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Kime



February 2016

Dear Dedicated Karate Students and Instructors,

This is the first time we are extending the Kime newsletter to fellow karate-ka from other dojos across Ontario. For anyone who has announcements or any information they would like to share in this newsletter - this includes articles, topics of interest, suggestions for change, recipes, games, comments, anything and everything you think would make this newsletter better, ALL submissions are welcomed and encouraged.

Send your insights and comments to: maja@anshindojo.com



Illustration 1: Honbu Dojo in Okinawa

Anshin Dojo Grading - Stripe Testing

Attention all students!

There will be a grading coming up on **Wednesday, February 10th**, for those who are getting their next stripe! We wish you all the best luck in your advancement and hope to see you all there!

Friendship Dojo Day

This month, Friendship day will be held at Tilley's Shool of Karate on February 28th. We hope to see you all there!

4th Annual Memorial for Soke Takayoshi Nagamine

Anshin Dojo is proud to be hosting the 4th Annual Memorial Karate Seminar for Soke Takayoshi Nagamine.

We welcome everyone to join us on April 23rd, 2016 from 9:00am - 6:00pm at Anshin Dojo to commemorate the life and times of Soke Nagamine. This will be a potluck, for those who would like to bring food to contribute. The cost is what you are willing to pay, though Anshin dojo will be accepting *minimum* \$2 donations.

Further information is available at www.anshindojo.com.

Dojo Closures

N/A

Notable Dates

6th - Iaido at
Stratford Martial Arts
20th - Iaido at
Stratford Martial Arts

Special Events

28th - Friendship Day
at Tilley's School of
Karate

Birthdays

1st - Jaz Eevibelle W.
11th - Dave D.
15th - Katrina W.
24th - Frank Baehr
26th - Gabriella O.
27th - Raven R.

What Makes Matsubayashi-Ryu Different from Other Styles?

Karate-do is a culture of hand to hand fighting that originated in Okinawa, that with time spread to Japan and then later to the rest of the world. Japanese karate and Okinawan karate differ very much in their philosophy, culture, movements and historical development.

The Japanese karate philosophy and culture is best described by a passage written by Miyamoto Musashi, a well known sword master and author of `Book of Five Rings. In a compilation of articles written in 1654, he wrote, “Mi o sutetemo myori wa sutezu - “Even though you may have to sacrifice yourself, you should not throw away your honour”. To the Japanese Samurai, honour was held in the highest regard, above all else, including his own life.

The people of Okinawan have a quite different outlook in as they value life over honour. A Ryukyu proverb describing the mind of a Ryukyu warrior says, “even if you lose your glory, you should never give up your life” (Nagamine, 1996). When you fall down, you must get back up, face the consequences of your actions or circumstances, and find the strength to move forward towards a better future.

In the early 20th century, Okinawa popularized karate by introducing it into the school system, which led to the development of feudalistic karate into a

more sport-like martial art. In 1922, karate was introduced to mainland Japan and further emerged on the international field. After World War II, internationalization of karate led to the popularization of tournament and sport in Japan.

The globalization of karate popularized training that focused on winning tournaments. Martial arts in Japan turned solely to martial technique and lost its substance. Students began focusing on tournament wins, competition, and only sought reputation and reward (Nagamine, 1996). Modern Japan experienced a radical shift towards materialism and people became more preoccupied with possession, whereby spiritual pursuit is often overlooked. Education ignored kokoro (spirit) and the consequence was a loss of moral value (Great Masters: Bushi Matsumura Sokon Okina).

The difference between a karate club and a dojo is that the club will teach physical aspects of the art, whereas a dojo literally means “way-place” - a place for learning and practicing the way”. In a dojo, the way is taught as a culture, along with self-defense.

Okinawan karate-do adapts the principle of shin-gi-tai-ichinyo (oneness of mind-technique-body) to the modern world. The integration of this philosophical concept into karate allows Okinawan martial arts to preserve the physical, but also the mental aspects of karate-do in future generations. (Nagamine, 1996)

*No matter which
style you study,
you are climbing
the same mountain
and inevitably
coming to
the same ends,
just by a
different path.*

What Makes Matsubayashi-Ryu Different? (cont.)

Okinawans are very practical. Matsubayashi-Ryu makes use of natural stances and very natural movements, emphasizing quickness, agility, and mobility with easy body shifting. Techniques are not modified to gain 'points' much like some Japanese karate styles that are much more elaborate and showy. The important thing to consider when looking at technique is: Could this be effective on the street? Kata is performed as if your life depends on it. Okinawan karate does not include sparring tournaments because the aim of karate is not to compete against others, but rather about the focus to better one's self.

O'Sensei Shoshin Nagamine was not against sparring, since *kumite* (sparring) and kata are like the mother and father of Karate. "As in kata, self-development is the essence of kumite" (Nagamine, 1998, p.247). He was against kumite for tournament purposes because the aim of karate should be not to defeat others, but rather to polish the character from within; to battle the self and the ego - the very facets of self that are inflated by tournaments.

It is said that the spirit of Okinawa lies in being simple and pure. In the time

of O'Sensei Shoshin Nagamine, Okinawa had a very distinct culture when it came to martial arts. Okinawan masters of different styles respected and supported each other. They were mature and worked together, unlike their Japanese counterparts who were always at each others' throats (partly due to their inherent competitive nature).

Between the different styles of Okinawan karate, when someone asks me why Matsubayashi is better than all the other styles, I have to reply, it's not better. It's simply different. No matter which style you study, you are climbing the same mountain and inevitably coming to the same ends, just by a different path.

So what makes Matsubayashi-ryu better than other styles?

Its because we also teach the culture!!

(Sensei Frank Baehr has a great story about this!)

Nagamine, Shoshin. "Okinawa Karate and World Peace." Ken Zen Ichinyo 1996. Hawaii. Tales of Okinawan Great Masters. Boston: Tuttle, 2000. Print.

Nagamine, Shōshin. "Bushii Matsumura Sokon Okina: Shuri's Bujin." Tales of Okinawa's Great Masters. Boston: Tuttle Pub., 2000. N. pag. Print.

Nagamine, Shoshin. The Essence of Okinawan Karate-do. Rutland, VT: Charles E. Tuttle, 1998. Print.

Vocabulary

shin-zen-bi

(shin-zen-bee)

truth, honesty & beauty

kokoro

(koh-koh-row)

spirit

do

(doh)

principles



Sensei's Corner

Honoring Soke Takayoshi Nagamine and his legacy

The birthplace of modern day karate is Okinawa, which was once an independent country called "Ryukyu Kingdom". There was an indigenous martial art called "Te", meaning hand in the Okinawan dialect. The art of "Te" had many Asian influences, especially from China, but finally became Shuri-Te, Tomari-Te and Naha-Te in Naha City, Okinawa. These three Te's were the origin of present day Karate.

Soke Takayoshi Nagamine was born in Naha City, Okinawa on August 12, 1945, the son of the late founder of the Matsubayashi-ryu style of Okinawan Shorin-ryu Karate-do, Osensei Shoshin Nagamine. Osensei Nagamine was in a generation that had been schooled by many of the great martial arts masters with his most influential teachers being Ankichi Arakaki, Chotoku Kyan and Choki Motobu. Before Osensei Nagamine's passing away in 1997, he was named a 'living intangible cultural asset' by the Okinawa Prefectural Government.

Sensei Takayoshi Nagamine was the Soke (inheritor of style) of the Matsubayashi-ryu system, and the headmaster of the World




Matsubayashi-ryu (Shorin-ryu) Karate-do Association (WMKA) in Okinawa, Japan. On April 25, 2012 Soke Nagamine unexpectedly passed away at the relatively young age of 66, leaving many who respected and knew him well with a void in their heart. He will be sorely missed, but his teachings and his budo spirit will live on, as does his legacy. Soke Nagamine established a strong world-wide organisation, which has a bright future ahead of it according to the new Association President, Kaicho Yoshitaka Taira, Hanshi

10th Dan and also a direct student of the style's founder, Osensei Shoshin Nagamine.

Steve Trombley, Kyoshi 7th Dan:

'I found all my encounters with my teacher both interesting and spectacular. He was a gentle and kind-hearted man and teacher. He was always proud of his children. I will cherish the memories and the time I spent with him and I am proud to be his deshi. I will miss him greatly and will do my best to pass on what he has passed on to me to my students, to support his son, Bunshiro Nagamine, on his adventure in trying to fill his father's shoes and to support the board of directors of the WMKA'.



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