

OKINAWAN KARATEDO UNION

Newsletter Volume V Issue 4

DECEMBER 1991

Update

	Sept. 1991	Dec. 1991
Kyu	892	932
Black Belts	369	376
Dojos	85	85

New Black Belts

Mark Robinson.....	TN
Jimmy Talley	TN
Christopher M. Sears	GA
Jerry Taylor	GA
Pete Roberts	NC
Matthew Dake.....	TN
Alvin Brown.....	TN



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 12.50 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.

An Open Letter to O.K.U. Members

Dear Karate-Ka,

As those of you who received our last newsletter are no doubt aware, Sensei Wheeler has announced that he is stepping down as President of the OKU. I would like to take this opportunity to assure everyone that no substantive changes are planned for our association. Mr. Wheeler is still Sensei, and I plan to impose on him as much as he will allow for help & advice.

I would like to challenge all OKU members. If each member brought one new person, the size of our association would double. Let's seek out serious martial artists who train with good hearts and invite them to join us. After all, the OKU is a great bargain. We have a fine newsletter, the best seminar around, promotion testing for high dans and those without sensei, and savings on entry fees on certain tournaments.

Also, the OKU newsletter needs contributors. Let us hear news about your dojo, Kids in particular love to see their names in print. News doesn't necessarily have to be karate related. It could be good grades or other special achievements. Let us hear from you.

Yours in Karate-Do,
Don Roberts

Dojo News

Don & Jan Roberts, Fairburn, GA — We had our tourney on September 21, and it was a success. We had about 150 competitors including one from France. A big thanks to all who attended. We enjoyed the annual banquet. Awarded Yudansha of the Year to Bobby Hughes and Mudansha of the Year to Keith Lowry for their courage in coming back from injuries. Awarded special certificates of merit were Jennifer Hughes, Matt Ford, Matt Smith, Jimmy Gall, and Karen Flint. We did

Dojo News Cont'd

well in the Fall Classic the next day. I was especially proud that our students comported themselves well, as Karate-Ka should.

We have been visiting quite a bit in the last month. We went up to Sensei Joe Tripoli's new dojo for a seminar with Shorin-Ryu Master Gary Alexander. Sensei Alexander will shortly be coming out with a book on the history of Okinawan Karate. It would be a good one. Also went to visit Jim LaRocco's new dojo. His class consisted of a mixture of Isshinryu and Shotokan students. Also in attendance was Sensei Burt Ross, an Isshinryu 5th dan, who has just moved here from Detroit. Sensei Ross was impressive not only for his skill, which is very high, but also for his humility.

Jan, Jennifer Hughes, Lisa Parker, and I put on a self-defense class at the New Life Presbyterian Church. I don't know if they knew quite what to make of us, but we had fun.

The following students in our Jonesboro and Fairburn classes who have earned good grades in the first period of this year are:

Jennifer Hughes - 3A's, 3B's; Bobby Hughes - 4 A's, 2 B's; Matt Ford - 4 A's, 2 B's; Whitney Bean 3 A's, 3 B's; Abe Curry - 4 B's, 1 A; Steve Keys - all VS and S's; Michael Gilbert - 2 A's, 2 B's; Kent Daghestani - All VS's; Junichi Fukawa - All A's; Jimmy Gall - 1 B, 4 A's; Karen Flint - All A's; David Wheeling - 6 A's, 3 B's; Adam Chandler - A's & B's. Also Jimmy Gall - Cub of Week (Good grades; & Behavior); Kevin Carmichael - B average plus Cub of Week and Karen Flint was elected president of the 4-H Club.

Jerry May, School of Isshinryu Karate & Self Defense — Our school had a testing on the 24th of September and it went just fine. The following students were advanced: Wendy Rearick - Orange belt; Curt Turner - Green belt; Al Wright - Green belt; Bob Rearick - Green belt; Mark Christoff - Blue belt.

All of the above students showed great spirit and good technique in their kata and kumite, and I'm proud of all of them. I'm also looking forward to starting up again in the community enrichment program in October.

Wheeler's School of Isshinryu Karate and Arnis, Powell — That is quite a mouth full, isn't it? News from Wheeler's is rather plentiful this quarter. In October 1991 we hosted the OKU Banquet and the Isshinryu Fall Classic Tournament. Both were very successful by most any standard. The banquet was the most fun filled one

that we have had. (See separate article.) The tournament was likewise, we had just under 300 competitors this year. A little less than what we had last year. Chief Ref. Randy Rinehart, directors Bobby and Jamie Schmidt, scorekeeper and time keeper coordinator Debbie McKeel did an excellent job. We got it started about 11:30 a.m. and finished up about 5 p.m. Most everyone went away happy and we had no injuries. That is wonderful and we hope to even do better next October. Sensei Tony Baker won the big water bag and Sensei Terry Cunningham won the set of butterfly swords. Wonder who the two lucky ones will be next year? November saw our people attending several tournaments and winning several trophies and seeing many old friends and also making some new ones. We also made up two Thanksgiving baskets for people in our community that have been less fortunate than us. Our kids have done real good as a whole with their school work. All have made passing grades, a few have not brought their grades in. Those few will be hurting at promotion time in December. Here are the ones that have made at least a B average since school started in August: Ken Johnson, Bryan McKeel, Dustin Munsey, Ike Padgett, Barry Busler, Jeremy Busler, Larry Wilson, Jon Coyne, Ben Harrell, Zack Condry, Austin Beeler, Keith Bird, Jarrett Martin, Wesley Walker, Justin Walker, John Hale and I am sure there are others that just forgot to bring in their grades. December we will have our annual kids tournament (12/10) just for the kids in Wheeler's School, the T.K.C. Championship Tournament and Banquet (12/7) some will attend the George Dillman Clinic in Atlanta, GA (12/8), promotion program is December 20, the annual Christmas Party is December 23rd and again we will make up two Christmas baskets to help two needy families in our community. I have heard that idle hands are the devil's workshop. So we believe in keeping busy and having a positive attitude. Wecando in '92!

The Competitors from the Samurai Karate Schools in a Nov. 16th tournament captured 61 of the 139 awards given. It was slo good to see Sensei Alan Watherby back in the U.S. He has been in Australia for the alst year. Alan has promised that he will write an article aon his stay in Australia for the O.K.U. newsletter.

Special Note:

Sensei Don Roberts announced his retiremnt from competition at Sensei Dave Domer's Bushido Invitational Tournament in Cartersville, GA on Nov. 16 Don placed first in all of his division competition except kata. I believe that he placed 3rd in kata. I remember Csey

Stengal once fined Yogi Berra \$100 for hitting a single. The 3 Yankee hitters ahead of Yogi had hit home runs. Casey said that Yogi's single stopped the rally. Maybe 100 pushups would be fine enough for Don. Well Don congratulations on a long and illustrious career in competition. We hope that in your future you have continued success in the teaching and executive fields.

My Mission in Los Angeles, California

by J. Eric Hendrix

On February 22, 1989 I entered the Missionary Training Center located in Provo, Utah. I remained there for nine weeks. Every day of those nine weeks was packed with at least ten to eleven hours of study and training. Most of that time I studied Spanish because I was assigned to work with the Latin people in the L.A. area. They also trained us how to deal and relate with people from all walks of life.

On April 26, 1989 I arrived in L.A. What a place! On the way to the mission headquarters in Santa Monica I passed the President of the U.S. going down the other side of the highway with his arm of Secret Servicemen and policemen. At the Headquarters of the mission we were getting our first prep talk about not being afraid of all the violence, crime, gangs, and earthquakes when I experienced my first earthquake. It felt like a bulldozer hit the building and for the life of me I could not figure out what was going on until I saw some others who had been there for a while laughing at my dumbfounded look on my face, then I knew what had happened. Then I met my first companion and was assigned to Hollywood. On the way there I saw Beverly Hills, a ton of movie studios and a lot of very, very interesting people. When we arrived at the apartment I had about 15 min. to stow away my luggage and then we were off knocking on doors. I didn't see another white person for quite a while. The first Latin lady I spoke to understood my Spanish just fine but when she opened her mouth oh, boy!. When she got done I asked my companion what she said he simply replied, she said, no." It was an adventurous day to say the least. Iw seemed to be a completely different world.

I spent 3 months in the Hollywood area and I absolutely loved it. I started to learn Spanish better and I started to learn more about the people and their different cultures. Even though they speak the same language there can be great differences in their mannerisms be-

cause they are from different countries. What brought me the greatest joy were the kids. I would play for hours on end with the kids. They are the most lovable, beautiful, and playful kids on earth.

I was sent to work in Watts next. I stayed there for 5 months. Now that was an experience. We worked in the projects a lot and I had some very interesting experiences in there. After Watts I was sent to downtown L.A. for 3 months, after which I was sent to Long Beach for a month and then I went to a beach area about 2 miles south of the airport for three months. I absolutely love it there. It was the most calm and serene place of where I served my whole mission and I still can not remember going one day without hearing car alarms sounding like crazy and police and ambulance sirens as well. That beach area was absolutely gorgeous and the sunsets are magnificent. Then I as off to Hollywood again but this time I stayed for 4 months.

Overall my mission was fantastic. I had a lot of really great experience but to be honest I must admit that I had more bad experiences than good ones. But that doesn't really matter because the good ones were so good that it made the bad ones seem like there were no big deal. Besides I grew and learned more from the bad ones

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

because I was always able to pull through them and come out on top.

As most people know L.A. is a crime ridden place, well I experience it all. From drive-by shootings to drug dealers and people shooting a cars because they wouldn't stop to buy drugs from them. Needless to say my training in Karate was in desperate need. I never had to defend myself where I had to use physical force but I defended myself everyday by my words and actions. I tried to steer myself away from danger but it is all over the place out there and there were many times when I had to walk right through about 10 to 15 gang members who were selling drugs but I was never touched they even politely moved out of the way. It did not always happen that way in fact one time the only way to defend myself was by letting a young gang member hit me. Of course, I did not provoke him it was a racial bias he had against me. I knew exactly what he was going to do and my body started to take over but something told me just to stand there and let him hit me so I swallowed my pride and let him. It was for the best because the other 25 gang members with him were just waiting for an excuse to do the same. Besides when he hit me it tickled compared to Sensei Don. So I just looked at him with a very amused look on my face. In L.A. I came to realize more and more how Karate isn't just self-defense nor is it an art hat can only be practiced at certain times; it is a way of life that can be and should be practiced at all times and under all circumstances. It has saved my life several times over and I can ever repay Sensei Don and Jan for the things they have very "patiently" taught me.

I had a great time out in L.A. I go t to learn another language and about other people. I also made many life long friends but most importantly I learned about myself and how to deal with life.

Pearls Of Wisdom

The harder you work, the luckier you get.

I am only one, but still I am one. I cannot do everything, but still I can do something; I will not refuse to do the something I can do. Who said this? — Helen Keller.

Flow with whatever may happen and let your mind be free. Stay centered by accepting whatever you are doing. This is the ultimate. — Chuang Tzu

When an old person dies, a library is lost.



All
A M E R I C A N
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

Special Interest

To: Okinawan Karate Do Union
Attention: Sensei Allen Wheeler

Dear Sensei Wheeler

I received my first copy of O.K.U. Newsletter and was quite frankly, shocked that not one member entered the essay contest that was advertised. I would like to take this opportunity to share my thought with you.

My daughter and I are fortunate to be students of Sensei Scott and Ruth Ann Shamblins' Dojo located in Cleveland TN. Being a new student and an "old guy" at age 42, I was hesitant to begin a new adventure. This adventure into karate started January of this year at Cleveland State Community college under the teaching of Scott and Ruth Ann. With the opening of the dojo several students at Cleveland State soon joined along with me. One of the main reasons I enrolled was the dedication to and of the sport exemplified by Scott and Ruth Ann and their willingness to teach their art to all ages.

Being around kids seems to be the life blood that draws Scott and Ruth Ann to the love they have for karate. They are well known in the community and at all tournaments the dojo competes, they have the earned respect of fellow peers. I realize these two people are special, not only to students in Cleveland but all people dedicated to the progress of karate. I count Scott and Ruth Ann not only teachers but as friends also.

Karate has taught me discipline, sportsmanship, self defense, learning skills, and knowledge that used properly can defend or save a person's life. Karate has also provided new friends in my life. Friends that are dedicated to this art develop a special camaraderie. Although I am a "new-comer" I have friendly foes at tournaments. I compete against, friends that you can swap ideas and compare techniques, and friends from different styles you can compare katas too. I have new friends that have a family just like mine that support me but I think I am a little crazy sometimes. And friends that I look forward to seeing at the next tournament. Our world needs more friends like these.

Karate has brought an enhanced relationship with my daughter. Being as close as we are made a personal joy seeing her enter karate. I'm not the pushy parent but seeing her advance is an honest joy that means much to me. I want her to win naturally but watching her relationship with other kids and her skill develop is very

gratifying. I wish other parents and children utilized karate as a positive avenue to improve their relationships.

Finally karate has given me goals to stay in shape, to study hard, listen to the teachings of my Sensei, and to take life with more joy. The accomplishments of belt rank and personal achievement help ease the little aches and pains this "old guy" has, and makes this a fantastic sport. The last 10 months of my karate life has been a time I'll never forget and I want to acknowledge a special thanks to all my fellow advanced students for their kindness to me.

Thank you Rick Elliott - Karate-ka

I leave you with these words of wisdom:
"What you put in your heart when your young shows on your face when your old."

Thanks to Mr. Rick Elliott of McDonald, TN for the above article. Hang in there Rick, I was also 42 years of age when (lacking 3 months) I started studying karate. I got my sho dan rank the same day my first child was born.

More Than A Sensei

It's one thing to be just a Sensei. The person this is about is one who makes all the difference because he teaches so much more.

Sensei Holloway's students, I'm sure, will agree with me when I say he has not only been the finest karate instructor but also a true friend and mentor. He is also a fine example of a person who has made the most out of life as this is reflected in his lessons. He knows how to turn a bad day into one that is only a memory. He has a way of making his students feel good about themselves which helps them be the best person they can be. If someone doesn't get this feeling, then they've missed something out of each lesson.

It truly hit me after a vigorous discipline session. I knew instantly that I had made a mistake. I took my medicine and thought to myself "how would Sensei come back from this?" I expressed my apologies to my Sensei and the other students then gained the respect back. I did this because I knew I loved karate and I couldn't just quit. I knew that this was a lesson to be learned and his way of making me a stronger person. And that I was.

Sensei is so dedicated to the art of karate which definitely shows as he has a strong commitment to teach. Students come and students go, but those of us who have

stuck out the very tough times appreciate the knowledge he shares with us; but he may not know how much.

I was never so proud to be Sensei Holloway's student when Master Harrill passed his black belt to him. He didn't say to much bout it; but we knew how much it meant to him.

Sensei Holloway, this letter is written in dedication to you; one of the finest instructors of Isshinryu Karate. Thank you for sharing your knowledge. And, also for being more than just a Sensei. We're proud to be your students.

Denise M. Galorneau

O.K.U. 1991 Banquet

The Annual O.K.U. Awards Banquet was held on October 11, 1991. Following are some of the awards that were given.

O.K.U. Awards for Dan Ranks

Outstanding Executive Award: Sensei Mike Johns - Morristown, TN

Outstanding Achievement Award: Sensei James La-Rocco - Rosswell, GA

Master Tatsuo Shimabuku Award: Sensei James (Moon) Martin, Tullahoma, TN

Outstanding Kyu Rank Awards

Wheeler's Dojo, Powell, TN

Adult Male: Scott Monroe

Adult Female: Beth Wrasman

Kids Class (9-12 yrs): Brian Packett & Dawn Laney

Kids Class (6, 7, 8 yrs): Jarrett Martin & Keith Bird

Dayton, TN - Inst. Judy Goforth

Adults: Frankie Jarvis & Sue Rubright

Kids Class

Deali Gofroth & Charley Alonzo

Fairburn, GA; Doug Koschel, Inst.

Jimmy Gall & Karen Flint

Jonesboro, GA; Don & Jan Roberts, Inst.

Matt Ford, Matt Smith & Keith Lowry

Special Awards To: Jennifer Hughes, Bobby Hughes & Eric Hendrix

Also Special Award to: Sensei Sherman Harrill in Carson Iowa.

Tullahoma, TN; James Martin, Inst.

Young Lady: Rachell Bowles

Young Man: David Price

Adult Lady: Yvette Thomas

Also Instructor James Martin starred in a home movie that was shown at the banquet.

Overholts Karate Studio; Robert Overholt, Inst.

Adult Male: Jeff Smith

Female: Karen Williams

Sevierville School of Karate; Mike Clark & Bill Marshall, Inst.

(Gateway to the Smoky Mountains & home of Dolly What's-Her-Name)

Young Lady: Amanda Carter

Adults: Jason Morgan & Don Robinson

Senseis Bob Doaks, Chuck Reynolds and Brian McKeel assisted in presenting some of the special awards. Sensei James (Moon) Martin really appreciated the bright red suspenders. Almost as much as Mr. Wheeler appreciated the vitamins to promote hair growth and those beautiful rainbow colored slacks.

Everyone had a wonderful time and we are really looking forward to next year's banquet and tournament.

Special News

The O.K.U. will be taking of under a new president, Sensei Don Roberts and Secretary-Treasurer Jan Roberts, Jan. 1st, 1992. I have been president since the birth of the O.K.U. in Jan. 1987. Our goals will remain the same. We want to preserve one of the ways that Master Tatsuo Shimabuku taught the katas, basics and weapons. Also to accept any Okinawan or Japanese style or system of karate into the union, and do our very best to help all of the styles that are in the union and each individual dojo and person. Let's not worry about what others are doing, but rather give our undivided attention to our own business and people. Strive to improve our programs, take part in our community affairs and try to be an organization from top to bottom that will be an asset to everyone. I believe we should concentrate on getting kids into our schools and classes, they are not only the future of karate and the other arts but of the entire world. They need role models that they can be proud of. Most TV programs and movies are a bunch of trash that encourages bad language, alcohol, dope, free sex or safe sex, infidelity in marriage etc. Our kids need someone to tell them, and be an example, that all of this is not right. Magic Johnson is in a position right now to be a big influence. I have heard him say and read about him telling and encouraging everyone to be careful, don't take chances, make sex safe. All of this is good, but I have not heard him saying anything about premarital sex being wrong. Very seldom do we hear anyone say that it is wrong. There are a few TV preachers that have not helped our kids (and adults) morally with thier conduct either. But we as

leaders in the karate community are in a position, on a smaller scale, to also be an example and hero for our kids. You may not realize it but we are all examples for someone; good or bad we are examples. Politics and egos are other areas that we need to be wary of. Let's keep politics to a minimum and I just don't see any place for ego in anything. Some are more gifted in certain areas than others. But this is no reason to be a swelled up egotistical A.H. All gifts come from God. If you have not read *Karatedo My Way Of Life* by Master Funakoshi Gichen, I recommend it. He was one of the great karate masters of all times, yet he was not above sweeping the dojo floor or working in the yard of the dojo. Master Chojou Miyagi another all time great, in war torn Okinawa after W.W. II, would often times give up his place in the food lines to an older, weaker person and go to the end of the line. There were times that the food ration supplies would be exhausted before he got back to the head of the line. None of the people that he was working with knew his identity. They found out who he was by accident not by his expecting or demanding respect for his position. Yet how many modern day so called masters do you see strutting around demanding what they call respect. I have read that Master Miyagi had the body of a bull and the heart of a saint.

I have really enjoyed being president. It has been a lot of work, a lot of fun, and the rank and file of our people have been wonderful. Now let's get behind Don and Jan, work hard expect some setbacks, we will make mistakes, we will fall down many times. But we will always get up. Master Shimabuku said if you get knocked down 9 times, you get up 10 times. We don't want to be the biggest association in the world, just the best. I will still be in the O.K.U. and on the Board of Directors.

In the future please send all O.K.U. business to don or Jan Roberts or The O.K.U., P.O. Box 596, Fairburn, GA 30213-0596

Remember get your O.K.U. dues in during January 1992. If you have a business or a service advertize in your newsletter, have your tournaments and clinics sanctioned by the O.K.U. Let's continue to help each other with our support both morally, physically and financially. **Remember Wecando in '92!**

Setting It Straight

Sensei James Tripoli called this to my attention. On page 7 of the September 1991 edition of the O.K.U. Newsletter, in the article by Sensei John Sells the caption for the picture is wrong. The names for the men in the back row is actually for men in the front row and the names for the front row are for the men in the back row.

The Karate Way

Strategy for the Modern-Day Battlefield

By Dave Lowry

Reprinted from Black Belt/November 1991

When we read about *heiho*, the strategy employed by legendary Japanese martial artists like Kamilzumi Nobutsuna and Tsukahara Bokuden, we are apt to think of it as the methods they used in life-threatening situations. That's true to some degree, although there's little doubt the world in which they lived was, on the whole, a lot safer than our own. The fact is, however, that the strategies employed by the illustrious warriors of the past were effective because they were applicable in daily life. For every duel that they fought and won, Nobutsuna and Bokuden *avoided* ten others.

Some of these encounters were averted because these warriors used strategies peculiar to their life-style. A swordsman, for instance, would generally take care to place himself so his right hand was unencumbered; he needed to be able to draw his sword in an instant. He would situate lamps in a room in such a way that he would never be between them and the paper walls. In that way, his silhouette would not present an easy target for an enemy on the other side of the wall. For the warrior, these were commonplace risks in his rather special life-style; he dealt with them using common sense. Although today we don't carry swords or constantly worry about assassins, using the same kind of common sense will often serve as a useful strategy in our lives.

All this came to mind recently when I saw a young man leaving the *dojo* (training hall) after a karate workout, still wearing his *gi* (uniform). Wearing a *gi* out on the street along with a pair of sneakers makes a guy look a little silly. It is almost always a lower ranked *budoka* (martial warrior) who does this; most black belts have learned that this sort of thing just isn't done. I have, however, seen an *aikido* black belt show up for a demonstration and amble happily through a crowd of thousands

wearing his gi and *hakama* (divided skirt). He may have thought this made him look more "Japanese" or perhaps th thought it made him look more serious or professional. But priests are serious, and they don't were their vestment when the walk to church. Major league ball players are professional, but they don't wear their uniforms to the stadium.

There are practical reasons for not wearing a gi outside the dojo. consider what your white uniform would look like after fixing a flat tire or crawling under the car to reattach a broken muffler. More importantly, though, wearing your gi on the street is bad strategy.

Suppose the martial artist is driving home after training and his car runs out of gas, forcing him to hike to a gas station. I'm sorry to say it, but the sight of a guy walking down the road in a "krotty suit" is almost certain to bring out the yahoo in some jerk passing by. The guy gives a derisive yell, interprets your frightened jump as an invitation, and slams on the car brakes to engage you in a challenge. Suppose it goes past a verbal taunt; maybe the jerk actually attacks you. You defend yourself, knock him down, and the cops arrive. "Arrest this guy," you attacker demands. "He threw a rock at my car and jumped me when I stopped." Of course, he might tell the same story if you were wearing jeans and a T-shirt. But how much validity does his tale gain when he adds "Look at him, he's a krotty nut, walking around in that outfit looking for trouble"?

You see? You have unwittingly drawn yourself into a dangerous situation, and all because of bad strategy.

Wearing a gi on the way to or form the dojo may not sem like a big deal. Keeping himself in a position so as to be able to employ his sword instantly (or out of position so as not to be an easy target) might have seemed unnecessary to the samurai. Most of the time, nothing would come of it. But then again, it only takes once.

Today's budoka need to consider this, as well as other strategies that might lead to avoiding danger. If Bokuden were around today, would he be wearing a T-shirt to the mall that proclaimed his fencing school? Would Nobutsuna have a bumper sticker on his car advertising is martial style? Of course not.

Strategy: It's not just for the battlefield anymore.

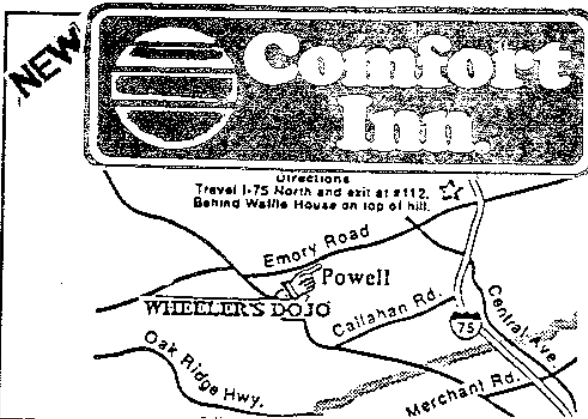


TRADITIONAL MARTIAL ARTS SUPPLY INC.

Fast Friendly and Courteous

Please Let Us Serve You

P.O. Box 15594
Plantation, FL 33318-5594
(305) 741-1808



**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**

Shaolin Long Fist Kung-Fu

The following article was excerpted from *Shaolin Long Fist Kung Fu*, a 238 page book by Yang Jwing-Ming and Jeffery A. Bolt. In adapting this book to magazine format, much information and many photographs had to be omitted. For that reason, readers who have an interest in learning more about this subject may wish to refer to the original volume, available from Unique Publications at 7011 Sunset Blvd., Hollywood, CA 90028-7597

By Yang Jwing-Min and Jeffery A. Bolt

Kung-fun literally means energy (*kung*) and time (*fu*). Many Westerners have mistakenly thought that kung-fu referred specifically to some sort of fighting system. In actuality, any skill, talent, or technique that requires patience (energy and time) is properly called kung-fu. In terms of common usage, the everyday Chinese word for martial arts is *wu shu* or (*wu su*), which means martial technique.

There have been many styles in the history of *wu shu*, but the greatest in terms of organization, overall training methods and morality was developed out of a Buddhist monastery called the Shaolin (Shao-Lin) temple. The achievements of the Shaolin system made it a popular style, while also earning respect and dignity. Because of the revered status of the Shaolin system and the fact that most modern style find their ancestry in the Shaolin temple, we will include some historical notes in this article, taken from the *Wu Tan Journal*, and from the informal historical traditions.

The Shaolin Temple

The first Shaolin temple was built by order of Emperor Wen and was located on a mountain top in Honan province. The emperor built the temple for a Buddhist named Pao Jaco for the purpose of preaching and worship; at this time no martial art training was done by the monks. In 527 A.D., during the

Liang dynasty, a Buddhist prince, Da Mo, of an Indian tribe came to the temple for religious preaching. But when Da Mo came, he saw that many of the monks were sick and weak. In order to find a way to strengthen the monks, Da Mo is said to have locked himself in a room for nine years of meditation; when Da Mo came out his is said to have written his results down in two books: *Shi Sui Ching* and *Yi Gin Ching*. Da Mo died in 539 A.D.

The *Shi Sui Ching* was primarily a religious treatise explaining methods for the cultivation of the Buddhist spirit, while the *Yi Gin Ching* taught ways to strengthen the physical body. Unfortunately, after a few generations the content of the first book were lost. They were probably lost because few people practiced it hard methods and principles. However, the *Yi Gin Ching* was taught in the Shaolin temple for generations to increase external muscular power, and also to increase what is referred to as internal power.

The increase in external and internal power encouraged the monks to investigate the special properties and characteristics of *wu shu* in order to develop ways to apply it for self-defense against thieves and robbers. The necessity of protecting themselves against criminals was especially vital, since many monks traveled far from their temples to preach and help people. Consequently, the learning of martial technique became a required course of study in addition to religious studies. It must be remembered that the monks spent more time in the study of Buddhism and spiritual cultivation than on martial arts.

Unfortunately, 30 years after Da Mo's death, a few monks with weak morals left the temple and roamed the countryside robbing and killing. Because of their martial technique and power, ordinary people were defenseless. As a result, the emperor (Chou dynasty, 570 A.D.) ordered the temple to close down.

It wasn't until 30 years after the closing of the temple and the arrival of a new dynasty (the Sui, 600 A.D.) that the Shaolin temple was allowed to resume its activities. To avoid any more occurrences of immoral and unscrupulous behavior, strict guidelines for moral education were instituted. From that point on, the teaching of martial technique and morality went hand-in-hand.

From 600 to 1600 A.D., the martial arts grew through the Shaolin temple into the most complete system of *wu shu* in china dn in the rest of the world. During this period, the Shaolin monks researched and developed internal power, external power, meditation, various bar-handed and weapon techniques, massage, herbal remedies, and so. The Shaolin system soon came to be recognized as the authoritative way of *wu shu*. In this period, more than ten Shaolin temples were built. Moreover, especially during the Ming dynasty (1368-1644), the monks and their system were also viewed as agents for virtue and justice. Everywhere a Shaolin monk went, his martial ability was always used to help and protect people.

The Shaolin way became so influential that it even spread to Japan, Korea, and other parts of Indo-China. (The oldest martial art recorded in Japan is described as the "seizing technique of Ming's people," or the "soft technique." The soft technique was taught by a Chinese monk named Chen Yuan-Yen, who spent his life in Japan during the Ming dynasty. Chen's soft technique later developed into what may have become what we now know as jujutsu.)

In 1644 disaster struck the Chinese people and the Shaolin temple. In that year the Manchurians invaded and conquered China, thus starting the Chin dynasty. In order to consolidate their control, the Manchurians began to destroy the largest martial arts organization in China: the Shaolin temple. Two hundred years of murder and destruction followed in the invasions of the

Manchus. Around 1760, a massive attack was launched against the Shaolin monks, which resulted in many deaths and in many temples being burned. Some monks were forced to hid among the people or flee to Japan or Korea. Never again was the Shaolin temple to regain its greatness.

With the dispersion of the Shaolin monks and the destruction of their temple, it became impossible to train new monks in wu shu. However, the monks who were in hiding began to teach the people their system. The teaching of wu shu to non-Shaolin monks became widespread and eventually led to the creation of many styles.

It is interesting to note that although Shaolin monks were educated in a common system, different styles still developed among their students. The reason for this may be traced to the training procedure of the Shaolin monks. Every monk was required to pass through ten separate stages of training, each of which emphasized a different aspect of wu shu. After the monks completed these stages, they were required to specialize in one or two styles. So when the monks taught ordinary people, they naturally put more emphasis on their speciality. As time progressed, the divisions became more separated. Furthermore, because students who were learning a certain speciality had no contact with others who were learning the same speciality, there occurred a tendency for one division to split into separate styles.

There is much more to tell of the history of Chinese kung-fu, but it is hoped that this short history will provide a general idea as to the main development of wu shu. Many styles exist today with a diversity of theory and technique, and even though the styles are different, each in its own way is carrying on the great tradition of the original Shaolin system.

Shaolin Theory of Movement

The first emphasis in Chinese wu shu is on defense. Attack is only taught once the student has mastered the techniques of blocking, dodging, escaping and withdrawal. This priority contrasts with

other Eastern martial arts styles, which mainly stress attack. In wu shu it is believed that if a student has gained proficiency in defense, then attack will come with little effort, because defense requires a good knowledge of attack strategies. The student who knows defense has automatically laid a foundation for attack. In the end, the student who learns defense first, and attack afterwards, will have an advantage over the student who learns to attack first.

The basic purpose of dodging, escaping and using withdrawal techniques is to avoid being hit while creating an advantageous situation for the defender — whatever the advantage may turn out to be. Implicit in this strategy is the avoidance of slugging it out. It is useless to stand in one spot and continuously punch or kick at an opponent who is also doing the same thing. This way of thinking leads the martial arts to become a system where only those who can slug it out will win, which negates the whole spirit of kung-fu and is totally impractical.

A dodge is a short, quick movement backward or to the side. A withdrawal is a movement going one or two steps backwards. An escape is a continuous withdrawal. And "Forcing" is a kind of continuous intense movement into an opponent that forces him to move in a certain direction. Forcing is generally used to set up an opponent for an attack.

Behind each method of dodging, escaping and withdrawal lies an important guiding principal. The first consideration is stability. It is very easy to get knocked down while moving if stability is lacking. Stability means, as it does in stances, a low form. As the student practices each technique he should be conscious of staying low and directing his leg power down, almost as if he were glued to the ground.

The importance of stability can be readily seen during some martial arts tournaments. During these events it is fairly common for a contestant to fall while sparring. In a real fight, falling down is probably the worst thing that can happen. The person who has fallen

is then vulnerable to any attack. Falling down is usually due to a lack of stability that results from overly high stance. The single greatest influence on the belief that high stance are effective is the martial art movie. Although the movie may show "great" techniques, one should remember that it is all make believe. In traditional wu shu, low stance are extremely important.

The Shaolin monks had an interesting way to train their novices in stability, and also, in patience. Shaolin temples were usually located on the sides of mountains near river valleys. Therefore, in order to obtain water the novices had to be sent down to the river. But on the route to the river, the monks required the novices to use only prearranged tree stumps that were on the path — years earlier the monks had planted the trees and later cut them to stumps.

As the novices went to get water, they were required to jump or walk from stump to stump. By jumping from stump to stump, the buckets began to swing. The swinging buckets and the jumping were perfect ways to develop stability. As the children improved, they were given bigger buckets to carry. In addition to building stability, the novices were learning the steps used for attack and defense, because the trees had been planted in the correct pattern of footwork for those maneuvers.

The second consideration is the protection of vital parts of the body, or cavities. Moving techniques are useless if an opponent can strike an important cavity. A large part of a martial artist's success depends on positioning himself so that only strong areas with few cavities are exposed. Having low stances helps the protection of cavities tremendously. Additionally, each moving form must allow the martial artist to protect or seal exposed cavities through blocks, body movement, or an extended hand that covers the body.

The third important aspect of martial arts movement is speed. Speed is a matter of being quick while moving in a prescribed manner. As the student practices, he should try to make each moving

form come alive. By concentrating on speed during the practice, the student can apply offensive and defensive techniques with ease. Quickness comes about only by continual practice.

While stability, protection of cavities and speed deal with the specific components of moving forms there is, in addition, the strategic ideas of movement. The first strategic concept is the idea of distance. In Chinese martial theory the distance a martial artist stands from his opponent can be classified into three categories: short, middle and long range.

Short range is defined as the area in which two martial artists can kick or punch each other without having to move.

Short range occurs when people are standing face-to-face and can touch each other by any amount of arm or leg extension. The short range area is a danger zone in the sense that the student can be hit at any instant. In the short range area, the student must mainly be proficient in hand techniques since many kicks are difficult to execute at this range.

The middle range is the distance between two people such that a short hop, jump, skip or step must be taken to move into the short range striking distance. In the middle range, a martial artist is slightly out of reach of a punch, or kick, and he must move in a small step if he wishes to attack. Although kicks are easier to execute in this range, hands and legs are of equal importance for middle range sparring.

Long range, the last category, requires that a martial artist take two or more steps to be in striking distance. This contrasts with the middle range in that a large jump or series of steps is required to reach to opponent. The long range area is relatively safe because most attacks can be avoided due to the distance that must be crossed. Still, the good martial artist should never be overconfident about feeling safe in any range.

In wu shu, many styles can be identified by the range they typically oc-

cupy. Styles like long fist and Northern praying mantis are highly specialized for long and middle range, while styles like white crane and tiger are specialized for middle and short range. No matter what style the student is studying, he should be constantly aware of the distance between himself and his opponent. Also the martial artist should have the capacity to move into any range with ease, stability and quickness.

Another aspect of wu shu related to the concept of distance is the idea of a "door" (*men*). As a martial artist approaches an opponent he has three options: He may approach an opponent from the right side, the left side, or the front. Each one of these options or directions is thought of as a door. Thus if a martial artist approaches from the opponent's left side, the martial artist is attempting to enter the left door. In wu shu there are certain techniques that are specifically constructed to attack certain doors.

During an attack, if the door is open, then the cavities are exposed and are easily attacked. If the door is closed, the cavities are protected in some way and are not accessible to attack. Although a door may be closed it is possible for a martial artist to use certain techniques to force it open. A common way to force a door open is to fake a kick or punch in order to make an opponent commit himself by reacting to a certain action that will open one of his doors. When the opponent commits himself because of the fake, the martial artist can attack through the open door.

It is usually impossible to keep all three doors closed simultaneously. For this reason a good martial artist will show only a closed door to the opponent while sparring. Even though it is important to guard against attack directed to an open door, it is also important to have the capacity to attack through an open door. Both abilities are vital for the complete martial artist.

This article, including the editors note at the beginning, is reprinted from the magazine "Inside Kung Fu" March 1982.

O.K.U. Quick Notes

Send your Dojo News, Clinics, Tournaments and Tournament Results, Promotions, Special Interest Articles, Ads and any questions you might have to:

Don or Jan Roberts
O.K.U.
P.O. Box 596
Fairburn, GA 30213-0596

Dues

Make sure to get the next year's dues paid during the month of January 1992.

Goals

Remember to strive to improve our programs, take part in our community affairs and try to be an organization from top to bottom that will be an asset to everyone....Kids are not only the future of karate and other arts but of the entire world.

Pearl Of Wisdom

Attitudes are contagious.
Is yours worth catching?

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
(702) 423-6666

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 Overhoit (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) 758-9251

Shorin-Ryu Koryukan Dojo
Joe Tripoli, Shihan
3652-A Market Street
Clarkston, GA 30021
(404) 292-0842

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

Martins School Of Karate
1203 E. Carroll St.
Tullahoma, TN 37388
James "Moose" Martin
(615) 455-8053

Gulf Coast Isshinryu Karate Club
Ocean Springs YMCA
Government St.
Ocean Springs, MS
(601) 875-2966 dojo
(610) 875-0286 home
Susan and Mark Riddle

Bushido-Do-Karate Dojo
10 Ipswich Ave.
Great Neck, NY 11021
Day (516) 487-5652
After 9 (516) 741-2024
Edwin Torres