

The Bamboo Warrior

Official Newsletter of Chikubu-Kai

Winter 2009

From Soke's Desk

From the Heart

2009 Chikubu Kai Clinics

January 24	Salem Dojo Salem, Va
February 21	Sugar Hollow Park Bristol, Va
March 21	SVCC Armory Bluefield, Va
April 18	Kokoro Dojo Buena Vista, Va
May	Hebiashi Dojo Harrisonburg, Va
June 13	Hilton Head, SC
July 9-11	Summer Camp Bristol, Va
August	TBA
September	Camp Joy Bluefield, Va
October	TBA
November	Kobudo Clinic Salem, Va
December	December 12 Bristol, Va

I want to take this opportunity to thank all members who supported the Kai this year by membership and training, especially in the clinics. Although times are hard I hope that everyone will keep on with their training and study of Kuniba Ryu. I look forward to training with each of you in the coming months and, hopefully, years.

(The following is a reprint from a previous newsletter, but I thought it appropriate—Ed)

I know that all dojo are having number problems and times are tough for everyone.

An old Okinawa poem handed down by Shoshin Nagamine, Sensei, states:

" Standing up for what one believes in requires the balance of breath and force . (too much of either is unwelcome).

This precept was closely associated with what has been historically described as the "Okinawa Spirit".

Kuniba Soke was full of this spirit, which was often misunderstood by his closest people. As for me I will continue to the best of my ability, to fulfill my promise to him to only those people who truly want what I have to offer and the most important of any is loyalty and honesty.

W.H.Price, Soke
Chikubu Kai Karate Do

Next Clinic

**Midway Baptist Church, Bristol Va
December 12, 2009**

The December clinic will be conducted here in Bristol at the same location as last year on the 12th. Directions and information will follow this notice. The clinic will begin at 1000hrs and conclude around 1400hrs. We will review the Kata that has been taught this year along with other Kuniba Ha Karate Do. Plan to be there.

WHPSOKE

Directions to the Clinic:



Midway Baptist Church
21318 Old Dominion Road
Bristol Va 24202

Happy Birthday, Soke!



From I -81 South:
Take Exit 10
Turn Right off the ramp
Proceed to traffic signal
Turn left onto US-11 (Lee Highway)
Proceed approximately 2 miles to Old Dominion Road
Turn left onto Old Dominion Road
Church is visible on the right

From I -81 North:
Take Exit 7
Turn left off exit
Bear right onto US-11 (Lee Highway)
Proceed approximately 2 miles to Old Dominion Road
Turn left onto Old Dominion Road
Church is visible on the right

Quotables....

"A person who never made a mistake never tried anything new"

Albert Einstein, physicist (1879-1955)

The Dash

Have you ever looked at a grave marker in any cemetery? Most have several things in common: the name of the person interred, maybe a graphic relating to their faith or military service, sometimes a key phrase, such as "Loyal husband" or "Loving mother" or "A soldier's General." And almost always there is a pair of dates, indicating of course the date of birth, and the date life ended.

If you read an obituary, even more detail is given—church affiliation, surviving relatives, maybe the name of the employer. Usually there is a photograph indicating what that person looked like, and sometimes a list of major things they accomplished during their lifetime.

I would make the point that while informative, none of that really matters. The real story is in the dash between the dates... because that dash is the story. Hidden in that little symbol is the kind of life that person led... whether for good or evil, whether they lived according to their faith or had none.

Ask yourself, am I right with God? Do I believe in God? Am I a blessing to those around me, or a curse? Do I leave others better than I found them? Do I help others, or stand by and watch them fall? Do I know trouble, or "No trouble?"

Of course, you should never allow anyone to physically harm you — after all, preventing that is why you're training in the first place. But beyond that, do you cause harm when there is no threat to you, with your words or actions?

When you finally are laid to rest, what will your dash represent? Just thought I'd ask

In the News:

The Newport News dojo of Shihan Henry McCoy would like to announce the birth of our newest Kai member.

On June 9, 2009, Nathan Christopher Palamarchuck was born. Young Nathan was born at 12 pm, and weighed 7lbs, 4oz. He measured a very respectable 19 3/4 inches long.

The parents are Mark and Carrie Palamarchuck of Portsmouth, Virginia. Mark has been a loyal student in the Newport News Dojo since 2007.

Report!**Fall Camp
Myrtle Beach, S.C.**

The Myrtle Beach Fall Camp was held at the Myrtle Beach Dojo from Thursday, October 1—Saturday, October 3, 2009. The weather was beautiful in Myrtle Beach, and made for some great training in the Dojo.



As in previous years, we had a good deal of kihon training and kata review. There was also a lot of hard training in the bunkai for Rohai (Kyu) and Kururun-fa (Dan).

There was also lots of Kihon practice, and practice in kumite and goshin-do freestyle.

Each day we also had the opportunity to train in hanjo with Soke and I aido with Shihans McCoy and Revell.

We also had a special Kali stick-fighting session taught by Sensei Rick McElroy of Hilton Head, SC.

The camp was a great one, and if you missed it, you missed lot (as usual).

Better yet, if you missed it, why not order a copy of the video? :)



I want to take this opportunity to sincerely thank everyone who attended the fall camp last week. As far as I am concerned it was one of the best, only too short.

Special thanks to Shihan Watson and Shihan Revell and everyone who helped during the camp. I am always impressed with the level of skill and knowledge of our Sensei.

Again thanks.

WHPRI CE, SOKE

Report!

Kobudo Clinic Salem, Virginia

For the third straight year, Chikubu-Kai hosted a special Kobudo clinic on Saturday, November 14, 2009. As in past years this clinic was hosted by the Shihan Allen Hartman and the Salem Dojo. Our special guest for the day was Kyoshi Darren Myers of the Kuniba Kai.



Those attending had the opportunity to train in Hanjo (taught by Shihan Watson), Iaido (taught by Shihan McCoy), Bo (taught by Shihan Cooper), Jo (taught by Sensei Cash), and Goshin-do (taught by Sensei Blankenship, assisted by Sensei Wirt).

Each of the groups presented a short demonstration of the material they had trained in during the day. The demonstrations were intense!

Shihan McCoy and Kyoshi Myers announced at the clinic plans to hold a joint Chikubu-Kai/Kuniba Kai tournament next year. We are tentatively calling this the "Kuniba Soke Memorial Tournament" This will be the first Chikubu-Kai tournament since the one held in Harrisonburg in 1999!



Follow Up



A little late, but I want to thank all the members who attended the clinic last week-end and to especially thank Shihan McCoy and the other Shihan and Sensei that instructed in the clinic. Again thanks to everyone and hope to see you here in Bristol Dec. 12th.

WHPrice

I would just like to take this time to thank everyone that attended the kobudo clinic in Salem, VA. this past Saturday. Although I did not get around to each group, I feel that everyone got what they came for. A special thanks to all the Shihan & Sensei who gave time out of their day to come teach. Thanks also to the Salem Dojo for giving us the Gym to have the clinic.

Thank you to all the students who participated in the clinic; we could not have had a clinic without you. Just remember that you are the future of the Kai, continue to train and seek the knowledge of those who are above you in rank. One day it will be your turn to pass that knowledge on to other Kai members.



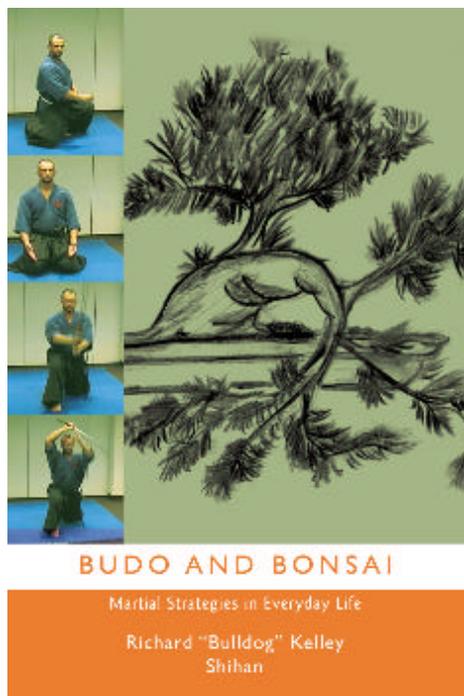
A special Thank you Kyoshi Darren Myers of Kuniba Kai, who took the time out of his busy schedule to come train with us.

A



A Very Special Thank You to Price, Soke because without him none of this would be possible.

Henry Mc Coy, Shihan



Budo and Bonsai

Richard "Bulldog" Kelley/Shihan

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Martial Strategies in Everyday Life will not only teach you how to live a high-quality and well-shaped life, but will also show you how to get what you want in life through the application of a carefully chosen strategy.

Author Richard Clinton Kelley, Jr., has studied martial arts for more than three decades and has earned several Black Belts of various degrees. Now in his guidebook on life strategy, he shares the knowledge he gained in 1960 in Tokyo, Japan, from his first instructor, Ando Sensei. As he leads you through the martial philosophies he has practiced to live a quality life, you will learn to understand that the time, place, and circumstances dictate what strategies should be selected and applied to your own life. Whether your battle takes place in the boardroom or a back alley, blending the physical defenses with the perceiving senses will determine your fate.

Studying any martial art is an act of faith between student and instructor. Whether you're a martial arts novice or an accomplished veteran, Kelley can show you how to use these strategies in your life to make a real difference in business, self-improvement, and intellectual accomplishment.

Lights... Camera... Chikubu-Kai Videos!

Osu to everyone!

Price Soke has decided to make Clinic videos available for purchase. Videos are available to any interested Kai member whether they attended the clinic or not. The price is discounted if you attended the clinic being featured, however, as you have already paid the clinic fee.

We have the following clinic videos available, and the list grows with every clinic!:

<u>Clinic Date</u>	<u>Location</u>	<u>DVD's</u>	<u>Attended clinic?</u>	<u>Didn't attend</u>
February 16, 2008	Buena Vista, Va	2	\$15.00	\$25.00
April 4-6, 2008	Texas Clinics	3	\$25.00	\$35.00
May 16, 2008	Harrisonburg, Va	2	\$15.00	\$25.00
July 9-11, 2008	Bristol Summer Camp	5	\$25.00	\$35.00
August 16, 2008	Waynesboro, Va	2	\$15.00	\$25.00
September 6, 2008	Camp Joy/Bluefield	2	\$15.00	\$25.00
October 9-11, 2008	Fall Camp, MB SC	4	\$25.00	\$35.00
November 15, 2008	Kobudo Clinic, Salem Va	4	\$25.00	\$35.00
January 24, 2009	Salem, Va	2	\$15.00	\$25.00
February 21, 2009	Bristol, Va	2	\$15.00	\$25.00
March 21, 2009	Bluefield, Va	2	\$15.00	\$25.00
July 18, 2009	Salem, Va	2	\$15.00	\$25.00
October 1-3, 2009	Myrtle Beach Fall Camp	5	\$25.00	\$35.00

If you are interested in ordering a video, please email me at nnranger@verizon.net or see me at a clinic. The prices listed above include shipping.

Osu!

Chris Wirt, Sensei

Lights... Camera... Chikubu-Kai Videos!

I am also pleased to announce that we have the following special videos available:

Basic Hanjo \$15.00
 This video features basic use of the Hanjo and includes the first 2 Hanjo Katas

Heian Sandan—Kata and Bunkai \$15.00
 This video features Price Soke performing and teaching the Bunkai to Heian Sandan kata

Chikubu -Kai Kihon 1—Stances \$15.00
 This video series covers the *kihon* of Kuniba-Ha Shito-Ryu. Part one covers proper application of stances

Chikubu -Kai Kihon 2—Blocks \$15.00
 This video series covers the *kihon* of Kuniba-Ha Shito-Ryu. Part one covers proper application of blocks

Chikubu -Kai Kihon 3—Strikes \$15.00
 This video series covers the *kihon* of Kuniba-Ha Shito-Ryu. Part one covers proper application of strikes and kicks

Chikubu -Kai Kihon 4—Waza \$15.00
 This video series covers the *kihon* of Kuniba-Ha Shito-Ryu. Part one covers the use of training wazas

...Or purchase all four Chikubu -Kai Kihon videos as a set for \$40.00. That's a \$20.00 savings!!!!

Quotables....

"I have not failed, I have simply found 10,000 ways that did not work."

Thomas Edison, Inventor

Chikubu Kai Video Subscriptions

Have you ever wanted to purchase one of our clinic videos, but been a little short of funds at the clinic? Or you had real good intentions of ordering a video, but just didn't get around to it?

Beginning in 2010, we are going to begin offering annual and semi-annual subscriptions for videos.

An annual subscription will cost \$160 and will include all the videos produced during that year, including any "special" videos of kata, kobudo, etc.

A semi-annual subscription will cost \$85 and will include all the videos produced during either January—June, or July-December.

Plus, there will be no need to "remember" to order or pick up your videos, since I will mail them directly to you as they are produced. Like Netflix, only without the red envelope... or needing to return them. And without Nicole Kidman.

By the way, if you wish to purchase the videos "as you go", you still can. And remember, if I don't have it with me the day you see me, I'll mail it to you!

Please remember that these video sales benefit the Kai, and I only cover the cost of production... all profits go to the Kai!

*****Inventory Reduction Sale*****

I have a limited supply of 2008 DVDs which I have been carrying back and forth to every clinic I've attended in 2008 and 2009. They need to GO, so while supplies last, I am selling them for the reduced price of \$10. Please see me if interested.

Quotables....

"I have not failed, I have simply found 10,000 ways that did not work."

Thomas Edison, Inventor

Moving Up!!!!

Chikubu-Kai would like to announce that Allen Hartman was recently appointed to the title of Shihan.

Congratulations, Shihan!!!

Miscellaneous

Shihan Kevin Watson wanted to left everyone know that his email address has changed.

Effective immediately, his new email address is kwatsonkb@aol.com . (The old address I had is no longer in use.)
OSU!

Quotables....

"Do just once what others say you can't do, and you will never pay attention to their limitations again."

James Cook, British naval officer, explorer, and cartographer

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

