



The Shorinjiryu Shinzen Kyokai

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

Shorinjiryu Shinzen Kyokai  
**Shorinjiryu Shimbun**



**From the Desk of the President**

by Myron M. Lubitsch, Hanshi

As the seasons change from Spring to Summer and Fall to Winter depending upon where our member schools abode, things look pretty promising.

Currently, the international web site is being upgraded to a more modern platform with an attractive format. Our web master, Renshi Pete, has joined with Shihan Des to begin this daunting enterprise. Shihan Jeffrey has contributed to the mix to make this come to fruition. What should be noted is that all three are from three different independent schools of Shorinjiryu. These seniors have their own private lives and vocations, yet they have volunteered to undertake this project. Their efforts and dedication are more than appreciated.

The Kyokai has expanded its administrative offices with the acceptance of Hanshi Michel Laurin as Regional Vice President of Canada and Kyoshi Jim Griffin as the Regional Vice President for Asia/Pacific. Renshi Peter Hiltz has taken on the job of Publications Director for the Kyokai, handling the Shimbun and facilitating the web page upgrades.

My time has not been wasted this first half of the year as the road was truly burned up. The Winter Regional Tournament held in Brooklyn, NY set a very high standard for the year and as so many ranking black belts stated, "this event rejuvenated" them. The 10th Annual Shorinjiryu Kenyukai Watanabe-Ha held in Baltimore, Maryland was exciting with competition that really wowed. Then off to Australia as the Shorinjiryu Koshinkai Karatedo celebrated the 35th Anniversary of the introduction of Shorinjiryu to Australia and their National Training Camp. This was truly an event that I will never forget as the leaders and students were totally fantastic. Almost as soon as the plane landed, off to Edison, NJ for the 4th Annual Central Jersey Youth Tournament where the future leaders had a chance to show off their skills. The Shindo Budo Kwai Tournament in Canada on May 27th was not to be bested as a great experience. The competition was really top notch. I really had a good time sharing with a number of senior Shorinjiryu instructors and them sharing with me.

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**2012 Calendar**

Sunday, February 19	Referee Clinic, Imperial Dragon Dojo, Brooklyn NY	Sunday, May 27	16 <sup>th</sup> Annual Koshiki Tournament St-Jerome, Quebec, Canada
Saturday, February 25	Winter Regional, Imperial Dragon Dojo, Brooklyn NY	Saturday, June 16	Father's Day Recognition Tournament & Spring Regional, Brooklyn NY
Saturday, March 31	10 <sup>th</sup> Annual Watanabe-Ha Tournament, Baltimore MD	Sunday, July 15	Clinic and Adult Tournament Island Budokan
Saturday, April 14	Provincial (Quebec) Koshiki Tournament	October 6	26 <sup>th</sup> Annual International Shorinjiryu Shinzen Shiai NY, USA
Saturday, April 28	Kenjiyukai Invitational Youth Tournament Edison NJ	Saturday, November 17	Children's Tournament Island Budokan

## **Shorinjiryu Shinzen Kyokai Leadership**

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Shorinjiryu Shinzen Kyokai  
P.O. Box 210160  
Woodhaven NY, 11421

Myron M. Lubitsch, Hanshi .....President  
Daniel Hayes, Shihan .....Vice President  
Shunji Watanabe, Kaicho .....Technical Advisor  
Jim Griffin, Kyoshi .....Asia-Pacific Regional Vice President  
Michel Lauren, Hanshi .....Canada Regional Vice President  
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Visit us on the web at

[www.shorinjiryu.org](http://www.shorinjiryu.org)

### **Joining the Kyokai**

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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. To join, contact Hanshi Lubitsch at [join@shorinjiryu.org](mailto:join@shorinjiryu.org).

### **Shimbun Submissions**

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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. 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 pictures individually, in addition to including them in your document.

The Shimbun publishes on June 15 and December 15. Submissions are due by June 1 and December 1. Late articles may be held until the next edition. Submit articles to [newsletter@shorinjiryu.org](mailto:newsletter@shorinjiryu.org) or directly to Renshi Pete at [renshipete@morningstarkarate.com](mailto:renshipete@morningstarkarate.com) or Hanshi Lubitsch at [mmlshihan@aol.com](mailto:mmlshihan@aol.com).

An annual subscription to receive paper copies is \$10. Send your check to the Shorinjiryu Shinzen Kyokai at

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### **Editorial Board**

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Myron M. Lubitsch, Hanshi, President

Brian Berenbach, Shihan

Peter Hiltz, Renshi

*Unless otherwise stated, all articles in this document reflect the author's opinions. Inclusion in the Shinzen Shimbun does not constitute endorsement by the Shorinjiryu Shinzen Kyokai or any of its affiliates.*

## From the Desk of the Editor

by Peter Hiltz, Renshi



As you may know, as Publications Director I focus my Kyokai energies on both this Shimbun and the Kyokai web pages.

The web pages need to be updated, and Shihan Des Paroz, Shorinjiryu Koshinkai Karatedo, Australia, and Hanshi Myron Lubitsch, Shorinjiryu Kenryukan Karatedo, New York, along with myself, have been working to redesign the pages and move them to a more affordable platform. Part of what we want to achieve is a web site that is more useful to all in the Shorinjiryu community, regardless of political affiliation, and one where we are not one-deep in webmaster services. We hope to bring on-line a more complete library of tools for running tournaments, a list of trusted equipment suppliers, and a recommended reading library. In addition, we hope to implement a search function against the newsletter archive.

One of the more exciting opportunities is that with multiple editors, each member school can be in charge of their own page on the web site. No longer will anyone have to wait for me to update their pages. Each school's leadership will be able to do it at their convenience. Updating can be done over the web; you will not need any special software or training.

We hope to roll out a preliminary site in June where school leaders can comment and make suggestions, and were we can identify each school's editor. After leadership comments are received and acted on, we will roll the site out for everyone.

As we work this good ideas are always welcome. If you have ideas for the web pages please send them to me at [editor@shorinjiryu.org](mailto:editor@shorinjiryu.org). If you have brilliant ideas, I may ask you for code!

New in this edition is a puzzle section! Puzzles will relate to Shorinjiryu in some way, and the first person to successfully solve the puzzle and get the solution back to me will be congratulated in the following Shimbun. Think of the honor! Thing of helping by sending me puzzles!

The Kyokai Leadership represents some of the most experienced Shorinjiryu practitioners and teachers in world. Feel free to send us your questions and we'll do our best to provide knowledgeable and practical answers.

As always, your comments and suggestions are greatly appreciated.

Remember the Sunshine News and Letters to the Editor!

Peter Hiltz, Renshi  
Publications Director



## Giri

by John A. Mirrione, Kyoshi  
Shorinjiryu Kenkokai Karatedo

In this article I want to touch on the principles and obligations we must train by in order to be able to uphold the traditions of our style. While some may not have heard of the term Giri, I assure the reader that our Japanese teachers have and do live by its code of behavior. Loyalty and respect for their country, parents, family, teachers and seniors create a strong bond. This code of honor has been handed down to them from generation to generation and comes from the Samurai Code of Bushido. Bushido holds the student responsible to himself, other students and to his seniors. Personal honor is a constant factor in traditional Japanese martial arts. Loyalty to one's teachers and dojo mates is all part of the duties and responsibilities of a karateka. A good teacher will instill these principles in a student by setting the example. It is not something we talk about; it just becomes part of what we practice. When asked by our seniors to do something, it is done. We do not question our teachers; we respect and follow them. This is Giri, our duty and responsibility.

When our Shorinjiryu teachers decided to leave the Kenkokan organization, they did so with the utmost respect for our founder. In fact, one of my teachers, Sensei Tamon Kashimoto, traveled to Japan at a great personal expense to get the blessing of the Hisataka family in order to form the Shorinjiryu Nanzenkai Karatedo organization. My teachers were bound by their duties and responsibility to their teacher to seek approval to carry on the traditions of our style without change or modification. They would not compromise Kori Hisataka's teachings even though they severed their ties with the Hombo Dojo. To their credit, they persevered through hard and difficult times and managed to keep their dignity and carry on the teachings of our great style.

Today we see some schools that are run like a corporate business where students are clients who have contracts which are both legally and commercially binding. The owner of the business is fearful of losing revenue so he alters his curriculum to fit the student's needs and demands. Some will hire instructors of other styles, teach them a few of their forms and use them to teach the growing number of younger applicants. This practice nullifies the ideals of Giri.

This generation of Shorinjiryu teachers who are direct descendants of these original Japanese Kenkokan teachers have gone forward with a strong sense of obligation to uphold the traditions and to teach what they were taught. New students are quick to find out that they cannot learn all there is to know in a short time, however, with patience and hard work they discover that their bodies will become accustomed to our unique style. Shorinjiryu practitioners take comfort in knowing that our style is a comprehensive system of self defense that is truly an all inclusive art form with strong, fast and accurate movements made to look effortless. In time, students following their Shorinjiryu teacher's way will have instilled in them a code of morals and ethics not familiar to present day newly developed schools.

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## Shorinjiryu Koshinkai Karatedo Australia Celebrates 35th Anniversary with National Training Camp

by Des Paroz, Shihan  
Shorinjiryu Koshinkai Karate



*Koshinkai National Training Camp*

Over the weekend of 20 to 22 April 2012, Shorinjiryu Koshinkai Karatedo celebrated the 35<sup>th</sup> Anniversary of Australian Shorinjiryu Karatedo during its National Training Camp held at Coolum Beach in Queensland.

Shorinjiryu Koshinkai is the school of Shorinjiryu practiced by the instructors and members of the Australian Shorinjiryu Karatedo Association, founded by Shihan Lori Vanniekirk in 1977, based on the Shorinjiryu Kenkokan school founded by Kaiso Kori Hisataka (1907–1988) and continued to this day by his son, Hanshi Masayuki Hisataka. Although the Australian Shorinjiryu Karatedo Association has been independent of the Kenkokan since 1995, its current members include more than 6 individuals who have been members for 25 years or more! With eight dojos up and down Australia's east coast, Shorinjiryu Koshinkai is the largest school practicing the Shorinjiryu of Kaiso Kori Hisataka.

Following Shihan Vanniekirk's retirement in the late 1980's, Shihan Phil Hooper and Shihan Scott Brown led the organisation jointly until Shihan Brown stepped aside in 1994. Following Shihan Hooper's retirement in 2000, the organisation has been jointly led by Shihan Jim Griffin and Shihan Max Estens.

Throughout this time, the organisation has continued to explore and study the Shorinjiryu Karatedo style that has been passed down to it. For the first 18 years (1977–1995), this was done as part of the Shorinjiryu Kenkokan Karatedo organisation under the leadership of Hanshi Hisataka. We have also been privileged to have been mentored by Hanshi Shunji Watanabe for several years whilst part of his Shorinjiryu Kenyukai Watanaba-Ha

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## National Training Day

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organisation (2007–2011). Although independent, we are fortunate to have links to like minded practitioners of Shorinjiryu from whom we can learn, including Hanshi Lubitsch, Shihan Henderson, Shihan Lester, and others.

The 35<sup>th</sup> Anniversary celebrations saw two special dinners - one for yudansha and one for all grades, with representatives from all dojos from around Australia in attendance. We were also honoured by the presence of three international guests who traveled to Australia to join our celebrations - Hanshi Myron Lubitsch, 9th Dan (president of the International Shorinjiryu Shinzen Kyokai, and head of the Shorinjiryu Kenryukan school in New York), Shihan Troy Lester (Shorinjiryu Kenyukan, New York), and Shihan Dr Jeffrey Henderson (founder of the International Budo Institute in Canada).

Of course the real celebration at the camp was the training. Practitioners and instructors from all our dojos gave 100% effort throughout as they absorbed new material and polished things practiced regularly. It was great to see the open-minded approach taken by everyone. Our special guests graced us with instruction in new areas, and comments and suggestions about alternative approaches.

A number of Yudansha and Kodansha tests and presentations were conducted in front of a panel consisting of Hanshi Lubitsch, Shihan Griffin, Shihan Estens, Shihan Henderson and Shihan Lester.

As a result, the following promotions were confirmed:

- Max Estens, 7<sup>th</sup> Dan Shihan
- Des Paroz, 6<sup>th</sup> Dan Shihan
- Lesley Griffin, 6<sup>th</sup> Dan Shihan
- Graeme Bowden, 5<sup>th</sup> Dan Renshi
- Marnie Roberts, 4<sup>th</sup> Dan Tashi
- Amanda Bugden, 3<sup>rd</sup> Dan
- Adrian Cepak, 2<sup>nd</sup> Dan

In addition, four people tested for Shodan Ho (probationary black belt), and were presented with their plain black belts, as follows:

- Clinton Andrews
- Dee Foster
- Chrissy Hanley
- Ben Oliphant

These four individuals will continue to consolidate and prepare for their promotion to Shodan in 12 months time.

Following the presentations of the above, Hanshi Lubitsch made the surprise announcement granting the title Kyoshi to Shihan Jim Griffin.



*Shodan Ho Promotions*



*Award to Kyoshi Jim Griffin*

## National Training Day

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Under the leadership of Kyoshi Jim Griffin and Shihan Max Estens, and with the support of the instructors of the various dojos, Shorinjiryu Koshinkai Karatedo will continue to quietly work away at the ongoing study of Shorinjiryu Karatedo. We look forward to celebrating more milestones of Shorinjiryu Karatedo in Australia.

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## Greetings Shinzen

by Brett Watson, Nidan  
Hauto Washi no Ken



I hope everyone is preparing for the hot summer ahead of us. Even with the heat inbound I expect everyone is still training their hardest. It's always good to train in the heart of all the seasons to prepare yourself for all sorts of conditions as it may become a valuable asset one day. Stay hydrated everyone and have an amazing summer!

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## Giri

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Our teachers gave us a very special gift that we are obligated to pass down to the next generation of those who are deserving. Each preceding generation should also feel an obligation to do the same. This responsibility is not and will not be without sacrifice. It takes courage and strong beliefs to hold on to time honored traditions that are generations old and come from the thoughts and actions of the Samurai. Revisit Giri, and live by it.

## **News from the Kudaka Federation**

by Doug Roberts, Hanshi

News from the Kudaka Federation, we had a very successful seminar in Brockville, Ontario on March 17<sup>th</sup>. Dojo's from London, Toronto, Kingston, Ottawa and Brockville were present. Congratulations to Yushi George Rigby from our Ottawa Dojo who received his Black Belt: Well Done George! We also welcome Nidan Jeff Kilbourn and his students to the Kudaka Federation. Gyoshi Kilbourn was brought through the Shorinjiryu system and wishes to broaden his scope with the Kudaka Federation.

Thank you to all the Kudaka Federation students who came to the Tournament in St-Jerome.

I have just returned from the St-Jerome tournament. Well done to Shihan Gilles Labelle and Renshi Patrick Panneton. The Kudaka Federation would like to congratulate Hanshi Michel Laurin on his promotion to 9th Dan, Hanshi Laurin was and still is a great ambassador for Shorinjiryu throughout the world.

It was nice to meet and talk to Shinan Donivan, who I studied under many years ago and his counsel I have always appreciated. I also had time to speak to Shihan Daniel Hayes and Kensei Watanabe, Kaiso Kori Hisataka's most senior student. It is always a privilege to speak with him.

And, finally, I would like to thank Hanshi Myron Lubitsch, Shihan Vincent Capers Jr, Shihan Troy Lester and Renshi Alberdeston Gonzalez and all Kenryukan members for making me feel right at home and welcoming me into their family - very much appreciated and a special thank you to Hanshi Lubitsch for the presentation they made to me. Last but much more important is his leadership and his friendship; we stayed up until the wee hours of the night talking about Karate and the future, and above all, the safety of all students.





## The Kata of Shorinjiryu: Wankan

By Des Paroz, *Shihan*,  
Shorinjiryu Koshinkai Karatedo

The lesser known *kata* called *Wankan* holds a special place in the evolution of Okinawan karate in general, and Shorinjiryu in particular. Although short, it has a richness of technique and close ties to the Ryukyuan royal palace in Shuri, the King, and a man who was perhaps the greatest single influence on karate's development, "*Bushi*" Sokon Matsumura.

If the following story is true, the special place that *Wankan* holds is even more impressive as it was possibly the first Okinawan karate *kata* to be demonstrated to a Western dignitary. According to well regarded karate and kobudo expert, historian and author, Katsumi Murakami (2000), in 1853 when US Naval Commodore Matthew Perry "visited" Okinawa, he was invited up to the Shuri Palace and was there given a demonstration of karate by none other than *Bushi* Matsumura. According to Murakami, Matsumura demonstrated *Wankan* and *Saijutsu*.

In this story, Murakami tells us that "Matsumura's body movement was quick, his limbs like lightning", and that Perry was impressed with the demonstration, commenting that "Karate has beauty and strength. It is like art in motion".

Although these details are scant, and probably based on oral tradition, nonetheless we have an insight into *Wankan*'s probable origins (inside the Royal Palace or *Udun*), and the nature of its techniques - fast and strong, yet "beautiful". *Hanshi* Hisataka (1994) tells us that *Wankan* was handed down within the Ryukyu royal lineage, and that the name means "Kings Crown", a "reference to the royal significance of the *kata*".

*Hanshi* Hisataka (1994) also tells us that the "royal significance" implies that practice of this *kata* will lead to becoming the "king" (over yourself) through integrating all aspects of personal development, such that the "opponent becomes a secondary consideration".

Within Shorinjiryu, the re-introduction of *Wankan* seems to have been as the result of the efforts of *Hanshi* Hisataka. *Wankan* is not mentioned in the 1976 book *Scientific Karatedo*, and first started to be practiced as core syllabus within the Kenkokan in the mid to late 1980's. It is of course featured in detail in the 1994 book *Essential Shorinjiryu Karatedo*.

*Hanshi* Patrick McCarthy (1987) tells us that *Wankan* was adapted from the Southern Chinese tiger fist style by the karate practitioners of Tomari village, and consists of "swift, powerful open hand techniques and evasive foot maneuvers". Similarly, *Hanshi* John Sells (2000) attributes *Wankan* to Tomari-*te*, and includes "aiki-like sidestepping and throwing", that are similar to Motoburyu *Udundi* (Palace Hand).

It is important to note that an alternative name for *Wankan* is *Matsukaze*. Although translated as Pine Tree Wind, *Matsukaze* also refers to the anatomical structure known as the carotid arteries, a pair of key target points on the sides of the neck, and an important target throughout *Wankan*.

Technically, then, *Wankan* helps to develop side-stepping, throwing, open hand techniques, evasive foot maneuvers and targeting to vital points.

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## The Kata of Shorinjiryu: Wankan

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Contemporary karate is without doubt a uniquely Okinawan fusion of several arts, including *Okinawa-te* (*Uchina-di* in the Okinawan language), Chinese *kempo*, south-east Asian fighting arts and the secretive Palace martial arts (*Udundi*). Overlaying these disparate inspirations was the template of *kata*, something that did not exist in the indigenous arts of Okinawa (Hanshi McCarthy, Applied Karate Show 2006).

It is my view that although there might be inspiration from Chinese *kempo*, it is likely that *Wankan* is representative of Shuri Palace martial arts (*Udundi*), and may represent an early application of the template of *kata* to *Udundi*. It may be that this was done by none other than Bushi Matsumura, himself. As Murakami tells us that Matsumura “made up on the spot” the *sai kata* he demonstrated, it is possible he did the same with *Wankan*.

Of course, this is speculative, but there is no evidence of *Wankan* having been developed or ever practiced in China, and none that dates the *kata* prior to Matsumura. As a major innovator who brought the Shuri Palace arts out of the shadows and merged it with indigenous Okinawan, Japanese and Chinese arts, including *kata*, Matsumura is one of the key figures in the development of *karate* as we know it today.

Like most *kata*, the true origins of *Wankan* are likely lost in the proverbial sands of time. However we can say with certainty that Bushi Matsumura practiced it and favoured it, and that it was likely either inspired by, or part of, the Royal Palace martial arts practices of the Ryukyu Kingdom.

In any case, it is a beautiful form with subtleties and intricate techniques, and deserves a pride of place in the core or supplemental syllabus of all Shorinjiryu practitioners. Its outward simplicity means it can be taught to relatively novice practitioners, but has a depth of technique that will appeal to all levels.

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- McCarthy, P. 1987, Classical Kata of Okinawan Karate, Ohara Publications, Burbank.
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- Sells, J. 2000, Unante: The Secrets of Karate, 2nd Edition, Panchita S. Hawley, Hollywood.

## Sunshine News and Announcements

Shorinjiryu Koshinkai Australia is proud to announce the following promotions

- Max Estens, 7<sup>th</sup> Dan Shihan
- Des Paroz, 6<sup>th</sup> Dan Shihan
- Lesley Griffin, 6<sup>th</sup> Dan Shihan
- Graeme Bowden, 5<sup>th</sup> Dan Renshi
- Marnie Roberts, 4<sup>th</sup> Dan Tashi
- Amanda Bugden, 3<sup>rd</sup> Dan
- Adrian Cepak, 2<sup>nd</sup> Dan

and to shodan-ho,

- Clinton Andrews
- Dee Foster
- Chrissy Hanley
- Ben Oliphant

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## Letters to the Editor

Renshi:

Please address Letters to the Editor as shown above, and please sign each with your name and title.

Letters maybe edited for space and content, and the Shorijiryu Shinzen Kyokai may or may not publish letters at its sole discretion.

Pete, Renshi

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# Kata

N Z F R B E X J B F S J B P W J Y H H I W B Z K F M U U S G  
 U D V M P I P H A V G J A K V W E E J A D P B P A K G E I U  
 U K E V U J Q R D B S D Q B M V V I U S K V X X N N T Q B R  
 B K Z Z P T K Q B H K Z C I C Q G A M S N S O C H I N W O E  
 P C O S D H X C Y C X C K U T V N N P A Y I R U M O H Y T K  
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 Y A J N K J G T M Q F V L E M N F O O M H X U U H T F Y K Q  
 K H S D I K Q L N Y Z N K W D T J N C J Q L E V S U T E A D  
 C F V I F H S X D H V Y D U E Q I E B O D D B X C H I N K P  
 D E F B E M C L Z O T N N W S K F N S O Q W E W O D I L N O  
 R X R G O S P N W H Z B J J H O R E G W P W D T O M N O A O  
 N I D G Y S G O A N Z Q U R D O K E J O X N N T D D X R S A  
 W W R I D L X E B H P Z M E Q B B U D Q I I O I H T W S L M  
 H W E G J P C F L Q I O K H A O Y H J H H U T O T E G O L H  
 N I H C N A S O V K N A T Y K Z K W C C A C O M I Z Q G L Q  
 V H N X T R Z V F X Y L N F Q W O N K T Q X O S R P O V I R  
 F H U C X Z W H S V X E X I D O A S A V U N I B V N F V K Y  
 L V N P Z J A Y O R U K H O K H C T R F S O R I N V S Q J C  
 Y E K N H P K C P Y C F U B I I D F O R R T T Z M O Y S P N  
 I X G A P Q U B K O C F Y A B J H J X H T I N Y K W L K N I  
 T S D I Y T M Z Q N Z D N Z B U R S B Z A P A B A D H B Z S  
 J K K D T A Q G Z R V O J X S L T I O O S P D I Y K M M I Y  
 Y E X V R J B J B J T J I F S P K U M K G B D O P I T U F Y  
 N T R G A X X K F V Z B O S C Y A V G K B O L Z F S P X R A  
 W R P O I I V N S Q U D N Q U W W B B U W S C Q T I C P J J  
 L I F V L O T M Q T G C V E M L W A F R K E L W A U I E M K  
 W U I C H H U D L L S O O X C M D O K B D S Q E M Z I D T V  
 U T E C U N R D I H N M T U Y W C V A E O N B A K U V H E C  
 K B R P D Q Y D T C T C W Y X X S T N E B Q L X K J K B K E  
 R H S P U Z S P X M Y Z R Q L A I O J K Z Q E E H U O M F B

BASSAI CHINTO HAPPIKEN HEIAN ICHI HEIAN YON JION KOSHIKI NAIHANCHIN KUSOKU  
 NAIHANCHIN NIJUSHIO SANCHIN SANKAKUTOBI SEISAN SOCHIN

The solution will be printed in the December Shimbun. Kata names taken from Scientific Karatedo by Masayuki Hisataka, 1976.

If you have ideas for puzzles send them to [editor@shorinjiryu.org](mailto:editor@shorinjiryu.org).

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