



Newsletter

June 1994

Table of Contents

Title	Page
The Loss Of A "Warrior" Of The First Class Master Phillip W. Koeppel.....	2
From the President Dick Bruno	2
Book Review Al Reingold	3
Seminar Information Bob Nelson	3
Annual Founder's Day Celebration	4
Summer Workouts	5
From the Treasurer Al Ferguson	5
Editors Note Al Gomez	5
Application for Membership	5
Jojo News	6

Some Thoughts on the Summer Gathering Lynn Philyaw

We have always celebrated two annual events together. One has been the winter Christmas party, an official reason to share some good times with those we hadn't seen in a while. The other, the July birthday party for the Shihan. It was a time for us to gather again by the lake -- in a class large enough to impress the Shihan and ourselves with how many of us he'd influenced. At the party that night, after a few speeches of appreciation, Rev. William H. Foster would rise and say, "Unaccustomed as I am to public speaking, . . ." Then we'd listen with affectionate attention as the master of words would hold us for a few precious minutes with his humor and his instruction. (Would that we had all those speeches on tape!) Then, most would stay for a few drinks, some to talk with old friends or to spend more time with the Shihan. Asked how he was doing, he'd usually reply with "Wondrous beyond compare" or "Getting handsomer every day!" One of his admirers, a student of mine, informed the Shihan that he was fully committed to karate and intended to attain the rank of shodan in our association. The Shihan encouraged the young man and said, though, he didn't expect to be around to witness his board.

He seemed to know then, on his eightieth birthday, that the end wasn't far off. However, as he expressed in several ways, one of his greatest hopes was that, once he was gone, the Yin Yang Do Karate Association would remain not only intact but would go on as a viable and vital organization, continuing to progress along the path that he indicated. I sometimes wonder how many of us realize what a rare vision he provided us with in the Yin Yang Do. As I have written earlier, I, along with the leading yudanshas of the association, will, with your help, do everything in our power to make sure that his dream is kept alive.

One way to do this is to continue to celebrate not only his memory but the living organization that he left to us, his heirs. For this reason, I strongly encourage all of you to attend our first annual Founder's Day celebration on Saturday, July 9, in Kenosna. There will, of course, be the dinner party at night, at which we will share our fellowship and our thoughts and hopes for the future. In addition, rather than a regular workout in the afternoon, we will conduct a three-and-a-half hour workshop from noon until 3:30 P.M. Following a general warm-up, we will break into groups according to rank and begin a series of five special sessions, each led by one of the higher-ranking yudanshas of the association. This will help ensure that those who attend, especially from distant parts, come away with something of value -- apart from the camaraderie -- that can be taken back to their own schools. So many of our higher ranks have developed different areas of expertise that it behooves us to take more advantage of and share our collective knowledge. I would like this to be merely the beginning of a more regular sharing of karate knowledge within the association for the benefit of all. For all the personal loss that many of us have experienced with the death of the Shihan, this year affords us the chance to demonstrate, to ourselves and each other, that what he gave us has meant something to us not only individually but collectively, that his efforts to found a karate "family" based on solid principles were not in vain. Where previously we gathered for our own private reasons to pay homage to Shihan Foster the man -- and to take from him what we needed to sustain us -- let us now come together for a larger purpose, to dedicate ourselves to the principles he stood for. As for July 9, please be there! It promises to be a great new beginning.



From the President

Dick Bruno

Our summer banquet, Saturday, July 9th will soon be here. We are planning a special workout this day which will be a little longer than our usual class on the Kemper grounds. (See page 5 for a map.) We plan to have a 3.5 hour workout with about 5 mini - classes within the workout. In conversation with Shihan Philyaw, we plan to have some of our senior members teach 30 minute mini - classes within the time frame. Each group of students (about 15) will rotate at 30 minute intervals to experience the teaching of all sensei's in the program. This will begin after we have a 30 minute general workout. Hopefully everyone can take something back with them to their home dojo. After our workout we can socialize and enjoy our dinner at the Danish Brotherhood in Kenosha. This is always a wonderful time to meet people we haven't seen for some time. Some of our members will be coming from out-of-state and we want to give them a warm welcome.

I know Shihan Foster would be proud and thankful of all our effort and friendship. He always hoped that the association would continue after his death. Let's all work together to make this summer's annual association workout and banquet a great success.

We plan to have some surprises and special programs for you after the dinner. Ron Zeith who is chairperson of our social committee has always done a wonderful job at planning and directing our dinners. We know that he will need our help in making the summer dinner and program something we can put in our future memories.

See you Saturday, July 9th.

Workout Agenda

July 9 th, Saturday, 1994

- 1:00 - 1:30 PM General Workout Shihan Philyaw
- 1:30 - 2:00 PM First Session
- 2:00 - 2:30 PM Second Session
- 2:30 - 3:00 PM Third Session
- 3:00 - 3:30 PM Forth Session
- 3:30 - 4:00 PM Fifth Session

Subject Areas:

- Analysis of Kata
- Grappling Techniques
- Inner Strength (Chi)
- Tai Chi Chuan
- Timing and Distance in Kumite

The Following comes from Master Koeppel and the United States Karate-Do Kai Newsletter, March 14, 1994.

The Loss Of A "Warrior" Of The First Class

Reverent William Harris Foster - M/A Phd.

Born: July 10, 1913 Died: January 17, 1994

William H. Foster was the first student in my dojo in October 1959. I had just been discharged from the U.S. Navy and started teaching karate in my life long friends dojo, Mr. Douglas Grose. Over the next few years, Bill Foster my senior, he was 46 years old and I was 21 at the time we met, became very close. It was a friendship that has lasted over these last 35 years.

Bill Foster was a veteran of the United States Marine Corp. 1935 - 1939. One of the old "China Hands". He was stationed in Shanghai and Singapore. After his stint in the service he went to college and then divinity school and was ordained in 1944. He was a missionary in Malaya when the communist were overrunning that country. He was pastor of a church in Anchorage, Alaska where he served as chaplain for the Alaska state legislature. He came to Peoria in 1959 and that is where our long friendship started. He left Peoria in 1969 and took over a large congregation in Kenosha, Wisconsin. He started teaching karate in Wisconsin at the Kenosha Youth Foundation and Founded the Yin Yang Do Karate Association. He has followers, former students all over the country.

I attended his birthday celebration, his 80th, in July of 1993. At that time I put his name in nomination for the rank of 9th Dan. This rank was approved by Global Martial Arts in December of 1993. Because of Bill's failing health I was not able to make this presentation to him formally while he was alive. He was aware of this recognition but the formal presentation was made before his organization the day after he was buried. His certification was accepted by his son, William Foster and presented to his surviving wife, Donna Foster.

I cannot describe in words the feeling of loss that I have experienced with the loss of this close friend. His manner and the strength of his character and being were enormous. He literally drew people to his essence. He, like other warriors, leave behind the guidelines for self development, in the areas of physical, emotional and intellectual strengths.

*Good By My Friend!! You May Be Gone
But You Will Never Be Forgotten!!*

COMPAT !!!

Book Review -- Al Reingold

Moving Zen -- Karate as a Way to Gentleness By C.W. Nicol

The 'kara' or emptiness of Karate also implied an ability to receive the feelings and state of mind of others, to reflect others. I knew now that our training was ultimately aimed at this. (p. 124)

Japan, 1962. A temperamental young Englishman visits Tokyo with the sole purpose of immersion at the headquarters of the Japan Karate Association. Standing out as a foreigner in the almost totally Asian environment, the author recounts his training in the dojo, with his masters and friends, and simple life in post-war Japan. From his introduction as a strong, somewhat egocentric beginner in the martial arts, Mr. Nicol relates anecdotes of humor and pain, of frustration and triumph, and of his personal struggles and growth. His tale culminates with a new sense of belonging in the Far East, a time which neatly parallels his shodan board of review. Written as a continuous, fluid story spanning two and a half years of traditional, intensive daily training, Mr. Nicol throws open a window into thoughts, feelings and experiences to which every martial artist can relate.

Moving Zen begins with a call for respect for those who came before, and bids farewell as the tolling of the country bell welcomes the new year. Somewhere in between lies the elusive present, the zanshin to bridge the gap:

Kata is not just a practice of movements, and neither is it a way of retreating into your own self. When you practice

kata, you must be acutely aware. You must have a mind like still water, reflecting all things. (p. 110)

At the time Mr. Nicol studied in Japan, Master Masatoshi Nakayama presided over the JKA. In addition to his exposure to Master Nakayama and other world-renowned martial artists (Hirokazu Kanazawa, Donn Draeger, and Bill Fuller among them), Mr. Nicol's insights into his development ring as soundly as the new year's bell, and the lessons from his Sensei Takagi persevere as strongly:

If you practice hard you will develop a mind that is as calm as still water. Karate is moving Zen, and it is the Zen state that you must strive for. (p. 44)

The author's gift for language and the conveyance of experience into accessible vocabulary transcends the written word and imparts to the reader the benefit of his learning. Moving Zen creates a tangible feel for the enduring heart of the Karate dojo and follows one man's search for the tranquility that has eluded him all his life. Mr. Nicol begins his story the way we bow to the East -- with admiration, love, and true respect for our teachers. In doing so, we, too, find a sense of belonging, as we strive to reflect the best of humanity, of our selves, of our art, and of our legacy.



Seminar Information

Bob Nelson

Fifth Annual Tao Shaung Society Seminar

the fifth annual Tao Shaung Society Seminar was held on April 9th in Rhinelander Wisconsin. This seminar is sponsored by the North Central Black Belt Federation. The seminar was again a great success. For those who arrived early on Friday evening there was a "pre-seminar" workout at Sifu Bell Penca's Fu-Chen Kung-Fu studio. Joining Sifu Penca at this workout were Master Stacey Shook and Sifu Anthony Hernandez. There were over 200 martial artists at the seminar on Saturday. Every year there are more and more black belts from different styles attending with their students. The participants are split by rank and assigned a "station" in the school. The instructors rotate to the different "stations" and teach the group for approximately 50 minutes. The instructors goal is to teach about their art so that the students can learn something about the different

styles. Unlike tournaments, there is no "competition" at this seminar, just a lot of camaraderie. After the 5 hour workout Sifu Anthony Hernandez gave a lecture on traditional Chinese medicine and the martial arts.

Pshi Kai Do Karate Seminar

The next North Central Black Belt Federation seminar is Master William Van Auker's 36th annual anniversary seminar. The seminar is sponsored by the Park Falls Pshi Kai Do school and will be held on July 16th in Park Falls. As in the past, their club will be roasting a pig with all the trimmings for dinner. The cost is \$15 which includes the Saturday workout, light lunch, huge dinner and camping Friday and Saturday nights. This is an outdoor seminar so come prepared to camp!

