

松
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流

Kime



Illustration 1: Honbu Dojo in Okinawa

May 2016

Dedicated Readers of Kime,
The Seminar last month was a great success and we would like to thank everybody who was able to make it out. It's great to see that so many people are keeping the memory of Soke Takayoshi Nagamine alive.

If you have any ideas, content, articles, pictures, or anything you'd like to see in the newsletter, send your insights and comments to maja@anshindojo.com.

4th Annual Memorial Karate Seminar for Soke Takayoshi Nagamine

Thank you to everyone who attended the seminar, and those who participated in the lessons that were taught. We appreciate the efforts of our loyal friends and fellow karate-ka for helping make this happen.



Grading - April 20th

Congratulations to all the wonderful new yellow belts that we have!! Also to the other belts, and the adults who have earned their next rank. We hope to see you all at the next grading

Friendship Day - May and June

Friendship Day at Renseiken Dojo was a success. Thank you Sensei Ward Jardine for hosting it. Friendship Day on May 29th will be held at Anshin Dojo, hosted by Sensei Trombley. We hope to see everybody there!

Dojo Closures

8th – Dojo closed for Mother's Day
23rd – Dojo closed for Victoria Day

Notable Dates

5th – Sensei goes to Okinawa
22nd – Sensei returns from Okinawa

Special Events

29th – Friendship Day at Anshin Dojo

Birthdays

2nd – Mason S.
3rd – Louise
5th – Marcus D.
10th – Matteo M.
14th – Maja
25th – Sailym
31st – Madeleine P.

Shorin Ryu T-Shirts

Last year around this time, Shorin-Ryu t-shirts became available for those who were interested in representing the style they practice (or that their children practice). From first hand experience, I can say this is one of the most comfortable shirts I've ever owned and I'm proud to wear it. The stylish crest in the front and kanji in the back represent Shorin-Ryu – same as the crest on many people's uniforms, as a universal representation of our style and organization. The Canadian flag on the right sleeve is a fine detail addition.

We are ordering more shirts. Once we collect a minimum of 30 orders for the shirts to be printed, and only then will we release the print date and ask for payment at that time.

Shirts available for \$25.

Please contact

maja@anshindojo.com

to place an order.

Be sure to include your name, size of shirt, and quantity.

Depending on the interest, we project printing sometime in June/July.

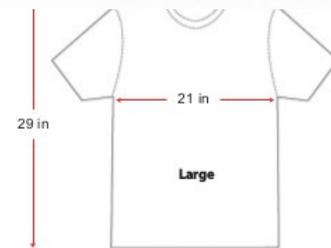
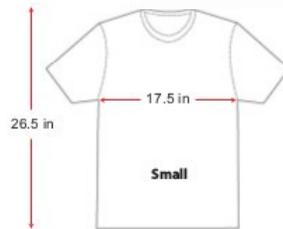
Support your dojo and represent your style!



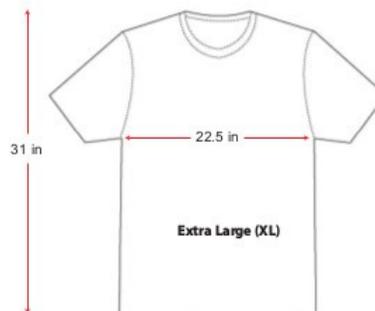
FRONT



BACK



The shirts are the Geldan Brand Soft Cotton.



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Soke Takayoshi Nagamine PART TWO: KARATE AS A WAY OF LIFE

In a four-part series, we will explore Soke Takayoshi Nagamine and his precepts of philosophy, martial arts concepts, and contribution to Matsubayashi Ryu karate.

Karate is a science and a philosophy. A scientific investigation of the body coupled with deep philosophical thought and values of Okinawan culture – a way of life. Soke Takayoshi Nagamine believed that Okinawan Karate was a culture, rather than a sport. During a seminar in Florida in July 2011, Soke Nagamine said that ‘many people in the world have a misinterpretation of karate. They think that karate is like tournament fighting or sports, but for us karate is part of our Okinawan culture. It is a culture not a sport. It is a martial art’.

In an interview with Mike Clarke, Soke Nagamine spoke of his early years in karate. He started training with his father when he was seven years old, and trained for most of his life.

MC: Was your training any different from the other students in the dojo?

TN: No, not really. In the dojo everyone was treated the same, me included. But afterwards, in our home life away from public classes, I received a lot of discipline from my father. For example, if students did one hundred punches, then I would have to do four or five hundred punches, the same with all the basic techniques.

MC: Because of who your father was, were you expected to train in karate?

TN: No. He never told me I had to do it. But watching him when I was a boy, really made me want to do it. In fact, he always demanded I did my homework and any jobs I had to do first before I was allowed to practice.

His ideology is further depicted when asked whether he thinks karate has changed since the olden times. Soke Takayoshi remarks, ‘well, inside [a person’s mind] I think it’s all the same, but, there might be some changes in the way some people interpret karate today, even from as recently as 40 years ago. This has to do with people’s cultural background, I think. Even on Okinawa now, there are many who just see karate as a kind of sport instead of a martial art’.

What is the difference between sport at martial art? ‘no matter what, all sports share the same definition. They have tournaments and the participants are trying to improve their record or previous result... karate is not like this, it is the study of death and being alive. Yes, death and being alive. If a person opens a karate dojo it is important to understand this philosophy. Martial arts cannot compete with sports because they have a different philosophy. In sport you compete against someone else, or perhaps your own record, but in martial arts you only compete against your ‘self’.

He goes on to promote karate as providing students with discipline, enforcing such values as respecting your parents and seniors, helping people, and at the same time get healthier. Okinawa and Japan have very low crime rates among martial artists - ‘because they teach you how to respect other people’.

Excerpts taken from “Honoring Soke Takayoshi Nagamine and his legacy” article from WMKA website.



Illustration 2: Soke Takayoshi Nagamine

Sensei's Rules of Life

#3

Follow the Three R's:

- 1. Respect for self.*
- 2. Respect for others.*
- 3. Responsibility for your actions.*

Sensei's 18 Rules for Living

1. Take into account that great love and great achievements involve great risk.
2. When you lose, don't lose the lesson.
3. Follow the Three R's:
 1. Respect for Self
 2. Respect for Others
 3. Responsibility for all your actions.
4. Remember that not getting what you want is sometimes a wonderful stroke of luck.
5. Learn the rules so you know how to break them properly.
6. Don't let a little dispute ruin a great friendship.
7. When you realize you've made a mistake, take immediate steps to correct it.
8. Spend some time alone every day.
9. Open your arms to change but don't let forget your values.
10. Remember that silence is sometimes the best answer.
11. Live a good honourable life. When you're old and think back, you will be able to enjoy it a second time.
12. A loving atmosphere in your home is the foundation for your life.
13. Share your knowledge. It's a way to achieve immortality.
14. Be gentle with the Earth.
15. In disagreements with loved ones, deal only with the current situation. Don't bring up the past.
16. Once a year, go some place you've never been before.
17. The best relationship is one in which your love for each other exceeds your need for each other.
18. Judge your success by what you had to give up in order to get it.

*** Pick one of these and tell me what it means to you. Email maja@anshindojo.com to submit for next month's newsletter. You may add your name, or choose to submit anonymously. ***