



### The Shorinjiryu Shinzen Kyokai

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

# Shorinjiryu Shinzen Kyokai Shorinjiryu Shimbun

## Using the Ultimate Martial Arts Technique by Mark Riley, Sempai

What if we theoretically lived in a world where violence, greed and bloodshed were non-existent? Some might say that there would not be a need for martial arts. Unfortunately I am afraid that due to the often confrontational and brutal nature of even the most peace-loving society, that the need for self-defense would still remain. As I continue on my journey in the martial arts the more I realize that you cannot just think of martial arts as learning merely physical techniques to overcome violence. While martial arts does provide an excellent foundation of bodily strength to defend oneself, I think that it's the instilling of sound mental character, control, and self-confidence that could still be a necessary and viable martial arts skill needed in the aforementioned hypothetical and peaceful world.

The following is an account of how I learned the greatest of techniques thus far of my martial arts training, I was moved to share of my experience with my fellow karateka because I felt it very important to bestow this type of insight when it comes your way.

This past September I was walking through busy downtown Newark to Penn Station to catch the train home with my son Jordan, a green belt. We were stopped and confronted by a

young man in an oversized white T-shirt that physically reminded me of Shodan Stacey Hines by virtue of his sheer size and dread-locked hairstyle. I initially thought that he was panhandling for money, but I immediately noticed that the ends of his dread-locks were dyed blue to match his bootlaces. He didn't ask for money, but bizarrely motioned up the block saying, "See that guy up there? He's gonna \*#@+ you up!" He was pointing to a guy who was about thirty feet away and he was just as big and similarly dressed with blue streaked hair that was now walking towards us.

Confounded! I was between two big and burly gang members! Why would they want to mess with me? Was it my blue shirt and tie? I was wearing THEIR colors. Was it a gang initiation? Or was it just because I looked like an easy mark with eyeglasses and a laptop. Whatever the reason, I had a complex situation brewing that would have seemed hopeless to most observers. Instead of getting panicky my mind became uncluttered, extremely lucid but calm. I somehow knew exactly what to do. I didn't utter a word. I made sure that Jordan was behind me and out of the immediate attack range of the two gang members. I too was positioned just out of reach of the first guy as the other closed in.

I was not afraid and I showed no fear to my would be attackers. I stood not in a fighting stance but perfectly still in a natural stance as my gaze remained fixed on the ill-willed ones. With Jordan frozen over dazed and bewildered as to why the guy said what he did to me in the first place, the clearest of scenarios that would have seriously left or even fatally injured the two attackers played out in my mind. I repeat I was not afraid of dying in defense of my little boy!

As the advancing gang member drew near he caught sight of the fact that I was very calm and collected. All of a sudden he realized that they had challenged the wrong man. He made me as possibly an off-duty police officer or perhaps someone that was armed with a weapon. Nonetheless his reading of my composed expression and posture made him figure that things were going to wind up badly for him and his sidekick. He called off the attack. Jordan and I cautiously walked away and made our train without further incident.

CONTINUED ON PAGE 6

### Bon Voyage

July will be an ending and a beginning for the Stolz Family and the Strassberg/McGuire Family. Each will be relocating to France and Oregon respectively. As they embark upon a new chapter in

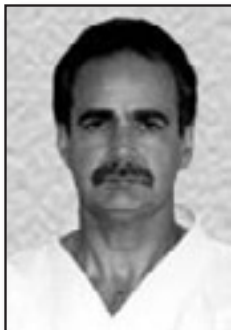
their lives, we wish them well. We hope that they will continue their practice of Shorinjiryu, and, in total honesty, you will be missed.

### Inside This Issue

From the Desk of the President	2
Schedule of Events	2
The Kata of Shorinjiryu - Bassai	3
Sunshine News & Congratulations	3
Martial arts Creates a Positive Competitive Spirit	4
Shorinjiryu Training Camp – March 2005 Australia	5
News from Shorinjiryu N'Amerind Martial Arts	5
A Round of Applause	6
In the Movies	6

## From the Desk of the President

by Myron M. Lubitsch, Kyoshi



We wish everyone a fantastic summer with lots of practice and fun.

It's No Big Deal  
"Listen, we have to do some repairs, Johnny (fictitious name representing actual events of older teenagers, etc.) Please get me a screwdriver." Johnny

brings back a monkey wrench. So a bit of tool-identification takes place. "Johnny, the bathroom could use a new paint job. Use the white paint." After an hour of removing the white paint from the now totally painted toilet, Johnny realized that the toilet bowl should not have been painted. Johnny was instructed on using a paintbrush, i.e. the entire brush should not be submerged into the paint can, well after cleaning up his hand up to and over the wrist which was now totally covered with paint, he said, "I thought it would work better that way."

Johnny, please turn on the fan in the dojo. "It doesn't work" was the response as Johnny called back from within. After being shown the plug and questioned, "where do you think this belongs?" the response, "Oh."

"Johnny, please change the bulb." Once again is heard the dreadful, "Shihan, it doesn't work" is heard, the obvious response, "screw it in"-miraculously worked.

Johnny, "Shihan, how do you get the iron to work?" "Try plugging it in."

Johnny's mom gives a call, "Shihan, thank you for teaching Johnny not

to put his elbows on the table, to remove his hat in a restaurant and proper table manners." "Shihan, thank you, Johnny has been decertified, he is now in regular classes." Two words were added to Johnny's vocabulary, "please" and "thank you." That was really a hard one.

I guess all these true events are "no big deal."

"Shihan, could you help with me with my homework assignment?" "Shihan, could you help with my college application?" "Shihan, could you recommend a good high school for Johnny?" "Shihan, I need a job, could you help me find one?" "Shihan, Shihan, Shihan..." I guess these too are "no big deal."

"Shihan, my parents are ridiculous. They don't treat me right, ...." announced Johnny one day. "Ok, Johnny lets talk and see what is really going on." "Shihan" declares Johnny's parents, "he doesn't respect us." "Shihan, Johnny needs discipline." "Ok, lets talk."

I wonder are these also "no big deal?"

A student arrives at the door and years later that student has become part of your life and you his. You celebrate the promotions, the good report cards, the graduations, the birthdays, the births. You rejoice at the successes of that student but not as a student but a person who you guided, advised, trained, disciplined and truly cared about.

You shared the sorrows at the loss of loved ones, the loss of a job, illness or a setback in school.

Who are you? Who is this Shihan? This Shihan represents all instructors who truly care about their students. This instructor is the one who runs a school with concern for the students and not as a factory. You are the instructor; you are also the father/mother confessor, the confident, the mentor, the second parent, and the friend. Is this "no big deal?"

Suddenly, Johnny does not attend class or his attendance drops precipitously. "Johnny, why didn't you come to class?" Johnny answers, "no big deal." "Johnny, why didn't you answer my telephone calls?" "I didn't think it was a big deal" Johnny retorts. "Johnny, you're leaving, you're quitting?" "No big deal" responds Johnny again.

Each of us realizes that there is an 80% turnover rate. Those who stay become part of you. They are as a family member who you have invested time, emotion, energy, spirit, knowledge, money and love.

Allow me quote John Donne:

*"No man is an island, entire of itself every man is a piece of the continent, a part of the main if a clod be washed away by the sea, Europe is the less, as well as if a promontory were, as well as if a manor of thy friends or of thine own were any man's death diminishes me, because I am involved in mankind and therefore never send to know for whom the bell tolls it tolls for thee."*

**To all you Johnnies,  
it is a big deal!**

## Schedule of Events

July 16	Saturday	Summer Regional Tournament Brooklyn, NY
August 13	Saturday	Joint Picnic - Kenryukan, Kenkukai, Kenryukai - in L.I., NY
October 2	Sunday	Referee/Scorekeeper Clinic All - Brooklyn, NY
October 5	Wednesday	Final Scorekeeper Review
October 9	Sunday	19th Annual International Shorinjiryu Shinzen Shiai - New York
December 3	Saturday	Winter Regional Tournament - Brooklyn, NY

## The Kata of Shorinjiryu - Bassai by Des Paroz, Yondan

Generally regarded as being one of the oldest and most representative kata of Okinawan karate, Bassai is found in almost all *ryuha* (styles) descended from both the Shuri-te and Tomari-te traditions. Although the originator of this kata is not known (Nagamine, 1976), it is generally thought the oldest form was passed down from *Bushi* Matsumura (Sells, 2000).

Many versions of Bassai exist in contemporary styles, and most display a similar *embusen* (performance line), if not similar techniques. Some of the most known versions of Bassai include the Bassai Sho and Bassai Dai forms, found in most Shotoke and Shitoryu schools, as well as the Matsumura Bassai and Tomari Bassai found in many Shorin schools. *Hanshi* Patrick McCarthy (1987) describes Bassai as being “one of the most favored formal exercises in history”.

According to *Hanshi* Masayuki Hisataka (1976), Bassai was one of the favourite kata of Chotoku Kyan, the main teacher of *Shinan* Kori Hisataka, a point that was re-iterated by Shoshin Nagamine (1976), also a student of Kyan. In turn, Kyan is believed to have learnt his version from Kokan Oyadomari, one of the key figures in the Tomari-te lineage (Nakazato, 2005). It is not certain where Oyadomari acquired his ver-

sion, as he was a somewhat junior contemporary of *Bushi* Matsumura, rather than his student. However, Sells (2000) hypothesises that *Bushi* Matsumura may have visited Tomari, and that Oyadomari and others would have visited the castle town of Shuri.

This is a likely scenario, as Oyadomari was a government official (Clayton, 2004) and would've been involved in various activities in Shuri. In actual fact, Shuri and Tomari are only around 5km (3.5 miles) apart, so such “cross-training” between government officials would be likely. As a member of the *Pechin* class, Oyadomari would've been involved in law and order, and thus would've received instruction from *Bushi* Matsumura – the chief bodyguard to the King, and thus head of law and order in Okinawa. Clayton (2004) surmises that Oyadomari may actually have been a part of the team of bodyguards.

Within Shorinjiryu, Bassai was not one of the 5 kata that *Shinan* Kori Hisataka emphasised. However, it is almost certain that he learnt it from Kyan, and that he passed it onto some of his more senior students at some point before 1976, when it was illustrated in *Scientific Karatedo*. Although no-one is sure of the actual date of its introduction, *Renshi* Manny Hawthorne of Shorinjiryu

Kenshin relates that it was certainly a major kata in Canadian Shorinjiryu from the late 1960's.

Bassai is a beautiful and flowing kata, with a variety of kicking, punching, throwing, joint locking and pressure point techniques, as well as strategy. To this end, Bassai stresses the ability to transform disadvantage into advantage through the use of *tai sabaki* (body movement), and also to utilise softness to generate explosive hardness (Ushiro, 2003).

The name Bassai is often thought to mean something like “to breach a fortress”, “to storm a castle” (Cook, 2001) or sometimes more vaguely “to thrust asunder”. How this meaning is arrived at is unsure, for a couple of reasons. Firstly, the two ideograms (*kanji*) that are generally used to write the name Bassai in Japanese don't contain any reference to a castle. The first ideogram – *Batsu* – means “to extract”, while *Sai* means “to block” (Clayton, 2004).

The second issue complicates the matter further – the 2 ideograms were only applied to the name Bassai once karate arrived on mainland Japan. In Okinawa, *kanji* are never used for many of the kata names, as the original meanings have often been lost in the handing down of “oral tradition” that surrounds karate. But the castle/fortress refer-

CONTINUED ON PAGE 4

## Sunshine News & Congratulations

### Black Belt Promotions

#### Kohai Shodan

Samantha Soto\*  
Chris Zangara\*  
Jack Zangara\*

#### Shodan Ho

Trevor Casini  
Deepak Grewal  
Petra Matakovic  
Jason Romer

#### Shodan

Nazir Khan\*

\* Will receive Kyokai certification in October or has received Kyokai certification already.

### Congratulations

Happy Birthday Kyoshi Myron M. Lubitsch 60 years of age.

Congratulations to Hanshi Shunji Watanabe upon his 50th anniversary of study of Shorinjiryu.

Congratulations to Shihan Troy Lester and his wife upon the birth of their baby girl, Tyne Lester.

### Congratulations to the Graduates

We wish to congratulate all those students who moved up from the elementary level to the intermedi-

ate level schools. We also wish to congratulate all those high school students who graduated from their respective high schools and you college grads, great job.

Christopher Amour  
Stanley Beltre  
Joshua Berenbach  
Shodan Nazir Khan  
Nidan Anthony Leiva  
Domingo Sosa  
Kohai Shodan Samantha Soto  
Daniel West

## The Kata of Shorinjiryu - Bassai by Des Paroz, Yondan

CONTINUED FROM PAGE 3

ence is intriguing, as most of the lineages that contain Bassai trace back to one or more members of Okinawan King's team of bodyguards.

Clayton (2004) has a very interesting hypothesis about Bassai – that it was a training form for the bodyguards that taught how to penetrate and wreak havoc among a crowd posing a potential threat to the king. This would be done by one team of guards as a diversionary tactic while another was getting the King (or other VIP) out of the room. If you consider this in view of modern protective forces methodologies, it would seem to be very plausible indeed.

Considering this approach, think about the make up of the kata – the first half consists of a rapid series of turns in a variety of directions, all the while executing a series of fast and brutal techniques, including fast sweeps, punches and body crashes. At some point, about half way through, the focus changes to techniques that are more about controlling the situation, and restoring order. Joint locks, defences against throws and throwing techniques come to the fore.

Clayton believes this emphasises the “extract and break” aspect of the kata – get into a crowd, get the “mark” out and break up the disturbance.

Whilst this theory is somewhat speculative, it is plausible and is an interesting context to bear in mind as you practice this kata. Visualise yourself breaking into a crowd, wreaking havoc and restoring order as you move through this form. When practicing Bassai, I visualise it as being the kata of the Okinawan Riot Squad!

Two forms of Bassai – Bassai Dai and Koshiki Bassai – are taught in the world of Shorinjiryu, although most schools focus only on the latter. It is an empty handed form, substantially similar to that in other schools descended from Chotoku Kyan and Kokan Oyadomari, all of which emphasise a variety of open handed techniques.

Regardless of the fact that the exact history of Bassai is uncertain, it is certainly one of the most elegant forms, whilst having a functional brutality about it. This fits in well with the fact that almost all of the major figures in its history have a direct connection to Shuri Castle, an environment where elegance and beauty, coupled with

functionality, would be highly prized attributes. Bassai is certainly one of the “noblest” of kata practiced in Okinawan karate.

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## Martial Arts Creates A Positive Competitive Spirit by Joseph Galea, Sempai

Competition is a force that motivates people to give 100% effort. In martial arts class, students deal with two forms of competition: Self-Driven and Peer-Driven. Unlike many other activities where the main focus of competition is to defeat another person, the competition in martial arts classes emphasizes learning, developing a positive competitive spirit among all students in the class.

Self-Driven competition relies on the students' desire to progress in rank and thus learn advanced skills. This is a goal-oriented, motivational force that keeps students progressing. From the first day of

class, students begin to develop this self-driven competitive spirit as a character trait. This character trait will have a significant impact on all aspects of their lives. Students will face many challenges in the years ahead and their opportunities for success may be stifled by self – imposed limitations, rather than by competition from others. When students are self – driven, opportunities that arise in life are met with confidence and motivation.

Peer-Driven competition is even more natural. Students motivate each other by advancing through the ranks as a group. Just as great sports players can inspire better efforts

from their teammates, highly skilled martial arts students help others to perform to their own potential.

As adults, we know the importance of working well as a group, or as a team, in performing any task. Martial arts training helps develop these group skills to the fullest.

The martial arts offer students unlimited opportunities for success by ways. Students learn that they can be winners every day, because when you are learning, you can never lose!

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Joseph Galea

## SHORINJIRYU TRAINING CAMP MARCH 2005 Australia

Members of all Australian Shorinjiryu Dojos gathered together on the weekend of 19th to 20th of March at Margate Queensland for our annual training camp and gradings. The Dojos represented were as follows:-

- Cairns, North Queensland
- Innisfail, North Queensland
- Rockhampton, Central Queensland
- Burpengary, South Queensland
- Springwood, South Queensland
- Coonabarabran, North Western New South Wales
- Sydney, New South Wales

Many students and Instructors traveled between 600 and 1000 miles to attend and none were disappointed.

Day one commenced with a session by Sensei Anne Aylward on extension of technique which was followed by a practical self-defense session by Sensei Peter Deasy. Following a short break, a fun session on Yon Nin Kumite was hosted by Sensei Max Estens and Sensei Graeme Bowden. Following lunch, Kata Naihanchin Yon was taught by Sensei Jim Griffin then Sensei Des Paroz hosted an extended session on Kata Gorin No Bo and the four Gorin No Bo Kumites.

Following dinner and the Association annual general meeting, it was "Showtime" where the students and Instructors get a chance to show

their "talents". For some reason, the Springwood students always have some form of cross-dressing in their show, they have serious problems! Sensei Krystal Sciacca performed an excellent modern dance routine which included sai and brought the house down. Sammy Sciacca entertained us with a few tunes pounded out on his cheeks and Amanda Bugden played a few riffs on her guitar. Daniel Coleman and James Bowden produced some questionable jokes, all the more questionable due to their tender ages. Then came a hilarious session of "celebrity heads" and Kata "mini" Naihanchin performed by Sensei Des Paroz, obviously Sensei Des had not paid attention earlier in the day! Sensei Jim Griffin tried to get a rousing rendition of the club drinking song going but this was made difficult by the fact that alcohol is not allowed at our camps.

Day two commenced after breakfast at 8.30am with a mixed session of Kata Ananku and Gokyo No Kumite, hosted by Sensei Des Paroz and two prospective Shodan Ho's, Deepak Grewal and Trevor Casini which was followed by a Kata Sankakutobi session hosted by Sensei Lesley Griffin.

Following lunch, the Kyu and Dan gradings commenced and continued for the next three hours. The four

prospective Shodan Ho's, Trevor Casini, Deepak Patel, Petra Matakovic and Jason Romer were thoroughly examined on their knowledge of many Shorinjiryu Katas, Kumites, Bunkais and Defenses and then followed up with around 60 minutes of continuous "light contact" kumite. Following the kumite, they were all exhausted and bruised but happy in the knowledge that they had earned their promotions. The successful students were:-

Trevor Casini, Shodan Ho  
Deepak Grewal, Shodan Ho  
Petra Matakovic, Shodan Ho  
Jason Romer, Shodan Ho  
Damien Powers, 1st Kyu  
Amanda Bugden, 2nd Kyu  
Nick McGrory, 8th Kyu  
Jarred Potter, 8th Kyu  
Neil Potter, 7th Kyu

Sensei Max Estens, Godan, Sensei Graeme Bowden, Yondan and Sensei Des Paroz, Yondan were presented with their Australian Dan grade certificates by Sensei Jim Griffin following their successful promotions by Kyoshi Myron late in 2004.

It was time to leave, tired but happy, and already looking forward to next year. The spirit and friendship of our great Style makes these training camps the highlight of our year.

## News from Shorinjiryu N'Amerind Martial Arts

This year, for the first time, members of the Shorinjiryu Family, Native Americans, students from N'Amerind Martial Arts Dojo will be attending and competing in the 2005 North American Indigenous Olympic Games, being held this July, in beautiful Las Vegas, Nevada!

BTW. Summer Solstice was celebrated this Tuesday, June 21st, (as is every year) at a Native Pow Wow, and we (Shorinjiryu) were invited and gave (if I may say so) an outstanding Karatedo demonstration! In Canada, this year (2005) the year has been dedicated to commemorate all the Vets of past and

present wars. Therefore at the Pow Wow, Native Americans (US & Canada) respectfully commemorated all the Vets of North America, with flags proudly raised!

Submitted by  
Emanuel (Manny) Hawthorne,  
Renshi

## A Round of Applause

Shihan Brian Berenbach will be presenting two research papers at the Sorbonne in Paris in late August and has been invited to teach a workshop on Requirements Engineering at the OOPSLA conference in San Diego in October.

Jason Berenbach has been awarded a Siemens Research Internship and is working at the Siemens Corporate Research Center in Princeton this summer

## In the Movies

We are very pleased to announce the new business endeavor and great opportunity that Shihan Manny Hawthorne has afforded us. He is now in the business of making movies. Allow him to speak for himself:

Please excuse this selling preamble, but I'm excited, and must let everyone know that I am now a Movie Consultant / Photogra-

pher with PayTribute Corporation (and Sensei)!

That's right, so if you have ever thought of making a movie, starring in a movie, and / or telling your story... now's your opportunity! I can help you in your ambitions with full access to the very latest technologies in high definition studio and production equipment. Distance (?)... no problem, thanks to our electronic environment, and

the fact that we have numerous offices & studios across the United States and Canada (more in the making)! Please check out our web site at <http://www.PayTribute.com> and start planning "YOUR MOVIE"!

Note: You can also access the PayTribute site off my Shorinjiryu web site.

*Ed.: We wish you the absolute best of luck and hope that our members will avail themselves of your service.*

## Using the Ultimate Martial Arts Technique by Mark Riley, Sempai

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What had seemed like an eternity only took a few minutes to transpire. It was only after we had managed to create some distance between the gang members and ourselves that I became agitated. I had to vent and share my thoughts with Jordan. I told him that I was saddened that the two able-bodied young men were involved with that gang nonsense and not doing something more constructive with their lives. Guys that big needed to be blocking for running backs Tiki Barber or Curtis Martin or something. Heck they could've been unloading trucks at Pathmark to earn an honest living for that matter. Anything would have been better than terrorizing and accosting innocent people.

Thank God no one had to suffer any injuries, but this illustrates my point of how mental fortitude and

preparation helps you as much in a fight and even overcoming violence without even having to throw a punch. However, if you are forced to defend yourself or others with no chance of walking or getting away from the circumstance, then you must do so with all your mental, physical, and spiritual strength. This is probably the highest of defense techniques a karateka can demonstrate. What had seemed like an eternity only took a few minutes to transpire. It was only after we had managed to create some distance between the gang members and ourselves that I became agitated. I had to vent and share my thoughts with Jordan. I told him that I was saddened that the two able-bodied young men were involved with that gang nonsense and not doing something more constructive with their lives. Guys that big needed

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Shorinjiryu Shinzen Kyokai  
**Shorinjiryu Shimbun**

**Summer 2005**

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