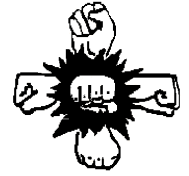




Kawara ban



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Editor's Note:

This kawara ban is a rather light one with not as many articles – submissions – as in prior issues, but still has lots of useful and interesting information. We have an essay Sensei R. Dauphin asks and gives his opinion of the question that many karateka may have wondered themselves, about the art of the martial arts. Where do you think the “Art” is in Martial Arts? Sensei Bensen gives his reflections on moving to LA.

Dojo Kun article by Sensei Jim Christian in the February 1997 issue of the Kawara Ban was included here again since it relays some good information on the purpose and meaning of the Dojo Kun. The article makes reference to karate-do which is no specifically what our style is anymore but the information in the article is still very much relevant. There is lots going on, as usual, with from ITAMA demo and banquet to tournament out of the country, to black belt gradings and a Hall of Fame award from one of great sensei’s, all are noted in the Dojo News, Recent Black Belt

Gradings and Upcoming Events. Also, there are the usual addition sections of the kawara ban of the Martial Arts History (some more quiz questions) and Library sections.

This issue is small but still very informative. Remember that this is your newsletter and anyone can have his or her work included in it. Thank you to every one who has made submissions and hopefully, this issue will inspire others to show off their other talents for the next issue(s).

Zena Nurse, Editor
Seishin Dojo



Where Is the Art in Martial Arts?

Art - the quality, production, expression, or realm of what is beautiful or of more than ordinary significance.
- Webster’ s Universal College Dictionary

When considering the term “Martial Art” one may wonder, where is the art in an assortment of pugilistic activities? Is it in the kata, sparring or basics? - A mere collection of physical techniques that can easily be recorder on paper. I think not. The answer is simple; the art in martial arts lies in the body, mind and spirit of the master practitioner.

Is a song art? In my opinion not until the proper person learns the words and begins to sing. Actually, just learning the words is not enough. The person must master the words and the melody so that the singing and the song are unconscious and one with the person. Only when this happens in my opinion does the song become art.

Much the same the mere techniques of martial arts are not and should not be considered the art. The martial arts are

not a dead collection of techniques written on paper or trapped in someone’s mind. They are alive and as such need to flow through someone, the master practitioner, in order to be seen and properly appreciated.

The art does not become apparent at first even when the movements are learned and performed by a martial arts practitioner. At first many things interrupt the natural flow of technique the greatest being the mind and thought. When the mind is involved in the execution of movement it cannot be natural. If the mind is dictating when the movement should start and when it should end then the technique is not free to flow naturally through the individual.

A visual example of what I am trying to explain is when a young child learns to walk. At first the child is shaky, looking for handholds and falling often. As mental balance is achieved, physical balance is achieved and the child is free to just walk and not think about walking.

In martial arts the art only arrives when the techniques are mastered and become one with the individual unhindered or interrupted by thought. When a master performs a kata, spars or even executes the most basic of individual techniques it becomes impossible to define where the technique ends and the person begins. The movements and the person become intertwined into one beautiful living performance that flashes through life like a falling star in the night sky.

Where the movement starts and ends the master cannot say. When I say where the movement starts I do not mean physically, “hand on the hip” rather I mean mentally and should more aptly state, “when” the movement starts the master cannot say. The techniques appear naturally like a wave from the sea and disappear just as naturally. The achievement of this unconscious state allows the practitioner to experience martial arts in its purest state, the living

state.

How does one achieve this mastery? - In the words of my Sensei, through "Mindful Repetition". First the mind must be present in the techniques being executed. The smallest of details must be constantly practiced and understood. This mindful repetition of technique helps the body to develop muscle memory, which allows the body, mind and spirit to become comfortable in the unnatural movements of karate allowing them to evolve to natural.

Miyamoto Musashi the sixteenth century master swordsman stated "One thousand days to forge a spirit and ten thousand days to polish it". In my opinion what the master is referring to is the removal of the mind from the physical application of technique. When a martial arts practitioner has mindfully executed the techniques literally hundreds of thousands of times, they naturally reach an unconscious state of movement where the mind is no longer necessary for the mechanical execution of technique. Along these same lines I once heard Karate Master Toney Sandoval once say "You do your kata and the adversary just gets in the way of the technique" in reference to the application of movement within the martial arts. What both men are referring to is the absence of intent from the mind to create and deliver a technique.

When the mind is released from the mechanical it can be used for a more important role, the maintenance of proper spiritual release. When movement becomes unconscious the practitioner is free to start expressing their spirit or emotion within the techniques. Without the mind's use in controlling the flow and amount of emotion in the technique the practitioner may again fall into an unnatural state of movement lingering too much or too little in one place and time. The mind does not control the spirit in the same way that it controls the body. It is more like a nozzle on a garden hose. It can direct and guide but it does not stop the flow of water.

It is the balance and working in union of the body, mind and spirit through the master practitioner that elevates the techniques of martial arts to something that is beautiful or of more than ordinary

significance. When one sees a master of martial arts demonstrate their art they see a series of complex movements expressed in a way that seems to be magically simplistic. If you doubt what I say try to imitate the movements. What you will find is that you once again feel like the clumsy one-year-old trying to learn to walk.

Many people will argue that they can see nothing artistic about two people trading blows or even a solo person dressed in a white suit jumping around kicking and punching, no matter what the skill level of the practitioner. That is because it takes someone who has an "eye" for movement to see the art in martial arts. A Karate Master, Dance Teacher or Gymnast would all be able to see and relate to what I am trying to explain with words. It takes a certain level of experience to recognize the artistic merit in movement. It becomes something that is almost felt more than seen. When the true master steps forward and performs any movement, it will never be mistaken for exercise or even worse, a sport because the ego is removed and there is no goal to the movement other than movement itself.

Others may say that it is not the technical movements of martial arts at all that make them an art. They may say that it is the living of a certain lifestyle that elevates the Martial Arts to an art form. I would agree to some extent with this statement, however, the writing of that story would take more time and paper than this author has and in the end it is the living of a certain life that brings the body, mind and spirit together to produce art, beauty or something of more than ordinary significance.

My many sparring matches with my Sensei Gary Legacy inspire this paper. He is the one who always seems to consistently hit me with techniques I cannot remember seeing begin or end.

Sensei Randy Dauphin
Giri Dojo



Reflections From Los Angeles, Part 1

1. Moving to a new country is exciting and scary. I highly recommend it. Some days are good and some aren't as good. Funny, neither of my parents live in the countries in which they were born.

2. Learning a new physical activity is easy if you have a black belt in Legacy Shorin-ryu and the physical activity is surfing. After all, there's nothing new about waves and spheres and orbits, it's just about doing it.

3. Training with a new master is humbling.

4. Training in a new dojo lets me know I've spent the last ten years in the right dojos.

5. After ten years of training it is very easy to forget to empty my cup.

6. If I walk to the river with a full cup I've wasted the walk.

7. If I fill my cup at the river and immediately dump it so I can fill it again I've wasted the water.

8. If I fill my cup, run home, empty the cup into a jar, label the jar and run back to the river for more I'm not a martial artist but a librarian and I will die with shelves full of jars full of stale water.

9. If I drink the water, sweat as much as I can and only fill my cup when it is bone dry then that's pretty good.

10. Small sips can hydrate far more than you think.

11. Racing sports cars is really fun!

12. Although a warrior may walk alone, it would be unwise to assume he is alone.

Sensei Shaun Benson
Giri dojo



Dojo Kun

This article first appeared in the February 1997 issue of the Kawara Ban, which was edited by Sensei Jim Christian. I felt that this would be a good time to repeat this article for new and not so new students.

Shoshin Nagamine, in his book, **The Essence of Okinawan Karate-Do** (published by Charles E. Tuttle, ISBN: 0-8048 1163-6) discusses the spiritual aspect of karate-do. Part of this discussion outlines the three maxims for dojo behaviour.

The first is courtesy, partially symbolized by the bow to the dojo and to each other and by the way we treat each other in the dojo. We learn the principles and techniques from those who are senior to us in karate and, in return, show them due regard and consideration and they respond in kind. We also learn from our training partners and fellow students and show them the courtesy and respect we would like to receive in return.

The second maxim is cleanliness of the dojo, training equipment and uniforms. Although all students are responsible for keeping the dojo clean, this task is usually assigned the lower ranking students as part of their training.

All of us as beginners have been expected to do our part. In most of our dojos, this consists of the simple task of sweeping the dojo floor before each class. In some dojos, the students wash the dojo floors with buckets of water and towels after each class. In others the entire dojo including floors, windows, doors, washrooms and change rooms are cleaned.

The third maxim is diligence. The dojo is a place to train hard and polish your technique. It is, above all, a place to polish your mind and your human spirit.

On the same subject, **Bushido, The Warrior's Code** by Inazo Nitobe (published by Ohara Publications, ISBN: 0-89750-031-8) explains the code of the samurai of Japan and compares Bushido to the Precepts of Knighthood of the feudal lords of Europe. Bushido became an ethical system for the samurai and governed their conduct, including

respect, courtesy or politeness and diligence.

We are therefore following a tradition in the martial arts that is hundreds of years old. The Dojo Kun or principles, and what they represent, are integral parts of the Do in Karate-Do.



Dojo News

Hall of Fame Induction:

On June 28, 2003 in Tannersville, Pennsylvania, **Shihan Janice Chaki** was inducted into the **World Karate Union Hall of Fame** as Canadian Female Competitor of The Year. Shihan Chaki accepted the award at a ceremony of about 500-600 people where she met a lot of interesting people including Fusei Kise, a 10th dan from Okinawa and who studied directly under Soken Hohan. You can see the list of inductees for 2003 and prior years at the following website: <http://members.tripod.com/worldkarateunion.org/id28.htm>.

Recent Black Belt Gradings:

On Sunday, May 4, 2003, when Shihan Legacy, Shihan Michele and Sensei Jeff McGregor went out to Vancouver for a visit at the beginning of May, Shihan graded **Alan Cheuk** to his Shodan and **Ian Russell** to his Nidan at the Burnaby Dojo. Shihan also taught a crane seminar while he was here for all the members of Legacy Shorin Ryu on the west coast.

On Saturday, September 6, **Dana Kenney** of Woodstock Dojo and **Sean Adams** of Kensho Kan dojo in Brantford were all graded to Shodan at the St. Thomas Dojo.



Notices:

- **Sensei Anne Barnfield** had an article published in **The Journal of Asian Martial Arts VOLUME 12 ~ NUMBER 3 ~ 2003** called *Observational Learning in the Martial Art Studio: Instructors as Models of Positive Behaviours*. It is

a very good article and I highly recommend that you read it.

- **Seishin Dojo website** - Seishin Dojo at the London Y has a new website that was created by Michael Parent. This website is still under construction but he's done a great job so far. See Martial Arts Library - [Internet sites/mailling lists](#) section, below.
- **Shorin Damashii (UWO) dojo classes:** Location: Althouse College, Mezzanine (behind the new Perth Hall residence) on Western Rd. near Sarnia Rd open at the new time of 6pm until 8pm, Monday, Wednesday and Fridays. Shihan Legacy will be instructing class from 6:30 - 8:00 pm on Mon & Wed until further notice. Classes will tentatively begin on Sept 8th (Mon) with demonstrations on Sept. 15 & 19th.
- **WFMA 2004 World Championships fund raising:** Chocolate almonds and scented candles are just a couple of the initiatives underway to raise money to help each competitor for Team Canada from our club pay for some of their cost to go to the Dominican this coming January. But of course we cannot do it without the help of each Udancha. This will involve taking orders or selling our samples by those going to the World Championships next year in the Dominican Republic. Contact either Shihan Chaki or your sensei to either buy, sell or find out more information on these. The candles would make great gifts (large candles that sell for \$15 each) or almonds (with Legacy Shorin Ryu on them for \$2 each). Please help support these fund raising efforts.

July 6-12, 2003: Camp Bushi took place at Dalewood Conservation Area just outside St. Thomas. As in prior years, it was very successful (approx. 50 students) and lots of fun for all who participated. New katas were learned, lots of games played and new friends made. Thank you to everyone who helped out and especially to Shihan Legacy, Sensei Michele and Sensei's Randy and Sarah Dauphin.

Reminder: Sensei Barnfield is still looking to get more participants in her kata survey, so, please, if you have one, complete it as soon as possible and forward to her in the self-addressed envelope included in the package. If you are interested in participating, anyone over 18 years of age can do so by contacting her or your sensei for a copy of the survey. The more people who complete the survey, the better for Sensei Barnfield's results. You may be helping her to get another article published in JAMA again (see [below](#)) or elsewhere as well as getting a new perspective on your training practices.



Upcoming Events

Saturday, October 18, 2003, ITAMA (Institute of Traditional Asian Martial Arts) will celebrate its 10th Anniversary. This is the organization that Sensei Nick Suino is the director of and who teaches us Iaido. There will be a demonstration (no charge) and banquet in East Lansing, Michigan. The banquet is open to ITAMA members, their invited guests and those who have been involved in the Iaido seminars. See Shihan Legacy for details.

November 2, 2003: 3rd Annual 2003 Canadian National Martial Arts Championships in Thorold, Ontario at the Four Points Sheraton. Presented by the World Fraternity of Martial Artists (WFMA) and Canada's National Martial Arts Team. Cost: Pre-registration: \$30.00 for two events, \$5.00 for additional event. At the Door: \$40.00 for two events \$5.00 for additional event. Spectators \$5.00.

Below is the website with poster that has additional information on the tournament, directions and divisions. <http://www.wfoma.com>
You can also see the poster for and information about the WFMA 2004 World Championships in Bahia Principe, San Juan, Dominican Republic at this site taking place **January 3rd to 11th, 2004.**

Shihan Legacy, Sensei Michele, and

Sensei Randy Dauphin will be teaching at the **OKF (Okinawan Karate Federation) annual camp** in Niagara Falls, Ontario. Sensei Michele will be given her 7th Dan at this event dinner. See Shihan Legacy for details. We are now teaching for the "House of the Matsumura Family". The Okinawan Karate Federation was Soken, Hohan's assoc. before he died in 1982 and gave it to Soke Glen Premru, whom Shihan Legacy teaches the White Crane for. Our White Crane association will be called "Matsumura Hakutsuru Kan" (the "House of Matsumura's White Crane"). At the dinner this year black belt members will be receiving their overdue certificates. See Shihan Legacy for details.



Letters to the Editor and Submissions

As was mentioned in the prior editions of the Kawara ban, this section is for your letters, questions or comments.

If you have any comments, questions or additions for future editions of the kawara ban, please send them to: znurse@golden.net or the old fashioned way via Canada Post to Zena Nurse at 74 Edward St, London, ON, N6C 3H4. You must include your name and dojo in order to get published or answered.

Submissions for the next issue of the kawara ban should be submitted by, **November 15, 2003.** Show off your writing skills, poetry or artwork and take part in the creation of the kawara ban and the passing of the knowledge of the martial arts to your fellow karateka.



Martial Arts History

Below is some brief martial arts history that you may find interesting. The information is just to give you an awareness of some aspects of our style and others' history in order to prompt you to do more research if you want to find out more details.



History Quiz:

Do you know the answers to these history questions? (See the last issue of the Kawara Ban for more history questions.)

1. What does pinan mean?
2. Who invented the naihanchis?
3. What does passai mean?
4. What is the name of the double-handed strike in passai?
5. Who is believed to be the creator of Passai Dai?
6. What is the meaning of our Legacy Shorin Ryu crest?
7. What does sensei mean?
8. Did Matsumura teach Gichin Funakoshi the white crane? Why or why not?
9. What style did Funakoshi create?
10. Who was Shihan Legacy's first martial arts sensei?

[Answers](#) are at the end of this newsletter. How many of these did you get right?



Martial Arts Library

Often, requests are made for suggestions on where to find information in order to complete resumes. Besides asking Shihan or your Sensei, some have found the following resources helpful, informative and just plain interesting.

Previous additions of the kawara ban included suggestions for your martial arts library collection of books. Here are some additions for your hardcopy library as well some online resources with brief descriptions of each, costs and where to find.

Internet sites/mailling lists:

Legacy Shorin Ryu - **Seishin Dojo** website created by Michael Parent: http://www.geocities.com/shorinryu_seishin/index.html. This site is still under construction but has similar information to the main Legacy Shorin Ryu site but also includes information specific to the Seishin Dojo. **Note:** this site works best

in Microsoft Internet Explorer.

Electronic Journals of Martial Arts and Sciences (EJMAS). This website seems to be a collection of journals on various MA subjects as well as articles. It also contains links to other MA sites and book reviews.

<http://ejmas.com>

The Way of the Western Warrior - CBC Radio Live - Tapestry segment audio file from Feb/2001 about the way western culture is changing the martial arts. I found this in a page in EJMAS. This audio story makes reference to a question raised in Sensei Barnfield' s article in JAMA, mentioned above.
<http://www.radio.cbc.ca/programs/Tapestry/audio.html>

WORLD KARATE UNION HALL OF FAME

Established in 1996 as a means of honouring martial artists in Canada, USA, Europe, Russia, Asia, Australia, Puerto Rico and South America.
<http://members.tripod.com/worldkarateunion.org>.



Books:

The Deer and the Cauldron - A Martial Arts Novel

By Louis Cha, Translated by John Minford
ISBN: 0195903234, 0195903250, 0195903277

Three books, so far, of Chinese martial arts. This is a very good story of Chinese history and martial arts. Louis Cha, also known as Jin Yong, has written many MA novels, including Book and Sword which was just published this year in English by Oxford Publishing, translated by Graham Earnshaw. I read the Book and Sword online for free prior to its publishing on his website.

Martial Arts Teaching Tales of Power and Paradox

- Freeing the Mind, Focusing Chi, and Mastering the Self
By Pascal Fauliot
Translated by Jon Graham
ISBN: 0-89281-882-4

You will find 2 more books in the Dojo Kun article, above.



Answers to History Quiz:

1. Peaceful Mind
2. Sokon Matsumura invented the first one and Yasutsune Itosu invented the other 2.
3. To breach the fortress
4. Kyubo sotei shuto uke
5. Choshin Chibana
6. 1 fist, 5 punching surfaces
7. Sensei means **reflection** and teacher, as in you are a reflection of your sensei and therefore, he is your **teacher**.
8. No. It is believed because he was half japanese.
9. Shotokan
10. Harold Warden

