



International Seito Karate Kenkyukai Newsletter

January 2010

Vol.14

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IN THE NEWS

From the Editor:

Welcome to the 14th issue of the International Seito Karate Kenkyukai Newsletter. This one is on schedule!

With Christmas and the new Year celebrations behind us, its back to training and learning.

There have been a few more members join us since the last newsletter so the ISKK continues to grow.

Thank you to all members who have helped us develop this far and I look forward to our continued sharing in the coming years.

Please keep your articles and profile updates coming in as this will avoid the last minute rush to get enough content for our newsletter.

Wishing you all a healthy and prosperous 2010!!!!

Malcolm Bates
Editor

Forthcoming Events:

January:

23rd Workshop on kihon & kata
(Paul Fracchia).

31st Shin-gi-tai Children's Grading.
(Malcolm Bates)

Note: check the forum for 1Q seminars/workshops for SKIF USA

Further Ahead - 2010:

February:

21st - ISKK Euro Workshop # 6

April:

4th JSKA World Championships
will be held in Portugal.
TBC UK visit by Rick Clark

October:

3rd - ISKK Euro Workshop # 7

Member Profiles

Member Profile



By David Somers (with Nakamoto Masahiro Sensei)

I was born on Nov. 17, 1972 in Norwalk, CT; at the age of 5 my mother seen that I was fascinated w/ The Bruce Lee movies, and decided to enroll me in a Judo class at the local YMCA under Jonathon Patrick, however, I had quit training after about 6 months because it wasn't quite what I saw Bruce Lee doing.

About 8 years of age I began training in The ITF (Chang Hon) style of TKD under Master Art St. Armand at The New Cannan, Ct. YMCA.

My family then moved to FL when I was about 12 years old, and began training in Tang Soo Do with Jae Joon Kim, & Saul M. Kim, eventually earning my 3rd Dan from them on Oct.19,1998, and my 4th Dan from The Korea TSD Moo Duk Kwan Society on 12-10-00.

When I was 16 years old, I began training in Boxing under Coach David Baldwin; at the Dade City Boxing Gym. Within our stable of fighters, we had Arturo "Artie" Huffman, the 2x 112lb national champion; Jeremy Burcoff, the Super Heavyweight Champion of FL; & Terry Marbra, The National Heavyweight Champion. Artie was so good, he even went on to the US Olympic trials, where he fought Tim Austin. While he fought at 112 Lbs, he hit like a heavyweight, and when he hit you with a body shot, you knew it. He was truly world class! I trained with them till I was 21.

Back when I was 18 years old, I began training in the Kyokushin off shoot of Sentoshinkai Bujutsu, under Shihan Charlie Friscia. This is where my fighting was refined, and learned Jissen Kumite, or real fighting.

My introduction to Goju Ryu was an informal one, me and a friend began exchanging info about each others arts in the late 80's. At first, I hated Goju, coming from an external style, but as soon as I seen an instructor demonstrating some bunkai, I loved it! It was in 1992 that I formally began training in Goju Ryu, at a Goju Ryu Karate Do Kyokai Dojo, where I was promoted to Ik Kyu. I then moved to Clearwater, and began training w/ Carl Stone in both Goju Ryu and Shotokan, and was promoted to Sho Dan in 1994 by him. At the same time, I began training in Okinawa Goju Ryu under both John Yacalis & Tony Madamba Sensei's, of the IOGKF. I trained with them from 1993-1998, though was never graded by the IOGKF. I then joined the Goju Ryu Karate Do Kyokai again in 1999 & recieved both my Ni Dan, and San Dan from The Goju Ryu Karate Do Kyokai, under Motoo Yamakura. In 2000 I joined The Okinawa Goju Ryu Seibukai, and was promoted by Nakasone Kinei to Yon Dan thru The Seibukai. I stayed w/ the Seibukai till early 2004, at which point in time I decided the Seibukai was not for me, & gave my resignation.

Also in 1997 I began training in Iai/Batto Do, and was promoted to Sho Dan in Batto Do Ryu Sei Ken by Shihan Carl McClafferty in 2000.

In 2003 I met my friend, Antonio Bustillo, who was a former branch chief, under Joko Ninomiya's Enshin Karate, and also author of Steady Training, he introduced me to Ninomiya's Sabaki Waza; & that single meeting lead me to much research within the system. Thank you Antonio, for opening my eyes to new ways of movement, and sharing with us your knowledge.

Soon after, I began training with a friend of mine, in Wing Chun Gung Fu. I trained with him till I moved to Brooksville, and continue my Wing Chun training by visiting other schools, and at seminars, etc.

From October 7-19, 2004, I traveled to Naha City Okinawa, where I trained Kobudo with Nakamoto Masahiro Sensei, & Goju Ryu there also with Hichiya Yoshio Sensei and Shinzo Chinen. The Okinawan people are so nice, they are some of the most peaceful, & friendly people I've met, and look forward to my return .

In 2007, I met and began training with Tim Shiomi Sensei, the United States Dojo director of the Toyama Ryu Iaido Kai; and was promoted by Morioki Sensei, Kaicho of the Toyama Ryu Iaido Kai to the rank of Sho Dan in April, 2007.

I now operate a small private Dojo, located in Brooksville, FL: The Seishinkan. Where we train Traditional Okinawa Goju Ryu Karate Do, Okinawa Dento Kobudo, Wing Chun Gung Fu, and Toyama Ryu Iaido. If you would like to find out about training with me, please feel free in contacting me.

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Member Profile

By Robin Short



September 2009

Started Karate at Sensei James Karate School June 1982 in Wales, UK

Promoted to 1st Dan Black Belt (Sho-Dan) April 1986 by Sensei Watson in the Shotokan system of Karate.

Promoted to 2nd Dan Black Belt (Ni-Dan) September 1993 by Sensei Koefpel in the Shotokan system of Karate and received Ni-Dan certificate from KASA.

Promoted to 1st Degree Black Belt April 1996 by Sensei Mozella in the Kenpo system of Karate.

Obtained Instructor level II rank in Commando Krav Maga (CKM)

Trained but did not grade in a multiple of disciplines (Aikido, Judo, Krav Maga), whilst travelling with my employment.

Due to the nature of my family life and moving countries, and then employment situation I have not advanced as well as I would have liked within Martial Arts.

As my personal and vocational life has now stabilized, I have this year concentrated on my training styles and teach a small class of students in Shotokan, and also classes in Israeli Commando Krav Maga.

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Member Profile

By Duncan Mason



Born 14th August 1969.

As with most of us my sports action started when at school, Rugby, Football, Running, motoX, but my big passion at the time was Swimming and trained six days a week.

I swam for Maidstone Swimming Club and Kent and also had the chance to train with some of the Olympic team at crystal palace.

I also boxed for Westree boxing club Maidstone for a few years where I had a brief encounter with Taekwondo/kickboxing.

About 3 and half years ago my twins started training with Shin-Gi-Tai Karate clubs, under Sensei Terry Bartholomew and then under Sensei Malcolm Bates and that was where I got involved in Kenjutsu at a charity fundraiser lesson. From there I have trained as often as possible in the sword art with Sensei Malcolm was introduced to Sensei Dave Hart who has also helped me along the way.

Within a couple of weeks of starting Kenjutsu I had a chance to come along to an ISKK seminar and since attended most of them learning something new and meeting new people every time.

December 2009 I had my first official karate lesson and hope to move forward with both Karate and Kenjutsu in 2010.

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Member Profile

By Carlos Varon



Began his martial arts career in the gym of Shihan Rado "Ray" Skarica back in 1972. Shihan Skarica taught Go-Ju Karate and Kick Boxing. It was there that Shihan Varon learned the fundamentals of building a strong mind and body.

Over the years, he trained with many great Sensei's such as : Toyotaro Miyazaki, Mizakazu Takahashi, Takamoto Eguichi, Yoshiteru Otani, Rico Guy , Raymond Alamo, Rick Lenchus and Kenjiro Kawanabe.

Today Shihan Varon is a 6th degree black belt instructor in Shotokan Karate, under the direction of Grandmaster Rick Lenchus. As GM Lenchus's assistant and Chief Instructor at his Chibeca Dojo in downtown Manhattan, Shihan Varon gives lively seminars on self defense, vital points, kata and karate bunkai.

His experience and skills has been recognized in various Hall of Fame's such as:

World Karate Union Hall of Fame-Lifetime Achievement Award
BUDO International Hall of Fame: -Humanitarian Award
Action Martial Arts Hall of Fame – Excellence in Martial Arts Teaching

He was recently appointed as the official biographer for Kenjiro Kawanabe, the last of the great masters who studied directly under Gichin Funakoshi.

In 2007, he traveled to Japan and received a 7th Dan from Kenjiro Kawanabe for his efforts to promote Budo and Kawanabe-Karate Do.

Shihan Varon is also a well known emergency disaster relief manager and responder.

His emergency management skills have been put to the test with the events of 9/11, plane crash in Rockaway's, floods in New York and North Carolina, hurricanes in Florida and Mississippi and local disasters in New York City.

He has been interviewed by BBC and several cable programs and has appeared in various martial arts magazines.

Shihan Varon continues to teach, referee, and give seminars in the Tri-State area and is the Director of Emergency Services for the American Red Cross-Nassau County.

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Shibucho Reports

Europe:

Malcolm Bates

General Activities:

Student numbers have dropped a bit but adult support remains good. ISKK member, Paco Cayuela, successfully graded to Nidan.

Development Activities:

The next European Workshop has been scheduled for February.

Recruitment:

We have recruited Mick Wallace, Duncan Mason and Alana Farley to the Euro region, based in the UK.

AOB:

No further progress on getting Prof Rick Clark to join our Kenkyukai but as I will be hosting another seminar with him, the subject will be discussed again.

U.S.A:

Arkansas - Pete Rouse

No report submitted

Kentucky - Melvin Lewis

No report submitted

Michigan - Frank Thomas

General Activities:

Due to health issues, no activities have been possible.

Development Activities:

None.

Recruitment:

None

AOB:

n/a

Missouri - James Copeland

General Activities:

The Schedule August workshop took place.

Development Activities:

Will discuss a potential workshop for later in the year with Frank Thomas.

Recruitment:

n/a

AOB:

n/a

New York - Paul Fracchia

General Activities:

n/a

Development Activities:

Will be promoting the ISKK at the workshop on 23rd January.

Recruitment:

n/a

AOB:

n/a

North Carolina - Bud Morgan

General Activities:

Appointed to the Shihankai and assisting with new applicant assessments.

Development Activities:

Meeting with Pete Rouse to discuss development opportunities between the regions.

Recruitment:

Plan to contact some ex-students to identify possible interest.

AOB:

n/a.

Ohio - Dwight Holley

No report submitted

Africa:

Len Els

General Activities:

Len Els Promoted to Yondan, Solly Pokroy to Rokudan.

May referee at the 4th JSKA world championships.

Development Activities:

ISKK seminar based on Goju Ryu self defence is planned.

Recruitment:

Jan Beetge is being processed for membership.

AOB:

n/a

Malaysia:

Pak Wan

General Activities:

None

Development Activities:

See article in newsletter.

Recruitment:

None

AOB:

None

Dr Jim's Casebook

Martial Arts Training -Preventing Injury

By J.S. Copeland, D.C.

Wouldn't it be great if someone had taken you aside as a child or young adult and actually taught you all of the things you would need to know to prevent many of the martial arts and other injuries you have sustained over the years? Think of all the people you know who can no longer participate fully in their chosen activities due to bad knees, hips, backs, etc.

What if someone had taught you how to best condition your joints to minimize injuries? What if they had taught you that hopping from a squatting position weakened your anterior cruciate ligament causing instability of the knee and requiring surgery? How nice it would be if your first sensei had medical knowledge of anatomy and sports medicine and could have given you the tools to keep your body in the best possible condition through your life.

For those of you who are past 50, there is still the potential to improve, but many conditions by this time of life are not totally reversible. We can't return to the shape we were at 21, but there are things you can do that may slow the process of degeneration. For the younger students, you can do quite a lot for yourselves , not by training more, but by training smart. Since we have limited space , I will give you some of my "Pearls of Wisdom" , based on my karate training and on my experience as a chiropractor treating athletes for the past 32 years.

Pearls of Wisdom: Nutrition: Minimize your intake of drinks such as carbonated beverages, coffee, tea, and alcohol. Take antioxidant vitamins daily, such as Vitamins C, E, and A, as these are our cell protectors and prevent premature breakdown of all of the cells of the body. Massive doses are not necessary, just regular intake. Remember the stories of British Sailors in the days of sailing ships? Many men on board these ships developed Scurvy, a condition associated with a lack of Vitamin C. They found if they ate citrus fruit, they cured the Scurvy. Since limes were the fruit they

relied on and these have Vitamin C, they had made an amazing discovery. This vitamin is necessary for the body's production of a protein called Collagen, that holds the cells of all our connective tissue (skin, muscle, ligaments, tendons and bones) together. If you over exert your body day in and day out, you need such nutritional support to help keep your connective tissues strong.

Cross training: This is imperative if you want to reduce the possibilities of soft tissue injuries. Rather than train in karate every single day, you should skip a day every few days and do some activity that is completely different. Examples: Swimming, weight lifting, running, biking. Instructors, change your workout routines each month to emphasize different skills. Do your basics (Kihon) then have a month where you work on kata, then a month focusing on self defense, and then one on sparring, etc.

Club Activities

Europe

Yudansha Grading

BY: Malcolm Bates

We hold annual yudansha gradings in November of each year and 2009 was no exception. Two students were ready for assessment and the results were;



Paco Cayuela – Nidan



Luke Hawkins – Cadet Shodan-ho

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Charity Work

BY: Malcolm Bates



We conduct a number of events each year to raise money for Leukaemia Research and in December we held a children's fun day along with a raffle and raised £241.29.

I would like to thank my students as well as the generosity of ISKK member (Robin Short, Carlos Varon and Jim Neeter) for their generous cash donations.

Having seen my son undergo the 3.5 years of chemo therapy and associated treatment, I have to believe there is a less destructive way of treating patients and hope that our efforts help a little along that road.

So far we have raised £1873.96... through recent club activities...

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Member Dojo Visit

BY: Jim Neeter



On Tuesday 29th September 2009 I had the pleasure of being invited to train at the Tokondo Dojo led by Len Norman Sensei (ISKK Registered Yudansha), www.tokondokarate.com. I arrived around 6pm in the evening and was warmly welcomed, the Junior class was about to begin so I watched with interest and worked out a little on my own and chatted with Sensei.

Sensei runs a tight ship, and his Junior class was of a very good standard, with strong discipline and technique. Sensei explained to me his system is 'mixed' in terms of technical influence but there

exists a strong link to the Shotokan system which was very evident in the Kihon and Kata training.

I ask Sensei about his Tokondo kata, and one of his Senior students (his Grandson) demonstrated this form to me – which was very interesting and skilled indeed.

Then the Senior class began and we covered some applied self – defense movements from Sensei, Shotokan Kata Unsu (my first time!), Shorin Ryu Kata Passai Dai (which I taught) and finally some friendly Kumite. The standard of the Tokondo students was high, with some individuals exceptional in my opinion, Len Sensei and myself discussed his dojo’s focus towards modern karate, and tournaments (which they excel at) and the need for decent applicable martial arts behind this focus, which was certainly present at the dojo.

I look forward to going back to Tokondo dojo, and thank Len Sensei and his students for making me most welcome and inviting me to show something of Shorin Ryu.

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About the Shoshinkan (Beginners Mind Hall)

BY: Jim Neeter

Our dojo was established in March 2006, so we are heading for our 4th year. The dojo formally meets every Thursday evening for 2 hours training, and drinks after at the pub. I teach several of the students on a private basis each week.

On average we have 6 students train, and only adults (over 16) train due to the nature of the karate taught. Our dojo is affiliated with Bushido Academy Italia, Jim Neeter is Deshi (a personal /inner student) to Giuseppe Meloni Shihan, in the system of Seito Matsumura Shorin Ryu – a family system originating from Sokon ‘Bushi’ Matsumura, to Nabi Matsumura, Hohansoken, Kosei Nishihira directly to Giuseppe Sensei, I am very proud of this lineage and have a big job to represent the Ryu well.



Giuseppe Sensei training with the late Nishihira Sensei, Okinawa. Note the formality!

Pretty much everything about our group is ‘unorthodox’, most of the time we don’t even wear Dogi, bow much at all, or stand in lines hitting the air –

we do that on the move ‘old’ style! But the main thing is we train hard in karate.



early days, Bunkai from Pinan Shodan Kata

Rank is awarded based on three core elements – time/regularity in training, skills/ability and character/attitude, to life.....we keep things simple and work a White, Green, Brown and Black Belt system – with a guide line of around 6 years minimum to Black belt. Generally students are looked at over a period of time, with a few little tests put in their way, then the grade is awarded – no payment is charged for this as it’s earned by effort.



One of the first ISKK European Region Workshops, Tegumi Practice was held at the Shoshinkan.

I am the dojo instructor and am now in my 24th year of karate training, in that time I have worked with many outstanding instructors, and a whole host of people not so good, in karate and attitude, but like life, karate is a mixed bag.

I am very proud of the direction our dojo takes, and support this by regularly ‘checking’ myself with my Sensei, in Italy, for intensive training with him and my Sempai. I’m also very fortunate to have ‘the ear’ of some of the foremost martial artists in the world, I’m very lucky and ask many questions!

The ISKK has proven to be good support for my dojo, my thanks particularly to Malcolm, George and Bud Sensei for their communications and thoughts over the last few years.

One element, apart from training, that I am very keen on is ‘Seito Karate Research’ – I have been fortunate enough to learn so many things from this activity, I really encourage anyone interested in ‘Seito Karate history to make a start’ – your karate will gain greatly in depth of understanding.

www.shoshinkanuk.blogspot.com

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Malaysia

Inter Universities Tournament

BY: Pak Wan

On the 6th of June 2009, the Academy organized what is hoped to be the first of many, Funakoshi Gichin O'Sensei Memorial Gassuku. The gassuku was hosted by the Academy's new dojo **SHOTO CENTRE JOHOR**, it's main dojo in the state of Johor.

Azlimmi Sensei invited long time friend and sempai, Ridzuan Md. Zain Sensei, 5th Dan of the Shotoshinkai, to lead the gassuku. Both both of them were former members of Kanazawa Sensei's SKIF Malaysia affiliate, Kanazawa-Ryu Shotokan Karate Association (Kuala Lumpur).

The day long gassuku was divided into three sessions, each lasting a little over 1.5 hour. The first session focused on kihon, with Ridzuan sensei fine tuning the participants' techniques. The second session saw Ridzuan sensei taking the participants through the steps Heian Nidan kata and was completed in the third session when he explained the bunkai to the kata.

Although the gassuku was easygoing without anybody experiencing any bruises, it was an important milestone for the Academy's. It is hoped that the gassuku will be made into an annual event.



Funakoshi Gichin O'Sensei
52nd Anniversary Memorial
Gassuku

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Africa

BY: Len Els

Two ISKK members received promotion in this event, namely Solly Pokroy and Len Els.



2009 Academy Dan Examinations

Grading Passed

3 October 2009

<u>NAME & SURNAME</u>	<u>DOJO</u>	<u>Grade</u>	<u>Country</u>
Samuel Mokwena	Hatfield	Nidan	South Africa
Thinus Pretorius	Hatfield	Nidan	South Africa
Andries Pretorius	Hatfield	Nidan	South Africa
Leon Fourie	Lourens KA	Shodan	South Africa
André De Vries	Cape Town	Rokudan	South Africa
Leaan Leibbrandt	L&J Karate Academy	Shodan	South Africa
DD Francis	L&J Karate Academy	Sandan	South Africa
Jonathan Gravett	Witbank	Nidan	South Africa
Dirkie Meissenheimer	Witbank	Nidan	South Africa
Gabriella Lachowicz	Witbank	Shodan	South Africa
Dennis Meissenheimer	Witbank	Shodan	South Africa

Pieter Buys	Witbank	Shodan	South Africa
David Sibiya	Witbank	Shodan	South Africa
Jaco du Plooy	NWKA	Nidan	South Africa
Edelweiss Scott	NWKA	Nidan	South Africa
Sherilee Knox	Moreleta	Nidan	South Africa
David Gibson	Moreleta	Shodan	South Africa
Miguel L. Harker	Moreleta	Yondan	South Africa
Hennie Lourens	Lourens KA	Rokudan	South Africa
Solly Pokroy	Karateka40	Rokudan	South Africa
Len Els	Karateka40	Yondan	South Africa

Chief Examiner: Sensei Soon Pretorius

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YONDAN THESIS

By: Len Els

MARTIAL ARTS,

SELF-DEFENCE

AND

SEXUALLY TRANSMITTED
DISEASES

INTRODUCTION

During August 2009 I had an encounter with a young drug addict who attempted to break into my car in a parking lot. When I confronted him, he attacked me with his screwdriver. He came in with a left handed hook stab, aimed at my head and neck. I blocked high right *shuto uke*, followed by a right handed *uraken* to his mouth and nose. He dropped on one knee, with the heel exposed. I neutralized the attack with a *fumikomi* (stamping kick as in Jion), breaking his ankle against the hinge.

In the process I cut my hand on both the screwdriver and his teeth. His mouth and nose were bleeding as well, thus exposing me to blood and saliva. As a result I was placed on anti-viral (ARV) medicine for eight weeks as a precaution where after I (thankfully!) tested negative for all sexually transmitted diseases (STD's).

SEXUALLY TRANSMITTED DISEASES

Sexually transmitted diseases are borne in body fluids, *inter alia* blood and saliva. Where both parties to an encounter sustain open wounds, there is a possibility of infection. The most harmful of these diseases are:

- HIV;
- Hepatitis;
- Herpes.

One should however not succumb to paranoia as these viruses cannot live outside the body for any great length of time and cannot be carried by air, water or merely touching a person who is infected.

Certain precautions are however called for due to obvious reasons. The likelihood of an incident as described in the introduction can be judged from the following:

- The increase in violent crimes over the past years;
- The increase of STD's, especially HIV amongst the general population over the past years.
- Research indicates that the greatest occurrence of HIV is to be found in the age groups 20 to 29, which coincides with the highest age groups to be likely to commit violent crimes.
- South Africans are a sport-loving people and reality dictates that some sportspeople (karateka) will be carriers of STD's.

LEGAL POSITION

Two STD issues relating to martial arts need to be addressed, namely dojo responsibility and karateka responsibility.

With regard to dojo responsibility, Section 18 of the Constitution provides the right to freedom of association to all citizens, including dojo and club members. It is suggested that clubs adopt a club rule to the effect that members are required to submit to an STD test and to disclose the results to the relevant senior members before they can engage in kumite. This would offer protection to the club against possible vicarious liability. The doctrine of vicarious liability entails in essence that a dojo/club owner may in certain circumstances be held strictly liable for the delicts of his students regardless of whether he has been at fault himself.

Balancing the freedom of association against the right to privacy on the one hand and the right to a safe training environment on the other, is no easy task. Steps that can be considered are firstly for the dojo owner to make provision in his membership application form for disclosure of any medical condition suffered by the applicant including disclosure of any bodily-fluid transmissible disease. More frequent and even compulsory use of mitts during kumite would also reduce risks in this regard to a large degree.

In *Montalvo v Radcliffe* (1999) the USA Supreme Court confirmed a Karate Club's decision to bar Montalvo from participating in kumite as he tested positive for HIV. This ruling was handed down despite the USA Disabilities Act which prohibits discrimination based on disability, including medical conditions. The court ruled that there were 'reasonable grounds' for restricting Montalvo's rights in this regard.

The second martial arts issue relates to individual karateka. Karateka A and B engage in kumite. Unbeknown to A, but known to B, B is HIV positive. Both fighters sustain wounds and A is infected with the HIV virus.

It is submitted that B's non-disclosure would attract both criminal and civil liability: criminal in the form of assault with intent to cause grievous bodily harm or even attempted murder and civil in the form of an award for damages.

For a criminal conviction, proof of *inter alia* the intention to kill or to cause grievous bodily harm is required. This can be either in the form of *dolus directus* (direct intention) or *dolus eventualis* (implied intention). To find *dolus eventualis*, the following must be proved:

- The accused knew that he was HIV positive;
- He knew that HIV could be transmitted via bleeding;
- He knew HIV can cause grievous bodily harm or even death.

For civil liability all the elements of delict must be proven, namely causation, wrongfulness, negligence and actual loss. The fighter is negligent where a reasonable person in his position would have foreseen the possibility that his non-disclosure could cause transmission of HIV and would have taken steps to prevent it.

Lastly, the issue of self-defence needs to be addressed. A person who uses force to repel an unlawful attack which has commenced or is imminently threatening, acts lawfully and with justification. The act of self-defence may however not be more harmful than necessary in order to ward off the attack. It is not desirable to formulate this requirement too precisely. Much depends upon the varying circumstances of each case. The relative strength of the parties, their sex and age, the means, knowledge (read martial arts knowledge) and weapons at their disposal, the nature of the threat and its persistence are all factors to be considered. An extreme example of exceeding the bounds of self-defence would be responding to an attack with a cane by an elderly lady by means of an AK-47.

I believe (albeit subjectively!) that in breaking my attacker's ankle, I did not exceed the limits of self-defence. Even after dropping to his knee, a further attack was still imminently threatening. He still

had a number of options at his disposal. He could stab me in the leg with the screwdriver; he could grab my legs and wrestle me down; he could execute a *migi zuki* to my groin (or just a groin grab). These dangers were only neutralized after I applied *fumikomi*.

One should not judge these events like an armchair critic, but should endeavour to place oneself in the position of the attacked person at the critical moment. Our courts would then normally ask what a reasonable man in the position of the person under attack would have done in similar circumstances.

GO AND JU

In martial arts the concept *muschin* (awareness) does not only apply to fighting readiness, but also to *omoiyari* (to care for others). The way of the *Budo* is both war and peace, both hard and soft. The principles of Go (Hard) and Ju (Soft) emanate from the *Bubishi* by Mao Yuan-Yi. *Bubishi* relates to karate, its conduct, etiquette, attitude and integrity. In addressing the problem of STD's in modern times, one should therefore re-evaluate the principles of Go and Ju.

These principles are a recurring theme in all martial arts, from karate to aikido. They apply to martial art styles, mindset, kata, breathing and techniques.

Tai Chi, for example can be described as a Ju style whilst Maui Thai is a Go style.

Gankaku is a Ju kata (light, fast, flowing) whilst Hangetsu is a Go kata (hard, slow, staccato).

Breathing in Go and Ju is especially obvious in the katas Hangetsu and Sochin.

This principle also applies to techniques.

GO AND JU IN TECHNIQUES

Martial art techniques can be effected in a 'hard' or a 'soft' way. This applies to both unarmed combat and the use of martial art weapons.

Examples of techniques used in unarmed combat include:

- strikes,
- kicks,
- traps,
- locks,
- foot sweeps,
- throws and
- take downs.

Examples of martial arts weaponry include knives, swords, *bo* and *nunchaku*. In use these weapons may be:

- thrust,
- swept,
- swung
- jabbed or
- hooked.

In unarmed situations Go techniques tend to be linear whilst Ju techniques tend to redirect force. Go techniques are closed hand

techniques or strait linear attacks whilst Ju techniques are open hand techniques and circular movements.

In Ju techniques the receiver uses the aggressor's force and momentum against him whilst Go techniques meets force with force. Defending from *tai sabaki* contra *sen-no-sen* serves as an example.

This principle also applies in the use of body part contra target: soft on hard and hard on soft. For example a clenched fist to the stomach versus an open hand to the face.

EVALUATION

With hindsight (a wonderful instrument!) I should not have used *uraken* to the face, but rather a palm strike. In the process I would still have broken his nose, but not cut my own hand.

CONCLUSION

Given the grim reality of STD's one should therefore adapt one's techniques in order not to draw blood. Fighting techniques and combinations need to be revisited and re-evaluated in light of the above and changed if need be.

Techniques and combinations are practiced repetitively and *ad nauseam* in the dojo in order to obtain so-called muscle memory. The combination I used (right handed *shuto uke* followed by right handed *uraken*) being a case in point. The problem is that once obtained, muscle memory (like one's conscience) is rather difficult to get rid of! Koos Burger Shihan once remarked that it takes 1000 repetitions to fix muscle memory, but at least 1500 repetitions to 'un-learn' it.

The real possibility of contracting an STD however dictates that such a re-evaluation is definitely called for. My experience with the drug addict triggered another voyage on *Ko Gaku Shin*: to keep the mind open and to learn. So, in a sense, *Domo Arigato Addict San!*

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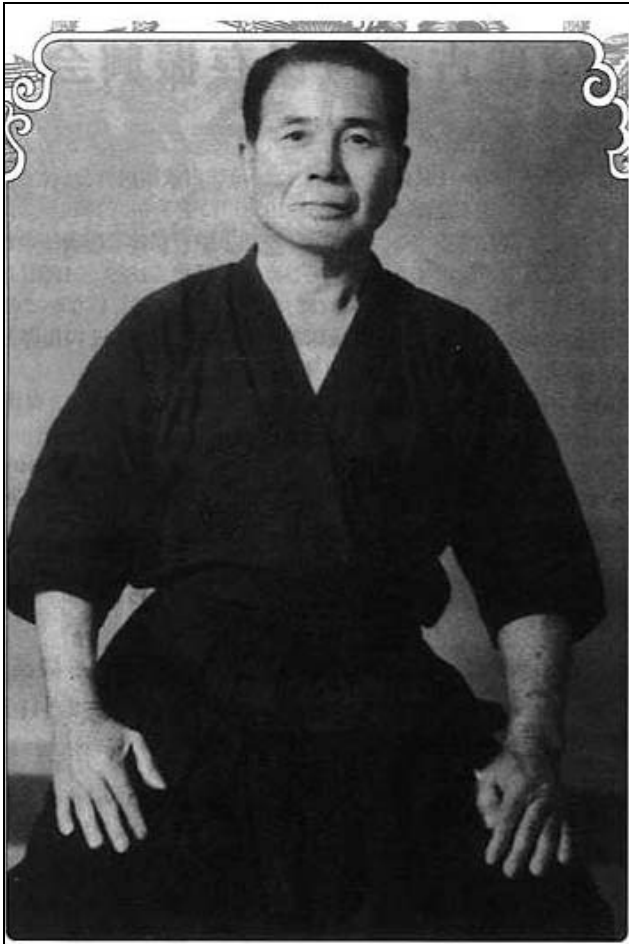
13. Most importantly: THE SCHOOL OF HARD KNOCKS!!

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Topics of Interest

Shinken Taira, the great Okinawan Kobudo Master

By Bud Morgan



Shinken Taira was born in Okinawa on June 12th, 1897. His birth name was Maezato Shinken, but it was his mother's maiden name of Taira which he would become known by.

He was the second son in a family of three boys and one girl, and it has been said he was given up for adoption as a child, (not an uncommon practice in old Japan), and that he was somewhat a mischievous child. At some point in his early life he took on his mother's maiden name of Taira, and would be known as such for the remainder of his life.

As a young man, Taira Sensei worked in the sulfur mines in Minamii-jima. He suffered a badly broken leg when he was trapped in a mine collapse, having to dig his way free. This accident caused permanent damage to his right leg, and much hardship for Taira Sensei. It is said that he would carry a limp in his right leg for the remainder of his life.

In 1922, after traveling to Tokyo to find work, he was introduced to Funakoshi Gichin, a fellow Okinawan and Karate instructor who was just settling permanently in Japan. Taira Sensei became a deshi (student) of Funakoshi Gichin in an effort to properly learn Karate-do.

In 1929, Taira Sensei began his studies of Ryukyu Kobudo under Master Yabiku Moden. Yabiku Sensei, who like his colleague Funakoshi Sensei, was working for the promotion of Karate-do as well as Ryukyu Kobudo on the Japanese mainland.

In fact, both Yabiku Sensei and Funakoshi Sensei were quite well acquainted having both received instruction in Shuri-te from Ankoh Itosu Sensei on Okinawa.

During his study under Yabiku Sensei, Taira Sensei mastered the use of such weapons as the Roku-shaku Bo (six foot staff), Eiku (oar), Sai (metal truncheon), Tonfa (right angled hand truncheon), and Nunchaku (wooden flail).

In 1932, after studying Kobudo for approximately three years and Karate-do for 10 years, he received permission from his masters to open his own Dojo. Taira began to teach Karate-do and Kobudo in the quaint hot springs resort town of Ikaho, within Gunma Prefecture, Japan.

Taira Sensei had an insatiable appetite for Budo knowledge. He continuously trained, and researched, finally assimilating his findings into a Kobudo system that remains to this day.

It was because of this constant search for knowledge that, in 1933, Taira Sensei was introduced by Master Funakoshi to Karate and Kobudo master, Mabuni Kenwa. In 1934, Taira Sensei would invite Mabuni Sensei into his home, where he became a deshi, or personal student of Mabuni Sensei.

Mabuni Sensei graciously accepted Taira's invitation and taught him Karate and Kobudo up until Taira Sensei would return to Okinawa in 1940.

During those six years, Taira housed and paid Mabuni Sensei for his instruction and under the close scrutiny of Mabuni Sensei, Taira expanded his knowledge of both kata and techniques of the Bo and Sai.

In 1940 Taira Sensei returned to Okinawa and shortly after the death of Yabiku Sensei in 1941, he established the beginnings of the Ryukyu Kobudo Hozon Shinkokai.

The curriculum of Taira's Hozon Shinkokai included instruction in the use of nine different weapons and their respective kata. These included kata which he had learned throughout his years of instruction, as well as kata which he had created himself.

He also continued to make frequent trips to both the Kanto and Kansai areas to teach and promote Okinawa Kobudo on the Japanese mainland. His students on the mainland and in Okinawa were a virtual "who's who" of Karate greats.

Karate giants such as Sakagami Ryushou (Shito-ryu), Hayashi Teruo (Shito-ryu), Kuniba Shogo, Eizo Shimabuku and his brother Tatsuo Shimabuku, as well Mabuni Kenei (son of Shito-ryu founder Mabuni Kenwa) were all frequent practitioners of Taira Sensei's Kobudo.

In 1955 he officially established the Ryukyu Kobudo Hozon Shinkokai, to promote the Ancient Okinawan Martial Arts as passed down to him by so many great masters.

In addition, in the early 1960's Taira published the first comprehensive book on Ryukyu Kobudo in Japanese entitled, "Ryukyu Kobudo Taiken" which added greatly to popularize the art on Okinawa.

Later in the 1960's Taira Sensei formalized and strengthened his association by appointing his students to different positions within the Shinko Kai and established testing and licensing standards for his students.

Also in 1963, to further the growth of Karate-do and Kobudo at an international level, the Kokusai Karate-do Kobudo Renmei was formed with Higa Seiko as Chairman, and Taira Shinken as Vice-Chairman.

Later in 1964 Taira Shinken was recognized as a master teacher of Kobudo by the All Japan Kobudo Federation and was awarded his Hanshi certification.

Taira Shinken is credited with bringing together many of the Okinawan's oldest and most prominent weapons traditions into one comprehensive system of weaponry training.

He left behind a legacy as an innovator of combining unarmed and armed combat, and as an inventor who developed the Manji-Sai. He was by all accounts a truly brilliant martial artist.

Taira Sensei was succeeded in Okinawa by Eisuke Akamine of the Ryukyu Kobudo Hozon Shinkokai, and in mainland Japan by Inoue Motokatsu of the Ryukyu Kobujutsu Hozon Shinkokai.

Although there is some dispute as to who was the senior student of Taira Sensei, it is the opinion of this writer that this is an issue of political nature only. These two masters have had the greatest influence on the world-wide preservation of the ancient weapon traditions collected by Taira Sensei, and respectively, they continued the traditions of their teacher in the best way they saw fit.

In the same way that Itosu Ankoh Sensei had formalized the exercises of karate (kata) to establish a more comprehensive system of training, so too did Taira Shinken bring together many of Okinawa's oldest and most prominent Kobudo traditions.

Taira Sensei also developed his own innovative training exercises (kata), many of which themselves later became standardized Kobudo Kata. They included kata for the Nunchaku, and the Sansetsu-kun, a three sectioned staff.

With such an extensive collection of Bojutsu knowledge (more than twenty separate traditions) Taira Sensei also decided to create a single kata, which embodied the central elements of cudgel fighting.

This creation, his kata Kongo-no-kun, best illustrates his mastery of the art of Bojutsu.

In an effort to teach the principles of Tekko-jutsu (knuckles dusters), Taira Sensei also developed another kata called Maezato no Tekko. The unique configuration of this kata is believed to have been based upon the foundation developed while learning under Funakoshi Sensei, and is an excellent example of kata. The kata can be performed both with Tekko, and as an empty hand form.

After many years of dedicated work bettering the art of Kobudo, the great master Taira Shinken died at his home in September of 1970 from stomach cancer.



Although gone now from this world, Taira Shinken will not soon be forgotten. His efforts to research, preserve, and promote the ancient fighting traditions of the Ryukyu Kingdom shall live on forever through the enormous legacy he has left behind.

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A Short History of Unsu

by Frank Thomas

Unsu (雲手), literally "cloud hands", is an advanced kata found in Shotokan and Shito-Ryu karate styles. The origin of Unsu is unknown, but it is somewhat a condensation of other katas (e.g., Bassai, Kanku, Jion, Empi, Jitte and Gankaku), hence it is essential to have mastered these before practicing Unsu. It was probably not a kata that was known to Funakoshi, and was not included in Funakoshi's "Karate-do Kyohan". Unsu was most likely introduced to Shotokan after WWII by Nakayama Masatoshi. Nakayama had been asked by Funakoshi to visit Mabuni Kenwa of the Shito-ryu

style of karate, and learn some of the advanced kata in that system. The Shotokan Unsu kata is distinctly different from the kata in Shito called Unshu. Unshu is obviously the source for the Shotokan kata. They are very close in technical performance, except that the Shito-Ryu version, commonly accepted as the older version of the two, does not contain a jump nor does it have the fast rhythm of Shotokan showiest kata. Shito-Ryu Unshu also has back thrust kicks from the floor instead of Shotokan's round kicks, and the four direction punching is only to three directions, and is not performed at the fast pace that Shotokan's Unsu is.

While these are the same kata, Shotokan's has been revised almost specifically to appeal at tournaments; it seems, in comparison to the Shito-Ryu version. In Shito-Ryu, I doubt many choose Unshu as the absolute favorite kata for performance art competitions.

Other kata introduced to Shotokan at that time include Sochin, Wankan, Meikyo and (probably) the Gojūshiho pair. It is interesting that no Naha-te (Goju-ryu style) kata were adopted by Nakayama, although a number of Funakoshi's other students at the time adopted Sanchin, Tensho, Seiunchin and others. The movement, Unsu, or hands in the cloud, is used to sweep away the hands of the opponent and is said to signify the gathering clouds in a thunderstorm. Unsu is a beautiful kata, and is one of the more athletically challenging of the Shotokan Kata. Despite its modern popularity, this kata is in fact one of the oldest in the Shotokan Syllabus. Translated to mean 'Cloud hands', this kata of Chinese origins, is one of true connections to the earth. There are many theories concerning this kata, with many going as far as to say that the opening sequence highlighting the rise of the sun along the horizon, the keiko uchi represent thunderbolts from the heavens and the jump symbolizing a hurricane. Whether one subscribes to these theories or not, one cannot deny the brilliance of this kata, which involves seemingly simple movements, which tend to hide a secret intent.

This kata has many wonderful techniques, and strategies, employing examples of defense from the floor, and using the springiness of a jump to generate power and defeat the opponent. Using the floor in this kata is a fundamental aspect that in many ways makes this kata different from all the others. Many katas use a drop to the floor, but no other kata uses the floor in the way that Unsu does. Through studying this kata, one learns to fight from a disadvantage, and one learns how to fight in a way that helps one to get on ones feet. Apart from the more athletic elements of the kata, this kata employs strategies and clever tact. One such example is the use of the faint, before one drive in with a gedan attack. The Kata contains a number of interesting techniques which are often misinterpreted or incorrectly applied, and need some thought before practice, for example the much depicted one-finger attack to the mid-section following the chicken-head block. Few serious *Karate-ka* will even entertain this application, which, against a hard target, would be ineffective and probably cause damage to the finger. Change the area of attack to the eye or larynx, however, following a sweep or unbalancing technique, and the efficacy is revealed. Other unusual sequences include the two haito uchi, mae geri, gyaku zuki, which, with some imagination, can be interpreted as an entry into judo's uchimata ("inside thigh") throw. Through studying this kata, one can learn skills that can be applied to self-defense and competition kumite. This kata instills the notion of how surprise is an effective tool in defense, and through studying this kata, one become a more rounded karateka.

Master Nakayama warned however that one would look like 'A scarecrow trying to dance' unless the Heian kata, Kanku-dai, Empi and Jion were first mastered. Being among the most advanced of kata, it is generally taught to karateka at the 3rd to 4th Dan and it consists of 48 moves.

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ISKK Events

ISKK Europe Seminar # 5

By: Malcolm Bates

This event took place as scheduled on 4th October 2009.

We conducted three sessions;

1. Origins of Taikyoku (kihon) kata by Malcolm Bates.
2. Matsumura Pinan bunkai by Jim Neeter
3. Jodo by our guest instructor Sam Winder.

Sensei Sam Winder holds grades in;

Kobudo - Yondan

Jodo - Sandan

Wado Ryu - Shodan

Iai - Shodan

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Kenkyukai Statistics

Discussion group is being decommissioned as the new Forum takes over the communications role. There are currently 38 registered members on the Forum.

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Membership

The Kenkyukai now has 39 members (29 yudansha), distributed in the following regions. There are five applicants currently under consideration.

European Membership

We have three new members, Duncan Mason, Alan Farley and Mick Wallace, who have joined the Euro Region in England bringing this region's total membership to 21.

The edition number indicates which newsletter contains the member's most recent profile.

In the Euro group we currently have;

Malcolm Bates (Shibucho) (edition 12)
 George Bishop (Shihankai)
 Frank Probin (edition 4)
 James Neeter (edition 10)
 Len Norman
 James Weber (edition 3)
 Paul Davis (edition 5)
 Tony Baldock (edition 7)
 Steve Langbridge
 Paco Cayuela (edition 8)
 Russell Dewhurst (edition 9)
 Amanda Smith
 David Hart
 Simon Buck (edition 9)
 John Burdett
 David Abrehart
 Angelo Bonanno (edition 11)
 Stephen Bates (edition 12)
 Duncan Mason (edition 14)
 Alan Farley ()
 Mick Wallace ()

African membership

The Africa Region remains at 4, with the following current members;

Len Els (Shibucho)
 Tony Difilippo
 Solly Pokroy

Ian Liebenberg

Malaysian Membership

We have two Malaysian members;
 Ridzuan Md. Zain (Shibucho)
 Chepto bin HJ. Sumadi

U.S.A. Membership

There are three new members in this region, David Somers, Carlos Varon and Robin Short, bringing the total to 11.

North Carolina:

Bud Morgan (Shibucho) (edition 11)

New York:

Paul Fracchia (Shibucho, Shihankai) (edition 10)
 Carlos Varon (edition 14)

Ohio:

Dwight Holley (Shibucho, Shihankai) (edition 9)

Kentucky:

Melvin Lewis (Shibucho)

Missouri:

Jim Copeland (Shibucho) (edition 10)

Michigan:

Frank Thomas (Shibucho) (edition 9)

Arkansas:

Pete Rouse (Shibucho)

Oregon:

Michael Taylor

Texas:

Rick Wiederman (edition 10)
 Robin Short (edition 14)

Florida:

David Somers (edition 14)

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Database Access

Members' access to the database has to just over 40 per month which is a pleasing increase over the previous period.

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Website Activity

The average access to our website has increased from 88 to 95 for the past 24 month period.

The following web site enhancements have been applied;

1. Implemented a Forum facility.
2. Added the newsletter links to the forum.

There is much work to do on the web site and this will be auctioned as soon as time permits. Please bear with us..

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We need your articles We need your articles

The ISKK welcomes articles that contribute to the understanding of theory, research, history, and practical application of orthodox karate. We encourage contributions from all members, instructors and students alike.

We welcome multidimensional articles that include sidebars, photos, art work, and/or illustrations. Editorial content will promote the core ISKK values of member participation and stylistic diversity.

Please send your articles to malcolmbates@seitokarate.com



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