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Kime



Illustration 1: Honbu Dojo in Okinawa

June 2016

Dedicated Readers of Kime,

Thank you to all the submissions made for this newsletter over the past month. Keep it up!! The more content we receive, the better the newsletter will be (and the more interesting).

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.

Stripe Testing - June 15th

Attention all students!! There will be a stripe testing on June 15th for all kyu belts! We hope that everyone will be able to make it and earn their stripes.

Friendship Day - May and June

Friendship Day at Anshin Dojo was a success. Thank you Sensei Trombley for hosting it. A big thanks to Greg for hosting the after-party and BBQ at his home. June's Friendship Day will be hosted at Tilley's School of Karate on June 26th. Hope to see everyone there!

Summer Classes - Schedule Change

Everyone is eager to enjoy their summer vacation and spend time with their families, and so we have decided to cancel all Saturday karate classes for the duration of July and August.

Jodo classes have been canceled for the following dates:
June 5th, June 12th, June 14th and June 19th.

Westacres Demonstration

On the 25th of June, Westacres will be hosting a community barbeque and Anshin School of Karate will be participating in a demonstration and practice of karate for the community. We encourage everyone to come out and support the dojo, but also to participate in the festivities and show our community how awesome you all are! More information is available at the dojo.

Dojo Closures

19th – Father's Day

Notable Dates

15th – Stripe Testing
18th – Iaido at Stratford Martial Arts
25th – Westacres Demo
27th to July 02nd – Sensei in St. Louis.

Special Events

26th – Friendship Day at Tilley's School of Karate

Birthdays

13th – Nora Ceh
18th – RJ R
30th – Michelle R.

Thoughts on Value and Change

by: Alex Di Marco

Value and change are funny things. When we start our lives we fight our way into existence. We survive mostly alone in a struggle to exist within a hostile environment hellbent to ensure we are genetically worthy of existence. If we make it through our struggle to be born, we emerge victorious, but completely helpless and dependent on others around us. We learn that our survival depends upon demanding our sustenance and care in the most basic of cries. We grow, struggling to learn the basics, and along the way we discover we are not alone. From the shadows of fuzzy shapes we discover others, and we begin to form attachments and connections. It is from engaging in this journey we begin to learn what is valuable, usually starting by us calling upon the universe for our most basic needs, and having our needs answered by our parents who kickstart our journey of personal relationships.

We never hold still:

Change is a constant of our existence whether we are comfortable with it or not, almost all of our cells regenerate throughout our lifetime, and as we grow and change, something magical happens - our lives are transformed and changed by others we meet. Our self focused "alone-ness" becomes altered and we learn and grow in relationship with others. We discover who we are by viewing ourselves through the understandings of others. Our physical life moves towards entropy, but our relationships and life in community expands and grows - and ideally - so do we.

We move towards each other:

It would seem to be logical to co-operate, collaborate and build a rich community of belonging and mutual care. Even evolution

seems to be pointing to the survival of the socially cooperative as a redefinition of the fittest. Our failures in this direction, with miscommunication, conflict and war sometimes seem even more dramatic than our individual fight to emerge from the womb, yet we still seem to move forward.

What we value is key:

If we only value things that directly feed our personal need, and never grow to understand that all of us are in a journey together, we become broken. We need to work hard to conquer our own shortsightedness and limitations, to embody co-operation, reason, control and peace - realizing the real limits of others. We need to accept others where they are at and moving ourselves towards care, compassion, understanding, and growth. From that position we can educate ourselves and others with the bits of wisdom we discover, while still keeping the humble attitude that what we know is only a small piece of life and never the full answer.

We are not alone if we co-operate:

Although we cannot truly bridge the gap of our personal isolation within our own perspectives and experience, we can share and connect. Little discoveries of wisdom we make are of value and worthy of sharing. This effort to share ourselves and our experiences is the trans-formative experience that leads to richness, but we need to learn to value this idea that others are worthy of being valued. This requires hard work, discipline and an openness to be vulnerable to risk connection yet strong and confident in ourselves and who we are.

The more we strive towards this the better all of us will be.

Soke Takayoshi Nagamine

PART THREE: FIVE FUNDAMENTALS OF PHILOSOPHY

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.

In an interview with Sensei Reece Cummings from Canberra, Australia in 2011, Soke Nagamine explained the five basic fundamentals of Matsubayashi-ryu Karate-do:

‘We have this five fundamentals philosophy. This philosophy was from my father and his teacher, and it’s very, very old – up to 700 years. Basically, the five philosophies are contributing to our understanding, to our essence of the mind’. These philosophies included:

1. You have to live in accordance with the principles of nature. You have to respect your parents and respect your philosophy.
2. We are studying movement. Once you study movement, you have to know how to function with your body to be able to use these moves. To become functional, you have to be conscious of every move you make.
3. You have to learn very well from your experiences and from other people’s experiences – experiences that will teach you something valuable. Not only in education, but also in experience.
4. You have to strive for a sense of history and culture.
5. Master your fighting techniques not from your imagination or reasoning, but through actual combat. Know what you can do, and what you can learn from the art of Karate. Don’t obtain any techniques by your imagination. You have to prove what you can by doing – action, not imagination.

Soke Nagamine also explained the importance of humility in martial

arts, “the more knowledge you have, the more humble you are going to be’, he continued ‘you’re going to be a very dedicated person, not overconfident. That’s what martial arts teaches you as a philosophy: ‘to be humble is very important’.

Soke further elaborated by talking about what his father, Osensei Shoshin Nagamine, had said to him: ‘well you know we human beings are not perfect, not at all. I believe my father was a very fair and honest man, and he would often say to his students, me included: ‘rectify your mind, and always look to your feet’. What he meant was that we should always be ready to do karate. He was talking about our mind, our attitude. Always remember what it was like to wear a white belt. ‘Sho-shin’, have a beginners mind. We must never think we have become something big in karate. No matter what, every day when we practice we realize there is something more to learn.’

Of note is the way in which Soke carried his father’s teachings to those instructing others in the art of Matsubayashi-Ryu, as pointed out by Martin O’Malley, EMKA, Ireland: “Soke Nagamine told us that his father used to say that we should try to ‘Teach Difficult Things Easily, to Teach Easy Things Deeply, and to Teach Deep Things Enjoyably’.”

Soke was quick to point out the importance of virtue and often said: “Your knowledge may shine in one corner, but your virtue may cover the whole land.”

Sensei's Rules of Living

#1

Take into account that great love and great achievements involve great risk.

Risk is involved in doing anything great and in every great opportunity in life. If it wasn't risky, it would be common and everyone would be doing it, thus making it ordinary and not “great”. Separate yourself from the crowd as one who not only takes risks, but enjoys doing so. Be bold and be courageous. Certainty in life can only be so comforting until it gets boring. Never stop learning. Never stop growing.

Sensei's Corner

Sensei is finally back from his three-week trip to Okinawa!

A big congratulations to our new black belt at the dojo, Maja Mihajlovic who was graded in Okinawa and to Sensei Vern's student Rob Kerr on his Godan!

Sensei says Keep Practicing Strong and hard!!



Shorin Ryu T-Shirts

If you are interested in supporting your dojo and representing your membership in the Matsubayashi community, order one of our T-shirts! We are still getting a general idea of who would be interested in ordering, before we place the order.

Shirts available for \$25.

Please contact

maja@anshindojo.com to place an order.

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



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