

## GOING TO ARIZONA TO TRAIN WITH SOKE

This coming year, as we did last year, we are planning to take a trip to Phoenix, Arizona to allow us to train with Soke Hausel at the Seiyo Shorin-Ryu Hombu Dojo. This training at the Hombu will occur on March 24 & 25, 2017. Like all training events outside of normal classes, there will be some additional cost. All students of rank holding at least 1 tab are invited to attend – students of Blue, Green, and purple ranks are encouraged to attend, and students of Brown and Black Belt level, are highly encouraged to attend. We will fly from Salt Lake to Phoenix; rent a van so we can travel as a group to the training location and the place we will stay. You should expect around \$400 cost, which will include accommodations, transportation and the training fee. You will just need additional money for food and other expenses you might wish to incur while there. This is an opportunity that you don't want to miss. More information will be given in class.

## JAM PON KEN

The two karate fighters swiftly moved backwards and forwards across the dojo. First one would kick and the opponent would block and retaliate with a counter blow. The students watching this exhibition were cheering for their favorite. After about two minutes the fight ended with the senior student of the two, a boy named Tatso, declared the winner. The crowd dispersed and Tatso went to dry himself off. The Sensei of the school, who had also been watching the fight, walked over to Tatso and said, 'Tell me Tatso, why do you always choose Yasujiro to fight with?'

'Because Sensei,' replied the boy, 'Yasujiro and myself are the two best fighters in the school. I know I am his senior and that is why I always win. But the other students love to see us sparring and I feel it gives them something to aim for in their training.'

'Nice sentiments Tatso, and I admire your concern for your fellow students, but how will you feel when Yasujiro finally beats you in a match?'

'How can that happen Sensei? Especially when I will always be ahead of Yasujiro in training.'

'The day will come when Yasujiro discovers your method for winning,' replied the Sensei.

'But by that time I will have progressed further and my experience will be greater,' stated Tatso.

'Who is to say which of you will be the better fighter?' asked the Sensei. 'At the moment both fight with love in your hearts for each other.'

If the fight was for real, with hate in one or the others heart, the result would be different.

Do you know the children's game of Jam-pon-ken (rock-paper-scissors)?' (Continued on Page 2).

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## THE YEAR IN BREIF AT THE DOJO

By Kyoshi Stoneking

This year we are in our second year at our new location - The AISU School. This year we have continued to train hard, and students have progressed.

In April a group of students and instructors traveled to the Hombu Dojo in Gilbert, Arizona to train with Soke Hausel for the weekend – 2 days and lots of training. Although it was a great training we did have to return home to Salt Lake City after a great weekend of working Goshindo (Self-defense), Hanbo (3 foot staff), Jujitsu techniques, Yari (Spear) and had the opportunity to review many of the Seiyo kata.

In May the senior instructors received rank certificates from the USA Karate Federation – The USA Karate Federation is an internationally recognized organization.

At the end of July we held the annual Gasshuku at East Canyon. Soke Dan Hausel was our honored guest at this year's Gasshuku. We worked our traditional kumite training on the side of the mountain in the morning, and worked with Shiriken. During the afternoon session we trained with Bo, Hanbo, and Manriki. We ended the evening with a sit down diner for those that could stay with Soke Hausel and Hanshi Watson.

For the Black and Brown Belt ranks, additional training was held on the next day – where we trained with Yari. Now we are into December – our training schedule continues to be on Tuesdays and Thursdays starting at 7:15pm – (With special Saturday training for upper ranks). We look forward to continue to train in the way (Do - Path) of Karate.

## JAM PON KEN-continued from page 1

'yes,' replied Tatso, 'I do. I played it many times when I was a child.' 'Do you think you could beat Yasujiro at this game?' 'Why of course,' replied Tatso. 'Why of course?' asked the Sensei. 'Because it is a game of strategy and being the best fighter and the older student my intelligence and wits are much sharper', replied Tatso.

'Yasujiro,' the teacher said. 'I have been talking with Tatso and we feel there is only room for one of you at my school. I think it would be unfair to ask you to leave just because you are the lesser trained of the two of you. So I have decided that you will play the game of jam-pon-ken with Tatso, and whichever of you loses will leave the karate school forever,' lied the Sensei. Upon hearing this Yasujiro went pale. The thought of never training in karate with the master upset him deeply. A sullen-looking Yasujiro nodded his assent and the game began.

After about nine games Tatso who was winning then began to lose. After thirteen games Tatso was winning again. After thirty games each one was winning every other game, STOP! The sensei suddenly shouted. 'That is enough.' He then went on to tell Yasujiro who was at this point behind in the score that it was just a cruel joke. But he had done it to give Yasujiro the intent and force of mind to win at any cost. A very relieved Yasujiro nodded and went off smiling.

'So Tatso,' the Sensei said. 'Did you learn anything from the game you have just played?'

'Yes Sensei,' replied Tatso. I have learned that because Yasujiro was put under pressure to win and I was not, he played a much more thinking game than I did. I was winning for a time but then Yasujiro watched my random moves and obviously began to calculate which of the three, rock, paper, scissors, I used most and countered it.'

The Sensei smiled and said, 'Tatso I am pleased you understood what has just happened. Also you now understand my earlier point about always fighting with the same opponent.'

'Thank you Sensei,' the boy replied. 'I do know now what you meant and things will be different from now on.'

'Let me leave you with an old proverb Tatso, which will remind you of this incident: "Do not fight to often with one enemy, or you will teach him all your art of war."'

Upon hearing this, the boy smiled and walked off. Just as he bowed before he left the dojo the Sensei shouted to him. 'By the way Tatso, do not be too disappointed with your little game of jam-pon-ken. Although you would have won if you had played longer, Yasujiro would have won had you played even longer, and you would have won again if you had played longer again. You see, with a game of jam-pon-ken no one ever wins outright because mathematically it is impossible!'

## RESPECT AND RESPECT IN THE MARTIAL ARTS

By Kyoshi Todd Stoneking  
(Reprinted from June 2011)

Respect works on many levels, but it begins with you. Self-respect is important if you are to offer the same to others. Self-respect means looking at yourself, acknowledging your weaknesses and accepting who you are. With self-respect comes the ability to focus on your strengths, and develop yourself. In the dojo, respect means training to the best of your ability, listening to the senseis, not looking down on juniors (kohai), and observing proper etiquette. Being respectful during training means assisting others with their training by being a good training partner. This means putting on the pressure when it's needed, and holding back when appropriate. Respect should be transmitted between those that we train with. We have to trust each other; this is absolutely a must since we are striking, kicking, throwing, and doing other techniques to each other that can cause serious injury. We have to trust that our partners will use control and precision in their techniques. If they or we don't, someone could be seriously injured. If we do not have the proper respect for each other, we might not take our endeavor with the seriousness required. Mutual respect is so important in the martial arts and it cannot be understated. You can't play with techniques that can cause death or serious injury in a haphazard method. Proper etiquette is used to foster this mutual respect.

There is more to respect than just going through the motions of bowing or wearing the right uniform or pretending to be humble. Bowing in Asian countries is like shaking hands. It is simply a sign of respect. Bowing before entering the floor to train is to show respect for the training hall. It also shows respect for all those who came before you. It is also checking your ego at the door. Understanding that you do not already know all there is to know is very important in the martial arts. If you feel that you know all there is to know, it would be impossible to learn anything new. Or as the old adage goes, a cup that is already full can hold no more.

Master Funakoshi in his "Twenty Guiding Principles of Karate" states Karate-Do begins and ends with Rei. Rei (Bow) means much more than respect. It encompasses both an attitude of respect for others and a sense of self-esteem. Master Funakoshi also goes on to state, that although a person's deportment may be correct, without a sincere and reverent heart they do not possess true rei. True rei is the outward expression of a sincere heart.

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## RESPECT AND RESPECT IN THE MARTIAL ARTS (Continued from prior page.)

In a recent article by Soke Hausel in the January 2010 "Bushido – the way of the warrior newsletter; Soke states, "Traditional martial arts are about self-improvement, respect for others and learning the traditional way of the martial arts. One way we harbor self-improvement is through respect. The more we train, the more we should respect one another. Traditional Karate is a discipline that requires denshi (students) to give Sensei (instructors) as much respect as possible. And the reverse is true: Sensei give their denshi respect when they show they deserve it. We are all given respect freely when we initiate our training in martial arts and as time progresses, we continue to earn respect. Respect is just as important (if not more important) than technique. Respect not only comes through bowing, but also through one's actions. It is emphasized by how one follows instructions, how often one trains, and how much spirit a person puts into training." In this article Soke goes on to state when he taught martial arts at ASU, he had a student who refused to bow. He asked him why he would not and he stated it was due to religious beliefs. Soke explained to him that karate was not a religion and in order for him to learn karate, he must bow as karate is not only a discipline of techniques, but equally important, it is a discipline of philosophy, tradition, respect and concern for others. Soke finally had to ask this individual to withdraw from the class as he could not learn to bow and thus, he could not learn karate.

While it is expected that respect be shown to all, it is even more imperative that all black belts must be shown respect. Be that Soke, Kyoshi, Renshi, Shihan, Sensei, Dai-Sempai etc. It is not up to the student to determine if this is a proper title or rank that has been awarded. The same applies to all ranks – it is not up to the student if he should be at a specific rank, it is up to the Sensei that holds that authority to give that rank. Show respect – their training is more extensive than yours. Perhaps they know something that you do not. Not all ranks are given for the same reason. As an instructor I would always first promote a student to a rank who shows up on time, works hard, keeps trying and always shows proper respect even if he does not have the most perfect technique, before I would promote a student who has better technique but fails to show proper attitude and respect. The journey (do) of a student needs to also be about what they can learn and take with them after their training is over. The lessons learned in the dojo will hopefully convert into ideals of how we live our lives. The hard times that humble you when you are a student will more than likely be the most important to you later in life. It's not always about how well you do a technique. It is about

being respectful and the realization that the trials and tribulations of hard work, effort, and attitude get you to where you want to be.

It is important to realize that the martial arts are a part and a complement to our lives, but not our entire life, for most of us it is a lifelong pursuit to become the best we can become. To quote Teijunsoku "*No matter how you may excel in the art of "Te" and in your scholastic endeavor's, Nothing is more important than your Behavior and Humanity as observed in daily life*". Respect it is part of how you act, it is part of you.

## 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.

## THE REAL MIYAGI MOVIE

By Kyoshi Stoneking

On the evening of Saturday September 24<sup>th</sup>, Shihan Fumio Demura was in Salt Lake at the University of Utah, at the Fort Douglas Post Theatre to show the movie of his life "The Real Miyagi" Movie. This was a fundraiser to help with medical costs for Ariel Garcia (The Daughter of Sensei Bernie and Tilly Garcia – Fellow instructors and friends of Hanshi Watson). Hanshi Watson has trained with Demura in the past.

The Movie Chronicles the story of the life of Shihan Demura a 9<sup>th</sup> Degree Black belt – But the title comes from the fact that Demura choreographed and acted as the stunt double for Pat Morita in the Karate Kid movies that were introduced to the public in the early 1980's. These movies brought Okinawan Karate to the public's attention.

Demura was born in 1938, in [Yokohama](#), Japan. In 1965 Demura came to the United States. He became well known for his karate and kobudo skills – and is known for writing many books on Okinawan Karate & Kobudo (Many of which are recommended reading at the Utah Shorin-Kai for students). Although Sensei Demura is of a different lineage and trained and teaches Shito-Ryu Karate, his influence in karate in the United States is prolific. This movie tells the story of what he has accomplished and created over his life. Demura along with many others have played a part in bringing karate to the United States and the world. (You are also part of one of those organizations - "Seiyo Shorin-Ryu") - Students that have the opportunity should watch this movie. If you would like to know more, speak with Hanshi Watson or Kyoshi Stoneking.

## PROMOTIONS

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

### October

No Students tested for October Promotions.

### November

Brandon Malmaceda – Hachi kyu (White 2 tab)  
Aaron Bravo – Hachi kyu (White 2 tab)  
Aaliyah Bravo – Ku kyu (White 1 tab)  
Zuleydi Malmaceda – Ku kyu (White 1 tab)

### December

Cesar Bravo – Roku kyu (Blue)  
Quincy Sevens – Roku Kyu (Blue)  
Magaly Bravo – Roku kyu (Blue)  
Nayelly Bravo – Shichi kyu (Yellow)  
Cesar Bravo Jr – Shichi kyu (Yellow)  
Jordy Malmaceda – Shichi kyu (Yellow)  
Alex Varra – Hachi kyu (White 2 tab)  
Alex Young – Ku kyu (White 1 tab)

Congratulations to the students who have received promotions!

## SCHOOL CLOSURES

There will be NO Classes held during the Christmas break:

Tuesday, December 27<sup>th</sup>

Thursday, December 29<sup>th</sup>.

Saturday, December 31, New Year's Eve.

Have a Merry Christmas and a Happy New Year!  
Classes will resume on Tuesday January 3rd, 2017.

## 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 Class for advanced ranks: Instructor's permission is required to attend. (At Starlite Dance). Brown & Black 3:30pm to 5:30pm; Blue Belts and above 3:30pm to 4:30pm; yellow belts may attend the 1<sup>st</sup> Saturday of each month from 3:30pm to 4:30pm. Instructor's permission is required to attend.

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 on the 3<sup>rd</sup> Saturday of each month).

## 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 – Sho Dan  
Dai Sempai Mikell Young – Sho Dan  
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