

ZANSHIN



THE OFFICIAL NEWSLETTER OF THE YOSHUKAN KARATE ASSOCIATION

Winter 2016

Summer Camp in Kentucky – Hanshi Inomoto Teaching!



The Yoshukan Karate Association recently attended a summer camp in Kentucky with Hanshi (Grand Master) Masaru Inomoto and his daughter Momi. Coordinated by Sensei Devorah Dometrich, Sensei Cyna Khalily and Sensei Mina Ludwig, with assistance from Sensei Lee Norris. The camp was truly historical with representatives from most of the Chito Ryu lineage dojo (Chito Ryu; Chito Ryu USA; Sento; Yoshukan; Ryusei; Yoshukai). The camp also attracted attendees from as far away as Germany, across the USA and Canada.

Overwhelmingly the feedback was positive about both the quality of instruction and the brotherhood felt by all attendees. Senior teachers from across the systems trained together and loved the camaraderie of sharing ideas and exploring the roots of our arts.

On a personal level, I was gratified to reconnect with many of the great martial artists I had met in Kancho Mike Foster's organization and see how they have evolved. Wonderful to share and catch up.

Our Yoshukan Karate Association summer camp will be in Montreal next August 18-20, 2017. Hope to see our friends again in La Belle Province!

KANCHO CORNER

What is Inner Strength?



Over the course of my martial arts career I have had the privilege to meet some extraordinary people. Although impressed with their physical skills, it was their 'inner strength' that impressed me the most. Choosing a leader to follow is a combination of respect, trust and admiration. They must 'walk the talk' and consistently demonstrate their beliefs in action. Charisma is attractive, but true

loyalty is borne of how people react when faced with adversity.

So, what is 'inner strength'? My definition is a strength that only comes from a lifetime of challenge, adversity, core moral beliefs and discipline. The leaders I have followed have led lives that required a tenacity and purpose. They have been beaten down and risen each time. Their core principles have faced many challenges, yet their adherence to them, through thick and thin, has not wavered. Whatever their perspectives are, they don't look down on others, or place themselves above others. They have a basic humility that is only achieved through life experience.

Greatness is often equated with power, money or position. However, I think true greatness is the leader that inspires

Continued on Page 2

IN THIS ISSUE

- 2** NDG's Outdoors Demo Class
- 3** North American Budo Gathering
- 5** Hen Shu Ho

Kancho Corner

Continued from Page 1

others to live happier, more fulfilling lives. When their simple perspectives help others find clarity in their own decision-making, they are quietly leading and demonstrating the 'way'.

I often catch myself when I feel my anger rising or my emotions taking hold and ask myself "How would my teacher

react to this provocation?". It immediately calms me down as I realize their ego wouldn't interfere with their empathy or ability to be non-threatened.

I guess you could say, developing inner strength is a lifetime pursuit and a never-ending journey. And, isn't that what the 'do' in Karate-do is really all about?

NDG's Outdoors Demo Class

The Junior Students of the NDG dojo participated in an outdoor demo class at the end of summer Monkland Avenue Street Festival that took place on Saturday, August 20. Our class began at 10 am and despite the Y and some of the surrounding booths only set up at 11:30 (Talk about organized!), the event drew quite a bit of interest in great part due to the well performed katas and hearty kiai's. Thanks to all those who participated!

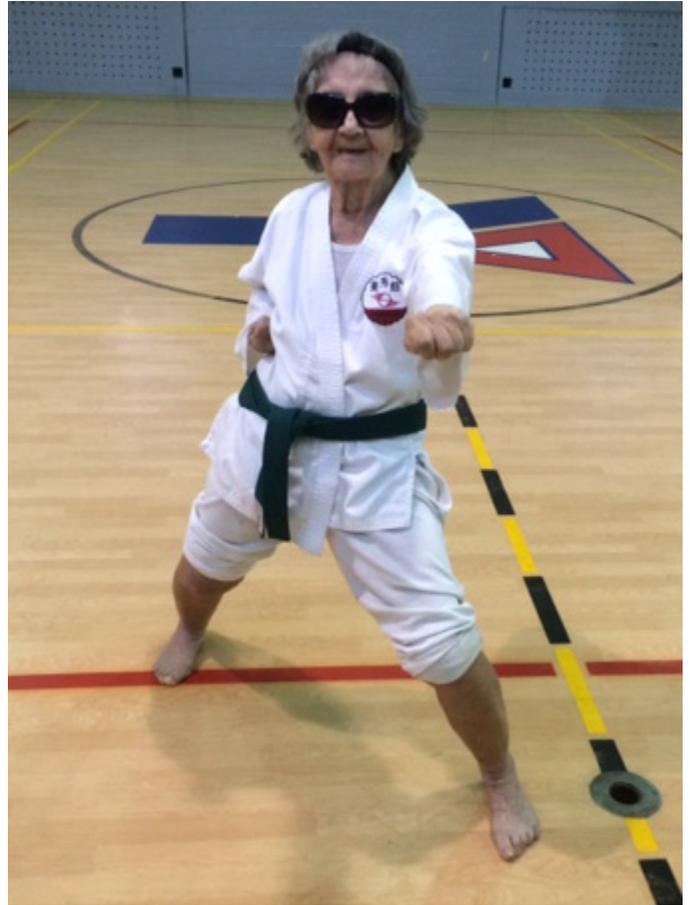
Robert Kalinowicz, Sempai Andre Roman. Students: Louis Abecassis (Green Belt), Eternele Geurin-Girard (Green Belt), Vedang Dhotay (Orange/White Belt), Noam Lefebvre (Orange/White Belt), Phoenix Leroux (White Belt), Clint Elissalde, two new students (in street clothes). (Behind Robert is Pavel Palekhov (Yellow Belt))



Robert Kalinowicz, Sempai Andre Roman Students: Louis Abecassis (Green Belt), Eternele Geurin-Girard (Green Belt), Vedang Dhotay (Orange/White Belt), Noam Lefebvre (Orange/White Belt), Phoenix Leroux (White Belt), Pavel Palekhov (Yellow Belt), Clint Elissalde, two new students (in street clothes).



Robert Kalinowicz, Sempai Andre Roman Students: Louis Abecassis (Green Belt), Eternele Geurin-Girard (Green Belt), Vedang Dhotay (Orange/White Belt), Noam Lefebvre (Orange/White Belt), Phoenix Leroux (White Belt), Pavel Palekhov (Yellow Belt), Clint Elissalde, two new students (in street clothes), Alexandre Lefebvre (adult Orange Belt).



L'une de nos élèves, Yolanda, 87 ans, est une karatéka chevronnée! Elle est une preuve de détermination et de persévérance! Elle progresse à sonrythme, en pratiquant son art dans tous les dojos de notre club. Bravo Yolanda!

North American Budo Gathering

Normally in karate, the elements or themes come in a set of 3!

So here are my 3 highlights of the extraordinary North American Budo gathering lead by Inomoto Sensei last month in Kentucky, USA.

It goes without say, that to be reunited with so many life long time karate practitioners, (some who I had not seen in 20 years), also Founding Leaders of Chito-ryu style descendance, is in itself a memorable event not comparable to anything yet experienced, which will be cherished forever.

I simply must quote Dometrich Sensei on her FB page: Our recent event at General Butler State Park was the most exciting and enjoyable get together I've ever played part in. I believe all who participated met new friends, found faces for names echoed throughout history, and took home just a few more pieces to our personal puzzles!!!! All of you were awesome in one way or another.

Back to MY 3 highlights:

Continued on Page 4



Avec Maire Dorais

Continued from Page3

1 Meaning of

Muri : Don't do it if can't do it!

Mura : Commit completely and stick to it!

Muda: Don't add extra movements or wasted movements!

2 Why do we have spinning movements in our Bunkais?

We are not just spinning, it's a tactical and strategic move!

Always ready to defend and attack!

3 Stay overnight at Dometrich Sensei's home

I took photos of the entire content of her dojo..... Looking forward to skype until we make it to Kentucky again!

While Simon was a great training partner at camp, I was fortunate on the last day to get some 1 on 1 training with Mami Sensei, Inomoto's daughter. As she explained how Chinto or Sochin was executed, I was able to present my version or way of performing the movements due to the applications I perceived and truly appreciated this special moment. I was really thrilled that my final training session reflected Inomoto's main message delivered at camp.

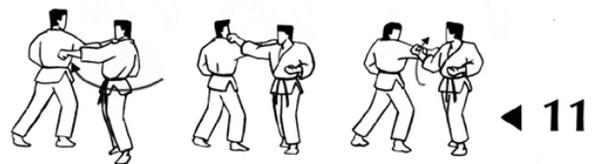
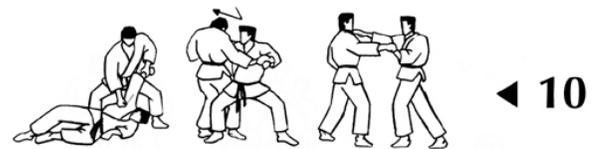
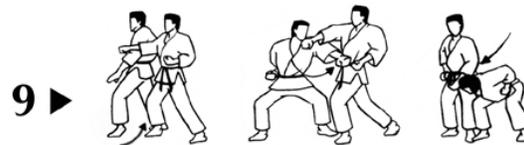
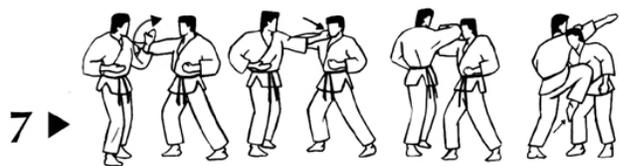
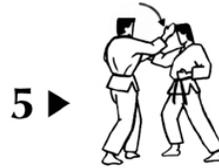
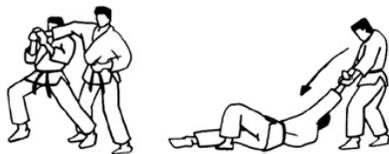
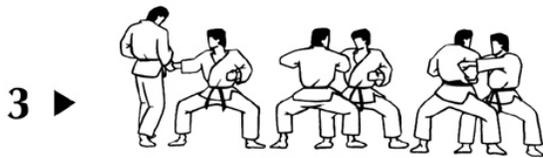
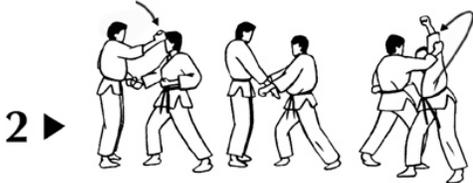
In Essence, Karate Training must be suitable and adaptable for each person!

Kamai!

Louise



Hen Shu Ho



Yoshukan DVDs – White Belt to 5th Dan

All kata; Bunkai; Kumite; Ukemi; Kobudo and Gosin Jutsu demonstrated by Kancho Robertson and Yoshukan Instructors. DVDs show complete system from White Belt to 6th Dan Black Belt levels in the Yoshukan System.

\$25 Each or \$45 for 2 or \$60 for all three. Please add \$15 for shipping & handling charges. Payments can be made by credit card or check made out to: Yoshukan Inc.

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