

THE BAMBOO WARRIOR

OFFICIAL NEWSLETTER OF CHIKUBU-KAI

Summer 2011

From Soke's Desk

Mindset

2011 Chikubu Kai Clinics

January 22	Salem Dojo Salem, Virginia
February 19	Bluefield Dojo Bluefield, Virginia
March 19	Yudansha Clinic Salem, Va
April 16	Kyu Clinic Salem, Virginia
May 21	Northstar Baptist Bristol, Virginia
June 25	Northstar Baptist Bristol, Virginia
July 16	Waynesboro YMCA Waynesboro, Va
Aug 11-14	Summer Camp Camp on Craig
Sept 10	Denbigh Dojo Newport News, Va
Nov 19	Kobudo Clinic Salem, Virginia
December 3	Soke Birthday Clinic Bristol, Virginia



"For those who have had to fight for it, life has a flavor that the protected will never know."

This phrase was engraved on many Zippo lighters in Vietnam and came to be one of the war's lasting icons.

I have also found the statement to be true in my own profession of law enforcement. For me there was never a break in this cycle; there was a but a brief period of time from the Marine Corps to the Police profession.

To me the essence of this thought is relevant to all undertakings in life, including Karate. I have always said that the mindset is the most important aspect of life, particularly in any type of confrontation. The first thing to break in a fight is your mindset when it is untrained or uncontrolled. This is big trouble if your life or personal safety is at stake, because the rest of the body's functions will follow like a duck to water.

For example, the most common thing that happens is that emotions take over, and the most common emotions to do so are fear and anger. This is why Kuniba Soke always said that the training of the mind is the most important. We should always remember that the mind controls the total of our being, so when uncontrolled emotion replaces a calm, trained mind the results are usually disastrous.

The proper mindset is, "I WILL SURVIVE."

On the other side of the coin, I am not saying that emotions are bad, I am referring to uncontrolled emotions. After all, emotions were given to humans by God to help us survive. So, it is not wrong to be fearful when danger is involved.

**Support your Kai
Attend Clinics!**

Cont'd**Mindset**

When I hear someone tell me that they were not afraid when they were faced with death or serious bodily injury, I seriously question the sanity or veracity of the person making such a statement!

So for real-life use of our Karate and the way it was originally intended, train the Mind, the Body, the Technique - in that order.

In the next issue I will discuss training the body.

WHPSoke

New Training Waza

For the past several clinics, Soke has had us working a training waza which incorporates the basic punches and kicks. We hope to put together a short training video online, but for now here are the movements:

(All moves assume a left-side forward fighting stance)

1. Slide L foot forward, attack with L jodan oi-zuki (lunge punch)
2. Follow with R gyaku-zuki (reverse punch)
3. Slide rear foot up to fighting stance, attack with L hook punch
4. Follow up with R uppercut punch
5. Grasp Uke with both hands (preferably behind the head) and deliver R knee strike to midsection
6. Place R leg down beside L, drop L leg back (pulling Uke forward), and deliver L knee strike
7. Two hand palm strike/thrust Uke away to create distance
8. R Mae Geri—timing is important to catch Uke as he is moving back from #7 above
9. L Mawashi Geri, then place foot down and spinning,
10. R Ushiro Geri (spinning back kick)
11. End facing Uke in R fighting stance, but Uke begins to move in again, so
12. Step L behind R, attack with R Yoko Geri (side kick) The trigger for this move is for Uke to begin moving towards you, ie. Catch him as he is moving in.

Be sure to attend the upcoming clinics to learn and review this important waza!

Happy Training!!!

Dojo Webpages



As you know, the Kai has an official website located at www.chikubukai.org. Several of our member dojos have their own sites as well, but many do not. In some cases, this is because of the cost and/or knowledge needed to create and support such a website.

We are offering to create a section on the Chikubu-Kai website for your dojo. You can use this website in your marketing, and it will help visitors to the Kai website FIND YOU. We will also link to these on the main website as well.

All we need is for you to send some information about your dojo, class schedule, location, phone number, etc. You'll probably want to send some pictures also, and it call all be handled by email, no stamps. We will take care of posting the information online for you — No muss, no fuss, no website knowledge needed!

Please contact Sensei Chris Wirt (nnranger@verizon.net) for more information or to get started. OSU

Quotables....

"In any moment of decision, the best thing you can do is the right thing. The worst thing you can do is nothing."

Theodore Roosevelt, 26th President

In the News:

Benita Berkeley successfully completed the requirements to become a Registered Nurse (RN) on May 6, 2011. Benita trains in Newport News under Shihan McCoy. Congratulations, Benita!

The Salem Dojo would like to announce the following recent promotions:

April 2011— Daniel Dixon, Sean Haas, Sean Nicely (3 Kyu)

January 2011— William "Rock" Wright (7 Kyu)

Sensei Dale Hamann welcomed a new grandson, Jackson, into this world in April 2011. Congratulations, Sensei!

The Denbigh Dojo would like to welcome Jamal Johnson and Eric Steele to the Dojo and the Kai.

The Newport News Dojo would like to welcome Shawn Cowden to the Dojo and the Kai.

The Hilton Head Dojo recently attended Sensei Suenaka's winter camp training in Charleston, SC (100 miles from Hilton Head) in February 2011. Attending were Sensei McElroy, Riley McElroy, and Travis Simms. The camp was on a Saturday from 10 am to 6pm, with a break for lunch.

About 100 attended the camp, which was held at the Suenaka Dojo. Sensei's dojo was very full and you had to be careful in Aikido classes with the room that full. Sensei charged \$100 per person and allowed Sensei McElroy and Riley to attend free. Thank you, Sensei!

Those of you who attended Fall Camp in Myrtle Beach last year will remember Sensei Suenaka,

Quotables....

"If you fail to prepare, you simply prepare to fail"

New Position Announcements!

The following Kai positions were announced on June 25. Some of these are new positions:

Summer Camp Director(s) — Shihan Allen Hartman, Sensei Dale Hamann, Michele Vazquez

Fall Camp Director(s) — Shihan Jimmy Revell, Shihan Kevin Watson

Webmaster(s) — Lawrence Logan, Sensei Chris Wirt

Newsletter — Shihan Terry Kirk, Sensei Chris Wirt

Merchandise Sales — Rex Carter, Ceasar Perkins

Secretary — Barry Tuggle

Treasurer — Sensei Greg Blankenship

Activity Director(s) — Michele Vazquez, Renee Lamm

Attention All Shihan and Sensei!

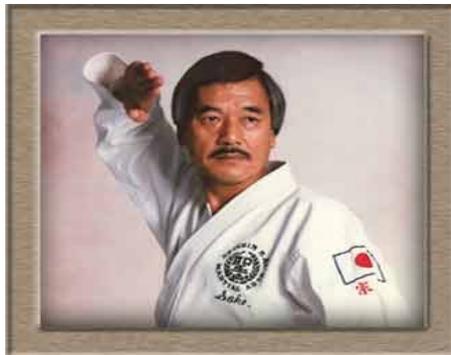
Get Ready to Smile :)

We will be creating and/or updating the Shihan and Sensei directory on the Kai website by late summer 2011. This will give visitors to the site a glimpse into who we have teaching for us.... You! In the near future we will be asking for a short biography of training and a photograph of each of you. More information will be sent out shortly. OSU!



Summer Camp Is Coming

August 11-14, 2011



In Honor and Memory of
Shogo Kuniba

Our summer camp this year is going to be held at the Camp on Craig from August 11-14, 2011. Camp on Craig is located in the scenic mountains of Craig County, Virginia, approximately 20 miles from I-81 Exit 150A. The camp is owned and operated by Hopetree Family Services, and it is due to their generosity and the tireless work of Sensei Dale Hamann that we will have this opportunity.

Attendees will stay at the camp for 3 nights, no need to travel or get a separate hotel!

This will be an all inclusive camp for adults and youth(rising 6th graders) Younger children may register but must be accompanied by guardian at all times. The cost of the camp will be approximately \$250.00, which will include Meals (10), Lodging (bunkhouse, loft, cabin or tent), and recreational activities (canoeing, hiking, biking, swimming, iniative course, climbing wall). To top things off, plan for 2 ½ full days of training. Cost for those not training \$125.00

Several of us attended last year's camp, and we can attest that the food is fantastic!!!

Sensei Dale Hamann
Phone (540)562-3361
Cell Phone (540)314-4935
Fax.(540)864-5399
daleh@hopetreefs.com

Will we see you there?

***** IMPORTANT !!! *****

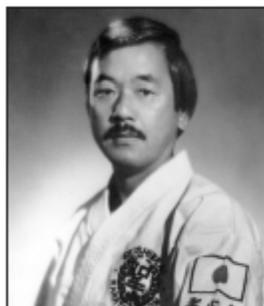
Sensei Hamann has to plan for and purchase the food and prepare the lodging. The response has thus far been low, and this event may be in jeopardy, so if you are planning on attending, please contact Sensei as soon as possible!

CHIKUBUKAI KARATE DO



竹武会空手道

Presents:

FALL CAMP 2011

SHOGO KUNIBA, SOKE was the founder of Kuniba-Ha Shito-Ryu and Kuniba-Ryu Goshin-Do. He began his martial arts training in 1940 at age 5, and continued his training for more than 50 years until his passing in 1992. Due to his unique upbringing, Kuniba, Soke was able to study many different styles of Karate as well as Judo, Jiu-jitsu, Aikido, Kobudo (Weapons Arts) and Iai-Do (Sword Arts) with many of the greatest teachers of his time, including Kenwa Mabuni (founder of Shito-Ryu) and his father, Kosei Kokuba (a direct student of Choki Motobu). Upon his death, he passed the leadership of both Kuniba-Ha Shito-Ryu and Kuniba-Ryu Goshin-Do to William H. Price, Sensei.



WILLIAM H. "BILL" PRICE began his martial arts training in 1962 as a member of the U.S. Marine Corps. After service in Vietnam, he met and began studying with Shogo Kuniba in 1971— eventually becoming his senior student in the United States and earning the rank of 8th Dan. A life-long law enforcement officer, Price, Sensei pioneered defensive tactics instruction throughout Virginia, and was the head instructor for defensive tactics with the Virginia State Police and the Virginia Dept. of Criminal Justice Services. Currently he is the Chief of Police of Bristol, Virginia. Price, Sensei is able to bring a unique yet totally realistic perspective to traditional Martial Artists based on Real-World experience.

Subjects to be covered:

KIHON: (Basic Techniques and their application)
KUMITE: (Application of techniques for fighting)
KOBUDO: (BO, JO, TONFA, Etc.)
IAI-DO: (Sword Arts)

KATA: (Bunkai—The bridge between Kata and Kumite)
GOSHIN-DO: (Kuniba, Soke's self-defense art—
 aspects of ground fighting will be covered)

Classes will be taught by Shihan and Sensei as well.

WHEN: October 6th, Thursday
 October 7th, Friday
 October 8th, Saturday

6:30pm-until
 9:00am-4:30pm
 9:00am-4:30pm

WHERE: Myrtle Beach Kuniba-Ryu Dojo
 313-A Highway 15 • Myrtle Beach, South Carolina 29577
 Jimmy Revell, Shihan-Chief Instructor
For More Information Call: Kevin Watson, Sensei at (843) 267-5648

COST: \$125 for Members (All three days)
 \$175 for Non-Members (Please call for 1 or 2 day rates)

Please join us for an opportunity to train with one of the finest traditional instructors in the world!!
TO ALL SENSEI: BRING 4 OR MORE STUDENTS AND YOUR CAMP IS FREE

Hope to see you there!!

國場流

Kuniba-Ryu of Myrtle Beach

313-A Highway 15
Myrtle Beach, S.C. 29577
(843)-267-5648
E-mail: kwatsonkb@aol.com

July 1, 2011

Hello to everyone,

I hope this letter finds you in good health and spirits.

The purpose of this letter is to inform you about our upcoming Fall Training session, which will be held here in Myrtle Beach, S.C. October 6th-8th, 2011.

As part of an effort on behalf of Price, Soke and the members of Chikubu-Kai, this year's training will be dedicated towards not only maintaining our traditions, but also on standardization of the entire curriculum of Kuniba-Ryu.

As we are all aware, Kuniba, Soke left us a tremendous legacy as well as a vast amount of knowledge that must be maintained in all areas--Karate-Do, Goshin-Do, Kobudo, Iai-Do and related subjects such as Chi Gung (Ki training) and Budo philosophy (Zen Budo) which can be overwhelming to both students and Sensei. In order to maintain the standards set forth by our founder, it is of the utmost importance that we train in a manner which reflects these principles.

With these goals in mind, it is my pleasure to invite you to attend our Fall Training session. Attached to this letter is a tentative schedule which, you will note, reflects the need to address such areas as a standardized curriculum for both Kyu and Dan levels, including minimum standards for Shihan and Sensei, in-depth instruction on concepts and techniques designed to improve skills, and brief "question and answer" sessions so that all participants can have an opportunity to achieve a higher level of understanding in all areas of our art: The history, traditions, philosophy, discipline, and techniques of Kuniba-Ryu.

Also, as in previous years, we are hoping to host several guest instructors from other styles to join us and share their knowledge.

For example, last year we were fortunate to host Roy Suenaka, Shihan, who was a direct student of the founder of Aikido, Morihei Ueshiba. We are hoping to have Suenaka, Shihan join us again as well as other teachers from a variety of systems and styles in order to improve the camp experience for everyone.

In closing, I would like to make a sincere statement to all who receive this letter. For many years, the Kuniba-Ryu art form has been a "house divided". *Anyone with any connection to the lineage of Kuniba Shogo, Soke is cordially invited to attend this training session, regardless of stylistic or organizational affiliation.*

It is my personal belief that all of us as students of Kuniba-Ryu have an obligation to continue to teach the original teachings, techniques, philosophy and principles of Kuniba-Ryu that were originally developed and handed down to us by the founder if we are to take our training to a higher level. Therefore, we must first thoroughly practice and study the system that Kuniba Shogo, Soke developed and left us as his legacy so that we can understand it fully and are able to demonstrate that we have achieved the highest level of proficiency possible.

Thanks to the tireless efforts of Price, Soke, we have opportunities to take Kuniba-Ryu to a higher level. Of course, this can only happen via constant and regular training. We are extremely fortunate to have Price, Soke's guidance and instruction as Ni-Dai Soke of both Kuniba-Ha Shito-Ryu and Kuniba-Ryu Goshin-Do. Price, Soke is one of only two individuals ever promoted to the level of 8th Dan (Hachi-Dan) by Kuniba, Soke.

So, I hope that anyone who reads this will take advantage of the opportunity to train and broaden their awareness and understanding of Kuniba-Ryu at the highest level. Please come and lend your support, expertise, and energy. We must all take action if we are to fully understand Kuniba, Soke's teachings and martial arts legacy.

If I may be of any assistance, or for further information, please do not hesitate to contact me at (843)-267-5648, or via e-mail at: kwatsonkb@aol.com.

Sincerely,
Kevin Watson, Shihan
Myrtle Beach, S.C.

Schedule of Events
Chikubu-Kai Karate-Do
2011 Fall Training

Thursday -- October 6, 2011

- 5:30 p.m. - 6:30 p.m. Registration/Orientation
- 6:30 p.m.--until...? Training with Price, Soke:
A.) The fusion of Kuniba-Ha Shito-Ryu/
Kuniba-Ryu Goshin-Do

Friday -- October 7, 2011

- 7:15 a.m. - 8:30 a.m. Breakfast
- 9:00 a.m. - 10:30 a.m. Kuniba-Ha Shito-Ryu Kihon :
A.) Sanbon (Combination) Waza--Dans
B.) Heian Waza--5th Kyu and up
C.) Go Ho No Uke Waza--10th-6th Kyu
- 10:30 a.m - 12:00 p.m. Kata / Bunkai :
A.) Kururunfa --3rd Dan & up
B.) Seisan --2nd Dan
C.) Empi --1st Dan
D.) Jion -- Kyu students
- 12:00 p.m - 1:30 p.m. Lunch
- 1:30 p.m. - 2:30 p.m. Kobudo/Iai-Do/Han-Jo
- 2:30 p.m. - 3:30 p.m. Kuniba-Ryu Goshin-Do Kihon:
A.) Goshin-Do Kata (Sho-Den I--V
for appropriate ranks)
B.) Takedowns/Throws (Tachi Waza)
C.) Groundwork/Grapppling (Ne Waza)
- 3:30 p.m. - 4:30 p.m. Dans: Standards and Review of Kihon,
Kata, and Waza needed for Shihan and
Sensei (1st Dan and up--please see notes
following schedule)

Kyu students: review of day's material

6:00 p.m. - Dinner (location TBA)

Saturday -- October 8th, 2011

7:15 a.m. - 8:30 a.m. Breakfast

9:00 a.m. - 10:30 a.m. Kuniba-Ha Shito-Ryu Kihon:
A.) Kumite Waza I - VIII
B.) Kicking Drills
C.) Kumite - how to practice
for improved skills

10:30 a.m. - 12:00 p.m. Kata / Bunkai:
A.) Review of Saturday's practice
B.) Review of any Kata needed
for Shihan, Sensei, and students

12:00 p.m. - 1:30 p.m. Lunch

1:30 p.m. - 2:30 p.m. Kobudo/Iai-Do/Han-Jo

2:30 p.m. - 3:30 p.m. Kuniba-Ryu Goshin-Do Kihon:
A.) Review of Saturday's practice
B.) Weapon Defense (vs. knife/club/
gun)

3:30 p.m. - 4:30 p.m. General Review for all Participants:
A.) "Q & A" for Shihan, Sensei, and
students
B.) Review/Preparation for Dan/Kyu
Testing

4:30 p.m. - until ? Dan and Kyu Testing (Shin-Sa):
****PLEASE NOTE: All students who
are eligible to test need to inform Price,
Soke by Saturday, October 7th****

7:00 p.m. - Dinner and Awards Banquet (location
TBA)

Notes on the Schedule: This schedule is subject to change at any time at Price, Soke's discretion. Time will be allotted for all students to review and LEARN the correct material needed for advancement in Kuniba-Ryu. Of particular interest to Shihan and Sensei are the last classes of each day (3:30 p.m. - 4:30 p.m.). During these times, if you need to learn material you have missed in the past, now is the time to ask! For Kyu students, this will be an excellent opportunity to review and remember material covered during the training sessions. Everyone should bring a notebook and pen to take notes during breaks. This is an excellent way to enhance learning and memory of Kata, Waza, etc.

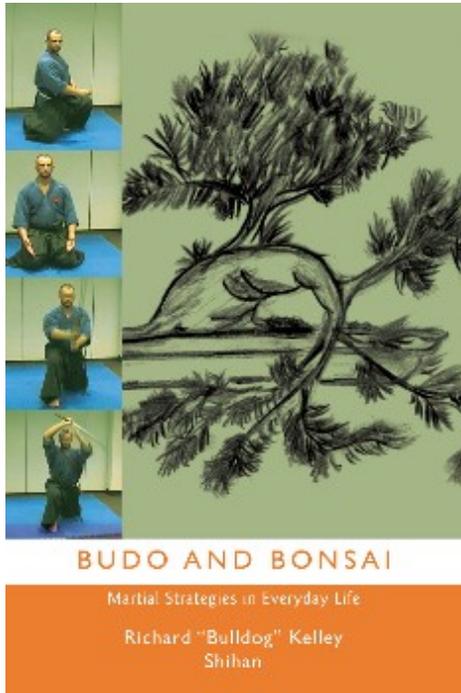
Hotel and Registration Information :

As most people who have attended in the past can attest, this time of year in Myrtle Beach is the "off-season". Simply put, this means it is a great time of year for people to come and stay at minimal cost -- even in oceanfront rooms that normally cost far more during the summer.

Although it is up to everyone to make their own arrangements, the following is a partial list of hotels in the area close to the Dojo:

- 1.) **Hampton Inn and Suites** -- 1801 South Ocean Boulevard
Myrtle Beach, S.C. 29577
(843)-946-6400
(This is where Price, Soke will be staying, for those who are interested)
- 2.) **Best Western Inn and Suites** -- 1804 South Ocean Boulevard
Myrtle Beach, S.C. 29577
(843)-448-1461
- 3.) **Super 8 Motel** -- 1100 South Ocean Boulevard
Myrtle Beach, S.C. 29577
(843)-448-8414

Camp Registration: Everyone should be registered prior to Thursday, October 6th at 6:30 p.m. In order to facilitate a smooth registration process, anyone planning to register the day of the event should arrive AT LEAST 30 MINUTES PRIOR. For pre-registration, one or two day rates, or any questions or assistance, please do not hesitate to contact me at: (843)-267-5648 or via e-mail: kwatsonkb@aol.com.
OSU!



Budo and Bonsai

Richard "Bulldog" Kelley/Shihan

To Order: (407)-492-2481

karate@cfl.rr.com

or

www.northwindtraining.com

or

East Coast Martial Arts Supply

407-896-2487

ecmas@ecmas.com

To order call 1-800-AUTHORS

Price: \$15.95 plus 5.50 Shipping and Handling

Size: 6 x 9 ISBN: 0-595-42588-7

161 Pages

On Demand Printing

Available from Ingram Book Group, Baker & Taylor, and from iUniverse, Inc

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.

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?

Once again we are going offer 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 may. 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 \$\$\$ go to Soke!

Inventory Reduction Sale:

I have a limited supply of 2008 and 2009 clinic DVDs which I have been carrying back and forth to every clinic I've attended. They need to GO, so while supplies last, I am selling them for the reduced price of \$5. Please see me if interested.

Quotables....

"The most practical, realistic martial art in the world
won't work if you won't"

Chuck Norris

Moving Up!!!!

Chikubu-Kai would like to announce the following recent promotions:

Chris Wirt	Newport News	4 Dan	April 2011
Daniel Dixon	Salem	3 Kyu	April 2011
Sean Haas	Salem	3 Kyu	April 2011
Sean Nicely	Salem	3 Kyu	April 2011
William "Rock" Wright	Salem	7 Kyu	January 2011
Connor Wirt	Newport News	9 Kyu	April 2011
Alexander Wirt	Newport News	9 Kyu	April 2011

Congratulations, All!!!!

Quotables....

"The things that will destroy America are prosperity at any price, peace at any price, safety first instead of duty first and love of soft living and the get-rich-quick theory of life."

Theodore Roosevelt, 26th President

"The unforgivable crime is soft hitting. Do not hit at all if it can be avoided, but NEVER hit softly."

Theodore Roosevelt, 26th President

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

