱⁱ Shuto techniques are done as though the hand is holding a sword (but the hand is open using tension to harden the heel of the palm). In some cases with double shuto strikes, the technique is based on fighting with two swords. Use the power of the hips to drive the shuto several inches past (hopefully) where the target would have been.

ⁱⁱⁱ To make the shuto effective, the heel of the palm must be hard. To do this, keep your fingers together; pull inward with your forefinger and push out with your pinky. This should harden the heel of your palm. The hand is held horizontally, as though holding a tray.

^{iv} The kick is started while still in a squatting position. The rear leg acts like a spring to add power to the kick as the kicker rises.

^v The sweep is the start of a throw, however to keep the kumite moving, the throw is not completed. While placing the sweeping hand under the attacking kick, the front foot is placed behind kicker's ground foot. Throwing the kicker can then be accomplished by putting upward and backward pressure on the kickers kicking foot.

^{vi} This last move is just “get out of the way” but places tori back in starting position.

^{vii} If the defender stands still in practice, the attacker should be able to hit the shield and then withdraw the foot smoothly.

viii Outside blocks (soto uke) have to be done carefully. The correct use is to lightly direct and pull the attacker's hand past the body by rotating the arm, possibly pulling the attacker off balance. Using soto uke as a strike to the attacker's arm could result in a broken arm. This is fine for the street but won't do during practice with a partner or in tournament shiai.

ix A hopping side kick is executed by quickly sliding the supporting leg towards uki, pushing the kicking leg up and towards the target and then the kick is completed. It looks to an observer like kicking while skipping.

x Step 4 by uke is a kick-punch combination, one of the few seen in a kumite.

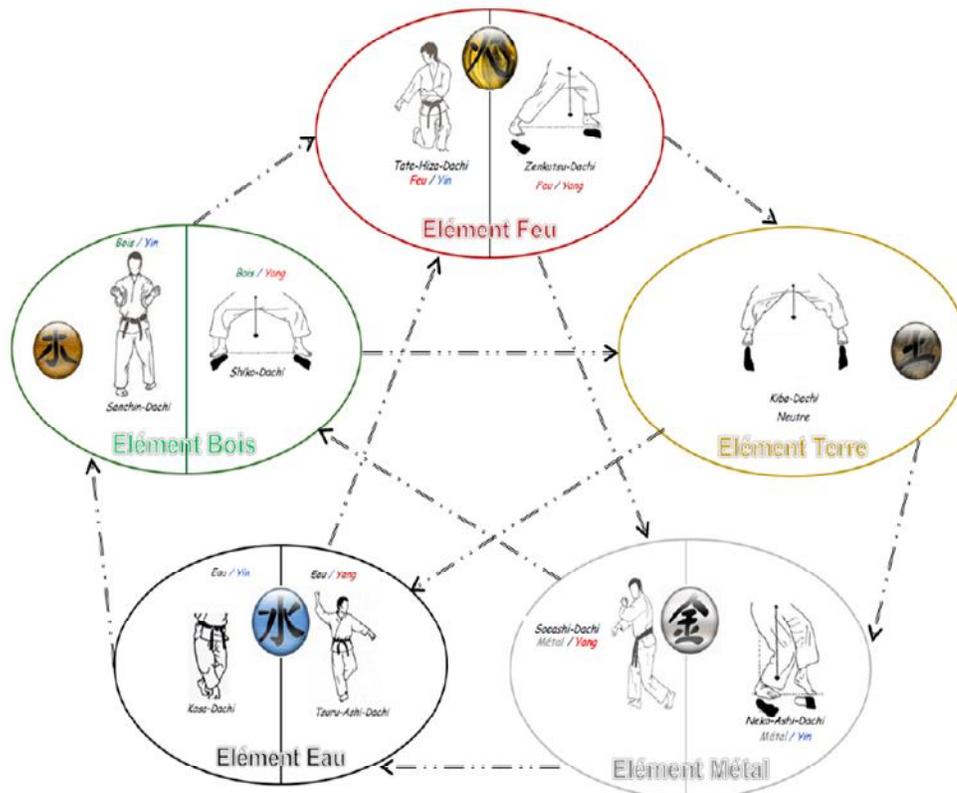
xi Always when blocking a kick, rule one is to get out of the way, preferably by moving to the side. The purpose of the sweep is to execute a throw should the opportunity occur (but not in the kumite).

xii Hineri shuto is executed as though holding a sword in the shuto hand, using the twisting power of the hips to add strength to the shuto. The other hand is drawn back to battery (unless actually holding a sword or tonfu in each hand)

xiii You can see the sword fighting lineage of this kumite in the two consecutive shuto strikes, both utilizing the twisting motion of the hips for power. This appears to be a technique derived from sword fighting with two swords.

Karatedo and Its Tao Connection

continued from page 10



Cycle of destruction: the positions in function of the Taoist elements.²

Image taken from the pdf manual *Influence Taoiste dans le karate* by Roland Chassan.

²See illustration on page 54 (concerning Gokyu) of *Essential Karatedo*

Zenkutsu/Kata Hiza Dachi	Neko/Ushiro Neko Hashi Dachi	Sanchin/Sotobiraki Jigo Hontai Dachi	Kiba/Nahanchin Dachi (ear towards the front)	Kosa/Sagi Hanshi Dachi
Fire	Metal	Wood	Earth	Water

In conclusion, this essay discusses the important influence that Chinese Taoism has had on the art of Tode. Even though, Tode was Japanized to karate-do, the use of the suffix “do” directly refers to the Tao. The principles of Yin and Yang, Qi, Wuxing, and many others are implied in our katas.

For those who wish to understand the profound meaning of the katas, a more advanced study of the discussed notions is required.

From the Desk of the President

continued from page 1

Additionally, he was presented with a certificate from the Kyokai announcing that he is the new Regional Vice President for Canada.

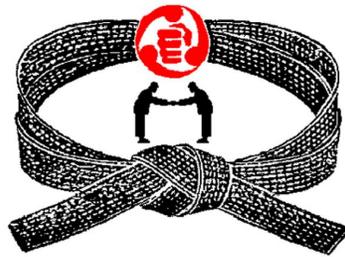
This year we were really happy when Kyoshi Jim accepted the title and responsibilities that go along with the new position of Regional Vice President of the Asia/Pacific region.

As we enter the New Year, I truly hope that our students understand that the majority of the senior members of the Kyokai have close to or more than 40 years of training and love of Shorinjiryu. The Kyokai has much to offer and we hope that the newer members and students will contribute to future growth.

I wish everyone a very happy and healthy New Year filled with great training.



From the 2012 Shiai: Kata



SunShine News

Special Title Advancement

Jim Griffin Kyoshi

Promotions

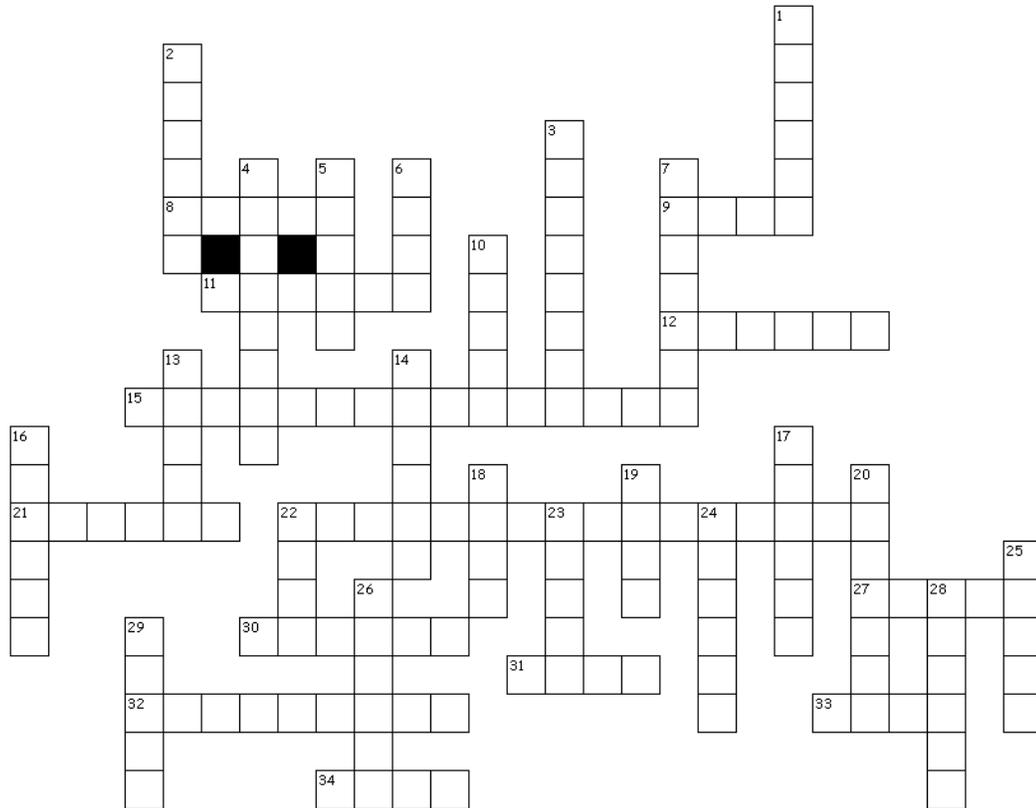
Michelle Laurin	Hanshi	BB 9	Shindo Budo Kwai
Jeffery Henderson	Shihan	BB 7	Bubishido
Max Estens	Shihan	BB 7	Koshinkai
Anthony D'Avino	Shihan	BB 6	Kenryukan
Lesley Griffin	Shihan	BB 6	Koshinkai
Des Paroz	Shihan	BB 6	Koshinkai
Mark Filippelli	Shihan	BB 6	Kentokukan
Donald York, PhD	Shihan	BB 6	Bubishido
Darren Hunter	Shihan	BB 5	Bubishido
Graham Bowden	Renshi	BB 5	Koshinkai
Marnie Roberts	Tashi	BB 4	Koshinkai
Tony Fletcher	Tashi	BB 4	Koshinkai
Larry Foisey	Tashi	BB 4	Shindo Budo Kwai
Christian Morin	Yondan	BB 4	Shindo Budo Kwai
Bruce Osbourne	Sensei	BB 4	Kudaka
Amanda Bugden	Sensei	BB 3	Koshinkai
Leanne Sipple	Nidan	BB 2	Koshinkai
Joseph Van Winkle	Nidan	BB 2	Kenryukan
Adrian Cepak	Nidan	BB 2	Koshinkai
Mathieu Côté	Shodan	BB 1	Shindo Budo Kwai
Veljko Poluga	Shodan	BB 1	Shindo Budo Kwai
Simon Shoisnet	Shodan	BB 1	Bubishido

*These promotions come from both member and non-member supporters.

Solution to June's Puzzle

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December Puzzle



Across

- 8. Punching
- 9. Elbow
- 11. Mat
- 12. Front
- 15. Horse stance
- 21. Ceremonial bow
- 22. no jo
- 27. ken 4-finger knuckle
- 30. Back of hand
- 31. Knee
- 32. 24 moves
- 33. Attacker
- 34. Side

Down

- 1. Left
- 2. Double
- 3. Blackbelts
- 4. Non blackbelt
- 5. Time
- 6. Kick
- 7. Hammer fist
- 10. Lower level
- 13. Guard
- 14. Highest instructor
- 16. skirt-like pants
- 17. Open hand
- 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

Shorinjiryu Shinzen Kyokai
P.O. Box 210160
Woodhaven NY 11421
USA

Phone: (718) 647-4157
Email: SSK@shorinjiryu.org

Visit us on the
web: www.shorinjiryu.org

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Shorinjiryu Shinzen Kyokai
P.O. Box 21060
Woodhaven NY, 11421

Place
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