

**World Shorin-Ryu Karatedo Federation USA Inc.**  
**Newsletter Jan 2017 through May 2018**

WE ARE EXCITED TO ANNOUNCE OUR THREE YEAR ARC FOR INTERNATIONALS!  
Kicking off with 2018!

For more details go to: <http://www.shorin-ryu.net/internationals.html>

## THE THREE AGES OF MATSUBAYASHI-RYU

Our most ambitious themed Internationals

BUSHI MATSUMURA      KOSAKU MATSUMURA  
MOTOBU CHOKI      ANKICHI ARAKAKI      CHOTOKU KYAN  
SHOSHIN NAGAMINE  
HANSHI FRANK GRANT

Beginning with our 2018 WSKF Internationals, we will present the first of a three-year International theme in the context of training in a given "Age." During each year or Age, we will learn how the evolution of Matsubayashi-Ryu developed and became the premier and most respected art of karate it is today.

**2018 WSKF Internationals**  
**The Age of the Masters - Pinan, Naihanchi, Passai, Chinto, Kusanku:**  
The Age of the Masters, encompasses Masters Arakaki, Kyan and Motobu. It is the era of the Meiji Restoration (1870), the modernization of Japan and the end of the "top knot." Meiji means the "Era of Enlightened Government." Japan was becoming increasingly industrialized and modern, and in those days, karate-do was practiced in secret. Matsubayashi-Ryu, as a style, did not yet exist.

**2019 WSKF Internationals**  
**The Age of Nagamine - Fukyugata, Yakusoku Kumite B, Birth of Matsubayashi-Ryu, Essence of Karate-Do:**  
The Age of Nagamine is born amidst international strife resulting in the ultimate defeat of Japan and destruction of Okinawa at the close of WWII. Nagamine developed Matsubayashi-Ryu as we know it today from the wreckage of a devastating world war in an effort to preserve his culture and provide a healthy focus for the young people of the next generation. However, with the arrival of American servicemen and women stationed on Okinawan soil, he had to decide whether or not to teach westerners a traditional Okinawan art form. His decision would allow karate in general, and Matsubayashi-Ryu in particular, to spread throughout the world.

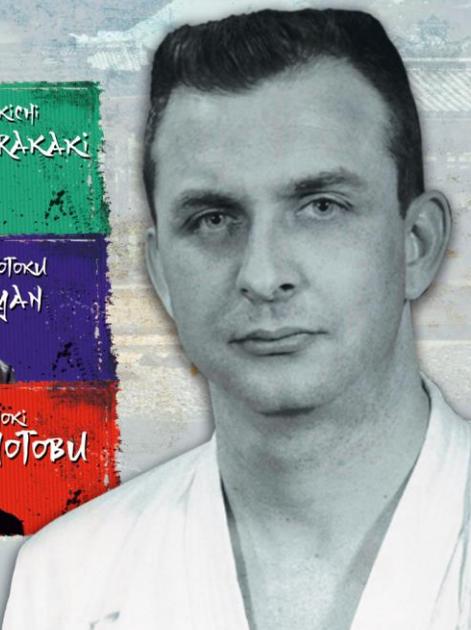
**2020 WSKF Internationals**  
**The Age of Hanshi - Preservation and Innovation -Yakusoku Kumite A and "The Next Step:":**  
With a system of kata in place, the essence of karate-do was at a crossroads. The west was exposed to karate and the art was spreading throughout the world, but at a cost. Okinawan karate was degenerating and fragmenting into numerous styles and combinations of styles. Master Nagamine would task a young Frank Grant, the last of his five "special" students, with preserving Matsubayashi-Ryu as true to its traditional form while at the same time "taking it to the next step."

DALE HOLLOW STATE RESORT PARK  
BURKESVILLE, KY

WSKF INTERNATIONALS 2018      JUNE 17 - 20, 2018

# THE AGE OF THE MASTERS

Hanshi's 85th Birthday Celebration



ANKICHI ARAKAKI  
CHOTOKU KYAN  
CHOKI MOTOBU  
FRANK GRANT

# DOJO NEWS!

**Martha's Vineyard Dojo Kyoshi Peter M. Cronig, 7th Dan**

**2017!**

Our new shodan, Justine Cassel, trained in her usual enthusiastic, “never miss class”, style with Kyoshi Cronig all through the summer and fall up until the new year.



Sensei Rob Eldredge trained with them until October, when he had his hip replaced. He is now back training, sort of gently, with Kyoshi Cronig. Justine is now off for six months doing conservation work in Arizona with Americorps. Before that, when Sensei Eldredge was on crutches and Justine was applying to colleges, they spent part of each day working on a sign for the dojo.



**Martha's Vineyard Dojo Kyoshi Peter M. Cronig, 7th Dan**  
**- Training Tip: Videotape your katas.**

If a student has a tripod to setup their video phone or a fellow student to hold their phone, try filming yourself doing your katas, etc. Take the time every few weeks and film yourself doing your katas.

Shoot at either normal speed or slow motion, or do both.

Film from all four sides. That means do the kata facing the same way all four times. Have the camera rotate around you. First from the front, then the left side, then from the back and then from the right side. Then review the videos.

The purpose of this exercise is to find mistakes. If you know your basics and you know how your kata should look, you will see what you need to correct. If you are making mistakes and you see the same mistakes from all four sides you will know what needs to be corrected.



Always review the videos with your Sensei. I know as a Sensei I don't always see mistakes that my students make.

Video recording has helped me with my own katas.

The video recording will always be the unbiased helper.

Try it out!

## Dayton, Ohio -- PAC Dojo - Kyoshi Glenda Olin



PAC students continued to train hard this year and their efforts have been rewarded in rank progression. Each step students take increases their confidence in themselves and their commitment to training. It is very rewarding to see the efforts made in class by all students. The measurable strides made by the pre-juniors (3-6 years) is amazing. Their enthusiasm is contagious.



PAC students participated in "Fitness Day" at the dojo. A series of drills were set up and each student was challenged both physically and mentally.



The most challenging drill was the Bosu Balance Ball where students struggled to stay on the ball while kicking and punching.

A few years ago, Sensei Olin met with her black belts and explained that she wanted their help in finding a mascot for PAC students. After reviewing several prospects, PAC black belts made a decision. Our mascot would be a wolf and he was named Paxton. In order for PAC students to be awarded their own Paxton, they are required to be a PAC student for at least one year with consistent attendance in class for the year. Once students receive Paxton, he becomes part of their family and accompanies them on vacations and outings. Paxton is making his way across the United States and in the past 4 years, he has visited at least 10 states.



Throughout the year, PAC students were tasked with creating projects that were assigned point value. Examples of these tasks were creating innovative warm up exercises and then leading the class, completing worksheets consisting of Japanese words and rank requirements and assembling a puzzle of the WSKF patch. The students that completed the assigned tasks and reached the measured goals were presented with PAC's junior mascot, Paxton Jr.



A few years ago, PAC adopted a litter clean-up area in Harrison Township. Along with the "Adopt an Area," this year PAC students and their family cleaned up the area around the Payne Ave. Post Office in Harrison Township. A total of 31 bags of trash, along with several household items was collected. It is important for the PAC students to give back to the community and this clean-up has become an annual event for PAC.



To honor Breast Cancer Awareness Month, PAC students wore pink belts to class in October. It is invaluable for me to listen to my students and make everyone an integral part of the PAC Program. The idea of wearing pink belts to class was presented to me by one of my junior students.



In the spirit of the holiday, PAC students dressed up for Halloween and participated in games including Cup Stacking, Pumpkin Sweep, Ring Toss and Ping Pong Race.



To celebrate the Christmas season, PAC students wore holiday hats while training.



**Matsunoki Martial Arts & Fitness Center, Greenville, OH**  
**Sensei Lisa Shank & Sensei Sylvain Shank**

Find us at: <http://matsunokikarate.com/>

As we enter our second year, Matsunoki is proud to recognize the determination of our students as they work towards their individual goals in Karate. At Matsunoki, we work hard on developing our technique and skill, as well as the students' understanding and appreciation of Okinawan culture and history. Our students have been introduced to the history of Grand Master and his teachers, weapons, and Shuri Te and Naha Te. They have learned how to identify kanji of 1-10. Students have also participated in extra training, tournaments, and promotions throughout this year. Our students have taken advantage of the extra special training classes with high ranking WSKF black belts on First Friday classes, and have attended additional WSKF training sessions to improve their skills.



Below we have listed student accomplishments through promotions to date:

**Pre-Juniors:**

Annabelle- white gold  
Christian- white gold  
Colton- white gold  
Henry- white gold  
Payton- white yellow

**Juniors:**

Clayton- yellow  
Gage- yellow  
Imagene- orange white  
Karma- yellow black

**Adults:**

Corey- Go Kyu  
Crystal- Hachi Kyu  
John- Go Kyu

We would also like to Welcome our new students to Matsunoki, and encourage them as they prepare for their very first promotion:

<b><u>Pre- Juniors:</u></b> Norah Hudson Jackson	<b><u>Juniors:</u></b> Evan Megan Scotty Zac	<b><u>Adults:</u></b> Daniel Lydia Sean
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### **Training Tip:**

When working on getting the correct angle on the blocking arm in a Jodan Uki, we have our pre-juniors/juniors think about the peak of a roof of a house.



Students will commonly place their arm at an angle that is almost parallel with the floor, rather than at the 45 degree angle required. A flat roof would not protect our home as well as a house with the perfect angled roof.

We talk to our students about how heavy the roof of our house would become if it were raining and we had a flat roof. By angling the roof (or their arm in this case), the rain will not puddle on our roof but rather run off easily without any effort. The same is true for a punch coming at your forehead. The correct angle of the blocking arm will redirect the punch away from your head without much effort. An incorrect angle takes more effort and may not be effective.

Lake Villa, IL – Gōhō Seishin Dojo --- Sensei Chad Sheets & Sensei Patty Blakesley

Find us at [www.gohoseishin.com](http://www.gohoseishin.com)

Spring is a time of renewal, when we recognize the energy that is in us and all around us. That energy has shown itself in hard work and growth for the students at the dojo. Whether it's a young student heading towards their junior black belt, an adult putting on a white belt for the first time, or those that have come back to train after being away. The effort and energy you see on the floor is wonderful.



Hand in hand with that, new students have arrived to help keep the floor packed, and even the building that we are in has had a facelift! Even while the work was in progress, we kept on training.



In addition to our usual Monday/Thursday classes, we have been starting off Saturday mornings with training and sunshine. From a recent class: What do you call 120 squats, 120 pushups and 38 kata repetitions in the morning? A good start to Saturday---that needs to be followed with more training! ☺

And, we're also glad to announce that this spring we have added cardio boxing classes on Wednesdays, and morning meetup classes for studies in movement and yoga. There are a couple new businesses opening up nearby. Hopefully with this added momentum we can bring a number of additional students to the WSKF.



The dojo has also recently joined the local chamber of commerce. We've done this to be able to see more happenings in the community, and get more exposure in local events. We are hoping to soon join some events.

We also appreciated a visit from Sensei Todd Wilson last fall, it was nice of him to join us, and he even agreed to teach the students some of his thoughts on Naihanchi – being one of Sensei Wilson's favorite set of kata!

**TRAINING TIP** – From Gōhō Seishin student Gary Frost: Do your best each and every time even if you don't succeed. Remember, a quitter never wins and a winner never quits!

A follow-up from Sensei Sheets: Take Gary's thought to heart – true success is found when you choose to make the effort regardless of how it looks at first, as opposed to not trying from fear of looking bad. Go ahead! Put it out there! Make the effort, as that is what yields results! All the Sensei, Kyoshi and even Hanshi started with various levels of skill or talent, but all stated as a white belt, and it is only through years of hard work, perseverance, and the willingness to fail in order to improve on those failures that has brought them to their achievements today. Whatever your "black belt" goal may be, you can't hold onto it with innate skill. You either improve or decline. Make the effort to improve a little at something every day!

**Okinawa Shorin-ryu Karate-Dojo, Troy, OH, Kyoshi Jeff Leistner & Sensei Chris Leistner**

Check us out here: <http://www.oskdkarate.com/> and find us on Facebook:



**This time around, we submit a few Articles from our students .**

## **Simplicity in Karate**

**By Lane Stewart**

Everything in life is simple but made complicated by human nature. People cannot sleep at night because they think, causing them to be tired the next day. Would it not be easier to just fall asleep? Why stay up thinking? It is human nature to overcomplicate things.

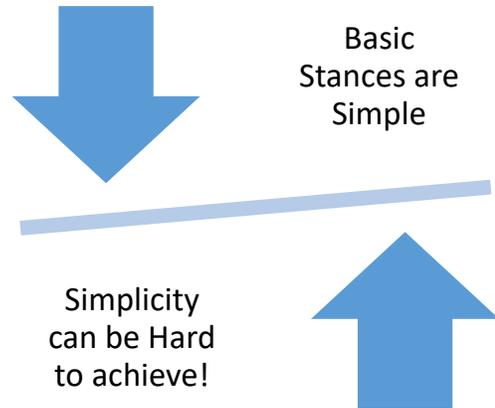
The definition of Simplicity is “freedom from complexity, intricacy, or division into parts.” In Karate, everything is simple, but made hard by human nature. There is only one way to do karate, the correct way.

There are only two stances in karate, which are the walking stance and long stance. However, people are weak and get tired resulting in them having too long or short of a stance. By giving into your own weakness you are giving into defeat.

The walking stance is natural and relaxed. This should be very similar to how you would walk in everyday life. This is very simple because you practice it every day unconsciously. The distance between your feet is two fists in length and one fist in width. The weight distribution is fifty percent on the back and fifty percent on the front. So simple that people make it hard, because they overthink how to do it.

In a long stance, you would check your stance by taking a knee. There should be one fist length and width from your knee to the heel of the other foot. There should be seventy percent on your front leg and thirty percent on the back leg. This is not very difficult at all.

How can anyone get better at karate if they cannot learn how to do the basic stances? It is very simple, yet very hard.



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## WHAT DOES IT MEAN TO BECOME A BLACK BELT

**BY: HOLLY BEASLEY**

The words in this essay don't come from the pages of a book or the screen of a computer. Nor do they come from the mind of a helpful family member, but rather the words that come to my mind when I see a black belt helping a lower rank or my karate instructors helping me.

Leader. Good example. Teacher. Those words cross my mind as I watch them pass on their knowledge to others and myself.

I listen to their helpful advice knowing that someday I might be doing the same thing. Giving advice to someone who needs it. Being a teacher who is loyal to the student. Setting examples for others to follow. Leading a student to be and do the best they can.

Being a boss is what most would think about when they become a black belt, but not me. I know it means to lead, not follow. To encourage others to be like you. It means to instruct in a kind manner. It means the responsibility that comes with being a black belt. The responsibility of putting 100% or more effort into every class, the responsibility of giving it your best shot. The ability to teach, passing on my very own knowledge, being a teacher.

There is a lot of responsibility that comes with being a black belt. Being a good example that others want to follow. Being an excellent leader. Sharing my passion with others.

Being a black belt means everything to me. It means my life, my passion, my responsibility, my leadership, my past, my present, my future, my ability to teach, my effort, my health, my ability to set a good example, and my forever!



**Tonbo Dojo -- Cincinnati, OH Sensei Jeff Bentle -**

This newsletter, we present two Research Articles

**Article 1:**

**Arakaki**

“Powerful enough to seize the first bolt of lightning, there’s nothing as fierce as the grasp of karate’s empty hands.”

This is taken from an ink drawing and poem illustrated by Arakaki Akichi shortly before his death in 1929 at age 31. There is an image of it in Master Shoshin Nagamine’s book Tales of Okinawa’s Great Masters. The drawing shows a goblin beating a drum on a mountaintop, and Arakaki signed it Ichisennin, which means “The Hermit.” Master Nagamine had begun training with Arakaki just two years earlier, and considered Arakaki to be his first sensei. He recognized that Arakaki significantly influenced the art of karate-do, not only in his own life and training, but also for many future generations of students.

Arakaki Akichi was born in November of 1899, the eldest of eleven children. He began training in primary school with Gusukuma Shinpin, Hinashiro Chomo, and later with a young Chibana Chosin. He was a natural and gifted athlete. Due to his family’s wealth as successful sake merchants, he was able to devote much of his time to a passionate study of karate as well as judo, wrestling and other athletic endeavors. He trained all day and into the night, developing powerful legs and amazing agility. By nineteen, he was well known in his district as a young karateka of exceptional ability. He was recognized for developing tsumasaki-geri or “toe-kick,” which became a signature of Matsubayashi Shorin-ryu. One of his favorite methods of cross-training was hiking up and down the mountain district of Shuri...on his toes.

After an honorable discharge from the military in 1921, Arakaki moved to the Kadena district of Chatan village. There he met fifty-five year old Master Kyan Chotoko, who would shape and then reshape the raw talent of his young student. Arakaki, like so many karate enthusiasts, practiced it as a physical pursuit. Under Kyan’s patient tutelage, however, he studied it as a physical skill balanced with artistic and intellectual development. Such a practice could make a whole person - a person who possessed not only physical ability, but true inner strength of character.

After a few short years, Arakaki was cultured and refined, as well as dangerous. Shortly after WWI, when Nagamine was twenty and Arakaki was nearing thirty, Okinawa experienced a severe economic recession. Arakaki's father died and the family business declined sharply. The Meiji Restoration of the Japanese government had by this time re-ordered Okinawan society. The younger generation looked down upon the old Okinawan folk traditions and considered them irrelevant, or at best quaint. Okinawa had a long tradition of music, poetry and dance that expressed cultural identity, but the younger generation considered them a waste of time. Through Arakaki, Nagamine learned that culture and karate were inseparable; one could not truly learn karate-do without understanding the culture that produced it.

In this environment, Arakaki taught Nagamine that karate and traditional Okinawan folk dancing shared principles of movement, not only with hands and feet, but in the breath, the centering of mental focus, concentration, and the use of the tanden, a single point in the abdomen from which all motion begins and ends. Differences lay only in the intent: karate sprang from man's instinct for self preservation, and dance as a desire to express emotion.

As an art, karate-do allows the student to address issues surrounding life and death, of being and non-being. As Nagamine would later put it, karate as an art form would set a foundation for a "spiritual path on which its followers could discover and conquer the sources of human weakness."

Despite his best efforts, Arakaki was unable to revive his family business and it eventually went bankrupt. Stress took its toll, and on December 28, 1929, Arakaki Sensei died from complications associated with stomach ulcers.

Though Master Nagamine only trained with him a short time, Arakaki Sensei left an indelible impression on Nagamine's character. Arakaki began with a visceral, street-level practice of kicking and punching and elevated it to a noble pursuit, a lifetime endeavor. He venerated it as a cultural treasure to be preserved and helped it flourish.

We may wonder what Arakaki may have accomplished had he lived a longer life, but sometimes people live a long life in a very short time. They wisely plant seeds in fertile ground, walk away...and then something magnificent grows.

## **Article 2: Master Chotoku Kyan's Possible Teachings to O'Sensei Shoshin Nagamine**

### **Master Kyan's Background**

Kyan Chotoku was born in 1870, the son of Kyan Chofu, a high-ranking official in the Okinawan royal court. Though by the time of Chotoku's birth in Gibo Village, Shuri, the Okinawan kingdom was already in transition from a monarchy to a Japanese prefecture. The now former king and his family were subsequently taken to Japan, where they continued for some time to live an aristocratic life. Accompanying the king were some of his old retainers, including Kyan Chofu, who brought his twelve-year-old son to be educated in Tokyo. However, Chofu's service to the former king ended when Chotoku was sixteen and the Kyan family moved back to Okinawa to a land where much of the gentry class, the people who developed karate, had fallen on hard times.

At the tender age of five, he was taught the empty hand art of self-defense from his father Chofu Kyan and his grandfather. Every morning Kyan was required to perform specific exercises by his grandfather, who had a very discerning eye and required nothing else than perfection. Being born in a rich family, he was able to devote all of his time studying the martial arts and was sent to the best Okinawan Karate teachers available.

After completing his apprenticeship under the six famous Okinawan Shorin-Ryu masters, Kyan started to teach the art at his home. In the 1920's Kyan traveled to mainland Japan to promote the art. On his way back he visited Taiwan on a martial arts exchange tour for Okinawan and Chinese Martial Arts.

He managed to survive the Battle of Okinawa during which nearly 60,000 Okinawan civilians were killed. Food was scarce during WWII and whatever food Master Kyan obtained, he gave to the children. He felt it was his duty to take care of those who could not take care of themselves. In 1945 at the age of 75 Master Kyan passed away from hunger.

Master Kyan's words of wisdom might have been summarized in the subsequent views.

### **Training Advice**

1. Martial arts are to prevent and defend against danger.
2. Actions are used without ego and with patience.
3. Keep your ki low at the base of your stomach.
4. Practice kata as if you are in battle, you must know meaning of the movements.
5. Speed is necessary in all actions and movements. Placing force in your toes will make all movements faster as you advance or retreat.
6. Use the makiwara to strengthen the impact of the blow.

7. Integrate your spirit, body and eyes.

### Training Summary

1. It is necessary to strengthen your body physically.
2. Practice punches and kicks, as in the basics.
3. Learn how to move limbs supplely and body freely. (Remember, many masters were excellent dancers.) Kata teaches you to move with suppleness and without thought in the many possible situations. Anyone can acquire this ability with hard training and long research.
4. Without enlightening your spirit, your techniques will not be useable. (Meditation such as Zen is important.)

### Fighting Techniques

1. Know your opponent – both in their power and less powerful characteristics.
2. Do not overestimate your force and speed.
3. Conceal your own intent.
4. Do not use too much force for defense, for movements will be slowed down, risking loss of opportunity.
5. When you grasp your opponent, grasp them strongly in spirit but physically loose so you can react quickly to your opponents reaction.
6. Attacks must be fast; finishing even if deflected so as to trouble your opponent.
7. If your leg is seized, put your foot on the ground strongly.
8. When fighting multiple opponents, keep your distance. If one attacks from the right, move left and attack, then attack the opponent to your rear.

### Master Kyan's Traits in Karate Life

1. Master Kyan was known to teach kata differently to various people. Did he alter the katas? Or did he understand that each person is unique in knowledge and abilities? As Hanshi Grant would say, "I do not change the kata, I change you."
2. There are three differences in Master Kyan's karate compared to the other Shorin Ryu styles on Okinawa.

a. One, Master Kyan used a shorter version of a shiko dachi compared to Goju Ryu. He used this stance for mobility and generating hip twisting.

b. Second, Master Kyan did not use the full twist punch but a three quarter twisting punch.

c. And third, he emphasized twisting on the ball of the foot with the hip twist. He also put great emphasis on large body movements moving into the opponent or jumping away and then jumping back in.

3. A unique contribution was that Master Kyan combined China's vital-point strikes with Shuri's ruthless philosophy of ikken hisatsu. "One strike, sudden death." He went for the eyes and throat first, which a Shaolin monk would never have done. O'Sensei Nagamine was a religious man and perhaps this is why he spent little space in his book regarding vital points.

4. Master Kyan was a small man and knew he could not take head-on most men. He developed his technique, tai sabaki (body shifting) to step aside and forward, then attack. Hanshi Grant has taught us to not be in front of our opponent but have our opponent in front of us. Master Kyan was very proficient in this technique.

Master Chotoku Kyan's life began in privilege and ended in poverty. His early life provided great learning, in a strict environment. Being a small man with physical challenges and culture confrontations of that era, life was not easy. He shared his knowledge with many and to whom we are grateful

In Memorial

Rène Seguin: Husband, Father, Friend, Black Belt—  
Your presence here is missed.



Notes from the Editor:

May 2018 - Karateka, Friends and Associates. It has been some time since our last newsletter. Thank you for your patience. Attribute the delay to any reason, but we are now happy to get one produced. In this hectic paced world, be sure to take moments to remember what it is like to take a breath, calm the mind, appreciate the natural world for all its greatness, to train, and to be in fellowship with others that share the same goals of self perfection and peace. Thank you to the contributors to the newsletter. This time we feature articles provided from the different Dojos, across a range of updates, and meditations. We look forward to seeing you on the training deck, or on the bridge...

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