



Around the Dojo

Welcome

I would like first once again to thank all those who played a part in my dedication ceremony and the katana gift. Your thoughts and support are what keeps the seniors motivated and young.

I would also like to compliment our organization on another successful year of dedicated and strong karate in the spirit of my mentor, Kori Hisataka *Kaiso*.

Our organization is getting stronger with each student and venture. Communication is one of the pillars of a strong organization and this newsletter is a cornerstone to a more unified

and cooperative effort in the establishment and growth of the Shorinjiryu Kenyukai Watanabe-Ha family.

Please take the time to read, share, and support this endeavor with the enthusiasm that it deserves.

Let this be a catalyst to more eventful collective thoughts and endeavors. This tool is the result of your efforts and sincerity. I wish to thank the Island Budokan Dojo for its efforts to produce and maintain this newsletter and all who contribute. Omedeto!

Good luck, be well, many thanks.

WATANABE KAICHO IN A NUTSHELL Daniel Hayes, Sensei

It is difficult to summarize the life and accomplishments of a man. Even if we narrow the field of vision to just his martial undertakings it is an enormous task, especially if Shorinjiryu Karate is who he is.

The following is just a brief synopsis of the Watanabe Shunji *Shuseki Saiko Shibhan* of the Shorinjiryu Kenyukai Watanabe Ha Federation. These accounts both in specific and perspective are a result of interview and resume. All have been substantiated and are verifiable. Enjoy and be inspired.

Watanabe Shunji *Kaicho* (President) has inspired many and given his life to the development and proliferation of the style of his teacher Hisataka Kori *Kaiso* (founder), Shorinjiryu Kenyukai.

Beginning at the age of 17 at the Hombu Dojo through the introduction by his elder brother and best friend to *Kaiso*, the life of Watanabe Shunji and thousands more would

never be the same. His practice was to be rigorous, eclectic and vast. Practices were held six days a week for three to five hours per session. He was schooled in the arts of Kendo, Jodo, Judo, Aikido, Karate, Buki ho, Heiho, resuscitation, health and reishiki. Some of the stories recounted are quite sobering. As a matter of fact, *Kaicho* still has scars on his inner thighs from the Sai practice that would leave his gi pants soaked in blood.

His speed and agility quickly afforded him a nickname when referred to by other senior Japanese Budoka; it was *KAZE*, meaning "the WIND". If you have ever worked with *Kaicho* the reasons would be obvious.

His dedication, loyalty, skill, humility and devotion so moved *Kaiso* to name Watanabe *Kaicho* to be *Menkyo Kaiden* to Hisataka Kori *Kaiso* upon his passing, over his son

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Upcoming Events

- April 29, 2006 - 4th Annual Watanabe-Ha Tournament - Baltimore
- July 29, 2006 - Shorinjiryu Kenyukai Watanabe-Ha clinic - Long Island
- August 12, 2006 - Annual Island Budokan Beach Workout and BBQ
- September 16 - 17, 2006 - Shorinjiryu Kenyukai Watanabe-Ha clinic and Yudansha Testing
- October 8, 2006—International Shinzen Shiai - Brooklyn, NY

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Masayuki. He will never publicly admit to this, as it is an insult to the Hisataka family. I have substantiated this fact with many reputable practitioners, such as a Menkyo from Shindo Muso Ryu and Jo Do, Nakamura Sensei and others. This is yet another example of his undying devotion and loyalty to the man who gave him his Kokoro and Karate.

To this day Watanabe Kaicho always refers to Shorinjiryu Kenyukai as “my teachers karate” and often speaks of his days with O Sensei and his teachers.

The following are excerpts of an interview I had conducted of Watanabe Kaicho for an article to be printed in a Martial Arts Publication. For the entire interview see our website at www.islandbudokan.com

How long have you been practicing Martial arts?

My best friend introduced me to O Sensei in 1955. He was a Nidan in Shorinjiryu Kenkokan at the time. I was not well liked by the other kids in school; they did not like the way I looked, so I was always in fights. I was also very fast and was a strong runner for the track team. So he thought it would be best if I tried to learn better how to defend myself, as I was fit and not afraid to fight. I was 17 years old then, so I have been practicing for about 48 years. When I was 29 I was chosen by the Japanese government. to be part of a special National Karate team which was enlisted to

demonstrate for Japanese Karate for the West at the 1967 World Expo on Montreal, Canada. That's how I came to be here.

Any interesting stories of early karate training?

Things of the old days may not seem so interesting now. People think differently. For example, we used to try to catch cats as part of our Tai and ashi sabaki training. As for other average dojo practices they may seem a bit extreme for the westerner. I remember one class where one of my peers separated my collarbone. I heard a loud pop, and I was in tremendous pain. Sensei was a bone doctor; we called it an army doctor. He sat me down and tried to pull it over and over again while the others held me down. I was then expected to continue. They just tied my arm to my body and class went on. I kept passing out so they made me sit on the side. I could only sleep sitting up. When I told my teacher he told me that I needed to get my gi on and get back on the shiajo immediately. So I did. As I was still standing, I was to participate as any other. This was very common.

Westerner's response to traditional Japanese training?

When I was instructed by Sensei that I must stay here to teach I was honored. As I tried to teach I soon contacted my teacher to please let me come home. The students here were too soft. I tried to make them work hard but they

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Rules of Self Defense Page Christis, Sensei

Last June at the Long Island Clinic, I did a short segment covering several self defense escape techniques. The self defense techniques were applicable against an opponent with an edged weapon, a club or empty handed. At the clinic, I was just able to present the technique itself. I did not have enough time to cover strategies, rules and recommendations. I will now briefly cover some do's and don'ts.

Rule #1:

Anytime you get into a confrontation, assume that someone will get hurt. It will probably be you! It is therefore always best, to avoid a confrontation. Assume that you opponent is always bigger and stronger than you. Don't take their skill level and ability for granted.

It is always nice to be a hero, but who wants to be a dead hero? Who will support your family while you are in the hospital or going through months of physical therapy? How long will your employer hold your job if you are laid up at home in bed? How comforting will it be for your family to attend court and read an impact statement at your attacker's

trial? After watching the latest court trials on the news, do you really believe that your attacker will receive a long prison sentence?

Therefore, it is always best to avoid a confrontation.

Rule #2:

If you must fight, improve the odds that you will be successful! At the police department, we avoid going hands-on with a suspect until the odds are in our favor. We wait for back-up officers to arrive. We then either outnumber our opponent or improve the odds with a K-9 dog or sophisticated weapons.

You can apply this strategy by:

Avoid areas or neighborhoods where crime generally occurs.

At night don't go out alone, try to be with others.

Carry a weapon in your hand such as keys, a comb, or an

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For the past forty years, John Mirrione, Sr. and I have spent endless hours discussing, practicing, and perfecting Shorinjiryu katas. Grasping both the notion and enactment of the perfect kata is like trying to hold water in one's hand. Perhaps a keen look back into history might serve as the near-perfect source of martial arts flexible meaning and wisdom. Naihanchin Kata would be a good place to start since it is both a very basic, while at the same time, advanced kata of Shorinjiryu Karatedo.

Naihanchin (aka: Ni Fuan Chi, Nifanchi, Naihanchi) might be translated as "Internal Divided Conflict," "Fighting Within," or "Sideways Fighting." It has a long and varied history spanning back well over two hundred years to the time of Bushis Sakugawa, Matsumura, and Itosu who served as administrators and bodyguards for Okinawan kings, and possibly even earlier to the Buddhist Sifus of Shaolin Quanfa (Shorinji Kempo) of Fujian, China. It was developed and systematized by the above masters of Shurite and over the centuries was transformed into many variations. Furthermore, Naihanchin has many obvious (omote) and

hidden (kakushite) meanings and applications and exists today in Okinawan and Japanese Karatedo in three relatively short katas; Naihanchin Shodan, Nidan, and Sandan. Shinan Kori Hisataka, after decades of practice, thought, and deliberation, made additional changes in the form and, as a result, it was altered into its specific shape and taught to his Japanese disciples. For example, Hanshi Masayuki Hisataka presently teaches Koshiki Naihanchin and Kudaka-no-Naihanchin while Kaicho Shunji Watanabe elected to include Naihanchin-Sho and Naihanchin-Dai in his curriculum. Other Japanese teachers of our style such as Shihans Morita, Yamazaki, Kashimoto, and Ishino have taught Naihanchin-no-Kata with slight variations to their mudansha. As Shihan Yamazaki once explained to me, the Shinan encouraged his senior students to think of and practice their own slight variations of the katas he taught them as long as their versions had "the same meaning." If one was to observe each of the above Sensei perform his Naihanchin, he would see five or more different opening movements of the kata.

It is not my intention to give an exhaustive history of Naihanchin; one can refer to countless books and articles written on the subject. However, this very seminal kata can be traced to earlier Chinese Shaolin quans (forms) and has given rise to many variations; it can even be found in the Japanese transmitted "older" hyungs of Korean Tang So Do and Tae Kwon Do. Shihan Mirrione and I have been intrigued with this form ever since we started training in the mid 1960s with Shihans Morita, Yamazaki, and Kashimoto. We noticed how each of them performed the Naihanchin with slightly different variations. In addition, we observed strong links of meaning with other Okinawan and Japanese systems. I had these thoughts in mind when I gave a demonstration at one of Sensei Dan Hayes' Bogujutsu Tournaments a number of years ago. In collaboration with Shorinryu and Shotokan stylists, I endeavored to show the evolution of the form as it exists today in most Karatedo styles. How did Naihanchin evolve in Shorinjiryu Kenkoku

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Congratulations to the following for their recently announced promotions:

Shodan
Christina Daniels *Yushi*
Donna Nemes *Yushi*
Maria Zangara *Yushi*

Sandan
Richard Alicea *Shushi*
Maurizio Milana *Shushi*

Yodan
Peter Guarascio *Kenshi*

Kid's Corner

Abigail Coleman

On the first day of every new year everyone in our Dojo does a workout for karate. I do the workout to start the New Year out good. Sensei always says that the New Year's day workout should be the worst workout of the whole year, because everyday you should get better and better. So every New Year's day, I push myself as hard

as I can. Also on New Year's day I write a goal out for me to try to accomplish throughout the whole year.

This year my goal is to finally fix my punch. I have my goal taped on the ceiling above my bed so it is the first thing I see when I wake up and the last thing I see before I go to sleep.



WATANABE KAICHO IN A NUTSHELL

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would always say, “I have to work tomorrow.” “I can’t hit that , and I need my hands for work.”. It was very discouraging. They did not try hard enough; I used to say “I can not do it for you”. We use bogu for shiai and then we used the Anzen bogu similar to the bogu of Taiho Jutsu. This was very difficult for people here. I called my teacher and he said I have to remember that this was not Japan. That people are different here and I should try to make things easier to keep them interested. I had a very difficult time with this. By 1972 I was established as the Chief Instructor of the Shorinjiryu Kenkokan Karate Federation in the United State. I was then responsible for eight Karate schools in Baltimore, New Jersey, and New York with approximately 850 students.

Were you a natural, did karate come easily to you?

As I said, I was used to fighting and I was used to running. But nothing came easy. O Sensei was a big man. He would stand there and hit me; I would have to keep running around all over to not get hit. I did not have time to think through a technique. Every class was difficult. We worked

hard.

Has your personal karate changed?

I teach my teachers karate. I don’t change anything. I teach the same way. We have an understanding in Shorinjiryu, **Doku ji gyo seki** (*Spiritual development of individuality in mind and body*), it is our motto. We see this as 80 / 20 rule. This means that karate is 80% same as my teacher but in practice I must adapt 20% to my personal style. Adapting to my body and personality type. The style is still the same.

What were the most important points of your teaching days?

I remember when Mr. Okabe Sensei hit me here (indicating hammer to the chin and slipping into the trachea). Hammer was his favorite technique. I was knocked out quick. I remember Shinan yelling at me as I woke up. He was very angry, “get up, get up, he could kill you!” I was thinking boy, I was just knocked out and he is yelling, this is crazy. I got up and he knocked me out again (laughing). My teacher taught me most important lesson, GUTS. People do not learn too much of *guts* any more. Tai-sabaki hit and go. You have to hit with power and move. We do not block much.

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Why I Practice Karate Christina Daniels

My father is an athlete, so fitness has always been a part of our lives. My passion—and exercise—when I was young was ballet. For me, it was both art and skill; beauty and strength combined. I was a part of a community of people each striving to better themselves and to continue a tradition. But alas, a dancer’s career ends early, if she chooses to pursue it at all. Years rolled by with college, work, children and marriage. I never found a sport or activity that so inspired me until 1999. Shorinjiryu Karate is all the things ballet was—only better because in karate I can continue to grow and learn in spite of my age.

I began practicing karate because I could not sit on the side and watch Alexandra anymore. It looked like fun and it looked like something we could share while so much of my time was focused on her much younger brother—and another one on the way. I never expected all the good that could come from such a seemingly simple decision. Practicing karate keeps me fit in a way unlike other forms of exercise; it encompasses all parts of the self: physical and mental.

Physically, I have more endurance and more strength. I am inspired to continue cross-training in order to maintain these traits and thus to further my practice of karate. I have more ability to focus through difficult or trying situations—the birth of Benjamin (the youngest) was the easiest. Who needs

Lamaze when you have Kokyu waza? My mind is constantly challenged with intricacies of new katas and kumites, not to mention the search for my own best bunkai. My skills are beginning to become innate I realized the other day— a thought which I found thrilling, in spite of the circumstances. We were leaving the house in a rush. I was in high heels and a long skirt when I tripped and fell down the steps and onto the concrete driveway. However, instead of falling on my face, I rolled out of it without a scratch. Here’s the karateka in me, where once I would have been embarrassed, I only felt joy that my training is truly a part of me.

There are many times when the responsibilities of motherhood pull at me. When I must choose between school conferences, baseball games or performances and my practices, there is undeniable anxiety. When my young sons say, “Why do you have to go out to Karate tonight? Can’t you read us our story tonight?”, my heart breaks a little. I have to remember that my children are proud of what I do and my husband is supportive of me— not to mention a great bedtime story reader! When Sensei nods for mokuso it is time for me to allow all the stresses of kids, carpools and house to fall away. My focus turns to self-improvement and to sharing this art with others. I am so grateful to both my Sensei for sharing their knowledge with me and to my family for allowing me the time to practice and their loving encouragement.

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Some times you are small and blocking is not good, you get hurt. If you can block you can hit. We add blocks to kata but we do most tai-sabaki. Learn to hit hard and move. Then you can do like Judo, *sutemi*. Commitment is very important in karate.

Are there still pure styles?

I do not know much of other styles. I see that Shotokan and Goju styles and others too, come together and share kata and technique. I think that is good. Sometimes Karate has to grow too. I like to watch and learn from other styles. Some styles only kick and punch, then only tall people win. Other styles not Japanese do other things, that is good. Everything is good. Then we can add or change a little so we can better compete and contribute.

Do you think different Ryu are important?

Of course. Like Shotokan, if you have long arms you can win, not much kick. So different style. Better to hit and get out or maybe they kill you. Different style for different people.

What is your opinion of "kickboxing" or PKA?

I do not know. I do not mind. It is just that you make a sport like that and you add rules that make different. Not karate, not anymore. Main thing I learned is that it is for me. Not just fighting but protect me...more Budo.

Has the West caught up to the East?

Do not understand question. In what sense? Response; I think you can learn Karate here or anywhere. The best people in some styles are here in America. If your train with a true Japanese head instructor here or there is just as good.

What is your opinion of makiwara training?

One teacher had a student who came to the dojo everyday to hit makiwara. Always hit makiwara. Then one day a man come in and challenge the dojo. He fights all the students one by one. Then the teacher says, "okay now him". The man says no and leaves. How come? He can tell by his makiwara training he is too strong for him his technique and spirit. This guy you don't want to hit you.

Should karateka train in Kobudo?

Buki Ho is the same as makiwara. Most important to learning short or long distance. It same as hand, just longer. Makes strong body, teaches movement and timing. Very important.

How would you say karate is taught now as compared to the past?

More softer to match with the different types of people practicing now. If a student gets hurt they can lose their job. More emphasis on health benefits. WE used to have mainly blue-collar workers practicing karate. Now we have white collar professional too. So the practice has gotten more easy or softer.

What is more important in training Kata or Kumite?

Need to spend as much time on both kata and kumite. Both are very important. They are the foundation. All components are very important.

What is your feeling on mixing styles?

Do not mix. The different styles are not that much different. It would not be beneficial to mix. It would be better to mix different martial arts like Karate and Judo. Then the mixing would compliment each other. Karate styles are too similar. There is already some mixing in tournament competition. Students learn the kata of other styles.

Do you have particularly memorable karate experience in karate that has remained an inspiration for your training?

Karate has changed my personality. In the beginning, I only wanted to fight. My mind changed. I have a better understanding of karate. I am now a better person because of it. Karate has changed my personality.

What would you consider to be the most important qualities of a successful Karate-ka?

Not just punch and kick...first a student needs guts... extremely important. If the student does not have guts and spirit, they tend to quit after a period or challenge.

Why do you feel students are falling away after two or three years of practice?

This student does not study enough. They think they are done learning. Some get stuck at a certain level and feel that they cannot improve. They feel they can never get better, so they give up. We also have a lot of black belts leave after they get promoted to Shodan. They feel that they have reached their goal. They think they have achieved everything. They do not understand that this is a life long pursuit.

Have you ever felt fear in your training?

No.

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umbrella. Generally with an airborne spray such as pepper spray or mace the only one affected by it is you. The spray does not always work against someone under the influence of drugs or alcohol or someone mentally ill. The spray also does not work against someone who is very determined to succeed! Also do you really think you will have the time to determine which way the wind is blowing before you deploy the spray?

Try to stay in well lit areas. If you see the danger, you will have a better chance of avoiding it.

Don't try to break or skirt the law by carrying a concealed weapon on your person or hidden in your car. This will only get you arrested. (Even if you are a victim of a crime, if you are carrying an illegal weapon, the police will arrest and charge you!)

21ft Rule:

At the police department, we have a rule pertaining to a suspect carrying an edged weapon. If a suspect with an edged weapon is within 21 feet, they have the ability to cause fatal injuries before you would be able to draw your handgun and shoot.

Remember your brain and body has to recognize and react to the threat:

- Your eyes must see the threat
- Your brain must recognize the perceived danger
- Your brain must send a message to your muscles
- Your muscles must react

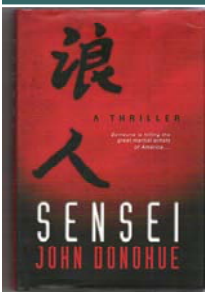
The faster your reaction time, the better your chances of survival. But when someone is charging towards you with a knife, do you really want to bet that your reaction time is fast enough?

As police officers, we are trained, to stand back beyond 21 feet when confronted by a suspect with an edged weapon. But by standing that far back, the use of self defense escape techniques, pepper spray and a night stick are no longer viable options.

Another option with a suspect with an edged weapon is to have some type of barrier between you and the suspect such as a car or fence. This also will allow you more time to react.

But, we generally don't get to pick the location where an attack will occur. But, we can improve the odds that we will be successful by practicing diligently in the dojo. The better trained we are the more capable we will be to react appropriately. We need to be so competent that we react instinctively. We don't have time to think about what we are doing. We just need to react! So, start practicing in the dojo like your life depends on it!

Book Review—Sensei Stephanie Coleman



John Donohue's *Sensei* (and its follow up book *Deshi*) combine two things that I love; martial arts and reading. This book manages to be a really exciting read while painting a picture of the martial arts rarely seen in American literature. All too often when I mention that I practice karate, I get a knowing look, usually followed by a smart comment about not getting me angry. For

many people, karate is what they see in the strip mall store fronts. Kids jumping around in brightly colored uniforms. Others who know me a bit better, constantly ask why I am always focused on karate. They have difficulty understanding why I spend so much time not only practicing or reading about karate, but also in helping out at the Dojo. In general, people don't understand the level of commitment not only to myself, but also to my teacher and my fellow karateka. I often hear, "It sounds like you belong to a cult." In *Sensei*, Donohue very eloquently describes the inner workings of Dojo life and the very intricate (and sometimes conflicted) relationship between Sensei and their students. I have

recommended this book to several parents who after reading it say, "Now I get it!" In addition to accurately depicting the everyday lives of martial artists, Donohue manages to weave an exciting tale about the murders of famous Sensei across the US. His protagonist, Connor Burke is a part time college teacher and dedicated martial artist who is drawn into the investigation by his police detective brother. Burke's help is needed to navigate the unfamiliar world of the Japanese Martial Arts. His teacher, Yamashita Sensei knows more than he is willing to share and Burke must explore his relationship with his teacher while pushing himself to his physical and mental limits to stop a ruthless killer. John

Donohue's Sensei is a page-turning, character-driven thriller that gives the reader an entertaining, clear window into the best elements of the much abused culture of martial arts in America.

-James Grady

Donohue is accomplished in both Karate and Kendo and his understanding of the various martial arts, Japanese culture, and language help to create a vivid picture of a world that is alien to all but a lucky few.

Naihanchin: An Internal Divided Conflict

(Continued from page 3)

Karatedo? Why did Kaiso Hisataka modify the kata from its original “ancient” patterns to the one we practice in our dojos?

“Keep the Kata as they are without embellishing them,” stated the venerable Yasutsune Itosu. I can just imagine the howls of dismay, from the masters of the past and the traditionalists of the present who strongly believe that form must remain faithful to the original and must never change. On the other hand, the advocates of change believe that kata should be modified to make them more meaningful by taking into account their physical differences of their students. These advocates further believe that katas must adapt to changing times. Evidence shows that past masters such as Higaonna of Nahate, Miyagi of Gojuryu, Kyan of Shorinjiryu, and yes, even Itosu of Shurite, modified kata as they taught them to their students. Itosu even synthesized his five basic Pinan (Heian) Katas from the movements of Bassai and Kusanku, and included them in his teaching curriculum for Okinawan middle school students. Similarly, Kaiso Hisataka was an advocate of change for the benefit of his students.

The Shinan of our style was profoundly influenced by Okinawan Karatedo and Chinese Shaolin Quan-fa. One former student of Shorinjiryu, Sifu Richard Raab, who currently teaches the Chinese Internal Arts, conjectures that Kaiso Hisataka might have studied **Xingyiquan** (Form-Mind Boxing) with its emphasis on whole body motion, rotation of the hips and torso, and the use of the vertical fist (tate-ken) in addition to **Baguaquan**, another Chinese internal art, during his travels throughout Manchuria and China. The “hard” external style of Shurite and the softer Okinawan style of Nahate is evident in the Shinan’s selection of Kata within Shorinjiryu Kenkokan Karatedo.

Naihanchin was a basic form in Shurite, the younger Hisataka (aka Seiki Kudaka) probably practiced it with his major teacher Chotoku Kyan in Okinawa and Taiwan. Hence Kaiso Hisataka’s system of Shorinjiryu combines the softness

of Shaolin Quanfa and Okinawan Nahate with their pressure point manipulations, joint-locks, and restraints against one opponent with the powerful debilitating blocks, deadly power strikes, kicks and throws of “hard” Shurite developed by Bushi Matsumura and Itosu. One of Kaiso Hisataka’s contributions to Naihanchin was his emphasis on Taisabaki (body shifting) employed against multiple opponents within a confined rectangular area.

Therefore, through many years of study and reflection, the Shinan decided to modify the original versions of Naihanchin to include techniques which he thought were lacking. According to Hanshi Masayuki Hisataka, he “slightly” modified the kata “to cover the full range of basic techniques by adding the front punch (shomen-zuki) and front kick (shomen geri) sequences.” Furthermore, by emphasizing Taisabaki in short and medium range movements, he created “a truly complete form” of the original.

Traditionalists will vehemently maintain that Kori Hisataka had no right to “embellish” the original kata. Who is he to change the original intent of “Tode” Sakugawa or “Bushi” Matsumura! However, open-minded Karateka, regardless of style, will be able to appreciate that the Shinan acted in the same way as other masters of the martial arts according to the tradition of Shuhari. Whether one agrees with his interpretations or not, he “paid his dues” within the context of his times. He earned the right to create his own innovations just as others did before him. Kaiso Hisataka was always thinking of ways to improve his Art.

Today, my Shorinjiryu brother, John Mirrione, Sr. and I continue to enjoy our martial arts training and teaching in Florida. Our love for Karatedo is unwavering. Our individualism is rooted in a rich history of applied practices, deep thought, and persistent enquiry. After all, it was Kaiso Hisataka who summed it all up in his Kenkokan Dojo Motto, “Dokuji Gyo Seiki,” **Individuality and Spiritual Development in Mind and Body**. It is time for all schools of thought to commit themselves to the spirit and camaraderie of the Martial Arts.

Shoe By Chris Cassatt and Gary Brookins



Well, we finally have settled in (somewhat) to life here in the Pacific Northwest. It was hot and sunny when we arrived in mid July; quite different from all the rain I had anticipated! (Oregon does have a reputation for rain, as you may know). The rain starts in the late fall and lasts through spring. Zvi and I will take that over snow any day of the week, but Dan and Alec are disappointed with the lack of “snow days” getting them out of school. Winter sports can be found an hour away in the Mount Hood region, so that keeps Dan happy; particularly because the local junior and senior high schools sponsor weekend outings to the snow areas. Recently Dan made the local papers by shaving his head along with about 30 other boys in solidarity with a classmate who is undergoing chemotherapy.

We have started to explore this part of the country: Zvi, Dan and Alec went to Seattle and the Olympic Peninsula with Zvi’s uncle and a cousin – part of the annual “Boys Vacation” ritual which has developed over the last several years. This past weekend we hiked up to the top of Multnomah Falls, located in the Columbia River Gorge - a mere 30 minutes from our home. It is so beautiful here that we could explore forever.

Dan and Alec have made lots of friends and settled into school. Everyone misses New York and our friends; there are no New York-style delis here, and the pizza and bagels leave much to be desired. On the other hand, spending time with our families has been a thrill and we continue to be

happy about the decision to relocate. I see my sisters on a weekly basis as we meet each Sunday morning to cycle around the city of Portland. We are averaging 15 to 20 miles each time and I get to learn a new area of town. I love living in a city where bicycling is so accepted!

We have joined a local gym that has everything, and I mean EVERYTHING! The weight room is awesome and Pilates classes have become part of our life. You guys would love this gym; it’s like being at a resort! Zvi has started spin classes and we all want to take the classes that will teach us how to scale the 45 foot walls in the rock climbing center. (I had told Sensei they were 75 feet tall, but I was mistaken – it looks much taller than 45 feet to me and that was from the ground - I can’t imagine how tall it will seem from the top!!)

The one thing that has been more of a jolt than we realized is missing karate class. We knew on an intellectual level that we would miss everyone, but we didn’t realize how difficult it would be to not have a dojo and classmates to work with. The experience of being a dojo member – helping one another and pushing each other to work harder, and to have the wisdom and knowledge of our upper belts right at our side – these are intangibles that we didn’t fully realize we had until we were gone. I know that we appreciated everything we had, but we didn’t realize how MUCH that was. All we can do is keep plugging away here and try – in some small measure – to recreate those important aspects of the dojo. We’ll keep you posted.

Bushido

Dan Hayes, Sensei

I have recently been reading of a certain young lady who will forever be an inspiration to me and many of my students. The question at hand is what is Bushido? My clinical explanation is that it is a “code of ethics” by which the feudal samurai aspired to and lived by. My answer based upon experience is that it is a state of mind or attitude. The full understanding of respect in all forms, the development of intrinsic power and fortitude and the responsibilities that come with it are what Bushido is all about.

The following story should evoke both inspiration and humility, for this woman is a living example of budo and its ethics. Keep in mind that she is quoted as saying she loves what she does because she feels “*Athletics have given me the opportunity to prove that I’m just like everyone else.*” If everyone else were like her, we would truly be in a different reality!

When Sarah Reinertsen was a kid, she was told she’d never be able to run. This year, Reinertsen, 29, became the first female with a prosthetic leg to enter the Hawaii Ironman – which involves a 2.4-mile swim, a

112-mile bike, and a 26.2-mile run. Reinertsen’s left leg was amputated above the knee when she was 7 because of a tissue deficiency. She started running when she was 11, and in 1997 she completed her first marathon. After running six more – with a PR of 5:27:04 – she started competing in triathlons. In 2003 she won the female leg-amputee division of the International Triathlon Union World Championships in New Zealand....Reinertsen doesn’t wear a prosthetic to swim, she has to hop out of the water and strap on her nine-pound running prosthetic to get to the transition area. There she switches to a prosthetic that has a bike cleat bolted to it. She has to change back to the running one for the marathon... “I want to help the disabled community break down barriers” she says. “I love my life. I wouldn’t want to be any other way.” (Article by Gail Kislevitz – Runner’s World Magazine, December 2004)

In closing, we all have our self perceived “challenges.” It is how we choose to let them shape our lives and affect others that determines who we are.

Presentation of Kaicho Watanabe's Katana



Consciousness

By James Lynch

Consciousness seeks to understand,
We seek out knowledge,
We reach out and struggle to grasp,
And lo, the world retreats from us,
And lo, static, stable, and passive,
Immobile and patient,
Trees, effortlessly, we see all that we see,
Alas, we are trapped by dynamism.

The world comes to all things,
And when it comes,
Man is found nowhere,
We have rushed off to find the world

Imprisoned by reason,
Abstracted by rationality,
Ignorant to all,
These very words contain to naivety.

Understanding seeks to find consciousness,
To be conscious is to be hidden,
Be as the trees,
Patient, unconscious and omniscient.

SHORINJIRYU KENYUKAI WATANABE-HA FEDERATION

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*Spiritual development of individuality in mind
and body.*



WATANABE KAICHO IN A NUTSHELL

(Continued from page 5)

What would be your final words as a legacy for the future generations?

Patience and practice. One can learn a lot of things with patience. Patience can be learned.

Personal Information:

Kaicho was born on May 10th 1938.

Born in Chiba Ken Prefecture, just outside north/east of Tokyo.

Kaicho was a renowned long distance runner in Jr. High.

His older brother was first studying with O Sensei and introduced Kaicho in 1955 while in Jr. High.

Kaicho was promoted to Shodan in Kenkokan Karate in 1958.

Kaicho achieved a Sandan in Judo as a youth.

Kaicho practiced in the dojo everyday as a youth until he was selected by O Sensei to represent his country at the Official request of the Japanese government for the World Expo in Montreal, Canada in 1967.

He was instructed by O Sensei to stay in America and spread Shorinjiryu Kenkokan Karate.

Interesting highlights from Watanabe Shunji Shuseki Saiko Shihan resume:

1958 Shodan

1972 Godan

1985 Sichidan

1967 World Expo / Canada

1972 Chief instructor of the Kenkokan Federation in the U.S.

1972-73 Kenyukai Association formed and elected President for all associates in Canada and U.S.

1973 Received "Key to the City" from the Mayor Schafer of Baltimore at City Hall.

1974 Established Hombu Dojo, Japan Karate and Judo Center.

1989 Receives Governor's Citation.

1986 & 1996 Recognized as Baltimore best Karate School.

Demonstrations:

Opening day for the **Baltimore Orioles**

Sylvia Scott television show

Evening Magazine television show

Washington D.C. *Cherry Blossom Festival* 1987-93

Taught for the Baltimore Police Academy

Much more, too much to list

Competitions are far to extensive to list

Watanabe Shunji. The Shorinjiryu National Treasure. Appreciate and hear: patience, spirit, guts, practice, perseverance, loyalty, acceptance, growth and purpose.

Domo Arigato Gozaimasu