

THE BAMBOO WARRIOR

OFFICIAL NEWSLETTER OF CHIKUBU-KAI

Fall 2013

From Soke's Thoughts

On my mind

Upcoming Chikubu Kai Clinics

- | | |
|------------|----------------------------------|
| November 9 | Kobudo Clinic
Newport News Va |
| December 7 | Bristol Clinic
Bristol Va |
| March 2014 | Florida Clinic
Maitland Fla |
| April 2014 | Return to Texas! |

Other Clinic dates will be announced in the near future!



In a couple of months I will retire from my profession as a law enforcement officer, but, never fear, I will still be a United States Marine.

Besides my continued training in both Karate and Goshin Do, I plan to complete my book - My Time with Kuniba Soke and Goshin Do for Police Officers manual.

Although I had trained with Kuniba Soke for years, I trained, as most, ninety percent in the technique.

It was not until Soke began his quest to develop Goshin Do for police officers did I began to understand the scope of mind training in Karate.

Karate is a mental and physical discipline which surfaced from man's instinctive efforts to defend himself in life and death situations. As the art unfolded, it provided a path on which followers could discover and conquer the sources of human weakness.

This is the reality aspect of Karate (mind training) that I discovered late in my training with Soke.

Although I had heard it for years, I guess the reality of my profession and Soke's love and appreciation for police survival is the bedrock for his Goshin Do.



Karate 5 X 5

Hanshi James Herndon, PhD

Every karate instructor should have a firm grasp of the key elements of the art. Amazingly, many instructors do not. What is learned as an outside-in experience (meaning one observes behavior and then mimics it) must eventually become an inside-out habit and skill (meaning there should be conscious thought behind the teaching and practice of the art). Only when an instructor has a deep understanding of the "why" as well as the "how" can the art be maintained.

In order to help instructors, I've put together a mental model of the five key components of Karate (from a Shito-ryu perspective) that reflects the five elements inherent in each of the components. Shown below, I call it Karate-do 5 x 5.

Kihon	Kata	Kumite	Kenwa	Kokoro
Tachi	Embusen	Kamae	Rakka	Shoshin
Uke	Katachi	Ma-ai	Ryusui	Isshin
Tsuki	Choshi	Tai-sabaki	Kushin	Fudoshin
Uchi	Sabaki	Suki	Teni	Mushin
Keri	Bunkai	Sun Dome	Hangeki	Zanshin

Kihon

Kihon are the building blocks of any form of martial art. The five levels or elements of Karate Kihon are: Tachi (-dachi) - stance; Uke - block; Tsuki (-zuki) - punch/thrust; Uchi - strike; and, Keri (-geri) - kick. The types and names for the various techniques peculiar to our style can be found in my Primer of Kuniba-ha Karate-do.

Karate 5 X 5

Hanshi James Herndon, PhD

Kata

Kata are the training patterns that carry the techniques forward into posterity, all the while concealing many secrets (hidden hands). Key elements of Kata include: Embusen (line of performance); Katachi (actual form); Choshi (timing and rhythm); Sabaki (selling or making it come alive); and, Bunkai (interpretation/application). There are innumerable Kata in Shito-ryu and others styles of Karate. Some so-called Kata are nothing more than drills (Waza) or repetitions of similar techniques (such as Empi Roppo or Goho no Uke). Remember, it's not the number of Kata that counts; it's the quality of Kata that matters. Hara (balance) and Kime (sharpness of technique) must be emphasized; if incorrect in one Kata, they will most likely be incorrect in all Kata. There is wisdom in "Hito Kata San Nen."

Kumite

Kumite, often referred to as sparring, is where many styles fall apart. Unless Kihon and Kata can be seen in Kumite, it becomes just random fighting. A better word for Kumite would be engagement or encounter. And, if the philosophy of such engagement/encounter is verbalized as "I Ken, I Satsu" (One strike, one kill), then why dance around and waste energy? In nature, rattle snakes and spiders do not spar with their prey. One strike, and the prey is dead.

The five elements of Kumite are: Kamae (mental and physical posture); Ma-ai (distance); Tai-sabaki (body movement); Suki (gap or opening/opportunity); and, Sun Dome (the ability to control degree of penetration). I wrote an article on applying the principles of Kumite to life outside the dojo (see Bibliography) that adds depth to these elements..

Karate 5 X 5 (Cont'd)

Hanshi James Herndon, PhD

Kenwa

The style of Karate known as Shito-ryu comes from Kenwa Mabuni.

The following excerpt from a web page does an excellent job of summarizing his principles:

Shito-Ryu's Five Principles--explanation

1. *Rakka* (Like a Falling Flower). To block with such force that if it were applied to the trunk of a tree, it would lose all its flowers. A block should be applied so decisively that it not only halts the opponents attack but defeats it with a single technique
2. *Ryusui* (Like Flowing Water). You should flow with your opponent's movements, using them against him and as an aid to your defense. Respond to your opponent using fluid movement.
3. *Kushin* (Bending). Control of an attack that uses body movement originating in the knees. Keep your spine straight and use your knees to control your height, giving you balance and the strength of your legs so that little effort is required to control the attack
4. *Teni* (Body movement). Essentially avoiding your opponents attack using body movement. Stepping in all directions to confuse your attacker and facilitate your Hangeki.
5. *Hangeki* (Counter attack). When the need arises, respond to your opponents attacks with decisive, powerful counter-attacks. By utilizing the first four principles, you may never need to implement the fifth, but if required you should apply your whole mind and body to the counter.

Karate 5 X 5 (Cont'd)

Hanshi James Herndon, PhD

Shito-Ryu's Five Principles--examples

1. *Teni* (Footwork). Shifting or turning quickly out of the opponent's way.
2. *Ryusui* (Soft Blocking). Redirecting a strong attack with a circular or deflecting parry
3. *Rakka* (Hard blocking). Striking an off-center or indirect attack with sudden maximum power.
4. *Hangeki* (Defense as an attack). A good defense is offense.
5. *Kushin* (Springing). A reflexive, darting "out and in" kind of body shifting from any angle.

Kosho (Shogo) Kuniba (1935-1992) is credited with synthesizing Motobu-ha Shito-ryu Karate-do by blending the teachings of Choki Motobu (1870-1944) with the style of Kenwa Mabuni, as early as 1956. Among Kuniba's teaching were the following:

Five Principles of Shogo Kuniba

1. Eyes look in direction of movement
2. Movement follows (foot first, hip twist)
3. Blocks crossing and cutting (elbow down, wrist twist)
4. Technique applied with no power (*Chikara*) to weak point
5. Body take (put whole body into technique)

Though seemingly effortless in application, Shogo Kuniba was fond of saying "Much pain soon coming" as he demonstrated the importance of technique over brute strength.

Karate 5 X 5 (Cont'd)

Hanshi James Herndon, PhD

Kokoro

The spirit behind Budo is known as Kokoro (or, Shin, which is the name for the Kanji - Chinese ideogram used by the Japanese). Kokoro or Shin means heart, mind, spirit, and sometimes even soul. Generally speaking, any Kanji compound with Shin, or any Kanji radical with Shin imbedded therein, represents some aspect of psychology - mood, mental state, feelings, attitude, virtue, etc. Mind states important to Budo include: Shoshin (beginner's mind); Isshin (single-minded focus); Fudoshin (determination); Mushin (lack of self-consciousness); and Zanshin (mental follow through). None of these are easily mastered or maintained at all times and in all situations. The important thing is to never neglect the mental aspects of the martial arts. Mind controls everything. Budo without Shin is Bu-Jitsu. Mindless martial arts are dangerous, as well as pointless. Put your heart/mind/spirit/ soul into training and teaching.

Conclusion

Karate as a personal form of practice is a never-ending journey of growth and self-development. Obtaining a black belt is no guarantee of the ability to teach others, as is often assumed by novice Shodan. In order to teach, one must know the inner aspects, not just the outward moves. A mental model, such the one I've presented here, can provide a framework for passing on the components of Karate to others without losing key elements along the way.

Good teachers are able to explain things to others in ways that simplify and clarify. They have answers to questions, and they share their knowledge openly and freely. Never perfect, teachers continually seek new ways of understanding and presenting concepts to others. Teachers remain open-minded (Shoshin) and continually seek insight. Learning never ceases. Teaching is how the arts of Budo survive over time.

Karate 5 X 5 (Cont'd)

Hanshi James Herndon, PhD

There is an expression found in the military, especially with regard to voice communication over the airwaves that responds to the question, "how are you reading me?" The response is, "I'm reading you 5 x 5" when communication is clear and the message comes through. With regard to Karate and my mental model, are you reading me 5 x 5?

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Quotables....

Senri no Michi mo Ippo Kara

The journey of a thousand miles begins with one step

- Japanese Proverb

Kobudo Clinic

The annual Kobudo clinic will be held on November 9th at Shihan McCoy's dojo in Newport News Va. The clinic will begin at 10am and end approximately 2pm, and the cost is \$35.



Hotel Information:

Soke will be staying at the Comfort Inn Airport, located at 12330 Jefferson Ave.

Newport News, VA, US, 23602

http://www.comfortinn.com/hotel-newport_news-virginia-VA445?listpos=1

Room rates are fairly reasonable for this area at this time of year, starting at about \$89 per night.

The Microtel Inn nearby has rooms at about \$55.

<http://www.microtelinn.com/hotels/virginia/newport-news/microtel-inn-newport-news-airport/hotel-overview>

Clinic Information:

The clinic will be held at the new Denbigh Community Center:

Denbigh Community Center

15198 Warwick Blvd, Newport News, VA 23608

<http://www.nngov.com/parks-and-recreation/denbighcommunitycenter>

(757) 812-7900

Get Ready to Smile :)

We will be creating and/or updating the Shihan and Sensei directory on the Kai website by the end of 2013. 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!



The Wisdom of the Shinai 竹刀

Shihan Allen Hartman

When I think of training in a traditional dojo I always picture a shinai somewhere in the dojo.

For those of you who don't know what a shinai is, it is a Japanese sword made of bamboo, generally used to practice Kendo and other Samurai Martial Arts.

My sensei had one, and a certain smile would come across his face when he would whack you with it. I remember the first time Taylor Shihan hit the back of my leg with it. I thought to myself "ouch, that hurt!". About that time he hit me with it again, until my stance was the way he instructed me to do it. Not only would Taylor Shihan hit my legs but my arms as well when a punch was in the wrong position. I quickly learned to do the technique correctly or there would be "much pain soon coming".

Pain can be a great teaching tool sometimes. Pain teaches us as little children not to put our hand on the stove; if there was no pain we would severely burn our hands. The same applies to karate- if there is no pain our brain can quickly forget the basic principles and revert back to what feels natural. The shinai will cause the brain to remember to do the correct technique.

I often use the shinai in my classes today. The mere sight of it will cause most students to fix their stances before they even get hit. Usually after getting it swung across your butt or leg you will only have to see it again to remember you don't want that pain.

Many times when teaching class I will continue to correct my students verbally, "bend your knee in the front, straighten your back leg, more down please" The average student listens to your command for that instance and then quickly reverts back



The Wisdom of the Shinai 竹刀 (Cont'd)

Shihan Allen Hartman

to doing their own thing. A quick way to fix that is a whack across the leg with the shinai.

I can remember times being frustrated with students because they wouldn't do their stances correctly and saying, "I can no longer teach you any more, I will let my good friend Sensei Shinai teach the rest of the class"

Most students quickly got the point. After a few hits I usually only have to walk across the room and pick it up and the stances improve 100%.

Some people might say it is a cruel way of training and that you shouldn't hit people with a stick to get them to do what you want. I am glad my sensei hit me with a shinai; it has made me a better martial artist today.

I can't think of anyone that has ever quit because they got hit with it either. The guy on the street is going to hit you a lot harder. Its best to have a good foundation and the shinai will help get you there.

- Osu! Shihan Allen Hartman

Quotables....

"When you train, do so as if on the battlefield. Your eyes should glare, shoulders drop, and body harden. You should always train with intensity and spirit as if actually facing the enemy, and in this way you will naturally be ready." - Anko Itosu



Kuniba-Ryu: The evolution of traditional martial arts in the 21st Century

Shihan Kevin Watson and Shihan James Herndon, PhD

The following is an excerpt of an article Shihan Watson and Shihan Herndon are collaborating on, to be submitted in the near future for publication in a major magazine. Excerpt published at Shihan Watson's request.

In today's martial arts environment, there is an abundance of Mixed Martial Arts (MMA) schools, programs, and "experts" for prospective students to choose from. The recent explosion in popularity of MMA and the Ultimate Fighting Championship (UFC) has forever altered the landscape of martial arts worldwide, regardless of what the future may bring. For someone who may be interested in training, it seems that their choices to become involved are limited to "gyms" where "coaches" can teach the secrets of being just like the fighters seen in the cage.

A little-known fact about the traditional weaponless *Budo* (such as Karate-Do, Judo, Aikido, etc.), is that they are always open and adapting to change. They continue to evolve and remain as living arts that reflect the reality of the times in which they are practiced. In other words, all martial arts—whether they are "traditional" or "modern"—have been "mixed martial arts" since their beginning. Perhaps the finest example of this evolution—the need to adapt and refine traditional principles and techniques for the modern era—can be seen in William H. Price and the organization he founded in 1995, the Chikubu-Kai.

W.H. "Bill" Price began his training in 1962 as a member of the U.S. Marine Corps, while stationed on Okinawa. Initially, his training was in Goju-Ryu, and then Shorin-Ryu. Concurrently, he also began his career in law enforcement at that time, which continues to this day. After continued training, service in Vietnam, and returning to his home state of Virginia and working in state law enforcement, he met Shogo Kuniba, Soke in 1971. This was the first time

Kuniba, Soke had ever visited the mainland U.S., and began a 21 year period of learning, training, and sharing time both on and off the mat for both Kuniba, Soke and Price, Sensei which would culminate with Price, Sensei being named as Kuniba, Soke's successor (Ni-Dai Soke) for the martial arts of Kuniba-Ha Shito-Ryu and

Kuniba-Ryu: The evolution of traditional martial arts in the 21st Century

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Kuniba-Ryu Goshin-Do.

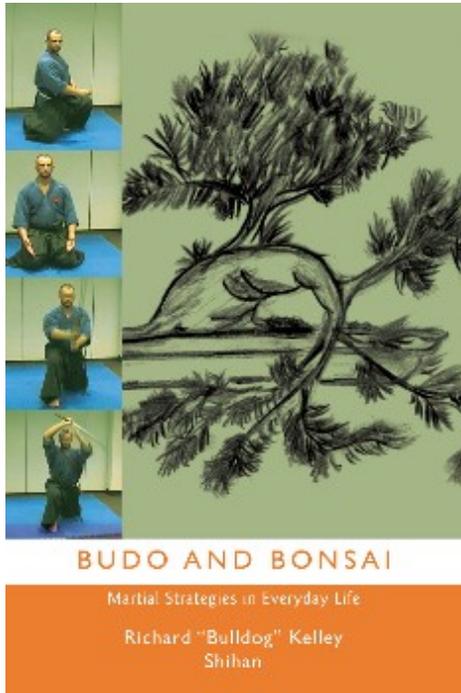
Shogo Kuniba, Soke was the founder of three distinct martial arts during his lifetime: Motobu-Ha Shito-Ryu, Kuniba-Ha Shito-Ryu, and Kuniba-Ryu Goshin-Do. He began his martial arts training in 1940 at age 5, and continued his training for more than 50 years until his passing in 1992. Due to his unique 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 (the founder of Shito-Ryu) and his father, Kosei Kokuba (a direct student of Choki Motobu). Shortly before his death in 1992, he enacted a legal declaration in which he appointed William H. Price as Ni-Dai Soke for the arts of Kuniba-Ha Shito-Ryu and Kuniba-Ryu Goshin-Do. This was recognized at that time by both the Japan Karate Federation and the Seishin-Kai Karate Union of Japan, which was founded by Kuniba, Soke's father in 1943.

The fact that Kuniba, Soke entrusted the continuation of his arts to anyone outside of Japan following his death was unusual. This was not the traditional way that teachers passed their arts on when they named someone to carry on their system. Kuniba, Soke's synthesis of Motobu-Ha Karate-Do (from his father) and Shito-Ryu Karate-Do (from Kenwa Mabuni and his senior student, Ryusei Tomoyori) that he created in 1956, Motobu-Ha Shito-Ryu, stayed with his family in Japan with his sons named as his successors. However, the other two martial arts that Kuniba, Soke created in his lifetime, Kuniba-Ha Shito-Ryu and Kuniba-Ryu Goshin-Do, were entrusted to William H. Price, Soke. The reason for this can be summed up in one word: *reality*.

OSU

Quotables....

"If you face but one opponent, yet doubt yourself,
you are already outnumbered."



Budo and Bonsai

Richard "Bulldog" Kelley/Shihan

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161 Pages

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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.

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 \$100 and will include all the videos produced during that year, including any "special" videos of kata, kobudo, etc.

For your convenience, I will also accept "payments" towards the total. Just see me at a clinic or email me and we'll get you started.

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!

OSU!

Quotables....

Nanakorobi Yaoki

Seven Times Down, Eight Times Up

(Literally: Fall seven times and stand up eight)

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 next best thing you can do is something. The worst thing you can do is nothing."

Theodore Roosevelt, 26th President

In the News:

The Hilton Head Dojo writes:

We are doing a "Bully Self Defense" class for the Island Recreation Center on Hilton Head island, S. C. (They are charging \$20 per kid and class is 90 min) This is where we teach kids how to defend themselves against bullying in a non violent way. Using different ways to defeat the bully:

- Make friends with the bully-treat the bully as a friend
- Use sense of humor-have fun
- Use trickery- pretend you are sick-going to throw up-pretend you have poison oak-pretend to faint
- Walk Away
- Agree with the Bully if he insults you agree with him/her
- Refuse to fight
- Stand up to the Bully-not going to put up with his/her actions
- Scream/Yell-distract him/her long enough for you to get away
- Ignore the Threats-like walking away-calling you a coward still walk away
- Use Authority-call a teacher, a police officer etc..
- Reason with the Bully—good talker talk it out
- Take a stand-last resort
- Internet bullying -remember no word/words can cut you, bruise you, hurt you, knock you out, kill you. No words.

Also, Sensei Suenaka will have his fall camp in Charleston, SC in Feb.-hope some of the Kai members will attend. We plan on attending (Rick/Riley)

Rick Riley (Rickey)

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

Quotables....

"You cannot always choose who comes into your life,
but you can choose which window to toss them out of"

-Soke Price

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

Help us! If you would like to contribute to the Chikubu Kai newsletter, please contact Chris Wirt via email at nnranger@verizon.net