



**SHORINJIRYU KENYUKAI WATANABE HA**  
**WORLD FEDERATION**  
少林寺流拳友会渡辺派唐手

- Spiritual Development of Individuality in Mind and Body -



## **Dojo Updates - December 2010**

### **Japan Karate Center (Hanshi Shunji Watanabe & Shihan Page Christis)**

In October, eighteen (18) Baltimore students competed at the 24th Shorinjiryu Shinzen in New York. We were very proud of our student's accomplishments. Out of all of the competitors, two of our junior students, Xuan Truong & Jasur Parmanov were recognized as being Outstanding Karateka. In addition, two of our black belts, Boris Nadelman & Zorrien Jomo finished 1st & 2nd place in one of the black belt kata division.

In November, ten (10) Baltimore students competed at the 16th Invitational Island Budokan Bogujutsu in Long Island. We were again proud of our student's accomplishments. Boris Nadelman & Zorrien Jomo finished 1st & 2nd place in one of the black belt kata divisions & 1st & 3rd in shiai. Eight (8) of our students placed in kata & (7) placed in shiai.

Even though members from our dojo participate in many tournaments, it still is an effort to encourage them to register and compete. Once they have attended, our students always seem to enjoy themselves. But, we cannot get them to register in advance and this includes some of our Yudansha.

During the last several months, we have been working on increasing the membership at Japan Karate Center. We have done the following:

- Created 2 new promotional flyers (better quality paper & more "eye catching" design) – The flyers are to be placed on parked cars at athletic events, at parks, and at shopping centers. The flyers will also be placed for display at nearby businesses etc . . .
- Created a Facebook account for the dojo
- Created a Facebook account for Kaicho Watanabe (We have decided to delete this account and just keep the Facebook account for the dojo. There was some unwanted correspondence from a former federation member and one of our newer students who set up the account.)
- Recorded (High Definition – professional quality) a demonstration at a nearby reservoir – Students can be observed practicing outside with the background of trees & water at sunset – The recordings will be downloaded on Internet sites such as You Tube
- Improvement of the Japan Karate Center's website (work in progress)
- Implementation of a dojo fund (like a school's parent booster club) – Creation of a fund to finance improvements to the dojo such as painting the hallway, buy new bogu, replace windows etc. . . Also the fund will help to finance the travel expenses for students attending clinics and tournaments.
- Demonstrations to be held in the community (work in progress)
- As a fundraiser – A jo branded with the student's initials & the Watanabe family Kamon along with a cloth case embroidered with the Kamon can be purchased for \$25.00

We would like to wish everyone a Happy Holiday!

### **Island Budokan (Shihan Dan Hayes)**

The month of November was a busy one for the Island Budokan as we prepared for the 16th Invitational Island Budokan Bogujutsu tournament. In addition to general tournament



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planning, we also choose a charity to support. This year we chose DSAF which is a local charity that works to integrate children with Down's Syndrome into the general population. We had teams of students speaking with businesses in our communities to solicit items to raffle or ads for the program. We then printed raffle tickets and sold them in the community and at the tournament. In addition, our parents donated food and ran a food table throughout the tournament. In the end we raised \$1,100 for DSAF and much food to the local food pantry.

We also ran three scorekeeping clinics to practice for the tournament. All adult students are required to learn how to scorekeep as well as advanced belt teenagers. We also worked on judging for the tournament. A group of students lead by Senpai Ian Rosenblatt visited the GoKi Shotokan dojo to work with their students on how we compete in shiai. On November 20th nearly 100 students from Long Island, Brooklyn, New Jersey and Maryland competed in kata, shiai, weapons, kumite, koshiki shiai and (as an exhibition) chanbara. We also welcomed Shotokan students and a Shodan from a local Taekwondo dojo. It was a day full of competition and good spirit which was capped by a song filled banquet. To quote Sensei Elisa Hendry of the GoKi dojo, "How fine it would be if all karate events focused so successfully on cooperation, sharing, learning, and friendship."

Finally, we celebrated Sensei's birthday in our traditional manner with a surprise (and this year we did surprise him) Thanksgiving dinner given by the adult class. After two days off to celebrate Thanksgiving, the dojo is back in full swing. We are looking to re-work our schedule to accommodate a more regular practice of Kendo and Yagyū Shinkageryū.

### **Seiryukan Dojo (Shihan Jim & Renshi Lesley Griffin)**

November has been another busy month at the Dojo and personally. It was great to train with Sensei Jason and Renshi Des in Sydney and to attend the Kengokan Dojo.

We have been focusing on the upcoming Mudansha gradings this month and everyone is progressing nicely.

Nijushiho Kata was introduced to our syllabus this month and the students now prefer it to the Kenkokan version we have been doing for the past 30+ years.

Personally, I have been working on Nijushiho, Shishiryū No Jo, Sanchin and Naihanchin Dai. In addition, I have been working on Nijushiho Waza. My private training includes the katana.

### **Kensuukan Dojo (Shihan Max Estens & Sensei Dean McKernan)**

Kensuukan dojo has had a great month. The students have all been listening well and performing even better. We have all been performing our basics on a regular basis. A couple of students are learning quickly and can be a great help when I am busy teaching other students. It is great to see these students progressing. Every student is still following their syllabus content with extra emphasis on Randori this month. It is good to see them performing these with different partners and it helps them to learn. We have picked up another teenager as a student. I find it a bit easier to teach the older students, they can pay attention for longer and can train on their own. It is always good to recruit new members who are eager to learn new things.



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I have begun to incorporate a lot more fitness into the older students classes. I feel it is important to teach the students how to exercise properly and that you do not need a lot of expensive equipment to exercise well. Exercising and learning together is also bringing our students closer together outside of the dojo. I have heard great reports from a couple of our High School teachers.

Christmas holidays are almost upon us and it is time for our students to have a break from physical training. We have two more lessons before we break over christmas and we hope to return in the new year. I am looking forward to running a sparring day for our students in mid January. Here I will explain the finer points of fighting and training to fight. It should be a lot of fun.

### **Kengokan Dojo (Renshi Des Paroz)**

During November Shihan Jim Griffin and Sempai Jason Romer came to Sydney for a couple of days so that the three of us could train and review some of the great stuff Sempai Jason had been shown during his stay at the Island Budokan and visit to the Baltimore Hombu Dojo. Shihan Jim and Sempai Jason honoured us by participating in a small session at the Kengokan Dojo.

Joanna entered the Koshiki tournament hosted by Shihan Guy Beattie in Bowral, about 1.5 hours from Sydney. This tournament featured contestants from around Australia, along with a large contingent from Japan. Represented were many styles, including a Shorinjiryu Kenkokan group, a UKB Kenkokan group and many others. The standard was quite high. Joanna did well competing in her first tournament, against some experienced players. Her kata and weapons kata performances were excellent.

Shihan Max and I also participated in a karate retreat organised by Shihan Scott Brown (Shorinjiryu Kenkokan), and delivered by Hanshi Patrick McCarthy (IRKRS / Koryu Uchinadi). It was a fun weekend covering application practices from the Aragaki Seisan kata, and a great opportunity to catch up with many other senior karateka, many of whom shared a Shorinjiryu lineage.

Aside from that we've been working on basics (particularly movement, breathing and turning form), kata (Happiken, Nijushiho, Sanchin, Seisan and Bassai are key focus at the moment), yakusoku kumite and self defence.

Best wishes to all for a safe and happy holiday period.

### **Shishikan Dojo (Sensei Tony Fletcher)**

Firstly, I must thank all those people who sent their messages of support on the recent passing of my father-in-law. Alan lived with us for the last 18 months of his life and this time with him are cherished memories for Beth and I, as will be the kind condolences from my friends and from my Shorinjiryu family, domo go-shinsetsu ni

November started off with pride as Sensei Jason Romer opened his dojo, Sei Shin Juku. On Monday 8th November, I, along with Senpai Christine and the rest of my students attended Sensei Jason's opening night. Senpai Christine bought a sake set and to make



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sure this was complete I was forced to buy the sake as we obviously had to wet the head, so to speak. We all had a great training night and we will continue to support Sensei Jason with regular visits to his his dojo as he visits mine regularly.

We have continued to work hard for Ben Oliphants grading (going for 2nd kyu) at our SEQ training camp being held on Sunday 5th Dec 2010. Other members of the dojo including myself, provided tori and uke for Ben during his training which helped keep us all on our toes. We have also been practising nijushiho no kata (Kaicho's version) and nijushiho no waza.

I have been keeping up with kihon waza, chinto no kata and making sure I practice shishiryu no Jo no kata.

### **Kensuikan Dojo (Sensei Mark Slingo)**

November has been a big month seeing great progress here in Rockhampton!

The changeover to the new Dojo name and further work on our website/blog has resulted in a more consistent approach to advertising – the Dojo page and the [shorinjiryu.com.au](http://shorinjiryu.com.au) site are both now agree in a number of areas giving a much more professional presentation - thanks to all concerned for the big effort put into the new association site!

During November efforts to find a new location for the Dojo have also paid off. I have successfully secured a basketball court sized covered area in the public Gym/Sports complex attached to the local University – CQUni – which gives us a great opportunity to reach a wide audience of prospective students and several very good avenues for advertising. The University Student Association and the CQ Community Sports Centre both send regular emails to the student and staff population advertising what activities are being conducted and I hope to become part of that in the new year.

The first ever training session for the Kensuikan dojo will commence on Tuesday evening 7th December at 6:30pm and all members of Shorinjiryu Kenyukai Watanabe Ha Karate are invited to come along (although due to the remoteness of Rockhampton I fully understand if they don't!) and join in.

Here's looking forward to 2011 being a great year!

### **Kennankai Dojo (Sensei Marnie Roberts)**

The club is small at the moment but hoping to pick things up in the new year. The students are training very hard for their grading in a couple of weeks.

Our new member Jensen is 5 months now, so I will have him training very soon!

### **Kazoku Dojo (Sensei Leanne Sippel)**

November has seen around 12 students training on a regular basis. I am very pleased to welcome new member Soni Tyson, who is a Shodan from the local Shotokan dojo. He has embraced learning the Shorinjiryu way, and I look forward to the time when he can assist me, alongside Anne.



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Whilst for the Dojo November has been a settled month, on the home front it has seen me travel to Cairns and making weekend trips around the Wide Bay area delivering Jared to his representative cricket commitments. Sick children have also necessitated my in-attendance at training. In my absence, Anne has continued to further students' understanding and learning of kihon and kokyū waza and mawari kata. We have maintained our focus on grading material for Shannen and Sam, and kata Naihanchin Sho for the new students.

Our first fundraiser has raised us around \$150 for the Baltimore/NY trip, with many more ideas in the pipeline.

Wishing everyone within the Shorinjiryu family a very Merry Christmas and a safe and happy new year.

### **Seishinjuku Dojo (Sensei Jason Romer)**

This is the first Dojo report for the Seishinjuku Dojo, and therefore a significant personal event for me. I would like to start by thanking a number of people who have supported, advised and assisted in making this endeavour a reality. Locally, Sensei Tony, for his support, loyalty and pragmatism, and Shihan Jim and Renshi Des for making the process as seamless as possible. Further afield, I would like to thank Sensei Dan for his enthusiasm and support and lastly but certainly not leastly, Kaicho for his constant inspiration, humility and insight.

From a practical point of view Seishinjuku has found a home at Jubilee Hall in the suburb of Bardon in the inner north of Brisbane. It's an excellent space with a great wooden floor, mirrors and good ventilation. Classes are currently scheduled for Monday and Thursday nights which allows me to train with Sensei Tony at the Shishikai Dojo at Coorparoo. In the three weeks since opening I have attracted a number of 'walkups' as well as regular students from both the southside and Bribie Dojos respectively. I was able to coordinate the Dojo launch with the release of a website – <http://www.seishinjuku.com> which has attracted a number of contact enquiries, as well as a short run of DL flyers delivered into the local area. The website is indexing well with the relevant search engines for a number of key phrases, which means in essence, that the site is highly visible through organic engines such as Google.

Given the timing – pre Christmas, I wasn't expecting a significant number of new students, but my plan for the New Year is to complete an extended run of flyers – up to 5000 as well as visits to the local high schools for the hard sell. Given I have resigned my position with the organization I have been with for many years, a short break during this post New Year period will allow me the opportunity to promote and publicise the Dojo.

Within the Dojo my focus has been on Kihon. Kokyu, Shisei, Ashi Hoko Waza, and Mawari form. A new Dojo, old principles. The juxtaposition though ironic is fundamental.

Thanks for taking the time to read this and I look forward to reporting on the developments within the Dojo over the coming months.