

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

# Shorinjiryu Shinzen Kyokai Shorinjiryu Shimbun

## Greetings from the Desk of the President

Myron M. Lubitsch, Hanshi



Good grief, another year is almost half over and I am exhausted but happy in the fact that I was involved with the Winter Regional in Brooklyn, 14th Annual Shorinjiryu Kenyukai Watanabe Ha Tournament in Maryland, 8th Annual Central Jersey Karate Shorinjiryu Kenjiyukai Tournament in New Jersey, Koshiki PanAm 2016 in Canada, and Spring Regional in Brooklyn.

The preparations for the 30th Annual Invitational Shorinjiryu Shinzen are underway. We have been informed that a nice number of members and friends will attend this event. There will be some important information that needs to be sent out shortly, so look for the e-mails. As in the past the event will take place in Queens, NY at the Christ the King Regional HS.

Recently, I was approached once again to change the format of the Shorinjiryu Shinzen Shiai by opening it up to all styles. This idea would bring in more money which, of course, is possible, but that is not what I have worked for all these years. The Shinzen Shiai is the Shorinjiryu Shinzen Shiai “A Gathering of the Shorinjiryu Karate Family” and will remain so. There are some policies that were instituted many years ago that are still in place today. For example: affiliated black belts who attend the in-house (regional tournaments) at my dojo do not have to submit any entry fee, score-keepers’ clinics are offered without charge as are referee clinics. I want those policies to remain in tact.

Recently, I attended a symposium in Sherbrooke, Canada addressing the growth of the Koshiki Panam organization. Two basic concepts among many that struck me. First, the need for safety and second, the understanding that Shorinjiryu and Koshiki are separate albeit Shorinjiryu spawned Koshiki. I congratulate Renshi Larry in his efforts to make that organization viable.

I wish everyone a pleasant, enjoyable, and safe summer – well, at least for those on this side of the equator. For the others ditto for the winter. In either case, keep training and work for the betterment of yourself, your school, your family and Shorinjiryu.

<b>Saturday, June 18</b>	Spring Regional Tournament, Brooklyn, New York
<b>Saturday, July 23</b>	Long Island Clinic, Setauket, New York
<b>Saturday, October 8</b>	30 <sup>th</sup> International Shorinjiryu Shinzen Shiai, New York, USA
<b>Saturday, November 19</b>	21 <sup>st</sup> Annual Invitational Bogujutsu Tournament, Setauket, New York

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## Shorinjiryu Shinzen Kyokai Leadership

Myron M. Lubitsch, Hanshi .....	President
Daniel Hayes, Kyoshi .....	Vice President
Shunji Watanabe, Kaicho .....	Technical Advisor
Jim Griffin, Kyoshi .....	Asia-Pacific Regional Vice President
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Peter Hiltz, Renshi .....	Publications

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## Joining the Kyokai

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Visit us on the web at  
[www.shorinjiryu.org](http://www.shorinjiryu.org)

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).

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## Shimbun Submissions

To be added to the email  
distribution list email

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

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 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 [editor@shorinjiryu.org](mailto:editor@shorinjiryu.org).**

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## Editorial Board

Myron M. Lubitsch, Hanshi, President

Peter Hiltz, Renshi

Joey van Winkle, Sandan

*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

Peter Hiltz, Renshi



As the northern hemisphere engages in the joys of summer and the southern hemisphere the joys of winter, let me reiterate a few thoughts about your Kyokai. It relies on your participation and the principle outside New York vehicle for this is through the Shimbun. Submit articles, reply to them, add your voice to the community.

The Kyokai web pages have a search function there to help your school. If you're not in it yet, please submit your school or dojo. You can do it directly from the web page. Check your listing and make sure it is correct. Send in the name of your FaceBook page and let all your fellow practitioners share with you. Ask a question; share an answer. And of course, if you see something in an edition that motivates you to write something, do it right away and send it in. I'm pretty good about saving articles and can even facilitate a written dialog, a point/counterpoint, if your articles arrive early.

## Pain

John Mirrione, Hanshi  
Vice President, Emeritus



First let me clarify that I am not in any way connected to the medical profession. This article is based on my own experiences in my martial arts training.

Most of us are well acquainted with the sensation of pain. There are different types of pain. Some are as a result of a bodily injury and others are a result of some emotional trauma. As karateka we are exposed to pain through exercise and sometimes through heavy contact from a punch, kick, joint lock, throw to the floor or prolong strenuous exercise. No matter how hard we try, it seems to be unavoidable, especially if we are dedicated and serious about our martial art. It is difficult to attain any degree of expertise in your martial art without some degree of discomfort. Learning Shorinjiryu karate in the 1960s presented many challenges both physical and intellectually. We were made to understand early on in our training that because of the difficulty of the material we were expected to learn only the serious should attend class. There was a low tolerance level for those who did not catch on right away. It was believed by the students that in order to advance to Black Belt some college credits were needed. I guess this belief came about because all or most of our Japanese teachers attended universities in Japan before coming to the

United States. My teachers were relentless in pushing us to do things that we never thought our bodies and minds were capable of doing. We were pushed to remember several different forms and trained on how to hit with speed and power. The student dropout rate was very high and we would see new students come and go each week. The focus was not on student retention but rather developing the next generation of Shorinjiryu fighters and upholding the reputation of Kenkokan Karate.

In the early to mid 1960s, there were other traditional Japanese schools of karate looking to expand their organizations in the USA. While the teachers were able to coexist, the students on the other hand were very competitive. We would compete against Shotokan, Kyokushinkai, Goju and other traditional styles of karate but never with the eclectic styles. We had to be tough enough to hold our own in shiai and a school win would make our style stand out among the others. Injuries were common place and we were always told not to show pain for it would allow our opponent to see our weakness and take advantage of it. We came to understand that there would be no sympathy for our injuries and we were expected to complete our task without complaint. Feeling tired, dizzy and weak did not matter because what did matter was to remain coherent and demonstrate good spirit. No feeling sorry for yourself.

After participating in shiai in the dojo or in a contest, it was imperative that you attended your next class. Missing your next class because of a injury was never an option. It would show that you

were weak and had no spirit, therefore, not worthy of your Sensei's special attention. I had witnessed my teachers come to class to teach and train with injuries that most would be hospitalized for today. They would instill in us fearlessness and martial arts spirit through example. When we fought, we would not ever stop due to an injury unless we were told to stop. Sensei would determine the extent of the injury and if we were able to continue a match. Today our rules, mostly governed by applicable laws and student retention, force us to be more safety conscious. Much more consideration is given to those injured. This in no way should diminish the importance that at the end of the match both opponents learn what techniques worked and which ones did not. While the experience of the shiai is fresh in their minds, students must go back to training in the dojo as soon as possible so they can fix what did not work and fine tune what did. You can only learn karate through dedication, commitment, and passion for the art. You must be able to endure pain and frustration and never give up no matter what challenges are put before you. The knowledge gained through your enduring the personal hardships of Karatedo training allows you to experience the true spirit of budo.



### Te Waza Go

Peter Hiltz, Renshi

While much in Shorinjiryu is immediately seen to be practical for self defense, some seems a bit harder to translate from the choreography of the dojo to something workable in a real situation. One example



Mark Rosenthal, Nidan

of this is rensokokegi, te waza go. Explorations in the dojo and reaching out to students closer to the first generation masters indicate that neither the way it was demonstrated nor the claimed timings are practical to our understanding. As explained to us, the timing is such that the instant a punch is first started, *uke* escapes the punch, then immediately and at the same time as the

incoming punch, sweeps the front ankle and chops the neck simultaneously. This has proven impractical given that a punch delivered by *tori* at normal attack speed is going to be faster than moving *uke*'s body mass off the line of attack and delivering a counter. Escaping a punch with body motion seems reasonable for some circumstances and distances and likewise, striking faster than the attacker is also reasonable. However, escaping an incoming punch, while at the same time delivering two simultaneous strikes (sweep and chop) seems impractical. By the time *uke* makes his escape, turns and then sweeps, the attacker's leg would be firmly planted as the attacker continues his punch. Refinements seem to be needed.

Keeping close to the version demonstrated and explained by the masters mandates minimal changes. I propose a single technique adjustment and timing change. For the strike adjustment, instead of sweeping a planted foot/ankle, strike in a low crescent kick to slightly below the knee. This will collapse the leg and combined with the chop to the back of the neck will bend the attacker over allowing the elbow to be used. Obviously the chop can be left on the back as a push to encourage bending, and the elbow should be targeted to the ribs, below the scapula. According to our resident physician, level with the attacker's elbows serves as a good landmark. The timing would be to escape the punch as we so often practice, grab the extended or extending punch, and while holding it out quickly deliver the sweep/crescent kick and chop as described above.

We believe this both preserves the teaching and improves the practicality of the technique. Your comments and replies are welcome. Please reply early so your comments and any discussion I may offer can be included in the December edition.

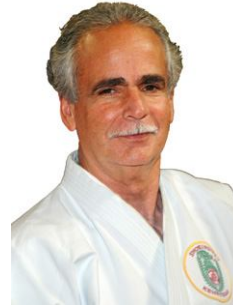






## Kyoshi Brian's Retirement

Myron M. Lubitsch, Hanshi



Kyoshi Brian Berenbach has recently retired after 50+ years of involvement in Shorinjiryu. He was drawn to the beauty and grace of the style from his

years of study with Masayoshi Kori Hisataka and his son Masayuki Hisataka. Practicing a kata or kumite thousands of times was something Kyoshi enjoyed immensely and would routinely continue to do outside of the dojo for his own betterment. As his training progressed, the concept of asking questions was never required as the body would automatically learn and adjust to a new technique after over 10,000 repetitions.

Kyoshi Brian's extensive martial arts experience mirrors an even more impressive engineering career. He has worked as an architect on large software-based systems for nuclear power plants. He has also served as a requirements engineering consultant for over a decade which culminated in his own book "Software & Systems Requirements Engineering In Practice". Kyoshi has traveled all over the world to conduct seminars and share his extensive experiences in various engineering methodologies. Even after his official retirement, Kyoshi has now become a part time professor for Georgia Institute of Technology to continue passing on his years of knowledge.

On a more personal level, Kyoshi Brian is happily married and has raised 3 sons who have all graduated and now work full time within various technology related fields. He is a caring, loyal, hardworking individual that is always looking to help others succeed in karate as well as life. Anyone who has crossed paths with him has benefited from his wisdom and will always remember his insightful stories.

Kyoshi Brian was a valued high ranking member of the Kenryukan School of Shorinjiryu. His association with Hanshi Myron Lubitsch was that of close friendship and continues even after his retirement. We wish him great joy, happiness and success in his retirement, but still expect to see him at special events. Good luck, Kyoshi Brian.

## How Did I Get Here??

Joseph R. Van Winkle, Sandan



The date: May 14th, 2016. The place: Imperial Dragon Hombu Dojo, Cypress Hills, Brooklyn, N.Y. The event: my promotion to Sandan. An amazing accomplishment for anybody, although I still wonder “how did I get here?”

Flashback to Fall of 2001. The place: a photography studio in Secaucus, N.J. The event: my daughter and her half-brother taking promo pictures for potential modeling assignments. This is where it all began for me.

The photographer at the studio was a man by the name of Jim Dee. He and his partner owned the studio and were proponents of child modeling. When we arrived, I noticed a brochure that was pinned to a bulletin board. It was about a karate school that Jim ran and where he taught. Having been a student of Jujitsu in my teens, I always had an affinity and marvel with and for the martial arts. At the time, I was not in the greatest of physical condition and the more we discussed his school, the more it intrigued me to investigate.

I believe it was about two weeks later that I finally mustered up the initiative to visit the school. It was there that Shodan Jim greeted me and I spent about 15-20 minutes watching class and Shodan explaining some of their routine and goals. He offered to have me join class that day, but I was not prepared mentally. The following week, I made the commitment to return to the school and give it a try. I worked out with the adults in Shodan’s evening class. Although I paid for it the next couple of days, I enjoyed myself immensely! The bug had bitten me. I began training in earnest, attending not only the adult class, but the youth class as well. It wasn’t long before I received my first promotion. It was February of 2002 and I received my YELLOW (8th kyu) belt. Now, I was really into it.

But all good things come with challenges/obstacles. That obstacle for me was when I returned from vacation in the Summer of 2002. I found it hard to return to the dojo to resume my studies. It was not that I had lost my passion, I had become complacent

in NOT going to the dojo. This went on for about a month or so. Shodan called me after about two weeks to inquire where I was and why I had not been in attendance at class. As many of us do to placate someone, I responded that I would return the following week. It came and went without me returning. Shodan called again to inquire. And again, I inferred that I would resume the following week, which I did. I never looked back after that.

I believe that it was February, 2003, when we went to The Beacon Theater in NYC to see the Shaolin Monks perform “The Wheel of Life”. We had some time before the show began. We went for pizza at a shop on Amsterdam Avenue. As we entered, Shodan acknowledged that he recognized a gentleman ordering at the counter. He excused himself from our group and went to speak to this gentleman. Upon his return, Shodan informed us that the person to whom he was speaking was Kyoshi Myron Lubitsch, the head of the Shorinjiryu Kyokai and Kenryukan system. He informed us that an invitation had been extended to us to visit the Hombu. To say we were excited is putting it mildly. Truth be told, at this point, we were tantamount to “Ronin” as we had no “Master” to whom we were aligned. Shodan had trained with Kyoshi John Mirrione and he had retired from his job and moved to Florida as I recall. Shodan had never been confronted with the possibility that one or more of his students may eventually be eligible to be promoted to black belt. The stage was set for us to be re-indoctrinated into the Shorinjiryu fold by joining the Kenryukan.

Shodan and my classmates were invited to a clinic where I was in awe as all of the faces I had viewed on the Kenryukan and Shorinjiryu web pages were present in the flesh! As it was, we made a very auspicious entrance as we were about two hours late due to traffic on the Belt Parkway. Shodan Jim was asked to demonstrate what he knew, kata, kumite, etc. It was offered and agreed that we would travel from New Jersey to Brooklyn at least once a week.

When we started training with the Kenryukan, the first thing I noticed was that most of the class was actual Karate! In our Ridgefield Park Dojo, the majority of our training was cardio and calisthenics.

I was amazed. I loved it. After a couple of months, Kyoshi Myron offered that we come and train as

often as we desired. I started to train twice a week in our Dojo, and twice a week, ventured into Brooklyn. All who attended the Hombu welcomed us/me with open arms. I fell in love with this group of people, relishing every tournament and training session spent together.

As the years passed, there were some blips along the way. There always seems to be something! My issues were from two surgeries (hernia, rotator cuff), some personal problems, etc. Honestly, there were times that I did not feel or make the effort to get in and train. Luckily, those feelings always passed and I feel that I become stronger because of this perseverance.

Flash ahead to November, 2009. The event: my promotion to Shodan. Firstly, this was one of the most gratifying days of my life. Never in any way did I think that I would EVER become a black belt. It was not my goal or intention when I began my training. As stated earlier, my desire was to get into good physical shape. So you can imagine the ecstasy of this occasion. I had my family and friends who traveled to Brooklyn to be present, in addition to all of the students that I had trained beside, all of the Black Belts who trained me, mentored me, broke me down, built me back up. And I had, now Sensei Jim Dee, who is one of my best friends in the world. He had believed in me every step of the way. Over the years, we have had our ups and downs but he is my Sensei, he is my friend, and I was just as happy for him on this day as I was for me.

Flash ahead, once again. The date: May 25, 2016. The place: Lodi, N.J. As I write this retrospective, and as stated in my resume for Sandan, I STILL HAVE A LOT TO LEARN. Not sure if it is real or imaginary, but I sensed that with every promotion along my journey, I felt more empowered, that my foundation got stronger, my insight to understand the intricacies of our system got easier to envision. This latest step has made me realize how valuable it is to ensure that all of our students have a strong foundation both physically and, more importantly in my mind, morally. We need to teach more than Karate, to ensure that our students are solid citizens. We say it many times over and over. Karate is more than punching and kicking. It is about responsibility

to ourselves, our parents, our teachers, and our instructors.

Lastly, and let me say it again, this is a journey. It is one of the most incredible experiences of my life. In my humble opinion, you cannot enter your training thinking "well I'm gonna have my black belt in four years". If that is your goal and aspiration, you have completely missed the point and the beauty of the journey! Remember, a black belt is a white belt that NEVER quit.....Domo Arigato!

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## Koshinkai Training Camp

Jim Griffin, Kyoshi



We have all returned home now following another great Shorinjiryu Koshinkai Karatedo

National Camp. Muscles and bones are aching but the smiles can't be removed from the faces of all who attended. Kyoshi Jim Griffin, Kyoshi Max Estens and Shihan Des Paroz co-ordinated and led the majority of the training sessions with the emphasis being "think outside the square".

Shihan Max Estens was awarded the title "Kyoshi"

Congratulations to all who successfully demonstrated for Yudansha (black belt) promotions:

Tasshi Tony to Godan  
 Sensei Travis to Sandan  
 Sensei Jaren to Nidan  
 Sensei Owen to Shodan  
 Sensei Leisa to Shodan  
 Sensei Eugenie to Shodan  
 Bill to Shodan Ho  
 Teagan to Shodan Ho (Junior)  
 Sam to Shodan Ho

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## Koshinkai Training Camp

Tasshi Tony Fletcher

I can't say enough about our Koshinkai National Karate Training Camp in Coffs Harbour over the weekend. It was just fantastic to meet up with everyone and train our hearts out. Long days, hard training, sore everything but well worth it.

I am grateful and humbled at being presented my 5th Dan Black Belt after performing my grading in front of Kyoshi Jim Griffin, Kyoshi Max Estens, Shihan Des Paroz, Shihan Lesley Griffin and Renshi Graeme Bowden. Thank you all for your guidance, support and encouragement.

I said in my Shishikan Dojo FB page how proud I am of Samuel Dennien for a great Shodan-ho grading. You did me proud Sam and of course yourself and the Dojo. Thank you also to Teagan Divljak for being a great partner for Sam. You both work so well together.

Also to Ella Russell for a great showing at her first camp. Well done Ella.

Roll on 6 months of New York in Oct to attend the 30th Anniversary of the Shinzen Kyokai with Hanshi Myron M. Lubitsch and then it's only another 6 months before we have our next Koshinkai National Karate Training Camp in Coffs Harbour. Time will fly, can't wait

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## SunShine News

### New Promotions

Rank	Title	Name	School
5 <sup>th</sup> Dan	Sensei	Tony Fletcher	Koshinkai
3 <sup>rd</sup> Dan	Sensei	Travis Foss	Koshinkai
3 <sup>rd</sup> Dan	Sensei	Doug Kukura	International Budo Institute
3 <sup>rd</sup> Dan	Sandan	Joseph R. Van Winkle	Imperial Dragon Hombu
2 <sup>nd</sup> Dan	Nidan	Mark Rosenthal	Ake no Myojo Budo, Inc.
2 <sup>nd</sup> Dan	Nidan	Jaren Foss	Koshinkai
1 <sup>st</sup> Dan	Shodan	Owen Brest	Koshinkai
1 <sup>st</sup> Dan	Shodan	Leisa Dunmore	Koshinkai
1 <sup>st</sup> Dan	Shodan ho	Sam Dennien	Koshinkai
1 <sup>st</sup> Dan	Shodan ho	Bill Bohan	Koshinkai
1 <sup>st</sup> Dan	Shodan ho (jr)	Teagan Divljak	Koshinkai



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