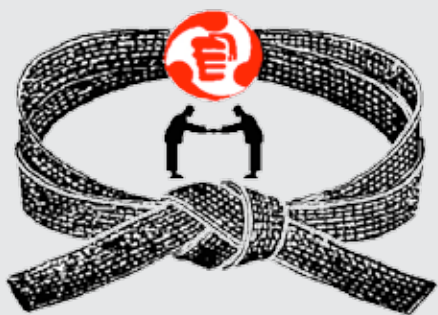


# Shorinjiryu Shinzen Kyokai

## SHIMBUN

Volume 29, Issue 1 - SUMMER Edition July 2020



### Greetings From The Desk Of.....The President

#### "Looking Back"

Well now. I hope this newsletter finds you and your families in good health.

Clearly, 2020 while starting off normally with no idea of anything other than a great year to follow.

But, expectations for a good year quickly sank under the weight of a pandemic called Covid-19.

Millions of families have suffered, the vast majorities of countries of the world were devastated and many businesses have either suffered catastrophic financial losses or were simply forced to close.

#### "Looking Forward"

However, this newsletter is being sent to you not for the purpose of telling how badly people have been affected, but rather how martial artists survived.

There is an old expression "When life gives you lemons, make lemonade." An even older one from Japan which is very appropriate:

七回び八起き **Nanakorobi yaoki**

**Fall seven times and stand up eight**

In short, don't give up.

The articles presented here are written to celebrate the strength, dedication, tenacity and willingness to keep our art alive and strong.



I hope you will gain greater strength and inspiration from them. Each and every one of you is wished good health.

Take care and be well.

Myron M. Lubitsch, Hanshi  
President



*Shinan Kori Hisataka*

*22 April 1907 - 14 Aug 1988*

#### JOINING THE KYOKAI

The Kyokai is open to all like-minded schools and students descended from Shinan Kori Hisataka. Schools may be asked to submit proof of lineage, to include documentation or video of forms practiced.

Contact Hanshi Lubitsch at:

[join@shorinjiryu.org](mailto:join@shorinjiryu.org)

#### SHORINJIRYU SHINZEN

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We Are Shorinjiryu ~ We Are Strong ~ We CAN Soar Above Adversity



*“Shorinjiryu Shinzen Kyokai”*

*\*The Largest Group of Shorinjiryu Practitioners Worldwide\**

*\*A Gathering of the Shorinjiryu Family\**

*\*Exchanging Knowledge, Spirit and Friendship\**



We Are Shorinjiryu ~ And this is what we can look forward to Again





## "Message from the Kyokai Vice President"

Troy Lester, Kyoshi

Hello Shorinjiryu family,

I hope this finds you and your loved ones well in these very different times. As I sit here in my "home office" (which is pretty much my laptop, a folding snack table and my cell phone) looking out at the rain on a Friday during what would normally be the morning rush.

I'm still taken aback by the amount of people that are NOT on the street. No one has walked past my window in the last 20 minutes.

It's been four months of this, and it still seems a little disturbing to me. So, to alleviate this disturbance, I take solace in the fact that the lack of traffic during the morning rush is partly (hopefully a large part) due to our ability as humans to adapt our behavior to handle curveballs thrown at us by Mother Nature.

In my case, the adapting included, working from home regularly, having to keep three hungry teenagers fed while they adapted to remote learning and working to keep the students of the dojo engaged and involved.

Believe it or not, the latter was the easiest of the three. Or at least, the most fun.

## "Message from the

## Kyokai Vice President"

By Troy Lester, Kyoshi

We tried to design the classes to coincide with today's most common trait possessed by both kids and adults - a short attention span. With that in mind, we decided to keep the classes to 30 minutes. Each class is broken up into three 10-minute sections. Warmups, basics and the lesson.

As instructors know, 10 minutes is not a lot of time to get in a lesson. So, what we have done to offset this is to really focus on small parts of the content for those 10 minutes. For example, if the lesson is a kata, we won't try to get the whole kata taught in 10 minutes, instead, we only teach four or five moves in-depth. This allows the student to focus on those moves until the next class.

Once the kata is taught fully, we record and post a tutorial for the kata. The tutorial video will reinforce and condense all the lessons of the kata into one 10-minute video. Again, placating to today's short attention spans.

Kyoshi Vincent, Sensei Decland, Senpai Geoff, Senpai Maxwell and I have worked to get the production to a point of a near seamless routine. The start was a little bumpy, but that is usually the case when doing something for the first time. We have had and still are having, a great time doing this.

A major part of the enjoyment is knowing this is a major component to sustaining the dojo during these times and establishing another offering the dojo can package and build the student base. We've also had surprise guests who just wanted to say hello and scheduled guests who wanted to be a part of what we're doing.

No one knew we would be doing this for as long as we have, so it's a good thing we're enjoying it. All jokes aside, as with anything else in the dojo, once you get to a certain point with what you're working on, you have to step it up so as not to get stagnant. That time has come for us. We are working on our own "Phase 2". It's in the "Think Tank" stage now, but it shouldn't be for long. There's a saying, "Adapt or die", and in our case, we ain't dead!

Stay safe all. And until we're able to convene as one again, I'll see you online!

Kyoshi Troy E. Lester  
Vice President



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# Shindo Budo Kwai

by

Michel Laurin, Hanshi



Hello to my Shorinjiryu family, First I would like to say how much I miss everybody!

I know we're all going through strange and difficult times, what makes it even more challenging is the unknown that comes with this unprecedented event.

Because of these historical times and hardships, I would like to send a message of hope and share my way to deal with it. Hopefully it will help some of you.

I'm an optimist by nature so first I believe that extreme challenges such as this one will bring some positivity and good out of each one of us, and in the end we will come out of it wiser and stronger.

I believe that it will get better, much better in the near future. In the meantime, this is what I have decided to do;

**Instead of giving up, I increased my workout routine and follow a strict diet.**

After 3 months, I have lost 34 pounds. Now I am happy to say that at 61 years old, I am physically and mentally in one of the best shapes of my life.

It has not been easy, I had and still do follow a strict diet, I run 3 miles a day, do weight training 45 minutes a day, stretch, and teach online or in person 4 classes a day.

## Cont'd ~ Michel Laurin, Hanshi

Nothing in life comes easy, but if I can do it so can you!

As for our dojos, it has been financially extremely difficult as it may be for so many of you, but we did not give up. We have been teaching online for a few months and we are now teaching in the dojo, following the rules of social distancing.

Renshi Shannon keeps regular communication with the students through a weekly newsletter. We posted videos for the curriculum on YouTube. Renshi Larry organized a virtual tournament, some sensei's offer outdoor classes, we offer private lessons for whoever does not feel ready for group classes. We're thinking about letting students who are not ready to come back to class follow the regular classes online, and more.

Even with all the actions we have been taking, the attendance in our dojos is not nearly back to where it was, but we see improvement and we will survive, overcome these difficult times, and ultimately win!

Please stay positive, do not give up, stay strong mentally and physically!  
Love you all,

Hanshi Michel Laurin ~ Shindo Budo Kwai



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## "Mushin"

by John Mirrione, Hanshi

In this article I will make a humble attempt to give the reader something of Martial Arts importance to contemplate and explore.

Mushin, a mental state, without mind or as referred to as the state of "no mind".

It is said that highly trained martial artists can enter into this state in combat. Mushin is short for Mushin no shin. It's a state where the mind is not pre-occupied by any thought or emotion.

While I have met some Martial Artists who have no mind at all, I must say for the most part I have witnessed a few who in my opinion have mastered the state of Mushin.

I will now attempt to give the reader my insight into this subject. Mushin is not easily entered into. It takes some practice by serious martial artists.

Some may have experienced it without knowing it, feeling calmness and tranquility while performing their art.

It's sort of like a moving meditation similar to performing your daily chores like brushing your teeth, combing your hair or washing your face and hands.

These mundane tasks are done without conscious thought. They are just done. A kata well practiced for many years can be performed without hesitation or conscious thought.

Cont'd ~

## "Mushin"

by John Mirrione, Hanshi

Now this does not mean that your kata will be done correctly or that in shiai you will win, however, it does mean that you will perform without hesitation or distraction, the best you can.

Several years ago I watched my teacher come out of retirement to demonstrate kumite that he had not practiced for years. He did the demonstration flawlessly. When I asked him how he remembered the movement he said "I did not, my body did".

Clearly he entered an alternate state of mind which demonstrated the benefits of his many years of hard training. Was it Mushin?

It is my feeling that if you practice long and hard for several years, movement without thought will come to you. After you bow in for your kata or shiai match, there shall be no thought of your surroundings.

You will fully focus on the task at hand. With no distractions, you breathe softly, you relax, and you enter a state of moving meditation. Ready your conditioned response without hesitation.

All thoughts and actions are yours alone. Enter your state of Mushin.

John A. Mirrione, Hanshi  
Shorinjiryu Kenkokai Karatedo



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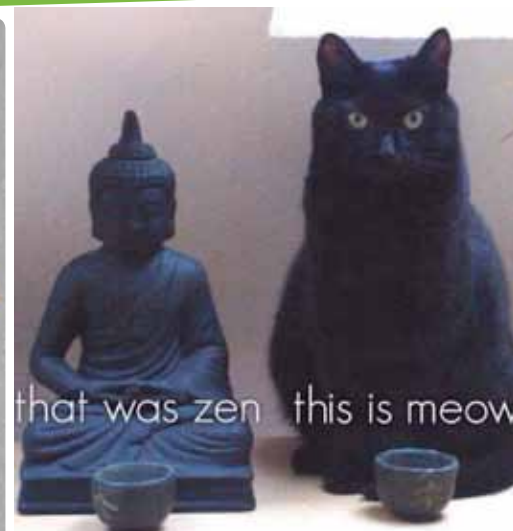
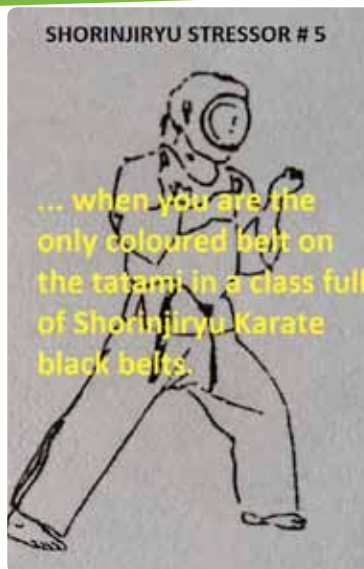
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sorry, couldn't help myself...Ed

# "Our New Normal"



by Page Christis, Shihan

## OUR NEW NORMAL

Our world has been turned upside down over the last six-months because of Covid-19. This was not something that the average person could have ever predicted that the world as we know it would shut down.

Who would have ever thought that Dr Anthony Fauci and Dr Deborah Birx would become household names whose opinions' we quote daily?

Our new normal also includes tuning-in to listen to New York Governor Andrew Cuomo's daily briefings even though we do not live in the state of NY.

Well this is our new normal. What can we do to keep our dojo open and our students engaged during these uncertain times when everyone has a different "tolerance level for risk"?

Many dojo's have turned to Zoom via the Internet to connect with their students. This is a great way to continue to practice without exposing anyone to air born particles.

I have been meeting a group of students and practicing outside several times per week. We are social creatures so having others around is very motivating. It brings a sense of energy, because you feel that you must keep up. You try harder when others are around.

# Cont'd ~ Our New Normal



by Page Christis, Shihan

Unfortunately, practicing outside is dependent upon good weather. One also has to contend with heat, humidity, uneven surfaces and bugs.

As government restrictions are lifted, we must start thinking how we can safely reopen our dojo. The old way of doing business will no longer work. People are still concerned about how to protect themselves and their families. Wearing masks, maintaining social distancing is the new normal.

Since Covid-19 is primarily transmitted through the air, we plan on installing two portable air purifiers. There will be a limit to class size, students will be encouraged to come dressed so that the small changing rooms are not used. All door handles will be disinfected at the end of class.

Parents and visitors will not be allowed to sit and wait in the front foyer. Our new dojo is a store front location so spectators will be able to watch class from outside. This will be our new normal.

Since all of our dojo's have been closed for several months, returning students come with a renewed sense of purpose. They have been without, so they are more appreciative of what we have to offer. Shorinjiryu Karate has become a part of their life and students miss it when it is not available.

So, we must learn to adapt and create a new normal.



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Hard at work setting up and laying the floor in the new Japan Karate & Judo Centre





## "Covid and our Karate"

Vincent Capers Jr. Kyoshi

Hello Everyone! The world has changed. COVID-19 has fundamentally caused the entire planet to re-evaluate how we work, how we play, how we pray, how we feed and clothe ourselves, how we practice kata, shiai or self-defense.

I hope that you and your family are doing well during this most difficult period of time. I look forward to having regular classes, seminars and tournaments. I look forward to training with you in the (near), future.

When New York City enacted quarantine protocols, the Hombu dojo was closed indefinitely. As you read this, it's been nearly six months since I stood in front of a group of students, did warm-ups, basics and taught a lesson to extend their knowledge.

No one could have predicted this. No one can predict when this will end. We must assume a "new" normal.

We shouldn't complain about what we cannot change. However, if it is in our ability then we should adapt to our environment. This means as instructors, we seek out our students and as students, we must seek out our instructors.

## Cont'd ~ "Covid and our Karate"

Vincent Capers Jr. Kyoshi

It is the relationship between instructor and student that we hold most sacred. So how do we maintain these relationships that were built upon direct interpersonal contact, face-to-face, when everyone is apart, disconnected, from one another? This is the primary question Kyoshi Troy, Sensei Decland, and myself are trying to answer in these challenging times.

Once the decision was made to use Facebook as our platform for our virtual classes, I panicked. I did not know how to do it. Nor could I directly ask anyone how to do it. I did some research, I used YouTube.

In mid-March, I noticed several DJs were re-connecting with their audiences via live streaming. At first it was an opportunity to hear music that I hadn't heard in years but I began to notice the tools they were using. Fortunately, a few of the DJs had created tutorials on how they were live streaming on YouTube, Instagram and Facebook.

I watched about a dozen videos on how to do DJ on the internet, but how do you translate this to karate? I fell back to my old lessons. I remembered the Book of Five Rings. Musashi divides any task into two fundamental steps: the plan and the sword. The pen represents the plan. While, the sword represents the execution of that plan.

However, with scientific terms flying all over the place, it would only be wise to use the scientific method. The scientific method in its most basic form is: plan, test, evaluate and do it again. To karateka, this should not be unfamiliar concepts. As white belts, we plan to participate in a tournament. We would practice our etiquette, our kata all in preparation for that tournament.

Our instructors help by advising and critiquing our form - a million details, small and large. Then the tournament comes - the test. The results of the test are obvious: first, second, third or no placing.

The evaluation occurs the day after the tournament, when the instructor evaluates the student's performance. Then, they prepare for the next tournament. This process repeats *ad finem*.

See next page for continued story... Ed



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## cont'd ~ "Covid and our Karate"

Vincent Capers Jr. Kyoshi

How does this relate to teaching karate on the internet? A lot quite frankly. Kyoshi Troy and I adopted the following philosophies:

- We are going to make a plan
- We are going to do it
- No matter how badly we fail, we would never give up

The plan is to live stream a class from the Hombu dojo to our current and former students. Our first hurdle was how to connect with our students on Facebook. We have an established Facebook page for the dojo. However, everyone used a Facebook group created by our late dojo Mom, Virginia Green. We could not control who could be added to the group or who could create posts. The answer was simple, create a new group where access was controlled and redundant.

The technical challenges were numerous and frequent. The basic process is to use a camera linked to streaming software and then connect to Facebook. Once the live stream was started, then any member of the group could view and comment on the program, live. The key, hidden, component of this equation is Wi-Fi.

## Cont'd ~ "Covid and our Karate"

by Vincent Capers Jr. Kyoshi

In my tests, I used my cell phone to connect everything to the internet - everything ran perfectly. At the dojo, nothing worked. It was difficult for us to transmit for five minutes. We needed to use the dojo's Wi-Fi. That created a different set of problems: Where was the Wi-Fi password? Even though we were connected, the live stream suffered from dropped audio and glitchy video.

The Hombu dojo has an interesting floor plan. Two bathrooms and a wall of cinder blocks and concrete separate the Wi-Fi base from the shiido. Something wasn't right. We were missing something. Hanshi had purchased a Wi-Fi extender to ensure the entirety of the dojo was covered. Once, we ACTUALLY plugged in the extender, everything began to come together. All in all, it took about three weeks to transmit a clean live stream. But the lesson here is never stop trying until the goal is reached.

While addressing the technical challenges, we also had the challenge of producing a live TV show. The key word is live. Everything that can go wrong, has. Nonetheless, week in and week out, we develop content for the students to make sure that we don't repeat the same lessons over and over. To keep the lessons interesting, we changed the instructors from time to time. Refreshed the content from time to time. But we kept the program the same:

- Start with a bow
- Warm-ups
- Basics
- A lesson
- End with a bow

A class is a class whether it's in-person or over the internet.

After five months of live streaming on Facebook, there are a few important things that we learned. Perseverance is the key to success. If we gave up at the first bump in the road, what kind of karateka would we be? Failing is part of the process. Learn to embrace it so you can learn, grow and laugh from it.

The biggest thing I learned was about myself. If it wasn't for the camaraderie of Kyoshi Troy, Sensei Decland, Senpai Max and Senpai Geoff, I do not believe I would be able to handle the strange times we are living in now.



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## Cont'd ~ Covid and our Karate

by Vincent Capers Jr. Kyoshi

So what's next for us? After the restrictions have been lifted we will continue to use the live stream to enhance the in-person lessons. We are using the live stream as an archive of techniques and documenting our kata and kumite. Also, we are using this archive for "how" to teach the students. This foundational work on documenting Kenryukan is critical to record, who we are, what we are about and how we have helped our community.

We all must thank Hanshi Myron for creating the dojo. His efforts have provided a venue for the live stream and a space to share these stories which are about much more than kicking and punching.

Kyoshi Vincent Capers Jr. ~ Brooklyn, New York







## "Ken No Seishin Karate Club"

London Ont,  
Canada"

by Nidan Aron Polmateer

Hello fellow Shinzen members

I believe that the year 2020 will definitely go down in the history books as one of the most challenging years globally.

It has effected every facet of our lives, from health and finances to recreation and basic human interaction, everything has changed for millions of people world wide in the blink of an eye.

This is truly an unprecedented time however as the saying goes, to understand the future you must look to the past.

I am reminded of stories that have been shared with me by various Sensei, Kyoshi or Hanshi about the humble beginnings of Shorinji-ryu Kenkokan Karate-do.

How Kaiso Hisataka returning from his station after the war to see his beloved country and fellow citizens torn apart physically, mentally and emotionally by the horrible realities of war.

He knew that the best way to help his country recover, was to help as many people as he could, build a strong spirit, healthy body and mental fortitude through the dedicated practice of karate.

## "Ken No Seishin Karate Club"

by Nidan Aron Polmateer

Using his considerable Knowledge of martial arts gained through many years of training in various martial arts and drawing on his experience gained during this military career as well as his many challenge matches, Kaiso developed his gift to the world.

Shorinjiryu Kenkokan Karate-do. Kaiso then spent the rest of his life devoted to the betterment of his students throughout the practice of his art.

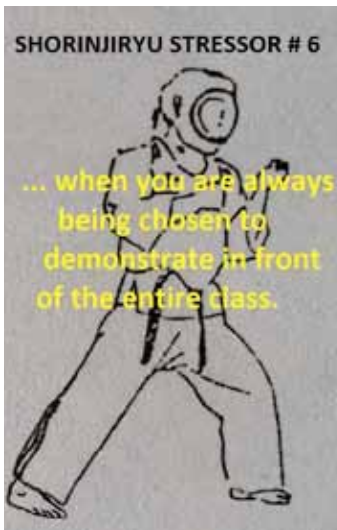
We as practitioners of this great art find ourselves in a very similar situation. Make no mistake, we are in a global war with Covid 19 and just as they did after the world wars, our fellow citizens will need our help to get through this!!

As practitioners of this great art, it is up to each and every one of to pick up the torch that has been passed by Kaiso through his various students and finally, thankfully to us.

To be leaders in our communities, to be the light in the darkness that this disease has created for so many.

We will survive this, we will re-grow, we will thrive again ~ Together.

Sending love to all of my Shorinji-ryu Karate-do family world wide, stay strong



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## "No Excuses"

by Jim Griffin, Kyoshi

Our Bribie Island Dojo, Seiryukan, was forced to close in late March due to Covid19 restrictions. We weren't alone in this as every Shorinjiryu Koshinkai Karatedo Dojo in Australia was also forced to close.

In addition, we had to postpone and then cancel our National training camp for 2020. It's now re-scheduled for May 2021.

We organised to continue weekly Seiryukan training sessions at a local beach (Sunshine Dojo) and have continued our training since the brick and mortar Dojo closure.

I felt it necessary to continue in my garage with my usual routine of Shorinjiryu training on Tuesdays and Thursdays, in addition to Sundays, to retain my fitness and to ensure my personal Karate was in as good a condition at the end of Covid19 restrictions as it was prior to the closure.

To keep myself honest and (I hope) as an example to our Instructors and Students, I also started a training blog on our Seiryukan Facebook page. In addition to my Karate training, I walked every second day to maintain my aerobic fitness (up to 20km) and continued my weights training in my garage every other day as our Gym had also closed. So, I figured I had it all worked out to retain my fitness, strength and Karate training.

## Cont'd ~ No Excuses

by Jim Griffin, Kyoshi

I was looking at my blog the other day and thought I'd see what I've actually done in the last 14 weeks of lockdown slackness

- Walked 580 km (362 miles)
- 51 hours of weights training
- 1980 Sit-ups with 10kg on my chest
- 825 burpees
- All Syllabus Kata individually 256 times
- All Syllabus Randori Kumite individually 71 times (both sides)
- Gokyo no Kumite (hand and foot, both sides) 10 times
- All Syllabus Weapons Kata and Kumite 122 times.

My stated aim at the start of all of this was to be fitter and stronger upon our return to the Dojo. Rather than being lost, listless, bored, fat and unfit, my Karate has given me the desire and means to retain and improve my fitness during these trying times. I'm sure most have had similar journeys since the beginning of the shut-downs and haven't chosen to keep a record of their achievements but I guess I'm pleasantly surprised by the numbers.

No excuses.

The good news is that our Dojo was set to re-open on July 14th and will have been re-opened by the time you read this. Of course, we have a Shorinjiryu Koshinkai Karatedo Covid safe training plan which includes the following but is far more extensive than these few topics:-

- All Students, Instructors and visitors to be contactless temperature checked before entering the Dojo. Anybody with a temperature of 38C or over cannot enter the Dojo.
- Anybody feeling unwell or displaying flulike symptoms cannot enter the Dojo.
- Hand sanitiser is available and everybody regularly cleans their hands before, during and after training.
- No equipment is shared, eg, weapons, bogu and pads etc.
- A register of everybody who attends the Dojo is kept, along with contact details



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Strict social distancing is maintained at all times, we still practice randoris etc. but at a safe distance. Of course, the factors of distance and timing aren't there but at least we can retain the forms for the future. We have been doing this at our beach Dojo and, although strange when you first start, you get used to it. There are more rules but you get the idea.

We in Australia, have so far gotten off lightly with Covid-19 compared to most other Countries and our hearts and thoughts go out in particular to our North American friends and colleagues who have experienced hardships and the loss of loved ones due to this horrible virus.

We hope things return to normal as soon as possible and that we can get together in better times over a quiet drink and continue our Friendships and close associations.

### SHORINJIRYU STRESSOR # 7



Stressor pics courtesy Allen Yuan





## The Perseverance of

## Stelton Dojo

by Jason Berenbach, Tashi

Kon'nichiwa to my fellow Shorinjiryu practitioners. I hope that everyone is staying safe and healthy during these tough times.

The word "normal" has never had a stronger meaning more than it does today. It's the word everyone would love to use when describing his or her daily routine. Our world has been turned upside down and nothing has been more affected for me than my dojo.

For those that do not know, I teach Shorinjiryu for Edison Township (in New Jersey). Originally, I used to teach 3 times a week at a local community center (which was named "Stelton", hence our dojo name). Having nothing to do with COVID19, the building where I taught was not maintained and was eventually condemned (the story behind this is enough for another article).

After losing the community center, the Karate program was moved to a nearby public school (Thomas Jefferson Middle School). While the school allowed the karate program to continue, I was no longer able to teach 3 times a week due to other programs utilizing the gym.

For anyone who has trained in martial arts, having only 2 classes per week is not very beneficial in the long term. Like a musical instrument, if you are not practicing almost every day you will not see major improvements in skill over time.

## Cont'd ~ Perseverance of Stelton Dojo

by Jason Berenbach, Tashi

Due to the strict requirements for promotion, our dojo requires students to attend all classes and as many tournaments as possible. As Kyoshi Vincent Capers likes to say when reminding students about the importance of training: "How do you learn how to swim without water?" or something like that :)

When the pandemic occurred earlier this year, my class was preparing for the annual Watanabe-ha Tournament in Baltimore. I was physically about to mail all of the student applications when I received a final email saying the Tournament was cancelled. The cancellations from other events continued until finally all public schools were officially closed.

With no buildings available to teach in, the Stelton Dojo was closed until further notice. I had noted to my fellow black belts who assist me in teaching the weekly classes: Kyoshi Richard Mills and Sandan Marc Riley that during the shutdown, it was the longest period of time that had elapsed for me where I hadn't taught or attended any karate classes since I was in college. However not even a world health crisis would stop our hunger to train.

During the month of June, the weather started to get significantly warmer. It was normal for the temperature to average 85 to 90 degrees during the day. I thought this was the perfect opportunity to take advantage of the summer months and continue holding Stelton Dojo Classes outside. By holding all classes outdoors, we would be able to follow CDC guidelines and maintain proper social distancing. For about a month now, the Stelton Dojo tries to hold 2 classes outdoors per week (weather permitting of course). We have averaged 20 students per class and have a diverse group of ranks. I am pleased to see my students still have the drive to continue training with us during these difficult circumstances.

I would also like to thank my fellow black belts Kyoshi Rick and Sandan Marc for supporting the Stelton Dojo for all these years. Up until the outdoor classes, my students had been virtually attending Kyoshi Vincent Capers Saturday morning online facebook classes which have been a great help. I would like to thank all the black belts from Hanshi Myron's Hombu Dojo for helping us to continue to learn and train. I am looking forward to that "normal" day where I can attend a Saturday morning class at the dojo in person and can give everyone a bow, a high five, a handshake, and then a hug ;)

Keep persevering in these tough times and you will be rewarded!



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Phone: (718) 647-4157



www.shorinjiryu.org



Spot the person in the front row with no facial hair



## "Adaption"

by Arthur Mark, Shihan

As I write this newsletter submission, my mind can't help but wander to forty years ago when I walked into an office to meet the man who would be my teacher for the next thirty four years.

Shihan Tamon Kashimoto was extremely intimidating and also quite funny at the same time. I was ten years old at the time so I needed my parents permission to join and had to have a formal interview. Shihan asked me if I was able to go to class and do everything he says without question or talking. I had to just shut up and train.

He also advised my parents that they cannot watch class and to let him know if I ever messed up in school. If I did, I would not be allowed to train. Years later I found this to be quite humorous because Shihan told me he was always in trouble in School and Dr. Kori Hisataka had to speak to the school director many times to get him out of trouble.

Shihan told me everyone respected Kaiso and would do what he asked. My dad liked Shihan a lot, but my mom said "No way are you going there". After a few weeks of whining, I won and Tokyo Karate and Judo Club became my dojo for many years to come.

## cont'd ~ "Adaption"

by Arthur Mark, Shihan

The training was nothing less than brutal compared to anything I've done in the past. I grew up playing baseball and we exercised, but it was nothing like karate. At ten years old I was doing things none of my friends would ever contemplate doing.

I never tried to have my friends join either. I wanted this all to myself. It was as if I had found a secret treasure in this school.

I remember after my very first class, the next day I couldn't even walk down the stairs. I was so sore, but I loved it. After a short while I felt invincible, because of the movements I had learned and knew no one else my age had skills like I was developing.

As I reached my adolescent years, particularly around seventeen, training for me got even more severe. You see, once you were old enough, Shihan could use you more and more and demonstrate on you, or even worse, start to show more disciplinary action to my shortcomings.

As you know in Shorinjiryu, it is of utmost importance to utilize the heel when kicking and Shihan lived by that rule as if it were one of the Ten Commandments. One day while doing partner stretches, my foot was on my partners shoulders and I needed to pull my toes back to project the heel forward.

Shihan would count VERY slow and walk around while everyone was moaning and groaning. He also had his best friend with him, a bamboo Shinai. I remember my toes cramping so much and I was impatiently waiting for him to walk past me so I could momentarily straighten my toes for some relief.

As he passed, I did just that, only to instantly feel the sharp crack of the bamboo across my foot's fascia. I saw every star in the universe. He looked at me and said "Toes back".

I felt that he was the closest thing to training with "YODA".

See next page for continued story... Ed



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cont'd

## "Adaption"

by Arthur Mark, Shihan



During my years as a police officer (1991-1999) and then Detective (1999-2012), I had the unfortunate task of putting to use what I've trained for all these years.

In New York City, that was almost daily. I wish all my colleagues would be willing to train in the Martial Arts. I hated to see co-workers get injured unnecessarily by predators on the street because they didn't have the skills to defend themselves.

In twenty one years with the New York City Police Department, I have never been injured in a scuffle while executing an arrest. I owe that to Shihan Tamon Kashimoto. He taught us to never quit and fight like a savage tiger if you must.

In the streets of Brooklyn, Manhattan and the Bronx, I certainly had to do just that at times. At 5'8" and 170 pounds you better have some skills to fight or you will be hurt for sure in the concrete jungle of NYC.

The reaction was always priceless when you tell a hardened criminal standing at 6'5" 280 pound, to turn around and put your hands behind your back and he looks at you and says "go to hell" (really much worse than that), only to find himself on the ground in agonizing pain from a mae geri that connected into his solar plexus.

## cont'd ~ "Adaption"

by Arthur Mark, Shihan

However, this was when I was in my prime, which leads me to the title of this article.

## "Adaption"

As we get older we lose a few steps. I just turned fifty in January, and I am certainly not the same guy I was in my 20's, 30's and 40's. You will one day have to adapt to the changes your physical body will go through.

In my case it's two bum shoulders and two bum knees. My knee issue caused me to drastically change my lifestyle. I can no longer train with the extreme intensity I'm used to. It has also caused me to put on thirty unwelcomed pounds. I can no longer run on my off karate days.

This has made me research diet and nutrition extensively and give up many things which I love, but I must do it or suffer constant decline. I'm starting to get the formula right however and I'm starting to see a new light at the end of the tunnel.

I recently befriended a Christian Pastor from a new and small start up church and he asked me if I'd like to start a new small group karate club which is open to all and free.

I accepted and have conducted two classes already before this writing. The dojo is in a large park here in Nocatee Florida which is where I reside now.

In my county there have been zero cases of Covid-19 in the last 30 days so we felt the timing was right. I'd like to take a second to offer my condolences to anyone who has lost any loved ones or has been deeply affected by this terrible pandemic.

We will all overcome this and prosper. Best of luck to everyone on the reopening of your dojos as well. Osu

Arthur Mark  
Shihan  
Shorinji Arashiryu



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Just because they are beautiful pictures and we need beautiful family, friends, babies and Princesses to make us smile



## My Thoughts

by **Sempai Maxwell Loncke**

*Shorinjiryu Kenryukan Karate*

In these trying times, the Hombu Dojo has been forced to temporarily close and shift to an online learning curriculum which I have been a part of for about two months now. I have to say that being able to still practice and give other students the necessary information for furthering their own training is nothing short of amazing.

Having a part in the dojo's Facebook livestream classes is something that is not only helping others, but also helping myself gain knowledge in teaching and giving instruction. The best part of participating in the online curriculum is knowing that the Shorinjiryu family is getting through adversity as a collective. While not everyone is directly participating in the online classes, they can all say proudly that their school was able to adapt to an unfavorable situation and spread karate to its students.

That has been my biggest takeaway from joining Kyoshi Vincent, Kyoshi Troy, Sensei Decland, and Sempai Geoffrey in the newly developed online dojo. On that note, I highly recommend checking out our Saturday livestream classes that start at 1pm on the Shorinjiryu Kenryukan Karate Curriculum Facebook page. It's always a good time and a great way to train with guidance. I wouldn't want to miss it!

Maxwell Loncke

## I Believe a Certain Hanshi Had a Momentus Birthday



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## Ookami Karatedo Club

**Sensei Jeff Kilbourn**

Greetings from the Ookami Karatedo Club,

In March, we shut down our classes for what we envisioned would be a couple of weeks, or maybe a month and planned to resume after this little virus thing was over. Little did we know that 5 months later we still have not been able to run a class let alone even physically see any of our students.

Once we realized that Covid-19 was going to affect us in a long lasting and dramatic way, we pulled together the executive group of Ookami Club instructors and had our first "Zoom" conference to formulate a plan to address our student group.

We wanted to try to find the best way to maintain instructional ability in a new "distance learning" scenario.

Our goals during the initial phase of the lockdown was maintaining contact with our student base, providing meaningful instruction and simply being a positive resource at a troubling time.

We have always held an active presence on Facebook and have used this as our main venue for communication, so increasing our social media reach was imperative.

The implementation had to be done strategically and our team agreed that our instructional content would be placed in a "members only" group.

## cont'd ~ "Ookami"

by Jeff Kilbourn

This was to maintain proprietary access and avoid the typical arm-chair Karate experts that tend to follow open groups. It was also agreed that extra effort would be put into providing technical instruction for the members group, done in a highly produced fashion as opposed to running classes for the masses.

Our group is incredibly fortunate to have had access to postproduction capabilities which allowed for special graphics, effects and animation which makes our videos engaging and fun. Our regular Facebook and Instagram posts have continued to be more of a truly social and entertainment outlet to keep our students and supporters from around the world apprised of the club's activities.

The blessing that has come from our lockdown has been the ability to step back from the pace of "business as usual" and deeply examine our way of instruction, our method of delivery and the overall structure of our club. As we continue to evolve, continue to grow and expand our knowledge, we are thankful for the good that we have found amidst the tragedy.

Best wishes and stay safe,  
Sensei Jeff Kilbourn  
Founder & Chief Instructor  
Ookami Karatedo Club



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