



OKINAWA BUDO NEWS

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Special points of interest:

- Isshinkai Enbukai
Oceanside, California
October 12-14, 2007
- OBK Okinawa Trip
February 25 thru
March 10, 2008
- Don Bohan &
Rick Niemira
Memorial Tournament
June 27 & 28 2008
Fredericksburg, Virginia
<http://www.bohans-family.com/>

SANCHIN & KNIFE FIGHTING WITH SENSEI A.J. ADVINCULA

July 28th & 29th brought Sensei A.J. Advincula back to the Okinawa Budo Kai for his annual seminars.

Saturday's event was Sanchin Kata. Sensei explained in depth the specific muscle groups utilized and the application of "Chinkuchi". Sanchin Shime was explained along with "Chinkuchi Nijuzashi", moving your Chinkuchi where it's needed. Stances were checked and bodies aligned for proper performance of the kata.

Sunday's seminar was knife fighting. Sensei has been studying Filipino Eskrima since he was eight years old and is the designer of the infamous "Flesheater Knife" made by master knife maker Jim Hammond. Sensei Advincula took participants through drills utilizing the eight directions and "Bamboo Drills". The "Largo Mano" (long hand) system of fighting with a blade was emphasized. The seminar was capped off with tatami cutting using a tanto knife, antique military saber,

Japanese katana & wakazashi, Filipino kris sword and the Okinawan kama. Great training and a good time was had all.

Advincula's Combat Eskrima



The Art of Filipino Fencing



DOJO NEWS

The OBK may be partnering up locally with Schoolcraft College and their Continuing Education Program. We are in discussions about beginning a Ryukyu Kobudo class and possibly a classroom topic

on Okinawa Martial Arts History & Traditions. The Ryukyu Kobudo class would be a first of it's kind in Southeast Michigan and possibly the entire state. Most Michigan dojos and colleges have karate classes

with a mixture of Kobudo. This class would be strictly Kobudo. Stay tuned :-)



TRIP TO THE HEART 2 HEART DOJO

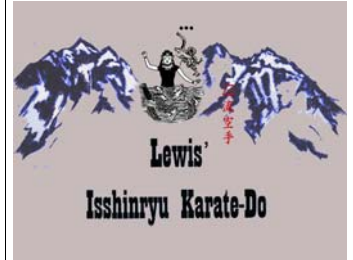
In June myself & Sensei Carol Womack traveled to the Heart 2 Heart Isshinryu Dojo owned and operated by Isshinryu 1st generation, Sensei Tom Lewis in Cody, Wyoming. Sensei Lewis operates two dojos, the Heart 2 Heart being on his Heart 2 Heart ranch which is overlooked by Heart Mountain.

We trained, ate great Bar-B-Q, attended a mule rodeo and an Indian Pow-Wow. Sensei and his better half Glynn also took us to some of the historic sites in Cody. Cody, Wyoming was founded by the famous cowboy Buffalo Bill Cody.

We can't thank Sensei Lewis & Glynn enough for the hospitality. The late night talks with Sensei, which covered many topics, were fun and informative. Sensei Lewis has a great group of dedicated

students who we had the pleasure to train and socialize with. I was told I needed a little Wyoming cowboy makeover and ended up purchasing some cowboy apparel to alter my "City Boy" appearance. This visit definitely renewed my fascination for the Western lifestyle and America's Old West.

Sensei invited us back for more training, site seeing and a camping trip in the Rocky Mountains. We plan on taking him up on his generous offer in the future. Again, thank you Sensei Lewis & Glynn for a great trip.



YAMANNI RYU KOBUDO

Yamanni Chinen-ryu kobujutsu, or Yamanni-ryu, is a traditional weapons martial art that originated in Okinawa. The principle weapon used in the style is the roku-shaku bo, or six-foot staff. The style has been described as one of the most dynamic and devastating of the Okinawan weapons styles, most probably because of its distinctive wide and

flowing strikes, which contrast greatly with the short and choppy movements characteristic of other weapons styles that trace their roots to Okinawa. Yamanni Chinen-ryu takes its name from the Chinen family, which was a prominent aristocratic family in the Ryukyu islands. According to many historians, the legendary

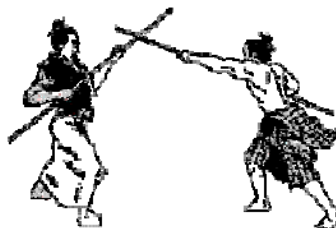
martial artist "To-de" Sakugawa brought a staff-fighting art from China to Okinawa sometime in the late 1700s. The Chinen family, which was entrusted with the security of Ryukyu nobles, adopted and further developed this art over the course of a few generations. As such, this style of bojutsu is not a product of the peasant classes.

YAMANNI RYU KOBUDO (CONTINUED)

Many of the major modern Okinawan-based bojutsu styles have their roots in Yamanni-ryu, with their founders getting at least some training with Yamanni-ryu masters. As such, many kata, or prearranged fighting sets, of various styles share the same names as Yamanni-ryu kata. And though their sequences are similar, the individual techniques and body dynamics are very different. Unlike other modern Okinawan kobudo

styles, which have become mainstream as a result of successful efforts to propagate them, Yamanni-ryu had remained relatively secretive and guarded. In recent times, other traditional Okinawan weapons, such as the sai, tonfa, kama, and nunchaku have been incorporated into the system; the philosophy for manipulating these weapons is very similar to that used for the bo--namely, techniques should almost always be large and flowing.

<http://www.oshirodojo.com/kobudo.html>



沖繩古武道



School of Karate & Kobudo

Bogu Kumite - Okinawan Full Contact Fighting with Armor

Bogu Kumite is a sparring method utilizing body armor to protect the participants. It was popularized on Okinawa in the late 1950's and early 1960's through instructors such as Nakamura Shigeru of Okinawa Kenpo, Shimabuku Tatsuo of Isshinryu and Shimabuku Zenryo of Shorinjiryu. Unlike kickboxing which pads the weapons for safety, Bogu Kumite pads the targets so karate technique can be utilized. Smaller, light hand protection is the only padding added to the weapons. Bogu Kumite tests the power of karate

technique. While kicks to the joints are forbidden for safety, full power blows to all other targets are permitted. If one practices the proper techniques and power sources of Okinawa karate, then jiyu kumite (free sparring) should only be done with body armor for safety.

In Bogu Kumite, for a participant to receive a point, they must knock their opponent back, down or out with a technique. Unlike Kickboxing, all techniques are thrown full power in an attempt to fulfill the point requirements.

Bogu Kumite is very demanding on the body but is an excellent gauge in the development of power in karate technique. Remember, if you try Bogu Kumite, safety is #1 because after all, karate is first and foremost for your health.



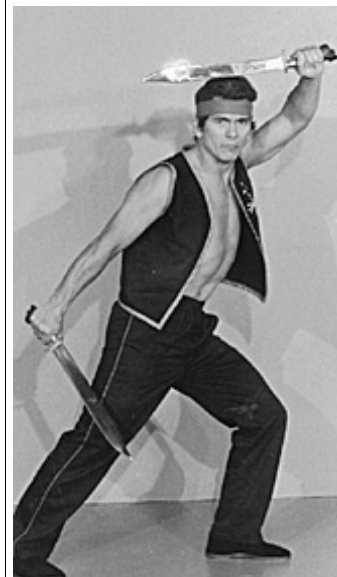
空手

WARRIORS OF THE PHILIPPINES

The pre-Hispanic warrior classes of the Philippine islands were called Maharlika which are from the North (Luzon), Timawa which are from the Central Philippines (Panay, Cebu), and the Moro from the South (Mindanao). The primary arms of Philippine warriors were kris and kampilan sword types, wide-bladed daggers called baladaw, and the bangkaw or spear with a pointed metal base and leaf shaped blades.

Colonization
The art of Eskrima in the Philippine islands has its genesis in the recruitment of Filipino warriors into the Spanish Army of the Philippines. The Philippine soldiers were trained in Spanish warfare, officered military units on land and sea, and fought military campaigns for the Spanish both in the Philippines and abroad. The bell tolled for the Spanish Army in the

Philippines in 1898 and the garrison communities of the Philippines saw their end with the disbanding of the soldiers to their homes across the archipelago. Thus, the early 20th century marks the beginning of the modern era of Eskrima and the perpetuation of the Filipino martial arts as we know them today conserved through the efforts of families, villages, and military-fraternity.



WARRIORS OF THE PHILIPPINES (continued)

The word Eskrima is the Philippine cognate of Spanish escrima, i.e., "fencing," which ultimately derives from the Latin escremer meaning "to skirmish". During the period of Spanish dominion, the art was forced underground and was perpetuated in secret, being largely passed down within single families from father or uncle to son or nephew. Sometimes, however, students were selected on the basis of special merit, rather than on blood ties. A colorful instance of this practice is provided in a

story about the near-legendary eskrimador, Felicissimo Dizon. Dizon wished to study Eskrima under the greatest living eskrimador, a misanthropic hermit who lived in a virtually inaccessible cave. In order to prove himself worthy to receive such instruction, Dizon had to climb up one side of a cliff, dive off the other side into a shark-infested lagoon, and then swim through an underwater passage into the hermit's cave. Another story, reminiscent of the graduation trials of the Shaolin monks, casts further

light on the physical prowess of Dizon. Lacking any kind of formal ranking system, eskrimadors who wished to demonstrate their expertise were forced to engage in death matches, similar in many respects to the duels between gunfighters in the American West.

<http://s118354457.onlinehome.us/TCE/about.php>



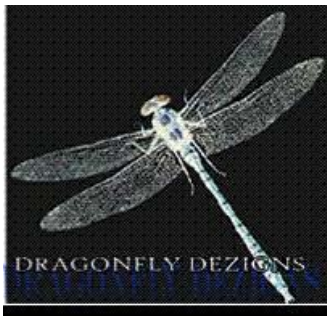
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Okinawan Tegumi vs Japanese Sumo

For many of us, the only images of sumo we have seen are of giants like Akebono, Musashimaru and Konishiki on NGN. There are several differences however, between Japanese and Okinawan Sumo. Okinawan sumo arose from the grappling tradition known as *Tegumi* (the same characters as in kumite, but in reverse order). In the *Tales of Okinawa's Great Masters*, Shoshin Nagamine (Hanshi, 10th dan, founder of Matsubayashi Ryu form of karate) writes:

"Because Okinawan sumo had never been promoted in the same spectacular way as its Japanese counterpart on Japan's mainland, islanders never bothered building rings or venues to host such local events or championships. To the Okinawans of yesteryear, sumo wrestling had been an exciting cultural recreation for everyone to enjoy. It was not a commodity to be exploited in such grandeur. That is simply not the Okinawan way. In the old days, any open space, field, or mountainside where people could freely gather and watch in their own comfort was sufficient. During that time there were no special rules or regulations about the size or configuration of the ring. The only condition was that the grappling surface had to be free of small stones or anything else that might be of danger to the grapplers. Usually, such bouts took place on a lawn, or surface covered by sand or sawdust to ensure safety for the athletes."

The participants in Okinawan sumo typically wore shorts with a thick cloth, or mawashi, tied around the waist. In Okinawa, participants sometimes wore a judo gi with the mawashi. The rules for Okinawan sumo also differ from Japanese sport. Going outside of the ring or merely touching or falling on the ground does not end the match. Instead, the winner must cause his opponent's back to touch the ground while inside the ring. This requires a high degree of grappling ability, speed and dexterity, rather than mere size or brute strength. In the respect, Okinawan sumo may be compared to certain aspects of judo and jujutsu.

<http://seinenkai.com/art-sumo.html>

Okinawa Ryuei Ryu Karate

This style of karate was first introduced to Okinawa around 1875 by Norisato Nakaima. Born of wealthy parents in Kume, Naha, Nakaima was a good scholar and, at the age of 19, went to Fuchou, China for advanced studies in the martial arts. There a former guard to the Chinese embassies in the Ryukyu islands introduced him to a Chinese boxing teacher known as Ru Ru Ko. Nakaima was accepted as a disciple, and, after 5-6 years of training, received a certificate of graduation from the master. Just before leaving China, in order to further his experience in the martial arts, Nakaima traveled to the Fukien, Canton, and Beijing areas, where he collected a

number of weapons to bring back home with him.

Back in Okinawa, Nakaima passed this Chinese boxing style in secret to his son



Nakaima Norisato

Kenchu Nakaima, who then went on to teach it to his son, Kenko Nakaima (founder of the Ryuei Ryu Karate and Kobudo Preservation Society). In

1971, at the age of 60, Kenko Nakaima realized that in today's world there was no longer a need to keep his family's fighting system a secret, and so, with some hesitation, he took on a group of 20 school teachers as karate students.

<http://www.ryueiryu.com/>



Nakaima Kenchu



Nakaima Kenko