



# River Of Knowledge

The Magazine of the International Chito-Ryu Karate Federation of Australia

Issue 6 – Summer 2008

**2008 ICKFA  
National  
Titles**

**QLD  
Camp**



**Student Profile – Nadia Stanghi**

# Editorial

Welcome to the Summer Edition of the River of Knowledge. In this issue you will find a report on the ICKFA National titles, a review of the first ever QLD Chito-Ryu Karate Camp and fantastic read from Shihan Martin Phillips who has "blogged" his time in Japan challenging at the ICKFA grading, competing at the kakedameshi, plus training at the Sohonbu. It is very open account of his experience that will leave you feeling like you were there in person.

I would also like to welcome back Sensei Craig Cox to the writing contributors of the River Of Knowledge. Sensei Craig was the first editor of the River of Knowledge and was known as the "Mouth from the South", with his moving to Japan his title has been changed to "Mouth from Japan". Sensei Craig is an accomplished writer who likes to push people to think, I personally are looking forward to reading his regular article.

I would also like to take this opportunity to invite everyone to contribute to the River of Knowledge. This is a magazine for the members of the ICKFA and we would like to see you in it. If you have photos for the photo album, news articles for Chito News, would like to be a featured in the Members Profile or simply would like to suggest an article please do so by emailing [adam.higgins@gckarate.com.au](mailto:adam.higgins@gckarate.com.au).

A reflection back on 2008 will reveal a huge year for the ICKFA with strong growth in numbers and participants in events. The tournament circuit has been a great success with the level of competition at the national titles a testament to the hard work of the instructors, the players and the increased experience that has been gained through the increased opportunities to compete. With another full year of tournaments under everyone's belts in 2009, the Australian team for the 2010 Soke Cup is going to be a very strong one!

Looking at 2009 it certainly is going to be a great year with the camp already booked and Soke Sensei confirmed as the guest instructor. The tournament circuit is back for its second year with the National Titles being hosted by the Sunshine Coast. And lots more growth planned with a new honbu dojo, and every dojo working hard to introduce Chito-Ryu Karate-Do to more people!

You can also help make it a great year by telling your friends about the great time you have at karate. One of the biggest compliments you can give your sensei is to refer a friend, so if you have some one that may be interested bring them along to a class so they can find out how great Chito-Ryu Karate is for themselves!

Have a safe and fantastic holidays.

Regards

Adam Higgins

**Questions, comments, contributions?**  
Send to [adam.higgins@gckarate.com.au](mailto:adam.higgins@gckarate.com.au)



## River Of Knowledge

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# Table of Contents

## Special Features

2008 ICKFA National Titles .....	8
QLD Chito-Ryu Camp .....	12
Japan Gradings & Kakedameshi .....	18



4

## Regular Features

Editorial .....	2
Chito News .....	4
Presidents Report .....	5
New Members .....	6
Grading Results .....	7
Dojo News	
Bathurst .....	15
Newcastle .....	16
Gold Coast .....	17
Member Profiles	
Nadia Stanghi .....	26
Photo Album .....	28
Coach's Corner .....	29
Mouth from Japan .....	31
Calendar of Events .....	32



8



12



2008.10.12

18

Cover Photo: Sensei Sandra Phillips with Tasi Schiffers at the QLD Camp



## ICKFA's Honbu Dojo Opening in 2009!

Australia's Chief Instructor Renshi Mike Noonan will be opening Sydney's first full time Chito-Ryu Dojo in early 2009. It is a project that he has been working on with many of the ICKFA Dojo owners, in particular, Sensei Shane Ker, Shihan Martin Phillips, Sensei Sandra Phillips, Shihan Mark Snow and Sensei Adam Higgins.

The Dojo will serve as the ICKFA's Honbu (Head Headquarters) and be a gathering point for students and Instructors from around Australia. There is always an open invitation to train as it is your Honbu Dojo. The establishment of a Honbu strengthens our position as a style and builds on the work done by the ICKFA since its restructure in 2003.

Renshi Noonan will be employing two full time Chito-Ryu Instructors as well as having the assistance of his long term student and Junshidoin Sensei Shane Ker. Charlene Machin, Australia's first WKF Gold Medalist has also expressed an interest in returning to training and some teaching duties at the new Honbu.

The full time teachers will both be coming on long stay work visas from Japan. Sensei Asuka Omura is a young lady from Kiyoshi Kugizaki's (9th dan) Dojo. Sensei Asuka was awarded a Karate scholarship at her high school in Japan and came 3rd in the All Japan High School Championship. She recently spent 6 months in Canada assisting Sensei Mitchell German.

The second Instructor is going to remain a "Mystery Instructor" until his arrival. Here's a clue: Students that have studied Chito-Ryu for any length of time should know him.

To the general public the center will be known as "The Australian Institute of Karate" but to the students it will remain the Tasseikan Dojo, the name given by Soke Sensei meaning a place where people go to improve themselves. "I have had a beautiful hand written sign with the Japanese ideograms that represent Tasseikan written by Soke Sensei sitting at home in protective packaging for many many years and I am very excited about finally having a place to hang it" said Renshi Noonan.

"I am grateful that I have been placed amongst so many people that are willing to help me. From advice on Dojo layout and air flow, managing student traffic right through to website design and marketing, the establishment of this Dojo has been a team effort. The Sohonbu (Japanese Head Quarters) have also been very willing to assist where possible." added Renshi Noonan.



Honbu Dojo Instructor – Sensei Asuka Omura

### Congratulations Tori Richards!

At the recent QLD Business Woman of the Year Awards Tory Richards, CEO of Sunshine Coast-based Reed Funds Management and director of Reed Property Group, was awarded the 2008 Private and Corporate Sector Award.

Tori is the mother of Charlie Tiraboschi a 3<sup>rd</sup> Kyu student of the Sunshine Coast Dojo. Congratulations to Tori for a fantastic achievement.



# **Presidents Report**

**Sensei Martin Phillips** (Yondan, Shidoin)



Looking back over the year, 2008 has been a very big year for Australian Chito-Ryu. We have introduced a national tournament circuit, which is growing larger and stronger in every way with each tournament. Our national camp was the biggest one ever with Tanaka Sensei as guest instructor after visiting dojos throughout Australia. Our membership is continuing to grow steadily, with net growth of around 50 members in the last 12 months.

In October we had a contingent of Australian's attend the international grading at the Sohonbu, international meetings, and the kakedameshi full-contact tournament. At the gradings, Noonan Sensei was graded to 6th Dan and Renshi, both Snow Sensei and myself were graded to Shihan, Shane Ker Sensei was graded to 3rd Dan, and Adam McDonald Sensei was graded to Jun-Shidoin. And just last week as part of our association's growth strategy for 2009, all instructors came together for a development day to improve dojo management, learn about marketing member retention strategies from one of Australia's leading professional martial artists.

While 2008 was a big year, perhaps one of the biggest yet, 2009 is shaping up to be even bigger again. Noonan Sensei is currently working hard to launch a full-time headquarters dojo in Sydney in January. Soke Sensei will be guest instructor again this year visiting the regions and teaching at the national camp. Once again we have 4 regional tournaments plus the national championships on the calendar. And we will be starting to prepare for the 2010 Soke Cup, which is to be held in Kumamoto, Japan.

Here are some important dates to book in to your calendar.

- 18-28 May - Soke Sensei tour Australian dojos - \* [Exact dates and itinerary to be confirmed](#)
- 29-31 May - National Camp & Dan Gradings - Sydney Academy of Sport, Soke Sensei guest instructor
- 20-21 June - Sunshine Coast Regional Tournament & Seminars
- 15-16 August - Gold Coast Regional Tournament & Seminars
- 26-27 September - Sydney Regional Tournament & Seminars
- 24-25 October - National Tournament & Seminars, Sunshine Coast
- Blue Mountains Regional Tournament & Seminars \* Date to be confirmed

I am very much looking forward to another great year in 2009. And, I would like to take this opportunity to wish everyone a safe and happy Christmas and look forward to seeing you all again in the new year.

# New Members

Welcome to the newest members of the International Chito-Ryu Karate Federation of Australia

Kira Alexander - Gold Coast

Nick Allen - Sunshine Coast

Sam Allen - Sunshine Coast

Lachlan Attneave – Sunshine Coast

Jedidiah Buckton – Gold Coast

Angus Carter - Bathurst

Nicholas Coubrough – Gold Coast

Julian Delayney - Katoomba

Daikin Donovan - Sunshine Coast

Ethan Donovan – Sunshine Coast

Montana Fuller – Bathurst

Madeline Geerkens - Bathurst

William Gorman – Sunshine Coast

Bryce Harrison - Sunshine Coast

Max Holzgrefe – Sunshine Coast

Kye Marrable - Sunshine Coast

Andrew McMahon – Gold Coast

Adam Popescu – Sunshine Coast

Liam Richards - Sunshine Coast

William Richards - Sunshine Coast

Joshua Riding - Gold Coast

Tohma Rowe – Katoomba

Zac Smith - Lithgow

Dale Snow - Lithgow

Dakota Starr - Katoomba

Zane Stevens - Gold Coast

Jessica Strazzari - Sunshine Coast

Jaden Swaby - Gold Coast

Madeline Swaby – Gold Coast

Michael Tabley – Newcastle

Sarah Van Den Hoorn – Gold Coast

Raphael Wagner - Katoomba

Ryan Wilcox - Gold Coast

Emma Wilks – Newcastle

Houston Xue - Katoomba

# Grading Results

## 12<sup>th</sup> Kyu

Nick Allen - Sunshine Coast  
 Sam Allen - Sunshine Coast  
 Lachlan Attneave - Sunshine Coast  
 Misty Baldwin - Kogarah Bay  
 Casey Bushby - Kogarah Bay  
 Luke Donovan - Kogarah Bay  
 Bryce Harrison - Sunshine Coast  
 Orion Moss - Sunshine Coast  
 Adam Popescu - Sunshine Coast  
 Aaron Pregun - Gold Coast  
 William Richards - Sunshine Coast  
 Jessica Strazzari - Sunshine Coast

## 11<sup>th</sup> Kyu

Ali Hashmi - Kogarah Bay  
 Peter Hughes - Sunshine Coast  
 George Ioukis - Kogarah Bay  
 Thomas Page - Kogarah Bay  
 Dylan Pike - Gold Coast  
 Jarrod Pregun - Gold Coast  
 Alexander Priala - Gold Coast  
 Harvey Robinson - Sunshine Coast  
 Nathan Scavone - Gold Coast  
 Jemma Simone - Kogarah Bay  
 Haiden Stahlhut - Sunshine Coast  
 Matthew Thomson - Sunshine Coast  
 Laine Van Deventer - Gold Coast  
 Roarke Van Deventer - Gold Coast  
 Laine Van Deventer - Gold Coast  
 Roarke Van Deventer - Gold Coast

## 10<sup>th</sup> Kyu

Marcus McSwan - Gold Coast  
 Tanya McSwan - Gold Coast  
 Giovanni Stanghi - Gold Coast  
 Sabrina Stanghi - Gold Coast

## 9<sup>th</sup> Kyu

Tristan Clayton - Sunshine Coast  
 Monica Lester - Gold Coast  
 Jake (JJ) Nicholson - Gold Coast  
 Luke Nicholson - Gold Coast  
 Elie Sikh - Kogarah Bay  
 Nadia Stanghi - Gold Coast  
 Jared Van Deventer - Gold Coast  
 Tracey Wilde - Gold Coast  
 Ryan Zhu - Gold Coast

## 8<sup>th</sup> Kyu

Joshua Callagher - Sunshine Coast

## 7<sup>th</sup> Kyu

Gabriel Long - Sunshine Coast  
 Luke Moulden - Sunshine Coast  
 Luke Nitschke - Sunshine Coast  
 Jack Sowden - Sunshine Coast  
 Thomas Sowden - Sunshine Coast

## 6<sup>th</sup> Kyu

Georgia Butner-Johnson - S. Coast  
 Dean Marincevski - Kogarah Bay  
 Stephanie McGlusky - Sunshine Coast  
 Hayden McSwan - Gold Coast  
 Ronnie Sikh - Kogarah Bay  
 Katlin Vella - Kogarah Bay

## 5<sup>th</sup> Kyu

Hayden Attneave - Sunshine Coast  
 Klaudia Caston - Sunshine Coast  
 Damon De Jongh - Sunshine Coast  
 Patrick Kitchen - Sunshine Coast  
 James O'Grady - Sunshine Coast  
 Zabrina Schiffers - Gold Coast

## 4<sup>th</sup> Kyu

Duncan Bigg - Sunshine Coast  
 Alexandria Butner-Johnson - S. Coast

## 3<sup>rd</sup> Kyu

## 2<sup>nd</sup> Kyu

## 1<sup>st</sup> Kyu

Bethany Knight - Sunshine Coast

## Dan Gradings:

### Sandan

Shane Ker - Kogarah-Bay

### Rokudan

Michael Noonan - Oatley

## Teacher Titles:

### Junshidoin

Adam McDonald - Lithgow

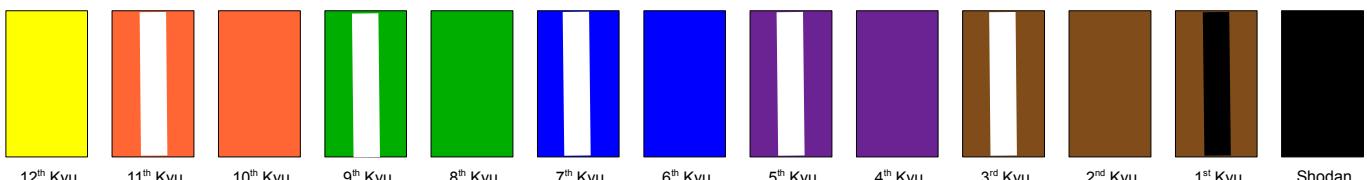
### Shihan

Martin Phillips - Sunshine Coast  
 Mark Snow - Blue Mountains

### Renshi

Michael Noonan - Oatley

## Chito-Ryu Belt Colours



# ICKFA National Titles

The International Chito-Ryu Karate Federation of Australia 2008 National Titles was held on October 26 in Lithgow. Hosting the event was the Blue Mountains Chito-Ryu Karate Association.

As part of its continued promotion of Chito-Ryu Karate in Australia the ICKFA put on a free seminar on the Saturday. The seminar was well attended with a good representation from all dojos. After everyone warmed up together and ran through the Kihons the groups were split in two with the coloured belts working with Shihan Martin Phillips, whilst the brown and black belts worked with Renshi Mike Noonan. Sensei Noonan had everyone working on their tandem and their stances. Using oitsuki the goal was to take the full weight of a partner on the end of the fist with out the stance collapsing. Sensei Noonan was able to demonstrate how by having the correct posture and technique and engaging the tandem the technique could be incredibly strong. Sensei Noonan demonstrated the more advanced version by standing on one leg and taking the full weight of his partner.

Sunday saw the tournament commence at 9:00 sharp. All dojos were again well represented with over 85 competitors making this the largest tournament hosted by the ICKFA. Before the tournaments commenced Renshi Noonan announced the successful gradings from the recent festival of Martial Arts in Kumamoto, Japan. Renshi Noonan noted that this was a very special occasion as it marked the first time in Australian Chito-Ryu Karate history that three instructors Shihan rank or higher existed.

The kata divisions were up first with some large groups of a very high standard in the beginners and intermediate divisions for both juniors and seniors. The Queensland teams showed their strength in kata taking out every division. In the Junior novice division Luke Moulden from the Sunshine Coast narrowly beat Laine Van Deventer from the Gold Coast in a count back to take out the title. The intermediate junior division was won by Mitchell Booker of the Sunshine Coast. Linh Tran of the Sunshine Coast took out the advanced junior division. In the



ICKFA Seminar – Shihan Martin Phillips and Shihan Mark Snow



Open Mens Kumite Final – Anthony Horgan vs Adam Higgins

senior division the adults beginners winner was Jared Van Deventer, and Anthony Horgan the intermediate adults winner both from the Gold Coast. The Black Belt Kata event winner was Sensei Sandra Phillips of the Sunshine Coast. With such a high number of quality karateka coming through the ranks the future of Chito-Ryu in Australia is looking very bright.

As always the team kata divisions were popular with the novice team kata event featuring teams from all dojos. After the final round the Sunshine Coast team of Mitchell Booker, Keanu Caston and Emma Moehead emerged the winners. The advanced team kata saw the Sunshine Coast team of Rhys Woodhouse, Jim Moehead and Helen O'Grady take the title.

The kumite events took centre stage in the afternoon with some very hard fought divisions. The standard of kumite continues to rise as the juniors gain more experience and skills there was some very good clean strikes being shown. The New South Wales dojos showed strength in the junior division with Tom Luchetti (Lithgow), Christian Gourlas (Oatley), Mitchell Case (Lithgow), Keanu Caston (Sunshine Coast), Luke Vella (Kogarah Bay), Montana Stewart (Kogarah Bay), Emma Woodhouse (Sunshine Coast) and Viktoria Crouch-Reeves (Newcastle) all winning national titles. The 16-17 years boys division was very hard and fast with Joshua Kozis of the Newcastle dojo emerging the eventual winner. Over the next few years these boys will continue to develop and move in to the open divisions providing some very stiff competition for the existing competitors.

In the ladies division the number of new women necessitated the need to run a beginners and an advanced open women kumite. It is fantastic to see the number of women taking up karate and challenging themselves to compete. The winner of the beginners open women's kumite was Kaenarelle Reeves from Newcastle. In the advanced kumite division Sensei Sandra Phillips continued her domination taking the title. Sensei Sandra has continued to compete at the request of the other women so as to help everyone develop their kumite skills, her involvement in the last few tournaments has seen the standard of women's kumite in Australia increase. The men's division was very hard fought with some very strong hits, but as always all matches were conducted in the best spirits. Anthony Horgan and Sensei Adam Higgins both fought their way through to an all Gold Coast final with Sensei Adam winning the national title.

The trophy presentations gave all the competitors and supporters an opportunity to congratulate the winners as they went up to collect their trophies. As is tradition in Australian Chito-Ryu tournaments all junior competitors were presented with a medal for participating. The final presentation was to the tournament champion with the Bill Ker perpetual shield going to Sensei Sandra Phillips of the Sunshine coast for her winning of both the open kata and open woman's kumite divisions.

With the 2008 ICKFA National titles completed the focus now shifts to the 2009 titles which will be hosted by the Sunshine Coast Chito-Ryu Karate Association.



Helen O'Grady



Anthony Horgan



Tournament Champion – Sensei Sandra Phillips with Sam



# Tournament Results

## Tournament Champion

Sandra Phillips (Sunshine Coast)

## Junior Kata White – 8<sup>th</sup> Kyu

- 1 – Luke Moulden (Sunshine Coast)
- 2 – Laine Van Deventer (Gold Coast)
- 3 – Roarke Van Deventer (Gold Coast)

## Junior Kata 7<sup>th</sup> – 4<sup>th</sup> Kyu

- 1 – Mitchell Booker (Sunshine Coast)
- 2 – Keanu Caston (Sunshine Coast)
- 3 – Emma Moehead (Sunshine Coast)

## Junior Kata 3<sup>rd</sup> Kyu +

- 1 – Linh Tran (Sunshine Coast)
- 2 – Viet Kaas (Sunshine Coast)
- 3 – Emma Woodhouse (Sunshine Coast)

## Adult Kata White – 6<sup>th</sup> Kyu

- 1 – Jared Van Deventer (Gold Coast)
- 2 – Etsuko Ishida (Lithgow)
- 3 – Josh Kozis (Newcastle)

## Adult Kata 5<sup>th</sup> – 1<sup>st</sup> Kyu

- 1 – Anthony Horgan (Gold Coast)
- 2 – Helen O'Grady (Sunshine Coast)
- 3 – Bradley Campbell (Lithgow)

## Adult Black Belt Kata

- 1 – Sandra Phillips (Sunshine Coast)
- 2 – Shane Ker (Kogarah Bay)
- 3 – Rhys Woodhouse (Sunshine Coast)

## Team Kata 10<sup>th</sup> – 4<sup>th</sup> Kyu

- 1 – Sunshine Coast (Mitchell Booker, Keanu Caston, Emma Moehead)
- 2 – Kaos Newcastle (Joshua Kozis, Zoe Tonks, Michael Tabley)
- 3 – Lithgow 1 (Mitchell Case, Jessie Luchetti, Jack Turner)

## Team Kata 3<sup>rd</sup> Kyu +

- 1 – Sunshine Coast (Rhys Woodhouse, Jim Moehead, Helen O'Grady)
- 2 – Gold Coast (Adam Higgins, Anthony Horgan, Tasi Schiffers)
- 3 – Project 1 Lithgow (Cordelia Campbell, Bradley Johnston, Christopher Johnston)

## Kumite 5-7yrs Mixed

- 1 – Tom Luchetti (Lithgow)
- 2 – Emelia Kovasevic (Kogarah Bay)
- 3 – Ken Noonan (Oatley)

## Kumite 7-9 yrs Mixed

- 1 – Christian Gourlas (Oatley)
- 2 – Casey Bushby (Kogarah Bay)
- 3 – Deam Marincevski (Kogarah Bay)

## Kumite 10-11 yrs Boys

- 1 – Mitchell Case (Lithgow)
- 2 – Jack Turner (Lithgow)
- 3 – Gerard Roebuck (Lithgow)

## Kumite 12-13 yrs Boys

- 1 – Keanu Caston (Sunshine Coast)
- 2 – Roarke Van Deventer (Gold Coast)
- 3 – Mitchell Booker (Sunshine Coast)

## Kumite 14-15 yrs Boys

- 1 – Luke Vella (Kogarah Bay)
- 2 – Ronnie Sikh (Kogarah Bay)
- 3 – Linh Tran (Sunshine Coast)

## Kumite 16-17 yrs Boys

- 1 – Joshua Kozis (Newcastle)
- 2 – Blake Johnston (Lithgow)
- 3 – Rhys Woodhouse (Sunshine Coast)

## Kumite 10-11 yrs Girls

- 1 – Montana Stewart (Kogarah Bay)
- 2 – Laine Van Deventer (Gold Coast)
- 3 – Samantha Risby (Lithgow)

## Kumite 12-13 yrs Girls

- 1 – Emma Woodhouse (Sunshine Coast)
- 2 – Laura Case (Lithgow)
- 3 – Zabrina Schiffers (Gold Coast)

## Kumite 16-17 yrs Girls

- 1 – Viktoria Crouch-Reeves (Newcastle)
- 2 – Samantha Ford (Newcastle)
- 3 – Zoe Tonks (Newcastle)

## Kumite Kyu Grade Womens

- 1 – Kaenarelle Reeves (Newcastle)
- 2 – Debbie Barnett (Lithgow)
- 3 – Etsuko Ishida (Lithgow)

## Kumite Open Women

- 1 – Sandra Phillips (Sunshine Coast)
- 2 – Helen O'Grady (Sunshine Coast)
- 3 – Tasi Schiffers (Gold Coast)

## Kumite Open Men

- 1 – Adam Higgins (Gold Coast)
- 2 – Anthony Horgan (Gold Coast)
- 3 – Shane Ker (Kogarah Bay)

	Kata			Kumite			Total		
	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
Bathurst	0	0	0	0	0	0	0	0	0
Katoomba	0	0	0	0	0	0	0	0	0
Kogarah Bay	0	1	0	2	3	2	2	4	2
Gold Coast	2	2	1	1	3	2	3	5	3
Lithgow	0	1	3	2	4	3	2	5	6
Newcastle	0	1	1	3	1	1	3	2	2
Oatley	0	0	0	1	0	1	1	0	1
Sunshine Coast	6	3	3	3	1	3	9	4	6

# ICKFA Tournament Circuit

SYDNEY

SUNSHINE COAST

BATHURST

GOLD COAST

BLUE MOUNTAINS



ALL AGES - ALL SKILL LEVELS  
BE PART OF THE FUN!



# QLD Karate Camp

The inaugural Chito-Ryu Karate-do Queensland Camp was held at Camp Maranatha (on the Sunshine Coast) over the weekend of the 22<sup>nd</sup> November 2008. Sempai Matt Stevenson recounts his camp experience.

The camp was well attended across a range of ranks and ages, and in my view, successfully combined some hard training and recreation activities.

One amazing thing about the camp was the obvious link between the training and the recreational activities.

The camp has a series of ropes courses, the first experience on the high ropes was to be catapulted some 20m in the air attached by a harness and a rope to a pulley system powered by half a dozen or so volunteer 'donkeys' (ie other karateka in this case).

The second course was the mid ropes, where you clipped your harness to a guiding wire and made your way around the tree tops, often just balancing on a tight rope wire (all fully safe).

The ropes course focused on pushing boundaries and your comfort zone, overcoming fears, trusting yourself and others, perseverance,

posture and balance. Back at the training, we had to contend with the heat and a much harder and glossier floor than most of us are accustomed to, so the same sorts of skill sets were called upon, just in a different context.

I like the concept of some 'cross training' at the camps and would like to see it further explored in future camps. This cross training gives people that sense of how learnings are often transferable across life which is one of the most enjoyable aspects of karate for me and I find that the camps can help people see that connection much clearer.

On a technical note, another thing I got out of the camp was a strong reminder of one of the most fundamental aspects of the 'basics' of Chito-Ryu karate-do, which is posture. The different training surface exposed this, and I felt it was really necessary to concentrate a lot on posture, combined with suri-ashi and that sense of pulling yourself along with your tandem. The ropes

course brought this out again, and showed up a few things for me and perhaps others!

The other rewarding part of the training at the camp was the partner work. People who haven't gone to a training camp before may not have experienced this. Basically, the more people you get to do partner work with (especially in the senior ranks), the more perspectives you get in terms of feedback and also dealing with people of different sizes, abilities and flexibility. It can sometimes just take a seemingly small thing from that interaction, that will lead to major improvements in what you are doing in your training.

Next year the Gold Coast will be hosting the QLD Camp courtesy of Sensei Adam Higgins and he has tasked himself to come up with a really excellent venue, so we should all make an effort to attend the camp and enjoy the training and each other's company. See you there in 2009!





1



2



3



4



5



6

1. Morning kihon training led my Shihan Martin Phillips
2. Conor Emery & Jessica Strazzari
3. Will Richards on the high ropes course
4. Helen O'Grady – Henshuho with Sensei Adam Higgins
5. Sensei Sandra Phillips – Niseishi Bunkai with Tasi Schiffers
6. Morning meditation in seiza



# **ICKFA National Camp**

**Narrabeen Sport & Recreation Centre**

**29-31 May 2009**

**All Ages  
&  
Ranks Welcome!**

**Train with the top instructors in Australia along with special guest instructor from Japan and the head of Chito-Ryu Karate, Soke Sensei.**

**Don't miss this fantastic opportunity to experience 2 full days of training with your fellow Chito-Ryu karateka**

**Special Guest Instructor –  
Soke Sensei**



# ICKFA Dojo News

## Bathurst

Colin Phillips Sensei

Bathurst students are currently training hard to prepare for upcoming gradings on the 4<sup>th</sup> of December, Mark Sensei has visited our dojo a number of times to ensure students are on the right track and to help explain the new Australian grading system and key basics that will be tested at each level.

It's always a joy to have Mark sensei visit us in Bathurst and the student's lift to a whole new level all showing and demonstrating a keenness to learn.

This term was very busy with students preparing for and competing at the National Championships in Lithgow, all students displayed wonderful manners and good sportsmanship during the event, while we were unable to secure any placing's on the day the event provided an eye opener for our students on the high level of skill and good basics currently in the organisation, this experience was seen as very positive and will only help our club and students to prepare for future Chito Ryu Tournaments.

At our normal training session after the nationals student's celebrated the experience with a presentation of participation medals along with a chito ryu karatedo festival poster presented to each student (see photo).

We welcome Montana Fuller, Madeline Geerkens and Angus Carter this term.

Next year is shaping to be another busy time for Bathurst Chito Ryu, we will re-commence training on the 24<sup>th</sup> of January with a new kindies class 4 to 6 years; this will be a very energetic and fun class, we already have a number of students in this age group that are keen and ready to go.



# ICKFA Dojo News

## Newcastle

Sensei Greg Field

The Newcastle dojo had a strong team of competitors attend the National Tournament at Lithgow on 26 October. We all enjoyed the training session with Sensei Noonan on Saturday morning. This session emphasised the importance of good stances and lowering your centre. The Newcastle students enjoyed this chance to train with Sensei Noonan.

All the Newcastle students competed strongly in the tournament and learnt a lot from the strong competition. The students also enjoyed the camaraderie and friendship of the competitors from all the Australian dojos. Our most successful competitors were: Joshua Kozis who came first in kumite and third in kata; Kaynarelle Reeves who came first in kumite and fourth in kata and Viktoria Crouch-Reeves who came first in kumite. Samantha Ford and Zoe Tonks also came second and third respectively in their kumite division. Michael Tabley also competed strongly at his first tournament and gained a silver medal in team kata.

Sensei Noonan is visiting Newcastle in late December to undertake a grading. This will be our largest grading to date and everyone is training hard in preparation. We have three students who will be challenging for their brown belts and it is good for the dojo to be developing these senior students.

On personal matters, Tom Goldman recently had a fall off his motor bike and while he did not suffer any serious injury, we all send our best wishes for a quick recovery. Jo Dines is expecting her second child early in the new year, so our thoughts are with her and her family. Hopefully, there will not be too many sleepless nights for Jo. And finally, our own Zoe Tonks recently attended her Year 10 Formal. I am reliably informed that Zoe was the most beautiful girl at the formal. Zoe has made an amazing personal transformation over the past year.



# ICKFA Dojo News

## Gold Coast

by Adam Higgins Sensei

2008 has finished off with a bang for Gold Coast Chito-Ryu Karate with lots of activity, plenty of new faces and the continued great energy and dedication of all members in the dojo.

The 6<sup>th</sup> December saw the biggest grading Gold Coast Chito-Ryu Karate has ever had with Shihan Phillips grading 21 people to their next level. The dojo is definitely getting more colourful with good numbers starting to progress through the ranks. Congratulations to everyone for their successful grading.

### Class Clubs

At the Gold Coast dojo students are recognised for their committed training by the 100, 200 & 500 Class clubs. Congratulations to the following new editions to these clubs:-

#### 100 Club

Dylan Pike

Alexander Priala

Sabrina Stanghi

#### 200 Club

Jayden Donnelly

### National Titles

A strong team of 9 made the trip to the Blue Mountains this year for the National Titles with Gold Coasters winning three titles! and 11 medals in total. Jared Van Deventer won the novice adult kata, and Anthony Horgan won the intermediate adult kata. As always the training the day before was a great experience with most of the Gold Coast members in attendance. Anthony Horgan and myself also took the opportunity to arrive early on the Friday and participate in the training at the Lithgow dojo. A big thank you to Shihan Mark and his students for allowing us to train with them and for making us feel so welcome.

### QLD Camp

The first ever QLD Chito-Ryu Karate camp was a fantastic success with members from the Gold Coast club in attendance. As well as the great training one of the highlights for myself was watching the Gold Coast and Sunshine Coast karateka all bonding together with a common purpose and making some great new friends. An additional highlight was also the talent night where Kira Alexander got up to sing and just for a change at our talent nights she actually had talent!

### Beach Training

After a number of days of bad weather in QLD the Gold Coast karateka who arose early Sunday morning for beach training were greeted by beautiful weather. The training as always is hard work and a lot of fun! Starting the day with mediation provides a great base to begin the training. All the elements were put to test ranging from balancing sand on the top of the leg whilst performing Mae Geri (the knee can not drop or you loose your sand!), to doing throws in the water. If you time your throw just right the partner will hit the water just as a wave crashes over them!



Dylan Pike & Georgia Donnelly



Marcus McSwan, Dylan Pike & Monica Lester

Sensei Martin Phillips recorded the following blog on the Sunshine Coast website of his experiences attending the 1<sup>st</sup> Annual Chito-Ryu Martial Arts Festival in Kumamoto, Japan.

## Martin's Japan Trip 2008 – Part 1 >> Traveling

I'm finally on my way to Japan for the 1st Annual Chito-Ryu Martial Arts Festival in Kumamoto, Japan. After an early start this morning and a very late night finalising things before I left, I am currently sitting in the airport in Singapore with several hours to kill. I guess it's not a bad thing to have a bit of a chance to rest, because the next week is going to be full on.

I'll be back on the plane again around 1am local time heading to Fukuoka. From there, I have a bus ride of about an hour and a half into Kumamoto. I'm so glad now that I studied Japanese at high school and university, being able to communicate with the locals is one less thing to worry about, but I am a little out of practice. Once I get into Kumamoto, I'll find my way to the hotel, which fortunately is pretty close to the bus terminal and see if I can drop my bags off as I'll get there well before check-in time.

For most of Thursday and Friday I'll try to get into the Sohonbu for some training before my grading on Saturday morning.

On the Saturday afternoon there are international meetings, which I will be attending as president of the Australian branch of the ICKF.

Sunday morning will be cultural activities including tea ceremony, jodo, and more. Sunday afternoon I will be competing in the Kakedameshi full contact tournament in the heavy weight division. I'm excited about this as the style of competition is a little different than normal Chito-Ryu bogu tournaments, the level of contact will be much harder, leg kicks are allowed and throwing is encouraged. Sounds like fun!

Then Monday will be international clinic with Soke Sensei. And Tuesday I'll be heading back to Fukuoka to get on the plane again.

In amongst all of that I am hoping to catch up with some old friends and few people that I've been in touch with recently via email and skype from around the Chito-Ryu world. Hopefully, I'll get a little bit of sleep in there somewhere.

Here's picture of Steven and Sam trying to help me pack before I left.



## Martin's Japan Trip 2008 – Part 2 >> Arrival & Training

After several more hours wandering around Singapore airport, 11 hours in total I made my way onto the next leg of the journey. I couldn't get over the size of Singapore airport. It was my first time there, and although I have done a bit of traveling over the year's, I haven't been to an airport so huge. There are 3 terminals in total and each one has its own shopping complex of duty free. I spent the first 5-6 hours in just one terminal and I stood in the middle of the shopping complex and looked both ways with shops as far as the eye could see in either direction. When my flight details finally came up and I found out which terminal my next leg was due to depart from, I jumped on the sky train to the next terminal that was just as big, but this one also had a free movie theater that runs 24 hours a day in addition to everything else. I didn't actually venture to the other terminal. Maybe on the way home, as I have another long stop over.

When I did eventually get onto the plane it was 1am and I was absolutely wiped out as I still hadn't slept. After boarding, I filled out all of the paperwork ready for immigrations and customs in Fukuoka. Someone was looking out for me, because I got a great seat right up the front of the section which is normally reserved for parents with infants, but there didn't seem to be any little ones on the plane so I got to stretch out my legs and sleep.... Somehow, I managed to wake up just in time for breakfast and then the decent into Fukuoka airport. Just what I needed.

After clearing customs I went to the info counter and found that I had an hour to wait before my bus ride to Kumamoto. Being prepared I thought I'd try to withdraw a bit of cash from an ATM as I only carried a little bit of cash with me. That was a bit of a frustrating experience as most ATMs

don't allow withdrawals from foreign accounts. I'll check out one at the main train station tomorrow that I have used before. The bus ride was about 2 hours, very relaxing, and time went quickly. The thing that amazes me is that there is more leg room on the bus than there was on the flight from Brisbane to Singapore.

Once I got into the bus terminal I jumped into a taxi to the hotel. It is about 10 minutes walk, but I didn't really want to do it with all my luggage after about 30 hours in transit. I got to the hotel around 11.20am and as I walked in the front door, there were the Aussies ready to head to the Sohonbu for training, Mark Snow Sensei, Shane Ker Sensei, Craig Cox Sensei and Adam McDonald. They had arranged to meet Noonan Sensei for lunch, followed by a training session with Soke Sensei. I quickly dropped off my bags and joined them as we all started walking towards the tram that took us to downtown Kumamoto, where we had lunch.

For me, one of the best things about Japan is the food, I love Japanese food. But, they had arranged to meet at Mos Burger, which is more or less the Japanese equivalent of Hungry Jacks.... Not really what I was hoping for, but it was an experience no the less.

From the downtown, we walked the rest of the way to the sohonbu dojo, about 40 minutes walk. That was just what I needed after sitting down for so long, on the planes at the airports and on the bus.

As we walked in the front doors of the dojo we were greeted by Tanaka Sensei and Soke Sensei. I think they were a little surprised to see me there. Although they both knew that I was coming to Japan, they didn't know exactly when they were going to see me.

Training was great, we all got to stretch out our bodies and too it slowly. Everyone else had done morning training earlier that morning and were a bit stiff and sore. I was just tired and stiff, but that soon went. We all kind of did our own thing, but one by one, we had the chance to perform some of our grading kata for Soke Sensei who gave us all some last minute advice before the gradings on Saturday. It's always such a humbling experience to have Soke Sensei give you feedback, because not matter how much you think you have grown he gives you a list of things to continue working on. He knows that there is virtually no way possible to perfect everything that he has given us to work on in just the next few days, it might be more like part of the 2-5 year plan for some of us. But the feedback was very welcome none the less. After all, it's not everyday that

you get to have a private lesson with Soke Sensei, which is more or less what it ended up being for each of us, one by one.

Uchiyama Sensei the head instructor of Chito-Ryu in the United States also joined us in the dojo and he was a welcome training partner for Nage no Kata for both mark Snow Sensei and myself. While Uchiyama Sensei was getting some feedback from Soke Sensei, Snow Sensei and I continued to train with Nage no Kata, with a few very good breakthroughs for both of us. It was quite a relaxed and informal training session, but it was very good, just what I needed. After training, we also met Tamaki Sensei, who is president of Japan Chito-Kai, the national association which governs Chito-Ryu in Japan. Tamaki Sensei is Keiichiro Oda Sensei's teacher. Keiichiro Sensei stayed with us on the Sunshine Coast to help teach for 3 months when our daughter Sam was first born. I'm sure we'll catch up with him over the next few days.

After training we walked back downtown for a very relaxing onsen. Onsen are public bath houses that are fed by natural hot springs. I love going to onsen, they are everywhere around Japan. Although I am kind of used the idea of stripping off and going for a public bath now, it did take a bit of getting used to. This is the first time that I have been to this particular onsen, it's on the 11th floor of a building in the middle of Kumamoto. While we were having a bath with our friends and a few other locals that were also enjoying the onsen, we were looking out over Kumamoto, including Kumamoto Castle and Mount Kimpō, behind which lies Reigando, the cave in which Miyamoto Musashi lived while he wrote the famous "Book of Five Rings". We all relaxed into the hot water as the sun set over the mountains.

Eventually we decided to make our way back to the hotel, where I finally checked in and quickly got ready for dinner. Tonight's dinner was better than Mos Burger, instead, we had yakiniku. Basically, we sat around a table with a small gas BBQ in the middle, and they brought us out plates of beef, pork, chicken, seafood and vegetables, which we cooked ourselves on the grill. Now that's more like it!

And then a walk back to the hotel where I am now.

I was going to keep this brief as I have to get up at 5.30am tomorrow for morning training, but once I started writing I couldn't stop. I'll be back for more of my adventure tomorrow... hopefully with some pictures. Unfortunatley, my battery ran out today on my phone/camera.

## Martin's Japan Trip 2008 – Part 3 >> Final Grading Preparations

Another full on day, but really good. Weather has been warm and muggy, not much different than Sunshine Coast, maybe just a little higher humidity and we have had a bit of rain this evening.

The day started early about 5.30am wake up, 6.00am taxi to the sohonbu, then morning training started at 6.30am. As is usual form, we started with half and hour of seiza and mokuso. It just reminded me how much I miss doing that, it's something that I really enjoy and just don't make the time for usually. The dojo was pretty full, with all the Aussies, a few Canadians and several Japanese. Given that the gradings are tomorrow morning, I think Soke

Sensei took it a little easy, although we did most of the usual kihon routine, but not speed training that he usually enjoys to do in the mornings. Followed by all kihon kata and kata.

The seniors were in the front line, then 4th dan instructors in the second line and everyone else in the third line. I was very fortunate to be positioned right behind Tanaka Sensei, he's just got such great energy, especially during morning training. For the first time ever I forgot a kata half way through, not a good thing to do the day before a grading. But in my defence, it's a kata that I haven't really been

putting a lot of time into practicing lately as it is the 6th dan grading kata (Ryusan) a few steps beyond my current level. After all kata were complete, Soke Sensei gave everyone a few minutes break, expect me, I had to redo Ryusan kata. In the end it worked out to be a good thing, because I got a few special points to work on that haven't been pointed out before.

After everyone else got a break, we did partner training for nearly all of the remainder of the class. I got to work on Nage no Kata with Snow Sensei. Given the distance between dojos in Australia, we don't get to train together that often, so it was great to train together in this context. We had a few good breakthroughs and enjoyed working with each other. After training was complete, it was time for soji. Cleaning the floor, with small, wet towels, pushed up and down the dojo by hand. It's good to have so many people in to do this job as it goes quite quickly.

It brought back memories for me. During my year in Japan the Sohonbu was very quiet, often just Tanaka Sensei and myself for morning training at that time. I think out of the year, there would have been maybe 100 times that I cleaned the whole dojo by myself after very tough physical training, now that's *shugyo*. While it's very tough physically and mentally to do at times, it's also a very humbling experience and a pleasure to do. If nothing else than a small thank you for the time that Soke Sensei so freely gives.

After that, breakfast, hotel, change of clothes, wash gi and back out to the Kamitorii via the bank. Now to say the least the exchange rate is not that amazing right now, and every day it seems to be dropping. Just 2 months ago, AU\$1 would buy 102JPY, this morning it was down to 64JPY, I think it's going to be a bit of an expensive trip this time. We had lunch Japanese style at a nice little restaurant, simple lunch, but good. When you walk in the front door, there is a vending machine, where you select a meal and pay then find a spare table. Then staff come to collect tickets and about 5 minutes later out comes the food.

After lunch we continued up the kamitorii to a photo booth, where we all had to get passport sized photos to go with our grading applications. The locals must have thought we were crazy, one at a time we went into this tiny booth, obviously built for the locals... Once inside, we'd change into a gi top as that is what's recommended for the photos as one will go on grading certificate if successful. After many bumped elbows and so on, we all managed to get it done.

Next mission, was to get to the sports store, as I needed to get a mouthguard and groin guard for the kakedameshi. That morning Tanaka Sensei had showed us the bogu (head gear, body gear and gloves) that all entrants are to use. It looks good, very light weight body gear, just enough to stop any major internal damage, but I think that broken ribs are still a possibility... not for me though, that's not part of my plan.

After shopping, I ran into Noonan Sensei who I spent the next few hours with catching up sharing ideas about various things, then back to the sohonbu dojo.

We got there in time for the kids class. Chris Taneda Sensei had arrived a little earlier and was talking with Soke Sensei. I was asked to join Tatsumi Takatsu Sensei teach the kids class. It had been a while since I last taught any kids in Japan, but it was interesting. My Japanese has slipped quite a lot so my confidence in teaching the kids was not that great, but I tried to give them something different that they might not normally receive. Most of the kids were just in awe of my size, by Australian standards I'm tall, but not out of place at 194cm, but in Japan with Primary School aged kids it's a bit of a novelty.

For evening classes nearly everyone was back again from the morning class, plus a few more people that had arrived that day. Again training was very similar to the morning class, and taught by Soke Sensei once again. After training, 7.30-9.00pm, Tanaka Sensei sat everyone down to explain the schedule in more detail for the next few days. Tomorrow's grading is going to be very big, 18 people grading in total, some for dan grading, some for teaching titles, some for both. Given the size of the grading, what we have been asked to do is a condensed version, if everyone was to do the full grading requirements it had been calculated at nearly 6 hours just to check, plus feedback time. Unfortunately we only have 3 hours allocated for grading so given that we have less to do, it is going to be even more important that everything is correct. Following explanation of the schedule, Tanaka Sensei invited everyone back to his house, across the road from the Sohonbu dojo for some snacks, pizza and drinks. I think everyone was quite tired, especially those who had arrived that day, but it was nice to sit down for a while and catch up. It always impresses me how hospitable Tanaka Sensei is with everyone. I just hope that next time he's on the Sunshine Coast, we can return the favour again.

Then finally back to the hotel, wash gi, hotel onsen while I was waiting and back to writing this entry. I hope that everyone enjoys reading about my adventures as much as I am having them. It just makes me realise how nice it is to be able to train at the sohonbu. I will certainly be encouraging all Sunshine Coast members to get to the Sohonbu dojo to train once they have graded to black belt. I think it's something that everyone should do at least once. Soke Sensei's growth in technique just continues to amaze me, we are so lucky to be a part of the ICKF and have direct access to a true master of karate-do.

I'm going to call it a night, it is now after 1am and I need to be up around 6.30am to pack my bag. Breakfast downstairs at 7.00am, then taxi to the Sohonbu dojo at about 7.30am for final grading preparations. I guess I'll get a sleep when I get home, maybe.

# Martin's Japan Trip 2008 – Part 4 > Grading Day

I've been a bit slow keeping up with my journal as the days have been very full. I am currently sitting at Fukuoka airport waiting for my plane. My last update was very late on Friday night, or perhaps better described as very early Saturday morning, so I'd like to rewind a few days back to Saturday... grading day.

After missing breakfast at the hotel on Friday due to morning training it was nice to have a bit of a sleep in until 6.30am. Breakfast was a good simple Japanese style buffet breakfast. I still can't believe that the hotel provides this kind of breakfast included in the price of just 4990JPY. Although with the AU\$ falling in value so much that works out to be about AU\$75, rather than AU\$50 that it would have been just 2 months ago.

After breakfast, the growing number of foreigners staying at the Super Hotel jumped into the procession of taxis to the sohonbu dojo. Everyone started arriving around 8am, which gave us a good bit of time for final grading preparations, as gradings were officially set to start at 9am. As we got closer and closer to the start time, the dojo was nearly full of grading candidates, 18 people grading in total. Due to the large number of people grading and the small amount of time, everyone had much less to do for teaching licenses than is the normal practice, but that meant it was even more important to do a good performance.

As warm up time drew to a close, the testing panel entered the dojo. If my memory serves me correctly, the panel consisted of Soke Sensei, Kugizaki Sensei (9th Dan, Kyoshi), Oyama Sensei (8th Dan, Kyoshi), Imamura Sensei (8th Dan, Kyoshi) and Nakashima Sensei (8th Dan, Kyoshi). Tanaka Sensei (6th Dan, Renshi) was also present in an organisational capacity, but not actually part of the testing panel, at least I don't think he was. For those who don't know who they are, more information about the kyoshi can be found at the sohonbu website.

By the time we got started, I was really nervous. Normally I don't get so nervous with things like this, but this time was an exception. To say the least it was a little intimidating to have to get up in front of Soke Sensei and the Kyoshi on testing panel, with all eyes looking at your every move.

The gradings started with the teaching titles from most junior to most senior, followed by dan ranks from most junior to most senior. For those candidated grading for both titles and dan ranks that meant they had to get up twice. After the testing panel entered the dojo, everyone was sent out of the dojo and we were called in one by one. First to test was Adam McDonald from Lithgow dojo, testing for Jun-Shidoin (assistant instructor). Followed by Justin Rybie from Canada, who was challenging for Shidoin, and then everyone who was challenging for Shihan, 6 people in total, including Mark Snow Sensei and myself from Australia, Hirose Sensei and Mark Waterfield Sensei who both train at the Sohonbu dojo in Japan, and finally Mitchell German and Milton Bourque from Canada.

Because there were so many people grading for shihan, our grading started in pairs, first up was the Japanese duo, then the Aussies, then the Canadians. For the first part of the grading, we were asked to perform Sanshiryu in pairs as a compulsory kata, which is also the 4th dan grading

kata. Following that one of the pair was sent out of the room and the other would be asked to perform another kata of our choice. After performing the free choice kata, the first candidate would be sent out and the other candidate would perform their free choice kata. Then both were asked to come back in and perform the bo kata, Sakugawa no Kon.

When Mark Snow Sensei and I were up, Sanshiryu went well. I was nervous before I started, but once I got up and got started I started to settle pretty well except for my breathing. Mark Sensei was first up for his free kata, as I left the dojo, I let out a bit of a sigh of relief. I must have looked as nervous as I felt as even Noonan Sensei commented with surprise saying that he had never seen me nervous like this before. When Mark Sensei came out a little while later I went in to perform my free choice kata, I chose bassai. I had been given a few pointers from Soke Sensei on Thursday, which I think I managed to work with and did what felt like a good performance.

Then Sakugawa no Kon. Both Mark Sensei and myself came into the dojo and positioned ourselves so that we had adequate room as Sakugawa no Kon uses quite a bit of space and the Sohonbu dojo is not really that big, only about 8m from front to back and testing panel were using the first 1.5m seated behind a long low table taking notes. The funny thing was, that Tanaka Sensei asked us both to move back a few steps, he must have thought we were going to run into the Kyoshi. Of course we stepped back but we both knew that it was going to make the space a little tight as there is one section of the kata in particular where you step back in shiko dachi striking kirikaeshi to the knee. Throughout the kata I had to adjust the size of my step little by little because I knew if I didn't I would definitely run out of space, and I had a stack of tournament mats right behind me for the kakedameshi. In the end I think I got it just about right, as the tip of my bo ended up about 5-10cm from the stack of mats. Mark Sensei didn't adjust, instead, he made use of the open sliding door behind him, ending up half out of the dojo.

After us, the Canadian duo were up to do the same kind of thing, then the Japenese and Aussie Shihan candidates were asked back in to perform a set of self defence techniques, either Henshuho or Nage no Kata. We all chose to do Nage no Kata, which is a set of 15 different throwing techniques. I was Mark Sensei's partner and he got to perform first. Back on the Sunshine Coast, we train on tournament mats, but for the grading Nage no Kata was performed on wooden floor, so our breakfalling technique had to be spot on. There were a few times when I hit the floor pretty hard, but that's the nature of the game. When it was my turn, I got started and thought I was doing pretty well, but about half way through, the Kyoshi suggested that I should be finishing off my partner after throwing, I was just focusing on the throw. Of course that made me a bit more nervous, so on one of the next techniques that nervous energy came out as a punch to Mark Sensei's ribs after I had thrown him to the floor. Of course I didn't mean to make contact as hard as I did, but after a few very deep breaths he got up and we continued. It was not the best Nage no Kata that I have ever done, but in the end it was OK.

Once we had our part done, it was interesting to sit back and watch the various reactions of people as stepped into and out of the dojo with their turn to perform.

Surprisingly, the last person finished about 12:15, to be honest I thought it would have taken longer than that even with the condensed format. Then everyone was asked to re-enter the dojo while the grading panel went into the tatami room to discuss what they had seen. While this was going on, everyone who graded got together for some photos. I didn't take any, but when I got a hold of some I'll

# Martin's Japan Trip 2008 – Part 4 >> Grading Day

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Around 12:30, they came out, everyone lined up and they announced the results. All Australians who had stepped up to grade had passed, including me, so it was a very good result for Australian Chito-Ryu.

- Adam McDonald Sensei graded Jun-Shidoin
- Shane Ker Sensei graded to 3rd Dan
- Mark Snow Sensei and I graded to Shihan
- Mike Noonan Sensei graded to Renshi and 6th Dan

All around nearly everyone graded to new levels, there were just a few exceptions with candidates that required a bit more work.

Following the grading we had about an hour break in which time we went across the main road from the sohonbu for lunch at the local Ajisen Ramen restaurant, which also happened to be one of the sponsors for the Kakedameshi tournament.

Following lunch, there was an ICKF international meeting. This is the first one that I have attended, as it was for many of the people who were there. It was quite a formal meeting in that everyone was dressed in official uniform in a large meeting room. While it's perhaps not appropriate to discuss the content of the meeting in detail in this medium, a very large part of the meeting was devoted to getting to know everyone in order to start building stronger relationships between countries.

Here are a few photos from the meeting , courtesy of Inazuka Sensei.



R-L: Fraser Clarke Sensei & Christina Clarke Sensei (Scotland), myself and Mike Noonan Sensei (Australia).

Towards the end of the meeting, Soke Sensei shared some old 8mm video footage of O Sensei, which also featured quite a bit of Kugizaki Sensei and also Inazuka Sensei, taken about 50 years ago. In recent years, there have been many old foreign instructors who have claimed to be experts in Chito-Ryu because they have trained with O Sensei, and perhaps feel that they know better than the current Soke. While it may have been true that they did train with O Sensei, Kugizaki Sensei made it very clear that Soke Sensei is THE authority on Chito-Ryu and has clearly followed in his father's direction capturing the essence of Chito-Ryu unlike anyone else has been able to do. Kugizaki Sensei also made it clear that he felt he had authority to speak on this topic, due to the fact that as a young man, he had left his position in the Japanese Self Defence Force to live near the Sohonbu and trained every morning and night with O Sensei for the next 10 years. This was the first time that I had seen any of this video footage and there is said to be loads more that was made

especially for Soke Sensei so that he could continue to study and capture the essence of O Sensei's technique even after he had passed away. We were also told that some parts of this footage will be made publicly available in the near future, which I personally am very excited about, as there is very little footage around of O Sensei that is publicly available.

The meeting went over-time and eventually finished about 5:30pm. From there we caught a taxi back to the hotel got changed quickly into some more comfortable clothes and most of the foreign delegates got together for dinner at a great Japanese style restaurant. Dinner was great, company was great, and most had a relatively early night, as there were a couple of us who were ented in the Kakedameshi the next day. I got back to the hotel about 10pm, but still had a few things to do: washing, onsen while I was waiting for washing, mould my new mouthguard and pack my bag ready for the next day.



L-R: Milton Bourque, Mitchell German, John Show and Soke Sensei

## Martin's Japan Trip 2008 – Part 5 >> Kakedameshi

I have been back in Australia now for a bit over half a week and have been catching up on some much needed sleep. Now it's time to catch up on the last few days of my Japan trip. The day after the grading, kakedameshi, as week ago today...

Like the day of the grading we got to have a bit of a sleep in, until about 6:30am. Having packed my bag the night before as I do whenever I compete, this gave me enough time to slowly wake up, get dressed and head downstairs to the dinning room for breakfast. Fortunately I got downstairs quite early as the hotel lobby was a hive of activity, as there were many other people there with the same idea. By the look of things, a high school sporting team, baseball I think, and there were also a lot of people staying there for the Kumamoto Castle Festival that was cooinciding with our Chito-Ryu Budosai (Martial Arts Festival). Fortunately I got towards the head of the line and got in early. There were a few others who got down there at 7:00am, which was breakfast start time and didn't even get into the dinning room until after I was completely finished my breakfast.

Breakfast done, I once again jumped in a taxi with a few others and headed towards the sohonbu dojo. Because the venue for the Kakedameshi was a little out of the way, all of the international visitors and competitors had been asked to get to the sohonbu by 8:00am in order to get rides from some of the local instructors. From memory it was only about 20 minutes drive from the sohonbu, but it would have been a nightmare to try to get there by public transport or even taxi, so I for one was very greatful for the ride.

There was still plenty of time when we got there before things were due to start, so we could take it easy. Preliminary rounds were not due to start until 10:00am, so we could enjoy a bit of a rest while those who weren't competing could take part in a trial jo lesson with Miyase Sensei. When I had lived in Japan 10 years ago, I had the opportunity to do some training with Miyase Sensei, just myself and Tanaka Sensei. I look back very fondly on that time and in some ways wish that I had been able to continue my training once I had returned to Australia. Miyase Sensei lives in Fukuoka and is 6th Dan and Shihan in Chito-Ryu, and also one of the top jodo instructors in Japan. I am not actually sure what level he is, but he is exceptionally tallented. As I was entered in the kakedameshi, I only really got the chance to watch a little bit of the jo lesson and did not participate. But later, when I spoke to a few people who did participate, they re-affirmed what I had experienced preivously, an incredible sense of calmness and a feeling of being very centred.

I also caught up with Inazuka Sensei, who 10 years ago had arranged a summer job for me while I was in Japan at a pet cemetary. Inazuka Sensei is one of only 2 living 9th Dans in Chito-Ryu. I really wish that I had the Japanese skills to be able to talk to him as he seems to be an absoulutely fascinating man. Over the years, since I first met him he always takes the time to come and say hello. He has got such a gentle nature and a lovely calm energy about him. I have never seen him train, at most gatherings you'll find him with a camera in his hand, and this is mostly what he did on the day of the kakedameshi. In fact I must thank him for that, as that's where these photos have come from.



Here is a photo of Inazuka Sensei and myself.

During this time, competitors had been weighed in (light weights), entries finalised and waivers signed. Hopefully it was just a standard waiver, as it was all in Japanese and I couldn't really read it... But then again, neither could any of the other foreign competitors. Prior to the start of competition, all competitors marched in to the ring, one by one. I was last to enter, as you can see in the photo below.



The heavy weight division was only small, 6 competitors in total. Two Japanese, two Canadians and two Australians. The light weight division was much larger, but still only 13 competitors, all but one Australian were Japanese. The preliminary rounds were to find the top 4 competitors in each division. I had a bye as did one of the Candians, Mitchell German, so we had the morning off, which gave us the opportunity to get a feel for this style of competition and reflect on the meaning of kakedameshi. First fight was Shane Ker, the lone Aussie in the light wweight division, versus a Japanese opponent. Although we had all seen a short video clip of the previous year's kakedameshi a few days earlier, we were all kind of going in blind, not really knowing what to expect. Unfortunately Shane did not progress to the next round, but gained some valuable experience and is really keen to enter again another time. After watchhing a few more matches it quickly became apparent that it was going to

be very difficult to score a point. Unlike other tournaments that I had entered before, this was going to be the closest thing to a real fight. In order to score a point, techniques had to have the ability to stop your opponent. Just hitting them with correct distance and timing was not enough, if it was not strong enough or technique was poor, you got instant feedback, your opponent would try to take your head off.

I had always heard stories that O Sensei was very famous in old style kakedameshi. In fact he gained the nickname "Challenging Chinen" because it is said that he was prepared to take on anyone at anytime. Back in the days before tournaments, this is how students of the martial arts would test their skills. Fights would be fierce, anything goes, until someone submitted or was unconscious. In an attempt to bring competition to the masses, WKF sports karate style competition evolved, rules became more and more refined, which encouraged competitors to be faster and more strategic. Back in 1994 & 96 I was very fortunate to be selected on the Australian national team to compete at the WKF World Championships in Malaysia and South Africa. At the time, I thought it doesn't get much better than this. Although I did not place, I got the fight the eventual winner in 1994 event and he was a hard man, very powerful and an incredible athlete.

As a student of Chito-Ryu I have also competed in many bogu tournaments over the years, including a number of Soke Cup events in both junior and adult divisions. The rules are a little different to the WKF and the contact can be a bit harder, but essentially it was still a game designed for the masses. With bogu (body gear and head gear), competitors can feel what it was like to make solid contact, without any serious injury. I have been fortunate over the years to compete at the highest level in the WKF and Chito-Ryu so I feel like I have enough experience to say that, while both WKF and Chito-Ryu bogu tournaments are great fun sports, they are still fall a long way short of a realistic test of fighting ability.

The kakedameshi was starting to shape up into something that I had been looking for, for quite some time. As I got to watch more of the preliminary rounds of the I started to a completely different range of techniques being thrown that just don't work in a game of speed, but are very practical in this style of fighting. It became clear even before I fought, that the training I had been doing had only partially prepared me for what was to come. There were a lot of leg kicks, and a lot of very solid punches to the head when people forgot about their distance. One of the most creative to watch was what I can only describe as a jumping, spinning, scissor take down. I swear, it was like something you might expect to see in a movie. In mid air, after spinning and jumping, the competitor wrapped one leg around his opponent's head and the other around the other side of his body and took him down... Unbelievable! And the really cool thing was, he did it more than once!

In between all of the action, I slipped into the warm up area for a brief nap, to catch up on some sleep that I so desperately needed. First up in the heavy weight preliminaries, was another of the Aussie hopefuls, Craig Cox. Unfortunately Craig too did not progress to the finals, so I was left as the only Aussie to fly the flag. The top 4 in the light weights were all Japanese, but when it came to time for the finals, one had to pull out due to injuries sustained in the preliminaries. In the heavy weight division,

it was myself, Justin Rybie Sensei (also from Canada), who I was due to fight, Mitchell German Sensei (from Canada), and Hirose Sensei (who trains at the Sohonbu dojo).

After lunch, Soke Sensei arrived at the venue and we had the official opening. Once again all competitors were introduced and marched into the competition area one by one. The perpetual trophy was handed back by the previous year's winner of the light weight division. Following the opening ceremony we had a number of demonstrations:

- Kusarigama techniques defending against a sword, demonstrated by Miyase Sensei and one of his students. Kusarigama is a sickle with a ball and chain attached. For demonstration purposes, it was a wooded version of the weapon with rope rather than chain. This is the first time I have ever seen this and it is quite interesting how inventive the Okinawan and Japanese were with the use of everyday implements as weapons.

- Shuriken demonstration - throwing knives. Although made famous by ninja, shuriken I am told were also used by samurai, as was depicted in this demonstration, one hand held a sword, drawn and ready, while the other hand threw the knives. In this case towards a target about 6-7m away.

- A demonstration of Nitenitchi-ryu - the school or swordsmanship developed by Miyamoto Musashi. The demonstration was performed by the 21st Soke of this style. It was interesting to hear comments about the demonstration later. Many people didn't really seem to understand what it was all about. For a style that employs the use of both short and long sword simultaneously, it was surprisingly inactive. I always had the impression that Musashi was wild and dynamic, but perhaps he was really a master of kamae and spirit, which in turn made him a master swordsman. As a side note, Kumamoto carries a lot of significance in the story of Miyamoto Musashi. In his later years, Musashi wrote his famous book Go Rin no Sho, the Book of Five Rings in a cave where he lived for a period of about a year. The cave is called reigando and is situated just outside of Kumamoto City on the other side of Mt Kimpo. While I did not go there this trip, I have been a few times before. It is a place with an incredible amount of energy and I can see why he chose to reside there while writing his life's work.

- Finally was the demonstration for Soke Sensei - performing a section of Ganfu no Kata. This is the family kata which is said to be some 45 minutes long. It was interesting to see him perform this kata again, as I have some footage of him performing the same section from the 1989 Soke Cup (my first Soke Cup). It is incredible to see how much his karate has grown and developed over the last 19 years. It just leaves me wondering how on earth it is possible to become so good at anything, let alone something as so incredibly complex as Chito-Ryu.

The demonstrations complete, the finals began. I didn't really watch the light weight finals as I wanted to focus on what I was doing. Eventually I was up. To be honest I can't really remember very much of what I did except that there were some very solid punches at both ends. I quickly learned that chudan mawashi geri is not a good idea, as it is very easy to catch even if you manage to make good contact. At the end of normal time, neither of us had scored. So we went into extra time. We were both getting tired, but still we fought on, there was some very heavy contact but neither of us would take a step back. At the end of extra time, still no score. Normally this would mean a decision would be made, but not in kakedameshi, 2nd extra time. Somehow we were both still standing, just. The fight continued, not quite as many techniques were being

contact. At the end of normal time, neither of us had scored. So we went into extra time. We were both getting tired, but still we fought on, there was some very heavy contact but neither of us would take a step back. At the end of extra time, still no score. Normally this would mean a decision would be made, but not in Kakedameshi, 2nd extra time. Somehow we were both still standing, just. The fight continued, not quite as many techniques were being thrown, but we still had to be careful. In the end, still no points scored, this time it went to hantei and the referees had to decide the winner. I was fortunate to get through to the final.

Before the final, Justin Rybie Sensei and Hirose Sensei fought for 3rd place. After the epic battle with me, Justin did well to get back up again so quickly. In the earlier rounds, Hirose Sensei let go some very powerful leg quicks, which I heard that he had been training by breaking baseball bats with his shin. In his fight for 3rd place he didn't let any of these go, not that I saw anyway. In extra time he decided to change it up a bit and let one go to the head, which was one of the best techniques of the tournament. With that, the fight was over and I was up against Mitchell German Sensei.

It's kind of funny how we both ended up in the final, given that our competition history is so similar. He too has competed at WKF world championships and several Soke Cups and now we meet in the Kakedameshi, both of us for the first time competing in this style of competition. At first we were both very hesitant to move, I found that he had a very good sense of distance and he moved very well, which made it difficult for me to line up a good attack. After normal time, we again went into sudden death over time. Early on in extra time I slipped in a head kick which seemed to rattle him a bit, but it wasn't enough to score. A little further along, we both punched, very solidly, almost simultaneously. I thought I was in first and so did one of the referees, but the head referee saw differently. Mitchell Sensei was awarded the point and the match was over.

While it would have been nice to win, I had a ball. Not having competed since the 2004 Soke Cup, it was great to get back into it, especially in a tournament like this. Much like me, Justin Sensei was also grinning from ear to ear loving every moment.

This being the final match, all competitors once again marched out onto the mat for the presentations. In the light weight division, last year's winner had backed up to win again. This was the first time in the 10 year history of the Kakedameshi that the event had been one by the same person in back to back events. First, second and third place were each awarded medals and huge trophies, and first place also received a huge cup. Following presentations, were photos. I don't have any copies of them yet, but here are a few photos from the presentations.

Then it was all over, the tournament venue was packed up in record time and we were out the door. We got a ride back to the hotel with a little bit of time to shower and change ready for the celebration dinner that evening.

With the festivities going on at Kumamoto Castle, the city was very lively, with people everywhere. The venue for the dinner was on the 5th floor of a building, looking up towards the Castle. It was quite a dark night, but the candles on the river bank and the moonlight on the castle

made a beautiful backdrop. Dinner was a very traditional Japanese meal, lots of fish and various other dishes brought out one after another. Dinner was great, speeches were a little long winded, but everyone was recognised for the efforts including those who had organised the event, visiting instructors from overseas and everyone who had passed gradings the day before.

Throughout the night, I got the chance to speak with Keiichiro Oda Sensei. A young man who had come to the Sunshine Coast 3 years earlier when our daughter Sam was born to help assist with teaching. He had entered in the kakedameshi, but was knocked out in the first round. His younger brother was the winner of the light weight division. After the dinner a few of the Aussies went back to the Ten Gallon Izakaya, a Japanese style bar with a country and western theme, owned by Keiichiro's uncle. Fortunately it was a quite night at the bar, because we took over and enjoyed catch up with Keiichiro and his family. I don't normally drink but I relaxed with a few glasses of shochu. After a bit more of a feed we wendedered back to the hotel for some much needed rest.

If I remember correctly, it was about 1:00am by the time I got back to the hotel but I switched the computer on, on the off chance that Sandra was still awake. Fortunately she was, as I was really missing her along with Sam and Steven. After about an hour or so of Skype, I eventually made it to bed. Fortunately the next day had a later start, with the international clinic scheduled after lunch from 1:00-5:00pm. Even though it was a late start, I still needed sleep. Once I finally got to bed, it didn't take long to crash.



# Members Profile

## Nadia Stanghi

Age: 14  
Rank: 9<sup>th</sup> Kyu  
Dojo: Gold Coast

### Tournament Results:

2<sup>nd</sup> – Gold Coast Cup (14-17 yrs Girls Kumite)  
2<sup>nd</sup> – Gold Coast Cup (Junior Intermediate Kata)  
2<sup>nd</sup> – Gold Coast Cup (Team Kata)

### *How long have you been doing karate?*

I have been doing karate for 8 months, my brother, my sister and myself commenced in March 2008.



### *Why did you first start Chito-Ryu karate?*

I just started karate to build my confidence up and maintain a good body, and being a girl self defense could always come in handy.

### *Do any of your family or friends train with you?*

Yes, my brother Giovanni aged 8 and my sister Sabrina aged 12 also train with me.

### *How often do you train at the dojo?*

I train 3 nights a week and also beach training when Sensei Adam arranges classes.

### *Do you train at home? If yes, what do you do?, where do you train?*

Yes, I train at home in our garage with my brother and sister. We practice kumite and kata together and practice our punches and kicks on our punching bag.

### *What is your favourite thing about training in Chito-Ryu karate?*

My favourite thing about training with Chito-Ryu Karate is meeting up with other karateka and also learning different skills and techniques each night.

### *What is the most challenging thing in your karate?*

The most challenging thing in my karate is the fitness side of things. I find pushups to be my most challenging.

### *What is your favourite karate technique?*

My favourite karate technique is the Mawashi Geri.

# Members Profile

## Nadia Stanghi

### *How has karate helped in your life?*

As I have Type 1 diabetes I need to maintain a fit and healthy body and mind. I find karate has helped me achieve this, and continues to, every day.

### *Describe your favourite Chito-Ryu karate moment.*

My favourite karate moment was in August 2008 when I double graded from 12<sup>th</sup> kyu to 10<sup>th</sup> kyu.

### *What is your karate goal?*

My karate goal is to be as good as Sensei Adam.

### *Anything else you would like to add?*

I was proud of myself, one Tuesday night training when our class number was low, to my surprise I was the highest ranked belt that night (12<sup>th</sup> kyu) which meant I was to do the Showa. I said it in Japanese with no hesitation, it was a great feeling and honour.

### *Parents Comments*

All parents are proud of their children, and we are no exception. Nadia has shown her determination and perseverance to achieve her best.

### *Sensei's Comments*

Nadia is a dedicated karateka with a great fun attitude. She always gives her best in every class trying to improve her technique and knowledge. Nadia has already begun taking on a leadership role in the class, often pairing with the less experienced or skillful students to help them out. It has been a pleasure getting to know and train with Nadia and I look forward to seeing her develop in the years ahead.



Nadia training with her sister Sabrina during Tanaka Sensei's Gold Coast dojo Visit in 2008.



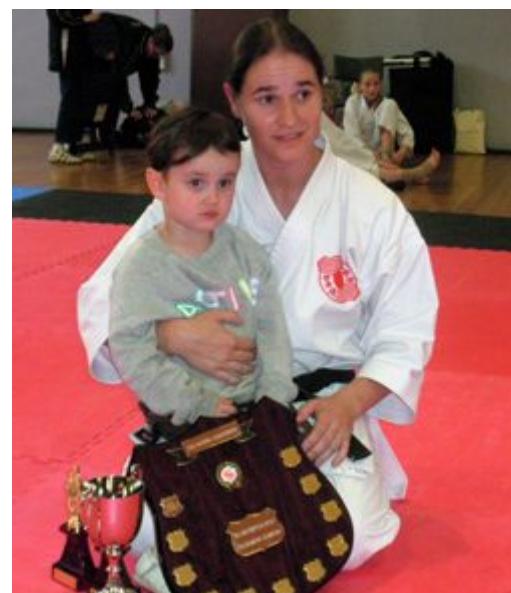
Nadia on her way to a 2<sup>nd</sup> place at the Gold Coast Cup.

# Photo Album

Your Photo's wanted!

If you have a photo you would like to see in the River of Knowledge please email to adam.higgins@gckarate.com.au

## 2008 ICKFA National Titles



# Coaches Corner

ICKFA National Coach – Sandra Phillips

## Tournament Circuit On The Move

In 2008 we have all witnessed for the **first time ever** five Chito-Ryu Karate Tournaments. A massive thank you to all regional committees for stepping up to the task of playing host to these events and providing the members of Australian Chito-Ryu Karate with a platform to test their skills.

It is exciting to see that with each tournament there is continued improvement. But what I am most excited about is how all of us as a community of officials, coaches, competitors and spectators continue to **move forward as a team** to develop a highly professional and competitive tournament circuit for all to enjoy for many years to come.

To help with this shaping of a '**professional and competitive tournament circuit**' let's take a look at the contribution of the competitor. In my mind it is up to the competitor to provide a great display of mastery of mind, body and spirit whilst simultaneously demonstrating great respect and appreciation of the style Chito-Ryu Karate, the instructors (past and present), other competitors and themselves.

It is also in the hands of the competitor to bring life and energy to the event. An energy that:

- inspires and uplifts all who witness the performance
- has referees sitting on the edge of their seats fully immersed in the performance analysing not only how best to judge the performance fairly but what could they take away for their own learnings
- silences spectators whilst they watch for what is coming next
- has everyone leaving the event asking, 'When and where is the next event?'
- has competitors literally running back to the dojo to continue to accelerate their learning to more advanced levels of study

So much effort and energy goes into organising tournaments and I believe competitors can demonstrate their gratitude to these outstanding committees and volunteers by putting on a great show. I'm not talking necessarily about a 'pretty show', but a show that demonstrates the uniqueness and effectiveness of Chito-Ryu Karate.

### So... What Can Competitors Do To Create Greater Energy In Their Kumite Performance?

Let's clear the cobwebs off the ICKF Rules & Regulations Manual for this one and get back to the basics of what is considered a scoring technique otherwise known as an 'ippon'.

**An "Ippon" is awarded on the basis of the following:**

**A scoring technique counts as an "Ippon" when it is performed according to the following criteria; good form, correct attitude, vigorous application, zanshin (perfect finish), proper timing, correct distance.**

As a competitor, how well do you think you could execute your techniques to meet all of the above requirements consistently under tournament related pressures?

Even if you are scoring 'ippon' now, could you make your delivery more dynamic and convincing? Could you demonstrate these criteria through a variety of techniques?

How about setting yourself a task to score an 'ippon' in the opening 10 seconds of your first match of the day and have every judge and referee score it, no questions asked.

Or there is the event when you have 6 matches lined up ahead of you and you only have so much fuel in your tank. You don't want to be on the mat for the full 2 or 3 minute bout. You want to score convincingly without a doubt - 3 'ippons' done in the first 30 seconds or less

You all know of a time when either you or another competitor fought ferociously for the full period of a 2/3 minute bout. You could count up over 100 techniques being launched in that time between both competitors. So much energy expelled, so much effort going into each and every technique yet no 'ippon'.

# Coaches Corner

ICKFA National Coach – Sandra Phillips

How do you as a competitor lift your application of basics to be an even faster, sharper more accurate 'ippon'. This is how you, the competitor can add some life to our tournaments. It's a win for everyone. You develop the most fine tuned technique whilst putting on an inspiring performance. And the best part from a competitor point of view. It is safer. Not only will you grow your technique in such a fine way, where it looks effortless and so timely but it happens with such control.

But you know what is even better for us as competitors. Scoring an ippon isn't limited to the scoring criteria noted above. That's right.... we get to enjoy being creative and have even more fun whilst we develop our skills.

Before I give you some other notes from the ICKF Rules & Regulations Manual on how you can score an ippon I want to share a story with you. Martin Sensei and I were honoured to have a few days with Bill Ker Sensei (Australian Chief Instructor, 1980's – early 1990's), during this time we spoke at length about tournaments. To get to the point of our discussion we all came to the conclusion that it would be great to see competitors rise to more advanced levels of study and re-introduce techniques like throws and jump kicks.

Here is a before and after photo of Ker Sensei in action doing just that from Bill Ker Sensei's Personal Karate Album, *1974 Tournament – Featuring Bill Ker Sensei. Before and after his jumping kick.*



I didn't know Ker Sensei in his day but from what I understand, tournaments in his time were a compilation of all that we do now and a whole lot more. This is really exciting news! We still have a great journey ahead of us to bring our tournament circuit to life which will only be limited by the creative application of us as competitors.

So here is another piece from the ICKF Rules & Regulations Manual on how you can score an 'ippon'.

**An "Ippon" may also be awarded for techniques deficient in one of the above criteria but which conforms to the following points:**

- **Jodan kicks or other technically difficult techniques.**
- **When evading an attack and executing a clean technique on the unguarded back of the opponent.**
- **Sweeping or throwing followed by a scoring technique.**
- **Delivering a combination of techniques in which each individual technique scores in its own right.**

Well there you have it. A starting point as to how you as a competitor can contribute to growing a professional and competitive tournament circuit just by understanding how to score an ippon and applying it.

2009 is just around the corner. There are once again five tournaments lined up for you all to enjoy. I know that all members of our Chito-Ryu community whether it be as an official, volunteer, spectator or a competitor will bring their best to make our 2009 tournaments the most successful yet.

If you are reading this article now, I am talking about 'you' too. Every person within our community has something unique and special to contribute so please step up and add your special touch. You will have a positive impact on a growing family community.

# **Mouth From Japan**

**Sensei Craig Cox**



The Mouth Of The South Heads North.

G'day gang. It's been just over three months since I made the move to Japan, and about six weeks since I entered a dojo here in Tokyo. I have been reflecting recently that I have been extraordinarily fortunate in the teachers I have had since entering in Chito-Ryu. As a beginner, Parr Sensei who is unfortunately no longer active amongst us, taught me to develop big power. Noonan Honbuchou taught me how to apply that power (if you are serious about your Chito-Ryu and have the means, you MUST, MUST, MUST make the effort to go train with him). I now train under a true gentleman by the name of Nakayama Sensei who is teaching me to control that power.

If you are wondering where I am going with this conversation it is this; each one of my Sensei has stressed not only the importance of the physical aspect of karate but the requisite mental aspect to compliment the techniques they teach. If you look even briefly at the classic martial arts instructors, of any art, one soon realises that the individuals are without exception all intellectuals. For example, the so-called father of modern karate, Funakoshi Gichin Sensei was an educator. Our own O'sensei was a medical practitioner. Soke Sensei is a qualified history teacher. Bruce Lee promoted himself as a philosopher before he made it as a film star. Kano Jigoro, the founder of Judo was an academic. Ueshiba Morihei was a spiritual marvel. Miyamoto Musashi, Japan's most famous and undefeated swordsman was a poet, artist, architect and author of one of the most famous treatises on strategy ever written. Though not a martial artist, Mohammed Ali was the best heavy weight boxer ever because he used his head before using his fists.

For you guys and your personal development, in your regional instructors you have; Noonan Honbuchou, a successful businessman and perhaps the finest Australian karate technician ever to wear the Chito-Ryu crest, Snow Sensei, the youngest individual to be made the principal of a New South Wales public school and a newly recognised Shihan, and last but by no means least Phillips Sensei who is tertiary educated, bi-lingual, and the owner/instructor of a successful full-time dojo who is also now Shihan. The point, that you cannot be a dope and succeed in this thing called karate I think has by now been well established. As for the rest of us, learn things, educate yourselves and then bring your critical minds and apply them to your training. Trust me, as an ex-cop there are enough tough fools in the world.

I believe with the firmest conviction that if the grey matter is not working, all the training in the world will not compensate (if you doubt me, check out Youtube for a cavalcade selection of martial mediocrity). I do not mean to imply that I deserve to belong in the company of the above mentioned individuals but I have come to give great consideration to my karate and the martial arts generally. For example; What is karate? What is a true karate-ka? How does karate impact on me as a human being and a member of society? Why do we practise/practice it? What is the difference between goodness and greatness in karate? Some of you may have by now tuned out and stopped reading, this is unfortunate for you would have benefited the most.

For those of you still reading I implore you to be constructively critical of yourselves, your instructors (do so quietly, and respectfully!!!) and even your art. For myself, by means of this article I will explore the above issues and many others in an attempt to inspire a critical reaction within you. I will not always be correct in my statements (in fact seldom may be the case), as stated above I am no clever person and my technique is only average for my grade. I will however write with conviction. I want to be controversial, as long as I am permitted to write for the River of Knowledge I aspire to write in such a way as to challenge the intellectually tepid waters of modern martial arts. I want to spark a response in you and I hope you have courage enough to put your beliefs on the line and engage me in healthy discourse by which you, I and others may benefit. Higgins Sensei will accord you the space to make your point and I promise to give you the requisite consideration due your argument. Conversely, if you have a question that you would like me attempt, by all means send it in. I may not be equipped to answer it for you but I know a lot of karate people with vast amounts of knowledge that would help us. No question is too simple (though written for more senior students, this column is not intended to be a black belt only forum).

For now I will leave you with this point to consider which I will elaborate upon in my next column; the martial arts have become soft and weak, and the people who practise them softer and weaker still. True martial arts are about life and death. Your every technique should be practised with the intensity and intent that it will save your life, doing so at the expense of the life of someone trying to kill you (this is why you must not use your karate except in most exigent of circumstances). To train with a lesser intensity or frivolous mindset is to deliberately cast oneself as a potential victim.

Have a merry Christmas, a safe and happy New Year, and I hope to see you all again early next year at the annual training camp.

Yours in karate.

# **Calendar of Events**

Ask at your dojo for more details about any of these events

## **January 2009**

5<sup>th</sup> Classes Resume (Sunshine Coast)  
5<sup>th</sup> Classes Resume (Gold Coast)

## **February 2009**

22<sup>nd</sup> Beach Training (Gold Coast)

## **March 2009**

1<sup>st</sup> Autumn Grading (Gold Coast)

## **April 2009**

## **May 2009**

18<sup>th</sup> - 28<sup>th</sup> Soke Sensei Dojo Visits  
24<sup>th</sup> Winter Grading (Gold Coast)  
29<sup>th</sup>-31<sup>st</sup> ICKFA National Camp (Sydney)  
31<sup>st</sup> Dan Gradings(Sydney)

## **June 2009**

20<sup>th</sup> ICKFA Seminar (Sunshine Coast)  
21<sup>st</sup> Sunshine Coast Championships

## **July 2009**

19<sup>th</sup> Kangeiko (Gold Coast)

## **August 2009**

15<sup>th</sup> ICKFA Seminar (Gold Coast)  
16<sup>th</sup> Gold Coast Cup  
30<sup>th</sup> Spring Grading (Gold Coast)

## **September 2009**

26<sup>th</sup> ICKFA Seminar (Sydney)  
27<sup>th</sup> Sydney Regional Tournament

## **October 2009**

2<sup>nd</sup> - 4<sup>th</sup> QLD Chito-Ryu Camp (Gold Coast)  
24<sup>th</sup> ICKFA Seminar  
25<sup>th</sup> ICKFA National Titles

## **November 2009**

29<sup>th</sup> Beach Training (Gold Coast)

## **December 2009**

6<sup>th</sup> Summer Grading (Gold Coast)  
17<sup>th</sup> End of Year Break-Up (Gold Coast)

## **2009 – Dates To Be Advised**

Blue Mountains Cup  
QLD Camp  
Chito-Ryu Martial Arts Festival  
Regional Grading Dates  
Kangeiko (Blue Mountains)

## **2010 – Dates To Be Advised**

Soke Cup, Kumamoto  
National Camp  
National Titles  
Sunshine Coast Championships  
Blue Mountains Cup  
Sydney Regional Tournament  
Gold Coast Tournament  
QLD Camp

# International Chito-Ryu™ Karate Federation of Australia Inc

## Sydney & Newcastle Region Instructors



Mike Noonan Sensei  
6<sup>th</sup> Dan, Renshi  
Honbucho  
Sydney Region  
Head Instructor  
“Tasseikan” Dojo



Greg Field Sensei  
3<sup>rd</sup> Dan, Jun-Shidoin  
Newcastle Dojo



Shane Ker Sensei  
3<sup>rd</sup> Dan, Jun-Shidoin  
Kogarah Bay Dojo  
“Tasseikan” Dojo



Asuka Omura Sensei  
“Tasseikan” Dojo

## Blue Mountains & Western NSW Region Instructors



Mark Snow Sensei  
4<sup>th</sup> Dan, Shihan  
Sohonbu Representative  
Blue Mountains &  
Western NSW  
Head Instructor  
Lithgow Dojo  
Katoomba Dojo



Colin Phillips Sensei  
2<sup>nd</sup> Dan, Jun-Shidoin  
Bathurst Dojo



Adam McDonald Sensei  
1<sup>st</sup> Dan, Jun-Shidoin  
Lithgow Dojo  
Katoomba Dojo

## South East QLD Region Instructors



Martin Phillips Sensei  
4<sup>th</sup> Dan, Shihan  
Sohonbu Representative  
SE Qld Head Instructor  
Sunshine Coast Dojo



Sandra Phillips Sensei  
3<sup>rd</sup> Dan, Shidoin  
National Coach  
Sunshine Coast Dojo



Adam Higgins Sensei  
2<sup>nd</sup> Dan, Jun-Shidoin  
Gold Coast Dojo

## ICKFA Committee



**President**  
Sensei Martin Phillips



**Secretary**  
Sensei Shane Ker

**Treasurer**  
Nancy Li

## Dojo Websites

[www.sydneykarate.com](http://www.sydneykarate.com)  
[www.karateinstitute.com.au](http://www.karateinstitute.com.au)  
[www.bluemountainskarate.com](http://www.bluemountainskarate.com)  
[www.karate4life.com.au](http://www.karate4life.com.au)  
[www.gckarate.com.au](http://www.gckarate.com.au)