

Okinawa Budo Kai



OKINAWA BUDO NEWS

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Special points of interest:

- Black Belt Kobudo promotions Saturday-March 3, 2007 11:00am
- Okinawa trip April 2007

HAPPY NEW YEAR !



OKINAWA BUDO NEWS GOING BI-MONTHLY

I didn't realize how much work putting together a dojo newsletter would be. It's tough finding good information to send out on a monthly basis. So, starting with this issue, the *Okinawa Budo News* is going bi-monthly. If you have something that you think would

be good to share with other's, please send it. I can always use the help plus, it's nice to have different perspectives concerning the martial arts. So, all those thoughts you've had bouncing around your head concerning issues in the martial arts, sit down and put them on

paper ! Remember, in the martial arts, the sword and the pen are one :-)
Jeff Perkins



OKINAWA BUDO KAI PROMOTIONS

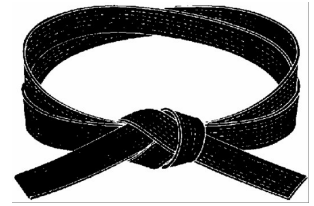
On Saturday December 16, 2006, the Okinawa Budo Kai held Black Belt Karate promotions. The testing lasted approximately three hours. Ni Dan candidates were required to perform the Isshinryu hand kata's Seisan through Sunnusu then perform the bunkai for each kata as tori and uke. Sanchin kata was also required. They then had to perform Isshinryu Kobudo kata's Tokumine No Kon with the bunkai, Kyan No Sai with tekитай, Hamahiga No Tuifa and Tokushin No Nunti Bo. Finally, each candidate had to perform all of Shimabuku Tatsuo's Kumite. The Sho Dan candidate had the same test through Hama Higa No Tuifa. All did an excellent job and passed with flying colors! The new Black Belt recipients are:

Paul Coleman - Ni Dan
Rob McDonnell - Ni Dan
Dick Gassen - Ni Dan
Brian Gassen - Ni Dan
Chuck Mulka - Sho Dan

On January 25, 2007 **Alex LaBerge** and **Jake Mulka** tested for Senpai Ni while Ryan McManus tested for Ikkyu. The "Senpai" rank with Okinawa Budo Kai would be considered "Junior Black Belt" in other dojo's. A youngster under the age of 17 who achieves this level of training is awarded a black belt with a white stripe running through the middle. *OBK Advanced Kids* can test for a Senpai rank each year.

All the *Advanced Kids* candidates have been training in the martial arts for several years. They are an asset to the dojo and we are very proud of

their outstanding performance in Isshinryu Karate kata, Kobudo, and bunkai. They are the future of Isshinryu and will do a fine job carrying on the tradition.



OKINAWA MARTIAL ARTS RANK

In the time when Shimabuku Tatsuo was a student of Karate on Okinawa, his teachers did not give out rank. Training was done in street clothes or sometimes a "diaper" looking pant. People who entered the dojo could tell who the instructor was, the advanced students and beginner students. Not by any belt but by their training and performance. To align themselves with mainland Japan, some Okinawan teachers decided to

adopt the "Dan/Kyu" rank and belt system found in Judo and other Japanese martial arts, along with the wearing of the "dogi", commonly called a "gi". Associations and affiliations were formed which started the rank system on Okinawa. There's a story in Isshinryu about how Shimabuku Tatsuo Sensei got his 10th Degree status and red belt. Although many years later, his rank was legitimized by an Okinawa

organization. One day at the Agena Dojo, Harold Mitchum and Steve Armstrong, American students of Shimabuku, purchased and awarded him a red belt. They stated that he should be a 10th Degree because he was the head of the system. Shimabuku took off his red & white belt (he was an 8th Dan), put on the red obi and gave his red & white to Mitchum. He then told Mitchum, "you now 8th Dan".



OKINAWA MARTIAL ARTS RANK (CONTINUED)

Mitchum had been training for a very short time. This incident, while taken seriously by young Americans, appears to me to show that Tatsuo did not care about rank and possibly played out this incident as a joke. Later, as senior Americans were leaving the dojo in Okinawa for the U.S. or other duty stations, Shimabuku Sensei would ask them if they were going to teach Isshinryu. If they said yes, they were usually awarded a 6th or 7th Degree certificate. In Shimabuku's mind, if they continued to train and never return to Okinawa, they

would rate the rank in many years. Unfortunately, he didn't account for the ego of Americans. Some put the rank on immediately. Many had only about 15-18 months training which is a good green belt level. Sensei A.J. Advincula states that he had a 6th Degree certificate from Shimabuku but when on Okinawa claimed his legitimate time-in-grade rank of 3rd Dan.

Today, most legitimate dojo's have rank standards based partly on time-in-grade. This allows for refining technique and movement through many repetitions.

Some modern U.S. dojo's paint on their wall "Your Goal is Black Belt". This couldn't be farther from the truth in the Okinawa martial arts. The goal is the perfection of oneself and not a race to a belt color.

As a student, if you can get over the initial infatuation with rank, the true secrets of the Okinawa martial arts will unfold right before your eyes :-)

Forever a student,

Jeff Perkins



School of Karate & Kobudo

Report - Sensei Roy Osborne's NiTan Bo Seminar

On January 20th, Sensei Roy Osborne III, 8th Dan Shorinjiryu, conducted a Nitan Bo (double stick) seminar at the *Okinawa Budo Kai*. Sensei taught an old, obscure kata called *Uhugushuku No Nitan Bo*.

Uhugushuku Tanmei was an old Bushi on Okinawa who was befriended by Oyata Seiyu Sensei of RyuKyu Kenpo right after WW II. Oyata Sensei eventually was allowed martial arts instruction with the old Bushi and was taught this

kata. Sensei Osborne learned the kata from Oyata Sensei during the many years he trained on Okinawa. The seminar was attended by approximately 25 students from the U.S. and Canada.

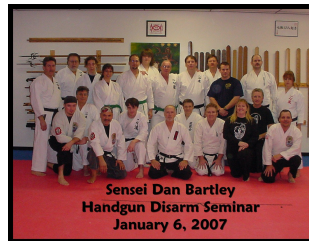


REPORT - HANDGUN DISARM SEMINAR

Long time Isshinryu practitioner and retired Police Officer, Sensei Dan Bartley, conducted a "Handgun Disarm" seminar at the *Okinawa Budo Kai*. I've experienced Dan's technique before and based on 35 years of martial arts experience and 32 years of law enforcement experience, I have never seen a better technique. The technique

was designed by Dan and a former colleague many years ago. Dan is a former Police firearms instructor and defensive tactics instructor as well as being a 7th Dan in Isshinryu Karate. The seminar was enjoyed by all. Dan's excellent teaching style and zest for instructing, allowed for all ranks to grasp the concepts easily. At the OBK we will be

adding a 21st Century flair to Shimabuku's Kumite by adding these handgun disarms.



SAN SETSU KON 三節棍 3 Sectional Staff

The San Setsu Kon is a Chinese flail weapon that consists of three wooden staffs connected by metal rings or rope. A larger, more complicated version of the well-known nunchaku, the staffs can be spun to gather momentum resulting in a devastating strike, or their articulation can be used to strike over or around a shield or other defensive block. These staffs were designed for defense against spears and

other long weapons. The total length of the weapon is greater than that of the Bo. The three sectional staff has the advantage of being used both as a long-range weapon or a short-range weapon. Acting as an extension of the users arm, the three sectional staff can strike, block, stab, sweep legs and whip, often with different sections of the staff acting at the same time. The chains or binding ropes of the staff are used to entangle an opponent

and their weapons. The San Setsu Kon has no traditional kata on Okinawa. Many Kobudo systems who use the weapon incorporate two person drills or kumite against the Bo.

<http://en.wikipedia.org>



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"We bring Okinawa
to our students."



Ten Articles of Karate by Okinawa Shorinryu Master Anko Itosu 1831 - 1915

1. You should not practice karate only for the purpose of developing your physical strength. What is essential is to serve your sovereign and your parents at the risk of your life in case of emergency. If you should involve in a fight with a robber or a rough neck by any chance, you should ward off a blow. You should not harm him.
2. By practicing karate one can develop a strong body and his fists and feet can be used as weapons. Thus if boys are trained in their youths, they will become men of special ability. Such men of martial arts can make contributions to the country as soldiers if need be. When he defeated Napoleon at Waterloo, Wellington said, "Today's victory is the outcome of lad's hard training on a training ground in England." A well put saying.
3. To master karate in a short time is extremely difficult. The proverb goes that practice makes perfect. If you practice for one or two hours every day, you will not only become physically strong but master the art of karate by the end of three or four years of training.
4. When you do makiwara-tsuki, keep these in mind: lower your shoulders, chest out, keep your feet and centralize your "ki" on the abdomen. Do the tsuki practice in this manner for one hundred or two hundred times.
5. When you assume a karate posture, bear these in mind: straighten your back, lower your shoulders, keep your feet, centralize your "ki" on the abdomen and harden the whole muscle of your body in such a way that the whole force is pulled toward the abdomen.
6. Learn various moves. But study when and how certain moves are applied and then practice the moves. There are many secrets handed down by word of mouth regarding stop moves and counter moves.
7. Study moves. Consider which move is good for building physical strength and which one is good for kumite.
8. You should practice karate in the following manor: glare, lower your shoulders, and harden muscles as though you were actually engaged in a fight. Practice in this way, then you will be able to move naturally in case of a hand-to-hand fight.
9. Do not put too much strain on yourself while you are practicing, otherwise you will get bloodshot and your face will turn red. These are signs of over-practice which will ruin your health in time.
10. Many karate masters enjoyed longevity in the past. Through karate one can build muscles, promote digestion, improve the circulation of blood. All of these contribute to the long of life. Therefore karate should be introduced into course work as the basis of physical education at the schools. Thus a lot of karate experts will be produced in the future.

Shinpan Gusukuma Sensei 1890 - 1954 Okinawa's Forgotten Master of Karate

A student of Itosu Anko, very little is said about the master Karate technician, Gusukuma Shinpan. He began teaching shortly after WWII and was close friends with Miyagi Chojun, Kyoda Jyuhatsu and Kyan Chotoku. He taught regularly at Shuri Castle and had a dojo at his home in Nishihara City. He was a school teacher by profession but his first love was Shuri-style karate.

Gusukuma Shinpan often spoke of the eight considerations in kicking and the four considerations of the punch.

Considerations for kicking:

1. When kicking in kata or kumite, the back must be straight and true so as to allow you to punch if blocked.
2. The quickest kicks are of the snapping variety.

3. The kata kicks are performed with the toe-tipped foot.

4. The most important kick is that done to the chudan (middle) area.

5. Consider the knee the "hinge" of the kick.

6. The ankle must be strong in kicking as the wrist is strong in punching.

7. The leg is loose and flexible while the toes are tight. Just like a punch, the arm is loose while the fist is tight.

8. When kicking, kick with both legs.

Considerations for punching:

1. The large knuckle finger and the thumb squeeze the index finger in a good fist.

2. In making a strong fist, the index finger is folded first.

3. Punching is done with a loose arm and tight fist.



Gusukuma Sensei

4. You strike with the index knuckle first.

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