

# The Bamboo Warrior

Official Newsletter of Chikubu-Kai

Winter 2006

## From Soke's Desk

**Semper Fi**

Shihan Roland Harris,,,Roland Harris was and is one of the few people on this earth that I can honestly say that I respected with all of my being.

It was an honor for me to be his Sensei since the passing of Kuniba Soke.

Kuniba Soke also had the same love and respect for Shihan. I first met Shihan before the passing of Kuniba Soke in the Seishin Kai. I suppose that the reason that Shihan and I bonded so tight was that both of us were policemen and our past in the United States Marine Corps. Shihan served several tours in Vietnam where he was awarded several medals and citations.

Shihan was a quiet man who was at peace with himself and was a gentleman of gentlemen. I will never forget the many experiences we had together at the Virginia State Police Academy and words cannot explain the hurt I feel in my heart whenever I think of him.

I think that the most important thing Shihan left behind is the example of how a human martial artist should and could live.

Semper Fidelis Shihan and forever.

### 2007 Chikubu Kai Clinics

January 27 Salem Dojo  
Salem, Va.

**Stay Tuned!**

**The remaining Chikubu-Kai**

**clinic schedule will**

**be announced soon!**

### Up Next...

**Salem Dojo Clinic  
January 27, 2007**

The next Chikubu-Kai clinic will be held at Shihan Taylor's Dojo in Salem, Virginia. On January 27, 2007. The clinic will begin at 9am and end at around 3pm. The cost for Kai members is \$35.

The Dojo is located in the Baptist Children's Home Gymnasium at 880 Mt Vernon Lane, Salem, Virginia, 24153.

From I -81:

Exit 140 (Va 311 to Salem)

Turn Right at Quail Lane

Turn Left at High Street

Turn Right at Hawthorn Road

Turn Right at Mt Vernon

(Directions courtesy of Google Maps at [maps.google.com](http://maps.google.com))

## **In Memory of Shihan Roland Harris**

**July 18, 1945 - November 11, 2004**

(from Shihan Harris remembrance service - Tuesday, November 16, 2004)

Seargant Major Roland A. Harris (USMC Retired) was born July 18, 1945 in Norfolk County, Virginia. He was raised in Portsmouth and attended Chesapeake Public Schools. He graduated from Crestwood Senior High School and enlisted in the United States Marine Corps on April 20, 1964. He attended recruit training at Parris Island, South Carolina August 20, 1964. After completing recruit training, he was assigned to Golf Company, Second Battalion, Camp LeJeune, North Carolina. He was later assigned to Marine Barracks Norfolk Naval Shipyard, Portsmouth, Virginia.

After serving tenure with the military police, he was transferred to the Republic of Vietnam in 1967, where he served with Delta Company, First Battalion, Fourth Marine Regiment. During his tour in Vietnam, he received two purple hearts, the bronze star with the combat "V" for heroic achievement in connection with operations against enemy forces. After receiving his second purple heart, he was assigned to Third Military Police Detachment, Quang Tri Province, Vietnam.

Sergeant Harris ended his tour of duty in Vietnam, and was transferred to the military police company stateside. He completed his military enlistment as a sergeant after serving four years and six months.

After a short separation from the Marine Corps, Sergeant Harris returned to the Marines, joining the Mass Support Unit in South Weymouth, Massachusetts. He was promoted to Staff Sergeant and transferred to Alpha Company, Fourth Amphibious Assault Battalion. He served as the Motor Transport Chief, Motor Transport Operations Chief, and Company Gunnery Sergeant.

After being promoted to Sergeant Major, he was assigned to the Supply Battalion, Newport News, Virginia. Sergeant Major Harris was later transferred to Second Supply Battalion, Camp LeJeune, North Carolina. After completing his service with the Supply Battalion, he served as the Retirement Group Sergeant Major.

## In Memory of Shihan Roland Harris

**July 18, 1945 - November 11, 2004**

Sergeant Major Roland A. Harris' decorations and awards include:

- The Bronze Star with Combat "V"
- Two Purple Hearts
- Presidential Unit Citation
- Marine Corps Good Conduct Medal
- National Defense Medal
- Armed Forces Expeditionary Medal
- Vietnam Service Medal, Republic of Vietnam
- Two Good Conduct Medals
- Unit Gallantry Commendation
- Vietnam Campaign Medal with Device
- Leader Recognition Award for Outstanding Leadership
- Certificate of Commendation
- Thirty additional certificates and commendations.



**Shihan Roland A. Harris**

*Godan*—Kuniba-Ha Shito-Ryu Karate-Do

*Godan*—Kuniba-Ryu Goshin-Do

*Godan*—Kindai-Ryu Jiu-Jitsu

*Nidan*—Shotokan Karate-Do

## **In Memory of Shihan Roland Harris**

**July 18, 1945 - November 11, 2004**

A synopsis of the Bronze Star recommendation submitted by Lieutenant General V. H. Krulak reads as follows:

"Recommendation for Corporal Roland A. Harris, United States Marine Corps for heroic achievement in connection against the enemy in the Republic of Vietnam.

While serving as squad leader with Delta Company, First Battalion, Fourth Marines, Third Marine Division, during the early hours of February 2, 1968, the Cam Lo Headquarters came under heavy artillery, mortar, and recoilless rifle fire followed by a well coordinated enemy ground assault. Corporal Harris maneuvered himself, while under heavy enemy fire, to a more advantageous point to control his squad and repulse the advancing enemy. He stood up and braved heavy enemy fire to throw hand grenades towards heavy hostile forces. His actions forced the enemy to retreat.

In addition to repelling the enemy, Corporal Harris, on several occasions, ran through enemy fire to carry casualties to safety. His actions undoubtedly saved the lives of several severely wounded Marines.

On the morning following the assault, while searching the battleground, Corporal Harris observed enemy movement in the area and threw a hand grenade, killing an enemy soldier. His actions inspired others to push on, resulting in a recorded 144 enemy KIA's, 100 additional presumed dead, and the capture of 38 enemy soldiers.

Corporal Harris' determined fighting spirit, bold initiative, and unswerving devotion to duty were in keeping with the highest traditions of the Marine Corps and the United States Naval Services."

**Semper Paratus, Shihan!**

## In Memory of Shihan Roland Harris

**July 18, 1945 - November 11, 2004**

Shihan Harris retired from the United States Marine Corps after 21 years of distinguished service. He went on to work for the the Portsmouth, Virginia Sheriff's Office for many years and retired with the rank of Sergeant.

On Thursday, November 11, 2004 — Veteran's Day— Shihan Harris departed this world, and on Tuesday, November 16, 2004 he was laid to rest at Olive Branch Baptist Church Cemetary, 2608 Airline Boulevard, Portsmouth, Virginia 23701.



(Editor's note: Much more could be, and should be said about Shihan Roland A. Harris, USMC Ret.

In part, he was a quiet, soft-spoken and very humble man. When pressed about his rank or knowledge, he would answer only, "I have learned a few skills." Of course, he was very skilled, and being close enough to hear him speak clearly usually meant that it was too late to do anything about what was coming!

It has been said that the true mark of a person's character is revealed in the way that they treat someone who can do nothing for them. In the few short years that I knew him, I never saw Shihan treat anyone with less than the upmost respect—from Soke to the newest white-belt student. He especially had a soft spot for children, and never failed to interact with them on every available occasion. Shihan McCoy tells me that Shihan always brought a box of doughnuts for the kids when he came to visit (he called them "Fat Pills").

But Shihan was fiercely loyal to Kuniba Soke and Price Soke and to the Kai, and would not hesitate to correct, forcefully if need be, any disrespectful behavior exhibited by student or visitor alike.

Shihan Roland A. Harris will live in our hearts for as long as we keep his memory alive. OSU!

## **In Memory of Shihan Roland Harris**

**July 18, 1945 - November 11, 2004**

### **Reflections**

Osu, I first met Shihan Harris at Summer Camp 2005 shortly before his passing. The entire kai watched in wonder as Shihan performed ground technique with Caesar. He spoke softly as he taught the technique and asked Caesar if he was okay. Even while suffering, he showed more concern for his uke than for himself. He moved with grace and a gentle strength that seemed to come from the spirit as much as from the body. He was someone I wish I had known all my life.

- Rod Dew and the Waynesboro Dojo

Shihan Cooper fondly remembers Shihan Harris as a very humble man who was fun to be around and loved good jokes. He was a real gentleman. His spirit lives in everyone he touched.

One night in 2003 Shihan Harris was training in the Hissatsu-No-Ken Dojo in Newport News, Virginia. He asked us to get the mats, and knelt slowly in seiza and motioned to Dean Archer to come kneel in front of him.

He said to Dean, "Go ahead and do something." Puzzled, Dean asked, "What do you want me to do, Shihan?" Shihan Harris smiled, shook his head a little, and said, "It won't matter."

And guess what? It didn't.

Then he motioned for me to kneel in front of him, which I did.

He explained, in his quiet voice, that when a person attacks, he will use his very best technique on you first. If you survive it, he said, then it "takes the wind out of his sails a little." He then turned to me, and asked me to perform my very best technique.

I jumped up and retreated. He laughed a lot over that and told me that it was a good technique. Then he showed me, for the next several minutes, just how funny he thought it was.

- Chris Wirt

## **In Memory of Shihan Roland Harris**

**July 18, 1945 - November 11, 2004**

### **Reflections**

I have always been touched by how much kindness Shihan Harris showed to everyone around him. He always had a kind word for everyone, and words of encouragement. He often showed up with gifts, especially for the ladies.

When we came down for Kuniba Soke's Memorial in July 2003 I was touched by his kindness to the children present. He even took time to do some on-the-spot instruction to one of Shihan McCoy's students in response to some questions.

I loved him very much and miss him dearly.

- "Doc" Ella Youngblood

Whenever I would bring my children to the Dojo, Shihan Harris would leave the floor to talk and play with them for a little while. One time he convinced them to put their shoes on the wrong feet and see if I noticed. I didn't, but the kids couldn't stop giggling. He got a real kick out of that.

- Chris Wirt

Shihan Harris was training with Shihan Charles O. Neal, of Kindai-Ryu Jiu-Jitsu when I met him. He was responsible for me beginning my training in Jiu-Jitsu in 1979. At that time he had been training for several years already. They trained upstairs at the Armed Services YMCA in Portsmouth. The room had no air conditioning and in the summer it got real hot. It also only had a single radiator for heat in the winter. Our training would fog up the windows. The dojo had no mats — we had several layers of cardboard on the floor instead.

Shihan also encouraged me to apply for a job with the Portsmouth Sheriff's Office. We worked together for many years. Often we would work extra duty assignments together as well. Once we worked security at a psychiatric hospital on midnight shift. We would train together in the middle of the night whenever time allowed.

If not for Shihan Harris, I probably would have never trained in the martial arts, and wouldn't be where I am today.

- Shihan Henry McCoy

**In the Spotlight!****Zanshin: Mental Control of an Opponent**

By Sensei Kevin Watson

Many times in training we hear Price, Soke talk to us about the importance of Zanshin. As we have learned so far, Zanshin is defined as “total awareness of our surroundings” or used in reference to the concept of the “remaining mind” or of a “perfect finish”. We practice this concept in many ways in Kuniba-Ryu. For example, when practicing Kata, as we are first taught, we learn to direct the eyesight at certain areas before, during, and particularly after completing a Kata—remaining aware at the finish of a kata by not taking our eyes off of our opponent.

But, how can we understand this concept a little better? We know it is an important point, and because we are obligated to improve ourselves through practice, we should try to always cultivate the mental state of Zanshin.

A short look at some other martial artists words on the importance of Zanshin may help us understand the concept from several perspectives.

From a physical perspective ( i.e., what are the components of Zanshin?), we can read this “definition” of Zanshin:

“Zanshin is broken into four parts that take place simultaneously:

- 1.) Extending Ki-mental energy
- 2.) Impenetrable Posture—strong internal feeling
- 3.) Remaining Mind—continued awareness to finishing technique
- 4.) Utterly Cutting Blow—no chance for opponent to counter

The Extending Ki and Remaining Mind develops the practitioner to be able to read the opponent physically and mentally. Through deep mental training this begins to happen to the point of anticipating the opponents actions. This intuitiveness is called Ryochi.”

( quote #1--see footnotes)

From a psychological or philosophical perspective, we can consider these words:

**In the Spotlight!****Zanshin: Mental Control of an Opponent**

"...Zan (the first kanji component of Zanshin) has come to mean "to disintegrate", "to be extinguished", but to do so gradually, like coals giving up the heat within as they cool to ash. Zanshin, the "spirit that lingers on", is an inevitable characteristic of the more experienced martial artist. He exhibits it in the most chaotic moments of battle as well as in the periods of his life that are perfectly peaceful.

The concept of Zanshin is a complex one, integrating physical presence, technical skill, and emotional attitude..."

( quote #2-see footnotes)

I thought I would share these words with everyone because of the importance of Zanshin in our practice of Kuniba-Ryu and especially in our daily lives. This type of mindset in daily practice, while difficult to achieve, must be slowly and patiently built up over time.

The two quotes above are something that hopefully all of us should ponder and study as we train. If we are honest with ourselves, can most of us really demonstrate Zanshin as a part of each and every technique we execute? I know I certainly cannot. So, the solution is simply to train harder-both mentally and physically. After all, how many times have we felt the presence of Zanshin when we watch our Sensei, Shihan, and of course Price, Soke demonstrate techniques?

In closing, I would like to say that although I didn't know Shihan Harris as well as other folks in the Kai, I was reminded of him as I wrote this article. Certainly it can be said that he demonstrated the 'physical presence, technical skill, and emotional attitude' of Zanshin. Qualities which we should all strive to achieve. Thanks to men like him, the other Sensei and Shihan of the Kai, and Price, Soke, we have a real connection to Traditional Budo, and a better understanding of what Zanshin is.

Kevin Watson, Sensei

Notes:

- 1.) Abele, Ridgely. Karate-Do: Art, Sport, Science. JIA Publishing. South Carolina. 2002.
- 2.) Lowry, Dave. Sword and Brush. Shambala Publishing. Boston. 1995.

## Iaido Training in Chikubu-Kai

At the November 2006 clinic in Salem, and again at the December 2006 clinic in Bristol, Price Soke announced that the Kai is offering training in Iaido to any interested member. Price Soke has appointed Shihan Henry McCoy in charge of overseeing Iaido training for Chikubu-Kai. Below is the text of a letter that Shihan McCoy distributed at the December clinic.

Osu!

Chris Wirt

Osu to all!

I wanted to let everyone know that, at the Clinic in Salem on November 4th, Price Soke announced that I will be managing Iaido training in the Kai. As many of you know, Kuniba Soke trained and taught Iaido.

Here is the plan for Iaido training:

1. I would like to appoint one Yudansha from each dojo to be the representative for Iaido at that dojo. They will assist in training anyone from that dojo who would like to train in Iaido. Only these appointed Yudansha would be allowed to instruct in Iaido at their Dojo.
2. The Sensei of each dojo must approve the selection of their representative, or they may appoint themselves as the representative for their dojo.
3. Only registered Kai students may train in Iaido in a Chikubu-Kai dojo. Outside students coming to your dojo for Iaido training must become members of the Kai in order to train. Of course, whatever regulations the dojo Sensei has in regards to joining the dojo will still apply.
4. I would like to have 2 Iaido clinics a year, at various dojos within the Kai. The clinic schedule will be put out at the beginning of the year and work around our regular clinic schedule.
5. Because of the range of experience and ability of the people who would like to train in Iaido, I would like to start everyone off with the Zen Nihon Kendo Remmei Iaido ("All Japan Kendo Federation Iaido") katas, called the Seitei Gata (standard set). These are also the katas that are used for competition, so if anyone is interested in competing, these are the ones they would need to know. As students progress, they will begin learning Kuniba Soke's

## Iaido Practice

style, Kuniba-Ha Mugai-Ryu Iaido.

6. Because of the amount of material beginning students in Karate and Goshindo must learn, I think that a person should be a green belt in the Kai before they may start training iaido. Any student wishing to train in Iaido must have the approval of their Sensei. If a student is only training in Iaido, then they may begin training at white belt.

7. Any Yudansha approved by me may use a Katana (live blade with a sharp cutting edge). All other students would have to train with an Iaito (a practice sword with an unsharpened edge).

8. I would also like to do some Tameshigiri (test cutting) from time to time for those who are interested. Only Yudansha will be able to practice tameshigiri, because you would need a live blade to practice it.

9. I would also like to offer Kendo training to any person interested, but interested students must provide their own equipment for the training (Dogu - armor and Shinai - bamboo sword).

10. There will be rank issued thru the Kai as approved by Soke.

What I would like from each dojo is a Kai student registration form filled out for each person who wishes to train in Iaido.

Please place your Kai membership number on the top right corner of the form, and write "Iaido training" on the top of the form.

I would like to have these forms by the March clinic. If you are not going to be at any of the upcoming clinics, then please mail them to my home address:

1373 Granada court  
Newport News Va. 23608

Osu,

Shihan Henry McCoy, Jr.

## **In the News!**

The Harrisonburg Hebi Ashi Dojo welcomes the following new members:

### Adults

Jon Gorag, Jr  
Krys Stultz  
Leanne Anderson  
Billie-Jo Strickler  
Shane Symolon

### Juniors

Jesse Wells  
David Ritchie

We also welcome back the following returning members:

Jeff Cozart  
Mitchell McCormick

It's been a busy month in Harrisonburg. The dojo was recently featured on the TV 3 News at 11! It was an expose on self defense training that is accessible to anybody and the reporter even got in a gi and down on the mat! He was so impressed that he joined later that week! Welcome aboard Shane!

Congratulations to Tom Meadows. His band, Dogs of Pray was recently signed a recording contract in Nashville, TN! To hear some of their music, visit [www.dogsofpray.com](http://www.dogsofpray.com).

Also, best wishes to Sara Hodges who will be featured in a production of Arsenic and Old Lace on Sunday, November 5 at 3pm at the Court Square Theatre. Break a leg, Sara!

- Submitted by Ali Shepherd on behalf of the Harrisonburg Hebi Ashi Dojo.

## In the News!

On Saturday, November 11, 2006 the Hissatsu-No-Ken Dojo (Newport News) held a memorial service for Shihan Harris at Olive Branch Baptist Church in Portsmouth, Virginia. This was held on the second anniversary of his death. Shihan, you are sorely missed by all! OSU!



## Quotables....

"No sensible man watches his feet hit the ground.  
He looks ahead to see what kind of ground they'll hit next."

Ernest Haycox (1899-1950), US writer

"A man may die,  
nations may rise and fall,  
but an idea lives on."

John F. Kennedy (1917-1963), 35th President of the United States

**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>
Allen Hartman	Salem, Va	Shihan Taylor	5 Dan
Kevin Watson	Myrtle Beach, SC	Shihan Revell	5 Dan
Gary Cash	Buena Vista, Va	Soke Price	4 Dan
Bill Jennings	Salem, Va	Shihan Taylor	4 Dan
Greg Blankenship	Richmond, Va	Soke Price	4 Dan
Dale Hamann	Salem, Va	Shihan Taylor	3 Dan
Lawrence Logan	Harrisonburg, Va	Shihan Fletcher	2 Dan
Ceasar Perkins	Waynesboro, Va	Shihan Cooper	1 Dan
Mark Warren	Newport News, Va	Shihan McCoy	2 Kyu
Barry Tuggle	Richmond, Va	Sensei Blankenship	5 Kyu
John Lisjack	Newport News, Va	Shihan McCoy	5 Kyu
James Clark	Newport News, Va	Shihan McCoy	6 Kyu
Bruce Campbell	Newport News, Va	Shihan McCoy	8 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

