



OKINAWA BUDO NEWS

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- Michael Volante Memorial Tournament
April 26, 2008
Warren Community Center
Warren, Michigan
- Sansetsu Kon Jutsu Seminar
Okinawa Budo Kai,
Livonia, Michigan
May 3, 2008 11a - 2p \$30
www.OkinawaBudoKai.org
- Sansetu Kon Kata & Bunkai seminar with Tokumura Kensho
June 18, 2008 6p - 9p \$45
Okinawa Budo Kai
Livonia, Michigan
www.OkinawaBudoKai.org
- Kobudo Seminar with Tokumura Kensho
June 21, 2008 10a - 6p
Raddison Dallas East
Conference Center
www.OkinawaBudoKai.org
- Don Bohan & Rick Niemira
Isshinryu Memorial
Tournament
June 27 & 28 2008
Fredericksburg, Virginia
<http://www.bohans-family.com/>

FROM OKINAWA TOKUMURA KENSHO SENSEI USA VISIT & SEMINARS 2008

Okinawan Karate & Kobudo teacher **Tokumura Kensho Sensei** will again be visiting the U.S. during the month of June 2008 sponsored by the Okinawa Budo Kai. Tokumura Sensei will be here for two weeks and has a full schedule of seminars and events. He will be conducting a Michigan seminar on Sansetsu Kon (three sectional staff) at the Okinawa Budo Kai in Livonia, Michigan on Wednesday **June 18th**. Tokumura Sensei will also be reunited, after almost 50 years, with his long time "tomo dachi" & Agena, Okinawa dojomate Mr. Jake Eckenrode who resides in Michigan. Then it's off to Dallas, Texas for a huge national Kobudo seminar on **Saturday June 21st** at the Raddison Hotel Dallas East Conference Center. The seminar fee will include a luncheon and banquet. There will be a group rate at the hotel of \$79 a night.

Sensei will also be at the *Don Bohan & Rick Niemira Memorial Tournament* in Fredericksburg, Virginia on **June 27th & 28th**. This will be a huge historical event for the Isshinryu community. Tokumura Sensei is a first generation student of Isshinryu's founder, Shimabuku Tatsuo Sensei, and taught many of the American 1st generation their karate basics as they entered the Agena Dojo. Tokumura will teach a Ryukyu Kobudo seminar at the event and sit on a symposium panel to answer questions for attendees. Tokumura Sensei's martial knowledge and friendly, upbeat personality will no doubt make him a big hit for those who have never met him. We will also be visiting Arlington National Cemetery to pay our respects to a USMC Isshinryu Agena, Okinawa dojomate of his and other Isshinryu 1st generation, Sgt. Rodney Kiaha, who was killed in

action while serving his country in Vietnam.

Go to:
www.okinawabudokai.org
for seminar details & pre-registration. Hit the "Tokushin" tab for more background on Tokumura Kensho Sensei.



DOJO NEWS - PROMOTIONS

On January 17th Advanced Kids Karate's Jake Mulka and Alex LaBerge tested and received their Senpai San (3rd Degree Junior Black Belt) promotion and Harrison Chen received his Senpai Ni. Advanced Kid's are eligible to test for one Senpai rank a year

with continued training.

In January & February Mr. Byron Williams was promoted to Ikkyu (1st Brown) and Mr. Ron Proudlock, Ms. Elena Lazaari & Mr. Evan Melvin received their San Kyu (3rd Brown). Congrats to all !



FITNESS & THE MARTIAL ARTS - WEIGHT TRAINING

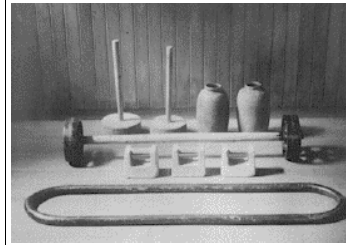
While martial arts are definitely good for physical fitness, one should also supplement their Karate and Kobudo training with other exercise.

WEIGHT TRAINING - I've always been partial to weight training. Some believe that lifting weights will hinder your martial arts training by over developing muscles and slowing down movement. This usually will not occur unless you are intentionally increasing your caloric intake to make yourself larger. From my experience, muscular strength is a good thing. If you have martial artists with similar skills, strength can be an advantage. Okinawa

Karate often uses an old version of weight training in conditioning called *Hojo Undo*. The use of weighted "finger jars" called *Nigirigami*, hand held "padlocks" known as *Ishisashi*, and short poles with weighted ends called *Chiishi* are often used. Today, we have modern weight machines that accomplish the same tasks. I have weight trained for most of my adult life in one way or another. Here's a weight training workout that combines repetitions for endurance and heavier weight for strength. Since we're not trying to be professional body builders, there's no need to break work-outs down into muscle

groups. I do a full body workout 2 - 3 times a week. Complete 4 sets of each exercise with whatever rest you need between sets. Add 5 to 10 pounds of weight for each progressive set starting at 15 reps for the first set then following with 12, 10, & 8. The last two reps on each set should be fairly difficult. I start off with 3 - 4 sets of full situps to strengthen the entire center. Then do the following exercises:

- BENCH PRESS
- MILITARY PRESS
- LAT PULL DOWNS
- SEATED ROWS
- BICEP CURLS
- TRICEP PUSH DOWNS
- LEG PRESS



**Old & Modern
Hojo Undo
Equipment**

OBK RYUKYU KOBUDO BLACK BELT PROMOTION

On March 8th, the *Okinawa Budo Kai* conducted a RyuKyu Kobudo black belt promotion.

The candidates were tested on Bo Basics, Sai vs Shinai Kumite, KumiBo, Tuifa vs. Bo Kumite ; Kata of Bo, Eku, Sai, KeiBo (Police baton), Tuifa, Nunchaku,

Tekko, Kama and bunkai. All candidates did an excellent job and received the following rank which is also recognized in Okinawa through the *RyuKyu Kobudo Ryu Kon Kai*:

- Gerhard Weber - San Dan**
- Rob McDonnell - Ni Dan**
- Phil Angelella - Ni Dan**

- Mike Byrd - Ni Dan**
- Dick Gassen - Ni Dan**
- Paul Coleman - Ni Dan**

CONGRATULATIONS !



OKINAWA BUDO KAI - ENGLAND

Months back I received an e-mail from a former student, Nick Kidd, who originally started his Isshinryu training at the Canton, Michigan Isshinryu dojo, run by Sensei Sam Santilli in the mid 1980's, where I was an Instructor. He moved to England, then returned and continued his training through the rank of Ikkyu (1st Degree Brown Belt) at the old dojo when it moved to the *Summit Community*

Center also in Canton, Michigan. Nick again moved back to England where he found no Isshinryu Karate being taught. He began the study of Aikido and has earned the rank of Sho Dan (1st Degree Black Belt). Nick wanted to start a dojo in England and again further his study of Isshinryu to add to the training. He has now continued his training in Isshinryu Karate & Kobudo through the Okinawa Budo

Kai. In January, Nick visited the dojo in Livonia, MI. for some hands on training.

Nick has already acquired a few Aikido students in England and will soon start teaching Isshinryu Karate. I would like to welcome Nick to the Okinawa Budo Kai family and look forward to seeing the progress of his dojo, *Peaks Edge Budo Kai*.

Jeff Perkins



“Why Some Americans Come Okinawa & No Bring Gi !”

This was a question that was asked by one of my Okinawan teachers. He was puzzled after observing the Chief Instructor of an American group, a healthy middle aged man, come to his dojo with students to train but the Instructor did not. He knows this American’s affiliation with a senior teacher on Okinawa but has never seen this highly ranked American train there either ! I’ve seen photos of this individual on Okinawa in a gi with his senior Okinawan

teacher so I know he brings one.....at least for photo ops :-)

While it’s important to see the sites and experience the culture of Okinawa, it’s also important to get on the dojo floor and train as much as possible. Some Americans are only interested in the rank they can purchase on the Island (yes, even on Okinawa). But most do travel to Okinawa for the training experience and knowledge that can be obtained through these direct inheritors of

Okinawa Karate & RyuKyu Kobudo.

A training and cultural visit to Okinawa is one that every Okinawa martial artist should experience. It’s something that you will never forget and like most of us, you will return for more. That small island with it’s people and teachers has a way of grabbing your martial heart & soul.

Don’t delay your Okinawa experience, these senior Okinawan martial arts teachers won’t be around forever.



The Weapons of RyuKyu Kobudo

Kama - For centuries, the Okinawans have survived through agriculture; namely the Sweet Potato (imported from China) and Sugar Cane. These two are still widely grown in Okinawa today. Primordial in an agricultural sense, the sickle became the lethal

weapon known today as *Kama*.

Tonfa (Tuifa) - In Okinawa, many believe this weapon derives from the handle of a stone grinder used in the tofu making process. However, tonfa can also be traced to a similar weapon, the *Mae*

Sonke found in the Thai martial art, *Krabi Krabong*. With the RyuKyu Kingdom’s history of trade with Southeast Asian countries, this theory is a credible one.



The Weapons of RyuKyu Kobudo - continued

Ekū - The boat paddle as a weapon is known in Japan through the story of Musashi Miyamoto, the famous Samurai who defeated Kojiro Sasaki in 1612 by carving a boat paddle into a weapon. RyuKyuans on their part were grand travelers who went fishing in far seas, sailing on the “kuroshio” the

“black current”. Unsurprisingly the boat paddle became a weapon.

Nunchaku - While there is no official explanation of the roots of nunchaku, the resemblance with the European farmer’s flail is evident. However, it is commonly accepted that the origins of nunchaku are in

China and that it was originally a horse bit that was later modified to become the weapon made famous by *Bruce Lee* in his movies.

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Okinawa Budo Kai

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to our students."

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(The Okinawan, Vol. 1
No. 2)

Okinawan Karate & Kobudo Master - Machu Hija



Check Out
DragonFlyDezigns.com



Higa Pēchin (1790–1870), often called *Machu Hija* or Matsu Higa is a legendary martial artist in Okinawan history who was a direct influence on the development of karate and kobudo, especially with respect to bojutsu. **Pēchin** is a social class of the Ryukyu Kingdom. A resident of the island of Hama Higa, he was believed to be a student of the Chinese emissaries Zhang Xue Li and later Wanshu (Wansu), who would have taught him techniques of Chinese Boxing.

Okinawan history relied mainly on oral tradition prior to the 20th century, so it is difficult to separate fact and fiction (or embellishment). It is said that Matsu

Higa had forearms like tree trunks and that he could crush a coconut in his bare hands, though he stood only 5 feet 2 inches tall and weighed about 140 pounds.



Legends state that Matsu Higa with his bo stood up to the head-hunters of Formosa and to Japanese pirates from the north and never lost a battle. What is known,

however, is that Matsu Higa was the teacher of Takahara **Pēchin**, who in turn taught Sakugawa Kanga. Matsu Higa was one of the first to codify a system of kata and techniques. His contributions live on in several weapons katas, especially for tuifa, sai, and bo.

(http://en.wikipedia.org/wiki/P%C4%93chin_Higa)

