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Kime



Illustration 1: Honbu Dojo in Okinawa

July 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.

Friendship Day this Month

The friendship workout this month was originally scheduled Ryu Shin Karate-Way of the Okinawan Soul with Sensei Tony Gibson, but this has been changed. July's Friendship Day will be held at Renseikan Dojo, hosted by Sensei Ward Jardine. Hope to see you all 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.

Lakeview Library Block Party

On July 5th, Lakeview Library was supposed to hold a block party, and Anshin School of Karate was going to do a demonstration.

Unfortunately, due to the recent library strike, this event has been canceled.

Dojo Closures

1st – Canada Day

3rd – Long Weekend

Notable Dates

Special Events

26th – Friendship Day at Renseikan Dojo

Birthdays

4th – Steven M.

14th – Vern Tilley

24th – Bubba R.

31st – Dylan G.

The Discipline of Inspiration

By: Alex Di Marco

As we meet and interact with others in all the moments we are alive, we are presented with a challenge. Who we are and who we become live in these moments and all of them are important as we grow and develop through life. There is not a single second which is meaningless and not infused with opportunity and growth. Even if we feel completely alone, we encounter and engage ourselves and our surroundings and the universe that supports our existence. As we walk through these seconds and minutes, hours and days, opportunity abounds and creative beauty of intellect and character can emerge - if we choose to foster it within ourselves and others.

Here lies the challenge and the need for discipline. Our energy is limited and finite. We instinctively guard it jealously. We compete to further our own needs and desires, and instinctively tend to see everything around us as a "something" to feed our needs. Left completely in this elemental process we compete and consume. As we observe the natural world, we see this intense competition when focused closely, but the wider our view expands, patterns of balance seem to emerge that redefine this intensity into a building block or process of development beyond it's own micro characteristics.

As creatures able to think, observe, and having awareness of our self and others, we seem to lie somewhere betwixt the conflict and order. We seem to have a sense of an emerging beauty but never seem to be able to grasp it clearly in our hands an a

manner that satisfies. But we do discover values, we do label truths and attempt to grasp on to these values with great emotional passion. Through this, we all engage in a great conversation surrounding what we value from the lowest levels of favorite food to the highest discussions of religious belief.

This brings us to the discipline of inspiration. Every moment we can discover new things and new ideas as we meet each other and ourselves. None of us have a full grasp of our reality, and our senses and perspectives place limitations we cannot go beyond by ourselves. An ancient story from the Indian subcontinent illustrates this well through the story of blind men touching an elephant and attempting to communicate to others the reality of what they perceived. This story has been used to promote peace between those of differing faiths, the importance of considering other perspectives, the ignorance of any particular point of view and analogies for the functioning of cells in biology or physic's wave-particle duality. Maybe another way to view this story is from a perspective of hope and a challenge for the future. If we can discipline our nature and nurture our kinder selves to touch the elephant of existence, observing with all our being every day, this may lead to sharing our humble discoveries with kindness and acceptance of mistakes. And if we can be constantly vigilant to assist others towards their own discoveries... maybe we can enlighten ourselves and heal our collective blindness, both of ourselves and the world we live in.

Soke Takayoshi Nagamine PART FOUR: RHYTHM AND KATA

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.

Matsubayashi-ryu is a kata centric system, including 18 kata and seven yakusoku kumite, as handed down over the years, as preserved by Osensei Shoshin Nagamine and his students.

According to an old saying, one kata would usually be practiced for three years before the next would be learned. The last Matsubayashi-ryu Kata, Chatan Yara Kusanku is said to take at least ten years to master. Altogether, that's 61 years to master just 18 kata.

As for learning Karate, Soke told Mr Clarke about something his father had told him: 'my father, and even people older and senior to him, told me that around one hundred years ago when you did karate you didn't have a public class. Each sensei, would teach their students separately, not together. So it was possible that you could start training and meet somebody, say ten years later, who might have been training with your sensei for the same length of time, and you didn't know. In those days people kept it secret and never told anyone they trained in karate. It was something they did for themselves and not for others to know about. It is very different in our days. Back then each student was taught at their own level and the sensei would give the student different things to work on accordingly. Of course back then money was not really a question either. It was all about culture, discipline, intelligence and character'.

Soke stressed that there are three important factors to keep in mind when performing kata, these being:

'line of sight, posture and destructive power'. He also stressed three main criteria for evaluating kumite (including yakusoku kumite): intuition; endurance and speed and power. Passai was Soke's favorite kata and one he would perform for audiences around the world with great acclaim.

Soke Nagamine would always talk about the basic movements in the seminars he gave around the world. In Matsubayashi-ryu the basic movements are the fundamental defensive and offensive movements. The intermediate movements serve to connect the basic movements. The movements of kata are divided into basic and intermediate. In a seminar in Cincinnati, Ohio in July 2011, Soke said: 'Be sure to move, pause, and then execute the technique. This develops zanshin!'

One of the things Soke would also stress in seminars is the three essentials of Matsubayashi-Ryu techniques. These being: 1. Acceleration (Kasokudo) 2. Centrifugal force (Tenshin ryoku) 3. Leverage (Teko).

Soke Nagamine repeatedly stressed the importance of the three types of rhythm in Matsubayashi-ryu Karate-do. As he explained to Mr Clarke in his 2009 interview:

'Basic rhythm is to develop timing so you can block when you are attacked, and then you can hit back from your block. With rhythm-two, you can block and attack at the same time. Rhythm-three is the ultimate technique and this is where we don't block, instead, we attack the attack! Even against a kick we can use rhythm-three'.

Sensei's Rules of Living

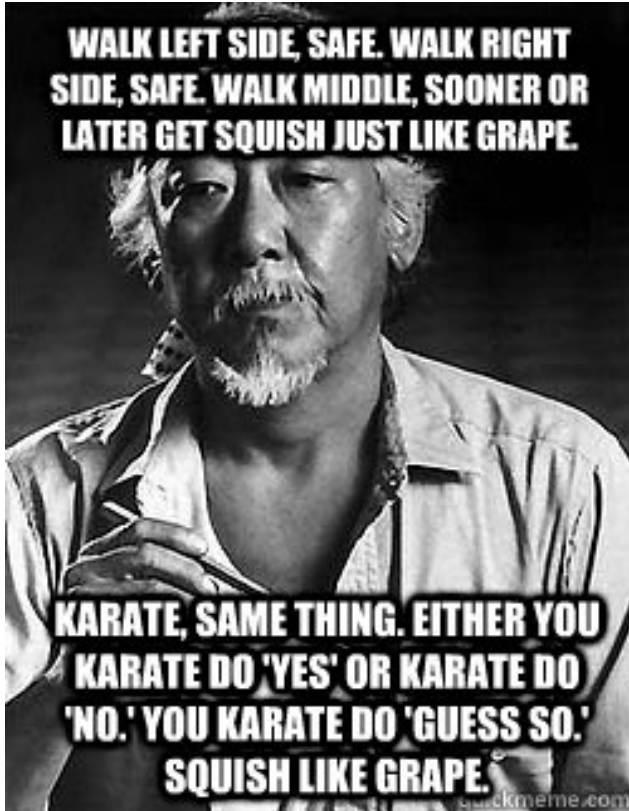
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When you lose, don't lose the lesson.

Everyone will fail at some point. Failure is the precursor to success.

If you lose the lesson behind your failure, you are doomed to repeat the same mistakes over again. Hardly anything great will come without failure. Don't let falling down deter you from standing back up.

Sensei's Corner



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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