



Summer Shimbun 2010

The Periodical of the Shorinjiryu Shinzen Kyokai
Host of the “Gathering of the Shorinjiryu Karate Family”
Shorinjiryu.org



From the Desk of the President

A Thought



As we are now half way through the current year, we have to look back, to the sides and forward at the same time. Clearly, the various schools of the Shinzen are functioning but at what level? The economy has had an affect upon all of us, some more draconian than others but nevertheless an affect.

I had the opportunity to attend a number of events so far this year and I have to admit that registrations were down. Having said that, the level of competition was high, the enthusiasm was rejuvenating and black belt support was sobering – for example, at the last Spring Regional/Fathers’ Day Recognition Tournament 25 Black Belts attended to assist and perform. So, I have hope that the schools that are having some hard times now will see a rebirth through higher enrollments. New martial arts movies are certainly a help.

I have been requested to host a Panamerica Koshiki Tournament this year at the 24th Shorinjiryu Shinzen Shiai on Sunday, October 10, 2010. As you know the Kyokai was established to be a venue where Shorinjiryu practitioners can come together in mutual support. The Shorinjiryu Shinzen Shiai was my dream to showcase Shorinjiryu karatedo and that has been successful for the past 23 Shinzen Shiai dubbed “the Gathering of the Shorinjiryu Karate Family.” The Panamerica Koshiki Tournaments are invitational and, therefore, non-Shorinjiryu martial artists can participate.

Hence my dilemma is whether to change the original format and intention or not host the event or come up with some other solution. There is one thing I will not do and that is to change the exclusivity of the Shinzen Shiai.

Therefore, I have come up with an idea:

- 1- The Shinzen Shiai will go back to no contact to the head in any division. This will allow those who do not want to participate in Koshiki like events.
- 2- Those who wish to participate in the Panamerica Koshiki Tournament may do so.
- 3- Only invited schools will be allowed to participate in the PKT event.
- 4- Non-Shorinjiryu contestants will not be allowed to participate in the Shinzen in any event.

5- Shorinjiryu contestants may participate in both sections meaning non-koshiki and koshiki in addition to both kata events.

6- In other words, there will be in essence two separate tournaments going on at the same venue.

Shihan Dan, the Senior VP, has been working with me on this plan of action and, hopefully, the final plan will come to some workable conclusion. Will this be easy? Probably not but with the cooperation of all, it can work.

In the meantime, I wish everyone a great summer vacation.



A Bit of Lost North American History

By John A. Mirrione, Kyoshi

In 1972, Sensei Tamon Kashimoto was the youngest and the first of the original Japanese sensei in the USA to leave the Shorinjiryu Kenkokan School. Some time ago I wrote of the training our Sensei Kashimoto was putting us through in preparation for what he alone knew was an inevitable change. Briefly let me reiterate how our training along with his own personal training became more intense. Shiai practice would take place while carrying someone on your shoulders. At first it was difficult to punch and kick this way, however, it became more interesting when sensei allowed the person on top to do the hand techniques and the person on the bottom to do the kicks. The breaking of wood was built into our curriculum along with punching and kicking out candle flames. A more difficult task was the breaking of wood that was thrown into the air. We started to practice shiai without bogu. Now instead of breaking fingers and toes, we had broken ribs. I suffered two sets of broken ribs; one set was delivered by Sensei. With no chest protection, Sensei sparred with his Black Belts more often than usual and the contact was heavy. We would practice Judo, pushing and pulling each other holding onto the gi, followed by sweeps and throws. Sensei said we needed to make our bodies strong enough to withstand punches and kicks. Hardly a class went by without someone suffering a major bruise or slight fracture of some kind. Our shins and forearms were made tougher with the constant hard contact. We were taught to attack our opponent if he made any kind of movement, even the blink of an eye. Clearly, now more than ever, if you wanted to avoid being hit and being injured, the emphasis was to be on Tai and Ashi Sabaki (body and foot movement). Gone was the false sense of security given by the bogu. Our curriculum continued to include doing the right and left side of yakusoku kumite (prearranged fighting form with one or more opponents) and the three basic Shorinjiryu kata, Sanchin, Naihanchin and Nijushiho. Weapons forms were also practiced on the right and left side.

Throughout this period of adjustment Sensei developed a friendship with Sensei Tadashi Nakamura and Shigeru Oyama of Kyokushinkai-kan karate. We competed at their open events and some of us felt that we were slowly being prepared to be more acceptable to the Kyokushinkai system of karate. Sensei's friendship with Sensei Nakamura of Kyokushinkai grew stronger and an affiliation may have been in the works. At their tournaments we witnessed some of the most amazing self defense demonstrations.

Whenever I arrived at class early I would find Sensei sitting behind his small desk going over some paper work. He would stop whatever he was doing and begin to show me magic tricks. Sensei never liked to talk about karate before class; however, he loved to talk about one day opening a Japanese Hibachi restaurant. He already had a soft drink distribution business. In fact, the students would sometimes sit on soda boxes which took the place of benches in the locker room where the merchandise was stored. Black Belts would always change in and out of their gi in a specially designated area in the locker room. Sensei was the last to gi up and come into the dojo. Classes were given in Japanese with very little English spoken. It was sometimes difficult for me to figure out what was expected when the names of the kumite were called out loudly in Japanese. What I did not know then, but found out years later was that, I could not distinguish certain sounds as a result of a hearing defect. It was fun when sensei told us to make up our own yakusoku kumite to demonstrate to the class. We had only a few minutes time to make up our own moves, demonstrate them and then watch others demonstrate what they devised. Sensei would then declare who he thought did the best job.

After an evening class was over, Sensei along with a few students would go across the street to a bar and have a few beers. I never acquired a taste for alcohol so I would drink ginger ale or just leave to go home. On occasion and on the nights that classmate Myron Lubitsch (now Hanshi) came to class, he and I along with others would instead go for burgers and soda at a nearby fast food place. It felt good to eat and drink after an exhausting workout, bordering on dehydration, and discuss that night's class happenings. The trip from the Staten Island Dojo to Brooklyn was a long one at times even longer when the weather was bad or traffic was heavy. It was a time well spent reviewing the night's activities going over kata or kumite movement in my mind.

One Friday evening my trip home was filled with thoughts of what had taken place just minutes before class had ended. Visitors would drop by to watch our class but were only welcome if Sensei expected them to be there. This night was different. One of the patrons of the bar across the street who had one too many drinks decided to drop by and become a nuisance. He stood up when he should have been seated and began imitating us as we went through our training. At one point Sensei, who would never stop to speak to any of the visitors who came in, asked him to please leave or sit quietly. This guy was tall with a belly to match his height and battle wounds on his face. He was no stranger to fights and clearly out weighed any of us in the class by least 150lbs. Once again sensei asked him to quite down after he repeatedly made rude remarks about our training. Sensei stopped the class and told us to change and go home. When we were getting ready to leave the dojo the stranger was still there. I remember that another student and I asked to remain with sensei until he left. That was a mistake because Sensei becomes angry and told us to go home now. We left as ordered but with regret and concern. Although sensei was capable of defending himself, I guess it was our concern for his safety that took a priority. Either one of us was more than willing to trade places with sensei, setting aside our own personal safety, even though we knew that the stranger would have been tough to defeat. All that night I wondered if Sensei was able to leave the dojo without incident. The following morning I received a call from Sensei. He said: "John, you come to the dojo now, bring gloves", and then he hung up the phone with no further explanation. I left my home that morning and rushed to the dojo all the while driving and not knowing what to expect. I knew that there was a children's class on Saturday morning, so I brought my gi just in case Sensei needed me to help teach. I wondered to myself, why bring gloves? As I approached the dojo, I saw Sensei outside waiting for me. He was standing there next to a large plate of glass waiting to be installed in a window that was broken on the front of the dojo. I parked my car and immediately

asked Sensei what happened. He told me that a person who had too much to drink must have fallen into the glass and broke it, so he ordered a new piece to be installed by him and me. The gloves were so I would not cut myself. Together we lifted the huge plate of glass and installed it. Sensei drove in the nails to hold it in place and another student came soon after to put in some putty. It was a sloppy job but it would have to do for that morning's class to go on. Sensei never did give any explanation as to what had happened the night before, however, rumors were as vast as our imagination.

Several weeks later when I arrived at the dojo, Sensei had a very serious look about him. He looked up at me from behind his tiny desk and instead of showing me his latest trick; he spoke to me about what I knew caused him much discomfort. He said that he received a telephone call from Shinan Kori Hisataka's son and that now he would have to make a tough decision. After a few months went by, Sensei announced that he would be making an urgent trip to Japan to visit his family and the Hombu dojo of his teacher. He took one student with him and left me and others in charge of the weekly classes. The week he was away seemed like an eternity for I never realized how difficult it would be to teach karate. I decided not to take Sensei's spot in front of the class but instead line up with others and bow to Sensei's spot as though Sensei was there. I could see that the students who came to my class were confused by my actions. I just felt strange taking Sensei's place and I could not do it. We practiced hard to make sure that we stayed in shape for Sensei's return.

Soon after Sensei returned from Japan, he broke the news that he had decided to form his own school with the blessing of the Hisataka family. He would name it Nanzenkai after a temple in Japan. He asked all of the Kenkokan brown and black belts if they wanted to stay with him or leave and remain with Kenkokan. A majority stayed with him and within weeks the dojo had no remnants of Kenkokan. The bogu were gone as were any banners. We now trained even harder to fit into semi-full contact karate, however, instead of controlled contact to the body we were hitting harder. Students were getting hurt but kept coming back. Breaking wood would become a criteria for promotion. Sensei would hold a tournament for his school every few months at a local Jewish Temple. Now he had other dojo (schools) on Staten Island at which he taught and had some of the Black Belts assist him. Outside of Staten Island, Nanzenkai Sempai, Myron Lubitsch, Eric Deravin Sr. and Rubin Santini had their own schools and always attended classes and helped with the tournament judging. Sensei's school was now growing to several hundred students. He gained more and more coverage from the local newspaper. The Jewish Temple, just down the street from the dojo became the perfect venue for these events with plenty of sitting for guests and large enough to have six rings going at the same time. You had to attend every event if you wanted to remain a member of good standing in the organization. Tournament competition was part of our training as was mandatory attendance in class. We would not see the other Shorinjiryu Japanese Sensei visiting class anymore nor would we compete with their students at future tournaments. I must mention to the reader that there was an attempt to form an organization which would include Sensei Watanabe, Morita and Kashimoto, however, this was not meant to be. In 1974, Sensei Watanabe and Morita would form the Kenyukai with the support of their senior Sensei Hisanobu Yamazaki who was residing in Japan.

On a warm sunny morning in 1973, I received a call from Sensei to come to the dojo and bring my gi. When I arrived others were waiting. That day we were tested for Black Belt. Sensei closed the door, shut the small fan off and began the test. I, along with others, went through all the material we were taught and then fought each other, without bogu, holding nothing back. Two of those being tested actually dropped to the floor, unable to continue, because dehydration had set in. It was a test

for spirit not necessarily what you could remember because after a while you could not see straight enough to get anything correct. At the next tournament we had to give a demonstration of board breaking and weapons kumite and then in ceremony witnessed by several hundred people our promotion to Black Belt was announced. Sensei Tamon Kashimoto along with Sempai Myron Lubitsch, Eric Deravin Sr. and Rubin Santeni were the presenters. I judged and competed that day, wearing my new Black Belt but felt like I did not deserve my promotion. What became apparent from that day forward was that others would be watching my karate, and I no longer would change in or out of my gi with the lower ranked students. I was thrust into a position of leadership that at first I felt uncomfortable with, however, in time I adapted.

Sensei would tell his Black Belts that they could add a move to the end of their kata if they choose to. He would begin to put more emphasis on his weapons training, especially training harder with his sword. We would put on breaking demonstrations at the dojo on Saturday afternoons. Sensei would discuss with me putting on a special demonstration, where I would jump over a Volkswagen beetle as it was traveling towards me. Given the fact that I had family responsibilities I respectfully declined. I did do some weapons demonstrations that were as risky. The newspaper on Staten Island stepped up their coverage of our Nanzenkai dojo.

Sensei would go on to fulfilling his dream of opening a Japanese Hibachi restaurant. My wife and I were invited to have dinner there one evening. We were seated in a special place on the floor around a table overlooking the restaurant. The food was especially good. Sensei always had a way of making you feel special away from the dojo. He purchased a new car and his future was looking really good. The restaurant did not stay open long, however, our Nanzenkai dojo continued to grow. Over time Shihan Nakamura's relationship with his teacher changed and in 1976, he formed his own organization calling it World Seido Karate. He also changed his curriculum and the full contact concepts. Today, he has one of the most successful schools in the world.

In the mid 1970's, my working hours and days off from work changed. My new assignment required that I stay past my working hours often and without prior notice. It became increasingly difficult for me to make practice on a regular basis. I spoke with sensei about my situation and he understood. I continued my karate practice on my own and eventually moved further away from Sensei's school making it more of an impossibility to train with him. To this day with the help and guidance of those senior to me, I continue to practice, learn, demonstrate, teach and compete in karate. After all these years, my passion and enthusiasm continues to grow.

John A. Mirrione, Kyoshi
Shorinjiryu Kenkokai Karatedo
Shorinjiryu Shinzen Kyokai



This photo courtesy of Hanshi Myron was the last one at the Temple mentioned above before Kashimoto, Sensei left the Kenkokan.



When Worlds Collide: Soccer Mom Meets Budō



By Shihan Brian Berenbach

Budō is a compound of the root *bu* meaning war or martial; and *dō*, meaning path or way. When applied to the martial arts, *dō* typically means a “way of life” cultivated through the study of the art form. Naturally, when we speak of “way of life” that implies a significant impact on the practitioners’ life style. I must say that in the short time I have been practicing karate, I have seen many changes in American lifestyles. For example, I remember when there were no home computers, no cell phones, tiny black and white televisions and people used to write real letters, using either a typewriter or by hand. Creating a report for school, for example, was a tedious effort involving typing, erasure, and carbons and copies carefully aligned.

Similarly, I have seen significant changes in the practice of the martial arts, notably in America, which seems to be the worldwide epicenter for “jack of all trades, master of none.” Until its introduction into the U.S. after G.I.s started studying in Okinawa or Japan and bringing it home, karate (along with judō and aikidō) was a *dō* or path. People would study karate intensely over many years, striving for enlightenment and perfection; not easily obtained, but certainly noble goals. Of course, one of the reasons that *dō* was applied to karate is because it takes so darn long to be any good at it. A typical example is the back stance (*koksu dachi*). It took me about three years before I felt comfortable in it, as both my muscle strength and skill needed to reach the point where I felt like I was sitting on a stool and was comfortable for extended periods, but could rapidly move in or out of the stance. That is hard to explain to a novice. It is also why knowing the moves (and breathing) in a *kata* is not knowing the *kata*. Skill, muscle strength, and knowledge, must all converge before a *kata* is mastered, something that can take many years.

What are the rewards of studying karate as a *dō*, e.g. karate-*dō*? The more obvious ones are strength and vigor, grace, self-confidence and the feeling of achievement, of being one of just a handful (in a relative sense) of people on the plane that have mastered something that is really hard to do. Some of the less obvious benefits include the rewards of knowledge of a martial art, spiritual well-being, and the feeling of belonging to a rather exclusive group, all of whom got there thru dedication and a lot of hard work. For what it is worth, I am often taken for a younger person, and the senior Senseis that I know personally, all look and seem to feel younger than their age would dictate; in short, a longer, healthier life.

Enter the “Soccer Mom”. On Tuesday it’s karate, Wednesday its soccer, Thursday its bowling, Friday is tennis, and, well... you get the idea. It is also a “way”. And not just moms adopt this philosophy; it is the way of people who like to “dabble”. They try a little of this, then a little of that. Along the way, they don’t really get very good at anything. One evening I went to a temple, and after services wound up getting in a rather heated argument with a lady with children. She wanted them to “try everything” whether they liked it or not. So, if they tried wrestling and liked it, too bad because six months later they were off trying something else. I tried to explain what *dō* was all about; I could have been talking to myself. That was just one instance of the *dō* culture clash, but in our dojo,

we get reminded of this collision quite frequently. This evening in class, for example, aside from the instructors and a brown belt who is the son of one of the instructors, I had no one higher than a blue belt, and only one of those. It seems that as soon as the students start to get an inkling of the height of the mountain and how long it is going to take them to climb it, they disappear. Another form of the “collision of ways” is the dreaded statement “Shihan, I can only come once a week because I have soccer one night and swimming on Saturday”. Under those circumstances, I politely request that the student move on with their life, thank you very much. Let them enrich a pseudo karate storefront operation. They deserve each other.

Another interesting situation that I had recently was when three green belts that I had not seen for months showed up for class one night. It seems they all wanted forms filled out for some academic society such as Arista, and they needed to show “commitment” to an outside activity. Hah! We signed the forms and haven’t seen them since.

So it comes down to this. Someone involved in the study of dō takes the long view, starts out, enjoys the journey, and never asks “when am I getting there?” e.g. “when is my next promotion”. Someone involved with the study of “soccer-mom- dō”, asks “can I fit this in with my other activities?” and “how soon can I make black belt so I have it on my resume or college application?” Years ago, the dojos were filled with the serious study of dō. Today, with the advent of storefront “Tai Kwan Dough-Dough” places, 8 year old children are making black belt in 6 months, with their \$\$ studies sandwiched between the sandbox, swimming and soccer.

Interestingly enough, the percentage of karate-dō students in our society is probably the same as it was when I started studying about 1962. It was just that we didn’t have the other kind in those days, heck, no one had even heard of soccer and there was no such thing as a minivan. The dilemma facing for profit dojos today is “how can you stay true to the dō while still making enough dough to stay in business”? Unfortunately, there are no easy answers, and of great concern to us old timers is that, at least in the U.S., karate-do may eventually go the way of the Dodo. On the other hand, perhaps I am just starting to feel my age.



The Abacus vs. Karate-do “Shorinjiryu” where your child’s success really adds up!

By Emanuel (Manny) Hawthorne, MA, BA-Phys Ed, 7th Degree Black Belt

It’s a fast, competitive world. The more skill your child has at using their brain to mentally address and solve problems, the more successful they will be. Very few ‘school’ subjects are geared toward teaching children to use their whole brain to solve problems, particularly in mathematics. With the advent of technology, children have become overly dependent on calculators to solve even basic math problems. That over-dependency denies them the opportunity to learn how to handle mental math calculations, as well as fostering the ability to focus on a problem and enhance their concentration skills.

Learning the Abacus provides all of these skills and abilities. Children who learn the Abacus generally achieve higher academic performance in all subjects because of the concentration skills the Abacus teaches them. They are simply more capable of looking at a problem and working it out

mentally, before diving in. When this happens they become more confident and successful in all areas.

Abacus was the formula of a genius, he so designed it that it automatically enhances the work power of the right brain. Our right brain is the numerical centre and also a place from where analytical memory takes shape. Abacus training enables memory development in spatial orientation. This is age-dependent enhancement of performance of memory.

Let's come back to what the Abacus achieves for us. We know that energy and limits of brain is boundless and a life is never enough to truly gauge its potential. It is the master organ of the body which is responsible for taking a majority of decisions. Left part of the brain is also called the digital brain; it controls our capabilities of reading, writing, logic, and calculation whereas the right part also called the analog brain helps in creative and artistic pursuits. Had both the sides not worked in sync, we would have fallen behind in most of our tasks. It fortunately does work in tandem.

Research has proven that children who learn how to use the abacus show significant improvements for right-side, left-side brain functions; i.e. using their brain to mentally address and solve problems.

Karate-do and indeed many of the classical martial art schools have within their syllabus exercises that help promote the development of right-side, left-side motor skills. Without having read any formal studies comparing the Abacus to Karate-do (martial arts), I am confident that such a study would prove similar common, positive findings. As a Karate-do instructor, I believe that through learning the abacus and / or karate-do, the student will realize many of the same shared developmental benefits. While common sport activities only address single sided motor skills (right / left handed) students will most definitely experience enhanced learning skills through the study and training in karate-do (martial arts). It is for this very reason that within the syllabus of Shorinjiryu Karate-do we have and discipline ourselves with specific right and left sided exercises.



News from Shorinjiryu Kenjiyukai at Central Jersey Karate

Tashi Peter McMahon

Central Jersey Karate held the second annual Shorinjiryu Kenjiyukai Children's Only Tournament on May 1st, 2010 and we felt it was important to thank all those who contributed to this year's resounding success. Competitors included 120 Karate-ka who competed in 14 separate divisions. All are to be commended on their exemplary attitude and performance. It was gratifying to witness the skills exhibited by these young people, who will most certainly prove to be the backbone of Shorinjiryu in the coming years.

Support from attending Yudansha allowed us to utilize five rings. Because of their expertise and efficiency, we were able to complete all competitions by 4:30 pm – a remarkable accomplishment considering the divisions included Kata, Shiai, Kumite and Weapons!

Special thanks to Donna Nemes, Shodan, without whose help and superior organizational skills this event would not have been possible. It is a credit to her abilities that Shihan John has granted her the rare privilege to disagree with him at almost any time. Needless to say the rest of the Yudansha are jealous!

Our special event of the day was a Daniels family demonstration, performed by Alexandra, Nidan, Matthew, Go-kyu and their mother Christina Daniels, in honor of her promotion by Shihan John to the rank of Nidan. Omedeto!

Most of all our thanks go to the leadership of all the affiliated schools who supported us. We must recognize that with all their many commitments during the year, they chose to support our annual event with so many students. Hanshi Myron Lubitsch, Shihan Brian Berenbach, Shihan John Gaddy and Shihan Brian Mascola have honored us with their leadership and guidance throughout the years. To have our annual event recognized by them is truly an honor.

We wish the whole Shorinjiryu family well in the months ahead and look forward to seeing you again at the October Shinzen!



The Next Karate Thing

By Marc Riley, Shodan

Kenryukan

Now that *The Karate Kid* (the new one), is the latest box-office hit, will this Hollywood summer blockbuster be just the thing to bring an influx of students through dojo doors again? I am not sure, but I have watched many a martial arts craze after another. It seems that every time a martial art has been featured in the movies, television, pay-per-view or magazines everyone has been ready to drop everything and rush out to learn that art. In the early 70's kung fu was the rage due to Bruce Lee and David Carridine. Then we have had the ninja craze. Most recently there has been the Brazilian Jiu-jitsu, Muay Thai and Mixed Martial Arts mania of UFC. That being said, I have also watched some forms of martial arts go out of favor with the public for a time then all of a sudden it is back in everyone's mind, (most recently *Ninja Assassin*). I think that this New Karate Kid movie is another good example of that.

I have had a number of youngsters as well as adults approach me and ask me to teach them to fight like how they saw in so and so movie or on television. First, I tell them that you should not want to learn how to fight just because you want to beat people up. You should want to learn a martial art or how to fight for physical fitness, exercise, self-defense, for fun, etc. I have had some responses like, "that junk looks really freaking awesome!" and "I just want to kick some butt if I get picked on at school!" Secondly, I admonish students to do not get into the habit of fighting, albeit at school or anywhere else, because you will get in trouble, and that is not fun. Even though the kids may pick on you, there is no need to want to beat them up and harm them. However, I do tell them that you SHOULD learn how to defend yourself. There is no need to harm others, but you should be able to stop them from hurting you.

For many, especially those who are not familiar with martial arts, arguments often arise on what is the difference or which is better in a fight... karate or kung fu. The title of the new Jackie Chan/Jaden Smith film version of *The Karate Kid* has been the cause of much heated debate on internet chat boards before and after its recent premiere of which is better. "He's in China and there's no karate in the movie." "They don't do karate! They do kung fu!" "Karate sucks and kung fu rocks!" "One is from Japan and one is from China!" "They have nothing to do with each other!" were some of the irate retorts I got. I responded and pointed out to a particularly belligerent blogger that in the new version, Dre (played by Jaden Smith) does try to learn karate from a DVD, like Daniel (Ralph Macchio) tried to learn karate from Mas Oyama's book, *What is Karate*. "If you have fighting skills without character, you're just a gangster," says Mr. Han (Jackie Chan) about the bully and his crew. Ways of avoiding dangerous situations and enabling yourself not to fight is the essence of karate. Also, if you recall from the original *Karate Kid*, Mr. Miyagi (Pat Morita) says, "Karate come from China, sixteenth century, called te, 'hand.' Hundred year later, Miyagi ancestor bring to Okinawa, call Kara-te, 'empty hand'." Daniel replies, "I thought it came from Buddhist temples and stuff like that." "You too much TV!" sighs Mr. Miyagi. What can you do, right?

With the "I don't have proper morals/attention span/patience" to learn to master the old-fashioned way along with the abundance of access points one has to information on television or the internet, I have had a number of kids show me dangerous martial arts moves or other techniques that they have downloaded to their phones or ipods that they call themselves learning from out there. They usually have not lasted too long with me at all. I also warn people to be weary of the fast-food, McDojo-like schools that offer a menu of all styles that pop up to try and capitalize on the latest trends. One should carefully investigate before signing a contract with McDojo chains. Martial arts abound and there are truly qualified instructors like you have in Shorinjiryu out there. Better to start off and pursue an art like Shorinjiryu with a wonderful instructor like yours truly than to get

involved with one that is all the latest rage off of the internet or under a bad or immoral instructor. There are those out there that will sell you a karate kid dream just to get a parent's money. Then there are those that offer the real thing like Shorinjiryu. You can spend a great many years studying with a bad instructor and still not become good at martial arts. It is your choice who you study with. Make sure that you make a good choice, not one made from emotions rather than the real facts.

Having trained since I was a youngster in Chinese, Okinawan, Japanese, Korean, as well as other western styles of martial arts, I have been taught to respect and have learned not to put down a martial art because it was different from one I may have been studying at the time. However, what I always like to point out to people the fact that one is not better or worse than any other martial art. It really depends on the fighter themselves, their temperament, training, and instruction. To a degree it depends on the heart and will of the individual. In reality, no martial art is better than the other. It usually depends on many of those factors I just mentioned as well as the fighter's own potential. As for whether kung fu or karate is more likely to win in a fight, that is impossible to determine. It is not the art form; it is how intent you are on being good. Knowing either karate or kung fu WILL help you deal with bad people.

Go and see this latest version of *The Karate Kid*. Do not see it for just great martial arts action. Do not get me wrong, that is in there. Like the original, it is a superb and compelling story of the relationship between a teacher and student. That is an important story that always needs to be updated and reinforced every few generations as the next karate thing.

A Personal Thought of the Fathers' Day Tournament

Father's Day Weekend (June 19) in Brooklyn, NY, karateka from around the New York Metropolitan area did a super job at the Shorinjiryu Spring Regional Tournament. All my karate children did me quite proud as well with very impressive displays of competitive technique, form, and discipline.

As a father/ sensei, I couldn't have asked for a better Father's Day present! Omedeto karateka! Osu
Location: Brooklyn, NY
Shodan Marc Riley



Greetings from Algeria

BENINAL ABDELKADER, Sensei

oui avec plaisir devoir donner mon point de vu sur le shorinji et voila que depuis mon entrée dans le shorinji ryu je vois que beaucoup de chose ont changer dans cette fédération et que tous le monde parle du sorinji ryu shinzen et qui est devenu un style majeur de karaté car mieux q'avant le style a évoluer

énormement a travers le monde et de votre collaboration les choses sont ont place merci bien de m'avoir l'occasion de parler un peu sur cette discipline

Good Morning Instructors,

Yes, it's my pleasure to be able to give you my point of view regarding Shorinjiryu, that since I joined the Shorinjiryu, I see that a lot things have changed in this federation and that people around the world are talking about the Shorinjiryu Shinzen, which has become a major style of karate. Compared to the old days, the style has evolved throughout the world and of your collaboration has put everything in order. I have thank you for the chance to speak a bit about our discipline.



News from Shorinjiryu Kenyukai Watanabe Ha Karate Australia – Sunshine News:

Des Paroz, Renshi

Kenyukai Watanabe Ha Karate Australia

- Hanshi Watanabe, Shihan Dan Hayes, Shihan Page Christis and Sensei Richard Alicea honoured us recently with their visit to Australia. During their time here, they trained at the Kengokan Dojo in Sydney, the Kazoku Dojo in Murgon, the Shishikai Dojo in Brisbane and the Seiryukan Dojo on Bribie Island. They also conducted 2 public clinics, and attended the annual National Training Camp of Shorinjiryu Kenyukai Watanabe Ha Karate Australia
- The following promotions were made during their visit:
 - Shihan Jim Griffin (Seiryukan Dojo) was promoted to Nanadan (7th Dan), and was officially appointed "Shibucho" (branch chief) for Shorinjiryu Kenyukai Watanabe Ha Karate Australia
 - Sensei Mark Slingo (Yagizakan Dojo) was promoted to Sandan (3rd Dan)
 - Sempai Christine Dewar (Shishikai Dojo) was promoted to Nidan (2nd Dan)
 - Sempai Adrian Cepak (Kengokan Dojo) was promoted to Shodan (1st Dan)
- In addition, Shihan Max Estens was officially appointed "Fuku Shibucho" (Vice Branch Chief) for Shorinjiryu Kenyukai Watanabe Ha Karate Australia, and Renshi Lesley Griffin and Renshi Des Paroz were appointed as "Komon" (advisors)
- The Advisory Council for Shorinjiryu Kenyukai Watanabe Ha Karate Australia was formed to provide advice to Shihan Jim and Shihan Max. The council consists of Hanshi Myron Lubitsch, Shihan Dan Hayes, Shihan Page Christis, Renshi Lesley Griffin and Renshi Des Paroz.
- Our annual Black Belt Camp is scheduled for the weekend of 28/29 August, and is to be held in Coonabarabran. This camp is timed to coincide with the anniversary of the passing of Shinan Kori Hisataka, and is held in commemoration of his life and legacy

Cheers



Is This Gonna Hurt?

Tashi Richard Alicea
Kenkukai Watanabe-Ha

There once was a time. . . such is the refrain that more than once we've all had in our youth, the younger days when we were immortal and of course invulnerable.

Looking over the years that have passed, especially in the martial arts, I see a difference in the perceptions of people. The most obvious being pain. Ah pain; the body's' warning of maybe now you'll pay attention. Pain, we all perceive it differently, and other than the masochist (oh hurt me, hurt me) it's not enjoyable.

What are we teaching the young today? What are they learning? Is it that they should endeavor to do that which is without risk? Attempt only that that will be accident proof? It would appear that all life is risk and we cannot safeguard every moment of the future. We try to minimize the dangers, but they cannot be omitted. In truth, these pains we encounter are supposed to teach us, prepare us for the 'life is not fair' times. Yet more and more parents seem to be of the mind to avoid these lessons for their young. The memories of their times wanting them to overcompensate in their concern for the young. How safe can we make something? The safer something is made the greater the chance the behavioral response to be less cautious. I'm wearing a bogu so it doesn't matter if I get hit. Back in the day, when fire and rocks were the latest thing, we trained shiai using the padded gloves and footgear, when you got hit you knew it. You did your best to avoid being hit. Was this better, who knows. (The Shadow Knows)

What is this all about? It's about the examples we set - the way of our lives shown. When I tell someone that I first broke my hand on the black amour (the kendo do) in 1973 at the 5th Annual Canadian Invitational; do I make it seem as if it was nothing, you'll get use to it. Heck not. Damn it smarted. We want you to learn but we're not all the time going to be able to stop you from getting hurt. You will get hurt. It will hurt. Yet, it is not insurmountable. Should you choose to continue, ahah you fool, there will be more mishaps but less and less. You become more attentive.

To me the martial arts are important because of the simple fact that the future belongs to the fit, both mentally and physically. It's up to all of us to be careful, but to be aware that there will come a time when you miss a beat, ouch that hurts.

So in closing, DUCK, Run away, killer rabbits. For the record, I went on to break my right leg in Dec. 1974, dislocated my right shoulder in 1977 (set it myself), dislocated my left shoulder in 1995 (again setting it myself and they weren't the best settings) and we'll totally disregard what I misplaced in 2010. I'm still here. Where will you be in years hence and what we'll you be doing? I'll keep a light burning (probably burn myself, too.)

More Sunshine News

Congratulations to all those students who moved up in elementary school, graduated from intermediate school, high school and college.

Congratulations to the following advanced students:

Mark Slingo 3rd Dan Australian Watanabe-ha

Eddie Christian	2 nd Dan	Kenkukai – Watanabe-ha
Stephanie Coleman	1 st Dan	Kenkukai – Watanabe-ha
Christine Dewar	1 st Dan	Australian Watanabe-ha
Michael LaBalbo	1 st Dan	Kenkukai – Watanabe-ha
Adrian Sepak	1 st Dan	Australian Watanabe-ha
Mark Slingo	1 st Dan	Kenkukai – Watanabe-ha
Dan Yu	Jr 1 st Dan	Kenkukai – Watanabe-ha

Special Birthday Wishes

Kyoshi John A. Mirrione	65 th
Hanshi Myron M. Lubitsch	65 th