

KODENKAN YUDANSHAKAI

ATARASHI DENTO

NEW TRADITIONS

Paul Haber, Shihan, editor

December 2019

A Newsletter serving
Kodenkan Yudanshakai in
Henry Seishiro Okazaki, and

Welcome to the newsletter
or associate of Kodenkan



Members and Associates of
the traditions of Professor
Dai Shihan Joseph Holck.

dedicated to you, the member
Yudanshakai.

What's New?

A letter from David Parker, Shihan:

Hi all

Thank you to those who attended and those who helped out with setup and take-down of our annual picnic. A special thank you to Suzanne Chapman Sensei who spent a lot of time and effort organizing and implementing the picnic!

Good weather and a great time socializing with everyone...

MATS dojo was represented by Ken Fiore and Elisha Caywood...

Kodenkan Center was represented by Suzanne Chapman

Kodenkan Budokai of North Carolina was represented by Joshua Parker and Dana Pettygrove...

Ott YMCA Budokai was represented by Julian Pimienta, George Frisvald, Alex Frisvold, Brian Parker, Megan Strauss, and Rhiannon Strauss.

Thank you all for bringing students and their families to be part of our Ohana.

Mahalo

David Parker Shihan

Candidate testing for Shodan and Nidan was held on Saturday November 1. The following candidates will be Promoted at the Promotion Ceremony and banquet on 25 January 2020:

Lakewood Budo Kai

Nolan Fox	Shodan	Danzan Ryu
Jason Rendon	Shodan	Danzan Ryu
Bill Senner	Shodan	Danzan Ryu
Ryan David	Nidan	Danzan Ryu

Ott YMCA Budokai

Sarina Tuskey	Shodan	Shorin Ryu
Brian Parker	Nidan	Shorin Ryu

Congratulations to each and every one of you.

The KDK Board of Directors held their quarterly meeting , also on Saturday, November 1. The following were discussed:

KDK 2020 calendar and promotion ceremony flyer out now. If you did not receive them in email, check with Shihan Parker.

Membership- be sure to send in your annual dues before January 15, 2020.

Quarterly testing will be held at MATS dojo. We encourage you to have your students tent at this function. REMEMBER- Brown belts MUST test at the Quarterly testing. This allows instructors to get to know the student before he/ she becomes a Yudansha candidate.

Updated Yudansha Promotion Standards V1.3- including:

Martial Arts

Promotion/ Upgrade Eligibility

Notifications/ Recommendations

Testing

Promotions/ Upgrades

External Promotions/ Upgrades

For full details, check out the KDK website.

Membership requirements and Benefits Standard V1.1:

Requirements

Benefits

Revocation

For full details, check out the KDK website.

Ceremony and Banquet committee: Jackie Britt O'Sensei is the Chair of the Ceremony/Banquet committee. She is looking for people who are interested in assisting in the planning and execution of the upcoming event. Please let her know if you are interested in helping out: jb1karate@msn.com

Kyu Testing was held Sunday, November 17, at MATS dojo.

MEET THE SENSEI



Michael Reynolds, Sensei

Matsuno Kajukenbo Kai, Yondan, 4th Degree Black Belt

Shukokai Karate, Sandan, 3rd Degree Black Belt

Michael Reynolds began his martial arts career when he realized that the three hours of self-defense instruction received from the Corrections Officer Training Academy was totally inadequate for the environment in which he worked.

After trying/studying several different styles, including Kempo, in which he attained the rank of Go Kyu (5th Kyu), Michael started his Matsuno Kajukenbo Kai training under Paul Haber (Shihan) in July 2001. Michael currently holds the ranks of Matsuno Kajukenbo Kai 4th Degree Black Belt and Shukokai Karate 3rd Degree Black Belt under Paul Haber, Shihan

Michael is currently expanding his training to include Kung Fu under Sifu Paul LaPointe.

Michael currently teaches Matsuno Kajukenbo Kai at Boxer's Rebellion Martial Arts.

UPCOMING EVENTS

The annual KDK Holiday party will be held on Sunday December 8, beginning at 12:30. MATS Dojo is hosting the event, which will include a wrapped gift exchange (\$15 limit, please) and a pot luck. Plates/ utensils and drinks provided. If you have questions, contact Dave parker, Shihan at kokuakodenkan@msn.com.

Black Belt Clinics will be held at the MATS DOJO, 5929 East 22nd Street Tucson on Saturday, 25, 2020 from 8:30 AM- 12:30 PM. There is no charge for this training.

Yudansha Banquet and Promotion Ceremony will be held at St.Frances Cabrini hall , beginning with photographs at 2:30 PM and continuing with ceremony and banquet. Be there to celebrate the new Yudansha.

KANJI KORNER

By David Heacock, Shihan



Grab your shovel! (*shaberu* シヤベル or *shoberu* シヨベル)
This is the first of a series of articles in which we will dig into some common terms.

PART ONE

Tori (取り) From the verb *toru* (取る take, pick up, win, compete). When used in compound words the pronunciation is *dori*. This is a shortened version of *torimi* (取り身 winning + person) the winner, one who executes the technique. This is the “active partner.” Having this term in the name of a technique indicates that you either apply a strike or other painful technique after a successful defense or escape, or you may be executing a preemptive move to preclude an attack.

Uke (受け) From the verb *ukeru* (受ける receive, accept, get, catch, be struck by). This is a shortened version of *ukemi* (受け身 receive + person). This is the person “receiving” your technique, even though he or she may have initiated an attack. This is also the term for a block or parry; the Kenkyusha dictionary lists “make a defensive move” among its definitions.

Kumi-kata (組み方) From the verb *kumu* (組む put together, construct, assemble) and the noun *kata* (方 method of, manner of, way of). There are many “methods of putting together”: from throwing grips to forms of joint locking and strangulation. The one we commonly mean is *kumi-kata shizen hontai* (method of putting together-natural-the true form) as shown in this image—the basic hold for formal throwing practice.



Uchikomi (打ち込み) From the verbs *utsu* (打つ [*uchi* is a variant pronunciation] hit, strike, throw, drive in, put in, insert) and *komu* (込む go into, put into, do thoroughly, do intently). This term is translated as: driving, pounding in, shooting into, invasion. We use this for static, formal throwing practice exercises with a partner in order to train for proper form. When entering for your throw do so with speed, power, and thorough intent.



Watching even top students execute techniques, *daishihan* Holck would frequently say: “More speed, more power.”

Jūtsu (術 also: *jiutsu* ジュツ). Commonly misspelled and mispronounced *jitsu*, the term has the meanings art, technique, skill, and trick. This is the “science” or “art” of martial skills.

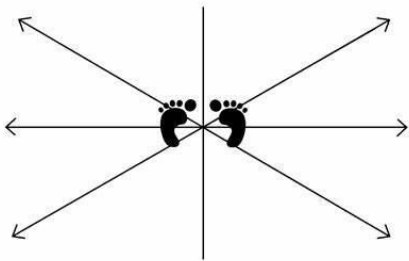
Dō (道 also: *dou* ドウ) Here, the meanings are: road, path, way, set of practices, rules for conducting oneself. The *kunyomi* (native Japanese pronunciation) of *michi* (みち) means: road, path, way (of living, proper conduct, etc.), moral principles, teachings. This notion was adopted by many schools after 1868, during the modernizing Meiji Restoration, when the teaching of traditional military arts was forbidden or discouraged. Like the *jūdō* of Jigoro Kano, they offered programs of personal development through modified arts. This is the “Way” of individual self-perfection.

Jū or *Jiu* (柔 [*onyomi* or Chinese reading] softness, gentleness, weakness) The *kunyomi* reading of *yawa* gives rise to the term *yawarakai* meaning: soft, tender, pliant, supple, limber. *Yawara* (柔ら or やわら) was the common name for judo and jujutsu. Rather than “the art or way of gentleness,” a truer translation would be “suppleness” or “yielding” as a principle of

action in order to overcome one's opponent. This idea has a long history in China as both a spiritual principle and a practical one. For example, in the "boxing" art of *Tai Ji Chuan* an opponent is overcome by initially absorbing the energy of an attack and then turning it against him.

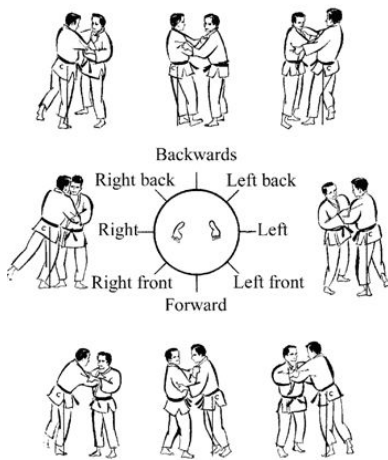
Goshin (護身 safeguard, protect + body, oneself, person) self-protection, self-defense. Unlike traditional systems (*ryū* 流 way, style, manner, school (of thought)) with set principles and modes of action, a system of self-protection could be eclectic, adapting techniques from any number of sources.

FIGURES OF EIGHT



Taisabaki (体・捌き body + handle well, handle deftly, deal with, manage). Defensive body movement. Usually used to avoid an attack so you end up in a position of advantage. Accompanied by repositioning your body to allow for a response, this is not simply evasion.

The Eight Positions of Taisabaki



Kuzushi (崩し) From the verb *kuzusu* (崩す disturb, put into disorder, throw off balance). Off-balancing. Tilting or pulling an opponent to a position where his center of gravity is no longer in the midline of his body. With proper *kuzushi* he falls easily; without it, a throw can be easily resisted or reversed on you. This is the first—and most important—of three components to a proper throw. The others are:

Tsukuri (作り making, producing, preparing). Positioning for a throw, "fitting in".

Kake (掛け hanging, suspending, hoisting). Execution of a throw.

The Eight Positions of Kuzushi

With these two exercises, you can begin to apply the concepts of: moving from the *Hara*, the intense awareness of space and position of *Maai*, the fixed resolve of *Kime*, and the unrelaxed alertness of *Zanshin* that you learned about in the previous two quarterly issues of the KDK Newsletter.



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

Image sources:

Geisha with shovel. Flickr.

Kumi-kata. Reddit.

Judo throw. Pinterest.

Taisabaki. Chikodan.com

Kuzushi. www.merrickpaljudo.blogspot.com, et. al.

All translations and kanji from www.Jisho.org

EDITOR'S EDGE

Last issue, we learned about the early beginnings of Okinawan Karate also called **Tode, Ti or Di**, and two of the early masters, **Sakugawa Kanga, AKA Sakugawa Tode**, and his student, **Matsumura Sokon, AKA Bushi Matsumura**, or "Warrior Matsumura.

Matsumura, you may recall, was born in the Shuri region around 1800 and lived to be 80 or so.

According to Christopher M. Clarke, in his book *Okinawan Karate: A History of Styles and Masters*, Matsumura twice traveled to China as an envoy. While there, he studied martial arts, learning several kata, including Naihanchi Shodan. Later, while in Japan on duty for the Okinawan king, Matsumura learned Jigen-ryu, a style of short stick and swordsmanship.

We won't go into all the stories about Matsumura- Clarke does an exquisite job of that, in his book. Suffice to say that Matsumura left behind his maternal grandson, Chitose Tsuyoshi, who later founded the style of Chito-ryu. Another grandson, Matsumura Nabe, taught Soken Hohan, the founder of Matsumura Seito (Orthodox)Shorin-ryu. Your editor had the privilege of studying the latter style in the 1970's.

Bushi Matsumura's wife, **Yonamine Tsuru**, was also an excellent practitioner; there is a story of how she actually defeated her husband, when he tried to ambush her on the road, in fun or to teach her a lesson. I have to repeat the pun- *the family that kicks together, sticks together*. I apologize- I couldn't resist.

Matsumura Sokon died between 1890 and 1901 in his home village of Yamakawa, Shuri.

Another practitioner of the period was **Azato Yasutsune** (1828- 1906) He was a fellow student of *Bushi Matsumura*, who also trained in horsemanship and Jigen-ryu, and is said to have had a personal dojo equipped with several makiwara, a Chinese style Wooden Man, stone weights, iron balls and heavy practice swords.

Although quite strong in his own right, Azao's philosophy of fighting was to avoid any contact by motion and evasion, while delivering powerful, perfectly timed counter-attacks. He was also one of the primary instructors of a Karateka famous today- Funakoshi Gichen.

One of those who rightfully claimed to be students of *Bushi* Matsumura, is **Itosu Yatsutsune, AKA Ankoh, or Iron Horse**, the grandfather of modern *Shorin-ryu*. Itosu also studied under a Sensei named **Nagahama**, who had Itosu focus on both physical and mental strength. Itosu developed muscular arms and huge calluses from incessant pounding on the makiwara. He also trained in **Tomari-te** (*one of the other types of Te*) under **Gusukuma Shiroma**, who taught Itosu *Tomari-te kata Rohai* and *Wansu (or Wanshu)*. Itosu combined these with kata such as *Seisan*, which he learned from Matsumura. However, Itosu definitely had his own spin or modification on kata, emphasizing rooted stances and power, rather than the lighter movements of *Tomari-te*.

Itosu developed the 5 *Pinan* kata, as a method of teaching boys in the Okinawan school system, and it is said that in doing so, caused the loss of much of the *bunkai*, or fighting application, of the earlier kata, such as Bassai and Channan. In addition to the *Pinan* kata, Itosu also taught Naihanchi, Bassai, Kusanku, Sojushiho, Chinto, Rohai, Chinte, Sochin and many others. This was a departure from the previous custom of only learning a few kata, but learning them thoroughly, including the rich applications.

Without Itosu, karate may never have spread to Japan and the rest of the world, since two of his students, Mabuni Kenwa and Funakoshi Gichen, were directly responsible for introducing the art to the Japanese.

There were many practitioners contemporary to Matsumura and Itosu, but space does not allow a complete list; for those who wish to learn more, refer to the trilogy by Clarke, *Okinawan Karate: A History of Styles and Masters*.

Next time, we'll talk about those masters of a more recent era- just prior to, and after World War II.

In the meantime, no matter what your art- KEEP TRAINING!