

# THE BAMBOO WARRIOR

OFFICIAL NEWSLETTER OF CHIKUBU-KAI

Summer 2014

## From Soke's Thoughts

On my mind

### Upcoming Chikubu Kai Clinics

June 28	Johann Backtemann (CBK Sweden) Dojo of Maitland Maitland , FL
July 26	Sensei / Shihan Clinic Central Baptist Bristol Va
August 16	Waynesboro YMCA Waynesboro, Va
September ??	Salem Dojo Salem, Va Date TBA
October 2-4	Fall Camp 2014 Myrtle Beach Dojo Myrtle Beach S.C.
November 8	Kobudo Clinic Denbigh Comm Ctr Newport News, Va
December 13	Bristol Clinic Location TBA



These are exciting times for the Kai. We are growing with new members and making plans to take care of our present membership.

We will have a required clinic for Sensei and yudansha in

July to make sure everyone is teaching correctly and the correct material.

We will have the Kyu and Yudansha manuals to cover all requirements.

I will see that all Sensei know and teach all the old required waza that Kuniba Soke taught. These are the foundation of the Kuniba system.

Never forget that Kuniba Ha Karate Do is what we do.

I am excited about this so everyone please help me make this Soke dream come true.

Remember, next month marks the 22nd year since the passing of Kuniba Soke. I still walk in his shadow and hope that all Dojo will remember him on that day.

Watch the calendar and clinic dates and I hope to see you there.

WPriceSoke



## **Special Appointments**

At the September 2013 clinic in the Waynesboro Dojo, Soke appointed several individuals to serve as Vice-Presidents of Chikubu-Kai:

### **Vice President, Kata & Kihon (names in alphabetical order)**

Tony Cooper, Shihan

Allen Hartman, Shihan

Kevin Watson, Shihan

### **Vice President, Goshin-Do and Iai-Do**

Henry McCoy, Shihan

### **Vice President, Police Goshin-Do**

Greg Blankenship, Shihan

## **Quotables....**

"Be like water making its way through cracks. Do not be assertive, but adjust to the object, and you shall ... find a way around or through it. Empty your mind, be ... shapeless, like water.

If you put water into a cup, it becomes the cup. You put water into a bottle and it becomes the bottle. You put it in a teapot, it becomes the teapot. Now, water can flow or it can crash.

Be water, my friend."

Bruce Lee

## Chikubu-Kai is excited to welcome our friends in Sweden !



**Shihan Wilhelm Guldbrand**

Operates the Arvidsjaur Chikubu-Kai Karate Club in Arvidsjaur, Sweden



**Shihan Johan Backteman**

Operates the Umea Chikubu-Kai Karate Club in Umea, Sweden

Soke has known each of these men for many years, and is quite happy that they are now part of our family.

Plans are in motion to welcome additional dojo in the near future, so stay tuned!

## **Reminder: A Special Visit**

**Hanshi James Herndon, PhD**

### **Renshi Johan Backteman**



Let's give Renshi Johan Backteman a good "Chikubu Kai Welcome" when he arrives in Orlando in just a few days.

The main clinic will be Saturday, June 28, 2014 at the Dojo of Maitland (10 AM – 2 PM). But, Renshi Backteman will be in town several days and is eager to offer on-demand training and coaching while here. He was 12 years a Sweden National Team kumite and kata coach.



## Reminder: A Special Visit

Hanshi James Herndon, PhD

Local dojo visitations are planned, time permitting, where one-on-one training may be possible.



Renshi Backteman will be pleased to share his knowledge of Karate-Do, Kobudo, Goshin Do, and Iaido with all who would like to seize this opportunity to train with him during his Florida visit.

If you have questions about his visit and schedule, contact:

Hanshi James Herndon

[HanshiHerndon@gmail.com](mailto:HanshiHerndon@gmail.com)

# 42 Years and counting...

Rex Carter



The first karate class taught in southwest Virginia was taught 42 years ago in Buchanan Hall on the campus of Southwest Virginia Community College near Claypool Hill, VA.

**It was in room 126.**

Here in these pictures is today's class in 2014 just down the hall in the same building under the direction of Shihan Terry Kirk.



Price Soke visits and, 42 years later where he and Shogo Kuniba taught many classes, Price Soke passes along great wisdom in technique. As Price Soke said at the class in April, "If these walls could talk. . ."

Imagine the wisdom and lessons to share.



"Give praise to the Lord. He is my rock. He trains my hands for war. He trains my fingers for battle." - Psalm 144:1

There is a time for peace; there is a time for violence - the true warrior knows the difference! - Rex Carter



The Shihan and the Ogre

## Seisan and Hangetsu—An Overview

Shihan Kevin Watson

One of the things that fascinates me about our art—Kuniba-Ryu—and Shito-Ryu in general, is the number of Kata taught within the system. There are too many, of course, but that is a subject for another time.

Two Kata in our art which are deserving of deep study for a variety of reasons are Seisan and Hangetsu. Perhaps the main reason is the fact that they are the same Kata, only different versions.

Seisan, which literally translated means, “13”, is found in nearly every style of Karate around the world. After Gichin Funakoshi, the founder of Shotokan, learned this Kata from his teacher, he later changed the name of “Seisan” to “Hangetsu” (translated: “half-moon”). It is thought that he did this due to the circular, arc-like steps in the form.

Most arts begin Hangetsu with a 45-degree horse stance and inside/outside block followed by a reverse punch. Some arts such as Kuniba-Ryu, use the forward stance (Zenkutsu Dachi) with the block prior to the punch. It is small, subtle differences like these that are the only way to really distinguish one ‘style’ of the form from the other. Some styles use the front kick, others use a side kick instead, and so on.

But of course this leads to more questions, too. Almost all of us have seen films of Kuniba, Soke performing both Kata. For many people who might be practicing both Kata now, it may be surprising to know that you are practicing two versions of the same Kata—with different names. You might also be asking yourself why the Kata don’t look at all alike, at least at first.

Clearing up the confusion on this is very simple, though. If you are able to look at a *Goju-Ryu* practitioner performing Seisan, you will see basically the same Kata we perform in Kuniba-Ryu (with the same name, Seisan). But, if you are able to look at a *Shorin-Ryu* practitioner performing the same Kata, you will see what we refer to as “Hangetsu”. Simply put, we in Kuniba-Ryu practice both the Goju-Ryu and Shorin-Ryu versions of these Kata.

## Seisan and Hangetsu—An Overview (Cont'd)

Shihan Kevin Watson

Tracing this back one step further, all you have to do is look at the two Sensei who taught Mabuni Kenwa, the founder of Shito-Ryu and one of Kuniba, Soke's primary teachers. Mabuni, Sensei trained under Anko Itosu, a Shorin-Ryu master who taught the art of *Shuri-Te* (Shuri-Te later became known as Shorin-Ryu). He also trained under Kanryo Higashionna, a Goju-Ryu master who taught the art of *Naha-Te* (Naha-Te later became known as Goju-Ryu). Therefore, he learned both versions of Seisan from both the Shuri-Te and Naha-Te lineage.

Confused yet? Good. Me too. Now, here are some other points to consider about this Kata:

--Prior to the creation of the Heian (Pinan) Kata, and other 'basic' kata such as Ten No, Chi No, etc., Seisan was the *first* kata taught in most Shorin-Ryu dojo. This is interesting to note from a historical perspective as well as wondering why, in our art, Hangetsu is taught at 1<sup>st</sup> Kyu, and Seisan is taught at 3<sup>rd</sup> Dan.

--The numerology of this and other Kata is a fascinating subject all on its own. In the case of Seisan -"13"- an interesting observation is that depending on how you 'count' the techniques, you basically have 13 techniques (or groupings of techniques, a.k.a. "waza"):

- 1.) Yoko-Uke (in/out block),
- 2.) Oi-Zuki (lead-hand punch),
- 3.) Gyaku-Zuki (reverse punch),
- 4.) Nakadaka Ippon Ken (double-knuckle strike),
- 5.) Twin High Side-Block, 6.) Twin Low Side-Block,
- 7.) Sukui Uke (scooping block),
- 8.) Nino Ude Uke/Ashi Barai/Uraken (inner forearm block/foot sweep/backfist),
- 9.) Age Uke (high block),
- 10.) Kakete (hooking hand block),
- 11.) Mae Geri (front kick),
- 12.) Mikazuki Geri (crescent kick), and
- 13.) Mawashi Uke ( a variation of this is the final move of the Kata).

## Seisan and Hangetsu—An Overview (Cont'd)

Shihan Kevin Watson

However, please keep in mind that the version of the Kata that I used to “count” the techniques listed above is what we refer to as “Hangetsu”. The challenge for all of us is to see and identify where these groupings are in the Kata we practice referred to as “Seisan”. Yet this analysis is superficial at best. The meaning, significance, and influence of the number 13 in martial arts is actually a pretty deep subject and enough for a whole other article. Briefly speaking, though, the connection can be seen in the 8 directions (N, S, E, W, etc.) that we can move in combined with the 5 elements often quoted in Chinese martial arts: metal, wood, fire, water, and earth.  $8+5=13$ .

The 8 directions are actually the basis for the martial art of Baguazhang, one of the major “internal” Chinese martial arts, and its roots are actually from one of the earliest books known to man, the I-Ching, which is a famous book of divination and philosophy that has tremendous influence in all areas of Chinese culture. The 5 elements are regularly seen as an influence in other areas of martial arts and Asian culture such as Miyamoto Musashi’s famous *Book of Five Rings* and the “5-element theory” practiced as a part of many traditional Chinese martial arts. The 5-element theory is also cited, quite correctly, when actually analyzing pressure point techniques also known as “tuite” or “kyusho-jitsu” which have achieved lots of attention in the past few years. It is also, in fact, the theoretical basis for traditional Chinese medicine (TCM) as well. The “creative” cycle of interrelationships between the elements is used in TCM. The “destructive” cycle of interrelationships is used to create the effects seen in “tuite”. This is an interesting paradox, also, and one of further study.

--Finally, in an article I wrote some time ago as kind of a parallel to this one, the subject was Kata “animals”—symbolism of Kata techniques from the behavior of animals. This is of course the humorous origin of many bad kung-fu jokes and movies (“My master studies White Crane”, etc.) but actually has deep, serious origins as far as traditional Chinese martial arts are concerned. Movements of animals were studied for attack and defense and these *thematic* elements were incorporated into training as time progressed. In other words, people weren’t trying to *fight* like a crane, or a dragon, or whatever. They were trying to use the principles they observed to inform and improve their practice. That’s the difference. The point of all this with regards to

## Seisan and Hangetsu—An Overview (Cont'd)

Shihan Kevin Watson

Seisan (Hangetsu) is just to remind you that the animal associated with Seisan is the praying mantis. As previously explained, this can be helpful when using visualization combined with Kata training to achieve correct movement. The student is supposed to think: “How does a crane move (as in Rohai or Chinto)?” “How does an eagle move (as in Kosokun-Dai)?” And so on. Try it before you dismiss it. Many styles do not even acknowledge this or utilize this concept, but it does in fact date back to the earliest days of martial arts as they were being systematized into styles.

I wrote this article because I have been practicing Seisan and Hangetsu a lot lately. It is one of the few Kata I can do without losing my balance due to injury. The experience has been very educational. I would encourage all of you to study, train hard, and do your own research. I have painted a pretty broad picture of one Kata here, but please do yourself a favor: pick one kata and dive in—practice it every day and do some academic research. Because you can't know where you are going unless you know where you come from.

Osu!

Kevin Watson, Shihan

May 9, 2014

## Quotables....

“Believe you can and you are halfway there”

Theodore Roosevelt

## Technique and Flexibility

Travis Williams - MS, CSCS, PES, RKC

At the Bluefield (est 1974) , Southwest Va Community College, and Richlands Dojos of Kuniba-Ha Shito-Ryu Karate Do/ Kuniba-Ryu Goshin-Do, Terry D Kirk, Shihan, cannot stress enough the importance of flexibility to his students.

Flexibility is one of the attributes that is needed to assist the body in performing technique.

This subject fills entire books; written here is a very brief snapshot regarding the importance that flexibility has within martial arts training.

What is quality flexibility? To quote one of my respected physical therapists—Gary Gray—“*Mostability*” is motion with stability. Vern Gambetta follows that it is the correct amount of motion, at the correct joint, at the correct place, at the correct time.

There are few research articles, if any, directly correlating optimal flexibility to performance ceilings. It is imperative, however, to examine the practical relevance at face value. The dynamics of martial arts practice encompasses an array of movement ranges. Performance initiated within these ranges of motion can make or break a practitioner or an opponent.

It is important to note our lack of discussion regarding the physiology at the cellular level; that is for the books! Briefly, however, each individual is very different in terms of tissue qualities and skeletal structures—both of which can significantly affect flexibility or range of motion.

So what is flexibility? True flexibility is controlled range of motion. Note the difference between flexibility, which is often used synonymously with mobility. What many see as being flexible may be mistaken with being hyper-mobile. So what is mobility without stability? A wet noodle.

From ground to stand up, martial artists need to understand the influence flexibility has on technique, breathing, speed, and power. It is easy to sum these to technique; as one somewhat simple technique encompasses these elements. Quality flexibility helps develop fundamentals within training. Think qualitative regarding the activity.

Martial artists must strive to reach optimal flexibility with techniques within their anatomical limitations. Range of motion or mobility is a key asset in facilitating injury prevention.

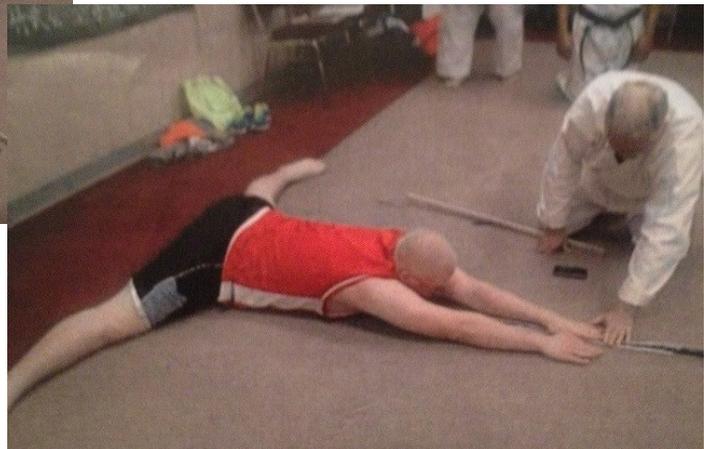
## Technique and Flexibility (Cont'd)

Travis Williams - MS, CSCS, PES, RKC

Given ranges of mobility are assets in making it possible to become flexible, or adding stability and control within that range of motion. Without mobility, true flexibility would be extremely limited, negatively affecting technique.

Stretch to become flexible and contract to add stability; control comes with practice.

-Travis Williams MS, CSCS, PES, RKC

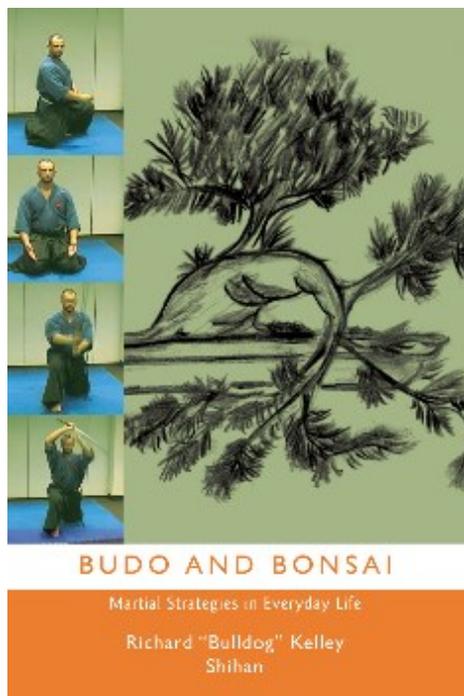


Steve Watkins is presently enrolled in martial arts classes under Shihan Terry D Kirk at Southwest Virginia Community College. He has been working on his flexibility for about 45 minutes per day for the past six months.

## Quotables....

"Motivation may get you started, but habit will get you there"

- Zig Ziglar (Motivational speaker)



## 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.

## Kobudo Clinic

The annual Kobudo clinic will be held on November 8th 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](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

## Quotables....

*Getting knocked down is a given.*

*Getting up and moving forward is a choice.*

*-Zig Ziglar (motivational speaker)*

## Chikubu Kai Dojo Directory

Dojo Name	Location	Sensei
Chikubu-Kai Hombu	Bristol, Virginia, USA	W.H. Price, Soke
Virginia Highlands Comm. College	Abingdon, Virginia, USA	W.H. Price, Soke
Arvidsjaur Chikubu-Kai Club	Arvidsjaur , Sweden	Wilhelm Guldbrand, Shihan
Bluefield Dojo	Bluefield, Virginia, USA	Terry Kirk, Shihan
Kokoro Dojo	Buena Vista, Virginia, USA	Gary Cash, Sensei
SW Virginia Community College	Cedar Bluff, Virginia, USA	Terry Kirk, Shihan
Zanshin Dojo	Harlingen, Texas, USA	Joseph Saldana, Sensei
Lebanon Dojo	Lebanon, Virginia, USA	Scott Price, Sensei
Dojo of Maitland	Maitland, Florida , USA	Rick Schwartz
Kuniba-Ryu of Myrtle Beach	Myrtle Beach, S.C. , USA	Kevin Watson, Shihan James Revell, Shihan
Hissatsu-No-Ken Dojo	Newport News, Virginia, USA	Henry McCoy, Shihan
Denbigh Dojo	Newport News, Virginia, USA	Chris Wirt, Sensei
Richlands Dojo	Richlands, Virginia, USA	Terry Kirk, Shihan
Salem Dojo	Salem, Virginia, USA	Allen Hartman, Shihan
Peaceful Warrior Martial Arts	San Benito, Texas, USA	Juan Zapata, Sensei
Umea Chikubu-Kai Club	Umea, Sweden	Johan Backtemann, Shihan
Waynesboro YMCA	Waynesboro, Virginia	Tony Cooper, Shihan
Mid Valley Karate	Weslaco, Texas, USA	Raul Cantu, Shihan

## Chikubu Kai Officers

Soke	W. H. Price
Kaicho	W. H. Price
Fuku-Kaicho (Kata & Kihon)	Tony Cooper, Shihan Allen Hartman, Shihan Kevin Watson, Shihan
Fuku-Kaicho (Goshin-Do, Iai-Do)	Henry McCoy, Shihan
Fuku-Kaicho (Police Goshin-Do)	Greg Blankenship, Shihan
Advisor	James Herndon, Hanshi
Sweden Hombucho	Wilhelm Guldbrand, Shihan
Kai Information	Chris Wirt, Sensei
Kai Membership	Chris Wirt, Sensei
Kai Video Productions	Chris Wirt, Sensei
Webmaster chikubukai.org	Lawrence Logan

If I've forgotten anything, 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](mailto:nnranger@verizon.net)