



琉
国
正
道
館
空
手
古
武
道
連
盟

BRIDGE TO THE FUTURE

RSKKR Newsletter

Ryukoku Seidokan Karate & Kobudo Renmei

Volume II, Issue I

I March 2010

The Next RSKKR Seminar is coming up soon! An interview with Sensei Joe Diliberto

Our host for the 2010 RSKKR Conference will be the Seidokan New York Dojo, located in Irondequoit, a suburb of Rochester, New York. The dojo is situated at Gold's Gym where it has been since January of 2000, the perfect site to teach this versatile and beautiful traditional martial art. Head instructors are Sensei Joe Diliberto (7th Dan) and his sister Marisa Profetta (5th Dan).

Sensei Diliberto was a student of Sensei Kennedy's for 25 years and has known Master Shian Toma since his early visits to Sensei Kennedy's dojo in nearby Spencerport, NY in the 1970s. During one of these visits in the mid 1990's, Master Toma asked Sensei Diliberto to open a dojo of his own and Sensei Diliberto followed through. Unlike most dojos that deal with high turnover for a variety of reasons, New York Seidokan is fortunate to have many black belts who have been with Seidokan for 30 years or more. Keeping alive the traditions and teachings of Master Toma, this dojo is respected by all martial artists in the large Rochester martial arts community.

Rochester has been one of the oldest Seidokan

training grounds in the United States. Sensei John Kennedy brought the martial art to New York in the early 1960s after learning Seidokan from Sensei Toma while he was stationed in Okinawa. RSKKR Senior Advisor Sensei Shigemitsu Tamae not only accompanied Master Toma on these trips to the USA, he even lived in Rochester for a while in the 1970's at Sensei Kennedy's house. While there, Sensei Tamae taught classes at the Kennedy Dojo which are even now cherished memories for the students, 30 years later. Some of the other Seidokan Senseis who have visited and trained in the area were Senseis Ed Duga, Boulahfa Mimoun, Jody Paul, Allen Tackett, Juan Carbajal, Kurt Sieber, Keith James, Mike Holmes, Chris Caggiano, Richardo Emerson, Mike Wysocki, Jerome Krejcha, and Donnie Hayhurst. Not to mention that Rochester is Sensei Dave Bardi's home town. Rochester has been a hot bed for Seidokan style for more than 40 years.

Sensei Diliberto is a recreation professional for the

City of Rochester and has organized many Seidokan events. One of his favorites was when Master Toma taught Seidokan at the Genesee Valley Ice Rink. This year, bringing RSKKR President Sensei Ron Nix to New York will be a huge event as well--the largest seminar of Seidokan practitioners ever held on the East Coast.

Seminar Details: 13-15 May 2010 at Camp Cory YMCA Camp near Rochester, NY; go to the RSKKR website at <http://ryukokuseidokan.com> for more details. Point of contact is Sensei Joe Diliberto at jojogto@juno.com or 585-247-9111.



Sensei Joe Diliberto and Sensei Toma

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

The Combination of Success—By Sensei Ron Nix 8th Dan



At one time or another we all have gone to some type of sporting event. It may have been a team sport or a one-on-one style competition. In any situation, this is where two forces from similar backgrounds have decided to step up and put their skills to the test and do battle. As we know, the thrill of victory is never won on the day of the competition but in the months or even years of preparing the body for that particular event. Normally at the end of the contest you will have a winner. The winner has made the majority of all the right choices and enjoys the final outcome. I'm sure we've asked ourselves many times after an event, what were the turning factors that separated the winner and the loser? As Martial Artists we continually ask that question long after the competition, not only to benefit ourselves but also the students we teach. What is the combination of success? What makes one person superior over the other? There're many factors that must be looked at and evaluated but I'm going to concentrate on the major categories I think are important. In my opinion, there are significant factors that must be evaluated and sharpened before testing your skills. Improving these areas will lay the foundation for success not only for you, but also for your students for years to come.

SPEED

There is no replacement for speed. It tops the list of most important traits to have in your possession. Reaction time all depends on the speed you have, no matter if it's offensive or defensive. Reflexes must be sharpened through repetition. Speed is built through the action of a motion where reflexes and speed coincide together, making a weapon very difficult for your opponent to react to. There are many ways to build speed: one way is by shadow boxing/kicking, which works the snap of your weapons. Learning how to use a speed bag will also help your quick muscles for the fastest possible reaction time. No matter what size you are, working on your speed is vital and your adversary will hate you for it.

POWER AND STRENGTH

These two traits go hand in hand but are two completely different factors. To be an effective fighter one must have power. Power is the ability to impact an object and deliver as much damage as possible. Without this trait fighters may prolong a situation longer than needed and put themselves at risk. To have power one must use the complete body concept...requiring each part of the body to work in-sync with the other to provide the maximum amount of penetration. No matter your size, power can be built through any type of weight training and other exercises you

see fit. But just because you have power doesn't mean you're strong. This is where strength comes into the picture. Having strength means having the ability to perform a repetitive motion many times with the same amount of power at the end as you did at the beginning. When combining power and strength together you will have the ability to produce damage for a longer period of time and will make your opponent remember you for weeks to come.

TIMING and STRATEGY

Timing is something that most people don't think about, but without it you will be wasting most of your time. Timing allows a fighter to meet an opponent with maximum speed and power at the point of impact. Having bad timing allows your opponent to counter your technique, putting you at a definite disadvantage. If you are slower than your opponent, timing will help you overcome the lack of speed you may have. Practice drills will help to improve your timing and make you a more effective fighter. Strategy deals with having planned events throughout a situation. Having a strategy will help gain an advantage over an opponent as time progresses. The biggest problem that most people have when building a strategy is they forget to take advantage of their opponent's obvious mistakes because it's not part of their strategy. To remedy that problem, stay flexible.

New Belt Promotions at Seidokan Dojos

Oklahoma City

5 Dec 2009

Randy Heavin - Nidan
Chastity Holgerson - 1st Kyu

Dove Creek

Jan 2010

Holly Knuckles - Shodan
Andrew Farren - Shodan
Caleb Cannon - 4th Kyu
Clayton Archer - 4th Kyu
Christina Archer - 4th Kyu
Donavan Trudeau - 4th Kyu
AJ Archer - 5th Kyu

28 Feb 2010

Mathew Vogel - Nidan
Adam Theriault - Nidan
Miroku Nagamine - Junior Shodan
Kiyoshiro Nagamine - Junior Shodan
Tiffany Mountin - Junior Shodan
Emilio Del Vecchio - Junior Shodan
Miyu Matayoshi - 1st Kyu

28 Feb 2010

Alyssa Mountin - 1st Kyu
Jonathan Strader - 2nd Kyu
Karen Wallace - 2nd Kyu
Kyle Strader - 2nd Kyu
Dede Henderson - 3rd Kyu
Dave Plattsmier - 3rd Kyu
Brianna Wallace - 3rd Kyu
Sarah Taylor - 3rd Kyu
Conlan Taylor - 3rd Kyu
Chloe Henderson - 3rd Kyu
Yarainy Gomez - 3rd Kyu
Yazmin Judal - 3rd Kyu
Nanami Kudaka - 3rd Kyu



Adult Classes Promotions
Nix Seidokan Dojo
28 Feb 2010

Focus on Sensei Ed Duga, 9th Dan

Sensei Ed Duga, *Kyudan* (9th degree black belt) began his study of Seidokan Karate in 1966 while stationed at the U.S. Army's Torii Station in Okinawa. Sensei Shian Toma had a dojo near Torii Station that later moved to Gate 2 near Kadena Air Base, now the site of Sensei Shigemitsu Tamae's dojo. Sensei Duga also credits two of Sensei Toma's American black belt students, Ted Taketa and Ed Goodman, as being his Seidokan teachers. In addition, Sensei Duga studied kobudo with Bruce Heilman, a protégé of Master Seikichi Odo.

Sensei Duga now teaches Seidokan karate at Torii Dojo in Western Pennsylvania. He sees his role as continuing to teach and preserve the traditional ways of Seidokan, to pass on his knowledge to another generation.

Sensei Duga preaches and lives by the Shu Ha Ri Principle. According to Sensei Duga this is a quintessential part of studying Okinawan martial arts, not only applying to the technique of karate but also to the development of one's character.

Shu - The student listens, obeys and learns from the teacher (do as the teacher says)

Ha - The student's goal is to be better than the teacher (perfect the technique)

Ri - The completion of the process where the student via conscientious application of the first two concepts may actually become better than the teacher (the student becomes the teacher).

Thank you to RSKKR member Matthew Kohler, *Yondan*, for his assistance interviewing Sensei Duga.



Sensei Ed Duga

"In Okinawa, it is natural for people to study Te and weapons simultaneously since weapons are merely an extension of the body"

Okinawa Culture Corner - Kobudo Museum By Scott Bennett

Last month I had the opportunity to accompany Sensei Nix and his wife Sensei Akemi to the Okinawa Traditional Kobudo Museum in Naha. The museum is upstairs at the home and dojo of Sensei Nakamoto Masahiro; he is the first 10th Dan of Okinawa Kobudo. He studied directly under Sensei Taira Shinken who studied under Sensei Gichin Funakoshi.

His dojo and museum were very impressive and filled with various lineage charts and numerous kobudo weapons. He gave us a personal tour and made sure to tell us elaborate stories of the various items. One of the stories he told I found rather interesting is about the tekko. The tekko was developed from the horse-shoe and it was called *uma no chimagu*. It was an easy weapon to use and very effective in combat. The tekko eventually evolved into various other forms and was a weapon that was very easy to conceal. The tekko

weapon is preserved in Okinawa by the kata *Maezato no tekkojutsu*.

Another aspect I found interesting is the way weapons are introduced and taught to karateka. Kobudo and karate are both based on Okinawa Te. Sensei Nakamoto said that in learning weapon techniques it makes sense to start with the long range weapons (Bo) first and then work your way to the short range weapons. That might be why we practice that way at the honbu dojo with the Bo being introduced at green belt, Sais at brown belt, and Tonfa at black belt. "In Okinawa, it is natural for people to study Te and weapons simultaneously since weapons are merely an extension of the karateka's body," states Sensei Nakamoto.

The museum is not open to the general public; however, with prior coordination it is possible to view his dojo and museum. You are allowed to

take pictures outside of his museum, but he does not allow any photography inside. He does offer a book that he spent over 30 years researching and writing that has photos and in depth descriptions of items in the museum. The name of the book is [Okinawa Traditional Old Martial Arts](#) by Nakamoto Masahiro and is available on Amazon.com.



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

BRIDGE TO THE FUTURE

Train well in the spirit of Seidokan.

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



VIEW SEIDOKAN PHOTOS AT:

<http://ryukokuseidokan.shutterfly.com>

ryukokuseidokan.com

VIEW SEIDOKAN PHOTOS AT:

<http://ryukokuseidokan.shutterfly.com>

Success (Continued from page 2)

BALANCE and FLEXIBILITY

Let's face it; if you don't have these two crucial elements working for you, things will be very tough to say the least. Balance is the key that stitches your stability together making your body the lethal weapon it is. Being off balance puts you at a tremendous disadvantage against your opponent, allowing him to easily upset your well-laid plans. Flexibility is the ability to have full range of motion in all directions. Being flexible helps to eliminate injuries and provides better reflexes in any situation. The old phrase, "use it or lose it" is no doubt talking about flexibility. To obtain flexibility and enjoy its benefits requires one to stretch on a daily basis and maintain it as you get older. Having flexibility also allows for greater speed and balance. Make no mistake, these two very important elements go hand in hand and will make or break what you are trying to accomplish.

STAMINA

This is probably the most neglected of all the traits required. I would like to think of stamina as your gas in your gas tank. You may have the coolest looking car on the block but unless you have gas in the tank you're not going anywhere. This deals with your endurance and how well you resist fatigue. There's no worse feeling, knowing you must continue but your body is shutting down. If your stamina is not where it needs to be your opponent will sense that and use it against you. In that situation, you're not only fighting your opponent but also fighting yourself. In my opinion, stamina should be a top priority while training. I've seen the better fighter loose many times because of lack of stamina. In every contest or even with a street fight, stamina will be a factor that everyone must deal with. Some ways to build your stamina are aerobic classes, sprints, or punching bags, to name a few.

What I've talked about is nothing

new. There are many others factors that influence our techniques that weren't mentioned, like being mentally prepared, form and technique, a good diet, and keeping yourself as healthy as possible. The combination of success is normally different for each person. What we must understand is that each of these important factors requires work to obtain and even more work to keep. Some Martial Artists have natural ability, but most of us will have to scratch and claw to obtain and keep the traits that make us better. I challenge each and every one of you to be the best you can be. Find the routine that works for you and don't be afraid of trying something different. Once you have the combination of success, remember the words from Sensei Toma, **"JUST DO."**

Reminder for photos

Just a reminder that if you have any photos of Seidokan karate throughout the years, please upload to Shutterfly. There are already many photos from across the world highlighting Seidokan karate. To view collected photos please go to <http://ryukokuseidokan.shutterfly.com>

If you have photos that you would like to upload, please submit your request to Sensei Scott Bennett at SMJBennett@mac.com. Here are just a few from the website.



Renmi Officers and Staff

Shian Toma, Judan: Senior Advisor

Shigemitsu Tamae, Kyudan: Senior Advisor

Ron Nix, Hachidan: 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

Matt Vogel, Nidan: Assistant Web Designer/
Forum Moderator

Maureen Benway, Ikkyu: Newsletter Editor

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