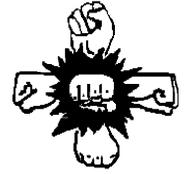


Kawara ban



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Legacy Shorin Ryu Karate Jutsu

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Zen and the Maple Tree

In the summer of 1971, I was gearing up for what I thought was the most important moment in my martial arts career. Little did I know how right I really was, yet had no real idea of what was about to unfold.

I had an appointment to meet 8th Dan Master Benny Allen, my Sensei, at a park in East Toronto to take the final part of my black belt exam ... This was it ... The moment of truth ... I was finally getting karate's big prize ... I was so PROUD.

Travelling every weekend to Toronto in order to train was getting very familiar and quite boring. I had been attending classes in London Canada five days a week, and spending Friday night, Saturday and Sunday morning training in East Toronto, sometimes right on the beach during summer, fall, winter and spring. It had been 13 months of physical and mental torment. My body ached for days on end and some mornings, I often wondered if getting up was at all possible. Goju is a tough art. They pride themselves with bodies of granite. Physical contact was inevitable and anyone who knew Benny Allen, the Karateka, knew of the Ki (Chi) he had developed. His strikes were devastating.

Bruising and bleeding from simple blows of his hands and feet were commonplace. Occasionally he would slip by fractions of an inch and you were on the ground moaning and gasping for breath. It was brutal ... I loved it.

Merv, my wife's uncle, also a black belt, sometimes came with me. He was there that day.

I was asked to do Pinans, Passai Dai, Nai Hanshi and Saesan among others. After concluding this, we began the Sanshin and Tensho of the Oki Ki Chi Sai Goju style of Master Allen's we call Ben Wa.

I must admit that at that time there was at least one student much better at this particular type of Goju than I, who practiced with the Sensei and became a very big 'Goju' teacher in Toronto.

Master Allen practiced Shotokan and Chito Ryu as well as Goju in his earlier years. He was also known to spend some time in the back rooms of Chinese Kung Fu families' hangouts and learned Chinese striking and blocking. His lightning-like techniques could be attributed to this.

When the grading had concluded, I had passed. I remember the feeling was like no other. I was a 'karate guy' and no one could dispute it ... except, maybe myself.

With bold intent, I said to the Sensei, ... "IS THAT IT"??? ... I was thinking, "don't you want me to do something beyond normal capabilities or something"?

The Master looked at me very calmly and said, come over here with me ... I followed.

He placed himself in front of a Maple

tree approximately 10-12" inches in diameter.

He looked at me and said, "I want you to punch that tree as hard as you possibly can.

Without any hesitation, for fear of chickening out or whatever it was, I stepped into a well-planted Zenkutsu Dachi (front stance) and fired a punch that could have felled a horse, as they would say.

The result was 'immediate enlightenment' on many levels.

My fist was driven back 1 1/2 inches, relocated all the small island bones in my wrist and slightly separated the Radius and Ulna, the two major bones in my forearm.

Welcome to black belt heaven, I thought, as the pain began to take effect.

I could see this was far from over. Challenging the authority and the wisdom of the sensei is always risky business.

The sensei's voice pierced through the pain, now that we've done one for you, lets do one for me. I want you to kneel down and punch into the grass up to your wrist.

Again, without hesitation, this time it was fear of failing; I knelt on one knee and began punching into the ground. As my punches impacted you could hear a sound much like walking in watery boots.

After penetrating into the ground approximately 1-2 inches, the Master said, "O.K. Legacy, that's enough, I can't stand it anymore", as he shook his head laughing and walked away.

I was already a black belt. WHAT WAS I THINKING?

Ego seeped out of my very pores. Being a very physical and aggressive martial artist I lacked in humility and understanding of the underlying force of Zen.

Destroying is not the real strength in the martial arts, but defending with true compassion and right mindedness. This is why Zen should be taught as an integral part of the martial arts, not simply pugilistic sport. Eighty five percent of all martial schools will never rise to this level or even know it exists.

Today, I bear the scars of the hard-earned lesson. My right hand looks like a brick and is weak in many ways. I will carry this living Zen for the rest of my life.

Many times students, who's sensei's were Benny Allen's followers, approach me and say, "Hey, you're the guy who punched that tree, aren't you?"

I am humbly proud of this. It does place me as one of many students who had trained with this colourful Master. Not because of the scars, but this was martial arts deepest influence on me. I tend to look at it as the band given to me by the martial arts as an acknowledgement of our becoming one, so to speak. After all, wasn't this what I was looking for?

I was the sensei's last student before he passed on. I think of him daily ... I will never forget him. His lesson will live on forever in myself and my followers.

Oh!!! and the Maple Tree? ... It didn't even have as much as the bark marred.

Gary Legacy ... Canada
Matsumura Karate

A Poem

I suppose I haven't been walking all that long
Seems like days though
I'll be honest I don't quite know where
I'll end up
My leg might start to hurt and case me to

fall

Then I'd be where I fell
Or I might get too tired and slow down
until I can't go any further
Then I'd be there

Where am I going?

I guess if I needed to know for sure
I'd stop now

Shaun Benson
nidan
giri dojo

Master Funakoshi's 20 Principles of Karate-do.

1. Karate begins with courtesy and ends with courtesy.
2. There is no first attack in karate.
3. Karate is an aid to justice.
4. First control yourself before attempting to control others.
5. Spirit first, technique second.
6. Always be ready to release your mind.
7. Accidents arise from negligence.
8. Do not think that karate training is only in the dojo.
9. It will take your entire life to learn karate, there is no limit.
10. Put your everyday living into karate and you will find "Myo" (subtle secrets).
11. Karate is like boiling water. If you do not heat it constantly, it will cool.
12. Do not think that you have to win, think rather that you do not have to lose.
13. Victory depends on your ability to distinguish vulnerable points from invulnerable ones.
14. The battle is according to how you move guarded and unguarded (move according to your opponent).
15. Think of your hands and feet as swords.
16. When you leave home, think that you have numerous opponents waiting for you. It is your behaviour that invites trouble from them.
17. Beginners must master low stance and posture, natural body positions are for the advanced.
18. Practicing a kata is one thing, engaging in a real fight is another.
19. Do not forget to correctly apply: strength and weakness of power, stretching and contraction of the body and slowness and speed of techniques.
20. Always think and devise ways to live the precepts every day.



Dojo News

Americas Cup World Championships Venezuela 2002

Margarite Island, Venezuela Jan/2002

Congratulations to everyone from our dojos who competed with special congratulations to:

Shihan Michele Legacy – Adult Gold Medal

Sensei Randy Dauphin – Canada's Most Valuable Adult Competitor

Upcoming Events

Ongoing until 2003 – collection of A & P receipts for amateur sports donation to help raise funds for 2003 Americas Cup World Championships in Mexico. See your sensei or Shihan Legacy.

June 8, 2002 – Garage sale for Americas Cup competitors. Located at Sensei Bowron's house at 7058 Diane Cres., London, located off Colonel Talbot in Lambeth, 2 miles south of Southdale Rd. to raise funds for those going the 2003 Americas Cup World Championships in Mexico. Donations can be dropped off Jun 6 or 7 at Sensei Bowron's house. Further Details: Contact Shihan Legacy or Sensei Bowron.

June 22, 2002 - Grand Master Taba, 10th Dan from Okinawa.
Location: 1:00pm at Carling Heights Centre, London.
Cost: \$65
Further Details: Contact Shihan Legacy

July 7 – 13, 2002 – Summer Karate Camp hosted by Shihan Legacy at Dalewood Conservation Area.



Letters to the Editor and Submissions

As was mentioned in the last edition of the Kawara ban, we are now including

this section for your letters to the editor. The letters will now go to a new editor, namely, Zena Nurse. So far, we haven't had any questions for the newsletter, but hopefully, that will change in future issues.

If you have any comments, questions or additions for future editions of the kawara ban, please send them to: znurse@golden.net. If you don't have email, then you can use 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 **August 31, 2002**. Show off your writing skills, poetry or artwork and take part in the passing of the knowledge of the martial arts to others karateka.



Martial Arts History

Below is some brief martial arts history that you may find interest. 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.

Women of Our Martial Arts History

The White crane kung fu is believed to have been created over 300 years ago by a Chinese woman named Fung Chi-Niang. There are a few stories of how she created the style one of which being the following most popular one. A large white crane had swooped down and started eating the grain she had laid out to dry. She tried to scare it off but the crane easily evaded her kung fu moves by side-stepping them and pecked at the staff she was using to drive it off. She was so impressed by the crane's movements that she practiced with the crane and studied the cranes' movements and came up with the white crane kung fu style.

Her father studied kung fu at the Shaolin temple and taught Fung Chi-Niang well but she found, being a petite woman, that she had a difficult time generating striking and blocking power

against much larger and heavier men. To overcome this, she combined the kung fu with pressure point strikes, evasive body movements and quick footwork. These strikes were aimed at areas of the body that were couldn't be hardened through conditioning to resist injury – eyes, temple, throat, solar plexus, floating rib, kidney, groin and knees.

O'Sensei Richard Kim

10th dan of Zen Bei Butokai was born in 1919 in Hawaii. He began studying martial arts in 1925 in Judo. He trained in many styles, including Goju Ryu under Yabu Kentsu, Okinawan karate under Arakaki Sensei, boxing, aikijutsu, Tai Chi Chuan and others. He taught many top martial artists including Shihan Legacy, Peter Urban and Don Warrenner. He also received many awards including: BLACK BELT Magazine's Hall of Fame Man of the Year for 1986, and 1973 Karate Sensei of the Year. O'sensei passed away Nov 8, 2001 but will not be forgotten.

The Cat

Gogen Yamaguchi, nicknamed "The Cat," was the founder of Japanese Goju-Ryu Karate-do. Yamaguchi was a Japanese intelligence officer stationed near the Russian border, see: <http://www.indiana.edu/~iutkd/history/tkdhist.html>
<http://gojukai.com.au/gojukai2.html>

Goju means Hard/Soft Style.

<http://www.blackbeltmag.com/halloffam/achievers/gogen.cgi>

Other Styles:

Shotokan – founded by Gichin Funakoshi in 1936. The name means, "house of Shoto", where Shoto, which means "pine waves" in Japanese, was Gichin Funakoshi's pen name for his poetry. He created the style in Japan as a combination of various Okinawan karate styles. It includes the lighter, flexible movements of Shorin School and the powerful techniques of the Shorei School.

Aikido

Founded by Morihei Ueshiba in the 1920s in Japan. "The Art of Peace does not rely on weapons or brute force to succeed; instead we attune ourselves to the Universe, maintain peace in our own realms, nurture life, and prevent destruction. The true meaning of the term samurai is one who serves and adheres to the power of love."

<http://aikidosb.org/#c/>

This is the style that Steven Seagal is famous for in the movies that involves the use of the hands, only and no feet. Techniques are performed by using the person's own force against themselves after they have attacked. It employs joint locks and throws to neutralize physical attacks, as well as weapons techniques with the wooden sword, knife and staff. The moves are performed in a smooth circular and spiral fashion. It is considered to be a good style for women because being of a smaller stature is more of an advantage. This style typically doesn't have katas.



Martial Arts Library

Often, requests arise 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.

Books:

These books are in alphabetical order by title. All prices are in Canadian dollars from Chapters online unless otherwise stated.

Budo Secrets: Teachings of the Martial Arts Masters by John Stevens

144 pages

Hardcover. \$29.95

Shambhala Publications July 2001

ISBN: 1570624461

Mastery by George Leonard
192 Pages
Trade paperback, \$18.99
Plume
ISBN: 0452267560

Karate-Do Kyohan: The Master Text by
Gichin Funakoshi, John Teramoto
(Translator)
256 pages
Kodansha International May 1973
ISBN: 0870111906

Karate-Do Nyumon: The Master
Introductory Text by Gichin Funakoshi,
John Teramoto (Translator)
Pages
Trade paperback
Kodansha International December 1994)
ISBN: 4770018916

Overlook Martial Arts Reader: Classic
Writings on Philosophy and Technique
Edited by Randy F. Nelson
356 pages
Trade paperback, \$18.99
Overlook Press
ISBN: 0879514590

Fox Volant of the Snowy Mountain
By Jin Yong
382 Pages
Trade Paperback: \$41.95
ISBN: 9622017339
Published by Chinese University Press
1997
This is a great martial arts fiction
(Chinese Kungfu) book by a famous
author in China. It is very well written
with detailed descriptions of various
fighting techniques. Some of his books
have been translated to english. I did
locate a site with more translated novels.
See the Internet Sites/Mailing Lists
section below.

He has also published books under the
name Louis Cha. This book is hard to
find and get and is currently out of stock
at Chapters

Magazines/Journal:

Black Belt Magazine
12 issues for US\$34.00
Subscribe online or contact:
(800) 266-4066.
Black Belt Communications, Inc.,
Palm Coast Data
P.O.Box 421117,

Palm Coast, Fl. USA 32142.
<http://www.blackbeltmag.com/>
You can search the archives for articles
written by the many contributors,
including Sensei Richard Kim who used
to contribute regularly.

Internet sites/mailling lists:

UWO Shorin Ryu Karate Jutsu:
<http://www.geocities.com/uwokatate>
This is our University of Western
club's (Damashii) main website.

Goju kai karate do Australia
<http://gojukai.com.au/> A great site for
Goju history and information as well as
other martial arts links.

Aikido World Headquarters
[http://www.aikikai.org/about/index_e.html/](http://www.aikikai.org/about/index_e.html) Great site for Aikido information on
history and the style.

**Jin Yong martial arts novels
translated online:**
[http://www.geocities.com/jinyongnovels
online/](http://www.geocities.com/jinyongnovelsonline/)

About.Com's Martial Arts section:
<http://martialarts.miningco.com/>
American website.
You sign up to have the weekly
newsletter sent directly to your email. Is
more popular and sport related than
traditional but informative. Has a
sections on martial arts movies (see
Martial arts movies below), books,
finding a school, choosing an art,
information and links to all kinds of
styles and suppliers.

Martial Arts Movies:

There is a movie about the life of
Myamoto Musashi called: *Samurai I, II,
III: The Legend of Musashi*. I got lucky
one night to come across it on TV and
taped all 3 parts.

Crouching Tiger, Hidden Dragon –
Michelle Yeoh, Chow Yun Fat.

Iron Monkey – Donnie Yen, Jean Wang
Ching Ying.

Romeo Must Die – Jet Li

The Karate Kid – there are 4 of these. I

think Parts 1 and 2 are the best.

The Matrix – Keanu Reeves, Laurence
Fishburne.

See About.com's list of most influential
martial arts movies:
[http://martialarts.miningco.com/library/re
views/aatp_influentialmovies.htm](http://martialarts.miningco.com/library/reviews/aatp_influentialmovies.htm)

and cult martial arts movies:
[http://martialarts.miningco.com/library/re
views/aatp_influentialmovies.htm](http://martialarts.miningco.com/library/reviews/aatp_influentialmovies.htm)

Dojo Terms

<u>Term</u>	<u>Meaning</u>
Budo	warrior' s way
Dojo	training hall
Dogi	or gi, uniform
Hanshi	formal samurai title, usually 9 th or 10 th dan; means: "master".
Karataka	karate student
Kiai	shouting sound used to emphasize each technique
Kyoshi	formal samurai title, usually 7 th or 8 th dan; means "knowledgeable person".
Kyu	level usually in reference to training level i.e. 6 th kyu, or yellow belt
Obi	belt
Renshi	formal samurai title, teaching level – 4 th - 6 th dan. Means "A person who has mastered oneself."
Seishin	pure spirit
Sensei	Teacher
Shihan	master teachers usually 5 th Dan or above



Martial Art-work

Below is artwork submitted by Derek Lattimer of Damashii Dojo showing an interpretation of the saesan kata.

