



# Chito-ryu Karate-Do



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## BEGINNINGS 2011



I don't know about you, but I'm not one to make New Year's resolutions. Of course there are different ways of looking at anything. In all honesty though, don't you think that New Year's resolutions are only meant to address one's shortcomings for the previous year? (ouch!) People call it a 'resolution' and talk about it as though plotting a detailed motivational scheme ought to be standard protocol for the New Year. Businesses make a mint off of people convincing themselves that the mere turn of the year will somehow magically give them the strength of character and inertia to finally do what they should have been doing all along. If this actually worked, it would be great. But, predictably, New Year's resolutions generally go the way of last year's forgotten fruit cake - festering and fermenting in the back of the pantry. Our lives would be less cluttered without that odd little fruit cake. Chuck the cake along with your grand resolutions. As in Karate training, we don't make significant progress by talking. We're all best served if we remember to simply shut up and train.

I like the DNBK's concept of Kagami Baraki. In the USCK, many are already accustomed to training on New Year's Day. It's a longstanding symbol of our standard protocol and work ethic. The concept was and is that the turn of the year simply means 'business as usual'. We begin as we intend to continue. So whether you train on New Year's Day, and/or train a week later at a joint session called Kagami Baraki, it's all the same and it's all good. Train early and often. And, if possible, train with people who motivate you and help you reach further.

On January 9, 2011 it was business as usual at the National Headquarters for the United States Chito Kai. Heading up the Midwest division of the International DNBK, Hanshi and Kyoshi Dometrich once again kindly hosted Kagami Baraki at the Hombu dojo. This was the most successful formal New Year's event thus far. Our co-founders invited several of our fellow budoka to train along with us. It was a great opportunity to exchange positive energy and enjoy camaraderie with other dedicated budoka.

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## Editorial

### The Essence of the Way

In Karate there is no first attack, this idea embodies the essential spirit of karate from Okinawa. While karate is a martial art, it is defensive from beginning to end. The primary function of karate-do lies in its defensive function. All martial arts students must strive to develop and cultivate both the mind as well as the body. True karate training is to improve the practitioner's health both mentally and physically.

Those who follow the way of karate (both students and instructors) should consider courtesy as the main stay of all karate training, it's essence. With out this focus the primary reason for karate training is lost. People without courtesy are not qualified to be karate students or instructors even if they execute flawless karate technique and kata. Karate training starts and ends with a bow. This simple bow signifies the recognition of the meaning of courtesy in our everyday life. Courtesy extends to all people of all countries throughout the world. Courtesy is universal; it goes beyond language, race, sex, age and religion.

All practitioner of karate-do should always demonstrate humble demeanor and gentle manners. Only the narrow-minded persons boast of their inadequate skills. Karate training has as its primary goal to create a well-balanced person of good sound mind through life long training. Those who practice karate should not stop with perfection of technique. They should dedicate their lives to seeking the true meaning of Karate-do.

To master karate-do requires dedication and strenuous effort. The way of karate is fueled by the conflict within oneself and may be thought of as a life long marathon, which can only be won through self-discipline, hard training, and creative effort. The end goal of karate-do is self-perfection and must include Physical, mental and spiritual training to become one, to create art.

Through karate training we can obtain the highest levels of beauty and strength. The joining of mind and body in karate is indescribably beautiful and of great spiritual value. The flow of the mind when totally absorbed in the practice of kata brings us into contact with the essence of core of one's inter being. It is here at that moment that the spirit of karate-do is to be found- through perspiration, not discussion, actions not words karate training is seeking. There is no end to it. It is an "Endless Quest"

*Adapted from the writings of Shigeru Takamiyagi  
Submitted by: William J. Dometrich, Hanshi*

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Apparently, by formalizing this New Year's training, we were assured that other budoka were training on the same day as well all over the world.

As always, a good time was had by all. And when I say 'all', there were a lot of bodies on that lower deck, forty seven bodies actually. I'm pretty sure that's against fire code. Furthermore, there was less than standing room only in the kitchen after class when we all enjoyed a delicious meal together prepared by Paul and Kathy Webster. Hanshi mentioned that next year we may need to use the Chito-kai kan in Cincinnati in order to accommodate all those motivated participants. Almost too many people to fit on the deck? That's definitely a good way to start 2011.



We trained under the direction of several welcome guest instructors: Devorah Herbst, Melvin Lewis, Sonny Kim and Jeff Thompson. As per usual, Dwight Holly was happy and energetic about training along with us as well. Of the forty seven participants, only a handful were kyu ranks and they really did an outstanding job. Appropriate to the occasion, we worked on 'the beginning'. Advanced concepts are basic. They seldom look very difficult. So the work we did on hip motion, tenshin (body shifting), generation of power and the like is both the beginning and the end. It's all a matter of



how we move and center ourselves. Again, we see karate as a metaphor or mirror for life in general. It's not about the fruit cake, resolutions or a convoluted, wordy path forward. It's elemental and basic. It's always a beginning. Find your center and move from there.

*By: Mina K. Ludwig  
Yoseikan Yoshisu*





## OKUSAN HAS MASTERY OF ZAI ? SHOCHUGEIKO 2010

So I was thinking of what should be the theme for this year's Shochugeiko (which was a really good one, in case you missed it) and our good friend Kyoshi Holley of Shotokan provided it to me out of the blue via his facebook page...you see, he posted a video clip from a cult classic early 80's martial arts flick called "Enter the Ninja" with Franco Nero (and yes, I've seen it multiple times); coincidentally Kyoshi posted the part in which Nero is asked by his Ninjitsu Sensei to demonstrate the 9 Kuji-in <hand gestures> for the 9 levels of ninjitsu power and there it was! The eighth level of power was "Zai" - controlling the elements of nature!

It had been forecast to rain on the day of Shochugeiko this year and it actually had already been raining and thundering earlier in the morning in the Ft. Wright area. Sensei Wes Ernest (our ever-gracious host) decided to stop picking blackberries early, so it must have been serious. Within an hour of the Seminar start time though, the rain suddenly stopped, the sun came out and started drying out the grass, and the seminar proceeded without a hitch. After the post-seminar Barbeque was completed, which was delicious as always thanks to the Websters and friends, the clouds suddenly reappeared and it was raining again within the next hour. It was quite mysterious at the time, but then I remembered prior to the seminar Okusan made some vague references to the weather forecast and she said, "It won't rain...I forbid it". - So now I'm looking at this video clip and I'm suddenly filled with mental images of Okusan performing some ancient secret ninjitsu kata on the field prior to anyone else arriving; complete with burning incense, some bells ringing, and maybe the earth trembling a little bit. As Hanshi said later, "She is our secret weapon."

The seminar itself was excellent with multiple distinctly different training sections provided by at least 5 instructors. From Sensei Eric Ford and Don Schmidt, we spent time covering Chito-ryu basics and waza. From Sensei Devorah Herbst and later Bill Jansak we covered the bo kata Sakugawa no kon sho and then many more Chito-ryu katas also taught Sensei Jansak and Kyoshi Hawkins. Hanshi was ever-present with his usual wisdom and sporting a spiffy new wireless mic that really helped save his voice. The review of the upper yudansha level katas was very welcome by me personally as we don't often get a chance to work up to that level of kata at our local dojo, as we always have beginners. The afternoon ended with a surprise re-emergence of the "Gauntlet"; a training drill that I had not participated in for quite some time and it's something that would take too long to explain here for those that have never seen it. I think



that the Gauntlet may have required just a little too much group coordination for all of the non-Chito-ryu participants who had never done that before. We didn't seem to hold formation very well or for very long, but it was great to watch and be part of. I want to thank all of the Chito-kai Yudansha who gave of themselves and took on teaching the Kyu ranks, I do remember specifically seeing Sensei Mike Messinger and John Wellbrock breaking out to teach some sections...but there were many more that I didn't see, or at least too many for me to remember or name here for fear of leaving someone out. Also, I'd like to thank Hanshi and Kyoshi Hawkins who were always there with a pearl of wisdom when there was a question, or with a nugget of technical detail at particular points in our katas. I love that stuff.

All in all, it was just one more great seminar in a long line of great seminars that Hanshi and Okusan always seem to pull off against any obstacles (Mother Nature or otherwise).

P.S. In case you're wondering, the 9th and final level of Ninjitsu power is Zen - Enlightenment (as it is with many traditional Martial Arts). So for next summer's Shochugeiko, prior to the seminar starting, I am now envisioning Okusan performing a demonstration where she levitates in mid-air, explodes into a ball of pure light and energy, and then reappears on the other end of the field with many small forest animals all lovingly gathered around her in tribute...I'm just thinking.

*By :Gordon Levin  
Yoseikan Dojo II of Orlando*



A LOOK BEHIND THE SCENES  
USCK NATIONAL CLINIC, OCTOBER 2010

Before we ever get to the training, a lot of work has already been completed behind the scenes. Even beyond the tedious preparations, detailed schedules, travel arrangements, venue contracts, registrations and so forth, there's so much mind boggling "stuff" happening, you're better off not knowing.



So of course, I'm going to tell you all about it.

For those who plan to test before the National Test Board – be prepared. Pay attention to detail and turn in all of the required documents, fees, pictures, and essays in a timely manner. Do we read it? Yup. Do we look at your test score? Definitely. Does neatness count? Duh. Someone once said that karate-do is about how you line your shoes up against the wall. *Tsune*, or daily habits, is how we make karate-do a part of our essence and everyday lives. Every day is a test. If you believe that, and you believe that it all begins with the smallest detail like how you arrange your shoes, testing in front of the National Test Board will not be a problem for you. Slackers beware.

Having said that, everyone did well on Friday October 15<sup>th</sup>. Hanshi was happy, so everyone was happy. He was happy because every single person who tested had a great attitude. They came ready to work hard, sweat, and perform to the very best of their personal ability. There is a lot of improvement to be had, but the right attitude and work ethic will allow us to strive towards bettering ourselves on and off of the deck. However, there are some technical issues that need to be addressed across the board:

No technique is executed with a 'limb'. Whether it is a punch, kick or a block – everything generates from the *tanden* and (more broadly) the *koshi* area. While we

loosely translate *koshi* as 'hips', but the area extends from the tops of the thighs to the area below the sternum. A violent, explosive 'snap' of this area is what sends forth the weapon, i.e. the limb. So while we saw some hip movement, please keep working on the body connection. In Chito-ryu, our *waza* begin and end with some movement or engagement of the hips. However, absent the body connection, practitioners are prone to displaying a mere 'Chitose wiggle.' A wiggle is decidedly not O-Sensei's legacy. So there needs to be a strong emphasis on hip snap, or engagement, which supports the *waza*. The more advanced you become, the smaller and more subtle the movement. Ultimately we are striving towards internal power, but we ain't there yet so for now let's see the right kind of movement.

At the clinic, Sensei Tsuruoka admonished against 'right angles'. If you are ever told that your technique looks 'boxy', this is likely the right angle phenomena. For example, a front kick in the fully extended position - the hips should not be square. The side with which you are kicking should be extended beyond the center line. This principal can be applied to all kicks, but the opposite problem must be avoided – don't overcommit the hips prior to the point of impact or focus. We saw some *mawashi gerri* where the kicking knee and hip had



already crossed the center line of the body before the foot even though about getting to the party. Hips start and end the technique.

Also with kicks, the knee must be raised high and must return high.

Only by utilizing the same trajectory to and from the target can one hope to achieve optimal snap. Snap a towel out and return slowly or drop the angle of the return pull, and that towel simply will not snap, crackle, pop. Practice your kicks with the proper foot position and with some 'hang time' once back to the return position.

By: Mina K. Ludwig  
Yoseikan Yoshisu

AUDRA STATE PARK 2010

I had heard all the rumors and I had to find out for myself. Yes, Audra State Park is as beautiful as they say it is, truly a small slice of paradise hidden away in the foothills of West Virginia. No bugs and no rain appear to be the on going thing also.(it didn't rain until Sunday morning) I couldn't believe not one mosquito bite, it must be as you pass under the covered bridge the mosquitoes are not allowed in.

I would like to say hi to the friends I had made and the ones I will make in the future. Karateka from the Hombu, Yoseikan Yoshisu, Yoseikan Bridgeport, Yoseikan Charlottesville, Yoseikan Fort Bragg and Yoseikan Orlando participated and we all had a wonderful time.



The event was kicked off with a Friday night pasta dinner provided by our hosts Sensei Drummond and Sensei Messenger.

The next day was the day I was waiting for, the clinic. After bowing in, the clinic was dedicated to Sensei Ash, to whom on several occasions I had the pleasure to be partnered up, he will be missed.

After a warm up and basics, kata was next on the agenda. Let me tell you kata on a hill is murder on the legs, but I fought my way through it. Next to happen was one of the memorable highlights of my trip. If you haven't been on the receiving end of Hanshi's technique you have no idea what you are missing. Picked out of the crowd, I was told to choke him. So I attempted to squeeze, that wasn't good enough he wanted tighter and with a little grit in his smile and a twinkle in his eye, "tighter big boy!" the next thing I know I was having the inside of my breastbone massaged. Two fingers jammed into my Trachea with a downward force landed me straight on my back and getting back to my feet I volunteered again.

The whole day went by so fast that it ended just like that.

The weekend was closed with yet again another dinner from our hosts. Which by the way I would like to say thank you, that includes everyone involved for helping make this event happen.

The learning didn't stop there for me, I received some top notch knot tying instruction from Sensei Poe and also he pointed out the difference between an Indian fire and a white mans fire. Good looking out Sensei Petty, I might never have known why the Banks' dog didn't like me until you said something.

Sunday morning had come and we had to break camp, I knew the weekend was over. Back out under the covered bridge I went. On the way home I stopped in Clarksburg to see the dedication sign for Hanshi and also saved a dog that was running on the highway. So all and all I had an awesome weekend. Thanks again for the experience.

*By: Reg Corbett.  
Hombu Dojo*



THE WILL TO PREPARE!

Training With Intensity, But Consistently

Over the years, most of us realize we just cannot learn karate on our own. Karate has traditions and techniques; traditions handed down by those who have gone before and techniques that must be carefully refined. It is a long, slow process of hard work, making mistakes and repetitive learning.

In our karate world of sensei, sempai, and kohai, we know where students get their training and the will to prepare takes place in the dojo. Karate is not just about attaining rank and winning championships. It's about the will to prepare, the will to practice techniques, and the will to train hard and long. It's about the will to do your best. Anyone who wants to learn karate in the dojo spends years studying techniques, principles of kinesiology, anatomy, and the history and philosophy of

karate in general. However, the will to train hard and long is the key to development and success.

The art of karate-do has long been considered a way of life, and we now see the growth of competition karate and the emphasis on training for sport. Sport karate has seriously eroded the tradition and the spirit of Budo karate with the will to prepare. Thinking only about how to win is moving in the wrong direction. That is why we still have traditional martial art dojos to preserve and maintain the traditional karate of Okinawa and Japan along with the will for serious training.

When I began my karate training in Chito-ryu, June of 1971, under the instruction of the late James Merolillo, Sensei, my life's work on the dojo floor has been a continuation of learning, studying and refining techniques. During my 39 years of training, I have had the opportunity to explore karate concepts and ideas about training. I sought to always stress the practical applications of kihon, kata, and bunkai and not the superficial and sterile form of sport karate, which has replaced the old tradition of budshido with a set of prearranged gymnastic routines designed to display the athletic and gymnastic skills of the performers.

The concept and idea of traditional karate is like sculpting or painting, however, the only thing is that we do not work with a canvas and we don't work with clay, we work with ourselves. The will to prepare begins when we start to train and we mold ourselves. Thus, we are creating, hopefully, what will become a work of art. The more we polish it, chisel it, shape it, put into it, the more it begins to take on certain features. The caliper of technical skills becomes sharper together with the development of speed, thereby balance and power is increased. People who study traditional karate spend a lot of time creating something that really begins to take a specific form and those who are successful, end up molding their particular piece of art.

Karateka's of the art who are evolving, chiseling, and polishing themselves to kick, punch and block correctly work hard and constant. The standards in traditional karate are high and you will need stamina, endurance and especially the will to prepare if you are to succeed. If traditional karate is going to be a major part of your life, a discipline where you can discover your ability as an artist, a sculptor of kihon, kata, and bunkai techniques in concert with the development of character and the total self-motivation to pursue the spirit of Bushido, then the will to prepare begins with a life long commitment to karate training. Undertaking it with much mental readiness and the will to prepare for serious and hard and constant training begins right now!

*By: Jesse Brown, Jr. Yoseikan Rochester*

## INSTRUCTOR PROFILE



Laura Stith Deck, PhD Shihan

Vital Statistics: Married to Steve Deck for 14 years

Children: Mitch 11 and Nick 8

Education: Walnut Hills High School Cincinnati,

BA (Psychology) from Indiana University 1989

MA (Clinical Psychology) from University of Cincinnati 1992

Ph.D. (Clinical Psychology, specializing in children and adolescents) from University of Cincinnati 1996

Current employment:

Chief Clinical Officer at Child Focus, Inc.

Co-leader of Clermont County Crisis Response Team

Recently hired to conduct PTSD and other MH evaluations on veterans

Begin Chito-Ryu: 1983

Current rank and Title: Yon Dan Shihan

Extra Curricular activities: Volunteering on boards/committees.

Spending time with immediate/extended family and friends at lake house on Norris Lake, Tennessee.

On her night stand: A light and an alarm clock that don't work b/c I don't have an outlet near my nightstand at my new home (anyone know a good electrician?)

Kempo Karate-do by Dr. Chitose - My eight year old son just saw this 2 days ago and asked me if someday I would read it to him.



## A WEEKEND TO REMEMBER

I have to admit that I was more than a little nervous about testing for my Ik-Kyu this October in front of the National Test Board. After all, I had never tested anywhere except my own dojo in front of my own teacher and fellow students, and that was nerve racking enough! I walked into the Hombu on Friday evening reminding myself that all I could do was my best and hope that it was good enough. I was welcomed warmly by everyone there, which, along with a lot of praying, helped to ease my nerves.

I didn't really know the other students testing, though I



New Ik kyu: Author fourth from left

had seen most of them before at other clinics. By the end of the night, I felt a connection to all of them. The test went by in a blur. The deck drills were not too complex (to my relief), but they were numerous and speedy and definitely got us warmed up. Then it was on to kata, in small groups and individual. Lastly was Sanbon kumite and Ippon jiyu kumite. Then...the wait. Sensei John Wellbrock came up to the upper deck where we were all waiting and informed us that the board had decided that those of us who were on the fence would have to spar each other. The winner would pass and the loser would be back in March to retest. You should have seen the looks on our faces before he told us he was just kidding. I can laugh about it now. He really had us going there for a minute!

Shortly, the test board had the results and had some helpful critiques as well as praises for each student. No one was perfect, but that's not really the point of testing. Testing is a time to show what you can do and to learn the areas where you need to practice more and improve. In the end, 13 people tested and 13 people passed and all were given some areas to work on. It was a great experience.

After a long, emotional night at the Hombu, it was time for the annual October clinic at the Drawbridge Hotel. We started the 4&1/2 hour long clinic with a quick warm up and then Hanshi Dometrich led us through an hour of Chito Ryu basics.

It's always good to go back to basics and polish up on things that we assume we are doing correctly, but maybe have become sloppy or rusty with. Then our guest for the weekend, Sensei David Tsuruoka from Canada, took us through the next 3 hours. He emphasized the importance of hip snap and speed. He asked us not to "think" about technique, as this can cause you to slow down. He reminded us that speed and power come from the tanden and that the foot, fist, elbow, etc. are only a vehicle with which to transfer the energy to the opponent. We worked on many bunkai and applications to reinforce his teachings. I was exhausted by the end, but amazed that 4 & 1/2 hours had gone so quickly.

There was just enough time to rush home, shower, change and make it back to the Drawbridge for the annual October awards banquet. It was great to see so many faces, some new and some familiar, from dojos throughout the states. I had the pleasure of sitting next to and conversing with Sensei Jesse Brown from Rochester, New York who gave a beautiful opening prayer and closing benediction. The food and conversation were wonderful and it was inspiring to see everyone who received awards and promotions. Sensei John Wellbrock did a fantastic job summing up the highlights of the past year, complete with costume changes- very impressive! The best part was when he presented Sensei Mina Ludwig with fabric freshener and a broom for the next time she made her infamous "witches brew"!

After the banquet, it was nice to unwind around the pool and to see Hanshi and Okusan finally get to relax. Tsuruoka Sensei was a delight to talk to and after a couple glasses of liquid courage, I finally got the nerve to get my passport signed by many of the sempai who have inspired me these last 4 years. I want to thank everyone for being so gracious and a special thank you to Hanshi and Okusan and all those behind the scenes who made this weekend a success and one that I will never forget.

*By: Jen Benzinger  
Yoseikan Anderson*





## ONAGA YOSHIMITSU & COMPANY VISITS YOSEIKAN OF NAPOLEON

On November 20, 2010 Onaga Yoshimitsu sensei, joined by several students from Michigan, New York, Okinawa and Canada visited Yoseikan of Napoleon by way of Herbst Sensei. In addition, Beshears Kyoshi and Khalily Renshi were also in attendance. Hanshi and Okusan watched from the sidelines as honored guests for a majority of the class.



Devorah Dometrich-Herbst Sensei hosted Onaga Sensei's visit from Okinawa for a week long training session that took place at her farm in Dry Ridge, KY. Herbst sensei began training with Onaga 10 years ago as a result of one of her many visits to Okinawa. As a student of Okinawan kobudo, she has bridged the gap for many students to learn martial arts, not just kobudo but also karate, from a variety of teachers and is instrumental in bringing many different styles together.

Onaga Sensei resides in Okinawa, Naha city where he trains in Kobayashi Shorin-ryu, but also trains and teaches Okinawan "Ti." Ti is considered the precursor to modern day karate. Onaga Sensei trains the "Dai Sensei" on Okinawa, the heads of other styles schools, in Okinawa in Ti. So it was a great honor to get to host him for an evening of learning.

The concepts of Ti are quite similar to the modern day concepts of karate. However, we as Chito-ryu practitioners are lucky in that we have an advantage. Our training by way of Hanshi and O-Sensei has maintained its traditional roots and it proved itself on the deck when training with Onaga Sensei. Although Ti is considered an art to itself, separate from karate, it is still karate, just not necessarily the modern version most people train or teach. We always have been a little different...and it came in handy. Our well rounded style with little focus on tournament style karate fit perfectly into the lesson plan, much to Onaga Sensei's surprise.

Ti focuses on the "How to" of karate techniques. For example we started with the "How to" step. Onaga Sensei breaks down the actions into bullet points so it is easy to follow. He discussed the 3 points on the feet which are used for controlling the stepping action, which we have trained. He discussed "tenshin," not the kata, but the action, which is directional stepping. While we typically think of tenshin happo, (8 directions stepping), Onaga has a few extra turns. We then moved into the positioning and movement of the hips for proper and unadulterated or unimpeded movement. That of course took the discussion to hip movement and interaction with the feet and body. We also trained a segment as if he was a fly on the wall at our national event in October when Tsuruoka Sensei was teaching the proper punching exercises and how to extend the arm in the shoulder socket.

In a nutshell, the underlying theme was relaxation and correct and decisive movements. Onaga Sensei was quick to point out the relationship of our body and our movements with the existence and flow of water. It is an analogy used repeatedly in martial arts, but it is another to actually implement it in your training. Very often we "try" to do techniques instead of letting them flow. We muscle a punch or a block when it is only counter-productive to our effectiveness. The water flow also goes much deeper, but there isn't enough time or space to begin that discussion. Suffice it to say we can all relax more and let the technique flow.

After the training we were invited back to Herbst sensei's house for a Sayonara party where we ate and drank while listening to various members of the group take turns playing the guitar and singing. In addition, we were surprised by an iai demo in Herbst Sensei's living room by Onaga Sensei's companion, Arakaki Sensei. It was very surprising because he was so quite the whole day you wouldn't even notice or miss him, but as it turns out he is considered the premier iaido ka on the island of Okinawa.

As I said earlier it was not much new, but a different explanation of basically the same material. In large part it was an affirmation that we are on the traditional path. While some of it was for more advanced belts the message was still the same...train smarter, not harder. It is very clear that Onaga Sensei has put a lot of effort and energy into his art and it is always nice to be in the presence of someone who is passionate about the subject they are presenting and teaching.

*By: Mark Chisenball  
Yoseikan of Napoleon, KY*



BECAUSE SPIRIT FLOWS LIKE WATER AND TIME IS LIKE A RIVER

This year makes 10 years since Shihan Art Rott's passing. Close to Shihan's Art's old dojo is a park he loved. The beauty of this park is a pure and natural wonder and also is our theme for the clinic.



Hanshi Dometrich started the Winter Getaway's in the 70's and the tradition is still going strong!

The February 12, "Winter Getaway 2011" Clinic started out with a ¼ mi. walk to the spring head. Millions of gallons of fresh water flowing straight from the ground. Where Aquifer meets ground level emerging after up to 40 years underground. Springing forth making the "Rock Springs Run"

The 5 elements represented.

I compared the many Rocks to our foundation in Karate and the natural element "earth" which relates to Stance. Upon return to the training area I spoke of Mushin and the empty place created by pooling Water and how well it reflects and depicts its surroundings. Water is often compared to life and energy springing forth seeking out its boundaries and discovering the world and I compared that to the Karateka who needs to understand all things big and small so they won't be upset in conflict. The knowledge of the aquifer (underworld) that we cannot see reminds us of our connection to our own energy and things we cannot see. The water, perfectly clean and pure, like the spirit needed to find truth and necessary for good development. Flowing water is efficient and productive which all correlates to Strategy, Ease, and confidence. I mentioned the wind that represents our style. Kyoshi Hawkins mentioned the sun which is the element Fire and correlates to the fight and use of forceful energy.

The Japanese Torii gate emerged as our symbol for this event. Signifying a sacred place and a metaphor for our inner self. Kyoshi Hawkins led us through a training that was rigorous and spirit flowed like water. The training session culminated with demonstrations by Go dans and above and was truly a joy. Kyoshi Hawkins was awarded a miniature Torii gate as a faithful supporter of the Winter Getaway

*By: James Acampora  
Yoseikan of Orlando II*

HIGH SCHOOL DEMO



From left to right Mike Shaefer, Mrs. Burns, Shawna Lingo and Eric Ford

On December 15, 2010, U.S. Chito-kai representatives presented a practical self defense class for two Highlands High School classes. The basic ideas conveyed in the class were to avoid potential dangerous situations, be prepared for bad situations, and to become aware of your actions. Several basics were taught, such as knee and elbow attacks practiced on a bag and the standard arm wrist escape. We enjoyed knowing the group walked away with a few practical self defensive moves and suggestions to help them make better choices in life. We would like to thank Mrs. Burns for inviting us and the High School permitting the class during normal school hours.

Thank you again for the opportunity.

## KETSUI O SURU - MAKE UP YOUR MIND

Charlottesville Yoseikan held it's second Kangeiko on January 28-29, 2011, concurrent with Kangeiko at the Honbu. Our theme this year was "Ketsui O Suru", or "Make Up Your Mind." During Friday evening's sake ceremony, Sensei Gage, Sensei Monge, and Sensei Rike encouraged us to consider the meaning of this phrase with respect to our karate training and development as individuals. I am certain each karateka participant responded to the Kangeiko challenge in a unique and



personal way, but I will share some of my reflections. As a newcomer to martial arts, a Hachi kyu (Yellow Belt) with only a few months experience at our dojo, I expected to be somewhat overwhelmed by the complexity of the training with my quite limited skills. I set a few simple goals for myself - attempt to fully engage the training mentally and physically, remain relaxed, and above all don't become frustrated or discouraged if I found myself in way over my head. After all, how could we possibly train for 6 hours without the bulk of the training being very new?

I remember the first hour quite distinctly, with Sensei Keese leading us through a familiar warmup, kihon, and beginner kata familiar to me, Juni Waza, Taikyoku Ichi, San ju ko, and Taikyoku Ni. At this point, Sensei Keese asked Sensei Gage if lower ranking karateka should step to the side of the deck during more advanced kata. Sensei Gage's response was something to the effect of, "no, they will just have to do their best to keep up." Here was the deep water I knew was over the horizon, and yet



it is also when the magic of Kangeiko began to reveal itself.

The most popular conception of what followed may be "getting in the zone," or "flow," a state of mind during athletic endeavors when one's body takes over, a state of unwilled concentration. Had this been a typical training session focused on the perfection of technique, I have no doubt that my performance would have inspired a well deserved continuous stream of corrections - bend your knees, get low, don't lean back, level your hips, rotate your hips, don't scoop your punch, your heel is popping up, which stance is THAT?, your targeting is off, chin up, eyes forward...

However, that is not Kangeiko. Kangeiko is about testing your endurance, and endurance is letting go and letting the training happen. That can be quite difficult at all levels of proficiency. The natural inclination when training is for your thoughtful brain to take over and direct your body how to move. But the moment you TRY to get in the zone, you have lost it. The flow must come to you. At the seashore, you don't ride the wave, the wave carries you.

And that is not only Kangeiko, but also Chito-ryu Karate-do, at least to this karateka. You make up your mind to be carried along by the 'esprit de corps', and allow your training to be a positive force in your life.

So go ahead, let that wave carry you.

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# 米国千唐流空手道連盟



KANGEIKO 2011

I started my Karate training when I was 5 years old at Yoseikan II Cincinnati. Ever since then I have wanted to participate in every national event that I could. That included many March and October clinics, Shochugeigo, Audra WV and Florida Winter getaway. But I always wanted to go to Kangeiko the most. I had heard stories about it for my whole life: sleeping on the hombu floor, 1000's of punches and kicks, fogged up mirrors, and running barefoot in the snow.

But Kangeiko has always been just out of reach - the requirements for participating are a minimum of green belt and 16 years old. I was always too young, but this time, they finally let me in. I'm technically still to young to participate but I got a special dispensation to participate at 14 - I guess after 9 years they got tired of me asking.



When I first arrived at the Hombu dojo, I put my sleeping bag in what was apparently the worst and coldest spot on the deck to sleep, but I kept it there anyway to have the full Kangeiko experience of sleeping in the cold. Right before the lights went off, Sensei Jansak spoke to us about the procedures that we were to go through in the morning, and he told me that we weren't allowed to know what time it was, which seemed like it would be interesting. When I woke up to the sound of what seemed



to be some sort of gong, I looked around and realized where I was and got really excited. I got up and put my sleeping bag on the small deck and went into the locker room which had a very interesting atmosphere because there were a lot of people but nobody said a word. When I got on the deck I was so happy to finally be at Kangeiko. Bowing in we went through about a ten minute seiza in which I may or may not have fell asleep. Not knowing what time it is bothered me the whole time. I heard that you can smell the food cooking when the end was near, but that never happened. I peered out the window every now and then and when I saw it starting to get a little bit brighter outside I started to guess what time it was. My favorite part of the whole thing was running, because that's what Kangeiko is most known for and it's the first thing that I would think of whenever I think about Kangeiko. To finally have a chance to participate in this tradition and make it through felt like a great accomplishment. I'm excited to go back next year with Chihsenhall Shihan.

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