

# The Bamboo Warrior

Official Newsletter of Chikubu-Kai

September 2006

## 2006 Chikubu Kai Clinics

January 28	Salem Dojo Salem, Va.
February 18	Bluefield Dojo Bluefield, Va
March 18	Salem Dojo Salem, Va.
April 20-14	Texas Clinics
May 19-20	Hebi Ashi Dojo Harrisonburg, Va
June 16-17	Hissatsu No Ken Newport News, Va
July 20-22	Summer Camp Buena Vista, Va
<b>August 19</b>	<b>Waynesboro Dojo Waynesboro, Va</b>
September 23	Kokoro Dojo Buena Vista, Va
October 5-7	Fall Camp Myrtle Beach, SC
November 5	Richmond Clinic Richmond, Va
December 9	Hombu Dojo Clinic Bristol, Va

## From Soke's Desk

## Endless Attack, Part One

One of the basic principles in fighting is the concept that action prompts re-action.

This is a priority concept used by the old makers of kata. For example, a punch to the face is the action, the re-action is the proper block etc., which not only requires brain action first, but the quick response of body action. Both action and re-action require brain and body.

When both are tied together and work well, this is called skill. Skill can only be obtained through practice and repetition. It is always a mistake to train the body only. The deficiencies always show up in free style (kumite), because the body cannot function without the direction of the brain, with the exception of things like falling down.

So, the most important thing in considering the final application of an attack is first training the brain the concept of action vs re-action or even the reverse.

The second most important thing in the process is to train the body. Don't train the body to only be strong, but also train the body to react to the commands of the brain without the interferences of natural elements such as emotions, fear, anger etc.

Next time we will apply this principal to the theory of endless attack.

WHP

## Up Next...

### **Kokoro Dojo (Buena Vista) September 23, 2006**

The next Chikubu-Kai clinic will be held at Sensei Cash's Dojo in Buena Vista, Virginia on September 23, 2006.

The training will begin at 9am and last until approximately 3pm.

The cost for the clinic is \$35.

The Kokoro Dojo is located at 2017 Walnut Avenue, Buena Vista, VA

#### Directions from Chikubu Kai Website

- \* Coming from North or South on I 81 take exit 188A.
- \* You will be on Route 60 East. Continue on.
- \* You will approach a traffic light. Food Lion will be on your right. Continue on.
- \* Exxon/Burger King/Stop In will be on your right. Continue on.
- \* Go under a railroad underpass and immediately bear right. Hardee's will be on your right. Stay in right lane. This is Route 501.
- \* You will approach a traffic light. Go straight. Continue until you come to 20th Street.
- \* Take a left onto 20th Street.
- \* Continue until you come to Walnut Avenue.
- \* Take a left onto Walnut Avenue.
- \* 2nd House on Left. Dojo is around back. (2017 Walnut Avenue)

## Upcoming Events

Shihan Kelly will be giving a clinic on Obi (belt) Jutsu and Tanto (knife) Jutsu on Saturday, September 23, 2006.

The clinic will be held from 10am until 2pm at the Longwood American Karate Dojo in Longwood, Florida.

The cost of the clinic will be \$25.

Please feel free to contact me for any further details.

Osu!

Jerry Henkins

Email: [jerry6866@aol.com](mailto:jerry6866@aol.com)

## Quotables....

**"Chance favors the prepared mind."**

Louis Pasteur (1822-1895); French Scientist.  
(On May 14, Edward Jenner discovered the smallpox vaccine.)

**"It is not the mountain we conquer but ourselves."**

Edmund P. Hillary (1919), New Zealand mountaineer  
(On May 29, 1953, Edmund Hillary reached the summit of Everest)

## Coming Up Before You Know It

Hello to all!!!

The 2006 Chikubu-Kai Fall Camp will be held in Myrtle Beach, S.C. on the following dates:

Thursday, October 5th: 6:00 p.m. until ?  
Friday, October 6th: 9:00 a.m. until 4:00 p.m.  
Saturday, October 7th: 9:00 a.m. until 4:00 p.m.

As always we will have a banquet following the conclusion of training on Saturday night.

This year, however, as in some years past, the annual Fall Harley-Davidson Rally will be going on during this same weekend. As is always the case when the bikers are in town, room rates and availability are difficult to get at a reasonable cost for everyone. I will send out an announcement to everyone just as soon as I can find a place that (HOPEFULLY) won't cost an arm and a leg, and won't be directly in the main area where most of the bikers will be gathering. Please don't let this discourage you from coming down, however. The Fall Rally is not nearly as big as the famous one held every May here in Myrtle Beach, and although the noise might be up a few decibels, everyone should be able to come down and still have a great time...

If anyone needs more information or help in any way, please don't hesitate to call me at (843)-267-5648. Again, I will post hotel info. just as soon as possible...

Thank you,  
Kevin Watson, Sensei

**Don't Forget!**

**This year, Fall Camp is for all ranks! Come one, come all!**

## **In The News...**

Michael Fletcher Shihan would like to welcome the following new members to the Hebi Ashi Dojo:

Heather Munsner  
Sara Hughes  
Joe Walton  
Alex Soriano  
Yuji Hiratsuka  
Sean O'Rourke

Shihan Fletcher's 30th anniversary party was a blast! There were good times, good food, great friends and even a little karaoke!

In August, Erik Minter married long-time girlfriend, Tiffany; we all wish them both very well!

Last but not least:

Congratulations to Lawrence and Sachie Logan. They are expecting their first children — twin boys — in January!!!

—Alison Shepherd, on behalf of the Hebi Ashi Dojo

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Henry McCoy Shihan would like to welcome the following new members to the The Hissatsu-No-Ken Dojo:

Zachary Lewis  
Trevor  
Michael  
Josh

On September 20th Shihan McCoy and several of his students visited the Scott Hayes Karate Dojo in Newport News. During the visit, Sensei Steve Silverthorn introduced us to Omori-Ryu Iaido — a style of Iai dating to about the 16th century A.D. In addition, Sensei taught a number of the bokken (wooden sword) drills that he teaches his students. In return, Shihan McCoy taught several of his two person bokken drills to Sensei Silverthorn's students.

Special thanks to Sensei Silverthorn for welcoming us into his dojo for the night. Shihan McCoy is looking forward to additional exchange of knowledge and comraderie in the future!

—Chris Wirt, on behalf of Shihan Henry McCoy, Jr.

**Spotlight!****Shihan Taylor and the Art of Kumite**

I wanted to say a little about my Sensei in this newsletter. He has taught me so much about karate, life and self respect.



My father trained under Taylor Shihan in the early 80's up through the early 90's. He would often come home black and blue and sore from hours of kumite with Shihan. I would train with my dad as a kid and I thought he was the greatest fighter around (as all kids think of their fathers at early ages). I quickly found out this wasn't so when he would let me go watch his training with Shihan Taylor. I couldn't believe how fast this man was and the knowledge he possessed, especially when it came to kumite and kata bunkai.

I asked my dad many times if I could go train with them but he said the workouts were too hard and Shihan Taylor did not take child students at the time. I also got to watch Kuniba Soke and Price Shihan when they would do clinics in Salem. I quickly learned why Shihan Taylor was so good at Kumite. I trained with my father throughout the 80's and 90's in Motobu-Ha Shito-Ryu and received the rank of Shodan at the age of 15. I continued to train with my father and then trained with Gerald Dunn in my later teens.

I trained with other Sensei from other styles and received a black belt in another style as well, but I never felt that the other styles were as practical as what I learned as a kid from the Shito-ryu sensei. I thought I was pretty good until one day I ran into Donnie Craighead. He told me that they were still working out and I should come by; I decided to take him up on his offer.

I remember the first day I trained with Shihan Taylor. Of course we did Kumite. As a matter of fact there weren't many classes that we didn't do Kumite. Shihan literally beat the tar out of me for the first three months I trained with him. I started to wonder, did I do something to make this man mad? After a while I realized that he was showing me that I wasn't as good as I thought I was. I

Shihan Taylor and the Art of Kumite (cont'd from page 5)

remember going home at night after a class with Shihan, and crawling into bed black and blue. I would wake up the next morning and my whole body was sore. I didn't know a man could hit so hard, that is until Price Soke hit me (but that is a whole different story).



I can remember countless days where I would come home with bruised ribs from Shihan's reverse punch. He would say keep your elbow down. I would and then he would hit me in the head. Keep your guard up, keep your elbow down -- I couldn't seem to do both at the same time and would always get hit somewhere. I started getting wise to his reverse punch and protecting my ribs. That didn't matter, he showed me what a Kuniba lead hand punch was all about. Now my ribs weren't hurting as much but I was sucking wind from getting hit in the solar plexus. No matter

where I held my guard and how much I blocked I always got hit somewhere. I didn't feel too bad about it though because his senior students were taking the same beatings. I just realized that was the way it was and I would try to learn as much as I could to be able to defend myself. I remember classes when that is all we would do. Shihan would say "get your pads on girls", and we all knew we were in for a beating.



Shihan would give some of the most grueling workouts I have ever done. I told everyone I knew, he was a young sixty year old man that made me feel like an old man in my early 20's. I couldn't believe how much better shape this old man was in than I was. When we would Kumite he would say things like, "I'm an old man, take it easy on me." Man that was a joke. I did good just to make it through some of his classes. I can remember many classes with Shihan where students including myself would just fall out or have to go outside and get some fresh air. Especially when there was a lot of new students in the class - Shihan would do his weeding out class. He would work us to death to see which students actually wanted to train and which ones didn't.

I am so fortunate to be a student of Shihan Taylor's. He is definitely a true

Shihan Taylor and the Art of Kumite (cont'd from page 6)

fighter and a follower of Budo. I never saw Shihan turn down a challenge to a fight. He would fight anyone any day at any time. I saw people from other styles come into the dojo and want to fight. They were often discouraged from the ability of this older man kicking their butt all over the dojo.

Although retired from the Kai, Shihan still trains with us in the dojo on Saturday and I always learn something new from his classes even to this day. I am honored to have such a great sensei and hope I can be half the man he is in Karate, Life and his walk with Christ.

Allen Hartman Sensei



## Movin' Up!!!

Chikubu-Kai would like to congratulate the following students on their recent promotions!

<u>Name</u>	<u>Dojo</u>	<u>Sensei</u>	<u>Rank</u>
Brandon Huffman	Harrisonburg, Virginia	Shihan Fletcher	8th Kyu
Tom Meadows	Harrisonburg, Virginia	Shihan Fletcher	8th Kyu
William Nesselrodt	Harrisonburg, Virginia	Shihan Fletcher	8th Kyu
Ali Shepherd	Harrisonburg, Virginia	Shihan Fletcher	8th Kyu

**If I've forgotten anyone, I apologize in advance. Please let me know and I'll correct it ASAP! OSU!**

Chikubu-Kai is dedicated to preserving the arts of Soke Shogo Kuniba

