



The River of Knowledge

The Newsletter of the ICKFA

December 2006

Karate-Do or Karate- Jutsu?

The example of Tanaka Sensei

by Michael Noonan Shihan

Hiroshi Tanaka (Tanaka-sensei) is a 6th degree black belt, Renshi Licence holder (Teacher of teachers), Chito-Ryu Technical Director, three times (yes three!) Soke Cup open men's champion and also holds a degree in education.

Tanaka-sensei began Karate at the age of 7, and for the last 20 years has served as the Sohonbu (Head dojo), uchi deshi (literally, "inside student" but in effect means a full time live in student/instructor). There have been no shortcuts for Tanaka-sensei and although he has spent the majority of his life in a Karate uniform he maintains an unrivalled enthusiasm for Chito-Ryu.

However, although his rank, title and illustrious tournament career is very impressive, I find I am in awe of his kindness, generosity and care. As I see it, he embodies the true Karate spirit. He is without question an excellent technical example but more than that, his behavior and manner are an excellent example for all Chito-Ryu students and teachers.

On my last visit to the Sohonbu Tanaka-sensei asked me to accompany him to a school at which he had

been teaching Karate. This was to be the third lesson of a twelve week program Tanaka-sensei had developed. The striking thing about the program was that all the children at the school had some form of mental disability.

Tanaka-sensei explained that he believed there was great benefit in teaching Karate to those children with a handicap and that it would enhance their lives. In order to attain the teaching skills needed he had returned to university and was completing a part time degree. His vision is to have a Chito-Ryu network teaching a curriculum worldwide that is geared to the mentally handicapped.

I was a little apprehensive at first, not knowing what to expect. The school's facilities, the teachers I met and most of all the children were amazing. They were very enthusiastic and focused, particularly for high school children. Tanaka-sensei introduced me, a rather lengthy process that ended with me telling the children of a "cameo" appearance I had made in a Jackie Chan movie (a long time ago), I was suddenly very popular.

It was a truly moving experience. One young boy in particular whose legs were stiff to the point of being fragile was putting in all the effort he could muster to perform maegeri (front kick). When I approached he was a little self critical commenting that his legs were just too stiff. In my broken Japanese I conveyed that he was doing a fine job of it and to keep up his efforts.

He proceeded with added enthusiasm. It was enough to bring a tear to the toughest man's eyes.

In 1936 at a meeting of Okinawan Karate Masters the old name of Karate which was Tō-Di was changed to Karate-Dō. Many historians focus on the fact that the name changed from Tō-Di 唐手 meaning Chinese

Hand to Kara-Te 空手 meaning Empty Hand and fail

to stress the importance of the addition of Dō 道

meaning Way. Karate Jutsu means Karate technique, the techniques that over centuries saved and took many lives. It was recognised by men such as O'Sensei (Dr Chitose) that Karate has always been more than physical techniques and adding the character Dō to the name would more aptly emphasise this fact.

Although I have spent the majority of my life attempting to understand Karate-Dō I struggle to explain it. Some things need to be experienced to be

understood. Assisting a man like Tanaka-sensei teaching a group of beautiful, enthusiastic yet mentally handicapped children the Dō of Karate-Dō just hits you in the face.

Being a "Way" is what separates traditional Karate from sport, modern sports karate and many other martial arts. Karate-Dō as a whole will change a person's life both externally and internally. There is a burden on all Chito-Ryu teachers to preserve our manner, ritual and technique. It is something that we should feel proud of and guard zealously.

Funakoshi-sensei said "Apply the Way (Dō) of Karate to all things. Therein lies its beauty."

Tanaka-sensei will no doubt be the guest instructor at future karate camps. I urge everyone to do everything possible to get to meet and train with this extraordinary Karate-ka (Karate person). His enthusiasm for Chito-Ryu, hard training and love of life will rub off on you.

A MESSAGE FROM THE PRESIDENT

Dear Members,

2006 has been an eventful and very productive year for the I.C.K.F.A. We have taken many significant steps forward and continue to build a very strong foundation for the future. I have spoken to a number of Instructors who have been involved with Chito-Ryu Karate for many years and they all agree that 2006 has been one of the busiest years in their time with this wonderful association.

Reflecting on this year it is very clear that there have been some memorable moments that have contributed to the success of 2006. Let's take the time to reflect on some of these moments.

Tanaka Sensei's Visit

ICKFA members had the opportunity to attend the 2006 Camp which was held at the Sydney Academy of Sport and

Recreation Centre-Narrabeen, during April. We were all fortunate to have Tanaka Renshi from the Sohonbu as the guest instructor and more importantly continue to be guided by this outstanding karateka's ability to teach, motivate and inspire all that he comes in contact with.

Tanaka Sensei was accompanied by Soke Sensei's son Naoyuki Sensei and they both spent time visiting regional dojos and getting to know the membership. A significant moment at the camp was when Tanaka Sensei presented grading certificates to a number of members who had passed various grades. Tanaka Sensei also took the time to pass on his thoughts, experiences and advice to all participants during an informal talk and question time on the Saturday night.

This was an excellent venue with first rate facilities and high level of service all round and we will return to the same venue in 2007 for the next camp. Many thanks to all the Instructors who encouraged their students to attend and the fact that there were representatives from all of the membership dojos, was a success in itself.



2006 Camp Participants.

Grading Success

Congratulations need to be extended to Greg Fields Sensei, Colin Phillips Sensei. Craig Cox Sensei and Victoria Crouch for successfully passing their respective grades at the camp. This is the result of their dedication, perseverance and commitment to achieving their goals.

ICKFA Membership Booklet

All ICKFA members are now required to use the International Membership Booklet. This booklet enables all students to record their progress with grading outcomes, tournament participation and seminar involvement. It is the responsibility of the student to keep it up to date and ask Instructors to sign when needed. This is a positive link with the Sohonbu in Japan and a stronger link with Soke Sensei.



We are continuing to work hard to build a strong Chito-Ryu Karate in Australia and it is only through taking responsibility for our positions and working hard to achieve our goals that we will continue to make progress in the future. It is what we all do in this moment that will contribute to a better future. I encourage everyone to work together, train hard and enjoy life.

National Coaching Program

The National Coaching program is well underway with athletes in Queensland and NSW participating. Regional squad training sessions were held during Term 1 and will continue this term. Athletes are provided with quality coaching opportunities, resources and personal feedback on a regular basis. Sensei Sandra Phillips is the National Coach and Sensei Shane Ker is the NSW Coach with a team of regional coaches assisting. This is a first rate program and I would encourage all members to attend the next session in your region.

2007 Norway Soke Cup

The 2007 Soke Cup will be held in Norway and Australia has already selected a team, developed a first rate coaching program and provided the highest level of national coaching support that I have ever seen within this association. This quality coaching approach has been guided by the professionalism and expertise of Sensei Sandra Phillips and the state and regional coaches who continue to work very hard to improve skills and motivate participants to achieve their goals at the world championships.

Speaking with students who are participating in the coaching program it becomes very clear that the success of this approach lies firmly in the ability of the coaches to personalize the experience for all athletes and at the same time ensure that a consistent approach is happening in all dojos during coaching sessions. Another positive element of this approach has been the involvement of all coaches in the program and the way that they have all brought positive and valued contributions to the development of the program. A quality teaching program with a genuine team focus has been developed and Sensei Sandra and the team need to be congratulated for this success.

2007 Tournament Success

The ICKFA has held two very successful tournaments during 2006. The Sunshine Coast Karate Tournament was held during June and it was a great success with competitors from all dojos in attendance. It was a well organized event

that continued to highlight the team work that is needed to successfully run a tournament. We all look forward to the 2007 when the Sunshine Coast Association will host the ICKFA National Tournament.



Shane Ker 2006 Champion

The 2006 ICKFA National Championships were held in Lithgow during September and was a wonderful success. The expectation of having 80 competitors was achieved with the final number at 91 participants. It is very encouraging to see the junior divisions well represented in both kata and kumite and this was one of the significant improvements on the previous national event.

It was very pleasing to see the representation from all regional and state clubs. The organizing committee from the Blue Mountains Association needs to be congratulated for their hard work and commitment to successfully managing this event.

Kind regards
Mark Snow
President ICKFA



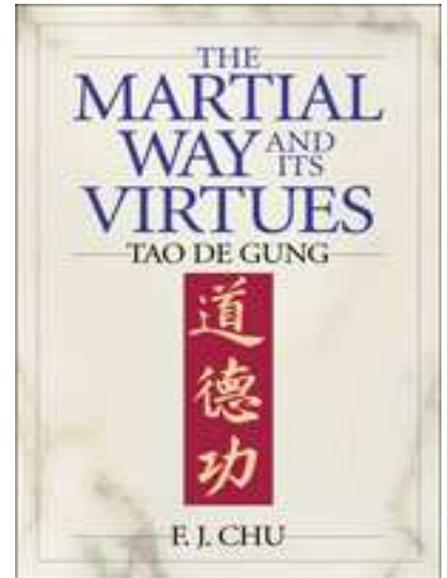
2006 ICKFA National Tournament.

BOOK REVIEW

The MARTIAL WAY and its VIRTUES

by F.J.Chu

Why do I spend hours upon hours in practicing Chito Ryu? What is the benefit in suffering injury, frequent disappointment, and sometimes criticism or scolding's? How is my life enriched through the pursuit of karate and how do I impact upon the lives of others in a positive way? What are the martial arts really all about? What are the moral and ethical implications in defending oneself?



F.J.Chu's book *The Martial Way and its Values* is a fascinating and detailed treatise on the origins of the martial arts, their place in the modern world and the benefits that practice of the martial arts produce. I would recommend the book to you with some reservations. Firstly, though the content of the book is invaluable to a serious martial artist, I wonder if the value or significance of the lessons within would not be greatened were they not arrived at independently over time by the student via personal rigor and enquiry. Secondly, the writing style of the author is a little wordy with a distinct academic tone (no bad thing). The result is that the text is a little ungainly and not for casual reading. If you are like me you will find yourself reading the same passages two and three times in order to understand the authors messages (again, no bad thing). I found that I was studying the text rather than just enjoying a read. Please do not interpret this review as negative, on the contrary, the book is valuable, relevant and promotes both individual contemplation and discussion with other serious minded budoka.

The Martial Way and its Values

F.J.Chu

Published by YMAA Publication Center

ISBN : 1-886969-69-8

KARATE FIND-A-WORD

H	T	N	E	M	A	N	R	U	O	T	E
O	H	A	R	D	N	Y	P	E	A	C	E
N	B	E	L	T	A	A	D	A	N	E	O
B	T	T	N	P	T	W	P	A	T	E	D
U	N	C	A	U	A	T	R	A	K	W	G
C	A	E	D	C	K	E	R	O	J	O	F
H	D	P	I	A	V	A	S	A	A	R	E
O	O	S	N	E	K	E	K	L	I	K	T
J	H	E	S	C	N	C	S	B	H	N	I
O	S	R	A	S	I	A	K	N	U	B	M
D	E	L	E	C	H	I	T	O	R	Y	U
P	B	I	K	Y	N	O	M	R	A	H	K

Black Belt
Bunkai
Chito-Ryu
Dan
Do (Way)
Dojo
Goals

Hard Work
Harmony
Honbucho
Japan
Karate
Kata
Kumite

Kyu
Nidan
Norway
O'Sensei
Peace
Perseverance
Respect

Shodan
Soke Cup
Team
Tournament
Train

Very gratefully received from Amelia, Fiona and James Pelosi and compiled by mum, Janette from Oatley Dojo.

SUBMISSIONS

Remember that this is *your* newsletter and I hope the content of the RoK to reflect this. In future issues I would love to include any of your articles, puzzles, poems, pictures.....you name it. Also, I would happily accept and consider seriously any suggestions for articles that you may wish to see in future issues. Please don't hesitate to send any correspondence to me by e-mail to prawny13@hotmail.com or if you would rather send hard copies to me please contact me via e-mail in order that we can arrange to do so.

BLUE MOUNTAINS NEWS

A Brief Overview, 2006

Dojo Opening

On Saturday the 16th of September the Blue Mountains Karate Academy was officially opened by Sensei Chris Brown the founder of Chito-Ryu Karate in Lithgow. This was a very special occasion for the region as it represents the first fully equipped karate academy in the area and more importantly a home for the association.

The opening was attended by representatives from Queensland, Sydney, Newcastle and the local area who were participating in a weekend of activities including the ICKFA National Tournament. Special guests included Sensei Chris Brown, Sensei Bill Ker (Former Australian Chito-Ryu Karate President & Chief Instructor) and Sensei Charlie Kudlic.



Sensei Chris Brown Founder of Lithgow Chito-Ryu Karate-Do.

Speeches were made by Sensei Mark Snow, Sensei Colin Phillips and Sensei Chris Brown and the event concluded with an unveiling of a plaque and photograph commemorating the occasion and also to acknowledge 30years of Chito-Ryu Karate at the Lithgow Dojo.



Sensei Adam McDonald, Sensei Mark Snow, Sensei Chris Brown, Sensei Colin Phillips & Glen Snow.

Grading Success

A successful grading was held recently in the Blue Mountains Dojos with many students successfully passing their respective grades. Congratulations to the following students on their efforts:

Grade	Lithgow Dojo
10 th Kyu	Tom Luchetti, Blake Johnston
9 th Kyu	Nicholas Barry, Lauchlan Barry, Rebecca Anderson, Jacinda Snow-Doyle, Nicholas Hibbard, Jordan Maumill, Lachlan Lennon, Lachlan Hibbard,
8 th Kyu	Joshua Lutschini, Mark Hibbard, Greer Ashworth, Scott Luchetti,
7 th Kyu	Christine Marston, Kaitlyn McLaughlin
6 th Kyu	Jessie Luchetti, Laura Case, Jack Turner, Mitchell Case, Laura Case, Amy Jones, Jarrod Purnell, Nicholas Purnell, Connor Roebuck, Gerard Roebuck, Aiden Thompson
5 th Kyu	Jessica Sutherland, Nathan Thompson, Rileigh Schmitze
3 rd Kyu	Tracey Jones, Kathie Parsons
2 nd Kyu	Cordelia Campbell, Chris Johnston, Steven Thompson
1 st Kyu	Kobey Jones, Bradley Campbell, Clinton McKinnon, Tim McKinnon, Tamara Snow, Casey Hook



Grade	Katoomba Dojo
10 th Kyu	Finn Koch, Dylan Koch, Lilly Osvald, Angel McGrory
9 th Kyu	Harry Sheehan, Lachlan Eggins, Emma Koch, Jazz Osvald, Ben Shield, Emma Koch, Isabelle Wagner, Justin McLinsky
8 th Kyu	Suzanna Nisbet, Sebastian Soler, Angus Garofalow, Miranda Garofalow, Nicholas Young, Samuel Young, Elvira Garofalow
5 th Kyu	Liam Jones, Joshua Rummery
4 th Kyu	Harry Dudley-Bestow, Morgan Jones, Peter O'Neill

Holiday Karate Clinic Success

A group of 27 kids aged from 5-13 visited the Blue Mountains Karate Academy during the NSW school holidays from the P.C.Y.C vacation care program. Sensei Mark taught participants some karate basics and gave a lesson about the purpose of karate and the rules of the dojo. The visitors were very excited and were given an invitation with two free karate lessons as a bonus. This activity will form part of an ongoing partnership with the PCYC in the future.

National Tournament Weekend Success



**Making an example of Snow Sensei.
Demonstration action at National Tournament.**



Sensei Sandra Phillips and Sensei Adam McDonald.

The Blue Mountains Association successfully hosted the 2006 I.C.K.F.A National Tournament on Sunday 17th September at the Lithgow Ballroom situated in the showground complex. It was an event that introduced a number of improvements including a marshalling system which ensured that each division was ready to go at the conclusion of each event. This saved time and ensured that the day didn't go too late. The events success was due to the selfless contributions that the many volunteers made and the hard work that the organising committee put in many months before the weekend.

It was a wonderful weekend with a successful Soke Cup Squad session held on Saturday, followed by a Referees Clinic and a Senior Training Session. A dinner was held on Saturday night and the number of people attending the dinner clearly surpassed everyone's expectations. This was a wonderful night with members from

all of the visiting dojos spending quality time with each other. Well done and a big thank you to everyone for their support and hard work.

The Blue Mountains Association would like to wish the Sunshine Coast Karate Association all the best for hosting the 2007 National Tournament.



He shoots.....he scores! Kumite action at the 2006 Nationals.

60th Anniversary Celebrations

During August the 60th Anniversary of J Chito-Ryu Karate in Japan took place in Kumamoto and Kikuchi city. This was truly a moment in time that will always have the most amazing memories for everyone who participated. Sensei Mark Snow and Glen Snow attended the anniversary as part of the Australian representation.



Mike Noonan Sensei, Kugizaki Kyoshi and Mark Sensei

Glen and Sensei Mark arrived in Japan a week before the official functions commenced and this provided the opportunity to adjust to the very hot Japanese summer, visit the Sohonbu Dojo for some training and site see around Kumamoto city.

The official ceremonies started with a formal ceremony at the Sohonbu Dojo in Kumamoto with representatives coming from all around the world to be apart of this historical event. The heat was that intense that everyone was sweating just standing around and the fans were well in use at all of the

events. At the conclusion of the ceremony, at the Sohonbu, everyone departed Kumamoto to travel to Kikuchi city to visit O-Sensei's first karate dojo.

A photo session had been arranged at the site of O'Sensei's first dojo. Standing with many of the most senior Chito-Ryu Karate people from all over the world was a truly remarkable moment. At the conclusion of the photo session everyone traveled to their accommodation in Kikuchi city. This was a traditional accommodation with a beautiful onsen (bath) included.



Soke Sensei (centre front) and Senior Instructors



All Japan Chito-Ryu Karate Tournament

The International Clinic was held in Kikuchi City with Soke Sensei guiding all participants in a seminar on the Chito-Ryu Tanto-Dori traditional knife defences. This was an opportunity to train with other people from around the world and learn from Soke Sensei. It also provided the rare chance to be assisted by many of the top Chito-Ryu Karateka from Japan and Canada. This session went too quickly and at the conclusion of the session Soke Sensei demonstrated all of the Tanto-Dori movements and commented that we would have to go home and practice the five taught during the session and return in another 60 years for the next installment.

The Demonstration Day was truly brilliant with a variety of cultural and budo displays that surpassed anything that we had ever seen before. Traditional drumming (taiko) was performed by one of the top Japanese groups and the level of energy that this group managed to cultivate was amazing. Demonstrations from Chito-Ryu Karateka from all around the world included a baseball bat breaking, outstanding displays of basics from the children of the Sohonbu dojo, kata performances, self defence routines, Hen Shu Ho and Bo and Sai routines. The Australian demonstration of Chito-Ryu Nage No Kata performed by Sensei Mike Noonan and Sensei Mark Snow was well received by Soke Sensei and the audience.



Glen with Naoyuki Chitose Sensei and Family

All of the Hanshi and Kyoshi came together to perform the kata Ruysan with Tanaka Renshi performing some powerful and inspiring kata in an individual demonstration. Soke Sensei performed a part of the Family Kata flawlessly and left many of us wanting to see more. Soke Sensei also took the time to give a lecture on a variety of budo concepts and his compassion, warmth and deep knowledge clearly came through his natural teaching style.

The Official Banquet was a momentous occasion with speeches, presentations and a variety of performances including traditional dance, instrumental performances and a video that left many veterans of Chito-Ryu Karate with tears

in their eyes. The final event was the All Japan Chito-Ryu Karate Tournament and this was an example of outstanding organisation and first rate competition.

The 60th Anniversary provided an opportunity for the international fraternity to come together in a climate of harmony, brotherhood and above all unity.

'Training Together for the Future'

GOLD COAST NEWS

Wow! What a busy few months it has been since the last edition of RoK. Gold Coast Chito-Ryu Karate (GCCK) continues to grow with new students and the continued advancement of existing students. With gradings and tournament success, beach training, the annual camp, and our first visit by an international instructor from Japan we on the Gold Coast have been blessed by more than just the perennial sunshine.

Tanaka Renshi and Naoyuki Sensei Visit

The 29th March marked the first visit to the Gold Coast dojo by instructors from Japan with a special training session held Wednesday night for all GCCK students to experience training with the special guests. Everyone was a little nervous to begin, with some students having only recently commenced their training they were not sure what to expect. But after a high energy warm-up with lots of loud kiai's and plenty of encouragement everyone was enjoying the experience in no time. After working through the kihons, Tanaka Renshi focused on applying the stepping from Seiken no Migi Hidari in practical self defence situations. The final technique taught of how to escape a "police hold" was very well received by all. A big thankyou goes out to Tanaka Renshi and Naoyuki Sensei for visiting and to the ICKF of A for making it possible.

Annual Camp

Anthony Horgan and Tasi Schiffers accompanied Sensei Adam to the annual camp. What a wonderful location it was! Well done to Mark Snow Sensei for organising such a great camp with such a wonderful feeling throughout the weekend. Tasi summed it up perfectly on her return to the Gold Coast by saying "You would not even have known people were from different dojos. There was no competition at all; it was like one big family".

Beach Training



How's the serenity? Beach training and seiza.

The beach is an integral part of Gold Coast life and no wonder with the beautiful beaches we are blessed with. Training on the beach is to feel the elements; the energy that can be felt is truly amazing. A session commencing with seiza tunes you into this energy and develops ki. Throughout the warm-up (with the heat of a summer Gold Coast morning not long is required) and as you work through the kihons the ki energy can be enhanced and manipulated. The soft sand provides great resistance to stepping forcing the use of the tanden to ensure effective motion is possible. Coming together with a partner the bunkai takes on a different perspective as you look to use the ki and tanden you have developed to perform the technique. As the sun reaches

higher in the sky the heat increases and your legs begin to burn from the constant resistance of the sand the mental discipline kicks in. Pushing yourself through the discomfort and focusing on perfect technique to minimise effort your self-discipline becomes your best friend as you fight of the negative thoughts and with your karate spirit finish with a loud KIAI! A quick swim in the cool surf and you leave the beach with that little smile that says you have just done something special.

GCCK holds regular beach training sessions with the 2005 end of year break-up held at Marina Mirage beach. In February another Beach Training session was held in attendance was Sandra Phillips Sensei who took the opportunity to step back from instructing at the front of the class to enjoy some training.

Grading News

December Grading

In December the first GCCK students to grade were successfully graded to their new ranks by Martin Phillips Sensei at the Maroochydore dojo. This was a historical moment for Gold Coast Chito-Ryu Karate and its growth and I look forward to many more students grading over the coming years. Congratulations to: -

6th Kyu - Anthony Horgan

8th Kyu - Tasi Schiffers

March Grading

March saw the first grading held at the Gold Coast dojo with Martin Phillips Sensei holding a seminar for all students before the grading. Congratulations to the following students for successfully completing their gradings: -

5th Kyu – Anthony Horgan

6th Kyu – Tony Wheeler

7th Kyu – Tasi Schiffers

10th Kyu – Ty Schiffers

Competition News

March Sunshine Coast Kyu Grade Tournament

Anthony Horgan entered his second ever tournament and again achieved success winning the White-Green Belt Adult Kata division performing an excellent and powerful Shihohai kata. Anthony also won the same division in October last year as a white belt. His success is testament to the hard work Anthony puts in during class and in his own time, we look forward to watching for Anthony's continued success as he steps up into higher divisions.



Happy hunters.

Soke Cup squad training has begun in Queensland and a big congratulations and a “thankyou” must go out to Sandra Phillips Sensei, Australian Soke Cup Coach and Shane Ker Sensei, Assistant Australian Soke Cup Coach for the excellent program they have put together. With the professional approach and resources the standard of competition in Australia has only one way it can go. Bring on the Soke Cup!

Budoka of the Year

Congratulations to Anthony Horgan who was awarded the Gold Coast Chito-Ryu Karate Budoka of the year. The Budoka of the year award is an annual award presented to the student who best exemplifies the budo spirit.

Welcome to New Students

Welcome to the following students who have commenced their training at Gold Coast Chito-Ryu Karate.

Matthew Gold
Leilani Kirby
Teagan O’Shea
Zabrina Schiffers

Adam Higgins Sensei
Gold Coast Head instructor



Victory! Higgins Sensei and Anthony Horgan. Nationals, 2006.

SUNSHINE COAST NEWS

Sunshine Coast - Maroochydore Dojo Report

Like each year before, 2006 has been yet another big year both inside and out of the dojo. There never seems to be a dull moment in the Sunshine Coast Chito-Ryu Karate family and the continued enthusiasm we draw from each other keeps inspiring us all onto even bigger and better things.

Family

On a personal note, we are now starting to get used to the idea of being parents (after all Sam is now 18 months old). It is a pleasure to be able to bring Sam into the dojo and watch how she is growing, learning and interacting with parents and members. Sometimes we wonder if people come to the dojo to train or to play with Sam. It seems that she has this



The littlest rascal. Sam at the dojo



at the Sohonbu - Sandra, Martin & Sam Phillips, Soke Sensei and Family (Mother and Wife)

knack of making people smile, always a gracious host, greeting people at the dojo and sharing her toys with the other young children who come the dojo while their older brothers or sisters train. And you can't help but smile when you see her drag the strike shield from the back of the dojo out to one of the parents to hold so she can practice her kicks and punches. Since Sam came into our lives we are so thankful for the wonderful people who are part our extended Chito-Ryu family.

Earlier this year, when we took our first family trip to Japan to participate in the 60th Anniversary Celebrations we were very disappointed that we could not participate as we would have liked with Sam falling ill, but Soke Sensei, Tanaka Sensei and Nanai Sensei went out of their ways to help us through what ended up being a very emotionally challenging time. On our last day as Sam was starting to get back to her usual energetic self, we spent the afternoon with Soke Sensei and his family. While

on one hand the trip was an absolute disaster, we felt like a part of the Chito-Ryu FAMILY.

Queensland Chito-Ryu

Working in conjunction with Sensei Adam Higgins on the Gold Coast, this year has been a great year of teamwork. Adam Sensei and students have been very supportive regularly travelling to the Sunshine Coast for squad training, senior training, tournaments and match practice days. And we have made regular trips down to the Gold Coast for gradings, seminars. Prior to the opening of Adam Sensei's dojo our nearest dojo was about 900 kms



The professionals. Team Queensland looking very sharp

away, which made regular training and interaction with other dojos very expensive and time consuming. Building on our close working relationship for the first time ever, we were able to present a Queensland team at the National Championships. For all involved this was a wonderful experience as everyone worked hard together in the lead up to the event. While having a Queensland team helped to build by far the highest level of involvement, we were also very please at the level of hospitality provided by our Blue Mountains Chito-Ryu Karate family members. While it was nice to see Queensland members come together it was great to see that friendships were also formed and strengthened between all Chito-Ryu dojos throughout Australia.

Black Belt Candidate

Now a little over 6 years since the first Sunshine Coast dojo opened, it is exciting to see a number of the early students now pushing towards higher ranks. In the past year Sam Henderson, Jason Davies, Linh Tran and Rhys Woodhouse have joined Matthew Stevenson at 1st Kyu. From this group of senior students we are sure to see our first generation of home grown black belts which marks a very exciting time for the dojo and also for the future of Chito-Ryu in the region.

Earlier in the year, for the first time we stepped away from the dojo (as teachers) to go to Japan and kept the dojo running with the help of these and other senior members of the dojo. While we were excited to be going to Japan it was a very nervous time for us at first, it was like leaving your baby for the first time in hands of a babysitter while you go away for a few weeks. Much to our pleasure we heard nothing but glowing reports from students and parents upon our return from Japan. In particular we would like to make mention of Rhys Woodhouse who was at the dojo every day while we were away. For those who don't know Rhys, he is a high school student, who at the time was 2nd Kyu. Even the other seniors were amazed at how Rhys performed teaching without supervision for the first time, demonstrating a level of maturity not often seen by someone of his age.

We are very proud of all of our senior members and we know that in the next few years we are going to see a lot of very strong leaders stepping into teaching roles and positions of responsibility. As we see more and more members pushing towards black belt, we are reminded of the many lessons that we have learned on our own journey towards where we are now. In particular we really appreciate that as leaders we have a responsibility not only as teachers, but also as role models. After all, character development is the ultimate aim of Karate-do. If we cannot live a life that we are proud of, how can we possibly inspire others to do the same.

2006 End of Year Presentations

At the end of each year on the Sunshine Coast we like to recognise the achievements of members within the dojo by making a number of presentations. This year our presentations will be held at the same this edition is being finalised, but we don't want to miss the opportunity to recognise the efforts of these individuals within the wider Chito-Ryu community.

Student of the Year - Beginner Child

Tamika De Jongh

Student of the Year - Intermediate Child

Viet Kaas

Student of the Year - Advanced Child

Emma Woodhouse

Student of the Year - Beginner/Intermediate Adult

Helen O'Grady

Student of the Year - Advanced Adult

Matthew Stevenson

Student of the Year - Competitor of the Year

Trinh Tran

Budoka of the Year

Rhys Woodhouse

Strike a pose. Budoka of the Year, Rhys Woodhouse.



SYDNEY NEWS

The Ramsgate Dojo has been operational since March 2006 and the Kogarah-Bay dojo was opened in May 2006. The dojo's are strategically located so that they are within 5 minutes drive of each other but are also located on either side of a main road to be easily accessible to 4 different suburbs. Students from Ramsgate Dojo also train at the Kogarah-Bay dojo.

The Kogarah-Bay dojo is located on the picturesque Georges River with water views to take in which the students face while they are training. It is also planned during daylight savings to train more outside the dojo next to the water or jog around the bay on the provided running tracks to take most advantage of the dojo position.

Currently there are 12 students training at Ramsgate/Kogarah-Bay with the most being 9th Kyu (yellow belt). All students are training hard and will be grading for their next Kyu level in the coming weeks.



Kogarah-Bay Dojo, the Copacabana of karate dojos



Kogarah-Bay has a million dollar view that encourages a positive energy whilst training. Come see for yourself.

It is planned that with the beginning of daylight savings an aggressive marketing campaign will be undertaken to attract more students to Ramsgate/Kogarah-Bay and really build this new area in Sydney.

I would also like to thank Craig Cox Sensei for his assistance in these dojo's when his work allows.

Finally, congratulation's to Keith O'Brien who recently obtained his 7th Kyu.

Shane Ker
ICKFA Treasurer

THE MOUTH OF THE SOUTH

A young fighter returns to his corner after having trounced his opponent in a display of full contact kumite fighting that was truly impressive despite his youth. Lovely *Jodan Mawashi Geri* techniques that stopped the opponent cold were followed up with withering punching combinations that threatened to end the bout prematurely were well appreciated by the spectators. His technique, superior, and his spirit, overwhelming, confident in his performance and awaiting the inevitable glorious announcement, the young man is dancing around his corner (red) proudly. "And the winner.....by unanimous decision.....in the BLUE corner". The vast majority of the audience assembled, myself included, really felt for the young man that had fought so well. Some booed. Some hissed. Some shouted abuse at the judges and the organisers, and though I shared the sentiment I sat there in quiet disbelief. I believe that this was an opportunity for the young man to show just how strong he was.

Whilst down at the police college I was told by an instructor "Be what you represent". That is, always remember who and what you are and behave accordingly. If the public see me behaving in a way that is inappropriate for a police officer (whether on or off duty), I will have done immeasurable damage to myself and the organisation to which I belong. How can I expect the public to respect or be personally accountable for upholding the law unless I do so first? There are few things as unpalatable as hypocrisy. Karate is the same. If you do good, you bring honour to yourself and the Chito Ryu organisation, and even to your neighbourhood (we are talking about tournament results no longer folks). Likewise, when you do wrong, it reflects poorly on you, your family, your schooling, your instructors, the organisation, just about everything associated with you.

"Be what you represent". The Showa defines us, you must KNOW it! If you know it you will come to see the wisdom in it, and pretty soon you may start to live it and represent the Chito Ryu ideal. Karate I suspect, is 95% character and 5% technique. Who cares if you have a blistering punch if no one can stand you because you are a liar? What use is a lazy or unreliable person to an organisation such as ours even though they could kick a hole through a brick wall? This is where you will find the discipline of the martial arts. I put it to you that there is very little discipline exercised or merit in showing up to training once or twice a week for a couple of hours. You are just showing up to do a hobby. Take the lessons of the Showa out into the world and apply them. There is very real discipline and merit in this.

I was fortunate enough to be lent a book in which was written "If you want to become or do something great, first imagine you are that that thing already and behave accordingly. The results that you want will come in their natural course". To put it in a karate context (though it is by no means limited to karate), if you want to become a good black belt, think about what a good black belt would do, particularly if you are prone to sitting down, wasting time, watching TV and eating unnecessarily, and then do that instead. For example, a good black belt might go into their back yard and practice all their kata or work a punching bag or any other multitude of training possibilities. Guess what happens? Gradually, the day comes when you are standing before Soke Sensei and you show him "your stuff" and he will decide that you are indeed the standard of a Chito Ryu black belt, and not just any black belt, but a competent (good) one.

Back to our young fighter. The audience howled with outrage at the injustice done to him, however this was as nothing compared with the disgraceful performance exhibited by the young man. After his fight, the young man was

interviewed in the ring. He declared that he was “ripped off” and upon receiving his trophy for second he stepped out of the ring and threw it against a concrete wall disintegrating it. It turned out that he was given the winners trophy by accident and when asked to exchange the trophy the young man looked an absolute fool. Now you tell me, is the young man a karateka or merely a fighter? Now ask yourself, which am I? Now ask yourself what you can do to improve yourself. Now do it and continue to do it.

Craig Cox
Editor, *River of Knowledge*

IMPORTANT NOTICE

DEAR MEMBERS, YOUR ATTENTION PLEASE! As you may have heard the 9th Soke Cup will be held in Bergen, Norway (“*City Between the Seven Mountains*”) from the 11th to the 12th of August, 2007. Yes, this seems an eternity away but in reality it will be upon us before we know it. Those that have participated in a Soke Cup know that the planning and organisation is no small effort. If we want to send a strong team we must start NOW!

WHAT IS THE SOKE CUP? The Soke Cup is a tri-annual event (every three years) held in honour of our Soke (family head). The tournament brings the international Chito-Ryu community together in an event that brings out the true qualities and spirit of Chito-Ryu; respect, harmony, rigour, and perseverance. It is an opportunity to foster existing friendships and make new ones; serious endeavour is pervaded by fun and excitement. Whether you win, lose or draw, if you make it to the Soke Cup and compete whilst observing the values of Chito-Ryu, **YOU** win.

NOW HERE IS THE EXCITING PART: The Australian team will be open to all of our Chito-Ryu students, so that means you!!! All students are eligible, all students have the opportunity to represent Australia but only those that are committed to the personal and team training schedules will go. In other words, if you put in the effort and complete the personal and team training, you will be chosen to represent your country. The great thing is that you will not be alone. Two national coaches have been appointed and over the next 20 months will be coaching and mentoring you every step of the way to ensure you reach your goals.

WE ARE HERE TO HELP YOU: This support team will be:

- Providing personalized coaching and training dedicated to helping you achieve Soke Cup success.
- Providing assistance to raise funds to ensure your personal financial burden is minimized.
- Provide guest speakers/instructors to give tips and motivation.
- Provide instructional DVD’s, training plans and journals to track your progress and guide you.

WHATS OUR GOAL? It is the goal of the I.C.K.F of Australia to send the strongest team possible to Norway. We want to send a team that has the technical expertise in addition to exemplifying “*Bushido Seishin*” (samurai spirit), in manner, general behaviour and fighting spirit. It is a time of involvement the ICKFA opens the door for every student in Chito-Ryu to work hard to make the team. Even if you can’t commit today or, at this stage, are not planning to attend, we encourage you to train as though you will be competing. What may be a dream now may be reality in 2007.

**For now, train hard and enjoy the ride. Everyone is
Invited to do their country proud and compete for
Chito-Ryu Australia in Norway.....and that means YOU!!**

Yours faithfully,

Sandra Phillips
Australian Soke Cup Coach

Shane Ker
Assistant Australian Soke Cup Coach