



Newsletter

June 2009

Greetings fellow karate-ka. It is never a good thing when we have to start out a newsletter with the notification of the passing of a martial artist. However, we have had two recent passings within our lineage and martial arts family.

There is a saying “we live right, and we die right” The following men did just that, and will be missed.

The first is the passing of Sijo Adriano Emperado. He was born on June 16, 1926 and died on April 4, 2009. He was one of five martial artists who developed the kajukenbo self-defense system. Mr. Koeppel trained with Sijo Emperado while stationed in Hawaii. The martial arts community lost a great teacher who will be deeply missed by all.

The second notification is that of Dean (Dino) A. Langer D.O.B. 02-24-56 D.O.D. 04-25-09. Dino was a dedicated martial artist who had trained for years. He trained under Rizzo Sensei years ago and more recently, Pontillo Sensei and Miletta Sensei. Dino had a kind heart, was a friend and a dedicated student. Dino you will be missed.



We received this Response from Ulf Muntzing commenting on our last newsletter: For those of you who do not know him, Sensei Muntzing is one of the original students in Kenosha and had trained under Tim Hillary Sensei. Muntzing Sensei was at one time Sensei to Sensei St Pierre and numerous others in Kenosha. Below is his response on the last edition of the newsletter.

“Thank you for the consistency in which I continue to receive your email messages.this particular newsletter was heartwarming....it brought back memories of Sensei Hillary...I still remember those workouts, especially the ones where we needed an extra push...He was the one who slowly energized my spirit. Three years we were unranked...I was made to feel that the artificial rank reward was not where it was at...I am not sure we ever talked about rank...he may have stated in the beginning that "I don't rank" and so it was. I felt lots of pain...especially the kiba's with some guy on my shoulder and the techniques done with some guy on my shoulder...that may have been Jesse Hernandez's doing. Memory flaw here...and whenever I thought I was a hot shot...I was physically reminded that I was not....Reverend Foster Sensei...reminded me of that as well...he, he!”

Ulf Muntzing





FEATURED DOJO

This edition's featured dojo is the Neenah Dojo, operated by Bob Nelson Sensei. Mr. Grant Birtch, one of Nelson Sensei's students, wrote to inform us on what is new in their dojo.

Neenah, Wisconsin Dojo
Shorei Kempo Karate

Shorei Kempo Karate is practiced in downtown Neenah, Wisconsin at the Valley Academy for the Arts at 125 West Wisconsin Avenue. Under the direction of Robert Nelson Sensei, classes are held on Tuesdays and Thursdays from 6:30 to 7:30 p.m. We have an interesting mix of gender, ages and professions represented in the Dojo.

Our training includes traditional instruction in ko-gecki's, waza's, and kata, drawing from Nelson Sensei's thirty-five plus years of martial arts experience. As instructed by Reverend Foster, we also practice Reverend Foster's Yin Yang Waza, the short Tai Chi-like form he developed, along with the traditional 24 move Yang Short Form. Nelson Sensei continues to challenge the class with new stretches, warm-ups, yoga, and other exercises he brings back from his other hobby as a fitness/body pump instructor at Gold's Gym. As students, we are proud to learn from such an accomplished martial artist.

During the summer months, we head outdoors to

Riverside Park at the east end of Wisconsin Avenue. There, in addition to our regular form training, we practice kobuto arts including, Bo, Jo and Tonfa.

We try to integrate lessons learned from the study of Ju Jitsu under Tashi Troy Price and Joe Pounder Sensei, as well as martial techniques shared by our friends with the Rhinelander Fu Chen Kung Fu School. We also have been fortunate to have Scott Hermann Sensei, a Nidan in Shorei-Ryu Karate attending classes. This gives us a bit of insight into different styles in our shared heritage. Sensei Herman loves basic practice, kihon's, and Tonfa. We also maintain close ties with Sensei's Jen and Dan Lutsey of the Omro Dojo, and Shihan Charles St. Pierre of the Cecil Dojo. Clearly, there is a rich Martial Arts Family in North Central Wisconsin.

We are proud to have two new Shodans in the Dojo, Diane Ernst, and Dr. Phil Sweet.

Mr. Grant E. Birtch
San Kyu



The next two articles deal with the subject of women in the arts. I thank those who have contributed: Melissa Gjestvang-Lucky and Stephanie Finnianous.

WOMEN IN THE MARTIAL ARTS

Being a woman means being afraid to walk in the woods alone. Being a woman means having someone walk you to your car in a dark parking lot or parking garage, and checking the backseat before you get in. Being a woman means never getting into an elevator alone with a man you don't know. Being a woman should mean being trained to defend yourself against sexual assault, but women are not always welcome at Martial Arts classes.

I have been interested in learning the Martial Arts for as long as I can remember. I attended a Tae Kwon Do class at the CYC (Christian Youth



Foundation) in Kenosha, Wisconsin when I was ten, but the instructor didn't intervene when one of the older boys refused to work with me, and I felt too embarrassed to return to the class. I was given special permission by O'Sensei Foster to start studying Karate with the Yin Yang Do Karate Association (Adult's Class) when I was fourteen years old, as long as my mom attended with me. Jackie O'Connell made it clear right away that women had not always been accepted in this class either. I didn't tell O'Sensei Foster, or anyone in the class at the time, the tremendous difficulties I had been having at Washington Junior High since I started school there at age twelve. Beginning in the first few weeks of school, I was constantly groped in the halls and in class by several boys at the school. One boy brought a gun to school to kill me when I told the teachers and principal. Needless to say, I feared for my life and felt victimized every day that I went to school.

I came to really rely on the unfaltering support to study Karate that I received from Jackie, Patty Otto, and my mom. I have recently been asked if I felt supported by the men in the class, and the answer is that I felt very supported by the vast majority of the men that I studied with. Looking back, I am sure that it was somewhat awkward to work with a teenage girl as an adult male. I think the reason women are not accepted in some classes, and are subjected to some really cheap shots in others, is because many men are mortified at the possibility of having to spar with a woman in class and appearing to lose against her. It harkens back to grade school taunts of "getting beat up by a girl." And I really appreciate how much effort so many men in the Association, and O'Sensei Foster, went to help me learn as much as I did. I think the incredible danger that a young woman in her teens and twenties faces was clear to them, and the gift of learning Karate has served me very well, especially attending a college campus with a very high sexual assault rate.

As for Washington Junior High, George Zimmer Sensei became the principal there when I was in ninth grade. There was one boy who bothered me after that, and I told Mr. Zimmer (as he was

known to us then) about it. After that, no one ever bothered me at the school again. Of course, all the other kids said that Mr. Zimmer beat him up in the office. I knew that wasn't true, but I liked to believe it too, the way that as women we like to believe that men will come along and rescue us. But I am grateful that when I was a teenager, there was a group of people who knew that in the end, there might be no one around to help me but myself. Through your gifts of sharing your knowledge with me, I have been able to help myself and a few friends too. And I have sustained a love of Karate. I am still learning, and passing it on...

Melissa Gjestvang-Lucky
North Carolina



WOMEN IN THE ARTS

I have thought on this a great deal on how to give something of value back to whoever reads this article. I don't want to recollect every incidence of sexism over the years, as the list was long, and that would be a waste of energy and a negative focus. I still don't believe that martial arts/training has much to do with the sex of a person; rather it based on who is drawn to the art itself and the how the sensei teaching it (no matter what style it is). If a student finds personal value in what the sensei is teaching, and applies it to his/her life, it doesn't matter what sex, race, age, or creed he/she is. The student is a martial artist, practicing a very ancient application of applying, hopefully, positive lessons on what one learns in the dojo to life both in and outside of the dojo.

I have found there are sexist instructors everywhere, in all systems, both male and female, and each person will interpret what is sexism for him/herself respectively. For myself, I define sexism as verbally, mentally, emotionally, professionally, or physically treating a person of the opposite sex with less respect, based solely on gender.



While a teenage-colored belt, I frequently encountered what I would consider sexism in the martial arts, sexual comments and/or touchy-feely male martial artists. Because of these experiences and being young, I (over) developed my defense mechanisms of a sharp wit, a casual jabbing elbow (space-reclaimer), and heaps more sarcasm in order to redirect energy back at the person. I remember thinking that the personal lives of these men must really suck with their partners, mommies, or daughters, or their ki was blocked, and they had bigger problems going on.

The one example of sexism I will probably always remember, is of a high ranking male sensei, who at my shodan test, gave me what he thought was the highest compliment. He said “today you have finally proven to me that a woman can actually earn rank in our system and deserve to stand next to a man.” I don’t remember a lot from my test, probably due to the knocks in the head, but I do clearly remember thinking, “this idiot thinks this a compliment?” and feeling quite insulted by that. I distinctly remember wanting to round-kick him in the head, but as I was too exhausted to withstand any disciplinary repercussions (push-ups or death), and about what a horrible example of disrespect that would be in front a whole mess-load of people that didn’t hear him. BUT, I also realized for him, he really did mean it as a big compliment. And, for him, just saying that was huge progress in his own personal growth. I look at that example of a man who will probably always be standing in his own way in all realms. Female students from his dojo frequently complained about him and his male buddies behaviors when we visited. I used to be saddened and incredulous that this student of Rev. Fosters hadn’t internalized Rev. Foster’s instruction on treating karate-ka as brother and sisters-family, never as sexual objects. However, this person also taught me another huge, very valuable, lesson about putting people up on pedestals based on rank. Just because somebody is an accomplished black belt doesn’t make him or her trustworthy, a role model, or even a pleasant human being in or outside the dojo. This was a wonderful lesson to have learned and one I continue pass on to our female students and

black belts out here in Oregon. Always acknowledge your flaws and be “human” around your students, it allows everybody to realize we are all have our own personal “stuff” to work on.

Bottom-line all human beings want to be accepted and respected for who they are, and they should be entitled to that respect, unless they are destructive to themselves or others. I’ve also come to reconcile that Rev. Foster’s total acceptance of his sexist students as human beings was important to create a space for them to change their attitudes. From my understanding, for many of those students/sensei, Rev. Foster was the only father figure they had. As a sensei, in order to have students have any personal growth, a sensei needs to provide the “energetic space” for believing that a student can choose to change at any time in order for the student to grow. If a sensei stops believing in the student’s ability to change and grow at any rank or age, then that student will always act with the same behavior or technique, as it is conditioned or expected by all parties. Those lessons take enormous, unappreciated patience and time to both teach and learn, especially with students dealing with any “ism” issue (i.e. racism, sexism, alcoholism, age-ism, ego-ism, and defeat-ism).

To me, to prevent sexism in the dojo, instructing and learning are much more a matter of energy and constant work on self-awareness, whether you are a student or sensei. The most energy balanced/centered and self-aware person should have clear boundaries, which provide an energetic openness focusing on respecting and sharing energy and building ki in students regardless of gender. As always, the student may in fact, be the teacher in this case.

A sensei’s ability to tactfully and directly confront issues with his/her dojo, and draw the lines of acceptable/unacceptable behavior, and then re-focus the dojo/student(s) back on training, studying, and the art itself is what heals dojos. This makes a dojo a more mentally healthy training place. If issues are never addressed and handled in silence or inaction, issues will fester. That is exactly what they will



do; it will create and build tension, eventually eating away at harmony and peace in the dojo or between dojos. Talk, open-up, if we are truly modern day “warriors”, what example does it set for our students to act or not act out of fear of others’ perceptions. If we really honor each other as human beings, honesty--however painful (such as the sensei who “complimented” me at my test), should be appreciated, as it is genuine. The grace and strength of character or lack thereof, of how we as martial artists handle negativity and move beyond that, defines a standard for our dojo, our students and communities. If you have some growth to do in the “tactfully and directly” portion of this, I highly recommend the book Nonviolent Communication).

If more people would realize our male or female bodies are just shells of who we really are inside-our core being; treating each other with the care we would like be treated, then there wouldn’t be a topic for this article, it’d be more about “yin and yang” in an energetic sense, rather than sexism.

For sensei’s, remember you are not alone. Other experienced instructors are GREAT been there, done that-type sounding boards. You will build friendships from asking questions, listening and gain more wisdom from other sensei’s successes and the failures they’ve overcome. A word of caution, don’t make the egotistical mistake of thinking your dojo or association is “above” any type of dysfunction, then it is probably already going on. Peer support, if approached humbly and open-minded, can be friendship bonding, lifetime networking, and an incredible tool for the sensei to build a strong balanced dojo, self-aware, peaceful warriors, and long friendships.

Stephanie Finn
Sensei, Klamath Falls, OR



Finding the Truth in Training by Training for Real Life with Reality Based Training

In this article, I will address various aspects of our arts that are neglected from time to time. I will address why some of these things are neglected, and make suggestions as to what we can do within our dojos to correct the potential lack of realistic training, which is crucial in any art. I will warn you in advance some people may take offense to this article. If you do, then you are probably not training in certain aspects of the arts that are vital to produce a true warrior.

It is strange how certain topics seem to come up in various things that we do all at the same time. This recently happened to me. I kept thinking about the same topic during many different situations and classes.

In a recent e-mail communication with friend and mentor Tim Hillary Sensei, the topic of sparring came up. I explained to him that some dojos really don’t spar that much yet other dojos do. Hillary Sensei, who trained in Japan, was very quick to remind me that we should never forget that all martial arts are “warrior arts”.

Aikido Shihan Saotome also has been preaching this at many of his seminars I have attended. I personally know the value of sparring and have struggled through some of this within various karate classes that I have attended where sparring is something left out or greatly neglected. In addition, I also recently reviewed a video called *Aikido the Path to Thought*. Where they utilized the term “Truth in Training” these topics reminded me of the many things my father has taught me about self-defense and also training received within my profession.

In my profession as a Law Enforcement Officer in the State of Wisconsin, I am certified by the State in many topics and train many police officers and recruits in Defensive Tactics, Firearms, Professional Communications, and Vehicle Contacts. When you become an instructor in Wisconsin, you have to go to a school to become an instructor, and then have to go to a week’s long instructor development



school which teaches you how to teach, how to present information, have safe classes, scenario based training, and much more.

The art of karate consists of many facets and to neglect any one of them is detrimental to completely developing your knowledge of the art. Don't cheat yourself out of a better understanding of your martial art by neglecting or avoiding kumite!

I have had the great opportunity to train from time to time with many great nationally recognized instructors in the United States such as Gary Klugiewicz, who also used to fight full contact karate through the Oyama School in the United States and in Japan and David Young, who is also a highly respected Law Enforcement trainer. Both Gary and David have trained Law Enforcement at all levels, including many different classes with the federal government and the U.S Armed Forces. Being associated with such dedicated trainers over the years pushes me to look at the art I study and try to figure out the many practical applications to the techniques that are performed in the arts in which I train. So, reality based training is nothing new to me. The question that arises is how to improve on what you already know, and what your dojo may practice or not practice.

I, myself, have always looked at my martial arts training, be it Karate, Aikido, or Jujutsu, and I think to myself, what techniques can I take from these arts and how do I incorporate them into my job from day to day. Don't get me wrong. Whether you are a police officer, a teacher or a priest, we should all be asking ourselves these questions, and then attempt to address our training as such.

In looking at the training we do in the Yin Yang Do Karate Association, we train in what had one time been called Okinawan karate. While, in fact, there is a lot of Japanese karate influence in many of the forms that we perform. The curriculum that we follow is for the most part from the early Trias karate kata list with the addition of a few Waza and the Neko Buto Katas that we inherited from Mr. Koepfel. In all, this

list is somewhere around 32 Katas. (32 katas) "Wow" this is a lot to learn, almost too much, since there is no way to be totally proficient in all 32. Yes, we may know how to do them but have we perfected them? Have we torn them apart and learned the practical applications to all of them? Many other schools that train in similar karate styles have many of the same kata. However, masters such as Mr. Alan Rench have traveled back to Okinawa to learn and to further investigate their arts. What he and others have found is that many of the kata we perform in Shorei cannot be found on Okinawa. Therefore many similar schools or associations that once practiced the curriculum that we do, have since chiseled their kata list down to approximately 13 or so that they are all specifically Okinawan in nature. But we, in our Association, are still required to learn all 32, which are a combination of Okinawan and Japanese. This is not a bad thing since it gives us a bigger pool to draw upon, but we need to ask ourselves, how good can anyone be when given such a large curriculum?

The physical aspects of karate can be broken down into three parts (or The 3 K's): Kihon, Kata, and Kumite. Each of these has a portion that deals with real life applications. Kihon (basics) – after learning how to do basic techniques you must learn how to maximize their effectiveness by learning which specific targets to aim for and what effects you can expect. If you don't know exactly what target you are attacking, how do you know you are approaching it correctly? Reverend Foster used to say "there is no such things as an advanced technique...advanced techniques are simply the basics mastered."

A well-respected martial artist has told me "the majority of black belts in any art cannot fight themselves out of a paper bag let alone fight a real fight". We need to remember this and attempt to turn this perception around. Even though I agree with this statement to a point (mostly due to schools producing shodan in 3 years without the time in training, and the false confidence that tournaments or inflated ranking can sometimes place into a person's persona.



So, knowing this, we need to ask why so many people fail to train for real life encounters. In a real life encounter, microseconds count and your ability to perceive a threat, even before it may totally unfold, to act and react can mean the difference between your life and death or the life safety of your family.

Kumite (sparring) – This is the practical application of the techniques you have learned against the anatomical targets you have learned, under controlled circumstances. Kumite does not mean beating the crap out of each other – that’s brawling. Kumite is usually taught in a progression of 5 step (gohon kumite), 3 step (sanbon kumite) and, 1 step (ippon kumite), semi-free style (jiyu-ippon kumite), and free-style (jiyu kumite). Teaching these different plateaus of kumite usually begins slowly and without focus in the techniques and progresses through increasing speed and focus. Limiting your participation in kumite will stunt your growth as a martial artist.

It is a difficult thing to be able to train at a full force and power level since you do not want to break your training partner. Remember, we all have to go to our designated jobs the next day. I think back to my sparring session for my shodan board, where I utilized more joint locks, from Aikido and Jujitsu then punching and kicking. I have asked myself the question, “Why did I do this”?

The reason is that I was unable in good conscious to physically punch my training partners. Even if I had had padded gloves on, I would have sent them to the hospital. This statement is not being cocky or conceded, it is knowing what I am capable of doing, and what so many of you are able to do, if pushed. So in my Board of Review, when I had to fight three on one for 3 minutes, I utilized it more as a randori session from aikido, in an effort not to cause undue harm to my training partners.

Our karate group does an excessive amount of kata training. There is nothing wrong with this and it is a great thing to an extent but if you do

kata, and fail to apply its practical applications (the warrior aspect of training kata), and the physical combinations and direction of movement you will not learn how to put the techniques together for practical application. Therefore, as you begin to memorize the kata, you should start to approach the kata as combat with multiple attackers. Each combination within the kata is applied as if you are blocking/avoiding an attack and then neutralizing that attacker. These must be focused or they won’t do what they are intended to do. Bunkai is the combat meaning of each move in a kata.

Without practical application of kata, all you have learned is a really cool looking dance. When you perform kata you should constantly be visualizing your opponent, and what you yourselves are going to do to them. Your kata should become your zone, and you should take it very seriously. This is the beginning. Visualization and self-visualization.

Then we move from kata to practical application, which, in my mind, is the most important thing. It is here where we should have already emphasized learning how to take or receive Ukemi (Falling). In addition, sparring starts to come into play here. Now given the safety factor, we cannot beat each other up and then go back to work the next day. This just isn’t acceptable. I do, however, believe that a karateka needs to know how to take a punch and get back up to fight.

Some schools wear protective gloves to protect their wrists and forearms. On one hand, this is a good idea but on the other hand, the gloves restrict the practitioner from utilizing all of their tools; be it open-hand movements, connective blocking, wrapping and grappling (which is also in our art but is in all too many times overlooked or neglected). We talk of contact blocking from time to time. At times, I do not understand the term or the words in their context, since I was taught from day one if you are blocking you are making contact. Therefore, I would hope that when you block you make contact. Wearing padded gloves are ok and in some instances can



protect you from serious injury or allow you to train at a higher level. But, they don't allow for the bones and nerves in your arms to be built up or for the nerves to be introduced to being struck. I can see where a combination of using pads and not using pads would be an acceptable practice.

The next level of blocking is and should be connective blocking. It can almost be described as "sticky hands" as we want to wrap and stay tight to our opponent. This is important since it lends itself to the fact that if you are close to your opponent, you can control their center and move them where you want them to go.

Practice the art of Ukemi or falling. If you can train early on in front rolls, back rolls, side rolls and break falls, you will condition your body to take a fall or a strike.

I have listed a few reasons that I could think of as reasons why some schools or teachers do not like to do a lot of sparring.

Some were never taught how to do this safely. Some are concerned about others being injured. Some are just negligent in their training and get caught in a rut of what they have been doing for years. Some have been hit in the past and didn't like it so they avoid it, and think they are helping their students by avoiding the feeling they experienced when they were hit.

Some senseis are afraid they'll look bad if they spar and are beaten by people of lower rank. They lack the confidence in their ability to apply their art in a free-style atmosphere.

Ultimately, all of the above hurts the development of students in the dojo.

Therefore, there are many things that can be done to help make your realistic training safer.

First, at a basic level, we should be doing one, two, or three step kumite with a partner. This is started at a slow low impact level. We can practice distancing, timing, blocking, focused striking areas, and movement. This low level of sparring can help to build a student's confidence

and get them used to physical contact. Face it, many people today have never been in a real fight and, in general, people do not want to embrace physical contact. This training usually starts with the participants squaring off. Remember, when you do this, your opponent in the street will not stand in front of you and let you hit them; therefore movement needs to be practiced. During this basic level of sparring the student is learning control, if you are going to wear any pads to protect your arms or wrists this is where I would recommend to do so.

Moving to the next level, the student should have a better grasp of control, the pads should come off so that the student can start to utilize connective flow blocking. Using your open hands to either wrap others after a block or even to start to learn brush or passing techniques. This leads us into Juji Kumite This is usually done at a slow speed and there is very little or light contact. The Sensei conducting the class needs to keep close watch to make sure that the slow speed is maintained as so often competition leads to faster and harder strikes. This is not a bad thing, but the Sensei may have to remind the students to slow down.

Next we can move into more physical contact, where you actually land your strikes on the opponent's body, and physically manipulate their bodies with whatever technique you desire. It is recommended that students (men & women) in class always wear a groin protector. Yes people will get struck here and sometimes get hit harder than they wanted to, but this is also a learning aspect. If you have never been struck by someone and get in a fight, chances are that you will get hit and then fall down and possibly not get back up. Mike Tyson once said, "Everybody has a plan till they get hit". If we don't train to endure a little discomfort, we will lose it when we most need it. This is one reason to train in kumite.

Another aspect of kumite is self-defense reality training. How will you take care of yourself or your loved ones when confronted by an unavoidable, threatening situation if you don't practice in the dojo? Adrenaline, fear, panic all



play a role here. Trying to remember some fancy technique under extreme duress is almost impossible if you haven't been through these kinds of scenario drills repeatedly during your training. You need to train in the practical application of all the pretty movements.

You need to know how to take a punch and keep going, you need to be pushed to a level where the pre-mortal animal beast that is contained in all of us lashes out, and then you need to be backed down from this level. This may also be the time where you want to put a good set of headgear on your students so that they can feel what it is like to get punched or kicked in the head. I do not recommend doing this all the time but you as a person need to know what it is like to be hit and to continue to stay in the fight. It is the sensei's responsibility to teach these things to prepare their students for real life encounters.

To make this even more realistic, you can have an opponent wear some chest pads, or if a full padded training suit is available such as the Red Man training suit then you can practice at full force and power with the person in the suit, always mindful that you need your training partner so be careful on any joints.

Some additional things to think of from time to time is to train in the following.

Train in your gi.

Train in shoes from time to time.

Train in street clothing from time to time since clothing can restrict your movement; you want to be sure you can do certain things wearing the clothing that you commonly wear.

Train on various surface types, particularly outside on concrete/gravel/sand/ice/in water/on hillsides, etc.

I know for a fact that Nelson Sensei, and Cesario Sensei at one time have conducted a class in a pool or in Lake Michigan. This lends to different feelings, and movement.

Another thing I would like to add is that through all of this, breath is critical. I have seen for myself many people reluctant to breathe properly. I think this is similar to people getting

used to a proper kiai. It is not normal for us to exaggerate our breath and I feel that many people are self-conscious, embarrassed or not accustomed to extending a breath like they should be doing. Remember, training the physical aspect is just as important as training the spiritual side or inner training. This includes your breath; always exaggerate your breath so that it is there when you need it.

The Association has never really been much for tournaments however, in its early days many members did compete in tournaments. Not only in Kata but also in Kumite. The Association was directed away from much of this as many times in tournaments there are political decisions made by judges. Try a tournament or two.

I have written this article to express my thoughts, which come from training with many people in various arts. If you read this and say we don't do that. I think you should ask yourself why you do not practice some of these aspects, and if you are a sensei, you should be asking yourself what are your students being cheated out of? Your job is to prepare them to protect themselves, their families and those who cannot protect themselves from others. Remember we train in the warrior art. My father once told me that, "True warriors train to fight and kill in hopes that they will not have to go to war. But when they do go to war they are ready for the fight. They will do whatever it takes to fight and survive if the situation warrants".

So, I ask you to train for your life.

Yours in Budo,
Patrick A. Weyand



YOUR HEALTH IS YOUR RESPONSIBILITY

In the last newsletter, we talked about the importance of exercise and the impact it can have on your body and your life. With all the



exercise and focus on health in society today, we look around us and see things worsening when it comes to the general health, especially that of our children and young adults. The rates of obesity, high blood pressure, depression etc., in our youngsters continue to grow at an alarming rate, and with no end in sight.

As I discussed in part one, just take a walk downtown or to Hardees or Burger King and look at the kids. It is a sad state of affairs. You can tell; all the evidence is there to see. No more gym class because the school budget was cut. No parental push for exercise. There is too much time in front of the computer and TV. Not enough time in the gym or on the playground (or the dojo!!) We can see it in our karate schools too, as our enrollments drop, especially for the young men and women who are not used to hard work, exercise, physical discipline and sweat.

Secondly, in part one I discussed the importance of controlling your weight. A recent article that I read, analyzing over 7000 studies on cancer, found that being overweight or obese is at the top of the list of nutritionally related causes of cancer. Apparently, fat cells produce compounds that promote and trigger inflammation, and chronic inflammation sets the stage for cancer growth.

Finally, in part one, the importance of getting simple and/or refined sugar out of our diet was discussed. Somehow, some way, you need to do this, especially as you get older. I hate to make the list up here, but cake, cookies, candy, cola with sugar, ice cream, chocolate etc, is all killing us slowly. We also talked about High Fructose Corn Syrup (HFCS), which is in almost everything you eat nowadays. You need to read the labels and stop eating this stuff. It goes right to your waistline. Take these simple sugars out of your diet and you will begin losing weight almost immediately.

In this article, I want to discuss the importance of exercise and water a little more, controlling your blood sugar, and taking nutritional supplements. As mentioned in part one, exercise is crucial to good health. I am amazed at all of the

commercials and information out there about drugs and what to do when it comes to living a healthy lifestyle, and there is no mention of sweating!! We need to release the toxins from our body, and the best way to do this is through the skin. We need to purge the old water from this water bag we call a body, and replace it with new and clear/clean water. Many studies have shown that replacing the water in your body on a daily basis contributes to your overall physical and mental health in many ways. This study found that when kids with depression and ADHD drank 60 ounces of water every morning for a period of three months, their symptoms were greatly reduced or even eliminated! Go Figure! We need fresh water and we are not getting it anymore like we used to. Not only are many of our city water systems loaded with toxins, but we compound the felony by drinking gallons of soft drinks instead of clear water. Every morning, before you eat, you need to drink water. Lots of it. Drink it until your urine is clear. I weigh 200#'s and I drink 60 - 75 ounces every morning. Do this every morning for a month and you will not believe how much better you feel. It cleans the stomach, small and large intestines, the liver, bladder, pancreas and spleen. Then I eat the largest meal I will eat all day. It's call breakfast.

Next, we need to control our blood sugar. Controlling your blood sugar and insulin levels is one of the major keys to longevity. I've already mentioned the importance of eliminating HFCS and other artificial sweeteners. Limiting your intake of sugar and other carbohydrates (which includes simple starches like potatoes and pasta) will help maintain insulin sensitivity and control. Get off the sweets and the sugar; they are killers. I'm sure this isn't news to anyone, but it does need to be mentioned. High fat diets and high cholesterol levels aren't killing us, it's the sugar, and the food and drug industry isn't telling us this because the food industry makes billions on sugar laden products, and the drug industry sells billions of dollars in cholesterol lowering drugs.

Finally, in this segment, let's discuss nutritional supplements. Can you believe that just this past



month, the Food and Drug Administration reported on a study THEY did which shows that nutritional supplements have not shown to be of any significant value when it comes to health? I was not only amazed but also really upset by this. The Food and Drug Administration is controlled by the pharmaceutical industry, and the last thing that the pharmaceutical industry wants you to do is be healthy!!! They want you to be sick so you will buy their drugs. Take a good multivitamin/mineral supplement every day. There has been a lot of press over the last few years on the danger of vitamins and how they are a waste of money. It's all a bunch of baloney.

Herbs and nutritional supplements are a major pain in the butt for the pharmaceutical industry. Every time they introduce a new "breakthrough" treatment instead of a cure, they feel obligated to explain why the natural therapies are inferior and dangerous. Expect to see a lot more of this propaganda in the future, and remain steadfast in taking your supplements. You're doing something right when it upsets the pharmaceutical industry. I take the Usana vitamins and minerals every day. They are a bit more expensive, but they are rated number one for pharmaceutical grade bio-available supplements. If you want more info on them contact me at my email address chuckst.pierre@yahoo.com. Stay healthy, live long, and thanks for reading!

Chuck St. Pierre Sensei
Northern Branch, YYDKA



WEAPONS

When I started my adventure in the Martial Arts, I would watch my sensei twirling around a long stick. I had no idea what he was doing or what this stick was called, but it looked flashy and his performance with this weapon impressed the heck out of me. Later, he came out with these two baton things and started flipping them around, as well. Again, I had no idea what they were called or how they were used. After Sensei was done, the curiosity got to me and I started asking questions. Sensei explained that these weapons were the Bo Staff and the Tonfas and he asked if I would like to learn how to use them. Of course I said "yes"! After many years of practice with these weapons, I began making my own Bo and Jo Staffs, Tonfas and practice knives.

I make my Bo and Jo Staffs from white oak or hickory and fit them to an individual's body height. I make my Tonfas from red oak and custom make them to fit the length of your forearm and custom make the Tonfa's handle to fit the size of your hand. The handles on my Tonfa's are not only glued, but are also pinned and screwed into place for extra strength and safety. You can do push-ups with them. I also make two types of traditional wooden practice knives. One looks like a pocket flip-out knife and the other is regular straight blade, both are made from red oak.

Many mail-order companies sell martial arts weapons. Most of these weapons are machine made. You can only guess at their quality and



hope that they fit your body size. My martial arts weapons are not only personally handcrafted from the finest materials, but are also custom made to fit your body for durability, safety and maximum performance. If you are interested in purchasing some custom weapons from Scott, please email him at scott.herrmann@uste.com.

Scott Herrmann Sensei



BECOMING A SENSEI

You have trained hard, whipped yourself into shape both physically & mentally, and acquired a bit of martial arts skill in the process. This was all done with mentors & senseis helping you find the proper path for you. You've helped lead classes in your dojo as you progressed through the kyu ranks and finally the day of your shodan board of review has arrived. Although nervous, you perform adequately enough to be considered for promotion. At last, you have reached your goal of making that coveted black belt. You are welcomed into the yudansha ranks with all the responsibilities that go along with it. *WHAT????* Wait a minute. Nobody said anything about responsibilities!

You have always heard that with additional freedoms come additional responsibilities. Well, your sensei has given you a gift of knowledge, skills, and abilities that you now have an obligation to pass on. There is no shirking of this responsibility and you are required to do it to the best of your ability. Now you will truly begin to learn your martial art. In order to properly teach a beginner about a technique, you will be required to break it down into its most basic components. You will need to know the scientific physical principles behind all these techniques. Anatomy and physiology become extremely important as you begin to precisely define target areas and the effects that pressure & sharp blows will have on target areas.

Whether you like it or not, you have become a role model for someone. And, as a dan holder, you will be held to a higher standard of behavior

than most. You must lead by example, not just mouthing platitudes. You will have to walk a fine line between loving your students like your own children, yet remaining somewhat distant so you don't become personally involved in their affairs. You will become their trainer, counselor, advisor, and sounding board.

Expectations include continuing your martial arts education, becoming more active in the Association so all can benefit, and living your life so it is above reproach 24/7. These are not easy tasks, but your grit and determination have carried you this far and will continue to hold you in good stead.

As you gradually transform from a rookie to a seasoned sensei, you must keep many things in mind. First and foremost is that every student is a unique human being with varying degrees of physical abilities and mental toughness. There comes a mix of nurturing and being merciless that is required for each of these individuals. Remember that a great martial artist and human being is inside each of these folks and it is your job to help them to find their way. Like Michelangelo reportedly said when questioned as to how he created all his beautiful marble sculptures, "Every piece of marble already contains a masterpiece, I just try to find a way to set it free from the rest of the rock".

Please don't let your involvement with the YYDKA stop at the dojo door. If your students see that you don't care much about contributing for the betterment of the entire Association, they will follow your example. But if they see you going the extra mile, and you gently encourage them to do the same, they will certainly do that. We all know that the ultimate goal of martial arts training is to become a better human being. Contributing to the Association is just another aspect of their training and you would be remiss in not encouraging involvement.

And remember that we are all human beings with the complexities and frailties that go along with being a human. Absolutely do not allow a minor disagreement or personal affront ruin a lifelong friendship. You will regret it as time goes by. I



know of no one who hasn't caused some hard feelings at some time in their life. So, "Let he who is without sin cast the first stone". Otherwise, forgive, forget, and get over it. Don't focus so hard on the ultimate goal that you miss enjoying the trip. Train hard, laugh often, and love much. You will become a much better person.

Tim Hillary



SCHOOL INSIGNIAS & THEIR MEANING

Everything in life has a meaning. We may not know it at the time but in time, we discover meaning. That being said, I am always interested in the insignias of other schools and the meanings behind them.

Recently, I had a discussion with Gary Rhyner Sensei about his school patch. I think the patch looks interesting and I asked him if it had a specific meaning. The patch displayed below is the karate school patch that he wears on his Gi. For those of you who do not know, Gary and his wife Julie live near Wausau, Wisconsin and have had a karate school there for years. The following is Gary's response to my question, which I thought should be shared with the Association.



WAUSAU PATCH

I designed our school patch thirteen years ago after some thought and research. The patch

consists mostly of Chinese symbolism, but incorporates other symbols as well. I wanted a patch that would be unique which our students could wear and be easily recognized by others and identify them as our students. I also wanted a patch that said Shorei Kempo on it, as other existing patches did not identify our style.

The brown bear was selected in part because it is an animal common to our country as well as the Far East. According to the Chinese, the bear symbolizes man (Yang) and represents strength, power, bravery, and courage. The brown bear is a ferocious fighter who often stands upright like man when fighting. It's a reminder to our students that one day they may have to fight like an animal (bear). The brown bear is also at the top of the food chain, where North American animals are concerned. This is important, as I have always enjoyed being near or at the top of the food chain.

The Okinawan symbol or "Mitsu-Tomoe" represents the 3 energies (Man - Earth - Sky) in universal rotation. In China, this symbol is called "Triskele" and represents good fortune.

The Chinese calligraphy means Karate-Do or Empty Hand Way - the spiritual path of karate.

The star symbolizes spirituality, a light in the darkness and wisdom shining through ignorance. A star is also considered a badge of honor.

Three stars are used. There are 3 Chinese star gods known as Health, Wealth, and Longevity. The number 3 also has other meanings: Father - Son - Holy Spirit (Blessed Trinity), Birth - Life - Death, Mind - Body - Soul (spirit), Past - Present - Future and Man - Woman - Child

The 3 stars are arranged in a hidden triangular fashion. It is hidden like some of our techniques in Shorei Kempo.

The apex of the triangle points down symbolizing woman (Yin). Julie's and my first Sensei in Shorei Kempo was a woman and I understand her to be one of the first female



Shodan's in our style. My wife, Julie, is also one of the earlier female Shodan's in Shorei Kempo.

A circle symbolizes unity. The shape of the patch involves two circles, which are joined together or unified. It represents the unity we have as a group (our Association/north and south). There is a large circle at the top and a smaller one at the bottom. It's a reminder of the soft circular movements incorporated into our hard linear style. Shorei Kempo uses both small and large circular movements. The shape is also unique and makes for a good shoulder patch.

The patch has a total of 7 symbols (3 stars, 1 Mitsu-Tomoe, and 3 pieces of calligraphy). Seven has great religious significance. There are too many to mention here. It's a reminder of Reverend Foster's role in religion and spreading Christianity. Seven has always been my favorite number since I was a child.

The colors used in the patch also have meaning:

The patch border and calligraphy are red, which represents high rank as well as life, blood, fire, passion, and war.

The patch background is gold representing the highest value or wealth and/or a "wealth of knowledge".

The lettering, stars, and Mitsu-Tomoe are in black, which represents honor. Black is Yang.

The white in the Mitsu-Tomoe represents purity. White is Yin.

We only give our patch out to students who have achieved the rank of green belt. Chuck St Pierre's patch was only given to students who had achieved the rank of yellow belt. We were told at one time not to give out Reverend Foster's patch unless the student studied with us while Reverend Foster was still alive.

I am glad to have been able to share the meaning of our patch with the Association.

Gary Rhyner Sensei



As an editors note, everyone is now entitled to wear the Yin Yang Do Karate Patch as long as they are active members. It is important to show your respect and dedication for Reverend Foster and his Legacy. Other club patches such as Sensei St Pierre's, Zan Shin Do or any other school patch should be worn below the Official Yin Yang Do patch.

This leads to the discussion of our gi and the approved placement of patches on the gi.

At the Board of Directors meeting in 2008, proper placement of patches on our karate gis was discussed and voted. We do not want to look like a sign and have designated the appropriate places for patches. St. Pierre Sensei was present, and agreed with this. Yin Yang Do Patches and Small Double Bladed Axe award patches are available through Joe Sielski in Kenosha, Wisconsin.

The American Flag will be worn on the left shoulder of your gi.

The Official Yin Yang Do Patch will be worn on the left side of your gi over your upper chest or heart area.

A secondary patch, such as an individual school or secondary association patch, such as the United States Do Kai patch, Sensei, St. Pierre's club patch, the Zan Shin Do patch or the Wausau patch may be placed below the official Yin Yang Do patch. An alternate area for any other patches is on the right shoulder.

You are only able to wear the Small Double Bladed Axe award if you were awarded this patch. This patch will now be given out at the discretion of the Chief Instructor and Rank Oversight Committee and with the blessing of Hanshi Koeppel. In the past, only Reverend Foster was responsible for giving this patch out. However, since his passing other senseis have been doing so. This will no longer be the case.



If there is a student that goes above and beyond, the individual sensei should contact the Chief Instructor. This is being done so as to keep a better track of what is going on and who is awarded what within the Association. In addition, the guidelines for placement of patches were put in place so that we will be uniform in our appearance.

Pat Weyand



EARN WHAT YOU DESERVE

Why do we study the Martial Arts? Do we come to class to exercise? Do we come to class to socialize? Do we come to class to study this art our great ancestors pass on to us? Why?

If you come to class to exercise than that is what you should do, exercise. Get a great workout in. To me, that's the goal I would thrive for in an exercise class. Just remember to tell your sensei and instructors that you come to class to exercise. If you always come to class to socialize, don't forget to tell your Sensei and Instructors that you're here to socialize. That way he or she can make sure they spend more time with dedicated students in the art.

If you come to study the martial arts then that's what you should do. You should put all your dedication and discipline into becoming the best martial artists you can possibly be. Making sure you follow your sensei's instructions. You want to make a great impression on your sensei and dojo. You want to do the best you can. We work very hard at making sure our techniques are developing along with our stances, breathing, speed, action/reaction, power and good strong ki ai. We throw literally thousands of techniques over and over again to develop and accomplish one step closer to the next level.

Working hard to develop our techniques to exceed the goals we set out to seek. You want to have all your kata, waza, and what ever is set to accomplish for that next level in becoming a great martial artist, so when it's your time to get tested, your performance is outstanding.

Why would you accept anything else? If I'm not ready physically and mentally I don't want to embarrass my sensei or my school by just being promoted due to time in.

Why would I want any sort of rank if I really didn't deserve it?

Yes, maybe I have the time in, but does that mean I'm ready to move forward? Just because your time is in doesn't mean anything. If I'm not ready, what's the rush? Does my sensei want me to look bad? Doesn't he/she want their students to be well recognized to represent their sensei and school?

I don't understand why you would put someone up for promotion if they were not qualified in all levels of whatever rank he/she is working towards.

What are you trying to accomplish by rushing a student? Remember senseis, your name is on your product. It's up to you to make a great student in your teaching. Your dedication and performance as a sensei is to dedicate your life to your students and your dojo. Having many students is nice, having a lot of Yudansha is great too, but if they just receive rank because they have the minimum time in, more than enough time in doesn't mean they're ready. Remember these are your students. Make them proud to be your students don't embarrass yourselves and them.

Remember all students and senseis, become the best martial artist you can possibly be and gain a high level of knowledge on your journey in the martial arts.

*With Respect,
Rick Cesario Sensei
ZanShin Do*



OREM, UTAH DOJO

On January 11, 2009 Raymund Hoschouer received his 5th Dan promotion. On January 28, 2009 Ulf Muntzing Sensei awarded Sensei Ray



his certificate for 5th dan. Hoschouer Sensei is very dedicated to the martial arts, and to teaching his students. Muntzing Sensei also recognized Mrs. Hourshour for all the help and support given to Sensei Ray throughout his training in Shorei Kempo.

On January 28, 2009 Ray Houschouer Sensei and Ulf Muntzing Sensei advanced Sterling Elliott and Debbie Spoons to Shodan.

**By Debbie Spoons
Orem Utah Dojo**

Our association was recently represented at The United States Karate Do Kai Grand Nationals over the weekend of June 12th -14th. There were numerous seminars conducted on the 12th and the 13th not to mention fellowship shared by Karate-Ka from all over the world. Our association was represented by Sensei Chuck St. Pierre who placed 4th in Kobuto. Joy Watkins who placed 1st in Women's Kata, and 2nd in Women's Kobuto. Patrick Weyand also placed 3rd in Men's Kumite. Sensei Zieth was also in attendance at this event.



UPCOMING EVENTS

Annual Founder's Day is July 11, 2009 from 1-4 PM at the Kemper Center in Kenosha. Cost of the event is \$10.00 which will help cover cost of food and drinks

Original Martial Systems will be hosting Hanshi Ridgely Abele September 18-20, 2009.

**From the Treasurer
Joe Sielski**

We have the following items available to members:

Patches	\$8
Double Ax (Yudansha)	\$7
Kyu Certificates	\$10
Dan Certificates.....	\$25
T-shirts	\$16
X-L and XXI.....	\$18

Order from may be printed from www.yinyangdokarate.com.
Send application and order forms to:

Joe Sielski
8031-50th Avenue
Kenosha, WI 53142



DOJO NEWS

Danish Brotherhood Karate Club

In January, Mr. Phillip Koeppel taught a seminar at the Danish Brotherhood followed by the Winter Recognition Banquet.

In March, the Danish Brotherhood hosted Shorinji Kempo Master Kazuo from Japan.

Zieth Sensei, Reports that on June 27th 2009 at 1:00 P.M. there will be a Shodan Board of Review for Alex Nilov all are welcomed to attend.

Zanshin Karate Association

Rick Cesario Sensei reports recent promotions within his club including, Renee Herrera to Shodan, Michael Durkin to SanKyu, and Jarrod to Yellow Belt.

Bob Nelson Sensei's Dojo

Sensei Nelson reports numerous recent promotions: Diane Ernst to Shodan, Dr. Phil Sweet to Shodan, Mr. Grant Birch to SanKyu and Mr. Rich Wigert to SanKyu.

DOJO LISTINGS

**WISCONSIN
KENOSHA**

Ron Zieth Sensei

with Rich Halverson and Don Jambrek
Danish Brotherhood Karate Club
Monday and Thursday 6:00 PM - 7:30 PM
NOTE: Summer location on Monday evenings is at Sensei Zieth's home.

Al Gomez Sensei

GI-KO-TA-N-KYU (Quest for Personal Excellence)
Kenosha National Guard Armory
Tuesday and Thursday 5:30 PM - 7:00 PM

Elio Covelli Sensei

Eastside Racquet Club
Tuesday 11:30 AM - 1:00 PM



Mike Stancato Sensei

Vince Perez Sensei

Library Park in Kenosha (summer)
Masonic Temple (winter)
Monday-Friday 5:15 PM - 6:15 PM

Rick Cesario Sensei

Zan Shin Do Dojo

Summer is here and we are working outside behind Kemper Center. We have a Saturday morning workout open to all at 10:00 AM. Other workouts include Tuesday & Thursday 5:30 PM - 6:30 PM at St. Peter's Church on 2224-30th Avenue, Kenosha, WI and on Wednesday from 5:30 PM - 7:00 PM outside behind Kemper Center and Saturday at 10:00 AM - 11:45 AM behind Kemper Center on 6501-3rd Avenue, Kenosha, WI. All are welcome to join us and share new ideas.

Telephone: (262) 764-4743 home
(815) 482-1847 cell

Larry Miletta Sensei

Kenosha

Chris Braun Sensei

Braun's Martial Arts

MADISON

Eduardo Gomez Sensei

shoreikempo@hotmail.com
1127 University Ave.
Madison, WI
Tuesday and Thursday 5:00PM - 6:30 PM

Ryan Grimes Sensei

University Wisconsin Apartments Community Center
Madison, WI
Tuesday and Thursday 7 PM - 8 PM
(608) 244-2969
e-mail: rgrimz@yahoo.com

Northern Schools

DEPERE

Shihan Charles St. Pierre
Fox Ballroom
206 N Lemke St.
Tues, Thurs 5-6 P.M.

NEENAH

Bob Nelson Sensei
Valley Academy of the Arts
125 W Wisconsin Ave
Tues, Thurs 6:30-7:30 P.M.

ANTIGO

Bob Okray Sensei and Don Dunphy Sensei
Boys and Girls Club - Langlade
801 5th Ave
Mon, Thurs 6:30-8:00 P.M.

WAUSAU

Gary and Julie Rhyner Sensei's
Boys and Girls Club of Wausau
1710 N 2nd St
Tuesday's 7:00-8:30 P.M.

APPLETON

Joe Bushman Sensei
Peabody Park
601 N Green Bay Rd
Mon, Wed 3:45-4:45 P.M.

KIMBERLY

Phil Vanden Heuvel Sensei and Dave Hietpas Sensei
JR Gerritts Middle School
525 S John St
Wed 6-7 P.M.

OMRO

Jen Lustey Sensei
Omro Area Community Center
130 W Larrabee St
Mon, Thurs 6:30-7:30 P.M.

GREEN BAY

Jean Lutsey Sensei
Day Care Advantage
1823 S Webster Ave
Mon Thur. 5:45-7:00pm

ILLINOIS

Strength through Discipline

David Boehm Sensei
Saturday morning's 9:00 to 10:30 am. We are outside in the back of (Lindenhurst, Illinois) Millburn School off of Millburn road, which is west of Hunt Club road. When school is in session we are in the cafeteria of Millburn School.

OREGON

Klamath Falls
Steph Finnianous Sensei
Winter Location: Tang Soo Do 2000
834 Richmond St
Tues 5:30-6:30 P.M.
Wed 6:30-7:30 P.M.
Thur 6:30-7:30? P.M.
Fri 6:30-7:30? P.M.

Summer Location: Moore Park
Lakeshore Dr
Summer Hours Subject to Change (see above)

MINNESOTA

Twin Cities
Jon Lutsey Sensei
Eastview Recreation/Community Center
608 Kennard St
Mon, Thurs 6:30-7:30 P.M.



UTAH

Orem

Raymond H Sensei

Orem Fitness Center

580 West 165 South

Orem, UT 84058

(801) 229-7154 / (801) 229-7156

Ulf Mutzing Sensei

Brigham Young University

Virginia

Panther Arts

Scott Andrus Sensei

pantherarts@yahoo.com

