

KODENKAN YUDANSHAKAI

ATARASHI DENTO

NEW TRADITIONS

June 2020

Paul Haber, Shihan, editor

A newsletter serving
Kodenkan Yudanshakai
the traditions of
Henry Seishiro Okazaki

Welcome to the
the member or
Yudanshakai.



Members and Associates of
in
Professor
and Dai Shihan Joseph Holck

newsletter dedicated to you,
associate of Kodenkan

IN MEMORIAM

Jennifer Noel, Sensei

October 13, 1972- March 26, 2020



KDK has lost a great friend, student and true warrior, who never gave up, even when the deck was stacked against her. I had the honor of teaching Jen for a period, and watched her continue studies under Michael Reynolds, Sensei, after I moved to Washington. I have asked her husband, Jeff to provide some biographical information for us- so that those who knew her can perhaps have closure, and those who did not, to perhaps learn a little about this fine lady. She was awarded Matsuno Kajukenbokai Shodan on July 11, 2011, Nidan on January 25, 2014, and Sandan on July 11, 2016. She is survived by Jeff and daughter Emma.

Cancer may have finally won, but Jen did not go gently- she was a fighter all the way.

Jeff's contribution is below- I hope you will take a moment to read it and appreciate our friend, Jennifer:

Jen was born on Friday the 13th on the shore of Lake Erie in Buffalo New York, October 13th. Her parents moved to Southern California soon after and she was raised in the LA area with the majority of her early life spent in a small suburb called La Palma CA. The whole town is I believe like 1-2 square miles but it's in the midst of a very developed urban area. Jen developed an early love for the night sky and the study of astronomy as well as the constellations. She also, like myself, immediately loved Science Fiction from the first time she encountered it. One of her most treasured memories from when she was a young girl was watching the original Star Trek series reruns with her father Bill Rickard. Her parents encouraged this love of space by sending her to Space Camp. She graduated High School from John F Kennedy High School in 1990. She was a member of her HS marching band, and because it was JFK HS, the band made a trip to Ireland (not sure how often, I think it was only once every 4 years but not sure) so she was fortunate enough to be able to go across the pond before she even left high school.

Jennifer had a lifelong love of travel and was able to feed this love with a number of truly fantastic vacations including backpacking through Europe for 7 weeks with friends a few years after she graduated from college, multiple trips to Hawaii, two trips to Bermuda, cruises to Mexico, Alaska, Germany, Italy and Norway, as well as non-cruise

visits to Mexico, London, New York, Chicago, Boston, Amsterdam, and Paris. I encouraged her to get her PADI underwater diver certification, so she was able to scuba dive at a lot of these locations seeing fantastic wildlife like sharks and turtles. I have a picture somewhere of us kissing 70 feet underwater, above a sea turtle, inside of Jerry Garcia's old shrimp boat (was sunk on purpose in Hawaii to create a cool dive spot). I've probably forgotten a few but you get the idea.

My wife never met a museum or old European church she didn't immediately fall in love with and want to take tons of pictures of. If I had to fault her one thing on her love of travel it was that she always wanted to take pictures of the places we went and saw, but rarely wanted to be in the picture itself, so I have boxes and boxes of photos of cool places she and I went but a rather anemic number of them have either of us in the photos.

After High School Jen enrolled at the University of Arizona in the Engineering program hoping to follow in her father's footsteps (he is an aeronautical engineer who helped design airplanes for McDonald Douglas and then Boeing for his entire career). Jen was a proud member of the U of A marching band and many of her best friends in college were fellow bandmates. Alas, engineering was not Jen's cup of tea and she eventually switched majors to accounting where she found her calling. Throughout her accounting work career Jen's desire to continue to learn and improve herself never left her, and nowhere was that more obvious than in her skills with spreadsheets in general and Excel in particular. She became an absolute grandmaster guru in Excel. Every job she went to the first thing she did was automate accounting processes with Excel thereby saving her new company countless hours of busy work with macros and spreadsheets that seemed to work like magic to everyone else in her accounting departments and beyond.

Jen made a very important friend at the U of A named Evi Collins. Evi had been one of my best friends ever since I met her in high school. Jen and I technically met each other at a Denny's party that Evi held while we were all in college, but while we both remember

being very attracted to the other person, she had a boyfriend and I had a girlfriend at the time so nothing came of that original encounter (we didn't even figure out we were both at that party until years after we'd been married). When Jen graduated from college, her career did not take off the way she had hoped. She was not able to pass the CPA exam, and she did not land a permanent job as an accountant. She moved back home to her parent's house in La Palma and worked as a temp accountant for the company Accountemps. She enjoyed reconnecting with a number of folks she cared a great deal about in California, especially her cousin Janet who became like a sister to her, going to bars, checking out guys, hanging out at the beach together that kind of thing.

While there were nice parts to her year and a half or so in CA, she felt stifled living at home and felt a strong need to go out and make her own way in the world. Her good friend Evi was living in Seattle Washington at the time in a big house with lots of cool roommates so Jen decided to move out to Seattle and into the fun house (maybe I should say funhouse, as there was a lot of crazy going on there!). The housemates included two awesome Labradors named Denali and Banff (owner of the dogs was a climber).

When it came time for Evi to graduate from college I decided to visit her and join in on the party since Evi had come to my graduation a few years before. It only seemed fair. When I went to the party, Jen and I got to meet for real finally, with both of us being single at the same time. The group of people she was living with in Seattle are the folks she took the backpacking through Europe trip with.

Jen has always been a strong keeper as much money put away for a rainy day as she could during these times. The Europe trip was supposed to be 8 weeks long, but while everyone was traveling and having fun, one of the dogs back home, Denali got out of the yard and was hit by a car, suffering severe injuries. The dog's dad and the folks left at the house to care for the animals were not good savers and could not cover the vet bill, so Jen cut her trip short to rush home and pay 90% of her precious savings to make

sure Denali was healthy and safe. That was just the type of person my wife was. Denali became her dog after that.

Soon after she got back from she and I started a serious relationship (I was living in Lincoln Nebraska at the time). I will never forget the moment we decided to be exclusive and serious. I was visiting her in and we were having dinner at her favorite Friday night pizza joint. When she took that high school trip to Ireland her grandmother had sent her with money to buy a Claddagh ring. If you don't know what that is look it up on Google and you can read the whole story but the important part here is you wear the ring one way when you are single, and you wear the ring another way when you are in a relationship or someone has "captured your heart". I had never heard of the ring, so Jen told me the story while we were waiting for our pizza, and then after she explained what it meant, she very purposely switched the ring from single to in a relationship right in front of me and thereby changed both our lives forever.

Well, neither one of us cared much for the long distance relationship thing, so eventually I convinced this cosmopolitan girl who grew up in LA, and was living in Seattle and who had never lived alone with a guy before, to move in with me in dinky little Lincoln Nebraska. Denali the dog went with her, and we both believed that dogs should have companions, so I adopted another lab from a friend I worked with who was moving into a place that did not allow dogs. Denali and Morgan were the best dogs Jen and I ever had and we've both always had dogs since we were kids.

We enjoyed our time in Nebraska with our little growing family, and before too long we decided to go ring shopping and get engaged. She found the engagement ring she wanted in the very first store we went, but we wanted to make sure it was THE ONE. We proceeded to check every ring store in Lincoln, several in Omaha and even checked out a custom place where they will build whatever ring you want with settings and stones you pick out yourself.

After all that we went back and bought the first ring. We had a fantastic wedding in Newport Beach California on September 18th that everyone talked about for years to

come. A couple years later her sister also got married, and all the family, friends, and neighbors lamented endlessly that there were no more Rickard girls to marry off so there would be no more Rickard thrown wedding parties to go to.

Nebraska was nice but we both longed for the west and we decided that a career as a State Farm Agent would suit me and our family's needs better than a career as a Life insurance underwriter, so we moved to Tucson to start our own business. Jen tried her hand at being an Allstate Agent at the same time, and she did have some good success, but insurance didn't do it for her the way accounting did so she sold her business to my mother for a decent profit and got her first professional, permanent job as an accountant at the mine down in Sahuarita.

We didn't see each other as much as we would have liked during this time because she had an hour long commute to and from work, and I was working very long hours to get my start up agency off the ground. Jen's experience and licensing that she had done while working for Allstate was invaluable when my agency took off, as she was able to come in and help me with many things, and if you have to work long hours it's always easier to do it alongside someone you love.

Well, I guess we did get to see each other often enough during that time because before you knew we were surprised to find out that Jennifer was pregnant with our son Logan. We had both always felt that raising children was the most important task a person has in their life, and both our mom's had stayed home with us when we were young and we wanted the same thing for our kids. My agency was having a great deal of success and we were living very modestly at the time, so we made the very difficult decision for Jen to give up the permanent job she had fought so hard to get so she could raise our boy and be a stay at home mom. There were a lot of sacrifices and struggles that came with that decision but we both believed in our choice and persevered. A few years later Emma came along just after we moved out of our starter home and into the house Emma and I live in today.

When Emma was old enough to start preschool Jen was finally able to go back to the work she loved in accounting. A customer of mine was trying to retire from a company by the name of Global Solar, but they kept bringing him back to do consulting work and while he liked the money he really wanted to retire. This seemed like the perfect opportunity for Jen and it was. Jen was a big believer and supporter of renewable energy since before I ever met and this company really needed a top notch accountant so it was a match made in heaven and she started work again with gusto.

I had been taking martial arts classes off and on since 1995, and while we were living in Nebraska Jen started attending Goju-Ryu karate classes with me and we both got our brown belts before we left. We both loved martial arts, but when the kids were little someone had to stay home and watch them while the other person and Jen graciously allowed me to be the one who went to training. Because of this I got my black belt with the Kodokan before Jen had even gone back to classes. My old dojo in Nebraska had a saying that I always loved "The family that kicks together, sticks together," and I had always dreamed of doing the martial arts I loved with my family, so we decided to all train together.

I met with Sensei Tony Bouchet about his Saturday Lil Dragons class and asked if my family could attend. The minimum age for the class was 4 years old and Emma was only 3.5 years so we were a little worried about causing issues or problems. Sensei Tony was teaching PE for the Vail school district at the time and boy, did they lose a fantastic teacher when Tony eventually went to work for the police department. His classes were fantastic and just about perfect for kids. Because of this he had a HUGE number of little kids in that class and he was glad to have the help of a couple other adults with martial arts experience so my entire family of four was able to train together on the mat, and my dream became a reality. Jen enjoyed her time in Lil Dragons immensely and eventually decided to renew her training in the martial arts and started Kajukenbo classes under then Shihan Vinson Holck. She eventually received her black

belt from the KDK and attained her 3rd degree black belt before her illness forced her to stop training.

We both loved training with our kids the absolute most. Unfortunately, Global Solar, the company Jen was working for went through some very hard times, including a complete shutdown where almost everyone was laid off, but Jen made some fantastic friends there, and one of them got a great job at Mister Car Wash which has its corporate headquarters in downtown Tucson. Eventually Jen gave up her job at Global Solar and moved over to Mister Car Wash, the last job she ended up working. In December of 2015 we received devastating news when Jen was diagnosed with Stage 4 colon cancer. The cancer was all over her liver including a single tumor that was 13+ centimeters in size (most tumors are measured in millimeters, not centimeters), and had also moved into her lungs. This aggressive cancer was in three locations on her body before she even felt any symptoms, and had a 5 year survival rate of 5% (this means for every 100 people diagnosed with stage 4 metastatic colon cancer, only 5 will still be alive in 5 years). She was determined to live her life her way and to see her children graduate high school. Even when Logan's mental illness got the better of him and we lost him to suicide November 2nd 2017, Jen persevered and was all the more determined to fight hard to see as much of Emma's life as she could.

Jen never got along very well with her parents and sister, and her illness made these struggles even more difficult, but she never stopped trying to get along with those she loved. When Jen went into in-home hospice care her parents and sister were able to be there along with Emma and myself. Her sister was actually the one with her when she passed, although her parents and sister decided not to attend Jen's graveside service. Jen's life came to an end way too soon, but she lived a full and complete life, finding happiness and joy with family and friends. I will never stop missing her while simultaneously feeling like meeting her and sharing my life with her was my single greatest blessing and joy.

WHAT'S NEW?

SENIOR TRAINING, scheduled on March 6-7-8, was cancelled, due to the Coronavirus pandemic. Also, victim to the virus was quarterly **kyu testing** in May (to be held in the dojo, if feasible) and the **Ott YMCA Martial Arts camp**, originally scheduled for May 23-24.

Another cancelation is **Ohana**. AJI was to host the event, but have likewise cancelled it due to health circumstances.

Still hopefully scheduled are **Kyu testing** in August, **Senior Clinics** in September and the annual **KDK picnic** in October...all depending on the status of the pandemic in the country.

Also scheduled was Yudansha Candidate testing in June, but this was canceled because no requests have been made and the deadline for such requests has passed. Hopefully, we will be able to have our testing in November.

A touch of good news, however- **MATS dojo** is scheduled to be opening for classes (under some changed protocols, naturally) on June 1. For some of you, that will have already happened. Due to COVID 19 restrictions, O-Sensei Ken has had to make some changes in how he, and his fellow Sensei, run their classes. Contact MATS for details. Hopefully, some of our other dojos will be opening soon, as well.

I would like to take just a moment here and express my hope of two things for all who are reading this newsletter:

First, that you and yours are well and healthy.

Second, that you have found a way to continue to practice, even during whatever stage of Lockdown in which you find yourself.



MEET THE SENSEI

Russell Kelley, Sensei, was born and raised in Long Beach, CA, having a long-time interest in the martial arts and after some persistence, he convinced his parents to allow him to train in the martial arts and in April of 1986 he started training in Danzan Ryu at Lakewood Budo Kai. It began as a family affair where both his brother and sister were also participants, but eventually he was the only one from his family that remained in class. After 6-months and since Lakewood Budo Kai emphasized dual training, he began training in Shorin Ryu Karate also.

In July of 1990 Russell enlisted and served in the United States Marine Corps as an Avionics Technician reaching the rank of Sergeant. During this time, he would practice at the base gym where they had an open dojo which allowed him to get exposed to and learn from other styles. He somehow also found the time to study Natural Herbal Medicine and Healing, and train in Reiki, where he reached the level of Reiki Master.

After serving his time on active duty, he returned to Long Beach, CA and Lakewood Budo Kai, bringing with him the leadership traits and principles he retained from the Marines, along with his strong personal drive, positivity, determination and dedication. He believes that everyone with ambition can learn martial arts and excel in them.

After years of training he has reached the rank of Sandan in both Danzan Ryu and Shorin Ryu. In September of 2018, after his instructor Jim Kelton, Shihan decided to retire from active teaching, he became the Head Instructor of Lakewood Budo Kai.

UPCOMING EVENTS

As mentioned earlier, everything is dependent on the **pandemic**, and our recovery from it.

Stay in touch with your Sensei and check out the KDK website for more info.

KANJI KORNER

By David Heacock, Shihan

決る

Time once again to *eguru*: excavate, get to the bottom of things, and to *kujiru*: dig around in the techniques and principles we must acquire to make our training effective.

PART THREE

BLOCKS

Now that you have a few basic terms tucked into your vocabulary and a basic—hopefully, evolving—understanding of stances, it is time to look into the notion of *UKE*, the third step in any training regimen.

There are two facets to the notion of *uke*. First, the direct meaning is one of 受 receiving and accepting. The verb *ukeru* (受ける), of which our base word is a shortened version, translates as: receive, have, take, get, obtain; but also, to be given. In this sense, it is a passive state. A bridge concept is the expression *ukemi* (受身), a noun meaning: the defensive. Here *mi* would be part of the compound *miugoki* (みうごき) comprised of 身 person, someone and the verb: *ugoku* (動く) to make a move, to take action. This is the second facet of *uke* as expressed in the idea of a defensive movement, *shubiteki* (守備的 protection, defense + equip, preparation + adjective ending). Confused yet? Go back to your techniques and see how all this comes together in a simple movement.

Different *Ryū* (schools, styles) may call the same technique by a different name. I will use those most familiar to us. Illustrations of the blocks are given below.

Uchi uke (内受け) Meaning: inside, within plus the defensive. That is, a receiving movement that comes from the inside or center.

Soto uke (外受け) Meaning: outside, exterior plus the defensive. That is, a receiving movement that comes from the outside. The character 外 is also the root of the verb *hazusu* (外す), which means to dodge, evade, avoid; and to miss (a target, chance, punch, etc.).

Age uke (上受け) From the verb *ageru* (上げる to raise, to elevate), this is the rising block. It is as much a parry as a block.

Jōdan (jou-) uke (上段受け above, up, over + *dankai* 段階 level + the defensive) This is the high block. It blocks (“receives,” but in an active manner) an attack coming from above the head—not acting as a parry but rather to neutralize.

Gedan uke (下段受け below, down + *dankai* 段階 level + the defensive) As *shita*, 下 indicates the lower part, the lower half (of the body). This is the low block or down block. Whether as a swinging block or a pressing block, it comes from a higher position to contact or parry away an incoming attack.

Shutō (-tou) uke (手刀受け hand + (single edged) sword, knife + the defensive) This is the knife (or sword) hand block. The name refers to the outside edge of the hand, and the block can be used at any level.



Wari uke (割り受け) From the verb: *waru* (割る to divide, separate, split), these are the “split blocks” in which the hands or arms do effectively the same technique, at any level, with separation between them.

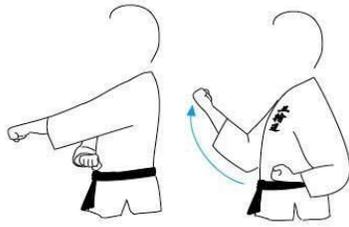
Jūji (Juu-) Uke (also: Kosa uke) (十字受け ten + character (esp. *kanji*) + the defensive) These are the “cross” or “crossed” blocks. The wrists are crossed, the hands are closed, and the block may be used at any level.

Hasami uke (鋏受け + the defensive) These are the scissors blocks. The wrists are crossed, the hands are fully open in *shutō*, and the block may be used at any level.

Sagurite uke (探り手受け) From the verb: *saguru* (探る) feel around for, grope for, search for plus hands plus the defensive. This is the searching hands block from the *Passai katas*, said to be developed for feeling around in the dark for an opponent.

There are many other blocks and variations, including those involving the foot, to be found in advanced katas, but these are the basic and most frequently used ones.

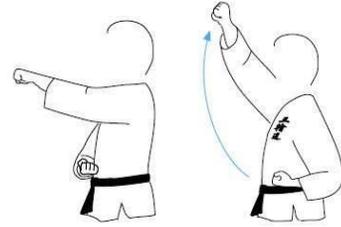
THE BLOCKS ILLUSTRATED



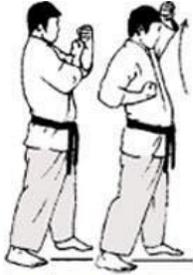
Uchi uke



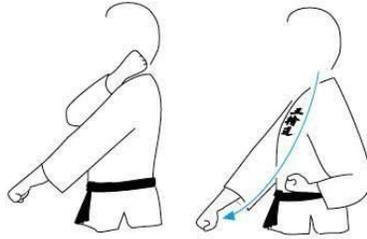
Soto uke



Age uke



Jōdan uke



Gedan uke



Shutō uke



Wari uke



Jūji uke



Hasami uke



Part Four will look into striking techniques. If you have comments, questions, or would like to see specific terms addressed, please email me at sattvadmh@aol.com.

All translations and kanji from www.Jisho.org

EDITOR'S EDGE

Before we continue our study of the *Shuri-Shorin* lineage of *Okinawa-te*, let's move sideways a mile or so- to the port village of *Tomari*. Located as a sub-village near *Naha*

and *Shuri, Tomari* developed its own unique system of fighting- subtly different from both *Shuri-te* and its newer brother, *Naha-te*, which we'll talk about later.

According to Clarke, the old masters of *Tomari-te* were even more secretive than their *Shuri-te* and *Naha-te* counterparts. This resulted in very little information being passed down to us today, combined with the fact that the differences between *Tomari-te* and *Shuri-te* were not great enough to maintain a long term distinction although many of its kata and training methods have continued to be taught in other styles.

There are several styles extant who claim to be descendants of *Tomari-te*, such as *Wado-ryu*, *Motobu-ryu* and even *Shorin-ryu (Matsubayashi-ryu)*. Even though *Tomari-te* no longer exists as a separate style, many elements are found in those styles descended from *Shuri-te*, such as *Shorin-ryu* and *Shotokan*.

Because of this relationship, it would be a mistake to disregard the impact that some of the *Tomari-te* masters have had on today's karat, primarily because of the students left behind. Let's take a brief look at this system.

Legend has it that a Chinese sailor (pirate?) had washed ashore and was hiding from the authorities because violation of the immigration laws carried the death penalty. The story goes that **Matsumura Sokon** was sent to arrest him, but the sailor, whose name was **Ason** or **Annon**, ended up defeating *Matsumura*, and ultimately taught him the *kata Chinto*, which was taught in the both *Tomari-te* and *Shuri-te* schools. Among other styles, the kata is taught today in *Shito-ryu* karate, which will be discussed later. A version called *Gankaku* is also taught in *Shotokan* and related styles.

Two masters remembered for *Tomari-te*, both for their ability and for the students they taught: **Oyadomari Kokan Peichin** (1827-1905) and **Matsumora Kosaku Peichin** (1829-1898) **Please note:** Peichin was a rank among the ruling class of Ryukyu (Okinawa). The rank denotes scholar-officials, who often served in administrative positions in the Ryukyuan government. According to some sources, they also served as bodyguards for the king and his family.

Both of these men were born at about the same time as **Itosu**, who also came from a line of royal employees who were trained in both military and civilian education (*bu* and *bun*).

Some authorities feel that he probably learned at least some of his art from **Matsumura Sokon**, who was head of the Royal Guard in *Shuri Castle*, and he is said to have spent several years studying with a contemporary of **Matsumura, Uku Giko**, who taught **Oyadomari** the three *Naihanchi kata*. He later studied with **Teruya Kishin** (1804-1864) who taught him *Passai (Bassai)*, *Rohai* and *Wansu*.

Oyadomari taught **Kiyan Chotoku**, whom we have met before, as well as less-known practitioners as **Yamazato Giki** and his own two sons **Kotsu** and **Konin**, who, in turn, taught **Hokama Seikichi**.

Kata taught by **Oyadomari** included *Naihanchi, Rohai, Wankan, Wansu and Passai*, as well as a version of *Chinto and Kushanku*.

Matsumora Kosaku, another probable employee of the Ryukyuan royal court, had also received a classical education, as a member of the nobility and was a close friend and classmate with **Oyadomari**; he probably also studied under **Matsumura Sokon**.

He studied *Tomari-te* under **Karyu Uku** and **Kishin Teruya**, and studied Jigen-ryu, a traditional school of Japanese martial arts, primarily focusing on the art of swordsmanship, under **Chatan Yara**, another martial artist of great repute in both empty-hand and weaponry.

It is said that **Matsumura** once defeated an armed Samurai, using only a wet towel- however, he lost a finger in the fight, and was forced into a self- imposed exile for several years to avoid arrest.

He was said to have beeshort but possessed a massive chest and shoulders. Despite his great strength, his *Tomari-te* was soft and light, unlike the “hard” styles taught in *Shuri-te*, and they used a “three-quarter punch”, rather than the fully-turned “corkscrew” punch usually found in Okinawa-te, since they believed the latter left the top of the hand vulnerable to attack.

Matsumora was also one of the Ryukyuan nobility who fought desperately, and unsuccessfully, to stop the Japanese take-over of Okinawa. One of his mottos remaining today is: “If our kingdom is destroyed, how can we continue to live? We’ll die defending the king”

Next time, **Branches of Shorin-ryu.**

Before we part, however, I would like to encourage you - and remind you- that daily practice of any art- no matter whether Karate, Jujutsu, Batto-do or any other, is the only way to true mastery. I’m not talking about getting into your Do-gi, stretching for a half hour and then spending the next hour practicing. That would be great, but who has the time?

But- and this is a BIG but- you can spend five minutes, ten, maybe even fifteen, practicing your kata, or your ippon seoi nage (you can use your “air-uke” or imaginary opponent) or your weapons technique. Five minutes a day, for five days a week is 25 minutes- about as much as the average class spends on technique in an hour class- and will soon improve your performance. Try it- you’ll love the result. When this pandemic ends, you will have retained a good portion of our skills and will be able to continue your path to mastery.

See you next time!