



Newsletter

December 2002

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Yin Yang Do Karate Association Winter Party

Where: Danish Brotherhood – Kenosha, WI

When: January 11

6PM cocktails, 7PM dinner.

Menu: Pork, Ham, Italian Chicken,
Mosticiolli, Boiled Potatoes, Tossed
Salad, Dessert, and coffee.

Cost: \$14 adults

\$8 for kids less than 12 years old.

Everyone is welcomed!!



From the President

On Behalf of the board of directors, I would like to extend a very blessed Christmas and prosperous new year to all the members of the YYDKA. This is the time of year to reflect on the past years accomplishments as well as to plan for the up coming year. Reflecting on the past year has brought us closer in the way we do kata, it has been agreed that the standard for the association kata will be as taught by William H. Foster. This was a big step in the standardization of kata. There is still room for different interpretations, but the moves should be the same. We also plan on putting together kata requirements by rank on video tapes. This will be an excellent resource for those karata's that are in remote locations.

As far as the student hand book, Tim Hillary has spent a lot of time on this, but due to a very hectic work and travel schedule, has been given to Joe Ferraro to complete. Joe is very near completion and we hope to have a final copy by the winter party, which is January 11th, 2003 at the Danish Brother Hood Lodge 14.

The student handbook will be available to all members at for a nominal fee, it will also be given to all new students.

The YYDKA also has a web site up and running, which is www.acronet.net/~yydka. Alex Nilov is in charge of the website development and will making some changes in the near future. If you have any recommendation, please forward them to me at rjzieth@execpc.com, or call me at 262 694 8293 with your website recommendations.

Mike Stancato has agreed to become the YYDKA historian. He is presently doing a lot of research into our history, putting together a photo album which we will have available for review at all YYDKA functions. If you have any photos, letters, or memorabilia, that you would like to donate to YYDKA, please contact Mike.

Remember, this is YOUR organization, if you have any ideas, thoughts or recommendations please pass them on to one of the board members or attend one of the board meetings. We will be putting together our board meeting schedule for next year shortly, and will be made available on the website as well as in the newsletter, hopefully you all can attend at least one of them.

Again, I hope all of you have a blessed holiday and remember our founder in your prayers, William H. Foster.

Ronald J. Zieth

No mind – what is it?

Edwin Santiago

No mind – what is it? How can we learn to incorporate this philosophy into our art? I have not ever read or heard it explained better than this!

A 17th century Zen priest wrote the treatise, commonly called Fudochi Shinmyo Floku. In it the priest Takuan wrote:

“If you place your mind on the movements of your opponents, your mind is absorbed by the movements of

your opponent – If your mind is on the sword of your opponent, your mind is absorbed by the sword of your opponent. If your mind is on cutting your opponent, your mind is absorbed on cutting your opponent. If your mind is on your sword, your mind is absorbed by your sword. If your mind is on not being cut, your mind is absorbed by not being cut.

Where, then, should your mind be! You should put your mind nowhere. Then your mind is diffused throughout your body, stretched out, totally unfettered.

If your arms are important, it serves your arms. If your legs are important, it serves your legs. If your eyes are important, it



serves your eyes. It works freely in the body wherever necessary."

Takuan further said,

"If you concentrate on one place, your mind, absorbed by that place, is useless.

If you are worried about where to place your mind, your mind is absorbed by that worry.

You should throw off worry and reason. Let your mind go over your entire body,

and never fix your mind on a certain place. Then your mind must accurately serve in response to the need of each part of your body."

In short the Zen priest say that the mind if placed nowhere is everywhere. I was personally moved by these words and have a better understanding of No Mind in my Budo. We must keep training.

From the Treasurer

Joe Sielski

We have the following items available to members:

Patches	\$5
Double Ax (Yudansha)	\$3
Kyu Certificates.....	\$10
Dan Certificates	\$25
T-shirts	\$10
Yin Yang Do Silver Anniversary Booklet	\$10

The Second Annual Founder's Day workout T-shirts are available in black and white, large and X-large. They have the Yin Yang Do Karate Association symbol and printed with "W.H. Foster 1913 - 1994". (\$12 each plus postage.)

Send application and order to:
Joe Sielski

Editors Note:

Al Gomez

The next Newsletter will be out during the month of December. Please have your articles or any notes of general interest to me no later than December 3, 2002. If possible please type your article. I can read Microsoft Word, Word Perfect, or text. If you E-mail you can reach me at: algomez@wi.net. Please "pour" your article into the body of the message, do not send an attachment. Put something regarding Karate in the subject area so I will not delete your message by mistake!! I receive too much junk mail.

Mail to:
Al Gomez

Good Books About Karate

Mike Stancato, YYDKA Historian

Dear Brothers and Sisters in the Art,
1) This is for all karateka who want to expand their knowledge of the martial arts. Several of us have subscribed to this publication for several years now. It has outstanding articles on karate and the

martial arts in general. For example, the last issue completed a three part series on Choki Motobu. Subscription rates are very reasonable. I'm talking about Dragon Times. Its available at Borders Books or at selected Barnes and Noble book stores.



Bob	Brown	
Dick	Bruno	
Rick	Cesario	
Al	Ferguson	
Joe	Ferraro	
Jim	Frederick	
Al	Gomez	
Tim	Hillary	
Don	Jambrek	
Tom	Mellonig	
Ulf	Muntzing	
Chuck	St Pierre	
Mike	Stancato	
Bob	Tondi	
Marc	Travanti	r
Ron	Zieth	

Thank you--once again guys!

Stephanie Weyers

Dear Masters, Si Gung, Sifu's, Senseis, and any Instructor Titles I am missing,

Hi Y'all! I know haven't touched base in awhile, but the more experiences I see/get out here with other martial artists the more I realize how important what and how you guys teach through the NCIBBF is so important so I'm sending another wordy THANK YOU, So I know you guys know all this and are probably smirking or will about it, but hey I figure it can't hurt for you guys to hear more appreciation...

Over and over I keep finding the real value of what each of you gives your students and each others' students through the events with other martial art systems cannot be put into words, mostly because it comes from the heart. The lessons each of your students learn or have learned also from somebody else--the sweat, hard ego lessons learned, camaraderie, interaction, variety, acceptance, respect, humility, and trust are greater than what any one instructor can pass on solely by his/her self. The simple fact that core psychological and spiritual values you each teach, while they vary slightly from instructor to instructor as it should, but yet are held with respect and trust between you--intact between the instructors of each art--is what makes the NCIBBF an extraordinary association.

I've seen the isolation from other viewpoints, the stagnation of knowledge and emotion allows the ego to seep in and swell where appreciation, acceptance--and at the very least, understanding of a variety could dwell. Recent interactions between instructors out west here, reminds me that what we do know and/or teach may not be right for anybody but ourselves and perhaps the few truly dedicated students who find you. I've seen that mental/spiritual/emotional

stagnation passed onto students so subtly to the point where the lessons go unlearned and the judgments unleashed, for it is far easier to criticize and than learn. When an instructor from one system does or says something to blow another's concepts out of the water they view a problem with the person and that person's training, blowing them out--not with perhaps their perspectives on seizing a learning opportunity or another way of doing things. I think I figured out why those students (or their instructor) can't go "cool" "how did you do that" "what did you do" or the "thank you sir may I have another just have another opportunity to feel what you did".

Its all goes back to a lack of trust--ego has inhabited that area of heart/spirit and it shows in everything they do. It has been near impossible to find the kind of trust that exists between the instructors comprising the NCIBBF. Egos are such a fragile illusion. A good example of the trust that seems to exist only between you guys is that I remember a situation at a summer anniversary seminar--my first time teaching at one as new black belt--Sensei Bob couldn't make it and I was the highest rank person from my style there-- anyways I had the white belt group and a situation in which (a mother and two sons) students of one system became infuriated with me for dropping them for pushups for being completely obnoxious and interrupting class (I had given them two warnings), they raised their voices and said "snottily" we'll we're going to tell our teacher (I was almost laughing at an adult acting this way) but I said fine, I'll get go get him (and I did). I went over to their instructor, not quite sure what to expect but fairly sure what he would say, and the instructor said something of the effect...Look I trust your Sensei, and I trust you-if you say my students are being disrespectful do whatever you want to them--I give you free license to teach them a lesson. Then I'll have a "talk" with them



later--(I half gulped imagining what the disappointment would bring on them after I was through with'em). BUT most I remember thinking--WOW the word TRUST, the level of responsibility, the mutual respect just freely given to me from this much more experienced person that I will always look up to, what he instilled in me--starting with that short simple conversation, the invaluable lesson in trust I learned from just those few words. Course I'm seeing almost the opposite occur out here. The trust is something I see most of these highly knowledgeable instructors out here have never experienced...even from their own Senseis, and they have a hard time of letting go of the part of their ego which isolated them from others to begin with.

Vince and I have been trying and had a little successes and some setbacks, but also had some pretty cute conversation in reference to you guys...with Vince's almost pouty "well, none of the people I met in WI are or were that way--why is that?"...and I'm thinking..Toto we're not in WI anymore but it sure as hell isn't Kansas.

But I think I'm defusing myself while writing this...enough to realize perhaps we'll just keep chipping away at the walls slowly and someday maybe we can get one of those guys to figure out we do not live in a warlord run Japan, communist China, Korea, or California (that's a joke but not really) that this is USA. The rules one would live by in Japan are not always applicable here. The United States of America has always been a melting pot, variety from ALL backgrounds,

that is the strength and the weakness of our nation and of any martial arts organization. That can be the strength of any multicultural society or organization. The traditions--the specialization of each instructor--makes us each unique and our own unique teaching abilities may just click with that certain student who has been "stuck" in his/her own rut. The ability to accept, be exposed to or even learn the mechanics or philosophy of another Martial Art-- especially if it challenges our own Art's concepts--can make us all the stronger. I think the NCIBBF teaches to a much greater level to the students who are listening--above the pettiness and judgment. The mere fact it exists proves that despite our own egos, shortcomings, and evolutions as instructors and students we can come together to form something greater than ourselves. Keep passing that on!

Anyways, I thought I'd send you guys just another THANK YOU beyond words for all the experiences, trust and lessons and a we'll miss you this year at the summer seminar and hope to catch you next year! I really did get the best of everything growing up with you guys at the seminars--remember that when you are looking at those awkward looking intimidated little kids this summer and tend roll your eyes thinking about them committing their lives to their Arts.

Love you guys and we keep you in our hearts everyday! Steph (and Vince sends his regards too, but he doesn't type as fast as I do or get as fired up)