

松林流



Illustration 1: Honbu Dojo in Okinawa

## January 2017

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 January 18<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, January 29<sup>th</sup>. Hope to see everyone there!!

## Dojo Closures

N/A

## Special Events

18<sup>th</sup> – Stripe Testing

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

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

## Birthdays

1<sup>st</sup> – Issac C.

7<sup>th</sup> – Tony R.

13<sup>th</sup> – Preston B.

**ANSHIN**  
SCHOOL OF KARATE  
KOBUDO and JODO

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**JODO**

"The Way of the Stick"

Tues: 7:00 - 8:30 pm  
Sun: 12:00 - 1:30 pm

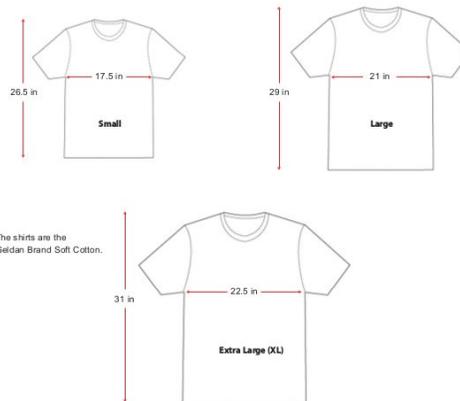
High Ranking,  
Fully Qualified, Registered  
Black Belt Instructors.

**"Your Safety is our First Priority!"**

FULLY CERTIFIED AND REGISTERED  
WITH THE  
CANADIAN KENDO FEDERATION

## 50<sup>th</sup> Anniversary Commemorative T-Shirts

This year will mark the 50<sup>th</sup> anniversary of Matsubayashi-Ryu in Canada and Anshin Dojo will be selling t-shirts to commemorate this event! If you are interested, please email me at [maja@anshindojo.com](mailto:maja@anshindojo.com) or place an order at the dojo directly. Shirts will sell for \$25. You must order before January 22<sup>nd</sup>, with or without payment to secure your t-shirt, which will be ready for pick up in February.



## Article - Of Mountains and Rivers

By: Alex DiMarco

My son Matthew stubbornly called me early in the morning, "Daddy, come here. I need a hug!". I answered back from my bedroom, "I am in bed. Come to me if you want a hug". Instead of walking down the hall the few steps to my room, he called louder, insisting I come. I responded with the same answer... This continued for some time, until he lost his temper and yelled. At that point I did go to his room, not exactly to give him a hug, but definitely to have a chat. After he calmed down, knowing I was unhappy with his actions, I asked him, what is it you truly wanted from me. He said "a hug". "Would you have received a hug if you came to me?" "Yes...." he replied. To which I responded, "you need to flow like a river to get what you desire. What does a river do to get from one place to another?" "It flows", Matthew answered. "If you - flowed - to my room, would you have received what you wanted?" I said. "Yes", answered Matthew. "Then why were you standing like a mountain, unmoving and

stubborn? He thought for a bit. "I didn't think of it". I answered, "when it comes to people and desires, flowing like a river is usually much better than standing like a mountain. You have to think about what you truly desire, and find a good path to reach it. If you always stand like a mountain, you will probably be left standing alone. Be more like the river, and only be a mountain when it is necessary. For the rest of the day he effectively negotiated for what he desired... which wasn't exactly my point, but I think he understood.

Life requires both characteristics of us. To stand like a mountain for our values, yet to flow like a river to adjust to others around us, hopefully, flowing together to a common destination of shared and varied desires and common values, or if not shared values, at least a stance of respect. Occasionally, to protect a core value, a stance as strong as a mountain may be necessary, but within a culture of respect, know your path, and be the river. Eventually we all flow to the sea.

## Sensei's Rules of Living

#17.

*The best relationship is one in which your love for each other exceeds your need for each other.*

Remember that the best relationship is one in which your love for each other exceeds your need for each other. The opposite is a sign that the relationship should end. If you need someone more than you love them, it is a sign of dependency, not affection. Find someone where love is the dominant force and you will find yourself in a much more fulfilling relationship.

## Sensei's Corner

*Sensei Says:*  
*"To change the world around you, you must change the world from within you."*