



The Canadian Isshinryu Way Everything Karate & Kobudo

Isshinryu Canada

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Be Brave

Karate is a fun and exciting activity, just like many things in life. But, just like many things in life, trying new things, especially when you aren't sure what's going to happen, can be stressful.

Take the chance and be brave in your training. Don't worry about making mistakes, looking like a fool or otherwise having things not work out.

Dojos are (and should be) a supportive fun environment. Everyone there is there for the same purpose, to learn and get better at Karate. No one is going to be upset if you try something new (Note to kids, this doesn't mean fooling around! Listen to your Sensei).

So, the next time you are fighting, doing basics or Kata, try something a little different. Step faster/slower, a different angle, etc. Maybe you'll discover something great.

Also, pay attention to others. At the Expo, many of us got wonderful opportunities to expand our minds, be open to others' "mistakes" to be learning opportunities for you.

Try to be open, learn from others and be brave in attempting new things. Not just in the Dojo but in life, and everyone around you will benefit.

Essential Isshinryu is available!

For more information on the first Canadian Isshinryu book, visit www.essentialissheinryu.com!

ATTENTION NEEDED!

Do you know of someone great in Isshinryu? If so, please e-mail Sensei@issheinryu.ca with the contact de-

Upcoming Events

Events

It's time to plan some events! The next Expo is going to be May Long weekend 2018!

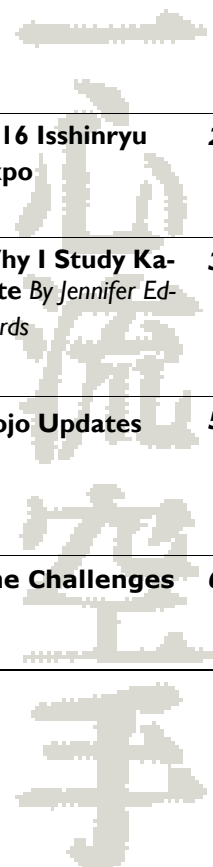
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The 2016 Isshinryu Expo was AMAZING!

The 2016 Isshinryu Expo was held in Thunder Bay, Ontario, Canada and it was an amazing event.

Participants travelled from all across Canada and the United States to attend. With three concurrent seminars happening at all times, everyone was kept very busy. Seminars were held appealing to all, whether you wanted to work on your basics, kata, bunkai, fighting, kobudo or teaching skills there were many seminars of interest.

Saturday was a wonderful banquet, full of the requisite Karate jokes and an amazing performance by traditional Japanese Taiko drummers.

As is our tradition, Friday started off with Black Belt gradings. Conducted under the oversight of the IKI and Hanshi's Mady and Markovich, it was a long night for the testees.

After performing basics, kata, bunkai and self defence, the fighting was still very vigorous and gave everyone the opportunity to show their tremendous skill as well as their spirit and push themselves very hard.

When all was done, the follow promotions were awarded:

Nanadan

Brant Ledoux (Dryden)

Rokudan

Richard Wharf (Westman Isshinryu Karate, Brandon)

Yondan

Simeon Ostap (Chitora Dojo, Thunder Bay)

Jeff Long (Chitora Dojo, Thunder Bay)

Sandan

Rob Purdon (Kokoro Dojo, Thunder Bay)

Nidan

Gord Adams (Lake of the Woods Karate, Kenora)

Caleb Frisby (Kokoro Dojo, Thunder Bay)

Shodan

Jen Edwards (Toshikai Dojo, Thunder Bay)

Mario Drouin (Toshikai Dojo, Ottawa)

Junior Shodan

Spencer Korol (Satori Dojo, Thunder Bay)

Ikkyu

Nolan Maenpaa (Toshikai Dojo, Thunder Bay)

Nikyu

Marlies Iorianni (Toshikai Dojo, Thunder Bay)

Graham Milne (Kokoro Dojo, Thunder Bay)

Congratulations to all on the achievement!





Why I Study Isshinryu Karate

By Jennifer Edwards

My heart was pounding. My breathing was heavy. My eyes were determined. Crack! The sound of splintering wood filled the dojo as I stared on in wonder and amazement. I had single-handedly broken a plank of wood using nothing but my bare foot. I felt powerful. I felt confident. I felt strong. And I loved it.

That Women's Self Defence Course was the very beginning of my journey in the martial arts. After that first experience, I wanted more. *The time to strike is when the opportunity presents itself.* I began classes as soon as I could and have not looked back.

I must admit that when I began I knew virtually nothing about karate other than the very little I had seen of it in the media. I thought it would be a good way to keep up my fitness and to learn something new. At that point I had no idea how Isshinryu karate would impact my life.

At first it was a bit odd getting used to working out in what felt like pyjamas. Not to mention, when I started I was Shihan Susan's lone adult student amidst a bunch of kids, as she was just coming back to karate following a sabbatical. My husband used to (and still does) tease me, calling me "Kramer," after the Seinfeld episode where white belt Kramer beats up a bunch of kids at a shiai.

From the beginning, I enjoyed karate. I found it interesting, challenging and fun, but over the years it has done far more for me than I could have ever imagined. I study Isshinryu because it has and continues to impact my life physically, mentally, emotionally, socially and spiritually. I study Isshinryu because it is the **One Heart Way**.

I have been an athlete all of my life. I have participated in numerous activities, such as running, basketball, volleyball, baseball and badminton, just to name a few. I am the sort of person who enjoys the practice more than the game. As an adolescent, I used to practice basketball alone in my driveway for hours. As soon as the temperature would rise enough to scrape the ice off of the driveway, I would be out there with the shovel. I remember doing repetition after repetition, shot after shot, drill after drill, until the pads of my fingers would be raw from handling the ball. Something about getting

out there and working up a sweat and really pushing my limits draws me right in.

Knowing that karate is about me making my body stronger, better, more prepared - it ignites that drive in me to strive for improvement each and every time. I no longer have a basketball net in my driveway, but it is not uncommon to find me outside running through basics or performing kata with that same familiar repetition, this time punch after punch, block after block, sequence after sequence.

A physical workout in the dojo is all encompassing. From stretching to basics and kata to self-defence and bunkai to kumite, everything is covered: static and dynamic stretching, strength and resistance training as well as aerobic and anaerobic training. I can think of no better activity than martial arts to condition the body and promote fitness.

Another one of the reasons I love Isshinryu is that it can work for any body type. Whether you are short or tall, slight or solid, male or female, Isshinryu is effective. The natural stances limit wasted motion and promote stability regardless of body makeup. There is never just one way to defend yourself. As Shihan Susan says, "Look for an opening and attack!"

For me, karate has a way of promoting mental clarity. About five years ago, my husband began to experience some debilitating health issues. The stress of finances, managing the household, raising our child and caring for my husband fell solely on my shoulders for quite some time. I felt like I was constantly on edge, with an impending sense of doom that at any second I was going to crack and everything would come crashing down on me. The one thing that allowed me some relief, even for a short while, was going to the dojo or running through my kata. Isshinryu karate has taught me to be able to focus on one thing and let everything else dissipate. It is about more than just doing kata and staying focused amidst distractions. It is about the fact that this skill is transferring, positively affecting my mental health, integrating more and more into my daily life. Thankfully, my husband's health is gradually improv-

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Why I Study Isshinryu Karate

By Jennifer Edwards

ing, but I often find myself pausing, taking a moment to check in, to breathe and to be mindful.

Over the years, I have forged many friendships in the name of Isshinryu karate. In my experience, walking into an Isshinryu dojo, there is a sense of camaraderie. Everyone is there to support one another, regardless of rank. I have come to truly appreciate and cherish my karate family both near and far. We have encouraged each other through karate events such as tournaments and promotions and have comforted and reassured each other through difficult times in our personal lives. I have great respect for my instructors, especially Shihan Susan, as well as for my fellow karateka, for they have shared so much of themselves.

It's inspiring to know there is such rich history in the martial arts. I so enjoy being a part of this style, this tradition that is so much bigger than me. I find comfort and peace in the knowledge that the ancient art of karate has been practiced by many generations before me. Master Tatsuo Shimabuku combined all of the best, strongest and most practical elements of other ancient styles to create this incredible legacy, the **One Heart Way**.

In the preface of his book, *Seisan Kata of Isshinryu Karate*, Steve Armstrong Sensei states, "The following is a summarization of the purposes of Isshinryu karate:

- To strengthen the mind and body
- To instil self-discipline
- To instill self-confidence
- To gain a measure of self-protection, the knowledge of which should never be misused."

Those may be the purposes of Isshinryu karate, but this art has given me so much more. Karate is making me a better person in respect to the physical, mental, emotional, social and spiritual. I feel both privileged and honoured to study Isshinryu karate with the Isshinryu Karate International organization.

When I was nine years old, my father passed away after a courageous battle with cancer. The date was May 19, 1990. My thoughts often wander to him during my karate practice. I find it quite fitting that I will be testing for shodan 26 years and one day later. I like to think he would have been proud of my accomplishment.

Updates from Toshikai Ottawa

September means it is time to refocus on your martial arts. The Toshikai Dojo of Ottawa was honored to have Canada's most senior Sensei come teach a seminar on stick fighting. Hanshi Bob Markovich, who has a ninth dan in Isshinryu as well as a fourth degree in Arnis, taught us some of the fundamentals of striking and defending with sticks. The class flew past as we were taught how to strike and counter from multiple directions. Everyone left the seminar feeling a bit more

mastery with the sticks. Having Hanshi Markovich at our dojo was a great way to start our 20th year operating in Ottawa.





Update from Thunder Bay, ON

Since the last newsletter lots has happened in Thunder Bay, we hosted the 2016 Isshinryu Expo, which was a huge success, as well as the following changes.

Chitora Dojo has a new home at Woodcrest Public School. After over 21 years it was time for a change and our new space is amazing. It's more than double the size and has a great floor, comfortable to roll around on but hard enough for knuckle pushups.

Toshikai Thunder Bay also has a new home at Volunteer pool. The Dojo moved along with the Judo club

so they are still training on the mats that make every other Dojo quite jealous.

Chitora Dojo also has done some promotions since the last newsletter.

Carter Sakiyama—Ikkyu
Peter Harbron—Green Belt

Don't forget to checkout the article on the Expo for many more promotions from Thunder Bay and across Canada.

Promotions in Dryden, ON

TIMA Dryden promoted three black belts this past June, congratulations to Stephen Dormer, Aidan Scott and Mandie Ryan.

Your cake is quite impressive!





The Challenges!

When setting goals and trying to accomplish things, it is very common to pick a large goal and then get discouraged. When that happens, no one wants to fail at their goals so instead, let's pick small tasks that you can easily do.

The key point is that you need to do it EVERY day. No days off, but if you miss a day, jump right back in. They are all easy to do, but you MUST do them.

By making a commitment to yourself to do it everyday, you'll improve your mental level of training, but also very quickly incrementally improve your skills. You may not notice after day 2, or day 5, but after day 30 or 50, things will suddenly be different. You'll be sharper and things will come easier to you.

Karate

Snappy blocks are the key to actually defending yourself. If the block is slow and weak it won't help you, resulting in you never getting the chance to counter.

In order to maximize the speed and power of your block, your entire body should work together to deliver the block. Here's your key points, try at least 10 blocks a day until you are comfortable doing all of them.

- 1) Block stops in line with body (no reaching)
- 2) Muscles are relaxed and then tensed
- 3) Body (hip) and arm move together
- 4) Breath works with block (exhale)

Kobudo

Just like the Karate challenge, sharpen your blocks. All the above points apply, plus two more.

- 1) Change position before blocking movement, you need the block to cover the key targets, it can't do that if you are still rotating it around.
- 2) Fix and then tighten your hand position appropriately (before contact)

Training

10 Slow Pushups

Instead of trying to do your push ups super quick, do them instead for a stomach workout.

Down, Up, Hold and squeeze your stomach for two deliberate breaths (in and out twice) and repeat. It should take you about a minute to finish. If it's easy, squeeze your core harder.

If you realized this is the same challenge as the last newsletter, great, instead of doing the pushups, do a T position rotation because your posture muscles are much stronger now.



Contributors



Editor & Author—Chitora Dojo

Mike Fenton—Thunder Bay, Ontario

Mike lives with his wife Kyla and has been training in Isshinryu karate for almost 30 years, and has been an instructor for over 25 years. He is currently head instructor of Chitora Dojo in Thunder Bay, Ontario.

Author—Chitora Dojo

Trevor Warren—Thunder Bay, Ontario

Trevor lives in Thunder Bay with his wife Maria. He has dedicated a great deal of his time to teaching and his own training with the realization that hard work is the key to success.



Jeff Long—Assistant Editor

Jeff Long—Thunder Bay, ON

Jeff is a Yondan and Sensei at the Chitora Dojo.



Author—Toshikai Dojo

Jennifer Edwards—Ottawa, ON

Jennifer is a Black Belt in Thunder Bay, ON who earned her Black Belt at the 2016 Expo.

Author—Wanted

Authors are always wanted, why not contribute your opinions or insights? Anyone can offer something of value, regardless of rank or experience.

Karate Terms in this Newsletter

Ashi foot

Atemi vital points of the body

Bunkai take to pieces/analyze

Empi, hiji elbow

Hajime Begin

haishu back hand

Haito ridge hand

Hiza knee

Kansetsu joint

Ken fist

Keri Kick

Kin-geri Groin Kick

Kinteki groin

Kokan heel

Kosomi ball of foot

Kote wrist

Men head

Mo Ichi Do One more Time

Rei Bow

Sanchin Three Battles

Seisan Thirteen

Seiuchin Control, Pull, Fight /
Calm within the Storm

Seretsu line up

Shotei palm heel

Shuto/Shoto knife hand

Sokuto blade of foot

Taisuko sole of foot

Tsuisaki toes

Tsuki direct strike

Uchi indirect strike

Ude forearm

Ushiro back

Yoko side

Yubi finger

It is important to familiarize yourself with commonly used Japanese words. Try to memorize all the words each time and you will soon have a large "karate" vocabulary.



Business Name

Submissions

Article Submission

Articles are welcome from anyone and everyone. They can be about anything related to the Martial Arts, a technique you think is just great; A better way to do a technique; History of a Karate Master; a tournament trick that works well; ANYTHING!

All articles are appreciated as e-mail. You can send it to your instructor to proof read and send in, or directly to me. (Mike (at) Isshinryu.ca) or (sensei@isshinryu.ca)

You can even include pictures if it helps your article!

Dojo Directory:

Any student is welcome at anytime to visit any dojo. Before class, always introduce yourself to the Sensei of the dojo and tell them who your current Sensei is.

For a full dojo list visit Isshinryu.ca We are getting too many to list here.

Affiliate Cities!

Abbotsford, BC

Contact: Mike O'Leary

Brandon, MB

Contact: Richard Wharf

Contact: Buzz Cox

Calgary, AB

Contact: Charles Boyd

Chilliwack, BC

Contact: Ryan Bird

Cookstown, ON

Contact: Harri T. Makivirta

Dryden, ON

Contact: Rick McGogy

Hope, BC

Contact: Norm Losier

Kenora, ON

Contact: Steve Davis

Contact: David White

Ottawa, ON

Contact: Tim Leonard

Quebec

Contact: Pierre Parenteau

Saskatchewan

Contact: Brian Smout

Sioux Lookout

Contact: Jim Sapay

Thunder Bay, ON

Contact: Mike Fenton

Contact: Trevor Warren

Vancouver, BC

Contact: Rachel McGovern

Windsor, ON

Contact: Albert Mady

Winnipeg, MB

Contact: Brent Horton

Canadian Isshinryu Abroad

Berlin, Germany

Contact: Ryan Boesche

Stow, Ohio

Contact Albert Pecoraro



Chitora Dojo at the Conquer the Fort Mudrun

Simeon Ostap, Carter Sakiyama, Justin Johnson, Mike Fenton, Trevor Warren, Sarah Johnson