

THE

KYU/D A N



SHIMBUN

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Yet while I have continued to study Karate, I have never actually had to put it to use in a real-life combat situation. I've never been attacked or had to defend myself in against a band of Ninjas. So one might ask... "What's the use then? Why do I continue to do this, when I don't seem to have a real need for it?" It's an interesting question that I continue to ask myself.

I suppose that for me, there are three reasons I continue to study Karate.

First – you're never really done with Karate. No matter what you master or what rank you achieve, there is always more to learn. Even the katas you already know can continue to be perfected.

Second – studying martial arts gives confidence and a sense of self-confidence. It teaches you to respect others and to be at peace with yourself and your abilities.

Third – It's a continual quest for self-improvement. The discipline of learning martial arts can be extended to many other aspects of one's life.

Over the years as I've continued to practice, my reasons for studying martial arts have changed. While learning self-defense techniques is still important, I've also been able to expand the focus to include different parts of the martial arts; kata (forms), kobudo (weapons), go shin do (self-defense). Gichin Funikoshi said, "Think of everyday life as Karate training." As we each live our lives, continued study of the martial arts will train us for everyday living.

NEW SUMMER CLASS LOCATION & SCHEDULE.

For the summer months, June 9th till the end of August the Utah Shorin-Kai, school of Matsumura Seiyo Shorin-Ryu Karate-Do & Kobudo is making some changes to our training location and class schedule.

Classes will continue to be held on Tuesday & Thursday, it will become a combined class with both the youth and adults class. Class will start at 7:15pm and run for approximately 1 hour, with an advanced class for senior students and instructors for an additional 15 to 30 minutes at the end of that class. Saturday advanced and instructor class will be discontinued for the present time.

Class location is also changing to the AISU school, gymnasium. **Located at 360 west 4998 south. (Many of us know this location as the old 49th Street Galleria or Utah Fun Dome).** If you have any questions please speak with any of the instructors.

HANSHI INDUCTED INTO USAKF HALL OF FAME

On Saturday April 18th a banquet and induction ceremony were held where Hanshi Watson was inducted into the USA Karate Federation's Hall of Fame. Hanshi Watson has been involved with the USA Karate Federation for over 3 decades; he is being recognized as a National Administrator, Coach and Official. He was on Team USA in 1984, and has been a part of many of the programs and was an originator of many of the funding options still being used to this day by the federation.

(The USA Karate Federation is under the direction of Soke Patrick Hickey, 9th Dan. Prior to Soke Hickey the Federation was under Hanshi George E. Anderson, (deceased) who was also involved with the United States Karate Association, Police Self Defense Institute, AAU Karate, USA Karate and other endeavors. Hanshi Watson worked and trained with Hanshi Anderson for many years prior to his passing.

TRAINING IN THE MARITAL ARTS

By Renshi Kim Schroeder

When I first began training in the martial arts, I was focused on learning new techniques, improving my sparring skills and becoming a tough guy. The dojo in which I first practiced was a very tough place, full of tough guys. We trained hard and sparred weekly, everyone trying to become better than the next person. There was a lot of competition in preparation for tournaments.

TRAINING WITH SOKE HAUSEL AT THE HOMBURU

On Friday April 17th, 5 students and instructors traveled via Delta Airlines from Salt Lake to Phoenix, Arizona (2 others flew in the day before, and 1 drove) to train with Soke Dan Hausel for the weekend at the "Seiyo no Shorin-Ryu Karate & Kobudo Kai Hombu Dojo" located in Gilbert, Arizona which is under the direction of Soke (Founder) Dan Hausel, 12th Dan.

For those that flew in on Friday we arrived in Phoenix on that afternoon around noon and traveled to the hotel where we stayed – about 1 city block from the dojo. Later that evening we would begin our training for a short session, we would also train on Saturday for a much longer session, of about 5 hours. On Friday we reviewed and practiced Hanbo. On Saturday we reviewed and worked Goshindo (Self-defense) and Jujitsu techniques. We also reviewed the Seiyo kata we have been working, both of these classes included many of Soke's students who would train with us.

The Katas we worked included Wankan-Sho, Wankan-Dai, Rohai, Meikyo, Sochin, Nijushiho, and Gojushiho. (We will continue to teach many of these kata's in class – not a requirement for ranking, but to give a better knowledge of the Seiyo katas).

After our Friday Training we had dinner with Soke at a Village Inn, one of the few places open at the end of our training, and then again on Saturday after training we were able to sit down for dinner with Soke at another local restaurant before we said our goodbyes for this training event. On Sunday morning we headed back to the airport. Around 4pm we arrived back in Salt Lake City having experienced an excellent training experience and the opportunity to further our knowledge. *(It is a privilege to have the opportunity to train with an instructor the caliber of Soke Hausel. Most martial arts students never have these types of opportunities – and so when the opportunity arises students should always take advantage of it).*

In attendance were Hanshi (Sosai) Robert Watson, Kyoshi Todd Stoneking, Renshi Kim Schroeder, Shihan Jeff Schroeder, Sensei Luis Guerra Juvier, Sensei Thadd Barrowes, Dai-Sempai Destin Barrowes & Sempai Kristine Watson.

For those that were unable to join us for this great opportunity, it was an opportunity missed for a great training experience. Coming up on August 1st is the 2015 Gasshuku at which Soke will be in attendance. All students will want to attend this training as it gives a chance to work techniques outside the Dojo walls. There will be a small additional cost for those who attend, but the

information and knowledge that can be learned at these trainings is priceless as it will give you training opportunities that will give you additional insight into your art. **(Additional training with Soke at the Hombu Dojo in Phoenix will occur in the future. All students are welcome to attend – however ranks of Brown and Black are highly encouraged to attend these events).**

PAINTING LEGS ON A SNAKE

There was once a great kung fu master who was in the autumn of his years, and tradition dictated that he had to hand down all the secret knowledge of his Kung Fu style to his most senior student. However, seniority in this instance was not a question of time served. The problem the master was faced with was that he had two students of equal skill. In order to choose between them he set them a test. He ordered both students to go outside and each draw an animal in the dirt. The student who drew an animal the fastest and one which was instantly recognizable by the master would inherit all.

Each grabbing a stick, the students quickly set to work. The first student's instinct was to quickly draw an elongated 'S' in the dirt. He then looked up and saw the second student was still drawing. Feeling worried that he had perhaps been too quick, he began to add to his drawing a series of squiggles meant to represent legs. As he was about to add a third set of legs the other student straightened up, indicating that he had finished his drawing. The master walked over and proclaimed the second student the winner.

Turning to the first student, he asked, 'Tell me, why did you carry on after you had finished drawing in the sand what was quite obviously a snake?'

The student replied, 'Because Master, having thought of a snake and drawn it so quickly, I then had doubts whether or not you would recognize what it was supposed to be. Therefore I put legs on it so that it would resemble a lizard'.

'The doubt in your mind and the hesitation you displayed', explained the master, 'cost you the position as the next master of the style'.

Moral to this story: "Don't try to improve on something that is already perfectly adequate". Don't paint legs on a Snake, because snakes don't have legs.

Kyoshi Stoneking's thoughts on this story are as follows: I see the same thing as we train everyday; many students try to make the simple things too complicated. First we must develop strong basics. Good punches, kicks and blocks. No matter how we apply them, a good technique will always be a good technique, this way we do not have to make our technique look like something it is not.

ARE YOU READY FOR THE 2015 GASSHUKU?

Are you ready to attend the **Saturday August 1st 2015, Gasshuku** (Outdoor adverse training event)?

This year's event is going to be another excellent one. Soke Hausel will be joining us again this year.

There is more information on this event in "Up Coming Events" – More information will be given to you in class, the cost is small, and the training opportunity is big – no one will want to miss it. (We will be training in terrain and with equipment that you just can't have or use in the formal dojo setting). Plan now so other things don't interfere. You don't want to miss this event!

CARING FOR YOUR WOOD WEAPONS

Where most of the weapons used in Kobudo practice are wood, it is very important that they be cared for in order to maintain them in the best possible condition for use in training - this lessening the chance of splintering or breaking and of injury occurring to oneself or training partner. (This should be done once or twice per year).

Products you will need: Tung Oil, Steel wool .000, Cloth rag. (Remember to properly dispose of oil soaked rags by soaking in water.)

1. Using steel wool, lightly sand the surface of the weapon to remove unevenness.
2. Wipe weapon clean with a cloth rag.
3. Apply a liberal coat of tung oil, using cloth rag.
4. Allow oil to soak into wood (Approx. 30 minutes)
5. Repeat steps 3 & 4, at least 3 more times.
6. Dry excess oil from weapon; allow to dry for 24 to 48 hours before use.

KARATE IS FOR EVERYONE

Please don't keep us a secret. Bring a friend, family member or co-worker to visit our Dojo and forward or give a copy of our newsletter to an associate.

SHAOLIN WHITE CRANE KUNG FU - HAKUTSURU

(Reprinted from June 2014).

Shaolin White Crane Kung Fu is a rare system of self-defense which originated in Fujian Province which combines foot techniques, hand techniques and chin na (seizing and controlling). Although rare in the western world, the art is a famous fighting style in Southeast Asia. In fact, it is widely considered to be one of the ancestors of several traditional Okinawan Karate systems. It uses hands, feet, knees, elbows, shoulders and hips in its arsenal of striking techniques. The style is renowned, however,

for its rapid hand techniques, its strikes executed in conjunction with grabs and its devastatingly effective pressure point attacks.

The founder of the style was Fāng Qīniáng. The Fāng family lived in Fujian province, China, in a place where there were many cranes. Qīniáng's father knew the Southern Chinese martial arts and taught them to his daughter. One day, while Qīniáng was doing her chores, a crane alighted nearby. Qīniáng tried to scare the bird off using a stick and the skills she learned from her father but whatever she did, the crane would counter. Qīniáng tried to hit the crane on the head, but the bird moved its head out of the way and blocked the stick with its wings. Qīniáng tried to hit the crane's wings, but the crane stepped to the side and this time blocked with the claws of its feet. Qīniáng tried to poke the crane's body, but the crane dodged backwards and struck the stick with its beak. From then on, Qīniáng carefully studied the movements of cranes and combined these movements with the martial arts she learned from her father, creating the White Crane style of Fujian province.

The founder of the style, Fāng Qīniáng, was a petite woman who lived in violent times. Most men were comparatively larger and more physically powerful than her. Moreover, body conditioning was, at the time, a much more important part of Kung Fu training than it is today. Enormous time and effort went into strengthening the arms, legs, torso, and even the skull. Fāng Qīniáng reasoned that certain vulnerable areas of the body could not be hardened or conditioned to resist injury. The characteristics of this style are deep rooted stances, intricate hand techniques and fighting mostly at close range as if to imitate a pecking bird. Powerful strikes to the temples, eyes, throat, solar plexus, floating ribs, kidneys, groin, knees, etc., could successfully debilitate even the most determined attacker. Consequently, attacking pressure point targets with specialized hand strikes became a trademark of White Crane.

White Crane combines defense and attack and uses both soft and hard power. It also emphasizes a firm yet evasive footwork. Shaolin White Crane Kung Fu stresses empty hand as well as weapons training, two-person sets, self-defense drills and free sparring. The style's fierce pressure point attacks combined with rapid footwork and no nonsense approach make it a particularly effective, complete, and beautiful martial art.

A good White Crane fighter can, amongst other things, sidestep and strike an opponent. This tactic is very effective in self-defense scenarios against a completely committed and possibly enraged adversary. (Continued on next page).

SHAOLIN WHITE CRANE KUNG FU - continued

It was not designed for the often tentative, forewarned and illusory nature of controlled sparring involving mutually consenting competitors. This brings us to a most important point: Authentic Chinese martial arts were created and evolved to be devastating self-defense systems. As society changes and evolves, however, many martial art systems have changed their fundamental nature and modified their training regimen. We can safely distinguish between those arts that have remained faithful to their tradition of all-or-nothing self-defense and those that have become martial sports. Both have something very special to offer to the public. There is, however, a great difference in approach. The main purpose for martial arts training is first and foremost, "Self-Defense"!!!

We know that many of the early Okinawan Karate Masters were sent to China to train in Chinese culture and martial arts. They returned to Okinawa many years later with this knowledge. Others were able to learn the martial arts from Chinese visitors to Okinawa. Due to difficult times that existed in Okinawan history and following the invasion of Japan during the 16th century, there was a great need for the Okinawan people to be able to defend themselves during these times. The Okinawan people turned to these young masters for knowledge and help. Later several Okinawan Masters traveled or returned to China to better understand their martial arts roots. Knowledge of Hakutsuru (White Crane) was the teaching that kept reappearing in the quest of those deemed authorized to be privileged to this knowledge. The Okinawans that were privileged to learn this technique held it in such high esteem that it was only shared with the most loyal and deserving students. Because of our roots and karate lineage we are privileged to be able to learn the Hakutsuru forms and Bunkai!

PROMOTIONS

-Students that have earned the following promotions-
-April 2015 through June 2015-
(Promotions are held on the first class of each month).

April

No students tested for April Promotions.

May

No students tested for May Promotions

June

No students tested for June Promotions

CLASS SCHEDULE: SUMMER 2015

**Tuesday & Thursday - 7:15 to 8:15 All students,
8:15 to 8:45 advanced students and instructors**

LOCATION: SUMMER 2015

**AISU School, Gym –
360 West 4998 South, Murray, Utah.**

OUR WEBSITE

www.utahshorinkai.org

Like us on "Facebook"

"Utah Traditional Karate & Kobudo"

Our Phone Number

801-713-1307

UP COMING EVENTS

The **2015 GASSHUKU** (outdoor adverse "training camp") is scheduled for Saturday August 1st 2015 at the East Canyon Resort. August of 2015 is only a couple of months away – so plan ahead now then you will not have a scheduling conflict when it arrives. Camping at the Gasshuku will be available the nights of 7/31 & 8/1/2015.

Testing for students wishing to test for their next rank should speak with one of the instructors. Instructor's permission is required. (Testing will be scheduled as needed).

INSTRUCTORS AND ASSISTANT INSTRUCTORS

Sosai Robert Watson - Director - Ku Dan, Hanshi
Kyoshi Todd Stoneking–Senior Chief Instructor-Nana Dan
Renshi Kim Schroeder – Chief Instructor - Roku Dan
Shihan Jeff Schroeder – Chief Instructor - Go Dan
Sensei Donna Drown – Instructor -San Dan
Sensei Matt Schroeder – Instructor – San Dan
Sensei Luis Guerra Juvier – Instructor - San Dan
Sensei Thadd Barrowes – Instructor - San Dan
Dai-Sempai Destin Barrowes – Yudansha Sho

ASSISTANTS TO THE INSTRUCTORS

Sempai Kris Watson – Ni kyu
Sempai Angelene Barrowes – San Kyu