

OKINAWAN KARATEDO UNION

Newsletter Edition #18

June 1991

OKU Update

	March 1991	June 1991
Kyu Ranks	765	850
Black Belts	339	355
Dojos	77	81

New Dojos

Ryu-Renshi Dan Karate Hombu Dojo USA
96 Main St.
Dobbs Ferry, NY 10522
Jose L. Guzman

Rising Sun Martial Arts
141 12th Ave. NE
St. Petersburg, FL 33701
Robert H. Anderson

Loveland Karate Club
1320 Spring Hill Rd N.E.
Knoxville, TN 37914
Roy Loveday & Ralph Mantooth
(615) 525-7002

The Okinawan Karate-Do Club of Jackson, MI
611 W. Morrell
Jackson, MI 49203
Lee Norton

New Black Belts

Addie Malcom Hatch	SC
Alan Roberts	NC
Mike A. Davis	TN
John Bo Lackey	TN
Robert Martin	TN
Joey Simmons	SC
Mike Constantino	SC
Christopher Ledford	TN
Edward Daniels	IL
Vernon Rose	IL
Ray Frazier	IL
Sam Burton	TN
Gary Howard	TN
Stan Arrington	MI
Dale Anglin	MS
Rick Fetner	GA

Dojo News

Wheeler's School of Isshinryu Karate & Arnis — News is plentiful from Wheeler's Dojo in the big city of Powell, TN. But we will cut it short so that we don't hog all the space. First of all our first annual "All Star Karate Championship" tournament was a big success, all things considered. This being the first one on a holiday weekend kept our competitors down under 200. But the competition was really good and the spectators and Black Belt officials were really impressed with the smooth and efficient way the tournament ran. Congratulations are in order for Bobby and Jami Schmid (directors), Mark Aycock (tournament coordinator) Debbie McKeel (time keeper and score keep coordinator) and what about this - Mrs. Ruth Ann Shamblin (chief referee). Far as we know this is a first, at least for this area. Another first was the beautiful Olympic style medals

Special Notice

Some of our people are not notifying us of a change in their address. The US Post Office does not forward mail as freely as it used to. Some areas are having zip code changes, we need to know about any change of address. Instructors please post notices of this, also remember to remind students to pay their OKU dues and please get your dojo listing fees in. As well as advertising for your merchandise or services. A 1/2 page ad in the newsletter only \$50.00 for the entire calendar year. Interested? Send check or money order for 37.50 to have this 1/4 page ad for the remainder of 1991. send copy of advertisement you desire.

Please!!!! When paying your OKU dues, be sure and let us know your present rank, Also all Dan Ranks, if you have not sent us a copy of your latest rank certificate, please do so., You are causing extra work and extra expense by not complying with the above and after all it is you money that you are causing us to spend.

awarded instead of the regular trophies. This helped to keep the entry fees way down, and think of all the room they save in the trophy room. Everyone seemed to be really in favor of the medals. Winners from Wheeler's were Chuck Reynolds, Jami Schmid, Bob Doak, Larry Dukes, Don England, Scott Monroe, Mike Etherton, Bryan McKeel, Chris Etherton, Justin Long, Ike Padgett, Adam Cline, Robert Smith, Dustin Munsey, Jon Coyne. these 15 people won 26 medals plus Chuck Reynolds won the Grand Championship in fighting and Bryan McKeel won the Kids Grand Championship. News about Wheeler's Kids. Adam Cline (4 yrs), Barry Busler (3 yrs) have maintained an "A" average in middle school work. Jeremy Busler (4 yrs) missed the "A" average with one "B". But Jeremy won the Principal's Award for being outstanding student at Powell Middle School 8th grade 1991.

Special Awards at Wheeler's Dojo, voted on by instructors and given twice a year (June and December)

Outstanding 6-7-8 year old — John Hale
Outstanding 9-12 year old — Bryan McKeel
Outstanding Adult Male — Scott Monroe
Outstanding Adult Female — Lisa Kidd
Allen Wheeler Award — Louis Grinnell

Isshinryu (Bushido) Clubs Fairburn & Jonesboro, GA — Senseis Don and Jan Roberts were at Mark Aycock's tournament (5/25). Sunday morning (5/26) several got together and had a good workout. They just worked 8 or 10 hours together at the tournament on Saturday. Don demonstrated some of the kata bunkai that he has been concentrating on this year. (Don's New Year's resolution was a new use for each technique in the Isshinryu katas) He is up to Chinto (#5) kata. Bobby Hughes got one of his hands mangled bad in a shop class accident at school. He got the index finger cut off and two other fingers cut and mashed up bad. The doctors reattached the finger and it seems to be taking at the present time. Bobby and his dad had some more bad luck also, they got into a territorial dispute with a nest of hornets. Needless to say the hornets won that one real quick. School grades: All of these are better than a "B" average. Bobby Hughes, Jennifer Hughes, Karen Flint, Jimmy Gall, Lisa Parker and Keith Lowery. Bobby Hughes was named Student of the Year in his class. At James LaRocco's

tournament in Roswell, GA several brought home awards they were:

Don Roberts - 1st Executive Weapons, 1st Executive Kata, 1st Executive Weapons and 2nd in Kata Bunkai

Jan Roberts: 3rd Executive Kata, 2nd Executive Weapons, 2nd Ladies Black Belt Weapons

Matt Ford: 2nd Kumite Juniors, 3rd in kata Juniors

Karen Flint: 1st in Kata Intermediate and 1st in Kumite Intermediate

Russell Bledsoe: 1st in Kata Pee-Wee and 2nd in Kumite Pee-Wee

Jimmy Gall: 3rd in Kata-Mini Pee-Wee

Rick Burns: 1st Executive Kata - Under Belts and 2nd in Kata Bunkai

Then on May 25th at the "All Star Karate Championships in Knoxville (Sensei Mark Aycock's Tournament) these awards were won

Sensei Don Roberts: 1st in Executive Kata and 1st Executive Kumite

Sensei Jan Roberts: 3rd Executive Weapons and 3rd Ladies Black Belt Kata

School Grades were are follows:

Bobby Hughes: 6-100's/1-99

Jennifer Hughes: 5-A's and 1-B

Karen Flint: 7 A's and 1-B

Jimmy Gall: All A's

Lisa Parker: 3-A's and 3-B's

Keith Lowery: 3-A's, 2-B's and 1-C

Tullahoma School of Karate-by Al Brown — Congratulations to the participants at David Deaton's Tournament in Nashville. The Tullahoma School of Karate had a remarkable day and a great time. Approximately 17 people competed and the school brought home 13 trophies, we're proud of all of them. We would like to extend our appreciation to Mr. Bob Hobbs for all his help at our seminar May 4th. We feel that it was very beneficial to all. We would also like to thank Mr. Dan Rioux, Bruce Gilbert for their participation and David Duncan, Bobby Richie and Chuck Mangino for their participation and showing their support and knowledge. I'm not sure on the total number present; but there's no doubt on the amount of food consumed. Appetites were plenty full. Even the rain could not dampen the spirits or good time. Promotions this time were Johnny Prosser Jr., John Fisher, John Stinson, and Chad Riddle all to green belt. Xan Wigley, Jason Cobb and Shelly Burton to yellow

belt, congratulations for their efforts. We also want to thank Mr. Jim Devlen for his contribution to the school. Mr. Devlen is a successful business man that had to battle a long road with alcohol. He has been a winner for 25 years now and shared his knowledge both good and bad with our kids and your adults alike. Now is the time to make them aware, not tomorrow or when they're older. Give them credit, they're smart and they are our future; let's all do our part. — Sensei James (Moose) Martin.

Congratulations

To Chuck and Connie Griffin on their parenthood, beginning in January 1992.

Dojo Profile

Wheeler's School of Isshinryu Karate & Arnis

Wheeler's School of Karate started out as a small 2 day a week class at Powell Elementary School Gym in June 1971. When grade school went back in session in September 1971 the class or school moved into a large room behind the Powell Restaurant on the corner of Emory Road and Brickyard Road. we started out here as the Harold Long School of Karate. Mr. Long and Mr. Wheeler were business partners until 1975 when Mr. Wheeler bought Mr. Long's share of the Powell and Sevierville dojos. The Sevierville dojo was later closed. Sensei Mike Clark and several of the former Sevierville students have since started another Isshinryu School in Sevierville, which is doing quite well.

The name was changed to Wheeler's School of Karate in 1975 and the study of Arnis (a Philippines Island stick art) was added to the school in 1984. Sensei Darell Caldwell is now the Arnis instructor assisted by Senseis Louis Grinnell and Robert Howard.

Wheeler's moved to to the present location (on Emory Road) in July 1973. The present location consists of almost 7 acres of ground plus a 50'X70" building and a 20'X20' shed under construction. Equipment wise we are one of the best, with 4 heavy bags, speed bag, 2 exercise boards, timing ball, double makawara board, bench press & 600 lbs. of loose weights and dumbbells, soloflex machine, 2 stretch machines and 1 wall of mirrors. This equipment is not really necessary but it is all helpful. The school usually maintains approximately 75 to 100 members the year round. Our competitors are

some of the areas best. This is due to several years of guidance and example by our matching and overall tournament instructors Senseis Mark Aycok and Charles Reynolds. Also, our youngsters have had opportunity to work several times with former world champions Joe Lewis and Bill Wallace. Our Black Belts have had a chance to work on kata bunkai, nerve center and pressure point work, and improved breathing methods which open up new areas. And last but not least our kids program. We encourage our kids to be good citizens where ever they are. They say no to drugs, alcohol, tobacco and yes to good grades and other good habits. We are trying something new this year that others might be interested in. Especially if you have a slack time during the summer. We are working with day care centers 2 days a week. If you are interested contact Mr. Wheeler and he will tell you how they do it.

Also you dojo owners, be sure to get your dojo profile in so we can give you a plug in the newsletter.

Publishing & Printing

•Paperback Books

Printed & Perfect Bound

•TV Digest Magazine

•Catalogs

•Tabloids

•Manuals

•Newspaper Inserts

For Informational Call

(615) 947-3575

or

(615) 947-5243

Publishing & Printing

3102 Schaad Road, Knoxville, TN 37921

Upcoming Clinics-Seminars

June 29 — I.K.A. Seminar - El Dorado, Arkansas, El Dorado High School. For more information contact Harvey Kennedy, 1811 Texas Ave, Shreveport, LA 71105. (318) 222-3355.

July 12 — 6th Annual O.K.U. Weekender - 12 noon Friday till 12 noon Sunday. One of the nation's best seminars. A huge variety of rotating classes to learn from. Arnis, Isshinryu weapons & katas, Shiatsu or Acupressure, Ju Jitsu, Referring and Judging, Fighting, Kata Bunkai, and police tactics. For more information contact Allen Wheeler, P.O. Box 56, Powell, TN 37849 (615) 947-6521 or 947-8703.

August 17-18 — Dave Domer's 5th Annual Bushido Martial Arts Seminar - Bartow Carter Park, Cartersville, GA. Instructors scheduled to teach: Allen Wheeler, Jim Loque, Scott Shamblin, Dave Domer, Don Roberts, Dr. Carl Duff, Tom Kislaw, Richard Dixon, Ridgely Able, Jerry Taylor, Jim LaRocco, Joe Tripoli and Ron Downtown. Pre-register by August 10. For more information contact Dave Domer, 1912 Nantucket Dr., Woodstock, GA 30188,

(404) 928-6001.

August 17 — Sensei Sherman Harrill will have a seminar at his home town Carson, Iowa. For more information contact Sherman Harrill, P.O. Box 458, Carson, Iowa 51525, (712) 484-3455.

Tournaments

July 12-14 — U.S.K.A. World's Championships - New Orleans, LA. For more information contact Harvey Kennedy, 1811 Texas Ave, Shreveport, LA 71103 (318) 222-3355

October 11 — O.K.U. Awards Banquet (See article for more details)

October 12 — Isshinryu Fall Classic - Powell High School Gym. One of the areas oldest and most respected tournaments. O.K.U. sanctioned - T.K.C. A-Rated. Take up the Impax Challenge. You might be the best in your division. For more information contact Allen Wheeler, P.O. Box 56, Powell, Tn 37849 (615) 947-6521 or 947-8703 (dojo).

All
AMERICAN
Trophies and Awards

Free Engraving — 70% Off List

660 W. Spring St.
Cookeville, Tennessee 38501
Phone (615) 528-2650

BELTS
EMBROIDERED

Embroidered in your choice of either

- English
- Japanese
- Korean

\$20.00 includes cost
of the belt.

Don Roberts
610 Waterbay Road
Fairburn, GA 30213
(404) 964-7472

Call between 10PM & 11PM
Monday thru Friday

O.K.U. Awards Banquet

The location of the awards banquet has not been determined yet and will be announced at a later date.

Get your kyu rank (outstanding) names in to Allen Wheeler by September 15, 1991; so we can get the certificates filled out (adult male and female and male and female for kids). Also get your nomination for our black belt awards. These awards are:

1. Outstanding Achievement Awards: Black Belt, any age; for overcoming handicaps or many odds or obstacles and achieving some outstanding feat or goal. The feat or goal reached does not have to be in the martial arts.

2. Outstanding Executive Award: Must be over 35 years of age; for projecting the traits and characteristics of a true martial artist: humbleness, honesty, helpfulness and a genuine love for all people.

3. The Master Tatsuo Shimabuku Award: Usually an older (over 35) Black Belt. But it doesn't have to be. For outstanding contribution to the martial arts, his community and the O.K.U.

Also be ready to recognize your instructor, friend or wife or husband that has been real helpful to you during the year or years. These wives and husband that allow you to spend so much time in the dojo deserve a little gift and more important is you recognizing this. Give them roses while they live.

Last but not least, the fun (booby traps) awards. If you know something on a good buddy that would put him or her in a slightly embarrassing (keep it clean) position, be ready to tell everybody about it and award him a small comedy award. You will be surprised at some of the conniving things you can come up with (and how much help you can get) if you really put your mind into it. But always remember (hopefully) that we will be doing this again next year.

Have You

Given any thought to the O.K.U. Rating system that Sensei Jose Guzman suggested in the March newsletter. Award points for 1st thru 4th place in all O.K.U. sanctioned tournaments, maybe set numbers of points for attendance at O.K.U. sanctioned seminars. Then at our banquet award trophies, plaques or prizes to the winners. Could be that it would create more interest in our seminars and tournaments plus put more money into O.K.U.

*When passing through or visiting
Sensei Wheeler, stay with us at*

Clark Motel

**Clark R.V. Campground
7130 Clinton Hwy. (25W)
Powell, Tn 37849**

Just 4 1/2 miles from
I-75 Emory Rd. exit.

Just 2 1/2 miles from the dojo.

Owned and operated by
Mr. & Mrs. Jack McFall

Phone (615) 947-9961

Reservation Phone: (615) 938-7000

*Built of beautiful Tennessee
Crab Orchard Stone.*

treasury. We have very few of our tournaments and seminars being sanctioned at the present time. Also I would like to encourage all O.K.U. members to support our O.K.U. events whether they are sanctioned or not. After all that is one of the ways that we are supposed to help each other. The economy is down some, and attendance is down at a lot of tournaments and clinics. This is natural, but let's do a little better planning if you are going to a tournament or clinic, make it be an O.K.U. event, help your brother.

See you at the banquet!!

Do you know the answer?

(Please give source)

What does the name Chie Fa (Isshinryu tonfa kata) mean?

Idea from I.K.A. Newsletter: What has your Martial Art study done for you? Nice prize to be announced in September Newsletter, and awarded at O.K.U. Banquet. Board to choose the winner. Make you essay 300 words or so long.



Tullahoma Team Wins Karate Trophies

Members of the Tullahoma School of Karate recently brought home a number of trophies in the David Deaton 1991 Tournament. Members of the team, in front, from left, are Mandy Holiday, David Price, Jonathon Brown and Chris Prosser, In the second row are Rachel Bowles, Michael Stinson and Monty Robertson. In the third row are Jay Patel, Yvette Thomas, John Stinson and James Martin. In back are Al Brown, John Fisher, Scott Parks and Johnny Prosser Jr. Not pictured are Joshua Brown and Gary Robertson.

Recently members of the Tullahoma school competed in the David Deaton 1991 Tournament.

Jonathan and Joshua Brown, both 5, competed. In the 7-year-old division was Mandy Holiday and David Price, who placed second in fighting.

In the junior division were Chris Prosser, third Kata, and Rachel Bowles, third fighting. For 13-year-old competitors, Michael Stinson was third forms, and Monty Robertson, third in fighting. John Stinson was first in Kata and third in fighting in the 14-17 year division and Johnny Prosser

Jr was second in both Kata and fighting. Also competing were Jay Patel and John Fisher.

In the adult division, Scott Parks was second in fighting, and Yvette Thomas, third fighting, Gary Robertson also competed. In the executive (35 and older) division, Al Brown was first in Kata and second in fighting while in executive black belt, James Martin competed.

"We would like to thank Sundrop Tennessee Apparel Corp., Beaman Pontiac and Dr. Michael Long for their support," Martin said.

Results

Tournament & Clinic

April 5 — Sensei Sherman Harrill conducted a Clinic at Champaign, IL sponsored by Senseis Joe Smith and Steve Holy. Mr. Harrill said it was a real good clinic, as usual and that he was really impressed with the attitude and harmony of those present.

May 18 —Sensei Harrill conducted a clinic at Albion, MI sponsored by Senseis Dale Furtwangler and Steve Byars. Again Mr. Harrill concentrated on bunkai for Isshin-ryu basics and katas. Dr. Mark Crapo did a real informative clinic on Akido and touched on the art of Chinese healing.

June 1 — Senseis Allen Wheeler and Mark Aycock conducted a clinic for Senseis David Ray, Herman Cornett and Wade Barnett. The subjects taught were a Tai Chi short form, nerve center and pressure point, self defense and kumite. As always the class was attentive and interested. The Tai Chi form is exceptionally good for developing balance, coordination, concentration, timing, chi flow and relaxation.

I'm sure there were many other good seminars conducted in the last quarter, but these are the ones that were called to our attention.

The Clay Robbins family wishes to thank you for all the cards, letters and prayers for their son Michael Robbins. Michael is much improved. Clay asks that we all continue to include Michael in our prayers. Hang in there Michael.

On Saturday, May 11th, the first Samurai Martial Arts Seminar was promoted by the Bartow Country Recreation Department at the Kid's Stop Learning Center in Cartersville.

Dave Domer directed the event and taught techniques to 38 participants from Georgia, Tennessee and Maryland. Other master-grade instructor who taught were Don Roberts, sixth degree black belt in Isshin-Ryu karate; Richard Dixon, sixth dan in Shito Ryu; Jim LaRocco, sixth dan in Isshin Ryu; Joe Tripoli, fifth dan in Shorin Ryu; Jerry Taylor, fourth dan in Shorin Ryu; and Ron Downton, fourth dan in Shinto Ryu.

Instruction was given in self defense techniques, forms, free fighting and Kobudo (ancient Okinawan weapons arts).

Perhaps the highlight of the seminar came at noon when Domer presented his first instructor, Don Southern of Cartersville, to the group.

Domer told the group that Southern had taught him in 1965 and that he was deeply appreciative for his first instruction under Southern. He also said that he studied four years under him in the Shorin Ryu style of karate. Domer also presented Southern with an award in appreciation of his efforts in getting him started in the art.

"Back then," Domer said, "there were mostly Tae Kwon Do schools around. Most of the state champions were of that art. When Sensei Southern free fought them in training halls, the sparring session always ended unhappily for the other side.

"He (Southern) was one of the greatest close in fighters I ever knew, but his hand techniques



Master-grade instructors featured in seminar

The Bartow County Recreation Department sponsored the Samurai Martial Arts Seminar on May 11th in Cartersville. Among those instructors featured during the event were, left to right Jerry Taylor, Joe Tripoli, Richard Dixon, Jim LaRocco, Don Roberts and Dave Domer.

were not allowed by the Korean stylist who promoted tournaments at the time so he never competed in those events. His fighting prowess was well known in there parts and others. He was offered 'body guard' jobs and was once contacted about teaching Elvis Pressley! Sensei Southern studied under Richard Cooper of North Carolina who, in turn, studied under Anse Ushiro, seventh dan who was reputed to be the All-Okinawan free fighting champion.

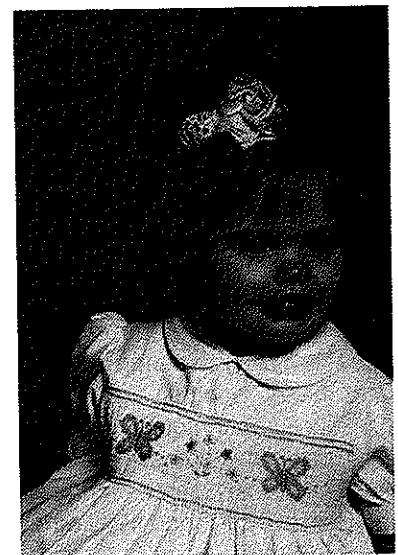
"I quit studying from Mr. Southern only because he retired from teaching and later moved from Marietta."

Southern also owns True Grip Inc. in Cartersville.

Cartersville area participants in the seminar included Mike Agan, first dan; Heather Gregory, second kyu brown belt, Kevin Clark, fourth kyu; Mike Feralin, fourth kyu; Thomas Akin, sixth kyu; Amy

Cline, fifth kyu; Steven Stewart, sixth kyu; and Lyn Andradski, sixth kyu.

Mr. & Mrs. Wheeler's first great grandchild, Allison Michelle Carr. Age 1 yr. 1/18/91. Miss America 2010 presently bosses the Wheelers, Vineyards and Carr families.



The Shaping Of Isshin-Ryu Karate

How and Why Shimabuku Borrowed From Shotokan Karate
by Chris Thomas

Tatsuo Shimabuku, the founder of *isshin-ryu* karate, was a master of adaptation. His particular specialty was to take traditional karate methods from various sources, and to adapt them according to the combative principles he had worked out. As a result, *isshin-ryu* is unique among the various styles of Okinawan karate and bears special attention.

Because Shimabuku was so innovative, it is easy to misunderstand what he changed and what he did not change. For example, *isshin-ryu* students will sometimes compare their *sanchin* (breathing) *kata* (form) with a much longer version found in *goju-ryu* karate, and conclude that Shimabuku shortened the *kata*. In fact, the version Shimabuku taught was a shortened form of *sanchin* developed by *goju* founder Chojun Miyagi.

Another example of this confusion is what *isshin-ryu* students know as the "code of *isshin-ryu* karate." You will often hear students saying things like "As Shimabuku said, the eyes must see all sides." This is just like *jeet kune do* students who repeat the Zen proverbs Bruce Lee used so often, and assume that Lee made them up. The "code of *isshin-ryu*" is otherwise known as the "Eight precepts," a noted set of ancient karate concepts. The English translation common among *isshin-ryu* practitioners is unique, but the original is not.

Therefore, in order to accurately appreciate the changes Shimabuku made in developing his style, it is necessary to make a careful comparison of his adapted version with the original source material he drew upon. To know exactly what is changed is the best clue to why the changes were made. Such an analysis of the adaptation of traditional material is called "redaction criticism."

Redaction criticism is most conclusive if the source material is *absolutely* identified. For example, a reaction analysis of *isshin-ryu*'s *seisan* *kata* would result in erroneous conclusions if it was assumed that Shimabuku was adapting the *seisan* *kata* of *goju-ryu* (which he was not) rather than a version of the *tomari/shuri* family of *seisan* (which he was). Fortunately, in the case of *isshin-ryu*'s basic training method, called the "15 upper-body exercise," the exact source has been identified: Gichin Funakoshi's *ten no kata* (see "The Shotokan/Isshin-Ryu Karate Connection," *Black Belt*, July 1990). By carefully comparing the movements of the upper-body exercises with the steps of *ten no kata* ("kata of the universe"), we have the basis for a revealing redaction analysis of Shimabuku's karate.

The first observation to be made is that, of the ten fundamental actions which compose *ten no kata*, only sequence number ten has been reinterpreted by Shimabuku. Numbers one through nine have been subjected to technical changes only, but these changes significantly alter the shape of the classical karate techniques.

The change which most people associate with *isshin-ryu* is the use of a vertical first punch (*tate-zuki*). *Isshin-ryu* does not use the twist punch found in all other karate styles (except in the *sanchin* *kata*). However, the punch Shimabuku taught was not exactly a vertical first punch; it might be more



Isshin-ryu karate founder Tatsuo Shimabuku created the 15 upper-body exercises, which were said to have been adapted from Gichin Funakoshi's *ten no kata*.

NEW

Comfort Inn

Directions
Travel I-75 North and exit at #112.
Behind Waffle House on top of hill.

Emory Road
Powell
WHEELER'S DOJO
Callahan Rd.
Central Ave.
75
Oak Ridge Hwy.
Merchant Rd.

**1 3/4 MILE EAST OF WHEELER'S DOJO AT
EXIT #112 ON I-75 NORTH ON EMORY RD.**

(615) 938-5500

10% DISCOUNT WITH THIS AD

SUITES AVAILABLE • MEETING SPACE AVAILABLE
POOL • SITTING PORCHES • EASY ACCESS
QUIET AND CLEAN ATMOSPHERE • GREAT VIEW

SUITES EQUIPPED WITH IN-ROOM JACUZZI, VCR
REFRIGERATOR, QUEEN SLEEPER SOFA, MICROWAVE
AVAILABLE, AND IN YOUR CHOICE OF KING SIZE BED OR
TWO FULL SIZE EXTRA LONG BEDS.

**FREE CONTINENTAL BREAKFAST
FREE 24 HOUR COFFEE
FREE HBO
FREE LOCAL CALLS**



Master Tatsuo Shimabuku

accurately described as a "natural" punch (*shizen-suki*). The distinction is subtle, but important.

In a vertical first punch, the fist is held straight up and down, and is delivered directly to the center of the body. (this is often how beginners in *isshein-ryu* are taught to execute the technique. The reason is that a strictly performed vertical first punch helps beginners keep their elbows from flopping out during the technique.) In the natural punch, the fist angles in slightly, and the punch is aimed at the point just below the nipple. This is the position that the fist moves to, naturally when punches are executed in a relaxed, comfortable manner.

In *ten no kata*, the straight punch is executed at two levels: to the solar plexus and the head. Shimabuku eliminated the straight punch to the face and re-

placed it with the uppercut. This change is in keeping with the most classical traditions of Okinawan karate. In the oldest kata of karate, it is very rare to find a straight punch to the face. However, "modern" kata (those developed since 1920, such as *taikyoku*, *fukyugata*, and *gekisai*) very often contain straight punches directed to the head.

The old kata may have been influenced by the fact that hard punching to the head can result in severe damage to the puncher's hand. In contrast, an uppercut attacks the soft areas around the throat. Also, straight punching to the head exposes vital points in the armpit to attack, whereas the armpit is protected during an uppercut. Whatever the reason, Shimabuku was returning to an older practice by changing head punches into uppercuts.

The closed-handed blocks (downward, side, and upward) of *isshein-ryu* bear special attention. In the *ten no kata*, the common method of blocking is used — the fist rotates during the technique so that the block is executed using one side of the forearm. In this method, only one bone of the arm is actually performing the block. In the case of the downward block, often used against a kick, this is very foolhardy, since the forearm bone is quite thin while the shinbone is quite thick.

In contrast, the *isshein-ryu* blocks are executed without any turning of the fist. In this way, the blocking surface is the back of the forearm supported by both forearm bones to protect the practitioner from injury. This method is predominantly for beginners, however. The advanced student observes that the



The *isshein-ryu* karate vertical fist punch (above), with the thumb on top of the fist, is aptly called the "Natural punch" and angles slightly inward.

isshein-ryu closed-fist blocks, having no rotation, move like back-fist strikes, and applies them accordingly.

A final important note on hand techniques is that, in *ten no kata*, all techniques stop sharply at full extension. *Isshein-ryu* techniques, however, are characterized by a snapping action. Blocks actually break the line of the body, moving past their final position, then snapping back. Likewise, the *isshein-ryu* punch reaches full extension (actually, about 95 percent of complete extension of the elbow), then snaps back about one-to-two fist widths. This gives *isshein-ryu* a characteristic springy appearance that outsiders sometimes misinterpret.

While technical changes characterize Shimabuku's reaction of most of Funakoshi's *ten no kata*, the last six movements of Shimabuku's upper-body exercises provide a different kind of insight. In creating the upper-body



In Shimabuku's 14th upper-body exercise, the practitioner performs a palm block (1) followed by a circular *o-uchi* strike (2). In application, the palm block redirects (1a) a punch, and the circular punch reaches around to strike (2a) the attacker's head.

exercises, Shimabuku added a technique to movement ten of the ten no kata, and then added five more combinations (number 11-15). Addition of movements is also a type of reaction, since addition is a way of including what is felt to be lacking in the original source. It is in these movements that a picture begins to develop of Shimabuku's combative concepts.

In movement ten, Shimabuku changed the technique from ten no kata's simple block-punch combination to a more continuous action in which the initial block flows into a back-fist attack. The tactical implication is that every defense contains offense. This is also an indication that Shimabuku did not consider block-punch, block-punch to represent karate's best concept of fighting. Ten no kata always employs a single response (generally a reverse punch). Shimabuku's redaction shows that he did not regard one counterpunch as necessarily adequate.

Steps 11 and 12 of Shimabuku's upper-body exercises involve performing a basic downward block (number 11) or middle block (number 12), followed by *go-ren-zuki* (five rapid punches with alternating hands). Physically demanding, this technique carries an attitude of aggressiveness that is important. Isshin-ryu karate has the appearance of a conservative style in its combative approach. It does not emphasize the charging and rushing techniques which are somewhat characteristic of *shotokan* karate. However, the *go-ren-zuki* shows isshin-ryu's commitment to all-out combat.

The distinction, then, between the apparent aggressiveness of shotokan and the apparent cautiousness of isshin-ryu is really a misinterpretation of the combative interval (*mai-ai*) each style employs. Shotokan may be described as a two-meter style. In other words, in practice, shotokan combatants start about two meters apart. This distance must then be covered by a deeply penetrating charge. For this reason, ten no kata used deep front stances and lunging steps.

Isshin-ryu, like most traditional Okinawan karate systems, is a one-meter style. The assumption is that the opponent is standing only one meter away, so there is no need to charge across a gap to deliver a technique. And in keeping with this orientation, isshin-ryu uses smaller stances and shorter steps, concentrating on the effect of successive techniques rather than charging across open space to land single, crushing blow.

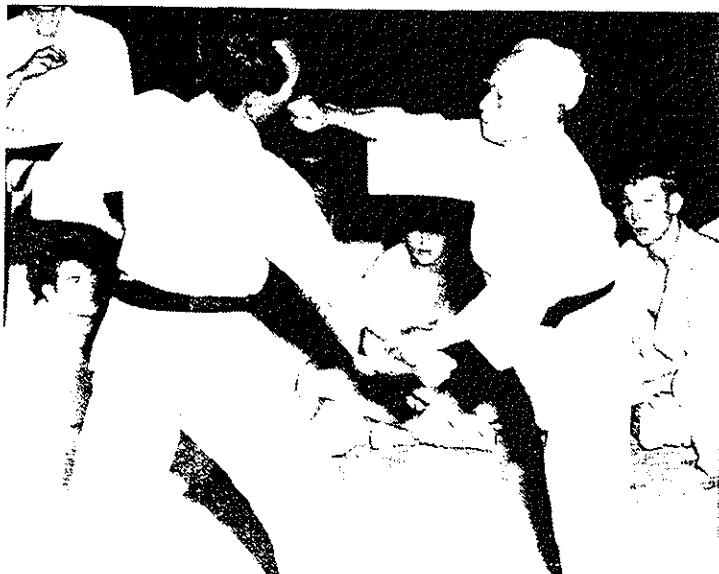
The 13th and 14th sequences of the upper-body exercises have common themes. Both employ defenses which press and trap the attacker's arms, and both employ indirect attacks in follow-up. Movement 13 involves trapping an opponent's arms with a downward chopping strike, then following with a *shuto* (knife hand) to the side of the neck. Movement 14 uses a pressing block to trap an opponent's arms, then employs a circular strike called *o-uchi* to reach around the attack the opponent from behind.

Such indirect movements are important because they force the practitioner to consider issues other than power. Head-on movements, such as a straight punch, invite an emphasis on hitting hard, but it is not possible to generate a large amount of power with *shuto* or *o-uchi* strikes. Therefore, the student is directed to issues of precision and control, learning to attack vulnerable points with exactness. The importance of this is

that it makes karate an art that can be used effectively by anyone, not just the young and strong.

The last technique Shimabuku added to the movements to ten-no kata is taken directly to the *seiuchin* form. This action is defense against a rear grab, using elbow strikes to simultaneously loosen the grab and attack the opponent's ribs. The importance of this movement is to open up the student's eyes to the reality of self-defense. A sparring match involves certain rules of equity and fair play; the combatants square off and do battle according to a predetermined format. In contrast, self-defense can involve attacks from any quarter, and in any manner.

The function of a basic form like ten no kata is to merely introduce the student to essential concepts which will be explored in greater depth as training goes on. What Shimabuku did in redacting ten no kata into his 15 upper-body exercises was to bring the form technically in line with the characteristics of isshin-ryu. And, further, he broadened the scope of the combative principles to which new students were to be exposed. □



Shotokan karate founder Gichin Funakoshi (punching, above) created the ten no kata.

This article was reprinted from "Black Belt Magazine."



RL SPORTS

103 Fred Bear Dr.
Grayling, MI 49738



SILKSCREENING
HATS
TROPHIES & ENGRAVING

EMBROIDERY
JACKETS
T-SHIRTS

MANY MARTIAL ARTS AND CUSTOM LOGO'S

AVAILABLE

**JACKETS AND HATS COME IN MANY
STYLES AND COLORS**

For more information please call or write:
Ann Furtwangler, 13190 East Erie Road
Albion, Michigan 49224 (517) 531-4320 or
Call Direct (517)348-9097

Are You A Winner?

A winner says, "let's find out;" a loser says, "Nobody knows."

A winner makes commitments; a loser makes promises.

A winner says, "I'm good, but not as good as I ought to be;" a loser says, "I'm not as bad as a lot of other people."

A winner credits his "good luck" for winning — even though it wasn't his good luck; a loser blames his "bad luck" for losing — even though it wasn't his bad luck.

A winner listens; a loser just waits until it's his turn to talk.

A winner respects those who are superior to him and tries to learn from them; a loser resents the superiority of others and tries to find chinks in their armor.

A winner does more than his job; a loser says, "I only work her."

A winner says, "I fell;" a loser says, "Somebody pushed me."

Attitudes are contagious. Is yours worth catching?

PORTER'S COURT

Gulf Front Resort

*Invites your family to the world's most
beautiful beaches*

Panama City Beach

200 feet of private beach

Large heated pool

Individually controlled A/C & heat

Color cable TV & phones

One room efficiencies,

1 bedroom apartments

2 bedroom cottages

17012 W. Hwy 98 A

Panama City Beach, Florida 32413

Toll Free 1-800-421-9950

Business 546-4553

Home 992-5320



HOME BENEFICIAL LIFE

INSURANCE COMPANY

MIKE BUTCHER

Agent

R #1 Hickory Valley Rd
Maynardville, TN 37807

Dojo Directory

Annendale Acres Isshinryu Karate 13190
East Erie Rd
Albion, MI 49224
(517) 531-4320

Bill McMillan
P.O. Box 61
Clinton, TN 37717

Bryant School Of Karate
Rt. 5 Box 84
Lafollette, TN 37766

Calvin Patton
3200 Harbor Landing Ct
Antioch, TN 37913
(615) 360-9001

Scott & Ruth Ann Shamblin
Isshinryu Karate
110 Keith St. SW Suite #3
Cleveland, TN 37311
(615) 479-8813

Dan Holloway Isshinryu
1700 Beechcraft
Keego Harbor, MI 48320

Dave Domers Samurai
Karate Schools
1912 Nantucket Dr.
Woodstock, GA 30188
(404) 928-6001

Harrill's Isshin-Ryu Karate School
P.O. Box 458
Carson, IA 51525
(712) 484-3455

Hole In The Wall Dojo
612 W. Church St.
Greeneville, TN 37743
Max Jones, Instructor

Isshinryu (Bushido) Clubs
Don & Jan Roberts
Fairburn, GA 30213
(404) 964-7472

Jim LaRocco Isshin Ryu
Karate Club
4187 Loch Highland Parkway
Roswell, GA 30075
(404) 993-7902
Now 2 locations in Atlanta

Keely's Monahans Isshinryu Karate
School
200 South Allen
Monahans, TX 79756
(915) 943-8818

Sevierville Isshinryu Karate School
%Bill Marshall
2126 Newport Hwy.
Sevierville, TN 37862
Mike Clark (615) 933-9335
Bill Marshall (615) 428-1894

Union Co. Isshinryu Karate School
P.O. Box 54
Maynardville, TN 37807
(615) 992-5320 Mike Butcher
(615) 922-6012 Jeff Hensley

Wheeler's School of Isshinryu Karate &
Arnis
P.O. Box 56
Powell, TN 37849
(615) 947-8703
4PM-9PM

Sheltons Ryu Kyu Karate
P.O. Box 10361
Burbank, CA 91510
Alfonso Shelton
(818) 566-0886

Isshinryu Karate Club
205 N. Main St.
Erwin, TN 37650
Tony Baker (615) 743-5421

Louis Fetherolf
1041 Andrew Lane
Fallon, Nevada 89406
(904) 672-4444

School Of Isshinryu Karate & Self Defense
203 S. Thompson
Jackson, MI 49203
Jerry May (517) 788-9283

Barnetts Isshinryu
Rt. 1 Box 15
Green Mountain, NC 28740
(704) 688-3970

Ryu Renshi-Dan Karate
Hombu Dojo USA
96 Main St.
Dobbs Ferry, NY 10522
Jose L. Guzman, Kyoshi-san
Chief Instructor

Greater Atlanta Isshin-ryu Club
1005 Glenleaf Dr.
Norcross, GA 30092
Chuck Griffen
(404) 447-9183

Athens Karate Studio
Carl & Diane deBlonk
2320 Congress Pky.
Athens, TN 37303
(615) 745-7499

Barfield's School Of Isshinryu Karate
520 Belle Pointe Court
Nashville, TN 37221
J.P. Barfield

Keiths Isshinryu Karate
3941 W. Michigan Ave.
Jackson, MI 49283
(517) 750-4146
Tues & Thurs 6:30-8:30PM

Lenox Karate Club
Isshinryu Freestyle
P.O. Box 1058
Pickens, SC 29671
(803) 878-3458
Sensei Bob Nagy

Mike Upchurch
1955 E. 44th St
Indianapolis, IN 46205
(317) 253-5973

Robert Rhea
P.O. Box 6212
Louisville, KY 40206

Roger Overholt (Shorin-Ryu)
P.O. Box 942
Newport, TN 37821

Ron Reed Karate School
332 West Beech St.
Sullivan, IN 47882
(812) 268-5610

Spruce Pine Karate Center
(Isshinryu)
P.O. Box 766
Micaville, NC
David Ray (704) 675-5456
Herman Cornett (704) 756-9251

Kodai No Ko Bayashi-ryu Karate Do Kyo
Kai
Shorin-Ryu-Ko-Ryu Kan Dojo
4577 Rockbridge Rd., Suite-E
Stone Mountain, GA 30083
Joseph A. Tripoli
(404) 292-0841

Johnson City Karte Center
Rt. 8 Box 34
Johnson City, TN 37601
Chil Ledford (615) 929-0925
Arthur Sanders (615) 282-1527

Martins School Of Karate
505 E. Carroll St.
Tullahoma, TN 37388
James "Moose" Martin
(615) 455-8053

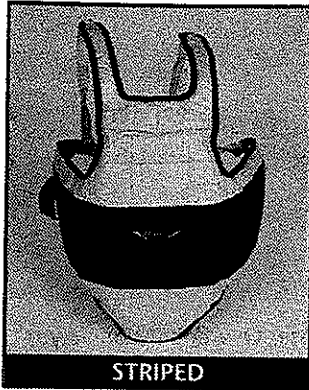
NOTICE: Some of you need to take care of renewing your dojo listing fee for 1991. Fee is \$10 per year for O.K.U. members and \$15 per year for non-O.K.U. members.

PROTECTIVE GEAR

TC 2000 CHEST GUARDS

Chest guards disperse the force of kicks and punches, and may help to protect sparring participants against injury. They also help reluctant students to overcome the fear of "getting hurt". Makes sparring more fun too! Also recommended for intermediate and advanced students when using harder contact. Excellent protection for the upper chest and midsection.

- Non-shift padding
- Force dispersing design
- Tear-Resistant, E/Z Clean Vinyl cover
- Extra-Strong Cotton Straps

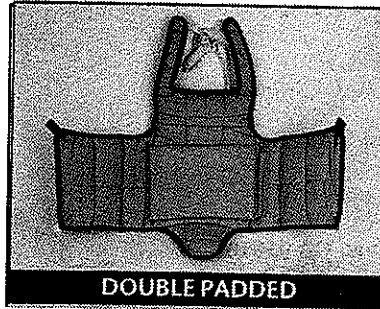


STRIPED

10-150 Reversible Red/Blue Vinyl ... 24.95

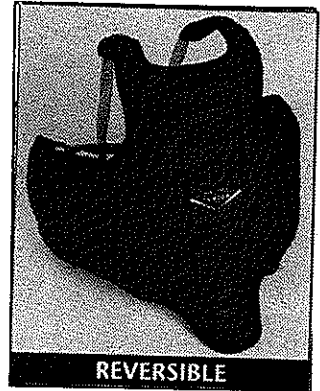
AVAILABLE IN THREE STYLES:

Sizes: CH, S, M, L, XL



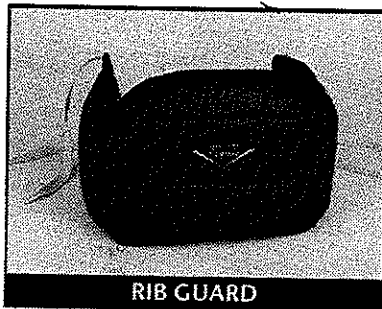
DOUBLE PADDED

10-170 Blue Vinyl/Cloth ... 24.95
10-180 Red Vinyl/Cloth ... 24.95



REVERSIBLE

10-160 Red/Blue Vinyl ... 24.95



RIB GUARD

Vital area protection for the more advanced student. Worn under the uniform, it is less cumbersome than a full chest guard.

- Force-Dispersing Design

Sizes: CH, S, M, L, XL

10-190 Blue/White Vinyl ... 17.95

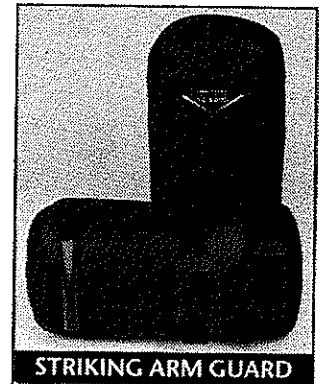


HEAD GUARD

Newly designed to provide maximum protection all around the head, TC 2000 Headguards also give a better fit, providing 3 separate points of adjustment, all with quick & easy Velcro closures.

Sizes: CH, Adult

10-200 Black Vinyl ... 22.95

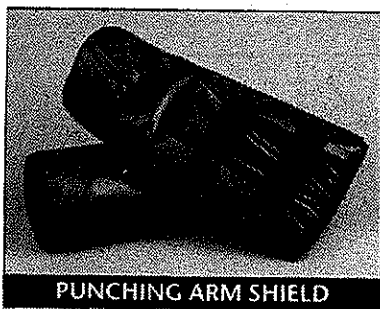


STRIKING ARM GUARD

Worn along the outside of the forearm, these are large protective targets, especially effective for absorbing roundhouse, spin and crescent kicks. Perfect for harder contact training.

- Thick high-density Padding
- Strong Vinyl-coated Canvas
- Lightweight and Heavy-Duty Sewn

10-810 Black Vinyl ... 17.95

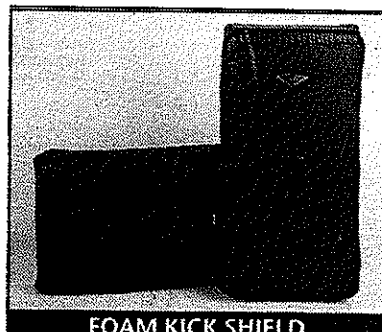


PUNCHING ARM SHIELD

Excellent for beginning students because they give large area protection and soften those wild punches. For students who forget to "cover-up", this shield allows the holder to throw well padded counter punches after blocking. Helps humble careless students without hurting them.

- Protects a large area
- Giant padded punch

10-811 Blue Vinyl ... 16.95



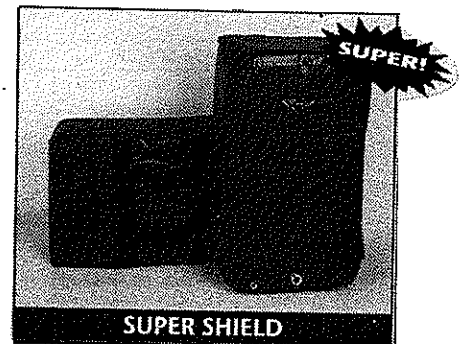
FOAM KICK SHIELD

The best way to develop powerful kicks is by practice, practice, practice! This shield protects the holder and allows the kicker to use full power again and again. Excellent for beginner to intermediate level students.

- Extra-strong Vinyl coated Canvas
- High density thick Foam Padding
- E/Z Clean removable cover

(30" x 15" x 4 1/2")

10-812 Vinyl ... 25.95



SUPER SHIELD

The Ultimate Protection. Especially designed for advanced students using full power. Twice as thick as our standard shield, with strong reinforced straps that allow the holder many options.

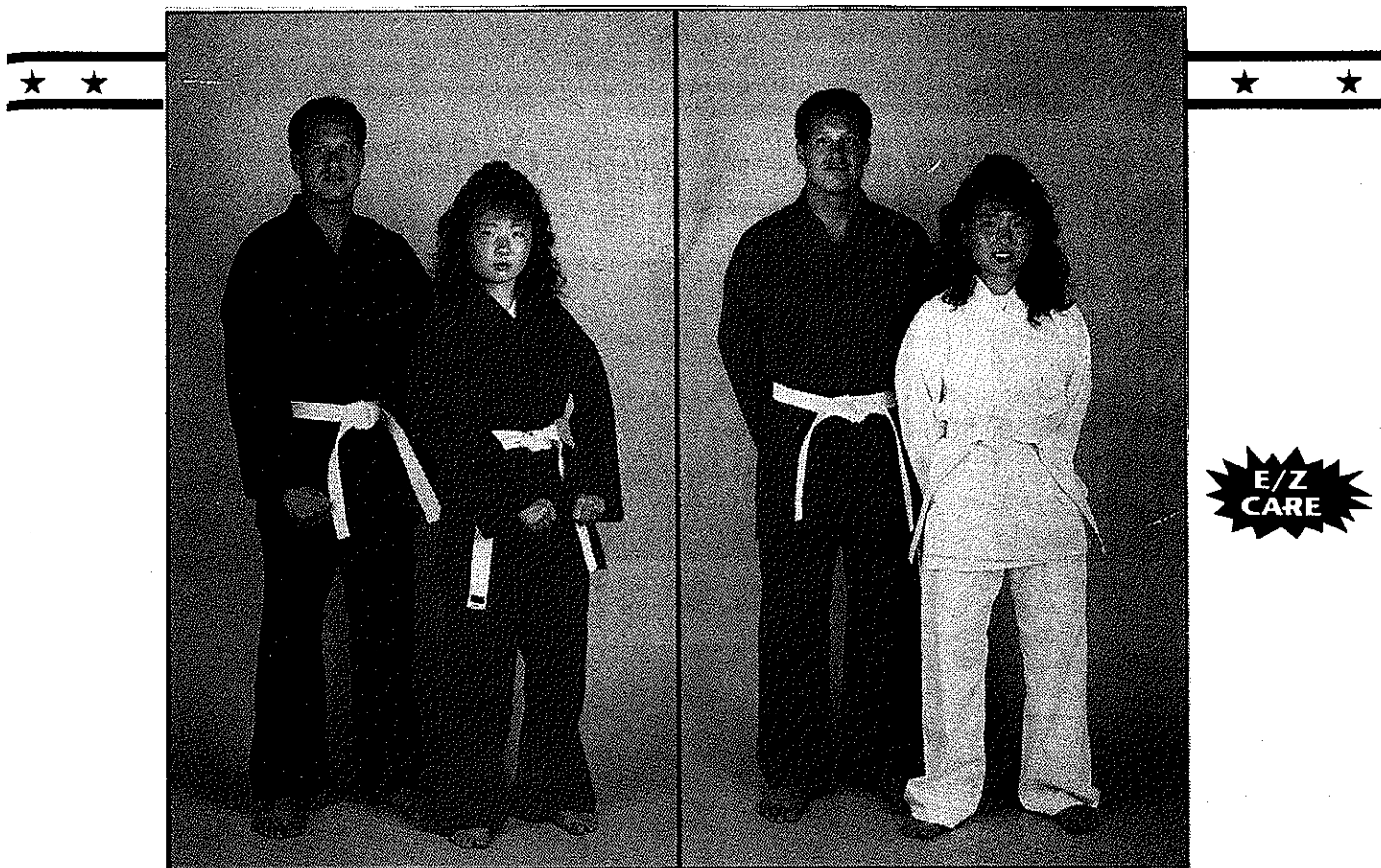
- More Protection
- Absorbs full contact

(26" x 15" x 8 1/2")

10-813 Vinyl ... 35.95

TRADITIONAL STYLE POLY/COTTON UNIFORMS

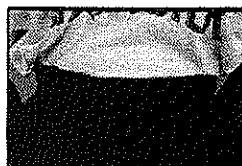
Richard Taylor and Jaeran Ahn are senior students of Mr. Timothy Dunphy at the Watsonville Tae Kwon Do Academy in Watsonville, CA.



Sparmaster Uniforms are made from permanent press E/Z Care poly/cotton fabric that dries quickly and maintains an excellent appearance. Available in a range of colors, our Sparmaster Uniforms are perfect for students of all ranks. Traditionally styled Top and elastic-waisted drawstring Pants. (Tailored to American size specifications for the best possible fit.)

100% Cotton Gis are available in white & black at the same prices as the poly/cotton blend.

America's Favorite Student Uniform



Elastic Waistband w/ Drawstring



Look for Sparmaster's "Stars and Stripes"

PLEASE SPECIFY SIZE WHEN ORDERING

Pants Only also available. See page 23 for ordering.

WHITE

ORDER # 11-61	
Sizes	Set Price
000-00	18.00
0-1	19.00
2-3	20.00
4-6	23.00

BLACK

ORDER # 11-62	
Sizes	Set Price
000-00	19.00
0-1	20.00
2-3	22.00
4-6	25.00

BLUE

ORDER # 11-63	
Sizes	Set Price
000-00	20.00
0-1	21.00
2-3	24.00
4-6	27.00

RED

ORDER # 11-64	
Sizes	Set Price
000-00	20.00
0-1	21.00
2-3	24.00
4-6	27.00

Wheeler's School Of Karate
 P.O. Box 56
 Powell, TN 37849
 use order form on back cover



TIGER CLAW'S SPARMASTER



TIGER CLAW INTRODUCES:

**THE NEWEST AND MOST TECHNOLOGICALLY ADVANCED
DIPPED-FOAM SPARRING EQUIPMENT IN THE WORLD...SPARMASTER!**

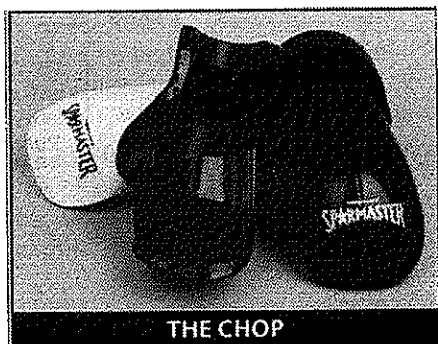


THE CHOP

BETTER FINGER GRIP—Our custom vinyl Finger Grip gives you better control with more comfort.

MORE CONTOURED DESIGN—Our exclusive new shape fits the fist better and gives greater protection to the thumb.

CUSTOM-NOTCHED FLEXIBILITY—Making a fist is easier and we've eliminated the interference between the thumb and fist section.



THE CHOP

Sizes: CH, S, M, L
10-550 White 21.00
10-560 Red .. 21.00

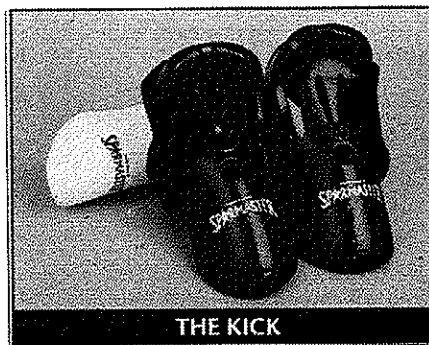
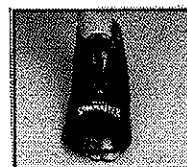
WHY SPARMASTER IS BETTER:

THE KICK

BETTER CIRCULATION TO THE FOOT—with our exclusive STRAP-LOK™, Sparmaster Kicks are snugly secured to the foot without the elastic strap completely encircling it. This allows free circulation to the foot, resulting in less fatigue and greater comfort.

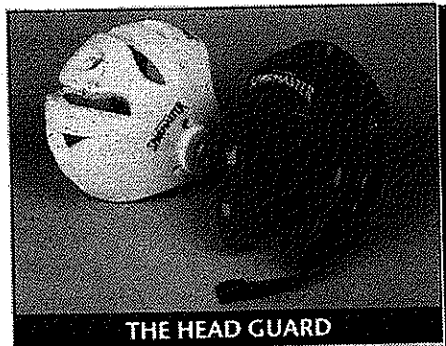
FASTER & EASIER ON/OFF—Sparmaster's elastic strap stays threaded through our dual tongue slots, so you don't have to wrap and unwrap an unruly elastic strap each time the kick is worn.

MORE SECURE FIT—Our STRAP-LOK™ holds Sparmaster Kicks in place from 2 sides, so they can't rotate.



THE KICK

Sizes: CH, S, M, L
10-610 White 21.00
10-620 Red 21.00



THE HEAD GUARD

Sizes: CH, S, M, L, XL
10-500 White 27.50
10-510 Red



Wheeler's School Of Karate
P.O. Box 56
Powell, TN 37849
use order form on back cover

Order Form For

Wheeler's School Of Isshinryu Karate P.O. Box 56, Powell, TN 37849

Bus, name _____ Phone () _____

Name _____ Phone () _____

Address _____ Apt. No. _____

City _____ State _____ Zip _____

QTY.	ITEM#	DESCRIPTION	PRICE	TOTAL

Payment Terms:
Send Money Order, Cashier's Check
C.O.D. orders accepted with CASH or
MONEY ORDER

No Personal Checks

SHIPPING CHARGES

Add 6% of total order amount
or
\$3.50 whichever is greater
C.O.D. fee \$2.00

Subtotal

Shipping

TN Residents
Add 7 3/4% sales tax

TOTAL

Okinawan Karatedo Union

P.O. Box 56
Powell, TN 37849

Bulk Rate
U.S. Postage
PAID
Knoxville, TN
Permit 817

