

# ZANSHIN



THE OFFICIAL NEWSLETTER OF THE YOSHUKAN KARATE ASSOCIATION

Fall 2013

## Yoshukan Group At Inomoto Dojo



### KANCHO CORNER

## Yoshukan Whirlwind



It has been quite the exciting summer for us all! The Japan-Canada Tour 2013 was a terrific success with each of us coming home with life-long memories and experiences. Take a moment and read about their impressions in their own words later in this issue.

Our Black Belt camp was another 'touchstone' for our Yoshukan Brown-Black Belts with a great weekend of training, sweating and learning. We were very fortunate to have our Kobudo Sensei Devorah Dometrich join us and share her experience and guidance on our waza and direction.

Finally, it has been a year of transition. New instructors are stepping up and the dojo is evolving (as it should!) into a home for the next generation of students. We

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## Kancho Corner

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will shortly lose the participation of many of our 17 & 18 year olds (who have been with us for over 10 years!) as they go off to University and pursue their dreams. This is as it should be. We know they will carry a piece of Yoshukan in their hearts and character.

Lots of new, exciting programs ahead for us all. I look forward to being on the same train as we head into the future together.

## Impressions of Japan

**Billy:** There are many different factors that made this trip life-changing. Over the course of two weeks I passed my nidan exam, bought a sword, climbed a mountain in flip-flops, had fish eat my feet, and sat naked in a hot tub with a bunch of naked, grown men. These, along with many other once in a lifetime opportunities, contributed to a truly unforgettable experience.

**Aron:** During our last dinner in Japan, each one of us was asked to stand and say what our favourite part of the trip was. These ranged from the tea ceremony, to being an honorary member of the Yoshukan drinking club. When it was my turn, I made a joke stating that my favourite part was the Miyajima light show; which, in case you do not know, was when we waited until 11:00 to only have some lights turn off, not go off. The main reason why I made the joke however was because I couldn't think of one particular moment that was my favourite.

So after much thought I have realized that the people with whom I went was my favourite part. Eating crazy weird food, and touring the country would not have been as nearly as enjoyable without the company of the group. This once in a lifetime experience was not made by the place we went to, but the people we went with.

**Daniel S.:** I thoroughly enjoyed my time with the group in Japan.

Miyajima was definitely the highlight of my trip. My most memorable experience was my run with Bill Jakes up one of the mountains on Miyajima. It was a very difficult run/hike but it was worth it for the view we got from up there.

I was amazed with sensei Mami's pure and natural skill. The way she transitioned from one stance to another was so precise and smooth that I couldn't begin to replicate what she was doing. Even with the language barrier I learned a lot from Mami and I would love to come back and train with her again.

The Suntory beer factory was memorable for most of the adults but it was memorable for me, for a very different reason. I got the opportunity to spend the evening with three



**Suizenji Gardens and admirers**



**Kancho and Sensei Donahue**



**Hot walk to the dojo each day...**

Japanese kids. Even though we didn't share a word in common, we had a great time. They must have taken a gazillion pictures of me, We arm wrestled ( I won) and laughed at my amazing chopstick skills(not). All in all, I had a great time with them and will remember them forever.

I have two regrets. One that we never got to meet Inomoto-Sensei and that I didn't get assist in teaching the younger Japanese students. Even though i have those regrets, I will always treasure getting my Black Belt in Japan.

**Sean:** TRIP OF A LIFETIME!! First of all, I would like to thank Kancho Robertson for putting together 25 years of experiences into the short time of 12 days. The time and effort are greatly appreciated.

My best general experience during the trip was the opportunity to make new friends within the group, and to strengthen friendships with people I have known for years. Twelve days can be a long time to spend with a group of people. It was great to see how everyone was getting along, helping each other, and most importantly laughing together. Adding to that was how much the "kids" enjoyed the trip, and how they seemed to be their own little autonomous group within the group.

The food was a fascinating experience. We all ate many things, which we still have no idea what they were. That made it more interesting and in some cases more palatable. I'm thinking that if we knew what some of it was, we may not have tried it. With that said, one thing we did know, and many of us tried, was raw horse meat, in Kumamoto. On the very positive side, there was seemingly always beer available to wash it down. A definite highlight was the noodle shop next to Inamoto's dojo. Wonderful post-training meals.

It's difficult to pick out even just a few location highlights from the trip, as there were so many amazing sites and experiences. If I had to pick just one, it would be Miyajima Island. The island itself was beautiful, and also, it provided for the full Japanese experience, from walking around town in yukata, to traditional Japanese meals, to sleeping on tatami mats at the ryokan. My favorite part of the visit to the island, was the meditative walk early in the morning, around the island, joined by a visit to the Daisho-in Buddhist Temple. It was incredibly peaceful and put me in a calming state of zen.

The single personal highlight to the trip was the opportunity to talk with Matsuo-san (friend of Kancho) about his time in the Imperial Japanese Army during WW II. My father was in the war as well, in the U.S. Navy, in the Pacific. My father was also part of the initial occupation force near Hiroshima after the surrender. It was very interesting to discuss the perspectives of two young men during war time.

Again, TRIP OF A LIFETIME!!!



**Last night dinner and Awards Ceremony in Tokyo**



**Kumamoto Castle**



**Sempai Nicole with a happy Samurai!**

**Peter K.:** Here are five specific recollections of our trip to Japan, from :

**1 A Bizarre Moment:**

Sharing space with 1000 Buddha's and a host of angry elemental gods at Sanjusangendo Hall in Kyoto, while thinking about one hand clapping and trying to describe the thoughts to Cole. Imagining being there in a psychedelic trance, and all of the Buddha's hands would be slowly waving while the statues hummed incantations, and avoiding the elemental gods as they stalked the shadows.

**2 The Saddest Moment:**

Seeing Shinichi Tetsutani's tricycle at the Hiroshima museum; thinking of loss and immense anguish, discovered 68 years later. Tears flowed uncontrolled, until outside the building.

**3 The Happiest Moments:**

Watching Omer and Olena's fascination with each other, endless and tireless.

**4 Moments of Fortitude:**

Deciding not to care about sore feet and exhaustion at the Honbu Dojo; Looking then to see Earl's face bathed in sweat, brimming with delight at just being there, all the more so for having brought us along. Watching our Karatekas demonstrate techniques in the Honbu Dojo in Kumamoto, excelling themselves; Marvelling at Joel's modesty after he climbed a mountain. One felt privileged to witness Mariette's quiet pride for Louise and Bob's immense courtesy; especially more so to understand Louise's constant and fierce devotion to her mother. These are just samplings: all of our group were splendid in every way.

**5 The Calmest Moments:**

Discovering Senjokaku temple on the hilltop with Nicole, the morning of our stay in Miyajima, walking while sharing earphones and Leonard Cohen; Kissing in the morning light.

**Sanda:** Quite literally on the other side of the world from the great North America, either by way of land or ocean, Japan is a world of its own. Upon coming to Japan, I had thought it would be a place where anime and manga characters would smear every available billboard and window. People would be colder, more distant to us, a great big group of lost and fumbling gaijin, and more absorbed in their daily tasks. I also had this grand idea of what such a foreign Asian country would hold. Would it really just be rice, fish and soy? What I found instead was a culture deeply seated in courtesy, kindness and even, surprisingly, passion. This appeared in the form of an elderly woman who hosted a group of us for a tea ceremony. The moment we entered her humble home, she welcomed us with refreshment and with a little panic due to our whopping count of thirteen. She wasted no time getting prepared; setting the water to boil, putting on a beautiful kimono, having us historically updated and then shuttled into the ceremony room. And as much as she hurried to get ready, when the ceremony began, everything slowed down. Tradition



**Yoshukan Group at Imperial Palace**



**Tokyo Fish Market**



**Watching the Geisha Fashion Show**

took over its role in deliberate and careful actions. And it was clear when she taught us how to make the matcha tea, she only wished to pass on the wonders of this tradition onto us, in the hopes that we could find the same tranquility and harmony she does. And though I didn't find my peace sitting in seiza making tea, I had found it gradually throughout the trip. Even in all the rush, somehow I found a quiet place to be. It began at Musashi's Cave, in Kumamoto, and carried through each place. And now I have it here with me as I begin a new part of my life. Arigatou gozaimasu Nippon.

**Vika:** For me, Japan was a very memorable trip not only because of the rich culture and powerful training I was part of, but also because I got to spend time with my friends and family. It was great to have them with me during this experience, even with morbid heat and vigorous exercise we all stayed positive and enjoyed ourselves. As many others in the group, I was saddened to hear that Inomoto Sensei was ill and couldn't teach us but, his daughter did an outstanding job training us. I was thrilled to see the cities of Japan and learn as much as I could from each one we visited. I found that the people of Japan are very respectful as well as friendly to each other and foreigners. I was quite surprised when people bowed to us on the buses, in restaurants, in stores and mostly wherever we went. The most powerful impression I had was when we visited the Hiroshima Bomb Museum and Peace Memorial. When I saw the building that was standing in the middle of the city, half destroyed by the bomb, while



**Daniel Sigurdsson taking in the sights...**



**Golden Pavillion in Kyoto**



**Yoshukan Drinking Group Shamen Tom Reeves**



**Miyajima Island – Explorer group led by Bill Jackes and Jules Reeves**

flowers were blooming and the sky was blue, the moment felt bitter-sweet. Thinking about how many people died in the bombing was horrifying, while the nature and people around me were very much alive and strong. It was hard not be touched. Japan was a great place to visit and I hope to one day come back and spend more time sightseeing.

**Max:** A few days after our return from Japan I have decided to once again walk from Kashima Kamenoi hotel to the Hanshi Inomoto's dojo. Virtually of course. To tell you the truth, it took me just 5 min with the help of Google Map 'street view' instead of usual 30 minutes. And at the end, I was not hot and sweaty. But it took me where I wanted anyway. Back to one of the real treasures of the trip – training in Japan together with both of my kids. They were two youngest members of our troops as well as two lowest ranks, but, big thanks to all of you, I know for sure they didn't feel like that. It was really cool to work on a nunchaku kata side-by-side with Vika and see Daniel learning Zenchin Kotai directly from Kancho Robertson. And, sure – the crown of the training for me was Daniel passing his test for the yellow belt. I hope that one day I will retrace this path once more to either do my own test or to see one of my kids testing or to just simply learn a bit more. Osu!

**Matsuo Tetsushi San, Mr. Robertson:** The group members you brought to Fukuoka were most wonderful foreign people I've ever met. I enjoyed the visit to Tenmanguu with them. Young people were very well behaved, not like Japanese youngsters. I wish I had better vocabulary to praise them. Please tell Sean the conversation with him over glass of beer remains in my memory forever. I am waiting for his e-mail. Your gift was also wonderful. Canadian Club was the first whiskey I had in my life. Yours is too good for me. Thank you very much.



Shihan Provencher in Kumamoto



Sensei Zeljko Violoni in Miyajima



Yoshukan Group at Sumo Arena



Riding the Shinkansen



Throwing stones for luck in Suizenji Gardens

## Académie de karaté Yoshukan Gadbois



Amine winning Silver at Commonwealth Championships held in Montreal.

## ASM Competitors



Our first provincial selection Québec!



Our 2 warriors at rest! H & H : Double H connection – Harry and Hercules

## Junior PanAm in Medellin



# Karate Do Lachine

The 7th edition of the Commonwealth Karate Championships 2013 took place in Montreal on Sunday, October 13. A team of six students of Karate Do Lachine participated and represented Canada among others. It was an exceptional occasion to meet and confront the best young karateka in the world. They won in both Kata and Kumite: 5 bronze medals, 1

silver and 1 gold.

Their performance was remarkable given the high level of athletes from all countries and the number of participants in each category. From a total of 42 dojos from 11 countries Karate Do Lachine were classified on 15th place.

## Les athlètes de Karate Do Lachine sur le podium aux 7e Championnat du Commonwealth de karaté Montreal 2013



# Okinawa-Te Origins

**Do** : a way of life. Such is the manifestation of both elements of KIME which comprise the way of life. KIME is also understood as the point of concentration upon delivery of technique behind (past) a point of impact. The total focus of mental and physiological energy to bring a technique to its extreme limit in SHIME; efficiency and penetration become conclusive. There are 2 types of KIME, **the 1st is rectilinear and percussive; the 2nd is circular – soft and enveloping (prehensile as in Aikido)**. The first is therefore a hard and direct expression of technique; the second is supple and extends through using the adversary's initiative.

## Okinawa-Te

Kime is Hard and Direct	Kime is Soft and Circular
*NAHA-TE	SHURI-TE
Shorei Ryu Energy	Shorin Ryu Extension-Amplitude
*TOMARI-TE	Shorin fusion with Tomari-té end of XIX century (QuanFa).

\*Naha et Shuri, these 2 cities merged 1896, bringing a regrouping of Tode-Te styles. Evolution of Tode-Jutsu: Naha Te unto ShoreiRyu /Goju-Ryu/WadoRyu etc.; Shuri-Te unto Shorin Ryu, et Shito Ryu. The Tomari saw the birth of Mutsabayashi Shorin Ryu (1907-1997). The foundation of Yoseikan CHITO-Ryu in 1946 arrived through Kenpo KaratéDô and became the Karate of all Budo styles: Zen Kihon Kenpo Karate Dô Fukuyaki Kyushu. In 1960 became Zen Nihon; 1970 Chito Ryu Fédération; 1984 to present Int'l Chito Ryu Fed. In Canada CCRA.

**The integrity of ShinGan** These following 3 concepts form one. Their integration is seen as the manifestation in the mastering of the way of life "Do". (ref.: Japanese Shintoism and from the roots of Hindi way of life from India).

- 1-SHIN:** Mental discipline & spirit; principals of which one finds faith, heart of courage, truth, loyalty, conviction, purity... (The Sky)
- 2-Gi:** That which is expressed through technique (Ki-Ryoku)... (The Earth)
- 3-Tai:** Physical attributes brought forth through the body (Dosa)... (Mankind).

It is accepted by several documented sources that one of the precepts to the foundation of Karate began with the teachings from Bodhidharma who had travelled to the country of the LIANG Dynasty in China. He offered these teachings of

Buddhism to the Emperor WU. Bodhidharma left 2 important texts prescribing elements for health of conscience (Mental aspects) and for the health of musculature (Physiology).

These 2 pedagogical texts exposing the way to purification of these pillars of human life are titled as "SUTRA".

The 2 aspects to these "SUTRA" are about the conditioning of humanism with regards to the approach necessary to implement a method of change as for 1st a personal attitude (i.e.mental challenge) in the event of adversity for example. Secondly, the muscular modifications as translated through the means of training the body to acquire strong and flexible bones, ligaments and tendons. Yoga is the medium of precious resources (i.e.: Hath Yoga) to attain the goals and is of Sutra origin from the same texts.

These basic notions are found in the two original Karate Schools (RYU) of Okinawa: Shorin Ryu & Shorei Ryu, each having their distinctive characteristics. The Shorin system is supple & circular and expresses the need for learning notions in proprioception for the application of Kozuchi interoception for Tsukure, and exteroception for Kake. Henceforth the realisation of perceptual acuity which is found through its mental discipline. This can be summarized as the apprenticeship of the utilization of the adversary's power or force returned against him. The Shorei Ryu, as indicated in the previous grid, expresses technique which is hard and direct and commands the necessity to condition the articulations and musculature to evolve correctly in this very demanding aspect of Okinawa-Te. Here we find the second group of Sutra concepts for physiological modifications to evolve.

Te or Tode, applying tanden, has always and is always taught within a very small circle and in great discretion. The foundation is comprised of Tai-Sabake and Hara. Tode was the basis of inspiration for Grand Master Chitose and is the root of Chinese karate Kempo (Chinese boxing QuanFa). Ultimately, these elements of the Sutra identified in the Sorin, Shorei and Tode became intrinsic to the YOSEIKAN and CHITO systems as well as the more ancient Aikido and JUDO.

Discover all these aspects in your advancements in martial arts as you evolve through your karate program and in all situations life can present.

**Document prepared and researched by Alain Denis, JunSHidoin.**



## St-Laurent Dojo



Ayman Said Mansour is the leading karateka at the St-Laurent Dojo. Now a blue belt at age 10, he's been crushing his opponents at tournaments since last year. Again last Sunday he won all his fights by 8 point differences! The first opponent he fought had never been defeated before. Thanks as well to a good model and teacher, Sempai Henry Tchibozo.

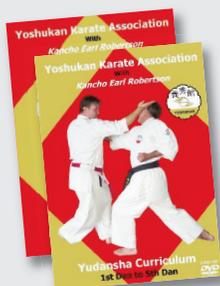
Congratulations to Ayman, our Quebec champion!

## Yoshukan Quebec Instructors Pass their NCCP Level 1

Two of Yoshukan Quebec's instructors, Sempai Simon Nguyen-Mercier and Sempai Henri Tchibozo, recently passed their NCCP (National Coaching Certification Program). The NCCP is offered by the Canadian Government for all amateur sport coaches (hockey, baseball, gymnastics, boxing, karate, etc.). The program has 5 levels (Olympic Coach level) and has two elements to each level: Theory – general to all amateur sport coaches and Technical – unique to each sport.

Congratulations Henri and Simon on living the Yoshukan philosophy – School of Continuous Learning!

**Photo: Shihan Provencher (Canada's most senior NCCP Karate Coach at level 4) and Simon Nguyen-Mercier and Henri Tchibozo completing their NCCP level 1 in Quebec.**



### Yoshukan DVDs – White Belt to 5th Dan

All Kata; Bunkai; Kumite; Ukemi; Kobudo and Goshin Jutsu demonstrated by Kancho Robertson from beginner to 5th Degree Black Belt in the Yoshukan System.

**\$25 each or both for \$45. Please add \$15 for shipping & handling charges. Payments can be made by credit card or check at the Mississauga dojo.**

## ZANSHIN

2355 Royal Windsor Drive, Unit 9  
Mississauga, ON L5J 4S8  
Phone: 905.919.1919  
Email: [iaito@rogers.com](mailto:iaito@rogers.com)  
Website: [www.yoshukankarate.com](http://www.yoshukankarate.com)