



琉
国
正
道
館
空
手
古
武
道
連
盟

RSKKR Newsletter

Ryukoku Seidokan Karate Kobudo Renmei

Volume III, Issue II

25 June 2011

“Bridge to the Future”-- What does it really mean?

By Sensei Ron Nix, Kyudan, RSKKR President, Honbu Dojo, Okinawa

When Ryukoku Seidokan Karate Kobudo Renmei (RSKKR) was established almost three years ago, there was one very important goal I wanted to cement into Seidokan history. I wanted RSKKR to have staying power well into the future. For that to happen RSKKR required a solid group of individuals that could come together and through unity, battle any obstacle that happened to lie in our path. Our motto “Bridge to the Future” directs us to higher expectations than ever before. Our dream of a strong association is like a chain, limited only by our weakest link. The “Bridge to the Future” depends on each of us stepping up and doing our share when the opportunity presents itself.

In most situations we start Martial Arts as inexperienced students and follow our sensei in the direction he de-

cidates to go. Once we have achieved a certain status in the dojo, through promotions and experience, our sensei usually allows us to start teaching in class. This vital step helps sharpen our skills and prepares each of us for the up and coming challenges that await each Black Belt. Through many hours of blood, sweat and tears and once our sensei is satisfied we have obtained the necessary skills, our sensei allows Black Belt students to embark on their own journey, teaching classes and giving back to their community and to their renmei. This particular process can be time-consuming and has been going on for many generations.

In reality, teaching is the only true way to spread the Art of Seidokan Karate. I've often pondered over the years, where would I be if Sensei

Toma never taught? For that matter, where would we “ALL” be if Sensei Toma just went about his business and never took the time to open his dojo and give to us what was given to him? It's a scary thought but here's the difference-- he did teach, and each of us is thankful for it. The point I'm making, if there's to be a future in RSKKR the leaders must be the “Tip Of The Spear” and set the example for all to see. Teaching is the most important thing you as a Black Belt can do for your Renmei. It makes no difference what we've done in the past; the question is, what are we doing now to build a better “Bridge to the Future?” Make no mistake... the future is coming and it's up to each of us to make it better for the ones who will follow, and who will question the decisions we made!

Cont. on pg. 7

“Martial Arts Instruction: Applying Educational Theory and Communication Techniques in the Dojo” Book Review - by Dave Plattsmeir, Ikkyu

I recently had the opportunity to read one of Lawrence A. Kane's books entitled, “Martial Arts Instruction: Applying Educational Theory and Communication Techniques in the Dojo.” This book is a fantastic resource concerning the art of teaching any subject, not just the martial arts.

The approach Lawrence takes in this book is simple, yet thorough. He explains various methods that are easily incorpo-

rated into anyone's particular style of teaching regardless of what the subject is. If you purchase this book and study it for a few weeks, and apply the information that you have learned, you will see not only a noticeable improvement in your own teaching ability, but also see a marked improvement in what your students have learned.

I identified with many of the mistakes Lawrence mentioned concerning my own teaching style,

especially when I first started teaching. Although it is imperative that people be allowed to make their own mistakes, it is not desirable to make mistakes when we are responsible for the development of another individual.

The following is a brief review of each of the six chapters in this book.

Chapter 1: Understanding Learning Style Differences

In this chapter, Lawrence discusses

Cont. on pg. 2

To Build on Shian Toma's legacy through dedication and discipline



...be the Sensei that inspires.



the different types of personalities instructors may find in their students and how to tailor the teaching style to best suit each individual. He also discusses the importance of using the five senses to enhance learning.

Although it may not be practical to employ the use of all five in every lesson plan, devise a few that could be used every month or so.

Chapter 2: Using the Myers-Briggs Type Indicator Tool to Understand Student Predilections

Lawrence breaks down the various personality types and how they are best suited to learn. Lawrence supplies material to test your own personality and determine what method of teaching is more conducive to your ability to learn.

Chapter 3: Applications of the Six Teaching Styles to Martial Arts

The six teaching styles discussed in this section are; modeling, lecturing, cooperative performance, independent performance, knowledge capture, and role reversal.

Lawrence describes each

one of these teaching styles and provides good examples of when to teach with a particular method and how to apply the method to teaching martial arts.

Chapter 4: Fostering a Positive Learning Environment

In my humble opinion there is one section in this chapter that says it all when it comes to the ability to teach another person, and that is the attitude of the teacher. Etiquette or respect for oneself and others is vitally important not only to the learning environment, but also our living environment where we co-exist with so many different people from a vast array of backgrounds and cultures.

Another great subject Lawrence brings up is the importance of a solid emotional and physical environment in which to teach your students. The one unifying factor prevalent in everything Lawrence discusses is the teacher. He or she is the one who will make or break a class and/or the students in it. Even the most exciting subject can become a boring and painful experience if the teacher is horrible. Or the most boring subject can become interesting if the teacher is passionate and knowledgeable about

how to get information across to the students.

Lawrence also uses this section to discuss how to find the right martial art and martial arts school.

Chapter 5: Dojo Lesson Planning

As the saying goes, "If you fail to plan, you plan to fail". This section covers not only how to devise, refine and implement a lesson plan, but also how to adapt when the plan you have is not working.

Lawrence also provides useful information concerning the martial arts and their use in a self-defense situation. He gives some excellent examples from personal experience of possible ways to handle situations that avoid physical confrontation.

Chapter 6: Conclusion/Stages of Teaching

This section is a brief review of the previous chapters; however, there are some very good tidbits of information included here. This book is filled with solid, useful information. There is much that can be learned here and I highly recommend this book to anyone interested in teaching.

Reflections on Sensei Toma - by Hayes Smith, Yondan

To understand my Karate development and devotion to Master Toma you must first know where I came from. I grew up in the segregated Deep South (Texas). Upon graduation from high school I had had no association with white people. It seems odd today, but at the time I did not know or have any white friends.

In 1965-66 I began my first Air Force assignment in Okinawa. I even began taking Karate at a dojo in Naha. I went to one session and decided that karate didn't offer me much in the way of improving my fighting techniques. I grew up rough. As a teenager I had taken broken bottles, knives, clubs, razors etc. from opponents in real life or death fights. I had a few scars but was very confident in my fighting prowess. As you know, initial Karate training is a very slow and repetitious process. I was

very immature and lacking in discipline. Therefore my initial views of Karate were clouded by my lack of life experiences, immaturity, and over-confidence.

After completing an 18-month tour I returned to the United States. This was during the height of the Civil Rights Movement, marked by riots in Watts, Newark, and other cities. I did not like the state of affairs in the U.S. and thought about the peace and slow pace of life in Okinawa. To a greater extent I thought about Karate and the missed opportunity during my time there. Unfortunately, my thoughts of Karate were still immature. At the time I viewed myself as a very good fighter already and thought how good I could be if I dedicated myself to Karate. During my previous tour, my two Air Force roommates had both achieved black belts.

Although I never formally took Karate, I had developed some level of proficiency through my interactions with my two black belt roommates. After only a few months in the U.S. I put in a voluntary request to be reassigned to Okinawa. After a very short time I was on a plane in route to Okinawa.

Upon returning to Okinawa in 1969, my first purchase was a Karate Gi. I then started looking for a Karate School. The first dojo that I found was Master Toma's Gate -2 Kadena Dojo. Here my self-discovery, appreciation for the Art of Karate, self respect, and so much more began. It was a life changing experience that will remain with me through out my life. At that time Master Toma allowed potential students to witness a Karate practice. I was immediately impressed by the

Cont. on page 6

To Build On Shian Toma's legacy through dedication and discipline

Okinawa 2012 RSKKR Seminar Update

The Okinawa RSKKR conference is fast approaching and will be here before we know it. In each article before the conference I'd like to write a little bit about Okinawa and the conference in hopes to answer any questions that someone might have about international travel, staying in Okinawa, and anything about the conference.

With only one year until the conference, the very first thing you should concern yourself with if you plan on making the trip is if you have a current passport. Also, keep in mind that your passport must be valid for 6 months past your planned trip. A tourist visa should not be necessary if your intended stay will be less than 90 days, but please check with your travel agent when you make your reservations. Once the hotel arrangements have been finalized, I'll make sure to post the address on the website. This will help out in filling out immigrations paperwork.

We are trying to finalize a deal with a local apartment that can sleep up to 8 people in 4 double rooms. Apartments with multiple single rooms will be available as well. The apartments are located right on the beach near the popular tourist area Mihama. The apartments will be within walking distance of several restaurants, bars, and shopping loca-

tions. As of right now, expect to budget about \$60-75 a night for lodging. The rental apartments will contain a full size kitchen, living room with a large screen TV, 2 full bathrooms, and in room washer and dryer.

Getting money and exchanging US dollars to Japanese Yen will not be as difficult as it might sound. The exchange rate from dollars to yen as of today is about 79 yen to the dollar. This is not a very good rate and will make the cost of eating, shopping and entertaining a little bit more expensive. We'll keep everyone updated on the exchange rate and hopefully it will improve before the conference. As far as getting money here, there are several options. If you have a military ID card (retired or active), you'll be able to gain access to the base and use the several ATM's located on the various bases. However, if you don't have a military ID card, you'll still be able to withdraw Yen from select Japanese ATM's. If you plan on bringing dollars with you, there are several money exchange locations that we can direct you to. Almost all the local restaurants and shopping locations do accept all major credit cards. You can even use your credit card to pay for taxis and to shop at convenience stores.

Please feel free to email me directly or post any questions you might have on Facebook in regards to the conference or traveling to and from Okinawa. Once you have finalized your travel plans, I ask that you please send me a copy of your itinerary. I will be collecting them to ensure everyone coming to Okinawa will be met by someone from the RSKKR dojo and taken to the hotel. We really hope to bring as many people to this once in a life time opportunity. Again, please let me know what concerns and questions you might have. I hope to see you all here in Okinawa in July 2012!

Scott Bennett, Sandan

(smjbennett@mac.com)



Seminar

Southeast Regional Seminar
Sensei Keith James will be hosting a Seminar in Jacksonville, North Carolina.
When: 2-3 Sep 2011
Where: Jacksonville, NC
Who Can Attend: Any Seidokan Practitioner
POC: Sensei Keith James (Email: james-san57@yahoo.com)

Seminar

3rd Annual Oklahoma Seminar/Testing
Sensei Rodney Grantham and Sensei Adolph Pearson will be hosting a Seminar and Testing period in Oklahoma City.
When: 03 December 2011 0830am to 0500pm
Where: 1701 N. Martin Luther King Blvd, Oklahoma City, Oklahoma 73111
Location: Macfarland YWCA
Who Can Attend: This event will be for all belts age 15 and older
Fee: \$10.00 (To cover the cost of a pizza and soda lunch)
POC: Sensei Adolph Pearson
(Adolph.Pearson@okdhs.org)



To Build On Shian Toma's legacy through dedication and discipline

Ryukoku Seidokan Karate Kobudo Renmei News from Member Dojos

Seidokan of NY Sensei Joe Diliberto

5/13/11 through 5/15/11 was the Northeast Regional RSKKR Seminar. It was held at Camp Cory on Keuka Lake in up-state New York. It was a great success and fun time. Sensei Joe and Sensei Marisa would like to thank everyone that came and participated. Especially Senseis Kurt Seiber, Chris Caggiano, Matt Kohler, and Mike Wysoki for making the trip, bringing some of their students and sharing their knowledge.

There was an informal South West Coast Region seminar held on April 9th, attended by Regional Director Juan Carbajal. It was sponsored by Sensei Eddie Schumacher of Schumacher's Real Karate in St. George,

Shodan Jackie Pearson started a Women of Seidokan Karate facebook page. Your comments are welcomed!



Yama Bushi Seidokan Dojo Blairsville Georgia

Competed in the Battle of Atlanta one of NASKA's top rated tournament. Results were Bill Hinnant 1st Place in Fighting and Forms, Buddy Cook 1st in Forms and 2nd in Fighting, John Parwana 2nd place in Fighting and 2nd place in Continuous fighting, Bret Ballew 1st in Fighting, 1st in Continuous Fighting and 4th in Forms, Brandy Cook 1st in Fighting and 4th in Forms, Brook Hamby 2nd in Weapons, 3rd in Forms, and 4th in Fighting, Drew Dobbins 4th in Forms and 3rd in Fighting, Grace Henderson 2nd in Fighting and Forms, Garrett Henderson 4th in Fighting and Forms, JJ Grant A great showing in his first tournament, James Grubbs 1st in forms 2nd in weapons and finalist in fighting, Sean Duryea 4th in Fighting 5th in forms, Brandon Lee Finalist in fighting and Forms. This is a world class event with thousands of competitors from around the world there.

In the white karategi is Jonuel Garcia of Sensei Ricardo Emerson's Okinawan Seidokan Karate Kobudo Dojo; Garcia took 2nd place in kumite and 1st place



In this photo front to back:
David Pinedo, black belt, 1st Place kumite & 2nd Place kata
Reynaldo Soto, black belt, 3rd Place kumite
Alexis Peralta, black belt, 3rd place kumite
Victor Segundo, black belt, 4th place kata & 3th place kumite
Not pictured: Joshua Ocasio, green belt, 2nd place kumite & 3rd place kata; Jesus Castro, black belt, 3rd Place kumite

Please Note: The March 2011 issue article "The Motobu-Ryu Influence on Seidokan Karate" incorrectly listed Choki Motobu, rather than Choya Motobu, as the man who taught Motobu-Ryu to Seiki-ichi Uehara about 1940. The corrected version has been posted to the RyukokuSeidokan.com newsletter archives.



Sensei Ricardo Emerson visited Okinawa in May 2011. During his visit he trained with the Honbu dojo and at Sensei Tamae's. His lovely wife, Evelyn, joined him and they enjoyed a little local sightseeing as well.

The Punch - By Donnie Hayhurst, Godan

Punching in karate seems so simple and needs no explanation. Just aim at your target and extend your fist to your opponent thus creating a strike. However, there are 9 joints or points of torque all along the body to coordinate and working the proper effective distance and penetration to consider ... is it really easy? This article brings to the martial artist more to consider from a historical and practical perspective.

A 'gyaku zuki' or 'gyaku tsuki' (Japanese: 逆突き) or sometimes called 'oi tsuki' is a karate technique. It involves a punch executed by the back arm. A gyaku zuki is sometimes called a "reverse punch". It is one of the most used and effective punches used in a karate fight. The punch is generally to strike the solar plexus. The movement

of a Gyaku Zuki consists of muscles such as the gluteus maximus, calf muscles and the thigh muscles. For long range punches twisting is important. -- Wikipedia

The karate punch we teach in our Okinawan Seidokan training at the basic level is one that dates back to the beginning 1920's and was developed during a time when Tode (combative classical Okinawan arts containing many maiming and destructive techniques) was being reformed into what we call today Traditional Karate. This punch came about because of the efforts of Anko Itosu's influence to make karate a modern 'Do' pursuit and suitable to teach children and the masses. Prior to Itosu's redesigning, punching started from a centerline center covered guard

in front of the body and would punch vertical fist to no more than 45 degrees off vertical. Itosu changed the punch to be delivered from the hip and to be delivered from a horse stance or the hand from the rear as we do from shikodachi while the forward hand was now engineered for blocking. The net result is that a punch was now delivered from the furthest extreme to the other furthest extreme to create more power and focus on the body linkage for proper delivery. While increasing the delivery distance and time to target sounds counter productive to combativeness, this move to a more defensive posture was an attempt to focus on body process and increase ability.

It is commonly observed in many other sport

Cont. on pg. 6

Black Belt Promotions at RSKKR Dojos

Sensei Ron Nix 18 May 2011

Sensei Joe Diliberto - Hachidan
Sensei Keith James - Nanadan

Sensei Ricardo Emerson - Hachidan
Sensei Marisa Profetta - Rokudan

Sensei Adolph Pearson III - Godan

Okinawan Seidokan Dojo, Puerto Rico 28 Feb 2011

Reinaldo Contreras - Shodan
Mariangelie Rivera - Shodan
Edgardo Rodriguez - Shodan
Yazmin Ramirez - Shodan
Emmanuel Rivera - Shodan

Sensei Juan Carbajal

Michael Gilbert - Shodan (17 June 2009)
Carlos Gonzalez - Shodan (9 Oct. 2009)
Jeffrey Gilbert - Shodan (12 Feb. 2010)
Edward Encinas - Nidan (14 Nov. 2009)

Sensei Jerome Krejcha 18 April 2011

Nick March - Shodan Jr.
Dominick Lawson - Shodan Jr.
Seth Hulzebos - Shodan Jr.

Okinawa Seidokan of Jacksonville, NC Sensei Keith James 24 Feb 2011

Aira Mora - Shodan Jr.

Honbu Dojo, Okinawa Sensei Ron Nix 11 June 2011

Ipei Uema - Nidan
Chris Benway - Shodan
Masaru Ogasawara - Shodan
Karen Wallace - Shodan

Seidokan of NY Sensei Joe Diliberto 7 May 2011

Keith Bradt - Nidan
Sara Roberts - Nidan
Craig Roth - Godan

Senseis: Please send names/dates/ of black belt promotions to jdelvecchio@ryukyuseidokan.com



Congratulations to newly certified RSKKR Member Dojos

Seidokan Martial Arts Academy of Oklahoma City
Sensei Adolph Pearson III

Seidokan Martial Arts Academy of Oklahoma City
Sensei Jackelyn Pearson

Florida Seidokan Dojo
Sensei Paul Sadwick

The Punch, cont. from page 5

associations, exemplified as in European Fencing, that it would increase the degree of difficulty of competition by redesigning the 'proper form' of a technique to be used. The net result was increased levels of competition and a decrease in sloppy techniques that would be recognized as a valid score. Traditional Karate competition was not exempt from this development as well and Mainland Japanese Karate developed competition kumite emphasizing the rear delivered reverse punch and front kick as the premiere techniques recognized as proper scoring. Other techniques were almost exempt from being recognized in sport competition.

Back in the Dojo, the novice karateka thinks of a punch mostly involving the fist. However, to the educated instructor teaching the effective punch it will begin at the feet and involve every joint along the way to the end point, with perhaps the most important link being the hips. It is the hips that will push the upper torso off of the stance while proper form of keeping the elbow down and turning on impact 180 degrees then retrace that same path. The analogy most often used is a whip. A whip is relaxed and tightens all of its kinetic force and inertia to the very end of the technique and then pulls back before any of that inertia is absorbed back into the tool which delivered it. In essence the practitioner's hips are the handle of the whip and the stance work is the foundation from which to brace off.

Some things to consider when achieving a good punching form:

- Initiate with the hip and push off/pivot off of the stance.
- The hip will slightly lead your punch in

initiation and retraction.

- Relax the whole body, sink the breath into the lower abdomen, and push out your breathing in a natural breath method.
- Keep the elbow down and fist palm up during delivery.
- All of the axis of the body should be level to the ground. No shoulder or hip should raise but rotate level.
- At the moment of contact tense your strength through and over turn your punch.
- Turn the fist on the lead two knuckles as they are aligned with the radius and ulna of the forearm providing the most support.
- Penetrate into a body, or a standing makiwara that yields, about two inches.

O Exception: fixed makiwara with no yielding, penetrate only slightly as any padding or compression allows.

O Rule: adjust your penetration to the compression of your target.

O Do not lock out your elbow but have a slight bend and the back of the wrist should be flat to the forearm.

O Immediately retract your hip and pivot on the stance simultaneously making it a whole body action.

The elbow remains down during the whole process and retracts to a chambered position.

Bad habits/telltale signs that will result in loss of power and perhaps incur injury:

Not starting from a centered posture.

Not exhaling or holding the breath while punching.

Bent wrist.

Elbow turned out.

Raising shoulder and tightening neck muscles.

Punching only with the arm.

Punching with the outside knuckles on the fist.

Keeping the feet fixed/static and not pivoting on the ball of the foot.

Lagging the hip and not bringing the joint linkage in a serial successive progression – as in a whip.

Penetrating too deep into your target and absorbing your own force back into your weapon.

Punching properly does not happen naturally but requires developing the body into proper form utilizing the rules above. Hours and hours of punching with proper technique and utilizing proper resistance tools such as a makiwara will develop the muscle memory of your body and forge the body into the proper punching machine. Once in a while, it is recommended to slow your punch down and check your body mechanics to ensure none of the bad habits listed above have crept in without notice. This is kihon (basic) and elemental to developing proper kata technique and being able to teach this to others. Good fortune in your development.

Reflections, cont. from page 2

power of the Seidokan School. As I recall, the kicking techniques were so powerful that the opponent would almost always be moved back by the technique.

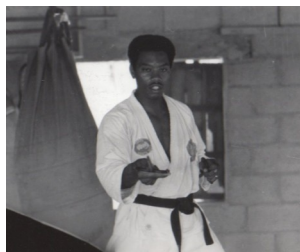
The greatest lesson learned in Toma's Dojo had little to do with Karate but was more about self respect. In the dojo I remember a water bucket and ladle which provided water to all students. When I thought about the separate water fountains for whites and blacks in my own country, it became obvious that I was in a place that respected everyone equally. This was the beginning of many lessons provided by a man of quiet confidence and extreme physical abilities.

As I reflect back over the past

(1969 to present) I still maintain as much respect for Master Toma as the days when I was a humble student in his dojo. Over the years I have had associations with other styles of Karate and I have refused offers for black belt levels higher than what was achieved in Master Toma's Dojo. Although I

have learned techniques and shared techniques with other styles, Master Toma is my only sensei.

Thank you for the opportunity to share my Karate experience and thoughts of a great Karate master, Master Shian Toma.



Pictures courtesy of Hayes Smith circa 1970-1971 at Sensei Toma's Dojo.



To Build On Shian Toma's legacy through dedication and discipline

Ryukoku Seidokan Karate Kobudo Renmei

In Care of: Ron Nix
5-20-24 Misato, Okinawa City
Okinawa-Ken, Japan 904-2153

E-mail: nixra@mirror.ocn.ne.jp



Here's a hypothetical situation...or is it? A sensei has a dojo with fifty students and ten are Black Belts. This particular sensei never encouraged or allowed the Black Belts to start their own classes. For one reason or another, this sensei decides to close his dojo. Chances are, most students, beginners through advanced, will just fade away and never train again, and karate will become a distant memory for them. A very small percentage may migrate to another dojo and learn a different style. The reason for this failure is simple...this sensei failed to plan for the future survival of his students and his lineage. I'm sure we've known or have experienced this situation at one time or another and it happens more often than you think.

Each sensei needs to play the "what if" game and make sure he or she has planned for the worst-case scenario, then hope for the best. A sensei should encourage all Black Belts to teach and then give them 100% support. Teaching classes is not easy and there are bound to be many set backs; but in the long run, looking back, the difference will be made because a proactive approach in setting the higher standard.

At this point RSKKR has a very active Honbu Dojo (HQ) in Okinawa and a network of dojos throughout the United States and Puerto Rico, and is still growing. Regional Directors, Technical Advisors and Liaison officers stand ready to help Black Belts who feel they have a calling to teach. I will personally guarantee I will

Bridge, cont. from page 1

do everything I can do to help anyone with that desire. In every endeavor there's always one person with a vision that refuses to follow the crowd; this person will make the difference through vision, strength, motivation, discipline and commitment. This person could be you...make the difference! The rewards of teaching are many and the future of Seidokan Karate depends on it. If you are a Black Belt student and would like to "Step-Up" and protect the future of your dojo and/or your style...TEACH!



May 2011, Honbu Dojo



Early 2000s

Renmei Officers and Staff

- Shian Toma, Judan: Senior Advisor
- Shigemitsu Tamae, Kyudan: Senior Advisor
- Ron Nix, Kyudan: President
- Akemi Nix, Godan: Vice President
- Donnie Hayhurst, Godan: USA Liaison/ Web Designer
- Scott Bennett, Sandan: Okinawa Liaison/ Public Relations
- Julie Del Vecchio, Nidan: Secretary
- Karen Wallace, Shodan: Newsletter Editor

- Regional Directors:
- Joseph Diliberto, Hachidan - North East Region
 - Keith James, Nanadan - South East Region
 - Juan Carbajal, Godan - South West Coast Region
 - Rodney Grantham, Godan - Southern Central West Region



To Build On Shian Toma's legacy through dedication and discipline