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Kime



Illustration 1: Honbu Dojo in Okinawa

## November 2016

Dedicated Readers of Kime,

Thank you to all the submissions made for this newsletter over the past months. 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](mailto:maja@anshindojo.com).

## Stripe Testing

Attention all students! There will be a stripe testing on November 16<sup>th</sup> so we encourage everyone to show up often and train hard for their grading. We are excited to see everyone at the grading. Train hard and we'll see you there.

## Friendship Day this Month

Friendship Day this month will be hosted by Sensei Tony Gibson and held at Ryu Shin Karate-Way of the Okinawan Soul, on Sunday, November 27<sup>th</sup>. Hope to see everyone there!!

## Dojo Closures

## Special Events

27<sup>th</sup> – Friendship Day at Ryu Shin Karate-Way of the Okinawan Soul

29<sup>th</sup> – Iaido at Stratford Martial Arts

## Birthdays

4<sup>th</sup> – Brandon P.  
17<sup>th</sup> – Robbie C.



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## Strength

Strength is a difficult subject. We all are intimately familiar with feelings of weakness, helplessness, inadequacy, inability and fear. No matter how hard someone tells us not to worry or be fearful, or informs us about our strengths, we still tend to be dominated by these feelings. All of us at times can't help but listen to our experience of feeling incomplete, isolated and alone. The more we look at ourselves in the mirror, if we are being truly honest, we see our failures much more clearly than any other aspects of our being. Even consciously repeating to ourselves that we are strong and powerful, good and successful creates an echo of inadequacy that reinforces our sense of powerlessness. It is understandable to desire to be powerful and strong, to have super powers to bend the world to our will. To dominate and control our environment and others to ensure our comfort and survival. To be able to fulfill every wish and desire, every passion and need. Those that pursue this path, believing the ability to bend the world to their will is strength. They may gain the illusion that they are powerful, in control and strong, but ultimately this path only amplifies feelings of fear, inadequacy and failure. Any true sense of happiness does not live here, as this view is to manifest an external fight against a conflict which lives within themselves; our happiness lies elsewhere.

Dr. Brené Brown, a researcher from the University of Huston, studying social work, decided to dedicate her research on discovering the source of connection as it relates to happiness, in her own words:

"So where I started was with connection. Because, by the time you're a social worker for 10 years, what you realize is that connection is why we're here. It's what gives purpose and meaning to our lives. This is what it's all about. It doesn't matter whether you talk to people who work in social justice, mental health and abuse and neglect, what we know is that connection, the ability to feel connected, is --neurobiologically that's how we're wired -- it's why we're here.-- "

She describes her journey in a famous Ted Talk ([Brené Brown: The power of vulnerability](#)) on how her research lead her to explore vulnerability. She summed up her research as follows:

"And so here's what I found. What they had in

By Alex DiMarco

common was a sense of courage. And I want to separate courage and bravery for you for a minute. Courage, the original definition of courage, when it first came into the English language -- it's from the Latin word "cor," meaning "heart" -- and the original definition was to tell the story of who you are with your whole heart. And so these folks had, very simply, the courage to be imperfect. They had the compassion to be kind to themselves first and then to others, because, as it turns out, we can't practice compassion with other people if we can't treat ourselves kindly. And the last was they had connection, and -- this was the hard part -- as a result of authenticity, they were willing to let go of who they thought they should be in order to be who they were, which you have to absolutely do that for connection.

The other thing that they had in common was this: They fully embraced vulnerability. They believed that what made them vulnerable made them beautiful. They didn't talk about vulnerability being comfortable, nor did they really talk about it being excruciating -- as I had heard it earlier in the shame interviewing. They just talked about it being necessary. They talked about the willingness to say, "I love you" first ... the willingness to do something where there are no guarantees ... the willingness to breathe through waiting for the doctor to call after your mammogram. They're willing to invest in a relationship that may or may not work out. They thought this was fundamental."

This sense of acceptance of self and taking the risk of embracing others and the world around us is where true power comes from. Those who pursue martial arts with the desire to dominate and control, chase after illusion and ultimate failure, isolation and unhappiness. The Okinawan history of Karate exists as a response to protect family and connection from exactly this sense of dominance and oppression. For those who embrace the dojo as a place of learning strength and authenticity, working towards accepting who they are in their own weakness, who desire to search for community and belonging; here lies a strength worth embracing, a journey towards helping ourselves and others grow in courage, authenticity and accomplishment; the philosophy of Karate, as I see it, lives here.

## Sensei's Rules of Living

### #12.

A loving atmosphere in your home is the foundation for your life.

*This is the rule that you have the least amount of control over. Your family dynamic will ultimately determine your home atmosphere, but you can definitely help it along by showing your family that you love them. As in rule #3, if you respect (love) your family, they will provide you with respect and love in return. This rule comes to play again when starting a family. Inject love into your home. Make the walls glisten with endearment. That will set a solid foundation for the lives of your children.*

## Sensei's Corner

*When karate gets tough, you find yourself wanting to quit, or doubting yourself, just remember:*

*Sensei put good karate in you, and you should trust that.*