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Special points of interest:

- Okinawa Budo Kai Kobudo Seminar Escanaba, Michigan Delta County Budokan September 2006
- Isshin Tomo Enbu Taikai, October 13-15, 2006, Oceanside, CA.
- Seminar with Tokumura Kensho Sensei from Okinawa, October 25, 2006 Okinawa Budo Kai, Livonia, MI.
- Okinawa trip February/March 2007

TOKUMURA KENSHO-OKINAWA'S
AMBASSADOR OF KARATE & KOBUDO

In 1956, Tokumura Kensho started training in Shorinryu Karate while attending Agricultural Junior High School located in Agena Village, Okinawa. Tokumura joined the school karate club because his cousin, Tokuichi Oishi, was training in the club and Tokumura wanted to learn karate. A year later, the instructor, Seikichi Chinen, stopped teaching which prompted the young Tokumura to look for another instructor.

On April 7, 1957, Tokumura, who was 15 years old, went to see the founder of Isshinryu Karate, Tatsuo Shimabuku, at his Agena village dojo located near the Agricultural school. Shimabuku explained to Tokumura that a person using a vertical, non twisting punch could throw more punches than a person using traditional twist punches. Tokumura started Isshinryu and became a student of Tatsuo until the Masters death on May 30, 1975.

Tokumura said that Tatsuo would have him teach Americans when he was still a white belt. He was only a teenage "school boy" and was scared to teach the older Marines. But, orders are orders especially when they come from Tatsuo Sensei. Shinsho "Ciso" Shimabuku (Tatsuo's 2nd son) would teach during the day and Tokumura

would teach at night.

He was promoted to ShoDan (1st Degree Black Belt) by Tatsuo Sensei giving him a used black belt which he was told to put on. The belt was too long so Tokumura had to cut its length.

On March 17, 1977, Tokumura received his Shihan License from Kichiro Shimabuku. He was promoted to Rokudan (6th Degree Black Belt) on July 10, 1984 by the Isshinryu World Karate

Association (IWKA). Tokumura also tested for RokuDan under the Japan Karate Federation (JKF), where he was one of only three to ever test and receive a perfect "10" score on all his kata. Tokumura, being an Isshinryu stylist, had always trained using Isshinryu's "tate ken" (vertical fist punch).

Prior to testing in Japan he visited Gojuryu's Miyazato Eichi Sensei for training and was told, "For once Tokumura, use a twist punch when you test". Tokumura practiced hard for two weeks using the traditional twist punch and said he was very sore from training this way when he tested. He received his Rokudan certificate dated March 16, 1985, signed by President Ryoichi Hasegawa of the JKF.

On April 28, 2001, Tokumura was promoted to Hanshi, Kudan (9th Degree Black Belt), by the Ryukyuu

Traditional Kobujutsu Preservation Budo Association endorsed by President Nakamoto Kiichi.

Tokumura Kensho retired as a Captain from the U.S. Marine Corps Okinawa Security Forces. With 50 years in the martial arts, he has developed into a great ambassador for the Island of Okinawa, passing on the ways of Okinawa Karate, Kobudo and Okinawa culture to all that want to learn.

Come train with Tokumura Sensei at the Okinawa Budo Kai in Livonia, Michigan October 25, 2006. Contact us at seminars@okinawabudokai.org for information.



THE PASSING OF SHIMABUKU UTO SAN

It is with deepest sympathy that we announce the passing of Shimabuku Uto, wife of Isshinryu's founder, Shimabuku Tatsuo. She passed away on August 7, 2006 at the age of 100. In her later years she was cared for by her 2nd son Shinsho (Ciso) Sensei and her

daughter who is married to Uezu Angi Sensei. Mrs. Shimabuku was great support for her husband and his Isshinryu family, often serving tea and food to students at the early Agena, Okinawa Isshinryu dojo.



L-R/ Shimabuku Ciso, Smimabuku Uto, Uezu Angi

CHINKUCHI - THE POWER OF ISSHINRYU KARATE

HIGAONNA MORIO
“TRADITIONAL KARATEDO
OKINAWA GOJURYU VOL. 2”

“CHINKUCHI KAKIN”

This expression is used to describe the tension or stability of the joints in the body for a firm stance, a powerful punch, or a strong block. For example, when punching or blocking, the joints of the body are momentarily locked for an instant and concentration is focused on the point of contact; the stance is made firm by locking the joints of the lower body-the ankles, the knees and the hips-and by gripping the floor with the feet. Thus a rapid free-flowing movement is suddenly checked for an instant, on striking or blocking, as power is transferred or absorbed. Then the tension is released immediately in order to prepare

for the next movement. Sanchin Kata is an example of prolonged chinkuchi kakin-all of the joints in the body in a state of constant tension.

ARAKAKI KIYOSHI
“OKINAWA BUDO KARATE
NO GOKU”

This “chinkuchi” is sometimes written as “one cun power” and is a principle of movement related to the “cun power” of Chinese Quanfa. A simple explanation is, when punching for instance, to contract the muscles used when punching (especially the triceps and the trapezius), increasing the speed of the punch or block from within your own body.

TOKASHIKI IKEN
“OKINAWA KARATE HIDEN:
BUBISHI SHINSHAKU”

When punching, the most important thing is that the

“koshi” are in it, and that chinkuchi is being utilized. Chinkuchi, in a word, means to contract the trapezius, the triceps, the pectoralis major, etc. when thrusting the fist out. At that time, the armpit must also be closed when punching or blocking. This means that a punch with chinkuchi has an instantaneous increase in power. This is called “one cun power” and causes a great destructive power upon the opponent’s body.



“Sanchin Kata is an example of prolonged chinkuchi kakin....”



SENSEI CAROL WOMACK RECEIVES IHOF FEMALE INSTRUCTOR OF THE YEAR 2006

On August 4, 2006, OBK’s Sensei Carol Womack was awarded “Female Instructor of the Year 2006” at the Isshinryu Hall of Fame Awards in Gatlinburg, Tennessee. She was initially selected as one of five finalists in this multi-country wide nomination process. Carol was awarded top honors at the IHOF awards banquet. Isshinryu

notables at the event were Sensei Harold Mitchum and Sensei Tom Lewis, both students of Isshinryu’s founder Shimabuku Tatsuo Sensei. Sensei Lewis was also inducted into the Isshinryu Hall of Fame during ceremonies.



Sensei Carol Womack

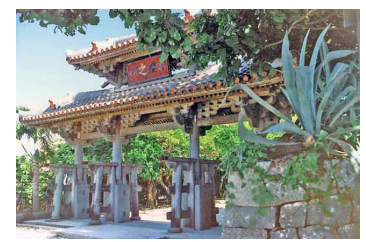
OKINAWA CULTURE - THE GATE OF COURTESY

The Gate of Shureimon, a symbol of the Kingdom of Ryukyu and formerly a gate of the University of the Ryukyus, stands in front of the entrance of Shuri Castle. The first step of tourists to Okinawa should be through this gate. The gate was built during the reign of King Sho Shin from 1532 to 1571. At first, it was called Taikenmon as well as Shureimon and the name SHURI was hung on the frame of the gate. When Sapposhi, the Chinese envoys, visited Shuri Castle in 1574 to 1589, King Sho Ei changed the lettering to

Shurei no Kuni meaning “nation which gives great importance to courtesy”. King Sho Ken, who was on the throne from 1645 to 1650, made the words Shurei no Kuni official. Commodore Perry, during his mission, passed through this gate to meet the King of Ryukyu. The gate was designated as a National Treasure in 1933 and repairs were made in 1937. Unfortunately, the gate was destroyed again by bombs during the Battle of Okinawa. With the support of Naha City Hall, a committee was organized to reconstruct the Gate of

Shureimon. The funds to rebuild the gate came from many sources, including citizens of Okinawa, Okinawans living overseas, the Ryukyu-American Friendship Committee, and the Government of the Ryukyu Islands. The construction was completed in 1957.

RyuKyu Islands and Okinawans by Kiyoshi Nakachi



Old Photo of Shureimon

Okinawan Proverbs Part I

Ataishi turu atairu. - We get along well with those we can get along with well.

Ichariba choodee. - Once we meet and talk, we are brothers and sisters.

Uya yushi kwa yushi. - Parents and children teach one another.

Kaagee kaa ru ya ru. - Beauty is skin deep.

Kuchi ganga naa ya yakutatan. - A smooth talker is a good-for-nothing person.

Kutubaa. Jin chikée. - Spend words as efficiently as money.

Kutuba noo ushikumaran. - A word can't be recalled once

spoken.

Shikinoo chui shiihii shiru kurasuru. - Let's live helping each other in this world.

Shinjichi nu ada nayumi. - Kindness will never be wasted in any way.

Jin too waraaran kwa tu ru waraariiru. - We can laugh happily with our children, but not with money.

Chu uyamee ru duu uyamee. - If you respect others, they will respect you.

Choo kukuru ru dee ichi. - The heart is the most essential human quality.

Tusui ya tatashina mun.

Warabee shikashina mun. - The old should be treated with due respect. Children should be treated with gentleness.

Tusui ya takara. - The old people are treasures to us.

Nuchi nu sadamee wakaran. - Only God knows one's term of life.

Machushi garu ufu iyoo tuyuru. - One who waits patiently will catch a big fish.

Miinai chichi nai. - We learn by watching and listening.

Mii ya tin niru aru. - Our fates are as registered by heaven.

www.okinawan-shorinryu.com



**RyuKyu
Kobudo
RyuKonKai**

IHA KOTARO SENSEI MASTER OF KOBUDO

Iha Kotaro Sensei, 9th Dan, is the founder and President of the RyuKyu Kobudo Association RyuKonKai in Uruma City, Okinawa.

Iha Sensei was born February 12, 1939. He started his martial arts training in 1958 under famed Shorinryu Karate teacher, Chibana Choshin and a student of Chibana, Higa Yuchoku Sensei. Because of his small stature, Iha realized that

Karate did not give him the fighting advantage he wanted. He decided to take up the art of Kobudo, especially the Bo, feeling that this would give him an edge. He began his study of Bo under Shigenobu Tamai. Iha Sensei then studied other Bo along with Sai, Eku, Nunchaku, Kama and Tuifa under such notable teachers as Hoen Ishikawa, Shiko Toma, Kantoku Izumikawa, Takashi Kinjo and

Shinchin Tawata. Iha Sensei's favorite saying is, "You should not love to fight but, not even for a moment, forget to prepare for fighting (Musashi - Book of the Five Rings). RyuKonKai has satellite Kobudo dojos in Michigan (Okinawa Budo Kai), California, New Jersey, New York, Mississippi, Canada, Argentina, Australia and Sri Lanka.



Iha Kotaro Sensei

Thoughts on Shimabuku Tatsuo Sensei Pt. III

Ciso talking about his father:

"My father always thought of ways to make money. His favorite kobudo weapon was the *bo*. One Okinawan custom at festivals, weddings, and almost all occasions is to have someone perform using the *bo*. This is for good luck. My father would perform and get paid 500 yen each time he performed. He loved the *bo*. It was a way to bring home extra cash. He made money as a *Kyan Kucho* (Chan Village headman or minor village chief), *sumuchi* telling fortunes, *feng shui*, and setting up bets on sure things, using

the *bo* at festivals, farming and teaching karate."

Nakazato Joen, of Shorinji-ryu: "Tatsuo was a good person. He was not stuck up as others. He always helped when asked."

Arakaki Seiki (1923-1982) Matsumura Shorin-ryu. In an interview in 1981 when he visited California. "I went to visit Shimabuku Sensei and discuss his muscle blocking method. I stayed half a



Shimabuku Tatsuo Sensei

day discussing his blocking

method and agree with him. He was a kind person."

Uechi Kanei (1911-1991) during a interview on Okinawa 1981.

"Shimabuku Tatsuo was a great karate man. Very powerful!"

一心流

Isshinryu

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SANCHIN Part I - by Miyazato Eiichi Sensei, Jundokan Gojuryu

Sanchin is the fundamentals of Gojuryu Karate. The aim of the kata is to train the three essential elements of karate, "Ki" (energy), "Breath" and "Body". Ki is the mysterious power that cannot be seen with the eyes and emanates from the entire body to suppress and overwhelm an opponent. The breath consists of the breathing methods; breathing to live and breathing to strike an enemy. Body represents the muscles and bones of which we are composed. It is said that in Zen there is sitting meditation, standing meditation, and moving meditation. Sanchin is moving and standing meditation. In Sanchin, the most important things are correct posture and correct breathing. The human being is a living creature. We cannot temporarily stop breathing. Correct breathing depends on correct posture. In proper Sanchin stance, you must focus the strength in your tanden and straighten your backbone correctly. The tanden is often said to be just below the navel, but in actual fact, it is not an area whose location should be determined by external references. It is the place that tightens when you laugh or when you breathe deeply. The martial arts uses short words such as eyes, legs, heart, and strength to express itself. However, the most important part of all these four is posture. Correct posture consists of closing your mouth, drawing your chin down, straightening your neck bones, and straightening the neck muscles which will pull the back muscles straight. Zazen instructs, "to bring the ear and shoulders in one-plane, nose and navel in another plane (straight)". As is said "Choshin" (body control), "Chosho" (controlled breathing) and the correct posture requires rigorous training. By assuming this posture, the muscles running down both sides of the neck to the chest tenses, resulting in the correct extension of the backbone. When the backbone is correctly extended, strength is concentrated in the tanden. Repetition of this movement will develop the abdominal and oblique. This has a significant effect on the body. As the abdominal muscles develop, the abdominal region as a whole will naturally develop. Thoracic breathing becomes habitual and shallow breathing, which causes shoulder movement, will cease.

The History of Okinawa Karate

It is said that the traditional Okinawan martial arts called *Te* and Chinese *Kenpo* were blended together and developed into *Karate*. *Karate* later underwent significant developments in Okinawa based on several factors, including the policy of banning weapons following the political centralization of King *Shoshin* (1477-1526) and the Satsuma Clan's invasion of Ryukyu in 1609. It later developed further through a process of systematization into 'Modern Karate', which actually had all to do with the efforts of the men known as the *Chuko no so* (The Revivers), including Sokon Matsumura (1828-



Karate Group 1937

1898) of the *Shuri-te* style, Kosaku Matsumora (1829-1898) of the *Tomari-te* style and Kanryo Higaonna (1853-1915) of the *Naha-te* style.

In 1908, *The 10 Articles of Karate* prepared by Anko Itosu were submitted to the Educational Affairs Section of Okinawa Prefecture.

After that, *Karate* started being introduced into the school gymnastics curriculum, thus acquiring broad accessibility, in contrast to the previously secret principles of *Isshi-soden* (the complete transmission of a *ryu's* techniques only to your heir). It has been said that the original name of

Todi was changed to the name '*karate*' (empty hand) around the beginning of the 20th Century.

www.wonder-okinawa.jp