



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**

Blockers to Success

by Jeffery Henderson, Shihan

In our everyday life as well as our martial arts, Budo, life we try as best we can to develop and be a success. However at some time, many if not all of us will come up against roadblocks or obstacles that hinder our progression. How we deal with them and identify them will be all-important to being a success in the long-term. Obstacles are natural occurrences and everyone faces them. In many cases, these obstacles can stop us completely in our tracks and leave us paralyzed, unable to move forward. The following addresses some identifiable blockers to our success as Budoka. Once identified, we are able to work to overcome them and again continue along our path to success in the martial arts.

What is Success?

In order to continue we must first define success. Success from a martial arts or Budo standpoint includes our understanding of how we fit into the world and how the world is interconnected in all its myriad ways. Within The International Budo Institute we have a set of Dojo Kun or school principles which help to illustrate this interconnectedness between people and our environment. They are:

1. Budo (martial arts) begins and ends with respect, tolerance and goodwill
2. Gain self understanding and discover your true self
3. Seek the positive in all things
4. Always strive to develop your character further
5. Remain in harmony with nature.

The above principles try to point to a higher purpose in life. Naturally, a higher purpose is not to make a million dollars, though that might be one of your goals. I want you to think about the really important things that at the end of your life you'll reflect back and think that your time was well spent or that you truly accomplished something that mattered or was of merit. That element of your success is really up to you specifically. Let's give a more generic working definition of success as follows:

"success is the ability to achieve, or the achievement of, the important life goals you set out for yourself being true to your nature, your environment, inner character and spiritual beliefs".

This definition will be useful in examining the seven blockers to success that many Budoka face at sometime in their martial art career and in their lives in general.

Seven Blockers To Success

The seven blockers to success that we need to identify. They are as follows:

1. Fear
2. Doubt
3. Excuses
4. Procrastination
5. Greed
6. Violating Your Conscious
7. Laziness

The blockers above are natural in so far as they occur in a very natural way within our lives. Therefore, we shouldn't be too hard on ourselves when faced with one, several or all of these blockers. What we need to do is identify them, understand how they affect us, and then react or overcome them. It might take you considerable energy to overcome a blocker especially if it has been with you for a greater part of your life. The advantage of the human spirit, and the basis of Budo studies, is that we can all change no matter how ridged our habits. Budo tries to teach us courage to face our shortcomings and to look them square in the eye and change if need be. This process takes courage and a sense that you are not alone in your personal struggle. The dojo is full of many other Budoka all working on their own personal requirements.

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Tentative Calendar of Events for 2006

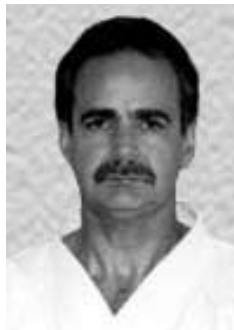
Referees' and Score Keepers Clinic (Brooklyn, NY)	Sept. 21st
20th Annual International Shorinjiryu Shinzen Shiai (Queens, NY)	October 8th
Winter Regional Tournament (Brooklyn, NY)	Dec. 9th

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From the Desk of the President

by Myron M. Lubitsch, Kyoshi



As summer approaches (in the Northern Hemisphere) and many of our students are out of school and other students are planning family vacations allow me this opportunity to wish everyone a good summer.

Over the past few months, there have been a series of events that shows the strength of the Kyokai and its members. We were pleased with the successful tournaments of Shihan Hayes' 11th Island Budokan Bogujitsu, the Spring Regional, Hanshi Watanabe's 4th Annual Kenyukai Watanabe-Ha, and Kyoshi Laurin's 10th International Shindo Budo Kwai.

We are in the process of organizing the 20th Annual Shorinjiryu Shinzen Shiai. Hopefully, with your help this will be as successful as any in the past.

There are a number of very interesting articles that deserve your consideration. Please let us know your thoughts.

Once again have a great summer.

Sunshine News & Congratulations

Congratulations to all those who received promotions:

Sandan Belts

James Dee

Jr. Black Recommendations

Jose Gonzales Jr.

Olga Gonzales

Mathew Moscat

Nelson Patino Jr.

We like also congratulate the following karateka for joining the Shorinjiryu Shinzen Kyokai
Jeffery Henderson
Alan Bujold
Tom Bellazzi

We am very pleased to announce that Kyoshi John A. Mirrione has rejoined the Shorinjiryu Shinzen Kyokai. As you know he was the first Senior Vice President and co-founder of the Kyokai.

Kyoshi John and Kyoshi Myron were dojo mates dating back some three and a half decades ago and we have been friends ever since.

Welcome back to an old friend.

They Just Don't Get It!

by Brian Berenbach, Shihan

In 1985 I started teaching Shorinjiryu at the local community center. I started by offering classes Monday and Thursday nights and Saturday morning. The Saturday classes were populated by children who wanted to try karate along with basket weaving and finger painting and never took the evening classes. Only one or two of my 30-40 evening students ever showed up in the Saturday morning class.

At the time I had one 11-year-old girl; we will call her Kirstie to protect the guilty. She started studying with me and stayed with me until she was about 16. Because I studied in Japan, a newspaper did a large Sunday spread, and she even got her picture in the paper. Well, she quit, bang zap, just disappeared. I called the house and found out that she had too much homework to do karate.

She showed up later at the age of 23, starting her M.Sc. in mathematics. She stayed with me through the rank of 1st Kyu, and at the Shinzen would wind up fighting the female black belts and placing. In short, she was doing quite well.

She finished her degree and asked for a general letter of recommendation. I wrote her a very nice letter, and she got a job in Washington, D.C. I offered to write a letter of introduction to Watanabe Sensei, not far from where she worked.

Well, she disappeared, again, no thank you, no goodbye, no nothing, she just disappeared.

You have to remember that I do not receive any remuneration for teaching. I have a job that is very taxing, and I donate upwards of 6 hours a week of my time to teaching karate, rain or shine, whatever. The students may decide not to

come, but if I can't be there (which is happening more and more lately because of work demands on my time), I have to get a sub to teach in my place.

Students come, and they go. When they go, they just disappear, as though they had never existed. It has gotten to the point where I wait about 2 months before telling them to get them a gi.

The manners of many of the students are atrocious. They look away from me when I am addressing them; will sometimes yawn when I am talking to them; will talk to each other when I am addressing the class, etc.

The adults will come, disappear, and not even say goodbye. They are just there one day and gone the next.

From the Desk of the Vice President

by Dan Hayes, Shihan



Karate-Do, being specifically spawned in Japan, can not be adequately grasped without a concerted study into the homogeneous culture of its birthing country.

Karate in its self is spawned more accurately from two very

distinct lands which were merged in the 1600's. Suffice it to say that the modern karate era (1900's) can not be fully realized or understood without (at least philosophically) grasping inherent cultural principles such as; giri, sekken tei, zenshin, tsushin, zanshin, etc.

These "concepts" are both the process and purpose of kata and

katachi, which define the vehicle that is Karate-Do.

The cultural progenitor and history that formed the basis of modern karate spawned its moral / ethical emphasis working toward the goal of character refinement. This is the very basis for the practice of all modern Karate-Do. Most specifically, Shorinjiryu Kenyukai as is demonstrated by its inherited motto, "Doku ji gyo seki." The simple kun of regi, sonki, sekinin, doryoku as the pillars of this educational system again reaffirm the basis for said modern development and study.

This being said I would like to sincerely thank Myron Lubitsch Kyoshi for his relentless efforts to maintain the history and integrity of not only Shorinjiryu, but karate itself in its

noble pursuits toward character development and enrichment. This, now more than ever, is as I see it a national crisis. The efforts put forth by Kori Hisataka Kaiso to save his nations youth and spirit after the war is a direct parallel to our current affairs. I see it as a nationalistic and benevolent endeavor to teach and proliferate the art of Shorinjiryu and applaud Kyoshi and the entire Shinzen Kyokai for its efforts. I am both humbled and proud to be a member of this pro active and honorable organization. Otanjobi omedeto! (Happy 20th birthday Kyokai)

Omedeto

They Just Don't Get It!

by Brian Berenbach, Shihan

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It is no wonder that Japanese instructors often get apoplexy trying to teach Americans, many of their students have no manners.

Also, why is it that the youngsters take baseball on night 1, swimming on night 2, soccer on night 3, and karate on night 4?

I have had students tell me that they can't come to class more than once a week because they have soccer practice, or basketball practice, or whatever. They just don't get it.

I had a big argument with a soccer mom at a temple function. She believed that a child should try a little bit of everything and not spend the time to become really good at one thing; I could not get across the virtue of excelling.

Also, will someone please explain to me how soccer is going to help anyone in a dark parking lot at night when they are being mugged?

As I said in the title above, they just don't get it. Good manners carry a person through. I remember people who lost their jobs and moved away, kept in touch and would say hello once in a while. When the big layoff came, they had a network of acquaintances to fall back on to help them find that next job.

Good manners really go a long way in the office, from the perspective of selling to clients, dealing with subordinates, or interacting with a manager. There are managers and employees who do not have good manners, but they tend not to last very long (unless they own the company).

Commitment (as in the continued study of karate, not giving up when things aren't going well) goes a long way in the workplace too. Things will not always be peachy, but as they say in the movies, a brighter day is around the corner. The ability

to stick with something as long as necessary, not give up under adversity, and become a technical or business expert is always one key to success.

Learning manners and commitment does not start at the age of 30; unfortunately, it has to start at about 5 or 6. The child learning from their parent to try a "little bit of everything" may become a person who, later in life, changes jobs every year and can't focus or gain real expertise.

The lack of manners may, later in life translate to lost income and job opportunities.

Good manners and commitment, two Japanese virtues worthy of emulating; they will pay big dividends later.

Ufuchiku no Jo

by Des Paroz, Tashi & Pete Hiltz, Renshi

Jojutsu is the art of using the jo, a four foot staff. The jo is also referred to as a yonshaku bo, which literally means four foot staff. In some jo traditions, a three foot staff (sanshaku bo) is used instead of the four foot version.

In Shorinjiryu Karatedo, the jo was originally favoured by Kaiso Kori Hisataka as his mid-range weapon of choice. In this way the jo fits in between the bo (long distance) and sai (short range). It is a fast and effective weapon, and reasonably innocuous.

In recent years, the Shorinjiryu Kenkokan school rarely practices the jo, and instead emphasises the bokken (wooden sword) as the mid-range weapon. However, many derivative schools of Shorinjiryu either still teach the jo, or have more recently re-vitalised its practice.

In Japan, the jo is still a favoured weapon of many police officers, especially those with guard duties at the Imperial Palace and other major sites. Make no mistake, a police officer with a short staff may not look imposing, but these guys really know how to use this weapon. To this day, members of the Japanese riot squad (Kidotai) seem almost out of place standing guard with their most prominent weapon being a four foot staff.

Historically, the jo became well known in Japan as it was the weapon used by Gonnosuke Muso in his defeat of Miyamoto Musashi.

Muso's was one of a very very small number who were able to best Musashi, and his teachings continue to this day in the Shindo Muso Ryu school of jodo.

Other than this school, the use of the jo is not overly common in budo, except that it is favoured by Aikido and Aikijujutsu schools. There are several kata and kumijo (2 person jo drills) taught in Aikido.

In Okinawa, only one school was known to teach the jo, being the Ufuchiku-den lineage of Sanda "Ufuchiku" Kanagusuku. A teacher of Kaiso Kori Hisataka, Kanagusuku was also the long time police commissioner for Okinawa.

What is known is that the prominent weapons practiced in Okinawa were the Bo and the Sai, with other weapons being used in specific situations. Some believe that shorter staff based weapons like the jo and the tanbo were utilized within the royal palace by the guards, as they were better suited to the smaller spaces inside the palace, and could be more discretely hidden, yet quickly and quietly deployed.

It is unclear as to whether Kanagusuku acquired the jo from Okinawa, or from his Police training. The only known Okinawan jo kata is Ufuchiku no Jo. However, the word "Ufuchiku" is Okinawan dialect for a senior police rank (roughly equivalent to Superintendent or Captain), and it is more

than likely that this kata is his own form, regardless of where he acquired the techniques that comprise it.

It is similarly unclear where Kaiso Kori Hisataka learnt the jo, but we do know that he was a student of Kanagusuku. So there is some likelihood that this form was at least practiced by Kaiso Kori Hisataka at some point. Alternatively, it may be that Kaiso Hisataka formulated his own jo routines based on his cross studies in China during WW2 with Master Minoru Mochizuki (1907-2004). Mochizuki Sensei was a 10th Dan in Aikido and Judo, and held high grades in laido, Karate and other arts, and was known to be adept with the jo.

Some groups within Shorinjiryu are now practicing the Ufuchiku no Jo form. Apart from anecdotal stories of a similar opening move in a kata passed down from Hanshi Watanabe to Shihan William Nusz, it is not known if this kata was ever practiced in Shorinjiryu. However, it is a beautiful form that represents a rare tradition in Okinawa, and with certainty we can trace it to one of our founder's primary teachers. We also know that our founder emphasized the jo as a mid-length weapon. These reasons alone are good reason to study and enjoy Ufuchiku no Jo.

Thanks to Sankyu Mike Heyden for the screen captures and consistency reviews.

The Kyokai Patch

Are you wearing the patch with pride? Are you wearing it at all?

The Kyokai represents a statement of family and solidarity. If you need

one please contact us for your order.

Commemorative Video

We are pleased to announce that the superb commemorative video created by Shihan Vincent Capers Jr.,

The Chronicle of Shorinjiryu is still available. This video details the past 3 plus decades of Shorinjiryu in North

America and is a must for serious students of Shorinjiryu. Please contact us with your order.

Blockers to Success by Jeffery Henderson, Shihan

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Experiencing Failure and Being A Failure

We should all realize that there is a great difference between experiencing a failure and being a failure. We all will at some time in our lives experience a failure. Chances are we will experience several if not many failures throughout our lives. In fact we must experience failure to enable us to enjoy the wonder of success. So in a way the definition of success necessitates an understanding and appreciation of failure. Moreover, if you look throughout history you will come across many, many people of distinction that had previously failed at their attempts. It is mentioned that Edison tried hundreds if not thousands of times to invent the light bulb. Imagine if he was deterred by his previous failures. This leads us to an underlying universal truth about failure. Failure only lies in the past and does not determine the future, unless you allow it to deter you from accomplishing your goals. As another example, I have known budo students that did not pass their black belt exam the first time. They needed to work on and/or polish some of their material. Many of these students ended up passing on the second try, a mere six

months later. They didn't let the fact that they were unsuccessful the first time stop them. Otherwise said, they didn't interpret the first exam as a failure and didn't see themselves as a failure nor did they let the unsuccessful first exam stop them from accomplishing their true goal. They interpreted the first exam as a learning experience, one that enabled them to be even stronger the second time around. This is courage because the people in question had to face their fear.

Fear

Fear is the number one reason why most people are unable to accomplish their goals or are unable to be a success. Fear is the feeling of inadequacy which is often accompanied by a feeling of being threatened. Fear can be devastating and can paralyze a person. Fear sets-up a perspective of failure and causes a person to visualize their own failure or defeat, instead of visualizing their success. Fear can be a reinforcing process building upon itself to a point where a person simply gives up trying.

In order to work against fear we must ask ourselves what we are afraid of. Are you afraid of failure? As mentioned, everybody has failed at something at some time, so join the club. And remember it is one

thing to fail and another to be a failure.

Are you afraid of criticism? You should realize that only people of low caliber and character will criticize someone for failing at a task or project. Further, people's attitudes change by the minute so pay no attention to them. Lastly, these people have accepted a low standard in their own lives and criticize so that they can reduce their own sense of self-guilt. Pay them no attention.

Are you afraid of rejection? Rejection by who? If you are truly loved then those people will continue to love you whether you fail or succeed. You must truly believe this.

Are you afraid to lose? You must remember that a loss is only a temporary defeat and not carved in stone for all eternity. Moreover, when you fail you are actually being given an excellent opportunity to learn what you might change in order to be a success the next time.

Doubt

Doubt is that uncertain feeling or lack of assurance in oneself. You should not doubt yourself. Often, we are our own worst enemies and set up our own failure by doubting our own abilities. Unfortunately,

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One Parent's Opinion by The DeoPaul's Family

Jonathan started karate at the age of 9 and Justin at the tender age of 3. We were amazed that Justin was able to follow any directions at all, but he did. He wanted to be just like his big brother Jonathan. My children attended 2 previous dojos before starting Shorinjiryu Kenryukan Karate's Imperial Dragon on September 26, 2005. For 5 years, they were taught 2 different styles and different techniques of Karate and were Green Belts Elites and Blue Belts respectively. I believed then and strongly believe now, that Karate at any age will enhance

one's good discipline, build a strong character and most importantly it is mandatory exercise. Although there were many occasions, I did not approve of some of the teaching and discipline my children received; I would voice my opinions and more times that none, but my complaints would fall on deaf ears or basically ignored. However, I continued to have they boys attend and follow the teaching diligently because I wanted them to know that although no one is perfect, it is not an option to quit. There were times Justin would fake not feeling well, so he

would not have to attend Karate class. I would, have him sit there with me and waited for his brother to complete class. As a mother, it is hard to watch your child, whom you know once loved Karate so much, now dislike it just the same. Justin became fearful of his Shihans, and Instructors, Karate was no longer fun and enjoyable. I had to make a conscious choice to relocate my children to a Dojo where their love for the martial arts will once again grow and be nurtured. Any Karate school (Dojo) that my children at-

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doubt causes us to be unsteady and unsure in the face of our challenges, the exact time when we need the exact opposite from ourselves. In the martial arts there is ample opportunity to face your self doubt. The challenges are difficult at times and we need to believe in ourselves and in our fellow students and teachers.

Doubt can arise from several places.

1. Past failures, however everybody has failed at some time
2. False guilt, you don't feel like you can and you are being overly hard on yourself
3. Negative influences, these might be in your environment or even amongst the people you love, but you must learn to tune them out and believe in yourself
4. Poor self image: We are the way we think we are and if you have a poor self image you need to start to believe in yourself and to start to love yourself. You must realize that you are ultimately responsible for your own self-image. You must realize that poor self image or self destructive statements stop you from being governed by opportunity.

Making Excuses

In Budo we have a saying that when you are looking for an excuse any excuse will do. Some people are experts at making excuses. They have a different excuse for every thing that comes up. Unfortunately excuses build into your character the qualities that ultimately will defeat you. You must change your attitude and stop wasting time and energy in excuses and channel that energy into developing your Budo and life skills. You mustn't waste your life in excuses and you shouldn't put up with your own excuses because once you get into the habit of making excuses that process will begin to affect every aspect of your life.

Procrastination

Procrastination can be defined two ways; putting off till tomorrow what you should do today; and, putting off till tomorrow that which is very discomforting for you to do today. We all know the effects of being a procrastinator or the affect that procrastination can have on our lives. However, procrastination can also come in the form of perfectionism. That is, are you a perfectionist? Are you a perfectionist to the point that you get bogged down by worry that you will be unable to achieve that level of perfection and so you decide to put it off until another time. In the Budo studies we have a strong focus on perfection, however, that is a search for perfection, a state that is unattainable by definition. Perfection is simply a target or a beacon that illuminates the way for us. So does your perfectionism stop you or cause you to procrastinate. If so you need to stop worrying about being so perfect, relax and get going.

A further example is found in our Budo studies of students who become stalled at the brown belt level, immediately before the black belt exam. These students start to procrastinate either because they feel that their technique is not perfect enough for the black belt exam or they have serious self-doubt brought on by themselves or people in their surroundings. As students we must be diligent to ward off these tendencies and see them for what they truly are, another type of test.

Greed

Greed is the insatiable hunger for more than what you need and more than what you can use. Greed is a bottomless pit that causes a person to constantly want more and more. Greed creates a feeling in a person that they never have enough and because of that they are constantly taking and taking. Greed has nothing to do with circumstance and

a person can be greedy whether they are rich or poor. In short, there is no way to practice greed or to be greedy without abusing someone. In this way greed sets us up for long-term failure in our lives. By constantly thinking about what you are trying to get you limit or prevent yourself from giving.

Giving or giving of oneself is an integral part of being a success in life as well as the martial arts. A universal truth in the world is that you will only receive by giving. It is a divine cycle: the more you give the more you get. As soon as you shut it down in yourself you will stop getting in return. You must realize that there is no truly or genuinely successful person who is greedy. Likewise, it is impossible to be a success on your own. In the martial arts this is a lesson that is paramount with your training, but do you have this in your heart in your life as well.

Violating Your Conscious

We all have a conscious and if you have been raised appropriately your conscious is probably working. Your conscious kicks in when you hear that alarm bell go off in your head at times when you face moral dilemmas or dangers. So ask yourself how it is possible to be a success if you violate your conscious. When you do violate your conscious you will know immediately on the inside that it doesn't fit your character and you will experience feelings of discomfort and inner conflict. Further, if you violate your conscious you will not have any peace in your spirit. It is impossible in this state to truly be a success in the way we defined success at the outset. You must endeavor to be true to your conscious and act in an appropriate way so that you know that your actions are just and by acting this way you may be at peace with yourself. This is the foundation on which you can build a successful life both within and without the martial arts.

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Laziness

Laziness is the act of not being industrious. It is the thought that you will do exactly that which is enough to get you by. Many people are lazy because they feel that the environment will not reward them if they apply themselves and work hard. Why work hard if the other person does not. We must realize that we should not and can not act in a certain manner based upon what other people are doing. You must put your energy into your work whether or not others do the same. You simply can not be a success in your life by being lazy, idle or slothful. In order to work against laziness you need a plan or a goal. You must identify your goal(s) and work with direction in mind to achieve them. The martial arts provide numerous examples where one can do this. You must ask yourself if you do the same outside in your everyday life as well.

Conclusion

In order to be a success in the martial arts or in life we must recognize that we need to create a personal definition of what it means to be a success. This definition should include your understanding of what you believe are your most precious life goals. We all must identify that on the road to being a success there are many obstacles. Success is not cheap nor does it come easy. Attaining the rank of Black Belt takes time, energy and courage. There is nothing in this world that is worthwhile and comes without sacrifice and effort. So, in securing a greater possibility for a successful life and career in the martial arts focus on the following questions, be honest with yourself and remember that success has little to do with your present circumstances and everything to do with how you look at success and the obstacles that block you.

1. Does fear stop me from achieving my life (Budo) goals?
2. Is one of my problems (self) doubt?
3. Am I always making excuses?
4. Am I a procrastinator?
5. Deep inside me am I greedy in any way?
6. Do I find myself at times violating my conscious?
7. Am I lazy or diligent in my work?

By honestly answering the above and by helping those around you and giving of yourselves I am sure that success will come to you all.

The author would like to acknowledge the work of Dr. Charles Stanley whose sermon this essay is based.

One Parent's Opinion by The DeoPaul's Family

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tend should be nothing less than an extension of our home, and what are taught there and let's not forget the fun and enjoyable. I strongly believe that most of the Dojo's have become too commercialized and have lost with it really means to learn the martial arts. My past experiences have proven that the belt grading were not for the children's best interest, it was for the Dojo's sole benefit. Several times I would refused my children to be graded for their next belt, I am a strong believer that all children, not only my children, needed to represent their belts they wear, whether it is a White belt or a Black belt or any color in between. I believe as parent(s), we have to look, interview each potential Dojo as you would your Doctor, schools and any

location you would have your most prized possession(s) (your children) attend.

Prior to signing up my children to Shorinjiryu Kenryukan Karate Dojo, my friend William Lemus introduced me to this wonderful establishment, I spoke to Kyoshi Myron Lubitsch, and he invited us to attend a Black Belt ceremony, I quote "It would be like none other you have ever witnessed." Well this was the understatement of the year. After that ceremony, there were no doubts in my mind where our new Dojo would be.

Jonathan now 14 and Justin 7 are relative new members of the Shorinjiryu Kenryukan Karate Dojo, located on Jamaica Avenue, in Brooklyn, NY. One of the most admirable qualities I have noticed is that most if not all, the Black Belt

students of Shorinjiryu Dojo, give something back to the Dojo that offered so much to them, they give back their time to teach the other future Black belt students. The DeoPaul's family have certainly made the right choice and are extremely proud to be affiliated this Dojo. We know our children would grow and grow stronger with the love and commitment of their, Shihans, Shodans and under the watchful eyes of a dedicated man, Kyoshi Myron Lubitsch. Karate has one again become enjoyable and fun, Jonathan and Justin cannot wait to get there.

PS: Mr. DeoPaul, their father has also joined, starting 2006 as a proud 43 years old student of Shorinjiryu Kenryukan Karate, there may still be hope for their mother – no age please.

Shorinjiryu Shinzen Kyokai

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Shorinjiryu Shinzen Kyokai
Shorinjiryu Shimbun

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