



bottom of the hill – in doing so we would break into 2 groups. While one group worked with Soke Hausel on Goshindo (Self-defense) techniques the other group would work Shiriken Jutsu (Throwing stars). During this exercise each student had many chances to impale the targets, with shuriken and to learn the art of Shiriken-Jutsu. (Pictures have been posted on the schools Facebook page “Utah Traditional Karate & Kobudo”).

Around 11:45 am we broke for lunch. Our lunch was prepared by Bill & Shauna Loftin, (Hanshi Watson’s sister in law and husband, this year we ate at the covered patio. Lunch consisted of bar-b-que chicken breasts, green salad, watermelon, chips and cookies. It was a great lunch and hit the spot. We want to thank Bill and Shauna for preparing it for us.

Then a short break was allowed for most students to relax, go swimming, playing a round of miniature golf, or some other fun things.  
{Continued on page 3}.

#### ETIQUETTE IN THE DOJO – PART 2

Continued from the June 2016 Kyu/Dan

Mokuso - This is the command to meditate: When "mokuso" is called, you must lower your gaze, keep you head up or slightly tucked towards your chest, keep you back straight, but relax and quietly begin taking long slow breaths in through your nose and out through your mouth. It is important to learn to breathe not just with the upper portion of your lungs but also from your lower abdomen or "hara" as the Japanese call it. Your "hara" is the lowest part of your abdomen and is located approximately 2 inches below your navel. "Mokuso yame" is the command to stop meditating. When "Tate Kudasai" is called (Stand up) quickly rise up by starting with your right foot while you left knee is still touching the ground, then performing a left low block with Kiai if appropriate, then standing up with your left foot, step backwards into "heiko dachi" or "ready stance" and await further instructions.

Dojo Kun - (Student Oath): The "dojo kun" can best be described as "a verbal affirmation" of certain principles or truths. **“Seek Perfection of Character”; “Be Faithful”; “Endeavor”; “Respect Others”; “Refrain From Violent Behavior”**. One must make a point to learn the dojo Kun as soon as possible and when reciting it always try and speak it in unison with the other students, but never so loudly that your own voice stands out from all the rest. It is important that you believe in what you say, and you must then use this belief to help you do your very best, not only in the training that lies ahead but also in your daily life outside of the dojo. (Continued on next page).

#### GASSHUKU 2016 - A GREAT EXPERIENCE FOR ALL

This year's Gasshuku (Summer Training Camp) was held on Saturday July 30th, 2016 at the East Canyon Resort, where training and fun were had by all who attended. Soke Dan Hausel was our honored guest at this year's Gasshuku - Soke Hausel holds a 12th Degree Black Belt (The highest rank offered by the Juko-Kai under Dai-Soke Rod Sacharnoski), and is the founder of the Seiyo Shorin-Ryu Karate and Kobudo Kai. The Utah Shorin-Kai is a member of this organization. We were not only fortunate that Soke Hausel was able to join us, but also that he shared some of his knowledge with us.

As we have in past years the morning began at 9am with a short stretch-out, then it was over to the mountain where the Kumite exercise (adverse lanes) began, sparring on the side of the mountain. On the side of the mountain is found challenges that will never be seen in the dojo, there is no even floor, but there are rocks, bushes, and the steepness of the mountain itself. It continues to be a learning experience for even the seasoned student. (It's quite the learning experience for beginners.) This year we sparred up and down the mountain, having to pass through fellow students by executing at least one clean effective striking technique. This was repeated over and over going both up the hill until all ranks had passed thru the senior ranks, and then back down the hill again.

At the completion of the kumite, we would use a covered patio area and basketball court at the

## ETIQUETTE IN THE DOJO – PART 2 Continued

Etiquette during class: Once the training starts it is very important to put aside all unrelated thoughts. You must make every effort to only concentrate on the specific task at hand and especially on improving the quality of your own techniques. On "seeing" what cannot be seen. For beginners this will be a very hard concept to grasp but you must push yourself both physically as well as mentally if your karate is ever going to improve. In short, "always do your best". In fact to do otherwise would be disrespectful not only to yourself, but also to your classmates and your instructor who have come to train with you.

When moving from one area of the dojo to another always do it quickly and quietly. When changing positions in line be sure not to cut through the lines or to pass in front of anyone else, instead go behind and around them. Your right hand should be extended as a sign of respect that you carry no weapons, while moving around other students.

Whenever you watch a demonstration, do so respectfully and silently, without leaning on the walls or doing anything that would distract others. Normally standing in Hoit or appropriate position. If you have questions about any of the techniques that are being taught during class it may or may not be considered appropriate to ask without raising your hand, but in our school it would be considered appropriate to ask as long as it is not disruptive, however the question should begin with Hanshi, Kyoshi, Renshi, Sensei, etc.

When training with a partner always be sure and bow properly before you begin and after you finish you're training together. This applies every time you change partners regardless of their rank.

Kiai or "spirit cry or yell": A kiai is not unique to karate, but it is a sound that will be unique to each individual student. This sound does not come from the throat, but instead it originates deep in your abdomen or "tanden" and is usually expressed during the maximum point of attack or defense. Translated into English Kiai literally means, "yell".

In karate a kiai is most often used at the moment when the student's maximum physical, mental and or spiritual power is required in combination with a specific movement or technique. What you will learn to do over the course of your training, is to draw on all your mental, physical and spiritual energy and focus and release this energy for maximum power and effect at the appropriate moment in your kata or during class. Don't be afraid to kiai loudly. The overall tone of a class is often set by the level of spirit in the class, which can often be raised with a strong kiai on your part. So if you have a strong kiai it will often spur others to

work harder as well. On the other hand, if your spirit is poor, or your kiai weak, you might actually bring down the class spirit, so always do your very best.

In the end your own personal kiai will be as unique as you are, never be embarrassed by what you think it sounds like, if there is spirit and conviction in your actions then your kiai will always be strong.

Kata: A kata is a series of pre-determined defensive and offensive movements (a predetermined fight), techniques that have been handed down from past masters as a means of helping a student to understand, and cope with, their personal physical limitations, while at the same time helping the student to develop a strong spirit, and a peaceful mind through the art of karate. In Kata technique can be done perfect. The Kata or dance is only a small part of Kata. Bunkai is the true heart and soul of a kata. In the end kata is all about control - physical, mental, and spiritual control. If you do kata often enough you will finally come to understand what this means. 500 times to learn – 1000 times to master a kata. So how often is often enough? If you need to ask you will never find the answer.

Bunkai: The Bunkai is the literal interpretation of the kata. What is happening, the application of the techniques in the kata which includes, strikes, blocks, traps, throws, and much, much more. Bunkai is the textbook of how to perform karate. It is fluid and can adapt depending on the attack. It is considered the secret part of Kata – if you do not practice Bunkai in addition to kata you are just dancing.

The end of class: This often comes all too soon. When the class is at an end and "Line Up!" is called once again, be sure and quickly line up in the same manner and rank order as you were at the start of your class. Finish as you started, with a positive attitude and a willing desire to always do your best no matter what lies ahead.

It is very important that the lessons you learn at each class leave the dojo with you. How you use and apply these lessons in your everyday life is up to you, but your progress depends on you remembering them and building upon them.

The class ends with the final bow to the Shomen and the Sensei and students. Students at the direction of the senior student will say "Domo arigato gozaimashita", which means "thank you very much", to which the senior instructor on the floor will say "doitashimastai" your welcome. The final bow ends with student saying "onegaishimasu" or OSS, then bowing and leaving the floor by rank. In truth "class" never ends.

Exiting the dojo: When your class is finished be sure that you exit the dojo in the same manner as you entered it, with courtesy and respect.

In a small village just outside the city of Nagasaki, Japan, there lived a karate master. He earned his living by teaching karate to the men and boys of the village. His students were loyal and disciplined, and diligently practiced their techniques day after day in search of mastery of the art. One particular student showed extreme skill as a fighter and was always chosen by the master to represent the school in tournaments. The student's name was Kiro and it was expected that when the master retired he would, as head student, take over the teaching at the school.

One day the master entered him into a tournament in a town some miles away. Kiro faced various opponents throughout the day and as he beat them his confidence grew. With still a long way to go before the final, he was faced with a short, lean long-haired fighter whom Kiro remembered used to live in his village. Kiro knew he could win easily as his skill was far superior, and he did indeed win the bout and went on to win the tournament.

Later that night, as Kiro was enjoying a celebratory dinner with his master, there was a great commotion in the street. Rushing outside, Kiro saw the long-haired fighter running his way with a small piglet under his arm and about twenty villagers chasing him. "Stop thief! Stop thief!" Shouted the villagers in hot pursuit. Kiro suddenly stepped out in front of the thief and told him to drop the pig and give himself up. The thief lashed out with a front kick which Kiro saw coming and blocked. Without dropping the pig, the thief turned half to the side and released a side kick that sent Kiro spinning backwards and on to the ground. The long-haired youth then made good his escape. By now Kiro's master had come out and witnessed the encounter.

"Master, how is it that I was beaten by a fighter that I had recently beaten, was running barley with any breath left, and with a pig under his arm as well?" asked Kiro.

'Kiro,' the master replied, do not doubt your talent as a fighter. Instead let me tell you a parable that will perhaps explain to you what you have just experienced.'

'A Zen master was out walking with his student. The student saw the fox chasing a rabbit and said to the master', "I wonder which one will win?"

"According to an old fable," his master replied, "the rabbit will get away from the fox". "Surely not, the fox is faster". "But the rabbit will still escape," insisted the Zen master. "Why are you so certain?" asked the student. "Because the fox is running for his dinner but the rabbit is running for his life."

Kiro at once understood the meaning of the parable and the reason why he had been unable to stop the long-haired thief, Do you? What do you think?

At 2:30pm, the second session of the Gasshuku began. For the first part of the second session we worked Manriki (Weighted Chain), for safety we used rope. We practiced blocking, striking, choking, etc. Then it was a break and we would break into two groups and with one group working Hanbo and the other group working "Roku Shaku" (6 foot Staff) "Bo". Soke would teach many techniques with the Hanbo, while the groups with the Bo would work basic techniques and then balance techniques while standing on top of milk crates. After about 45 minutes of training the groups traded locations and the training continued. The formal part of the Gasshuku ended with Soke presenting students certificates of attendance to all those in attendance. As we ended the Gasshuku a gift was presented to Soke Hausel.

This year's training participants included Instructors & Students. In attendance were our special guest, Soke Dan Hausel; Hanshi Robert Watson; Kyoshi Todd Stoneking; Renshi Kim Schroeder; Shihan Jeff Schroeder; Sensei Luis Guerra Juvier; Sensei Thadd Barrowes; (Dai-Sempai) Kristine Watson, Destin Barrowes; (Sempai) Logan Sanders, Angelene Barrowes, Jessie Robinson. (Students) Edward Varra, Allison Varra, Magaly Bravo, Cesar Bravo, Nayelly Bravo, Cesar Bravo Jr, Quincey Sevens, Brandon Malmaceda, Jordy Malmaceda, Aaron Bravo, Zuleydy Malmaceda, Aliyah Bravo, and Jesus Lopez.

The evening ended, and for those that wished to stay longer we had a sit down dinner with Soke Hausel & Hanshi Watson at the East Canyon Cafe, and although not everyone was able to stay, it was a great time to sit, eat, talk and learn. Each student that attended had a great experience and learning opportunity, a chance to have a little fun as well as a chance to get to know other students and instructors better, and to make some new friends and renew old friendships. If you didn't make it this year, or if you did, make plans to attend next year's Gasshuku.

For those students of Black, Brown and Purple Belt ranks, additional training was held this year on Sunday August 1st – that training included training with Yari (Spear) – Use and Bunkai. This was a great opportunity for those who were able to attend. In attendance were Soke Dan Hausel; Hanshi Robert Watson; Kyoshi Todd Stoneking; Shihan Jeff Schroeder; Sensei Luis Guerra Juvier; Sensei Thadd Barrowes; Dai Sempai Kris Watson; Dai Sempai Destin Barrowes; Sempai Logan Sanders, Sempai Angelene Barrowes; Edward Varra & Quincy Stevens. **The dates for next year's Gasshuku will be the weekend of Saturday July 29<sup>th</sup>, 2017. (Start making plans now to attend).**

## 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.**

### PROMOTIONS

-Students that have earned the following promotions-  
-July 2016 through September 2016-  
(Promotions are held on the first class of each month).

#### July

No students tested for July Promotions.

#### August

No students tested for August Promotions.

#### September

Edward Varra - San kyu (Brown 1 tab)  
Allison Varra – Roku kyu (Blue)  
Cesar Bravo – Shichi kyu (Yellow)  
Quincey Sevens – Shichi Kyu (Yellow)  
Magaly Bravo – Shichi kyu (Yellow)  
Nayelly Bravo – Ku kyu (White 1 tab)  
Cesar Bravo Jr – Ku kyu (White 1 tab)  
Brandon Malmaceda – Ku kyu (White 1 tab)  
Jordy Malmaceda – Ku Kyu (White 1 tab)  
Aaron Bravo – Ku Kyu (White 1 tab)  
Alex Varra – Ku kyu (White 1 tab)

Congratulations to the students who have received promotions!

### SCHOOL CLOSURES

There will be NO Classes held on:

Thursday, November 24<sup>th</sup> (Thanksgiving Day)

All other classes will be held as scheduled, any other changes will be announced in class.

### OUR WEBSITE

[www.utahshorinkai.org](http://www.utahshorinkai.org)

Like us on "Facebook"

"Utah Traditional Karate & Kobudo"

## CONTACTS

Hanshi Watson: [shorinkai@msn.com](mailto:shorinkai@msn.com)

Kyoshi Stoneking: [senseistoneking@centurylink.net](mailto:senseistoneking@centurylink.net)

Our Phone Number

801-713-1307

### CLASS SCHEDULE:

**Tuesday & Thursday - 7:15 to 8:15**

### LOCATION:

**AISU School, Dance Room or Gym**

**360 West 4998 South, Murray, Utah.**

Enter building from north end.

### UP COMING EVENTS

Training with Soke in Phoenix at the Hombu Dojo is tentatively scheduled for March 24 & 25, 2017. More information will be given as we get closer to this event. All Students are invited to attend.

The **2017 GASSHUKU** (outdoor adverse "training camp") is scheduled for Saturday July 29<sup>th</sup> 2017 at the East Canyon Resort. Plan ahead now then you will not have a scheduling conflict when it arrives.

Saturday in the Park (Blue Belts and above) – 3:30pm to 5:30pm – Germania Park. Special Extra Training during the summer months – Speak with Kyoshi Stoneking for more information.

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-Hachi Dan  
Renshi Kim Schroeder – Chief Instructor – Nana Dan  
Shihan Jeff Schroeder – Chief Instructor - Roku Dan  
Sensei Luis Guerra Juvier – Instructor - Yon Dan  
Sensei Thadd Barrowes – Instructor - Yon Dan  
Dai Sempai Kris Watson - Shodan  
Dai-Sempai Destin Barrowes – Yudansha Sho

### ASSISTANTS TO THE INSTRUCTORS

Sempai Logan Sanders – I kyu  
Sempai Angelene Barrowes – Ni kyu  
Sempai Edward Varra – San kyu  
Sempai Jesse Robinson- San kyu