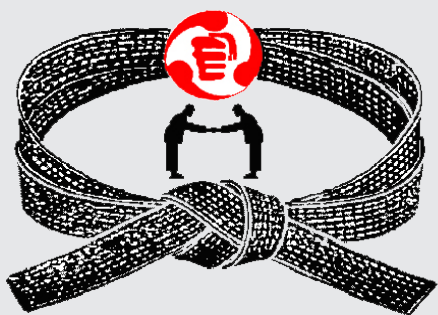


Shorinjiryu Shinzen Kyokai

SHIMBUN

Volume 26, Issue 1 - WINTER Edition Dec 2018



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

Time Really Does Fly

Somehow, each time that I am requested to write the final greeting for any year, the words seem the same. Each year, I ask the same general question of "where the year has gone".

How clichéd, but, time really does fly.

This year, as so many years in the past, was replete with tournaments, demonstrations, clinics, special training events and exchanges of ideas and friendship

"Friendship"

For a rather significant number of leaders of schools within the Shinzen Kyokai, friendships have lasted for many decades and in some cases, close to five decades or fifty years.

The Shorinjiryu Shinzen Kyokai is in reality a friendship association of Shorinjiryu independent schools.

The special relationship among the various schools allow for members to freely visit and exchange techniques, forms, and ideas.

It is my hope that that continues in the upcoming year and many years thereafter.

Congratulations

On a lighter side, I congratulate Hanshi Michel on his continued successful movie productions.

His latest movie, Aswang which was shot on location on the Samal Island of Philippines has been doing very well



Additionally, Kyoshi Jim's son Tom, has also entered the world of successful movie production, producing and directing a documentary called Exposed

As we enter the New Year, I hope that each one of you continue your training on a consistent basis and that the love of our incredible system of karatedo grows ever stronger

Myron M. Lubitsch, Hanshi
President

PS.... See you in 2019



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

SHORINJIRYU SHINZEN

KYOKAI OFFICERS

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Attendees at the 32nd Shorinjiryu Shinzen Shiai - October 2018



“Shorinjiryu Shinzen Kyokai”

The Largest Group of Shorinjiryu Practitioners Worldwide

A Gathering of the Shorinjiryu Family

Exchanging Knowledge, Spirit and Friendship

Greetings from the Kenyujokai Karate Club

by Tony D'Avino, Kyoshi

Seasons Greetings to all our Shorinjiryu Brothers and Sisters. 2018 was filled with hard training and a great day at the 2018 Shinzen Shiai.

Hanshi Lubitsch and the members of the Kenryukan Hombu Dojo, some how managed to set up and host an amazing event of great competition and friendship, including of course, the highlight of the Banquet. Again and again and again, what a tremendous effort that must be. Omedeto Hanshi Lubitsch.

In conversations with non-martial folks, I find that my message turns to talk not relating to punches and kicks, which I refer to as "On The Mat Stuff". It seems lately that the "Off The Mat" stuff is occupying more and more of my time as Sensei.

Sensei is a teacher, a confidant, a counsellor, a friend, a taskmaster and a role model and...a "student"...still "becoming".

Sometimes a Sensei must be "hard as nails", other times understanding and nurturing.

A peek into the nature of being a Sensei....our tenets Reigi (Courtesy), Sonkei (Respect), Sekinin (Responsibility) and Doryoku (Effort), develop strong positive qualities in the student.

To become a positive contributing member of society, dealing with life tragedies, deaths of loved ones and sickness, require that our minds be "clear like water".

The discipline of doing thousands of Kihon allow us to draw upon that mind and strength in dealing with negative things "off the mat".

In all of this, the underlying principles are maintaining quality and excellence in all we do, especially in our intra personal relationships and to be in harmony with ones environment.



"The Women of Shorinjiryu Koshinkai Australia"

By Jim Griffin, Kyoshi

When I first began my Karate study in the mid 60's (for a short time), it was a "men's club". I didn't really see any female Karateka until I joined Shorinjiryu Kenkokan in the very early 80's. Shorinjiryu in Australia back then was still male dominated but there were a few talented and capable ladies.

The difference between then and now is that we have a far greater percentage of lady karateka than ever before, and they are of far more senior ranks. In fact, the ladies outnumber the blokes in my Seiryukan Dojo.

Our senior ranked female Karateka is Shihan Lesley Griffin 6th Dan. Shihan Lesley has competed in regional and national tournaments and was a member of the Australian team at the 1985 World Koshiki Championships as well as attending the Shinzen Kyokai in 2003.



Shorinjiryu Koshinkai has 2 Dojos with senior ranked female Instructors.



Tasshi Marnie Roberts 5th Dan, a long time Shorinjiryu practitioner, has been running the Kennankan dojo in Melbourne for a numbers of years.

Tasshi Marnie has the support of Sensei Olivia Grech to assist her and recently Marnie welcomed her daughter Sensei Olivia Paige to the Yudansha ranks.

Operating her Kazoku Dojo in Murgon, is Tasshi Leanne Sippel, 4th Dan, another long term Shorinjiryu practitioner.



Leanne (along with Marnie) competed in various tournaments in both Kata and Shiai and returned to Shorinjiryu after time away to start a family.



In 2007 a senior Kodansha, Shihan Page Christis, 7th Dan, visited from Baltimore in the USA. She was attending one of our Koshinkai National Training Camps.

There is no doubt that Shihan Page was an inspiration to our female Karateka.

Her easy going friendly manner, along with her knowledge and skills, made her a comfortable fit for the ladies of Koshinkai.



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Cont'd ~ Women in Shorinjiryu Koshinkai

by Jim Griffin, Kyoshi

Other current female Yudansha are Sensei Dee Foster 3rd Dan who attended the Shinzen Kyokai in 2011 and along with Sensei Leisa Dunmore 2nd Dan, are members from the Seiryukan dojo.

Sensei Sharron Wakefield 3rd Dan from Renshi Tony Fletchers' Shishikan dojo in Brisbane and Sensei Jamilee Milliner 1st Dan from Sensei Clinton Andrew's dojo in Newcastle

The member Schools of the Shorinjiryu Shinzen Kyokai are all very lucky to have many dedicated and talented ladies in our ranks.

The days of the Karate "men's club" are long gone and this is a good thing.



Sensei Anne Kratzman - recipient of the Koshinkai Black Belt of the Year Award

Cont'd ~ Women in Shorinjiryu Koshinkai

by Jim Griffin, Kyoshi

What do our ladies bring to our School? Apart from their obvious shiai and Kata skills, our ladies bring the "X" factor and this is hard to define.

Most of our senior ladies have careers, have kids and run households. All this in addition to their Karate training!

I get tired just thinking about what they juggle on any given day.

Shorinjiryu Koshinkai is a better place with the strong female influence and I, for one, appreciate all the positives they bring to our school.



"Motivation, Habit, Instinct"

by Page Christis, Shihan

You need **MOTIVATION** to get started and **HABIT** to keep going.

HABIT is necessary to develop the **INSTINCTIVE** ability to react without conscious thought.

"If you have to think about how to react you have already lost".

Developing the **INSTINCTIVE** ability to react without conscious thought can only be learned through continuous repetitive practice.

The amount of time to develop this ability varies per individual but the time needed to truly **MASTER** a skill takes many years of dedicated practice. There are no short cuts in life!

As a karate-ka, we are trying to become as proficient and effective as possible. We should all strive to be an **OVERACHIEVER** in order to live up to our **FULL POTENTIAL**.

Again, this is an individual goal. My full potential may not be the same as your full potential.

This also ties in with Shihan's motto of Shorinjiryu Karate, **DOKU JI GYO SEIKI** (Spiritual Development of Individuality of Mine & Body).



First Place Black Belt Trophy from 32nd Shinzen Shiai



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SANTA CLARITA KARATE
DECEMBER 15, 2018



CHRISTMAS
PARTY



SANTA CLARITA KARATE
DECEMBER 16, 2018



MICHAEL BISCHEL'S
BLACK BELT TEST
CONGRATULATIONS



So.....

What's Different

by John Mirrione, Hanshi

In this article I would like to write more about some of the traditional aspects of Shorinjiryu dojo in the 1960s. I hope that what I write about does not bore the reader too much because I am just an older practitioner who likes to reminisce about the old days.

Please understand that what I write about is not to say what is right or wrong in your dojo but merely to introduce the reader to a time in which dojo dress and training was very different than most schools of that time.

My teachers, Sensei Morita and Kashimoto, were very young at the time (early 20s) and taught by example. They did not expect you to do something that they could not do. They demonstrated all techniques flawlessly and without breaking a sweat.

To give the reader a better perspective of the early days of Shorinjiryu, in my first training session with Hanshi Hisataka in Brooklyn, New York I was 21 years old and he was 26.

In my dojo talking, water breaks, rest periods and bathroom breaks were not permitted. Injuries were ignored and there was no special consideration for those with disabilities or for women who wanted to learn to defend themselves. All were treated equally harsh.

Cont'd ~ So..... What's Different

by John Mirrione, Hanshi

Lateness to class was not tolerated and those who did come late and were allowed to stay, found themselves forced to kneel for long periods of time before joining class. If you were going to miss class, you had to call ahead with a valid reason. You were expected to attend all clinics and all tournaments. At that time we learned only three kata along with numerous Kumite. All dues were paid on time; however, Sensei would accommodate those who were not able to pay for all classes.

After each tournament it was imperative that you attended the first class of that week to receive a review of your performance. Meditation before and after class were considered an extremely important part of your training. If Sensei told you to practice something during class you would continue to do so until he stopped you.

At one session Sensei Shunji Watanabe who was 30 years old was filling in for Sensei Morita at the judo school in Brooklyn, New York. He was not happy with my front kicks so he told me to kneel down on my knees and do front kicks from that position. I continued to do so as he walked around helping other students. No matter how much it hurt I would not stop until told he told me to. Sensei Watanabe finally told me to stop when he saw that the canvas mat took its toll on the skin of my instep.

All commands were in Japanese and if you did not understand, it was up to you to follow the best you could. Only kendo chest protection was worn during dojo shiai practice. No shin, leg, arm, hand, groin or mouth guards were worn. One method of shiai practice was when we would form two rows of students facing each other in a kneeling position.

We were forced to stay in a kneeling position until it was our turn to engage in shiai. Needless to say when you had to rise for your shiai practice you were struggling to straighten out your legs. Your opponent, who was the winner of the last match, was also at a physical disadvantage because he was tired from his last match.

Shorinjiryu Sensei would meet on occasion to practice karate with their peers, as was obvious, when they would show up to teach class injured.



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Cont'd ~ SO..... What's Different

by John Mirrione, Hanshi

Makawara practice (striking board) took on many challenges. Hitting the Makawara board built calluses on our hands that gave us the ability to strike the bogu without experiencing much pain. We trained to hit correctly or pay the consequences of ripping the skin off your knuckle.

As your hands grew hardened and the calluses became more pronounced others knew that you took your training seriously. At the Kenkokan dojo in Japan there were two Makawara, one for hand techniques and another wider Makawara for foot techniques. In our dojo we practiced on one striking board which was sometimes cracked down the middle making it even more of a challenge to strike with both hands and feet.

In the 1960s there was no standard Shorinjiryu Kenkokan patch worn by all. Much like today, each school had their own school patch. Judo gi were sometimes worn in place of karate gi which were at first not so readily available.

Your uniform (Gi) was made of very heavy canvass and off white in color. Often you would suffer from skin friction burns when the heavy canvas was pulled by your opponent in execution of a throw.

Our dojo in Brooklyn, New York had a thick matted surface for judo practice which presented a balance challenge for karate players. To the contrary, the dojo in Staten Island had a wood floor which had nails popping up from time to time.

Sensei Kashimoto would run around the dojo hammering the nails down with his Sai.



Cont'd ~ So..... What's Different

by John Mirrione, Hanshi

Both of my schools focused on endurance and spirit training. Kyu level belts in Kenkokan were White, Yellow, two levels of Green and two levels of Brown belts. There was only one American Black Belt at that time.

Divisions in international competition were very large. White and Yellow belts combined were sometimes 30 to 40 competitors. As a yellow belt I remember that I fought several matches to place 3rd in shiai. As a green belt the divisions were the largest when all the schools on the east coast of the USA came together to compete.

When the shiai matches were completed the winners looked like the losers. No Black Belt competition, however, brown belts fought on forever in the bloodiest of battles hoping to win the grand prize which was to train at the Hombu Dojo in Japan.

Most matches were decided with a full point being awarded. It was rare to have the judge's call for a winner of a match with no full point scored. Placing in Shiai at a tournament almost always meant a promotion.

So what's different, you decide.

John A. Mirrione, Hanshi
Shorinjiryu Kenkokai Karatedo



Shorinjiryu Hakuto Washi No Ken

by Brett Watson, Sensei



Greetings Shorinjiryu family

First of all I would like to apologize as I was unable to attend this year's annual Shinzen Kyokai and instead sent a small group of club representatives lead by Nidan Wayne Watson.

For those who don't know, Kayley and I just had a healthy and bright baby boy just days before the Kyokai and I could not make the trip. Even though I was absent from the event, Wayne had shared all the love and warmth everyone expressed and it was certainly felt. I missed everyone as much as you missed me.

This year has been very eventful and proactive for my club. We have been doing a series of events from small tournaments (shorinjiryu and non-shorinjiryu), seminars, and camps. Most notably, the last gohaku with Sensei Aron Polmateer of KNS and with Sensei Jeff Kilbourne of Kudaka.

All our students had demonstrated the embodiment of the Shorinjiryu spirit with a great display of friendship, comradery, and fierce competition. We continue our efforts working together and making a greater impact within our little city and within our Shorinjiryu community.

Great things are sure to come!

I would like to wish everyone a very happy and joyous holiday season as well as a great



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Shinzen Kyokai SHIMBUN Submissions

The Shorinjiryu Shinzen Kyokai Shimbun accepts submissions on any Shorinjiryu related topic. Submitters do not need to belong to the Kyokai.

All submissions will be reviewed by the Editorial Board and the Kyokai reserves the right to reject manuscripts that market a product or service, are not in alignment with the Kyokai philosophy of non-interference with member schools, or that advocate one school over another.

Submissions should be in English, however foreign language submissions with English translations will also be accepted. The Kyokai reserves the right to make grammar, formatting, and other minor edits to improve the readability of the work.

Submit articles as Microsoft Word, Text, or Open Office formatted Word documents. Submit and identify digital photographs individually, in addition to including them in your document

The Shimbun publishes bi-annually by the beginning of Summer and Winter. Submissions are due by June 30 and December 31. Late articles may be held until the next edition.

Tony Fletcher, Renshi - Publications Director (tonyfletcher@bigpond.com)



Okinawa Karate Club of Punta Cana

by Arthur Mark, Shihan

Greetings all from the sunny Caribbean island of Hispaniola, specifically Punta Cana, Dominican Republic. As we approach the end of 2018, and push towards 2019 many changes have occurred here. This past year has been the first year in 38 years that I have not actively trained in a formal dojo. I have trained on my own, mostly on the beach in the early morning hours. I had to deal with a knee injury that has kind of resolved on its own.

The good news is for the New Year I will be starting up the Okinawa Karate Club of Punta Cana at the Basico Brazilian Jiu jitsu school of Punta Cana. I was asked to start a traditional karate program at the request of the head instructor. I also plan on getting Shorinjiryu on the map here. I currently have meetings set up with Government officials including the ex-president and top General in charge of the National Police. Hopefully this will come to fruition as it can help the country a great deal. The police here can certainly benefit from our training.

One of the things that I enjoyed most while chatting with Kaicho Kashimoto was our conversations about the current state of the police, and how incredible this training would be for them. We would talk for many hours and he loved hearing police stories. We've had many police officers train with Kaicho Kashimoto through the years and one thing they all seemed to have in common was good moral character. He was also extra hard at times it seemed on his students that were officers.

Now looking back I'm pretty sure it was probably to prepare them for real world violence. Training with Kaicho, especially in the 80's was particularly brutal. The dojo was not in the most appealing location, and many times we'd leave the dojo to police action going on out front. No AC in summer, no heat in winter. Class would often start with shiai, full contact to body, kicks to head. No warm ups. He would say you have to be ready at any time. That's how it happens, that fast. You can't tell your attacker "Hold on I gotta stretch a little first". Just as you were huffing and puffing and about to take a knee he would call out for someone else to jump in and attack. All you heard was Kaicho Yelling "ATTACK ATTACK, HES TIRED, PUSH HIM". Ahhhhhhhh good clean fun.

Lastly, I would like to get back on track with a Shorinjiryu training camp here in Punta Cana, and get as many instructors here from all over the map sharing their favorite training methods, so we can all learn from each other. I will keep everyone updated on the Shorinjiryu Face book Alumni page which is brilliantly monitored by Shihan Manny Hawthorne. Osu, and a happy and healthy holiday season to all.

Arthur Mark, Shihan
Okinawa Karate Club of Punta Cana
(809) 304-4330



Courtesy Kyoshi D'Avino

Merry Christmas,
happy holidays and all
the best for 2019

Kaicho Watanabe



Kaicho Watanabe



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Canadian Shorinjiryu Kadaka Karate-do Federation

On behalf of the Kudaka Federation and all its members, we wish you all a Very Merry Christmas and all the best in the New Year.

Doug Roberts, Hanshi



Shorinjiryu Kenkokan Germany

Merry Christmas to you and all students. Hope you will have peaceful Christmas and a happy new year.

Olaf Olaf Lotze-Leoni, Shihan



The TAIKO Drummers Opening the 32nd Shinzen Shiai

The Taiko Drummers provide a professional, enthusiastic, lively and exciting start to the Shinzen Kyokai Shiai.

They form an integral part of the festivities and set the scene to bring everyone together in Friendship, Camaraderie and Mateship



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Behind the Scenes

Training Camps, Clinics, Functions and Tournaments, just happen..... right. I mean people turn up and everything is prepared, everything is organised and all you have to do is just turn up and do your thing.

Someone organised all those amazing trophies, arranged for tables and recording equipment to ensure those that achieved a trophy were properly presented, oh and yes, funnily enough there were some awesome people giving up their free time to staff those tables,

Lets not forget those dojo banners in a prominent place proudly displaying the names of the attending dojo and karateka. Hmmm, wonder how they got them that high..... always wondered that.

And the fantastic formal dinner, great food, music, evening fun and of course the venue had to be found and booked. I have only scratched the surface of all the things that had to be done and all those amazing people that give their free time to make it happen.

So please remember all those amazing awesome people that work tirelessly to make it the best tournament every year



Two of the amazing helpers ~ Sonia Gutierrez (L) and Alexandra Lopez (R)

Ed.

First Round of Sunshine Promotions

Title	First Name	Last Name	Current Rank	School
Kyoshi	Tom	Bellazzi	BB 8	Ken Sei Kai
Kyoshi	Rick	Mills	BB 7	Kenryukan
Sensei	Christopher	Vacca	BB 5	Kenkokai
Sandan	Nikola	Nikolovski	BB 3	Kenkokai
Nidan	Paris	Otero	BB 2	Kenkukai
Shodan	Sherell	Farmer	BB 1	Kenryukan
Shodan	Joshua	Tuck	BB 1	Kenyukai/Watanabe Ha

Congratulations are in order for the recognition of Kyoshi Tom Bellazzi's promotion to 8th Dan. He has been a student of Shorinjiryu for five decades, an avid supporter of the Kyokai, a diligent official and all the attributes of an excellent representative of Shorinjiryu Karate-do. Well done Kyoshi Tom.



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London Shorinjiryu Kenshin Karatedo

by Emanuel (Manny) Hawthorne, Shihan

To all the members of the Shorinjiryu Karatedo Family on behalf of the London Shorinjiryu Kenshin membership, I would like to wish each and everyone the very best wishes for a happy and healthy Christmas and Hanukah Season, and a prosperous & luminous New Year!

Especially at this time of year, I love the lines of John Lennon's Christmas song "So this is Christmas, and what have you done, another year older..." I'm sure you know the words. Anyway, hearing the song always invokes within me a mixed feeling of reminiscence and expectation. Which leads to my conversation I wish to share with you, in the hope we can become better acquainted?

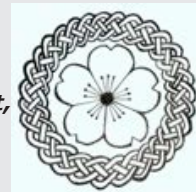
This past year I would give it an "A" grade, as it marked the first year of my retirement! YEAH! And I can confirm the myth about being busy, because I've never been busier! In lieu of redirecting my new found time (what little there is) I've been able to concentrate and focus my attention on improving my teaching skills. Karatedo and self defense have always been a significant part of my life, and this past year has given me the opportunity of better expressing my passion for Shorinjiryu Karatedo with my students. The remarkable thing is that in expressing my passion with my students, I have noticed they have in-turn developed and improved personally, physically and spiritually as karate-ka! Kudos to the persevering students!

On to this coming year that is already promising to project itself as being a stellar one! Plans are underway for class schedules, monthly weapons seminars, a junior black belt exam scheduled for May 19th, 2019, among others. Student candidates have been advised of the testing and upon their written request and/or acceptance to be graded, rigorous training will begin! Also, in keeping with my mantra for continuous improvement (i.e. kaizen) I have re-written the Shorinjiryu Kenshin Karatedo Shodan requirements. Not that I have changed them necessarily, because I don't like change, rather, I have improved them to read more in character of what I believe it is to be a black belt in Shorinjiryu Karatedo. So, as you see, all pistons and sails are on full steam ahead for 2019; and may your course be the same!

In case you missed it, KAIZEN is my mantra, my principle and my direction, and one that I hope each and everyone drives home for this coming NEW YEAR!

Also, as a take away to John Lennon's song,

"from where we find ourselves today, remembering our past, helps us improve for where we want to be tomorrow!"



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Thoughts.....

by Olaf Lotze-Leoni, Shihan
Shorinjiryu Kenkokan Germany



Dear Hanshi, Shihan, Sensei and all students

The year 2018 was the year of the dog and was associated with the earthly branch (Chi) and the hours 7-9 in the evening in the term of yin and yang, the dog is the yang.

This year now comes to an end and new one will start. All of us work hard for the good of our style Shorinjiryu. We are now looking back on 2018 and remember all the wonderful experience we had with our Karatedo friends and family.

I hope that for everyone 2018 was a successful, healthy year and I deeply wish that the coming year will be the same.

Thank you very much for your friendship and the enthusiastic contribution to Shorinjiryu Karatedo.

I wish everyone happiness, peace and good health this holiday seasons.

