

# Around the Dojo

## Moving Forward

I would like to say that I am more proud to be President of this Federation than ever. WE have progressed so much as of late it is astounding and invigorating. I see my family working together and growing with a motivation I had hoped for, and it is reassuring to see my teacher's dreams being fulfilled. I would like to congratulate all of members of the Shorinjiryu Kenyukai Watanabe-Ha Federation. Remember to be appreciative of our gift and those who make them possible.

I would like to thank the Australian Shorinjiryu Shibu and my Kodansha for your respect and support. I would also like to thank the Shinzen Kyokai for the opportunities you create and friendship.

As much has transpired since our meeting in April, we have gained much momentum and should thank all those who are out there doing for us all, but also capitalize on this excitement and get involved.

This newsletter, new dojo, my invitation to sunny California by Michel Laurin Kyoshi, the Shinzen tournament success, the Island Budokan tournament success and all of the goals and progress initiated by the leaders of our organization. So again I would thank the Yudansha who have taken our goals and future to heart and given us all an example to be proud of. It is not unnoticed and is most appreciated.

Omedeto, Watanabe Shunji *Hanshi*.

## Federation News

Daniel Hayes *Shihan*

I would like to take this opportunity to thank and congratulate all the members of the SKWHWF on their sincere efforts and progress since our commitment in April. As you will read in this issue, since the good induction of the Australian branch (Shibu) we have moved steadily forward to strengthening our organization in both size and quality.

WE have much to be thankful for and much responsibility. So omedeto to those who embrace that responsibility for we all benefit from it. As Kaicho expounded upon at the Yudansha testing and clinic, *Nobi Nobito* (constantly strive to improve and develop). The enthusiastic response is most refreshing and motivating.

That being said I would like to congratulate

Salasko *Shihan* of Central Jersey Karate and Rob VonOostrom of the Hombu on the opening of their new satellite dojo. I would also like to thank the NY Shibu for their continued efforts to forge new learning venues and on another successful tournament which raised over \$3000.00 for Ronald MacDonald House in the name of SKWHWF. So much has transpired and is on the burners it is difficult to mention it all now. Suffice to say that we owe much to our leaders, each other and friends. So thank you to the Shinzen and Shibu for the opportunities created and opportunities for growth.

Read on and enjoy!

Domo Arigato Gozaimasu and Omedeto!

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### Upcoming Events

- November 17, 2007 - LI Watanabe-Ha Clinic
- March 15, 2008 - 6th Annual Watanabe-Ha Tournament - Baltimore, MD
- May 25, 2008 - Canadian Tournament, Montreal Canada
- June 7, 2008 - Open Clinic - either LI or NJ
- August 16 - 17, 2008 - Advanced clinic and Yudansha Testing - Baltimore, MD

# SKWHWF Expansion into Virginia

by Robert Van Oostrom *Senpai*

On November 6, a new SKWHWF dojo started classes in Waynesboro, Virginia. The program is sponsored by the Waynesboro City Parks and Recreation Department and is being led by Senpai Rob Van Oostrom, under the tutelage of Kaicho Watanabe. Classes are twice per week, Tuesday and Thursday nights from 6 – 7 pm. The dojo has initially been given the name Blue Ridge Dragon.

Commented Senpai Rob, “I wanted to do my part in supporting the growth of our SKWHWF family and in helping spread Kaicho’s karate. Because I live approximately three hours away from Baltimore, my ability to directly help grow the Hombu dojo is limited. After some significant reflection, I realized that the best way for me to contribute is by starting up another class where I live.”

Waynesboro is a small town located in the picturesque Shenandoah Valley, nestled up next to the Blue Ridge Mountains. This scenic region is home to the Shenandoah National Park, Blue Ridge Parkway, numerous caverns, wineries, artisans, Civil War battlefields, seasonal festivals and even an authentic Shakespearean playhouse. It is a beautiful area to live in and to visit. “I get to have coffee

every morning while watching the sun come up over the Blue Ridge to the east. This is a wonderful place with very warm and friendly people.”

The first class had 12 students in attendance (see photo at left): Leah Walker, John Brown, Wayne Perry, Robert Plecker, Lindsey Martin, Jamie Allen, Ryan Warstler, Michael Wells, Brandon Mays, Jordon Mays, Chris Van Oostrom, Julia Van Oostrom (not in order). “We did have one glitch - the fitness room at the Rosenwald Community Center, where class is scheduled to be held, was not usable for the first class because of an electrical problem with the lighting circuit. So, class was moved to the gym, instead (the facility was formerly a school). That’s why the picture of the students (taken at the end of class) is in a gym. The other picture is the fitness room where class will normally be held. Of course, having access to the gym, from time to time, is an added feature.”

“We would like to extend a warm invitation to any of the SKWHWF family to visit if they find themselves in the area (we’re located close to I-81 so on your way to Florida, etc., please stop by and see us). We will also be planning a formal dojo opening ceremony for sometime in the near future – look for an invitation.”

Domo arigato!



# News from Down Under

by Jim Griffin *Shihan*

A small team from the Seiryukan Dojo of Shorinjiryu Kenyukai Watanabe Ha Australia recently competed in the Queensland Koshiki State Championships and all performed well. The attached photo shows, from left, Shodan Amanda Bugden (2nd in Kata and Shiai), John McDonnell (performed his best Kata and fought with courage), Mitchell Nunn (1st place Shiai and nice Kata), Joshua Nunn (2nd place Shiai and nice Kata), Dee Foster (1st place Shiai and 2nd place Kata). Not in the photo is Luke Burrell who performed a nice Kata and fought well on the day.

Congratulations to all, they did Shorinjiryu proud!"



# Karate On Campus

by Ian Rosenblatt *Senpai*

Since leaving the safety and security of a steady dojo in which to practice, my karate has had to change and evolve. Devotion to this art can be extremely difficult, especially at certain points in ones life. High school, college, marriage, work, and children can make dedication seem like an impossible task. Upon entering my college career, I quickly learned how a karate-ka could simply phase karate out of their life. It is a whole new world of social experiences and academic responsibilities that can seem overwhelming at times. Some find it easier to just discontinue their study and live a “normal life”. For me I found that the hardest part about being away from the dojo was the lack of on-campus martial arts clubs and people to practice with who shared the same spirit,

respect and enthusiasm for martial arts.

It would be a lie to say that I was not one to fall into the trap of lethargy and neglect. Although I had fallen off the horse, it was returning home to a supportive dojo family that saved me from joining the ranks of people who lament, “If only I hadn’t quit” or “I wish I was still involved”. Now with a hardened resolve to prevent this from happening, I set out to develop my own club. I started with my roommate and showed him basic stretches and striking techniques. Soon after, I was able to recruit a few more guys who showed a genuine interest in learning what I was offering. We started meeting regularly every Friday afternoon at the on campus ROTC

gym, a common place for most martial arts clubs. During class one day I was elated to see passer-bys sticking around to watch what we were doing. The ultimate vindication came when I was asked by some Capoeira club members who were sharing the room with us if they could join in and practice front kick.

Although we only meet once a week for two and a half hours, it has really lit a fire in me and those around me to get out there and take the initiative. If I could offer one piece of advice for students heading off to school, it would be to schedule a designated time in which to practice every week. Also, if there is nothing on campus that offers you the chance to practice with other people, do it on your own.

## Kid’s Corner

by Abby Coleman

This past September I pre-tested for black belt in Baltimore. Sensei told me just before our tournament in August that he and Kaicho thought I was ready to pre-test. I have never been so scared in my life but I was also just a little bit excited too.

I remember waking up in the hotel the morning of the test and realizing where I was and what day it was and I wanted to cry. But I realized that my Sensei wouldn’t have had me do this if he



didn’t think that I was ready. When I got to the dojo I finally started to relax

and feel more comfortable. Before the test started a lot of people were telling me to relax and I would be fine, but one person’s advice really stuck out. Sensei Peter told me to just imagine that it was a class and to imagine that no one was watching. That really helped because after the first 5 minutes it started to feel like a class and I felt relaxed. Now because I took the pre-test I am not as nervous for the test next year.

## My Beginning

by David Chen

This summer was when I began to take Karate and one of the first things that Sensei said to us in class was to commit yourself to whatever you do. I believe his words were “Don’t dip your feet in the pool just jump in your going to get wet anyways”. Ever since I left for school I always try to incorporate

that in my day-to-day routine. With homework and projects I always think just do it you have to get it done anyways. Since I am studying photography I try to shoot my images in as many different ways that way I can work with the teacher to find out what I need to work on/ improve.

Since I have been at school Sensei’s words have influenced my practice, my school work, and everyday life.

# Central Jersey Karate Hosts Booth at Town Festival

Donna Nemes *Senpai*

The Central Jersey Karate dojo manned a booth at the Edison Fall Festival Friday & Saturday (September 7 and 8, 2007), providing information and distributing flyers, and performing impromptu demonstrations by our karateka. Shihan John Salasko, Senpai Pete McMahon, and Senpai Alexandra Daniels, Christina Daniels and Donna Nemes were on hand on Friday night to assist. Many spectators at the festival stopped by to watch and asked questions about the Shorinjiryu Kenyukai Watanabe-ha style and our dojo.

Shihan John Salasko and Senpai Pete McMahon manned the booth on Saturday. Karateka from our dojo were present throughout the day to demonstrate kata, kumite, and self-defense. Our booth had mats set up to allow for throws and sweeps. We even had some books from our dojo's library set up for people to browse through. Senpai Christina Daniels had created a flyer describing our style and our dojo, which were handed out during the festival to passers-by.



On Friday night, our dojo performed a Shorinjiryu Kenyukai Watanabe-Ha Karate demonstration. The demonstration took place on a lighted stage in the middle of the festival,

where many spectators stopped by to watch and applaud. Our show lasted an hour, and consisted of karateka of all ages and ranks, performing self-defense, kata, kumite and buki-ho.



## New Dojo for Central Jersey Karate

Central Jersey Karate has opened a new dojo at Woodrow Wilson Middle School in Edison, NJ. The first class started on Tuesday, September 11. The dojo will host karate class on Tuesday and Thursday nights. The dojo is still too new to comment much further on, especially as we have had quite a few class cancellations due to school holidays and scheduling conflicts with other events at the school. However, with the new dojo in place, we now have the room to increase the number students that practice with us.

# Guess who is going Hollywood?!

**Lights! Camera! Action!**

**Yes, our very own Kaicho will be winging his way to LaLa land to film a small part in Shihan Michel Laurin's new film.**

**Can't wait to see him on the Big Screen!**



## How Martial Art Have Influenced my College Life

by Eddie Christian Senpai

In my short time in college, I am amazed at how much my training in the martial arts has helped me. It has helped me in all aspects – physically, mentally, and spiritually.

I have always been amazed at how strong our style is compared to other martial arts. And this mentality was reinforced about a month ago. In an effort to continue to see what else is out there, I took up the opportunity to take a Thai Boxing class for my physical education credit. By the second class (and the first one was only administrative detail work), the teacher was using me to demonstrate the movements and strikes. After he had me demonstrate roundhouse kicks, he asked me if I've done Karate or kickboxing before. I told him I do Karate, and he said, "Wow. You don't really kick like other people I know

who do Karate. You actually open your hip and kick through and hit very hard." I spoke with him a little longer about it, and he finished the conversation by saying, "Yeah. You definitely know what you're doing." It was very empowering to experience, once again, how strong our style is compared to everything else out there.

Outside of the physical elements, my study of the martial arts has provided me with the mental and spiritual strength and discipline to endure the rigors of college life and work. One thing Karate has definitely taught me is to be mentally tough and disciplined. And this is a huge skill to have in college. As my father said to me, "College is a unique experience. You have all the benefits of being an adult without any of the responsibilities." But in college, you have to have the

discipline to do your work when it needs to be done, and slacking off is NOT an option. And my training has taught me to stay disciplined, which has proven to be an essential skill to have.

Finally, the spiritual side of my martial arts training has given me the skills to successfully cope with the stresses of college. Now, whenever I get stressed out – whether it's before a big midterm, or knowing that I have to write an essay, I practice and meditate. After this, my mind is put right back where it needs to be, and I'm no longer stressed. And I perform much better because of it.

Training in the martial arts has given me so much, and I feel so fortunate and blessed to be able to always have it with me, especially now that I move on to this next phase of my life – college.

The study of karate has affected my life in numerous ways since I started practicing in 2005. Karate's impact on my life has transcended my practice in the dojo and impacted my life in college. The study of Shorinjiryu opened the way for exploring new and intriguing philosophies, concepts, and ideas relating to budo; and in a broader sense, Japanese culture. The interest in Japanese culture sparked in me by Shorinjiryu partly motivated me to pursue a Japanese Studies major in college. But Shorinjiryu's effect on my life is not limited to my choice of major. In addition to that, the study of Shorinjiryu Karate has taught me how to deal with the academic pressures of college with steadfast determination. Dorokyu is an aspect of karate that I consistently apply in my everyday life, especially when it comes to my education. Thanks to karate, I have fostered a mentality that has

allowed me to stay focused when the workload becomes overwhelming. Additionally, I have come to realize that the collegiate environment is, unfortunately, full of sin and temptations induced by peer pressure and social norms that encourage detrimental behaviors like compulsive drinking and drug use. The study of Shorinjiryu has also endowed me with the confidence to reject peer pressures and not conform to the harmful tendencies other students follow, while remaining focused in the goals that are of real importance in my life. Finally, my limited time in college has taught me to appreciate the teachings of my Sensei because regular practice at the dojo is not an option while I am in school, and his teachings have embedded in me with the right mentality to tackle the new and unfamiliar challenges that college life has to offer.

## ITEMS FOR SALE

The following items are available for sale with profits going to the SKWHWF. For more pricing information and availability, contact the Island Budokan at [HayesSensei@islandbudokan.net](mailto:HayesSensei@islandbudokan.net)

Ironwood Bo

SKWHWF Pin

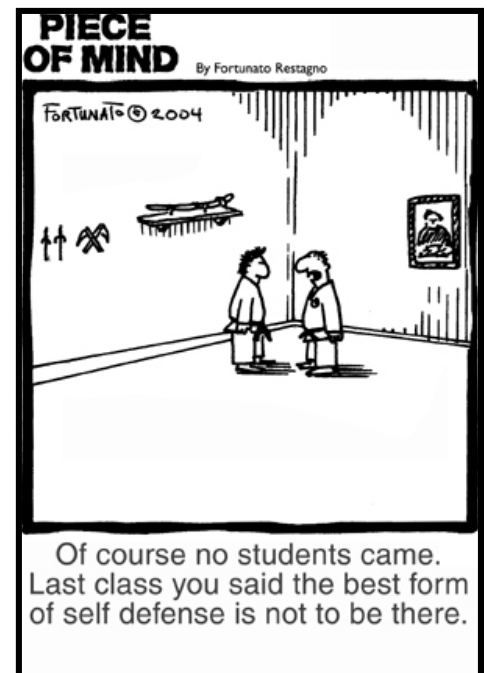
SKWHWF Gold Pin (For Yudansha ONLY)

## Tournaments and Working Out

August 4, 2007 dawned sunny and hot and the competition was fierce at the 13th Invitational Island Budokan Bogujutsu Tournament. More than 150 karateka competed in kata, shiai, weapons, and kumite. In addition, there were two divisions of Koshiki fighting. Demonstrations in Iaido, Judo, fighting with Anzen Bogu and Taiko drumming were enjoyed by all and children also had the opportunity to try their hand at origami. An exciting compilation of some of the Judo Demonstration and shiai can be found at <http://www.youtube.com/watch?v=HTnK8dSJLh4>.

In addition to the competition and demonstrations, the Island Budokan students and their families worked together to give back to their local community. A food drive contributed much needed staples to the Our Daily Bread Soup Kitchen. In continued efforts to support the LI Ronald McDonald House the families created gift baskets and solicited donations from local vendors. Raffle tickets were sold and lots of great prizes were won. Family bakers got into the act and their sweet donations also added to the fun. Even the local news station got involved, airing a 60 second segment about tournament. In the end more than \$3,000 was donated. The tournament was followed by a pool party and barbeque which was enjoyed by all.

Seven days later another bright and sunny day dawned over eastern Long Island. The dawn was met by over twenty Island Budokan Yudansha and Mudansha. After a sunrise meditation the work began; running on the beach, kicks and punches in the sand and surf, walking forms, kata, kumite, goshin jutsu, nage waza, and shiai. More than four hours later the weary group finished with a reflection on what each member learned and how they planned to apply what they gained in their future training. Everyone pushed themselves to ends of their limit and then just a little bit more. Thankfully a loyal group of wonderful parents prepared yet another fantastic barbeque to end a perfect day. BONZAI!



## Did You Know?

The following are translations of important terms provided by Watanabe *Kaicho* as written by Peter Guarascio *Sensei*:

**Shingitai**- (1) Shin-core, heart, mind, spirit, moral worth, character (2) Gi- technical skill (3) Tai- body; physical development. - These three qualities are inseparable and should be the goal for all students of Budo (Budoka). These qualities correlate with the presence of the Heavens (Shin), the earth (Gi) and man (Tai) allowing someone to become a complete person.

**Nobi nobito**-nobi-growth; nobiru-develop, grow; or noboru-rise, ascend- constantly strive to develop and grow.

**Mato**- target, can also be vulnerable points of the body.

# Can you guess?

Do you know who is featured in the poster at right?

Answer in the next issue of  
Around the Dojo



## The Beauty of Budo

by Dan Hayes *Shihan*

One might think that *Beautiful* or *Graceful* are odd descriptors in relation to the arts of Budo, or more precisely, of Karate Do. I was involved in an interview with a Koryu (ancient arts) historian and Hanshi when he was asked to define and describe Samurai. Think for a second on what your answer would have been and then read his response....“gentlemen”. That was it, nothing more. When pressed for more information which made sense to the writer he always came back to “gentlemen”. The implications of this statement and the resolve of its delivery have had a resounding effect on my perceptions of many practices and studies in Budo and their current state of mind. I had what can be called a “paradigm shift.” I began to better realize my attraction to the practice and study of all Budo as I see the refinement of character as a constant. Its definitive purpose is to create and be beautiful and harmonious as well as compassionate. Again...odd words for most to associate with the arts of Budo, or as Westerners like to call it “the art of killing”; certainly not its current or intended state as any real Budoka can tell you.

There was a statement made in an article I had come across which called Karate only worthwhile if it was “ugly”. What was meant, I believe, was that if it appeared effective and

menacing enough to look destructively ugly it was then correct and therefore wonderful to watch.

I suppose it would be easy to chalk it up to the old saying, “beauty is in the eye of the beholder.” Unfortunately, this is not the case with Budo. Beauty has very tangible requirements and is expressed internally as well as demonstrated externally. For example; if we look to the art of Kyudo:

*“In this way, Kyudo manners are the formalized expression of the ideal way in which people should behave towards each other as well as the vehicle through which to teach people that ideal behavior.”<sup>1</sup>*

This would relate to the ritualistic Reigi as required in daily life and performance of Katachi and Yakusoku Kumite. These formalized processes and posturing are a tool to teach one proper decorum and sincerity. By formalizing this process physically we learn outwardly what we should be inwardly. Living a harmonious life requires an understanding of codes of conduct and interaction so we can have a sense of Hyoshi in life with nature. Or as is the motto of the Island Budokan, “Structure is freedom whereas freedom without structure is chaos”.

1 - Seishinkan Kyudojo Principles of Training, Earl Hartman

## Materials Request

Sensei Richard Alicea continues to gather photos, films, videos, and memorabilia of past and present seminars, clinics, tournaments etc in order to create a chronology of Shorinjiryu and its participants as directed to me by Watanabe *Hanshi*.

If you have (or if you know of anyone who has) any such material please send them to Sensei Rich to be included in this project. The materials cannot be returned so please either send a copy or make a copy for yourself. Wherever possible, please provide identifying information such as event name, location, date, participants, any special awards or commendations, etc. Please forward all material to :

Richard J. Alicea  
107-60 111<sup>th</sup> Street  
Richmond Hill, NY 11419

-Domo Arigato.

## SHORINJIRYU KENYUKAI WATANABE-HA FEDERATION

President—Shunji Watanabe  
Vice President—Daniel Hayes  
Treasurer—Tanelle Yenkevich  
Secretary—Richard Alicea  
Newsletter Editor—Stephanie Coleman

***Spiritual development of individuality in mind  
and body.***



## Pictures of Summer—Island Budokan Summer Camp



**KENDO - HANBARRA - JUDO - TAIKO - SUMI-E PAINTING - KARATE**

Island Budokan students did it all at their summer camp this July!