



The Shorinjiryu Shinzen Kyokai

- A Gathering of the Shorinjiryu Family
- Largest Group of Shorinjiryu Practitioners Worldwide
- Exchanging, Knowledge, Spirit & Friendship

**Shorinjiryu Shinzen Kyokai
Shorinjiryu Shimbun**

Kenkokan Karate 1960s to 1970s

by John A. Mirrione, Kyoshi

I have already written a little about my time spent training in Brooklyn, New York, with my first Shorinjiryu Sensei, Minuro Morita, who was a senior student of Kaiso Kori Hisataka. Sensei Morita is currently living in Japan. My second teacher was Tamon Kashimoto the youngest of all the original Japanese sensei to come to the United States in the early 1960s. A 2nd degree black belt in his early 20s, he was the first to separate from the Kenkokan school. In 1972 he formed the Shorinjiryu Nanzen Kai, eliminating the use of Bogu and moving towards a semi to full contact system of karate.

Some notable students of that era who I had the honor to train with were Hanshi Myron Lubitsch, currently President of the Shorinjiryu Shinzen Kyokai, Walter Geckelman (First American to attain the Black Belt in Shorinjiryu), Gil Berzen, Sam Reese, Tom Pitera, Rubin Torres, Eric Deravin Sr. and Jr., Joe and George Young and Noel Casabona. All of the aforementioned studied with either Sensei Morita or Kashimoto or both. Hanshi Myron Lubitsch and I first met while training with Sensei Morita.

Relocation

After Sensei Morita left the Brooklyn, New York location, Sensei Kashimoto took over for a short time. He already had a well established dojo in Staten Island and would divide his time between the two schools. Eventually he handed over the Brooklyn school to a Goju karate teacher

At this time I was unable to follow Sensei Kashimoto due to lack of transportation so I enrolled in a Kempo school that was within walking distance to where I lived. After a few months of training Myron Lubitsch came to watch the class. He met with me afterwards and asked me to try and find a way to get to Staten Island for training. I bought a 1962 Chevy for \$100 and headed out to the Staten Island dojo where I was warmly welcomed. Senpai Lubitsch, Sam Reese and Eric Deravin Sr. were quick to help me get back on track with my kata and kumite. It is important to mention that if it were not for the efforts of Hanshi Lubitsch I would not have found my way back into Shorinjiryu nor would I still continue to learn, train and compete in it today, four decades later.

Training at the Dojo

The training at Sensei Kashimoto's dojo was very tough and the turnover was evidence of this. Classes were held almost every day of the week and were well attended. The dojo was large enough to accommodate 20 students at a time. In the summer we had no air conditioning or windows to open. Sensei would set up a box fan by an open door so as to blow in the humid, hot air from the outside. In the winter there was only the heat of our bodies to keep us warm. We had an old canvas heavy bag and three broken makiwara. The wooden floors were installed by the students. The nails always popped up during training. Sensei used to hit down the nails with his sai usually after someone stepped on one. Each class lasted 1 ½ hours and if it was the last class of the evening it lasted longer. There was no talking, drinking water or asking questions during class. The training went on uninterrupted with no one permitted to leave the session for any reason including going to the bathroom. Sensei never made us do anything he

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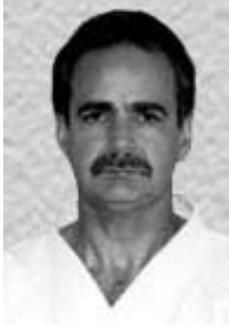
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From the Desk of the President

by Myron M. Lubitsch, Hanshi



Incredible, it is time to put the 2007 Shimbun to bed and look ahead to 2008. In the past year, the lines of communication continued to be proven invaluable. A greater number of students who never attended any of our sanctioned events especially the 21st International Shinzen Shiai had the opportunity to spend the event with members of the Shorinjiryu Karate family. Much of the feedback

clearly indicated that they were pleasantly surprised and happy to have attended. We were certainly happy to have them here. The Shindo Budo Kwai International, the Island Budokan Bogujutsu, and the other member events proved successful. We are very happy for Michel Laurin, Kyoshi in his acting career and for Shunji Watanabe, Hanshi in being asked to be in a movie.

Allow me this time as we put the final Shimbun of 2007 to bed, I want to thank all those contributed to the success of this publication, all

those instructors who support the Shinzen Kyokai, the students who are the future and the parent volunteers who are the unsung heroes.

Thank you, each and every one.

I wish each and every one of you a great New Year filled with good health, happiness and great practices.

From the Desk of the Vice President

by Dan Hayes, Shihan



The following letter was sent to Shihan Daniel Hayes of Shorinjiryu Kenkukai, the current Senior Vice President of the Kyokai.

Hey Sensei,

Bare with me on this and you will see where I'm going....

So I have been reading this book about the first female captain in an upscale NYC restaurant, Thomas Keller's per se. In this one part of the book I read last night the

restaurant gets a review. In that review they talk about how amazing the food is and how beautiful the decor is, but they say the service is "ghostly" and robotic. She becomes confused thinking she is doing her job by the book and is following all the directions as were given, yet the reviewer is not satisfied. "It seemed that, in the months of learning how to walk and talk and correctly place a glass on a table, we had forgotten the point of good service. It was like a man learning to waltz, muttering "one, two, three, one, two, three" under his breath and staring at his

feet. Only when he stopped thinking and started feeling the beat, his partner's hand, the slight weight of her arm on his - would he begin to dance." I started to think that's how I am with my karate, I will only be great when I stop thinking about where my hands and feet are and start to just feel my body move. I know the train of thought is strange but it opened my eyes to what I believe is my major downfall with my karate. Just wanted to share it with you =). Hope you don't think I'm crazy now ha ha

Jackie

The 21st International Shorinjiryu Shinzen Shiai

The 21st International Shorinjiryu Shinzen Shiai honored

the 60th year of the founding of the first Shorinjiryu Kenko-

kan Dojo founded by Shinan Kori Hisataka.



Kenkokan Karate 1960s to 1970s

by John A. Mirrione, Kyoshi

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did not do himself. At approximately 120lbs and 5ft 6in tall Sensei Kashimoto would jump over a wooden folding chair and hit the heavy bag bending it in half. He would also practice his kicking technique by standing 2 feet in front of a wall and kicking straight up without touching the wall with his foot. He required that his students train to accomplish these very same fetes. We pounded the makiwara with both our feet and hands. All three boards were broken vertically so when hitting them with hand techniques you had to be especially careful not to catch your skin in between the wood where it separated. We developed calluses on our knuckles as well as on our feet. When doing sit ups you had to pound the floor hard so the count could be heard. We engaged in races on all fours, with fists closed, around the dojo floor. Three finger push ups were followed by knuckle pushups. Shiai was often practiced with someone on your shoulders. The bottom person did the kicking and escapes and the person on the top would do hand techniques and grabs for a throw. Our kicking drills were performed in this manner also. Many would stop training due to injury, however, most stayed because we loved it. It was not uncommon to see broken bones, sprains, cuts, blisters etc. Training with the old type fiberglass kendo armor was the highlight of each class. We hit them as though hitting the makiwara with as much power as we could muster without injuring ourselves. On Thursday evening, Sensei would conduct special sessions on shiai

that would last for hours. Very few students would show up for this class although to progress in Kenkokan style this class was essential. In spite of all of this type of training no one dared to complain. We all wore our injuries like badges of honor. After class a group of us would go out for cold drinks and some food. Hanshi Myron and I would often lead the way. We would talk about our practice sessions and what was learned.

Shorinjiryu Tournament Competition:

Special guest instructors would sometimes show up at our dojo to train such as Shorinjiryu Sensei Yamazaki, Monjiyama and Ishino, just to name a few. The real treats came when Kashimoto hosted a tournament. At our tournaments in a Jewish Temple, on Staten Island, New York, guest instructors included Hanshi Masayuki Hisataka and the senior instructors of the World Kyokushinkai Karate, Tadashi Nakamura and Shigeru Oyama. Another friend of Sensei Kashimoto was Sensei Miyasaki of the Shotokai. We would later come to compete at outside tournaments hosted or attended by some of these very high ranking sensei. Sensei Kashimoto made sure that we got plenty of experience with tournament competition. He would hold those events at least every 3 months. We would do demonstrations and compete in kata and shiai. Black Belts all had to judge with rules that were vague and left to the judges in each ring to modify as they saw fit. Contact to the Bogu was hard and fouls were rarely called. We often had the local newspaper there

to take pictures and write about our event. Sensei loved to do spectacular demonstrations sometimes with a sharp katana. Black Belts had to demonstrate mandatory board breaking.

Open Competition

In the early 70s, Sensei took us to an open competition in the 63rd Street YMCA in Manhattan. We competed against the Shotokan, Goju and Kyokushinkai students. Sensei had trained us to fight without armor in preparation for this event. It was contact with rules only the sensei knew. Prior to the beginning of the event, we witnessed a dazzling sword demonstration by Shihan Nakamura and Oyama of the World Kyokushinkai Organization. After kata competition we lined up for shiai. I was paired off with a Shotokan student of Sensei Miyasaki. In the first round of fighting we all won. In the second round it became a blood bath. Everyone there was fighting for the honor of their school. As a brown belt, I fought with green and black belts. Rank had no privilege. The end result was that we gained the respect of all the students and sensei. Instilled in us was the warrior spirit. We had to uphold the honor of our teachers and those who came before us. Losing was not an option. An interesting foot note is that many years later while shopping in a martial arts store I came Sensei Miyasaki. Everyone in the store bowed to him except me because I had not seen him enter. One of the shoppers pointed which made me aware of his presence and I immediately turned around

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and bowed. He looked at me and announced that I was trained well by Sensei Kashimoto. Until this day I look back fondly on this compliment knowing that he complimented our school not me. The store owner asked me how I knew the Master and I told him that I did not. It was that Sensei Miyasaki judged my first match at a tournament in Manhattan years before. From that day forward the store owner treated me very special.

Injuries

The one subject that I have not covered in any of my previous articles was the treatment of injuries. Our sensei were tough on us. We were the first generation of students and we had to be prepared to take Shorinjiryu into the 1970s and beyond. It was not uncommon to see broken bones, dislocated toes and fingers and water in the knuckles. In our shiai there were no half points awarded, only an ippon won the fight when striking the kendo armor hard

enough to echo the sound throughout the dojo. There was no dojo insurance or lawsuits to be concerned with just fight and we will take care of your injuries. Of course, there was never a complaint about an injury, or would we show our pain. Usually sensei would just know you were injured and tended to it. I saw many bones set, fingers and toes pulled back into place. If you were hit in the groin, they fixed it so you were up on your feet in minutes. I had water in my knuckle removed and it healed in a few days. My toes were reset and my fingers realigned. Hanshi Lubitsch was also a casualty of some big hurt. On more than one occasion he was forced to stop training to allow himself to heal. The old bogu were quite an experience especially if you were new to Kenkokan Karate and did not know how to score an ippon without injury. Things were not different in any of the other Kenkokan Dojo. Today living and training in Florida both Shihan Fred Marcus and I often share stories of our

training in the 1960s. He was a student of Shorinjiryu under Sensei Hisanobu Yamazaki and Morita of the Queens dojo and in later years went on to be a top student of Hanshi Watanabe. Inter-dojo competition brought together all the Shorinjiryu schools of that era where respect and courtesy were a part of everything we did. In time we learned the first aid techniques, however, I can tell you that I rarely perform any of these techniques on my students today. At the tournaments today we have EMS technicians and concern for lawsuits.

Transition

What we did not know at the time was that in Japan Shihan Kori Hisataka was planning on giving over the responsibilities of running his organization to his son. Additionally, what we did not know was that Sensei Kashimoto was also training and preparing us for a transition of our own.



Editor's note: this photo was insured for general interest showing the then Sensei Myron in 1977 with Kashimoto, Shihan.

An Interesting Idea

by Brian Aarons, Hanshi

Greetings from Shorinjiryu Kenkokan Kudaka Karate-do.

On behalf of our group I'd like to wish each and every one a great holiday season and hope for a happy and successful 2008.

I'd like to comment upon an idea that is personal and will only appeal to the more senior of us in Shorinjiryu. I reached my 65th this past August and the wear and tear on my body had been showing for the past 5 years or so; to the extent that I would barely go to class or tournaments because invariably I would pull, tear or strain something that would take months to heal, if ever. Nevertheless, I realized that I was separating myself from my passion and obsession; so I returned to class and simply toned down my workouts and worked at my own pace. I found this to be excellent because I feel as bona-fide leader of my tribe or clan again. It led me to thinking that even in the beginning when one joins Shorinjiryu, ones personal goals should be taken into consideration.

It follows that as teachers and fellow karate-ka we must be tolerant of each individual's pace and development - something to think about as we do this Shorinjiryu journey with fellow travelers.

As a challenge for 2008, here's an idea to get you

working upon some item of learning that may have been frustrating you, let's call it that THING. The idea is to model someone who is doing that THING excellently and incorporate it at an unconscious level. You can even put the idea onto tape and play it back on a regular basis.

- 1 Think of that THING you want to possess as part of your persona.
- 2 Think of someone that does this THING most excellently.
- 3 Imagine you are in a movie theatre watching that person do that THING to perfection. Sense visually, auditorily and kinaesthetically all the components of that THING. (You can even model an animal).
- 4 Watch the movie again and pick up the nuances such as head movements, shifting, etc. Imagine the thought patterns and attitudes that are going through the mind of this model.
- 5 Imagine the entire aura of this model and encapsulate it into the fist of your dominant hand with the thumb inside the fist.
- 6 Now put yourself into another movie with your own talents, abilities and aura. Encapsulate this image into your other fist with the thumb inside.

- 7 Now run the movie with yourself replacing the model. As you watch the movie in totality bring the dominant fist over the non-dominant, open them and clasp them together. Allow your imagination to absorb this new talent or skill. Then see yourself performing or doing that THING and absorb the accompanying feel of pride and satisfaction that accompanies it.
- 8 Test and put it out into reality and perhaps have one or more of your peers rate your performance.

This idea is something I've done for myself on certain things and have found it to be excellent. It is based on NLP which stands for neuro-linguistic programming whose theory is that everybody's view of reality is based upon visual, auditory, kinesthetic and olfactory components. It was founded around 1972 by Bandler, Grinder et al. and was based upon the works of Milton H. Erickson, a psychiatrist who perfected hypnotherapy, Virginia Satir, a family counselor and Fritz Perls, the founder of Gestalt Therapy.

Makes for interesting reading. Let me know how it works. aaronsbrian@hotmail.com

Arigato.

Sunshine News & Congratulations

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), Mitch-

ell 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.

Best Regards,
Jim Griffin, Shihan



A Grand Re-Opening

We are very pleased to announce that Shihan Tom Bellazzi of Shorinjiryu Kudaka Karate has re-opened the Ken Sei Kai Martial Arts Academy in Lancaster, Ontario. It is

always a great bit of news to hear that Shorinjiryu continues to grow. We wish Shihan Tom all the best with his dojo. If you wish further information about the dojo please

contact Shihan Tom at 613 347 7791 or wmllogistics@waltermcdougall.com

The Hachikenkai Dojo

We are very pleased to announce that Shodan Marc Riley of Shorinjiryu Kenryukan Karate has opened a new

karate club, the Hachikenkai Dojo housed in the St. Benedict's Preparatory School, Newark, NJ. We wish Shodan

Marc the best of wishes for a successful endeavor.

Shiai Readiness Recipe

by Larry Foisy, Sensei

Many fighters often recognize that their first battle in competition is the most difficult. This is mainly due to the fact that it takes a few moments for the athlete to achieve their peak performance. These moments are sometimes a large part of the shiai time (2 to 3 minutes), and can thus result in defeat. This is not due to the athlete's lack of capacity, but to the fact that he wasn't at his best from the start of the fight.

A fighter should never begin his preparation when he hears "hajime", but days, weeks and even months before the tournament. But what preparation could be accomplished during the last minutes before entering the combat area? The present article will summarise a structured approach based on tested scientific methods and my personal experience gained at dozens of major tournaments and from numerous trainings with the Canadian team of the world Koshiki championship 2007 under the supervision of Shinan Donovan.

This procedural method is based on three fundamental aspects in order to attain your maximum performance from the very beginning of the fight. These fundamental aspects are physical, neuropsychological and psychological.

Since the competitors are rarely given the opportunity to be assisted by their coach during preparation and at the start of the fight, this method is then used at the athlete's autonomy. This is in accordance with the new trend in coaching named decision training. Many athletes intuitively perform some of the following steps such as a warm up,

stretching, striking on a body protector, and so on. What will be presented here, can be learned and applied, for all levels of competitors, in a systematic manner, in order to be ready for the fight.

1) Physical

The preparation of the body is essential to stimulate the muscles, the circulatory system, and, the brain.

- A) The increase in heart rate
The increased cardiac rhythm augments the blood flow. This warms up the muscles, lubricates the joints and stimulates the brain before the fight.
- B) Articulations
The preparation is to accomplish rotations of the major joints to augment fluidity and to reduce the risk of injuries. I suggest starting from the head and working your way down to the feet. Principally you should rotate the neck, shoulders, wrists, hips, knees, ankles and anything else depending on your needs.
- C) Stretching
Stretching should be done slowly and progressively. You should focus on the arms and legs. I especially emphasise on leg flexibility since they are often sought to rise relatively high and may be problematic to injuries.
- D) Shadow boxing
Now that the body is warmed up, I suggest a slight practice of fighting techniques with an imaginary opponent and a revision of your best combinations. This concludes the physical aspects.

2) Neuropsychological

The second stage involves the athlete's neuropsychological acuity to adjust your perception and awakens your reflexes. The goal is to freshly revise your striking distance that would reach your opponent and to reduce reaction time in response to any stimulus.

- A) Perception
Sometimes the difference between two great fighters is in the range of a few millimetres, and this distance determines whether you reach your opponent. That's why it's important to have your distance freshly in mind. To adjust your perceptions it is advisable to use a person or a fixed object like a wall as a target. It should be noted, for Koshiki combatants who wear a bubble helmet, to do this exercise wearing it because it will influence your perception of distance.
- B) Neurotransmission
In this context, neurotransmission or reflexes is the reaction time preceding a stimulus and to physically react appropriately. This section is designed to let you react according to the attacks of your opponent, so it is preferable to have fresh solutions in mind to block, deflect or dodge techniques. You should practice with someone who performs certain attacks. Practice smoothly instead of forcefully so to avoid getting hurt before you start. If you are alone, imagine an opponent from which you could defend yourself.

Shiai Readiness Recipe

by Larry Foisy, Sensei

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C) Timing execution

A spontaneous reaction resulting from an attack needs for the athlete to be alert and immediately pre-emptively counterattack the adversary when necessary. Achieving a spontaneous response to an opponent requires a quick mind and quick body; hence, the essential interest here is to awaken the senses. To accomplish this using a partner, let him move or attack as a stimulus, and the defending person must react immediately by attacking. Distance is crucial. This can also be practice alone by visualizing and counterattacking an opponent similar to shadow boxing. Let us move on to the completely mental aspects of preparation.

3) Psychological

The techniques of two high level fighters are often too similar to differentiate the capacities of the two fighters. In this case, the psychological aspect is often the deciding factor.

A) Relaxation

This step aims to refocus the athlete; to let him relax and to deal with the stress-

es of the tournament. This stress can help readiness, but only if well managed. It can differ greatly from person to person. In most cases, breathing exercises are predominant and highly effective. Temporary isolation may also be a factor helping relaxation prior to shiai.

B) Preliminary Strategy

Entering the combat area without a strategy can be a large handicap. It is important to notice influential elements such as the referee, the environment (i.e. if there are mats or not), the rules, your strengths, the size of "shiai-jo", and anything else. All of these can easily influence the outcome of the battle.

C) Focus

Focus is recommended during the last moments before entering the battle area. Now is the time to clear your mind of any unnecessary thoughts and to concentrate on the present moment. So literally detach yourself from any outside distractions such as spectators, coaches, and fighters. And, it is now the moment where you have reached

your peak of performance as a fighter. "Shobu Ippon Hajime."

The fighting in competition represents a roller coaster of physical readiness. Either you are at your peak then slowing down during your recovery to normal then returning higher again and so forth. The recipe included here is systematic exercises to encompass every aspect of preparation and shouldn't be overlooked before a fight. If you want to reach the finals, you must begin by winning your first and subsequent fights, and during each of these, you should be at your maximum readiness. The preparation of both physical and mental aspects is essential to prevent injury and to be ready from the very start of the battle. This preparation must be accomplished in approximately 5-10 minutes, and if used well, my method will prepare you to reach your optimum performance.

I. Decision Training: A New Approach To Coaching Dr. J.N. Vickers (CABC; ISBN: 0-88953-242-7).

A Greeting to the Shorinjiryu Family

The following is a reprinted article from the 2006 Shinzen Shiai Brochure

Dear Kyoshi, Shihans, Senseis, Participants and Visitors,

Let me welcome you all to the very important 20th anniversary tournament for the Shinzen Kyokai. Like all anniversaries, this one is of particular importance as it represents the enormous amount of work put in over the years by many of the members involved in the Shinzen Kyokai organization. And, so as a first order of business join me in thanking those many members and participants for their individual and collective effort.

There is a rule of mathematics called the rule of additive numbers that says, no matter how small a number is and no matter how small another number is when you add the two together you inevitably get a larger number.

This rule has a lot of implications for the Shinzen Kyokai as well as for ourselves in our own daily lives. Firstly, the Shinzen Kyokai was founded based on the underlying truth of this mathematical rule. Essentially, Kyoshi Lubitsch believed that if everyone in the larger Shorinjiryu family came together and each contributed something of themselves, no matter how small, then the end product adding up all

those contributions would be large. This was an insight and universal truth Kyoshi Lubitsch gleaned from the masters of numbers and logic and put into his Budo practice for the benefit of us all.

In our daily lives we have many conflicting obligations that pull us each and every way: parents, children, work, school and extra-curricular activities, to name only a few, with so much we can feel that our disconnected efforts in the end do not produce as much as we would have hoped. This is when we must keep in mind the rule of additive numbers, or as I like to rename it, the rule of additive effort.

The rule of additive effort works in the same way as the mathematical rule and shows us that no matter how small an effort that is made, it will help to build up a larger product or end result. Add in a host of other people all contributing their own individual efforts and you obtain a much larger end product. And, thus we have the present day Shinzen Kyokai organization.

In particular to the martial arts, Kyoshi Lubitsch's example is all important. Through his effort, along with the other members of the Shinzen Kyokai, students of all ages are reminded that when life takes on a lot of obligation and there seems to be not enough time for Budo training,

we must remember that every small effort counts. If you only have 20 minutes for training then train for 20 minutes, since it will inevitably have a positive and additive effect on your overall studies.

Moreover, in life when we feel that our efforts or perhaps our greater concerns, such as environmentalism, are not being heard we must remember that great change can come from many people all completing seemingly small, independent and unrelated efforts. An often quoted example is that of a group of small butterflies who on one side of the world flapping their wings create a hurricane on the other. This visual example is a powerful way to understand the rule of additive effort.

And so as we look forward toward another 20 years at the Shinzen Kyokai, I hope that you remember the mathematically proven rule of additive effort that was the inspiration for Kyoshi Lubitsch both for your life and for your Budo training. Together we can create hurricanes simple by flapping our wings.

With the kindest regards,

**Jim Henderson,
Shihan**

Season's Greetings

Have a great holiday and plan your practice/study effectively. Be thankful for what you have and share what matters to you! Hope to see everyone ready to show the great spirit that is Shorinjiryu at the next in house!

Arigato Gozaimashita for a thought provoking and positive year!

Dan Hayes, Shihan

I would like to wish all students and teachers of Shorinjiryu Seasons Greetings and a Happy New Year.

John A. Mirrione, Kyoshi

I would like to take this opportunity to wish Happy Holidays to the Shorinjiryu family. 2007 was a successful year for Shorinjiryu. We can all see the style we love growing every year. I'm sure 2008 will be no exception. We should all keep setting bigger goals for ourselves, and for Shorinjiryu. Keep dreaming, dreams come true! I wish you all a wonderful year to come.

Take care. Best,
Michel Laurin, Kyoshi

Shorinjiryu Shinzen Kyokai Members! Season's Greetings One and All !

"Is it the end of another year already, or the beginning of another?"

For some, the holiday season is a time to honour religious festivities, the spirit of Christmas or Chanukah. For others, it is a time to rekindle family traditions or create new ones. For some it will be a time to reflect on the achievements of the past year, and hopes for the New Year. For others it will be a break from the everyday work schedule. Whatever ways you choose to spend the gift of time that comes with the holiday season, I wish you

good health, the joy and the comfort of moments with family and friends. May you and all your families have a joyful and safe holiday and may the peace of this time of year be within all your households.

One thing I would like to share with you, more than a story, a metaphor for what I see as a stylist of Shorinjiryu Karatedo. It's the story and / or character of our newest family member, LUCY. She's a beautiful Airedale Pup. Why or how is this related to Shorinjiryu Karatedo, you might ask? Well, you have to know Lucy, her character, and her charm. For me, she embodies the perfect description of a Shorinjiryu Karate-ka. This is a description of Lucy, and her breed:

"Few breeds manage to be as stylish, noble, protective and goofy as an Airedale. Once you've owned a good one, the only thing better is two or three more."

Manny Hawthorne, Shihan

I do wish everyone a happy holiday, and a happy new year.

Doug Roberts, Hanshi

A very happy holiday and a great new year to all my fellow karate-ka, their family and friends.

Brian Berenbach, Shihan

Merry Christmas, Happy Holidays, Happy New Year, we hope 2008 is everything you want it to be.

Jim Griffin, Shihan

Greetings from Shorinjiryu Kenkokan Kudaka Karate-do.

On behalf of our group I'd like to wish each and every one a great holiday season and hope for a happy and successful 2008.

Happy Holidays and remember to keep kicking in the New Year.

Big Al Gonzalez, Renshi

May in your life fortune pass everywhere, and to everyone may your fortune pass.

Richard Alecia, Sensei

Happy Holidays to everyone. I wish to all a safe and prosperous New Year. May you achieve all your karate goals and then some.

Troy E. Lester, Shihan

Shorinjiryu Ake no Myojo Budo wishes all the Shorinjiryu family the best for the holiday season. May you have good health, good fortune, and great practices throughout the coming year.

Pete Hiltz, Renshi

It's good to back for the New Year and I wish everyone a great year.

Nazir Khan, Shodan

May your lives be full of joy and love and support of family and friends.

Doro Konate, Nidan

Welcome to the New Year's bash.

Mark Lester, Tashi

Osu, I would like to wish everyone a happy New Year and continued success in your training in Shorinjiryu. The continued strength of Shorinjiryu rests on the karatekas spirit in training and willingness to contribute to their dojos. This new year every karateka should strive to make themselves and their dojos stronger than last.

James Anderson, Shodan

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Peter Hiltz, Renshi

Season's Greetings (continued)

Another year is coming to an end and it is time to reflect on the positive and learn from.

To all the Dojo Instructors and their Assistant Instructors in Shorinjiryu who have worked with the beginners and intermediate and advanced students, assisted with daily dojo operations, manned the desk, and organized/coached/refereed/participated in tournaments, thank you for your support, contribution and service to your respective Chief Instructor. To both Black Belts and the coloured Kyu level students, without your strength, integrity and compassion for Shorinjiryu

Karatedo, it would surely fade and disappear. And last but not least: I acknowledge the parents who support their children to practice Shorinjiryu Karatedo, and the volunteers who may not be practitioners but are as present as the dojo itself; always there to do what is necessary. The Shorinjiryu Karatedo organizations have a circle of champions and I wish you a very Merry Christmas, or if you do not celebrate Christmas, a Happy Holiday Season! And God Bless Our Troops!

Allen Yuen, Sensei

At the threshold of the New Year, I wish you peace, joy and a very healthy training regimen. But more importantly in 2008, I would like you to display joy and kindness to your friends, family, and fellow karateka. Be the example in your communities and dojo.

Vincent Capers, Jr., Shihan

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