



River Of Knowledge

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

Issue 10 – Spring 2009

Instructor Profile – Shihan Mark Snow

Sunshine Coast Championships

Gold Coast Cup

New Segment – Chito-Ryu History



Editorial

Welcome to the 2009 Spring edition of your River of Knowledge, spring is often a time of renewed energy and vigor after a dormant winter period but Australian Chito-Ryu Karate has been anything but dormant over the cooler months. In this issue you will find a review of the Queensland tournaments; the Sunshine Coast Championships and the Gold Coast Cup. Both tournaments were well attended and put on terrific displays of Chito-Ryu karate skills and spirit. Check out the reviews starting on page 8.

Winter is also the time for the Blue Mountains and the Gold Coast to host their annual Kangeiko (special winter training) with a training session held outdoors in the environment including training under waterfalls. This training is always a very special experience for those that attend.

A new segment this issue is the the Chito-Ryu history section were we will revisit some of the events and happenings of the past including the reproduction of the student booklet from Vance Prince, some very interesting and still very relevant reading.

This year marks 40 years of Chito-Ryu Karate in Australia, over that period there has been ups and downs as in all organisations. It is testament to the many dedicated karateka and the special art that is Chito-Ryu Karate-Do that Chito-Ryu is still around in our country and that we are continuing to go strong. After the change in leadership a few years ago we have consistently shown growth across all regions and expanded in to new regions, with a special leadership program developed to ensure the continued growth of Chito-Ryu in Australia it is a very exciting future to look forward to.

This years national titles are a celebration of the 40 years of Chito-Ryu in Australia and I would encourage everyone to attend this special event, the Sunshine Coast Association always provide a warm welcome and a great event with a National training seminar on the Saturday and the tournament on the Sunday you do not want to miss out.

Enjoy this issue and once again I would like to remind everyone that this is your magazine, if you have any stories of achievements by members, comments about Chito-Ryu, questions about your training or photos of yourself or your children you would like publish please send them in.

Train Hard

Adam Higgins

Questions, comments, contributions?

Send to adamhiggins@gckarate.com.au



River Of Knowledge

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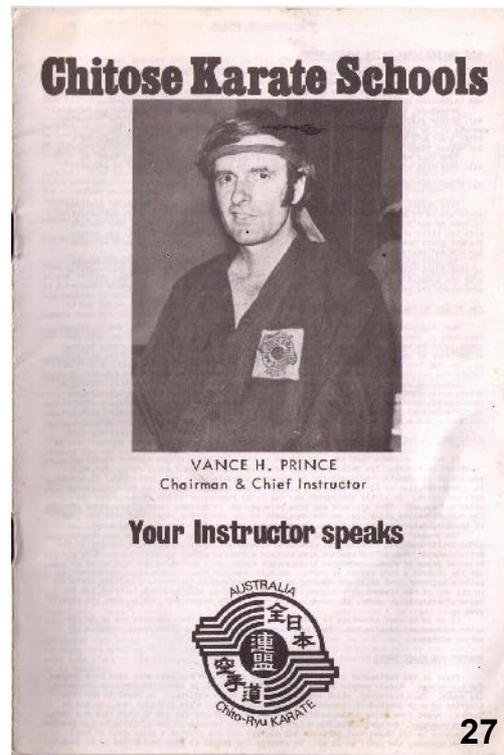
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Cover Photo: Sensei Rhys Woodhouse and Sensei Adam Higgins – Henshuho in front of Twin Falls at the 2009 Gold Coast Kangeiko

Presidents Report

Sensei Martin Phillips (Yondan, Shihan)



With the end of the year fast approaching it time to start reflecting on the great year that we have had as an organisation. Perhaps more than any year before, we have had a very big focus on growth this year in all regions. This is reflected in the massive growth in membership that is moving us to nearly double the active membership base compared to this time last year. With such a big increase in membership the burden on teachers and leaders in each dojo has also increased and it is great to see the next generation of leaders starting to step up and fill a much needed role in their respective dojos.

Our annual national tournament is nearly upon us, and this year we will also be marking the 40th anniversary of Chito-Ryu in Australia. Even in my 25 years involved in Chito-Ryu our organisation structure and key leaders has changed quite considerably. Now with our strong connection to Soke Sensei, the Sohonbu (International Headquarters) and under the leadership of Noonan Sensei as our Honbucho (Chief Instructor), I feel we are more closely aligned than ever to the essence of Chito-Ryu. When I say this I mean no disrespect to those who have come before us, because without them Chito-Ryu may not even exist as a style in this country. I am very mindful and grateful for leaders like Bill Ker Sensei (former Honbucho) who for many years kept Chito-Ryu alive in this country, but I also look forward to the future with great excitement and optimism.

Just recently our national management committee agreed spend over \$12,000 to get 4 new sets of competition mats. While tournaments are not the primary focus of our organisation, these mats represent a significant investment of funds into the redevelopment of our competition format. While our new tournament format is still under development what we have seen introduced so far reflects the fighting spirit of O Sensei and encourages competitors to be committed when attacking while at the same time developing a stronger focus on good basics. At our upcoming national tournament I am also looking forward to the introduction of a bunkai demonstration event where seniors will perform practical partner applications.

For now, keep training hard and I look forward to seeing you at the national championships on the Sunshine Coast!

New Members

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

Najer Abbas - TAIK
Cliff Adamou - TAIK
Daniel Allanson - TAIK
Nicholas Allanson - TAIK

Crissy Bacopanos - TAIK
Dimitri Bacopanos - TAIK
Conor Baughan - Maroochydore
Nathan Baughan - Maroochydore
Elizabeth Britchford - Maroochydore
Nicola Britchford - Maroochydore

Conor Cassidy - TAIK
Alicia Constable - TAIK

Troy Davis - TAIK

Isaac Elali - TAIK

Joshua Finn - TAIK
Liam Flinn - Kogarah-Bay
Jayden Foon - TAIK
Michael Fuller - Ashmore

Samuel Gibbs - Ashmore
Fallon Grieve - Maroochydore
Daisy Guy - Maroochydore

Cooper Hendry - Ashmore

Kleanthis (Leon) Kolyvas - TAIK
Peter Kranitis - TAIK
Selena Kranitis - TAIK
Staphanie Kranitis - TAIK
Sebastian Kupe - Maroochydore

Zachary Laming - TAIK
Cody Laurie – Ashmore
Jasmine Leask - Maroochydore
Tiffany Liaros - TAIK
Owen Long - Kogarah-Bay
Brent Lupton - Ashmore
Joel Lupton - Ashmore
Conor Lynch - TAIK

Troy Mackellar - TAIK
Annie McLean - TAIK
Joseph McMahan - TAIK
Alberta Moeono-Alaiasa - TAIK
Carlos Moeono-Alaiasa - TAIK
Niccolo Moeono-Alaiasa - TAIK
Ali Mohamad - TAIK
Mousa Mohamad – TAIK

Jakob Nioplias - TAIK
Ruby Nioplias – TAIK

Lisa Paraska - TAIK
Kimberley Porter - Maroochydore
Victor Priala – Ashmore

Ella Radonich - Kogarah-Bay
Mason Radonich - Kogarah-Bay
Jack Randle - Maroochydore
Angela Ri - TAIK
Lara Ri – TAIK

Askin Sigen - Kogarah-Bay
Rohan Smith – Bathurst

Hollie Thomas - Maroochydore
Jye Thompson - Ashmore
Molly Turner - Ashmore
Thomas Turner – Ashmore

Braydon Whale - Maroochydore
Allyssa Wyber - Ashmore
Amanda Wyber - Ashmore
Chelsea Wyber – Ashmore

Richard Yao – TAIK

Tiffany Zwanink - TAIK

Grading Results

12th Kyu

Tim Bond – Lithgow
 Nic Cunneen - Sunshine Coast
 Lauren de las Heras - Gold Coast
 Alec Dudley-Bestow – Lithgow
 Tyrone Glover - Lithgow
 William Gorman - Sunshine Coast
 Jordan Hobbs – Lithgow
 Bowman Kirrilly - Lithgow
 Lisi Lagilikoliko - Gold Coast
 Sebastion Leat - Gold Coast
 Jessica-Rose Lutschini - Lithgow
 Alex McLachlan – Lithgow
 Sean McLachlan - Lithgow
 Robert Muellner - Sunshine Coast
 Ron Nairne - Sunshine Coast
 Adrian Spoto - Gold Coast
 Sion Suzuki - Lithgow
 Mitchell Williams - Sunshine Coast
 Rhys Williams - Sunshine Coast
 Nicholas Wiles - Sunshine Coast

11th Kyu

Adam Amos - Sunshine Coast
 Caitlin Argyle - Gold Coast
 Matthew Argyle - Gold Coast
 Letitia Bowman – Lithgow
 Camellia Curreen - Sunshine Coast
 Quinn Curreen - Sunshine Coast
 Ethan Donovan - Sunshine Coast
 Riyo Jake Hatazoe - Lithgow
 Max Holzgreffe - Sunshine Coast
 Cherish Leituvae - Gold Coast
 Bayley Olson - Sunshine Coast
 Matthew Olson - Sunshine Coast
 Zac Smith - Lithgow
 Selina Strazzari - Sunshine Coast
 Houston Xue - Lithgow

10th Kyu

Kira Alexander - Gold Coast
 Caleb Barnes - Lithgow
 Andrew McMahan - Gold Coast
 Georgia Nancy Brown - Lithgow
 Raphael Wagner - Lithgow
 Ryan Wilcox - Gold Coast

9th Kyu

Peter Hughes - Sunshine Coast
 Kirra Powyer - Lithgow

8th Kyu

Jarrod Hansson - Gold Coast
 Hope Riley – Newcastle
 Sabrina Stanghi - Gold Coast
 Peter Vajda - Lithgow
 Emma Wilks – Newcastle

7th Kyu

Monica Lester - Gold Coast
 Angel McGrory – Lithgow
 Peter McNair - Lithgow
 Britany Page - Lithgow
 Jackson Page – Lithgow
 Bethany Ring - Sunshine Coast
 Zoe Tonks - Newcastle

6th Kyu

Mona Amagai - Lithgow
 Joshua Crouch-Reeves - Newcastle
 Tom Luchetti - Lithgow
 Freya McNair - Lithgow
 Suzanna Nisbet - Lithgow
 Charlotte O'Grady - Sunshine Coast
 Chantel Page - Lithgow
 Joshua Page - Lithgow
 Charlie Rowe - Lithgow

5th Kyu

Georgia Butner-Johnson - SCoast
 Lachlan Hibbard - Lithgow
 Etsuko Ishida - Lithgow
 Zac Leask - Sunshine Coast
 Jordan Maumill - Lithgow
 Samantha Risby - Lithgow
 Dale Snow - Lithgow

4th Kyu

Klaudia Caston - Sunshine Coast
 Tia Guy - Sunshine Coast
 Brad Morris - Sunshine Coast
 James O'Grady - Sunshine Coast
 Alan Sharman - Lithgow
 Isabelle Wagner - Lithgow

3rd Kyu

Christopher Baker - Sunshine Coast
 Amy Jones – Lithgow
 William Nak - Sunshine Coast
 Aiden Thompson - Lithgow
 Deborah Woodhouse - SCoast

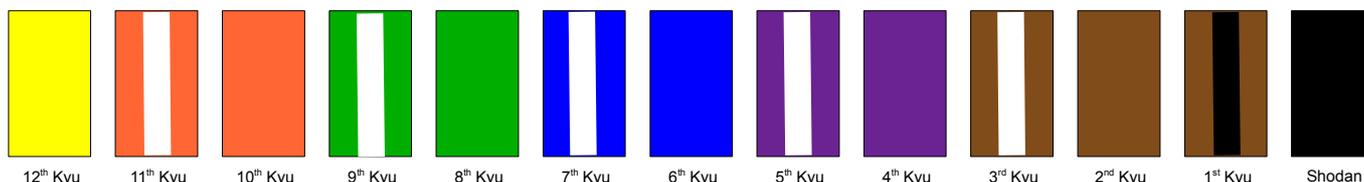
2nd Kyu

Laura Case – Lithgow
 Mitchell Case – Lithgow
 Harry Dudley-Bestow - Lithgow
 Jessie Luchetti - Lithgow
 Gerard Roebuck – Lithgow
 Jack Turner - Lithgow

1st Kyu

Viet Kaas - Sunshine Coast

Chito-Ryu Belt Colours



ICKFA Tournament Circuit

SYDNEY
GOLD COAST

SUNSHINE COAST
BLUE MOUNTAINS

**National Titles - 25 Oct
Sunshine Coast**



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



2009 Sunshine Coast Karate Championships

Sunshine Coast Tournament, 21 June 2009, Kawana Waters State College, Queensland.

At this tournament, new experimental rules with kata and kumite were trialled, notably, with refinements to the way kata and kumite were judged.

There were also modifications to the standard size of the fighting area so that it was reduced in size by 13 'jigsaw' mats, ie 6m x 6m rather than the conventional 7m x 7m fighting area.

With these changes I initially thought there would be more jogai (penalties for exiting the fighting area), but on the day I don't think there were any more jogai than usual.

Competitors also commenced their bouts facing each other from the corners of the square rather than the middle, which made for more interesting viewing angles for spectators, and I think combined with the smaller square, a different treatment and awareness of space by competitors. From personal experience it is also the 'corner' fighting where the excitement happens and forces attacks, and we certainly weren't disappointed on that front.

The changes to the kumite rules also result in an arbitrator who is a senior ranked karateka who also records the score and penalties. This takes pressure of the judges and the officials.

Kata was interesting too because rather than having 4 judges all judge the same thing, there are now three judges scoring different aspects of karate. Sometimes this resulted in vastly different scores being given by each judge. These variations in scores don't mean there has been a 'mistake' by the judges, or by the competitor for that matter, just that different things are being assessed by each judge.

What I like the most about the new rules is that it seems like a lot of thought has gone into how they can be changed to make tournaments more closely aligned to the learning's of karate-do, which is a good thing. Very recently I've heard there might be bunkai events at tournaments, which would seem to support this observation.

It only seems like yesterday that the first Sunshine Coast tournament was held, well, actually this was the 6th tournament! It was also great to see a lot of the family names in karate continuing over the years, the Woodhouse's, O'Grady's as well as newer families and siblings coming through.

While we had fewer competitors than in years gone past, this didn't deter a fantastic tournament from occurring, and Sensei's, competitors and spectators alike remarked on the high quality of performances. I suspect the reason the numbers were down slightly was because there are far more tournaments on these days and so you don't get interstate competitors coming up as regularly as you used to.

I look forward to next year, and urge southerners to consider making the trip next year to have a short warm break with some karate and good times thrown in. The global financial crisis will be over by then too, I promise!



1. Team Kata - Tia Guy, Claudia Kaston, Patrick Kitcheni (Sunshine Coast)
2. David Strazzari (Sunshine Coast) vs Luke Moulden (Sunshine Coast).
3. Keanu Caston (Sunshine Coast) vs Ryan Wilcox (Gold Coast)
4. David Strazzari (Sunshine Coast)

2009 Sunshine Coast Tournament Results

Junior Tournament Champion: Emma Woodhouse (Sunshine Coast)

Senior Tournament Champion: Anthony Horgan (Gold Coast)

Kata	1st	2nd	3rd
11 Yrs & Under Blue-Purple Belt	David Strazzari Sunshine Coast	Tia Guy Sunshine Coast	Luke Moulden Sunshine Coast
12 Yrs & Over Blue-Purple Belt	William Nak Sunshine Coast	Tamika De Jongh Sunshine Coast	Klaudia Caston Sunshine Coast
11 Yrs & Under White-Green Belt	Donell Cook Gold Coast	Zane Stevens Gold Coast	Adam Popescu Sunshine Coast
12-15 Yrs, White-Green Belt	Kira Alexander Gold Coast	Jessica Strazzari Sunshine Coast	Andrew McMahon Gold Coast
16 Yrs & Over, White-Green Belt	Adam Amos Sunshine Coast	Monica Lester Gold Coast	Barry Moulden Sunshine Coast
15 Yrs & Under, Brown-Black Belt	Emma Woodhouse Sunshine Coast	Viet Kaas Sunshine Coast	Emma Moehead Sunshine Coast
16 Yrs & Over, Brown-Black Belt	Rhys Woodhouse Sunshine Coast	Anthony Horgan Gold Coast	Helen O'Grady Sunshine Coast

Team Kata	1st	2nd	3rd
White-Purple Belt Team	Sunshine Coast Boys James O'Grady Luke Moulden David Strazzari	Karate Kids (SC) Klaudia Caston Tia Guy Patrick Kitcheni	Gold Coast 3 Andrew McMahon Ryan Wilcox Kira Alexander
Brown-Black Belt Team	Sunshine Coast Adults Rhys Woodhouse Helen O'Grady Jim Moehead	Gold Coast Adam Higgins Anthony Horgan Tasi Schiffers	Sunshine Coast Girls Emma Woodhouse Tamika De Jongh Emma Moehead

Kumite	1st	2nd	3rd
Kumite 10-13 Girls	Tia Guy Sunshine Coast	Georgia Butner-Johnson Sunshine Coast	Klaudia Caston Sunshine Coast
Kumite 14-17 Girls	Tamika De Jongh Sunshine Coast	Emma Woodhouse Sunshine Coast	Kira Alexander Gold Coast
Kumite Ladies Open	Helen O'Grady Sunshine Coast	Tasi Schiffers Gold Coast	Monica Lester Gold Coast
Kumite 7-11 Boys	Luke Moulden Sunshine Coast	David Strazzari Sunshine Coast	James O'Grady Sunshine Coast
Kumite 12-13 Boys	Viet Kaas Sunshine Coast	Baden Ring Sunshine Coast	
Kumite 14-15 Boys	Andrew McMahon Gold Coast	Keanu Caston Sunshine Coast	Ryan Wilcox Gold Coast
Kumite Mens Open	Adam Higgins Gold Coast	Anthony Horgan Gold Coast	Rhys Woodhouse Sunshine Coast

	Kata			Kumite			Total		
	1 st	2 nd	3 rd	1 st	2 nd	3 rd	1 st	2 nd	3 rd
Sunshine Coast	7	5	7	5	5	3	12	10	10
Gold Coast	2	4	2	2	2	3	4	6	5

2009 GOLD COAST CUP

The 2nd Annual Gold Coast Cup was held on Sunday 16 August with 53 competitors representing the Sunshine Coast and Gold Coast dojos.

This year's event saw the introduction of beginners divisions in kata and kumite for White – Green belts. These extra divisions were added as a means of encouraging more people to experience tournament karate for the first time.

This concept proved very popular with a number of karateka taking advantage of the opportunity to try the tournament without the extra pressure of having to compete against senior belts.

The kata events started the day, and it was very pleasing to see that the standard is continuing to improve across all divisions. The beginners divisions were especially pleasing with some competitors putting out notice that they will be a force to be reckoned with in future years as they progress in to the senior divisions. Gold Coast karateka, Alexander Priala got the day off to a good start with a focused performance of Seiken no Migi Hidari that saw him win the gold medal for the Junior kata 8yrs and under. In the Junior Kata White-Green 8-11yrs Giovanni Stanghi (Gold Coast) was the stand out performer, with the silver medal going to Cherish Leituvae (Gold Coast). Cherish has shown a very keen attitude and dedication to her training since commencing karate earlier this year and is sure to continue to improve as she gains more experience.

In the advanced kata Tamika De Jongh from the Sunshine Coast dojo completed the first stage of winning the Junior Tournament Champion by taking out the Blue-Purple Belt 12-15yrs kata division. In the Senior Brown-Black belt division Rhys Woodhouse (Sunshine Coast) won the Gold medal with a very solid performance of Sochin. It is pleasing to see the Brown-Black Belt division continuing to grow as Chito-Ryu in Queensland matures. A special mention goes to Deb Woodhouse who stepped up to compete for the first time. Deb does a lot of work

behind the scenes at the Sunshine Coast Tournament and was also a great assistance at the Gold Coast tournament helping out with table officiating. It is great to see her out on the other side of the table!

The team kata was well represented with many families and friends taking the opportunity to perform together. In the White – Purple belt division the Gold Coast's "Monasa Chicks" (Monica Lester, Nadia Stanghi, and Sabrina Stanghi) showed the benefits of the extra training they had been doing together to take the gold.

The Brown & Black Belt team kata was also strong with the Sunshine Coast team of Rhys Woodhouse, Helen O'Grady and Jim Moehead putting in a very strong performance of Seisan to win the gold medal.

The demonstrations of Chito-Ryu Bo by the Gold Coast, followed by throwing techniques by Shihan Phillips and the Sunshine Coast team was well received by the spectators, wetting their appetite for the exciting kumite divisions.

The beginners divisions for kumite provided lots of excitement as many of the competitors were trying tournaments for the first time. The benefits of the dedicated classes for tournament preparation at both the Gold Coast and Sunshine Coast dojos were evident by the standard of performances in all divisions. There were some very strong divisions with hard fought matches needed to decide the winner. In the Boys White-Green 10-13yrs division the Sunshine Coast's George Britchford was the standout performer winning his matches with some strong techniques. A bit more kiai's and George will be one to watch out for at the National Titles. In the beginners Womens division Lisi Lagilkoliko (Gold Coast) showed her ability to learn quickly in winning the division. This was Lisi's first tournament and she went on to compete in the open and team kumite divisions improving every time with a string of victories over higher ranked opponents. All performers in the beginner's kumite divisions are sure to have benefited



David Strazzari (SC) vs James O'Grady (SC)

from the experience and can look forward to testing themselves again at the National titles in October with a little more confidence.

The open divisions took the level up another notch with the action harder and faster. The Girls Kumite 14-17yrs division continues to be one of the most competitive and hard fought divisions of the Queensland tournaments with Tamika De Jongh (Sunshine Coast) securing herself the Junior tournament champion trophy with some strong wins. The boys 14-15yrs division was also very hard fought with Ryan Wilcox from the Gold Coast backing up from the beginners division to show great timing with his counter strikes to secure the victory. Both these division point to a strong future for Queensland Chito-Ryu Karate as these competitors move up through the divisions there will be a few of us older competitors that may need to hang up the Bogu!

In the Women's Open division Helen O'Grady (Sunshine Coast) showed the benefits of the hard work she has been doing at the dojo with a confident victory. Anthony Horgan of the Gold Coast continued his good year taking out the Men's open division, with Rhys Woodhouse's second place combined with his victory in the Kata enough to give him the Senior Tournament Champion trophy.

The final events of the day were the Gold Coast vs Sunshine Coast team kumite which were trialled for the first time. The top female and male competitors from each dojo in each age division were pitted against each other to see which dojo would be crowned champion. In the Female division the Gold Coast girls stepped up to the challenge winning 3 of the 4 matches to be crowned champions. The Sunshine Coast guys reversed the outcome taking the Male Team kumite division 3 matches to 2. This event proved a great success with plenty of involvement from the crowd and the competitors giving it all. It will definitely be an event that everyone looks forward to next year.

The second annual Gold Coast Cup was another great success, with the large number of events the hard work of the referees, table officials & volunteers was essential for the tournament finishing on time. All competitors appreciate the effort these people put in to making events such as this possible.



1. Rhys Woodhouse helping Renee Saunders (SC) prepare for kumite.
2. Monica Lester (GC)
3. Conor Emery (GC) vs James O'Grady (SC)
4. Rhys Woodhouse (SC) vs Adrian Spoto (GC)
5. Laine Van Deventer (GC) vs Tia Guy (SC)

2009 Gold Coast Cup Results

Junior Tournament Champion: Tamika de Jongh (Sunshine Coast)

Senior Tournament Champion: Rhys Woodhouse (Sunshine Coast)

Beginner Kata

	1st	2nd	3rd
Junior Kata 7yrs & under	Alexander Priala Gold Coast	Dylan Pike Gold Coast	Lauren de las Heras Gold Coast
Junior Kata White-Green 8-11yrs	Giovanni Stanghi Gold Coast	Cherish Leituvae Gold Coast	Donell Cook Gold Coast
Junior Kata White-Green 12-15yrs	Kira Alexander Gold Coast	Nadia Stanghi Gold Coast	Jessica Strazzari Sunshine Coast
Senior Kata White-Green	Monica Lester Gold Coast	Robert Muellner Sunshine Coast	Jared Van Deventer Gold Coast

Advanced Kata

	1st	2nd	3rd
Junior Kata Blue-Purple <11yrs	David Strazzari Sunshine Coast	Tia Guy Sunshine Coast	James O'Grady Sunshine Coast
Junior Kata Blue-Purple 12-15yrs	Tamika De Jongh Sunshine Coast	Baden Ring Sunshine Coast	Gabriel Long Sunshine Coast
Junior Kata Brown-Black <15yrs	Viet Kaas Sunshine Coast	Emma Woodhouse Sunshine Coast	Emma Moehead Sunshine Coast
Senior Kata Brown-Black	Rhys Woodhouse Sunshine Coast	Anthony Horgan Gold Coast	Helen O'Grady Sunshine Coast

Team Kata

	1st	2nd	3rd
Open Team Kata White-Purple	Monasa Chicks Sabrina Stanghi Nadia Stanghi Monica Lester	Van Deventer Jared Van Deventer Laine Van Deventer Giovanni Stanghi	Gold Coast 4 Lisi Lagilkoliko Cherish Leituvae Adrian Spoto
Open Team Kata Brown-Black	SC Adults Rhys Woodhouse Helen O'Grady Jim Moehead	Gold Coast Adam Higgins Anthony Horgan Tasi Schiffers	Sunshine Coast 4 Keanu Caston William Nak Debbie Woodhouse

2009 Gold Coast Cup Results

Beginner Kumite

	1st	2nd	3rd
7-9 Years Kumite	Giovanni Stanghi Gold Coast	Renae Saunders Sunshine Coast	Luke Nicholson Gold Coast
Girls Kumite White-Green 10-13yrs	Sabrina Stanghi Gold Coast	Laine Van Deventer Gold Coast	Cherish Leituvae Gold Coast
Girls Kumite White-Green 14-17yrs	Nadia Stanghi Gold Coast	Kira Alexander Gold Coast	
Womens Kumite White-Blue	Lisi Lagilkoliko Gold Coast	Monica Lester Gold Coast	
Boys Kumite White-Green 10-13yrs	George Britchford Sunshine Coast	Donell Cook Gold Coast	Jake Nicholson Gold Coast
Boys Kumite White-Green 14-17yrs	Ryan Wilcox Gold Coast	Andrew McMahon Gold Coast	Jared Van Deventer Gold Coast
Mens Kumite White-Blue	Robert Muellner Sunshine Coast	Adrian Spoto Gold Coast	

Advanced Kumite

	1st	2nd	3rd
Open Girls Kumite 10-11yrs	Tia Guy Sunshine Coast	Laine Van Deventer Gold Coast	Cherish Leituvae Gold Coast
Open Girls Kumite 12-13yrs	Sabrina Stanghi Gold Coast	Klaudia Caston Sunshine Coast	
Open Girls Kumite 14-17yrs	Tamika De Jongh Sunshine Coast	Emma Woodhouse Sunshine Coast	Bina Schiffers Gold Coast
Open Womens Kumite	Helen O'Grady Sunshine Coast	Tasi Schiffers Gold Coast	Lisi Lagilkoliko Gold Coast
Open Boys Kumite 10-11yrs	James O'Grady Sunshine Coast	David Strazzari Sunshine Coast	Damon De Jongh Sunshine Coast
Open Boys Kumite 12-13yrs	Gabriel Long Sunshine Coast	George Britchford Sunshine Coast	Viet Kaas Sunshine Coast
Open Boys Kumite 14-15yrs	Ryan Wilcox Gold Coast	Keanu Caston Sunshine Coast	Andrew McMahon Gold Coast
Open Boys Kumite 16-17yrs	Jared Van Deventer Gold Coast	William Nak Sunshine Coast	
Open Mens Kumite	Anthony Horgan Gold Coast	Rhys Woodhouse Sunshine Coast	Adrian Spoto Gold Coast

Team Kumite

	Winner
Female Team Kumite	Gold Coast
Male Team Kumite	Sunshine Coast

	Kata			Kumite			Total		
	1 st	2 nd	3 rd	1 st	2 nd	3 rd	1 st	2 nd	3 rd
Sunshine Coast	5	4	6	7	8	2	12	12	8
Gold Coast	5	6	4	9	8	9	14	14	13

ICHI GAN – First The Eyes

In the last edition of the River of Knowledge we discussed the concept of *ichi gan, ni soku, san tan, shi ryoku* and how to apply this in your training. You will recall that *ichi gan, ni soku, san tan, shi ryoku* can be translated to mean first in importance is the eyes, second is the stance, third is the tanden and fourth is technique.

In this article we will be looking in more detail at the first part of the saying, *ichi gan*, or first in importance is the eyes.

In an earlier edition of the River of Knowledge we considered *enzan no metsuke*. *Enzan no metsuke* is the concept of viewing an opponent in the same way as looking at a distant mountain. An extract from a book by Noma Hisashi¹ may help you understand this concept more:

The eyes should always be directed towards the opponent so that his face occupies the centre of vision while at the same time remaining aware of the opponent in his entirety.

One must view the opponent with a long focus and be aware at a single glance of his whole aspect, from head to foot. When you are at close quarters with the opponent if you focus only on his face or hands your field of vision will be very narrow, but if you view him with a feeling of distance you will see not only his whole figure but also the areas on either side, without having to move the eyes.

Noma Hisashi provides further words of wisdom about the correct use of the eyes:

The purpose of correct vision is of course to clearly comprehend the situation but should one become fixated on a certain point there is the danger this may cause fear and confusion. If you look at the opponent's hands your attention will be directed to his hands and if you look to his feet, your attention will be drawn to his feet. In this situation you resemble an empty house. A

thief could steal into an empty house, as there is no master at home to prevent it. Therefore, keep a broad view and avoid fixated vision.

At the beginning, the novice usually looks straight at the target he wants to strike immediately prior to cutting it. By doing so it is practically the same as telling the opponent one's intentions and therefore extremely disadvantageous.

The other concept we need to understand is *Kan*, which in English means **intuitive perception**. *Kan* can be described as seeing your opponent's intentions. When we talk about "seeing" here, it is more than seeing with the eyes but rather seeing inside your opponent to see their thoughts and intentions. Noma Hisashi provides this explanation:

If asked what *Kan* is we can say that it is the most superior of senses. First, we sense small things by way of the five senses; the eyes for vision, the ears for hearing, the nose for smell and so on, but if we go a stage further, we may even hear the soundless and see the invisible and be aware of the wonderful and the marvelous

Noma Hisashi provides this further advice on *Kan*:

In the midst of battle, with its limitless variation of circumstances, if one attempts to attack at the moment one recognises a chance it is already too late. At the moment of a bolt of lightning, the thunder is released, at the moment of seeing an opportunity to strike, already the opportunity no longer

exists. Therefore, at the moment of being aware of the existence of an opportunity one must already have launched in to attack it.

How are we to manage this? The answer lies ultimately in the use of *Kan*.

When one possesses *Kan*, chances for attack project themselves as though they were reflected in a mirror.

Kan is obviously a very high level skill and Noma Hisashi says that students only start to develop this skill when they are fourth dan. His advice on how to develop *Kan* is that "all senses develop keenness through constant and repetitive use". So it is only through constant and diligent training that this skill will develop.

To finish this article on *ichi gan*, here is a quote by Miyamoto Musashi from The Book of Five Rings:

Look by the eyes of *kan*, the profound and intuitive eye of the psyche. Strengthen the *kan* and look into the heart of the opponent, look at the situation, look widely with the eyes, watch the aspect of the battle, watch the weaknesses and strengths of your opponent. It is the only way to discover directly the way to win.

I hope this information helps you understand the concept of *ichi gan* and why the eyes are first in importance.

Reference: 1. The Kendo Reader, Noma Hisashi.

2009 Gold Coast Kangeiko

The annual Gold Coast Chito-Ryu Karate Kangeiko was held at Springbrook National Park. The day started slightly colder than last year with a 3 degree temperature providing the participants with the challenge of the cold at the start making some think about how they would handle what was to come. However all eagerly headed down the track of the Twin Falls circuit ready to test themselves with the various challenges the day provides including the final stage of training under the waterfall.

The morning started with a jog to the first point where everyone used the lookout to practice Enzen no Metsuke (looking to the far distant mountain). This was followed by standing meditation absorbing the energy of the rising sun.

The next stop was the bottom of Blackfellow falls where after a very slippery climb everyone found a suitable position on the flattest rock they could find for 20 minutes of meditation. With sounds of the water combining with the rest of the sounds of the rain forest the oneness with the location was a terrific experience that made the 20 minutes disappear very quickly.

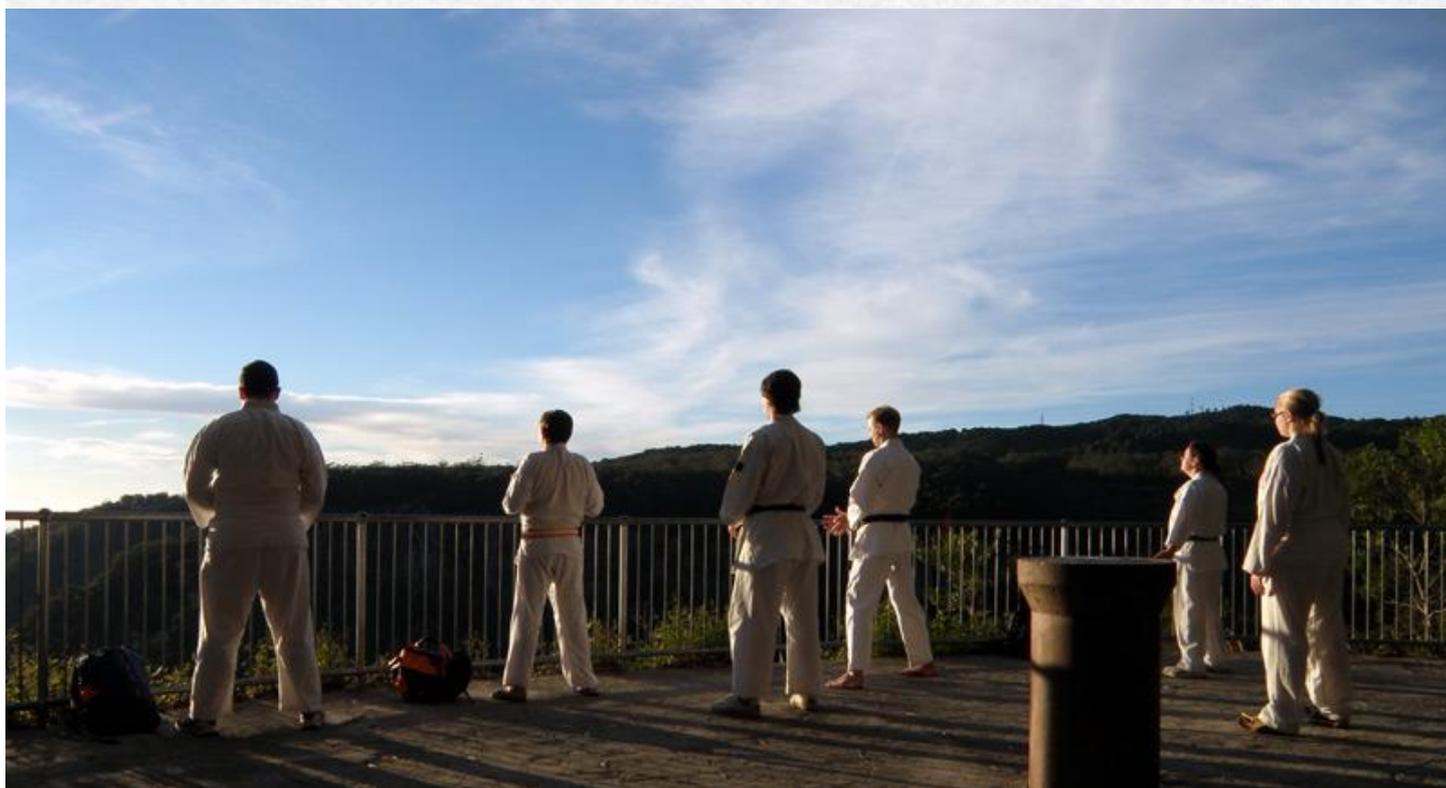
After meditation the jog continued along the bottom of the ridge to Twin Falls where everyone performed various bunkai and one step sparring. The narrow path and uneven environment added an extra dimension to the technique as you were forced to be aware of your environment as well as your partner. There was definitely no room for mechanical repetition of the technique as a step too far could see you land in the water! This feeling continued when the group entered into the caves for one step sparring and sparring with Sensei Adam.

The angled chasm between the rocks with a sloped path at the bottom as always provided an interesting challenge. First step was to walk through the chasm normally to prove that even standing up straight you did fit easily. Then the challenge began with seisan dachi stepping, 4 kick combination, rinten tsuki, rinten-hanten tsuki. A concentration on just performing the technique with control of the posture, tanden and correct use of eyes saw success, a lapse of concentration saw the eyes take over and try to adjust the body to conform to the angled walls leading to a big lean, in

most cases tipping over up against the wall! The results were both humorous to onlookers and educational to the participants as everyone learnt more about their techniques. It was good to see that for those that had done this exercise before that their technique was improving as they hit the wall less.

The last part of the training was what everyone had been waiting for as the group made its way to Rainbow Falls. With the recent rain there was a lot more water than previous years making some places under the waterfall not suitable, however there was plenty of good spots and soon everyone had a go at testing their spirit and technique against the falling cold water.

With strong kiai's ringing out and a focus on breathing through the tanden everyone was successful in meeting the challenge presented by the cold water and left the water feeling the warmth of accomplishment and shared experience eager for next year when they could once again test themselves with the Gold Coast Chito-Ryu Kangeiko.



2009 Kangeiko

Participants

Adam Higgins
Rhys Woodhouse
Emma Woodhouse
Tasi Schiffers
Bina Schiffers
Monica Lester
Ryan Wilcox
Adrian Spoto



Takishugyo

Takishugyo can be used in a few different ways. The first is as an ablution, or cleansing of the spirit. This is most often found in the buddhist religion and was/is often conducted by priests. The waters are said to cleanse away the impurities accrued by the spirit.

Another aspect of Takishugyo is meditation. This is done by certain Zen sects and martial arts groups, including some karate and aikido practitioners (and possibly others, but I don't know).

As a meditative tool, Takishugyo challenges the practitioner to overcome fierce external stimuli and focus completely on the self. The freezing cold water shocks the body out of its normal state of complacency and invokes many autonomic reactions including gasping, muscle tension, and flight response.

It is the practitioner's goal to feel and understand these reactions and to move past them.

Shihan Mark Snow

Age: 39
Karate Rank: Yondan
Instructor Rank: Shihan
Dojo: Katoomba & Lithgow
Primary Instructor: Soke Sensei

Notable Tournament Results

Soke Cup 1989- Open Division- Top 8 (160 Competitors)
1992- Bronze Medal Team Event

National Titles: 1990- National Team Kumite Champions – Lithgow Dojo

How long have you been doing Chito-Ryu Karate; where did you start and who was your instructor?

I have been a student of Chito-Ryu Karate for 26 years. My first experience in the dojo was with Sensei Chris Brown in around 1979 and I trained with him for a brief period of time. It was in 1983 that I commenced training with Sensei Dave Hawken and Sensei Andrew Connelly at the Lithgow Dojo.



Shihan Mark Snow with Soke Sensei - 2009

Why did you first start Chito-Ryu Karate?

My three brothers had been training in Chito-Ryu Karate for a number of years and as they practised at home a lot I would often be invited to be a sparring partner for them. This was becoming somewhat of a challenge so I decided, with a couple of friends, to attend a class. This was also the time of the “Karate Kid” and “Bruce Lee” and I became totally caught up in the world of martial arts. In what seems like a blink of an eyelid I have been attempting to do Chito-Ryu Karate ever since.

What was training like when you first started Chito-Ryu Karate? How does it differ from training today?

The training was extremely physical and tested you on a level that would have many participants today running for the door. Training sessions would cover all basics, kata, bag work, fitness and a great deal of kumite. At various times we would do ukemi on the wooden floor and many self defence techniques. There was a real sense of realism and an emphasis on application in a fight situation.

It was the kumite that really consumed me and I enjoyed the build up to hard free sparring where the only rules seemed to be the Sensei calling out Hajime and Yame. This style of kumite was like the kakedameshi where throws, low kicks and just about anything was permitted. It was tough and as a teenager I loved every living minute of that time in the dojo. The friendships that were formed from that era are still very strong to this day.

It was a very different world twenty six years ago and access to information, technology and transport was nothing like today. In many respects there was a great deal of mystique around the martial arts, the culture of Japan and from my perspective the dojo was a completely different world to the one that existed outside.

I believe that we are essentially doing the same Chito-Ryu Karate but with deeper understandings and connections. I liken it to the transition through the different stages of life where we hopefully get closer to our own centre the older we get. We are made up of many experiences and the karate we have within us today is the product of all those accumulated years of struggle. The level of curiosity, enthusiasm and interest that I had for training in the early days is even stronger now. Keeping the training relevant to my life ‘now’ is most important.

It was tough and as a teenager I loved every living minute of that time in the dojo.

INSTRUCTOR PROFILE

What was your Black Belt grading like? What did you have to do, how long did it take etc?

My black belt grading was a very long process and a genuine struggle. I first attempted my Shodan grading in early 1990 in Newcastle in front of a grading panel consisting of Sensei Bill Ker, Sensei Andrew Connolly and Sensei Brian Hayes. Jason Partridge also challenged for his Shodan grading on that day.

The physical grading consisted of kata, kumite and fitness and these areas we both managed to pass. In the area of bunkai we were asked to demonstrate a variety of applications to the kata and we were not successful. At that point we were asked to return to the next Brown and Black Belt training session to be held at Botany Dojo six weeks later.

When we returned to Lithgow Dojo Sensei Dave Hawken made it clear that if we didn't pass at the next senior session that we would have to wait another year before we could challenge again. We attended the next session and in front of Sensei Bill Ker we both passed our Shodan grading. I was 19 at the time.

As Soke Sensei was visiting Australia to attend the National Camp both Jason and I were asked to participate in another grading as a sign of respect to Soke Sensei. Martin Phillips Shihan and Warren Tressider from Newcastle Dojo graded to Shodan on that day also. So in reality I failed my grading once and passed it twice.



Sensei Dave Hawken and Jason Partridge – 1989 Soke Cup

Have you studied any other types of Martial Arts?

I have never formally studied any other martial arts. To be perfectly honest I never really wanted too. Over the years I have trained with other martial artists and this has helped me to understand my own journey.

There were two times when Soke Sensei really influenced me in this area. The first time was during a session at the Newcastle Dojo at Glendale, in around 1990, when there was an arnis class taking place and Soke Sensei was watching. During the lesson the participants were doing a technique and Soke Sensei commented that it was the same as the counter to neseishi bunkai number one. It took me a decade to get that one.

The second time was in 1999 when I was training in Japan and I had been going through a stage where I was attempting to deepen my understanding of Chito-Ryu throwing technique by researching Judo and Aikido. I started to discuss this with Soke Sensei and his response was very straight to the point. He said "Judo is Judo, Aikido is Aikido and Chito-Ryu is Chito-Ryu".

There is enough in Chito-Ryu Karate to sustain me for a lifetime and we are all on the same mountain but perhaps taking a slightly different path to the top. This is the wonderment of the martial arts.



Flying Side Kick 1992



Demonstrating with Noonan Sensei at the 2007 Soke Cup

How did you get started in instructing?

As a younger student my instructor Sensei Dave Hawken, from time to time, used to ask the blue belts (2nd kyu) to take the class through one aspect of the training. I can remember enjoying the experience and in 1986 I had the opportunity to take my first class from start to finish as the instructor couldn't get to class. Instructing progressed from there and in 1992 I became the instructor for Lithgow, Katoomba and Blackheath dojos. Instructing has been a part of my life ever since.



2006 ICKFA National Titles



2005 Blue Mountains Cup

Why do you instruct?

I truly believe that we are all custodians of Chito-Ryu karate and it is important that we continue this tradition for many generations to come. Instructing provides me with the opportunity to make a contribution to this process. Instructing teaches me about myself and I have learnt so many lessons from many students over the years. In essence we are all teachers within the dojo and the dojo is a place where we can all continue to learn from one another. Hopefully we can learn from each other for a lifetime. This is a rare and special relationship.

What has been some of the highlights of your instructing?

Having the opportunity to teach and evolve as a teacher over the years has always been important to me. Teaching is an art and having the capacity to develop the craft is an ongoing part of my life that I genuinely enjoy. Introducing students and assisting them to grow in Chito-Ryu is a privilege and it is always a highlight to observe an individual make progress. Teaching in the moment, overcoming challenges and creating a wonderful learning environment is a highlight of instructing.

What are some of your most memorable experiences in Chito-Ryu Karate?

The first night I trained in the dojo was a memorable occasion and I can remember Colin Phillips Sensei introduced me to the seven wrist locks and I thought that it was magic.

Meeting Soke Sensei for the first time and having the opportunity over the years to train with him and view many demonstrations. One moment was in 1994 in Kumamoto when Soke Sensei demonstrated all basic kihon and kata at a clinic and his jumping back kick was incredible.

Training with Shogei Sensei and Tashiro Sensei in Japan were moments in time that I will never forget and to see both of these masters display such humility, kindness and beautiful technique. Shogei Sensei was a true gentleman.

Travelling to Japan with Jason Partridge, Colin Phillips Sensei, Adam McDonald Sensei and Glen Snow Sensei was a highlight as we discovered life at the Sohonbu Dojo.

Demonstrating at the 60th Anniversary of Chito-Ryu Karate in Japan with Michael Noonan Renshi was a wonderful opportunity and a great honour.

What is your favourite thing about training in Chito-Ryu Karate?

I enjoy the opportunity to train everyday and spend time at the dojo learning and assisting other students. The questions that arise from training are an absolute joy for me and just when you think you have made a connection another question is generated. Training in Chito-Ryu is one big question mark! Maintaining a beginners mind is a beautiful aspect of the art and always being mindful that I am a student of Chito-Ryu. Training by myself outside in nature and just living in the moment is increasingly important to me.

What is the most challenging thing in your karate?

To keep my mind from distracting me from achieving my goals is a challenge. The ego can derail, redirect and at times it is important to remind oneself of the important things in all aspects of life. Karate is not immune from this negative influence and to be aware of the triggers provides the opportunity to get on track and focus in all areas of life.

Describe your favourite Chito-Ryu Karate moment.

One recent moment was during Soke Sensei's visit to Australia when I was training with him in an early morning private session at Katoomba Dojo. The weather was beautiful, the view was spectacular and the atmosphere was extremely still and quiet. Soke Sensei guided me through a particular exercise and it was one of those moments where I saw a particular karate view for the first time and felt like a beginner and it was great. The highlight was watching Soke Sensei move around the dojo completely in the moment and naturally connected with his environment.



Training with Shogei Sensei

What is your karate goal?

To continue to train during every stage of my life, keep a beginners mind and learn from Soke Sensei. As a teacher I believe that it is very important to protect and maintain Soke Sensei's teachings and direction and ensure that we leave Chito-Ryu Karate in an excellent condition for the next generation. On a personal level I want to lead by example, learn from my mistakes and train daily.

How has karate helped in your life?

Karate has shaped my life in so many ways and I can't remember what life was like without it. My career, as a Teacher and School Principal, continues to be greatly influenced by karate experiences. It is the feelings, ideas, concepts and attitude that I have developed through my karate struggles that continue to influence my life on a daily basis. I think that my karate and life are one and the same.

What one piece of advice would you pass on to your fellow Chito-Ryu Karateka?

Keep a healthy balance in all aspects of your life and remember that karate is intended for a lifetime of study, so pace yourself to avoid burning out too soon. Train hard, often, be patient, compassionate, learn from failure and remember that karate grows from within each of us.

Anything else you would like to add?

Karate is an excellent method of self discovery and if practised with the correct intention can assist in the positive development of not only the individual but also society. I have always felt very grateful that I found Chito-Ryu Karate and thankful to all of my teachers over the years for their patience, direction and commitment in guiding me. The Chito-Ryu saying, 'Case by Case' represents the philosophy of the art that I believe in very strongly and that is regardless of age or gender we can all learn Chito-Ryu Karate and improve. Most importantly have fun!

ICKFA Dojo News

Bathurst

Colin Phillips Sensei

The spring edition of the ROK already the year has gone so fast, what do they say the older you get the faster time moves on; I believe this is true, what a year it's been already with Soke Sensei visit, national camp and two tournaments completed and two to go.

This year we celebrate 40 years training in Australia and this is and a very important milestone for our organisation; I cant but help wonder where we will be in say 10, 20 and then 30 years from now, my feeling is a strong and dynamic organisation with a depth of experience that most organisations would envy; having walked into my first Chito Ryu dojo in 1976 to train we have come such a long way.

Bathurst dojo is going well and plans are already under way for 2010; with many of students reaching their teens I hope to commence a junior black belt training program with the focus on students achieving their junior black belt grade.

We have some wonderful students and some natural leaders are becoming evident in the dojo, the students are training hard at the moment preparing for their next grading.

Our adult class continues to grow with at least 30% of people doing martial arts before; some people having black belts from other styles and disciplines from ju-jitsu to sports karate; others having trained however not to the same level having experience in taekwondo, wado ryu karate and kyokushin, these people have taken to Chito Ryu whole heartily and will make good Chito Ryu practitioners.

We have had several free lesson trials during September and we hope to grow even more towards the end of the year.



left - Serene, Ebony and Jade Loudoun Shand (three sisters training and celebrating their first grade together, their brothers Eli and Uriah train in our 4 to 7 years karate crocodiles program)

bottom left - Aimee Walsh and Radhika Singh (friends inside and outside the dojo)

bottom right - David and Rohan Smith (Rohan is our latest karate crocodile to be graded in the 4-7 years program, Rohan's dad pictured trains with the seniors and is currently training hard for his next grading as well)



ICKFA Dojo News

Lithgow & Katoomba

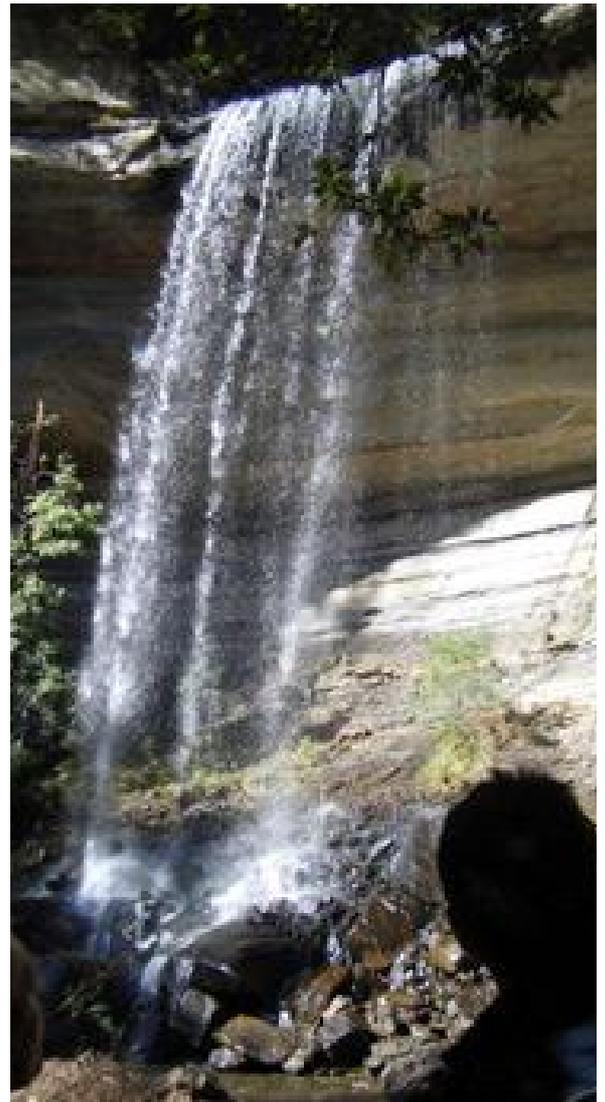
Adam McDonald Sensei

Lithgow dojo continues to grow with a quite a number of people taking advantage of our “two first lessons free” promotion.

Lithgow held successful gradings with many grading for the first time I was pleased with standard shown on the day and I must admit from a coaches point of view I was a little nervous for the students as many of the people grading I had taught from their first lesson in the dojo; however Mark Sensei was extremely pleased with the manners and technique shown on the day and commented on the high standard.

Waterfall training as always was a fun day with seniors enjoying the experience; Mark Sensei chose one of the most challenging spots to date for Kangeiko training at Mt Victoria Falls, the bush walk to the area was a long 45 minute walk and difficult in some places and the waterfall was magnificent and worth the effort.

After training and hiking and a bite to eat it was off to “Sparadise” the traditional Japanese onsen in the Blue Mountains for well earned relaxation; we are really looking forward to the next year and encourage everyone to come and join us for the experience of Kangeiko in the Blue Mountains.





ICKFA Dojo News

Newcastle

Greg Field Sensei

Students in Newcastle are looking forward to the 2009 National Tournament at the Sunshine Coast. There has been a big break between tournaments in NSW so everyone is keen to attend this tournament. We have started to prepare for the tournament with some extra work on kata and kumite. We are expecting some strong competition from the Queensland dojos and it is always good to compete against competitors from all the dojos. It will also be good to renew friendships with the other students attending the tournament, who we have not seen for a while. Unfortunately, due to the distance and time of year we will not be able to send as many students as we had hoped.

This year is a busy one for several students in Newcastle who are juggling karate training with studying for their Higher School Certificate. Joshua Kozis, Michael Tabley and Viktoria Crouch-Reeves will all be undertaking their final exams in October. These students have all been studying hard to ensure they are ready for the exams. Our best wishes go to these students and we hope they get the results they deserve. Fiona Smith recently announced her engagement and she is now busily planning for the big day. We all extend our best wishes to Fiona and hope everything goes well on the day and for the future. Unfortunately, Kaenarelle Reeves has had a few health problems lately and has had to spend some time in hospital. Kae is really missed in the dojo and we all hope that she recovers soon and can get back to training. Our best wishes go to Kae for a speedy recovery.

ICKFA Dojo News

Gold Coast

Adam Higgins Sensei

Gold Coast Dojo Moving

The first of September was the 4 year anniversary of the opening of the Ashmore dojo and to celebrate we decided it was time to move out! This year has seen continued growth in the number of members training especially in the junior beginners classes were we first for the first time had to put a cap on any new students starting. To accommodate this growth and ensure we can offer Chito-Ryu training to all that want it we have secured new premises over twice the size of the existing dojo. The big move is scheduled for the end of September with the first class at the new dojo to be held on the Monday 28 September. For the first night a special combined all levels and age's class has been scheduled to allow all members to train together at the same time. For many this will be the first time they get to meet and train with some of the senior's students. Something everyone is looking forward to.

Tournaments

Gold Coast members attending the Sunshine Coast tournament in June with some great results and more importantly some great fun had by all. Anthony Horgan did the dojo proud being awarded the Senior Tournament Champion trophy for his results on the day.

In August the Gold Coast hosted the 2nd annual Gold Coast Cup. It was a great day with many Gold Coast members trying tournament's for the first time with all enjoying the experience. Everyone is now very excitedly looking forward to the ICKFA National Titles on the Sunshine Coast to once again test their skills. The tournament would not have been a success without the support of the Sunshine Coast members and families who came down for the day, some parents helped out on the tables which was very much appreciated. A big thank you to all the Gold Coast members and their families who helped set-up, take down and run the event.

Kangeiko

The colder weather indicated that it was time for the annual Gold Coast Kangeiko up at Springbrook. This year the weather was actually cold! I discovered that my car gives me a warning when it is below 3 degrees, that the roads may be slippery due to ice, something that I had never seen it do before! There were a number of new faces at this year's Kangeiko plus Rhys and Emma Woodhouse from the Sunshine Coast dojo, with all having a great day of training and experiences.

Gradings

The final major event over the last few months was the Spring Grading with Shihan Phillips grading 15 Gold Coast Karateka to their next level. The dojo is now starting to fill out with some colour which is fantastic to see, it is going to be very exciting over the next 18 months as a number of students move towards their purple and brown belts.

Coming up in September is the QLD Karate Camp with the Gold Coast hosting the event for the first time. With almost 50 people from both the Gold Coast and Sunshine Coast dojo's registered for the event it looks like being a great time.

Class Clubs

At the Gold Coast dojo students are recognized for their commitment training by the 100, 200 & 500 Class Clubs.

Congratulations to the following new editions to these clubs:-

100 Club:
Kira Alexander

200 Club:
Georgia Donnelly



The Argyle family after Caitlin and Matthew successfully graded to 11th Kyu.

ICKFA Dojo News

Sunshine Coast

Martin Phillips Shihan

Festuri Multi-Cultural Festival

This year marked the 10th anniversary of the Festuri Multi-Cultural Festival on the Sunshine Coast. Thanks to a prompt from one of our committee members this year our local association took part and ran a stall which featured a few demonstrations and even some mini classes throughout the day. The event was held Sunday, 30th August. Although it did not really prove to be very successful in terms of attracting new members, which was the intended goal, everyone who helped had a good social day exploring the various stalls getting to know other members that they don't normally train with.

Leadership Training - Practice Day

In the dojo our leadership training is really starting to take shape with a great group of leaders. Members who have been invited to take part in the leadership program have been doing regular leadership classes which are held twice a month and focus on developing various leadership and teaching skills. In addition to the extra training leaders have undertaken they have also been assisting in various classes in the dojo throughout the week to ensure that all members are getting the best possible support in their learning.

Just recently we had a special leadership training day, Saturday, 5th September. On this day leaders were invited to bring along guests who have never done karate before so that they could test their skills as teachers. In the lesson leaders were asked to take their students through a 30 minute introductory lesson covering some of the foundation basics of Chito-Ryu. Some of the leaders taking part have been developing some good teaching skills and have had practice but there were a few new leaders doing this kind of thing for the very first time.

For me it was a great opportunity to sit back and see how well our leaders have been developing and also how they perform under pressure. What I saw, I was very impressed. Everyone stepped up and took their role very seriously, putting in their best effort. As a result of the leadership abilities that participants demonstrated, a number of people moved up to higher leadership levels and a few more will very shortly once they have completed the necessary beginner coaching qualifications. In particular I would like to make mention of Helen O'Grady currently 1st Kyu who has moved up the Trainee Instructor qualification, the final step in our national leadership program prior to international instructor qualifications. And Jim Moehead currently 2nd kyu who has moved up to Instructor's Assistant which is the second highest step in our national leadership program. In addition to serving as dojo leaders, Helen and Jim also volunteer as valuable committee members of our local association.

Kid's Night Out - Father's Day

Just to give all the dojo Dad's a bit of a rest before Father's Day, we decided to have a Kid's Night Out at the dojo Saturday, 5th September. The night was well attended and kids had a blast with 3 hours of activities: lots of karate training, games, pizza, we made some father's day cards and had a game of pin the belt on the karate guy. Now this game of pin the belt on the karate guy was pretty funny, Sempai Rhys got a belt pinned to him which was kind of interesting, because the karate guy that belts were being pinned to was a life size drawing expertly done by Sensei Sandra stuck on the dojo wall. Each Kid's Night Out is getting to be more fun than the one before, can't wait for the glow in the dark dodge ball night... maybe next term.

“ lots of karate training, games, pizza, we made some father's day cards and had a game of pin the belt on the karate guy.”

ICKFA Dojo News

Sunshine Coast

Martin Phillips Shihan

Qld Camp

Just the other weekend 18-20th September, we had our 2nd annual Qld training camp at Tallebudgera Active Recreation Camp on the Gold Coast. This year, Adam Higgins Sensei did most of the ground work liaising with the camp and organising activities. Attendance was up from last year with just over 40 people training over the weekend representing both Sunshine Coast & Gold Coast dojos. On the Saturday this year our special activity was circus skills which included a variety of activities such as juggling, plate spinning and whole lot more. Sunday morning started with beach training and the camp concluded with a combined Sunshine Coast and Gold Coast grading with a number of people successfully progressing to the next level. Next year's Qld camp will be held on the Sunshine Coast around the same time of year and we look forward to an even bigger and better event.

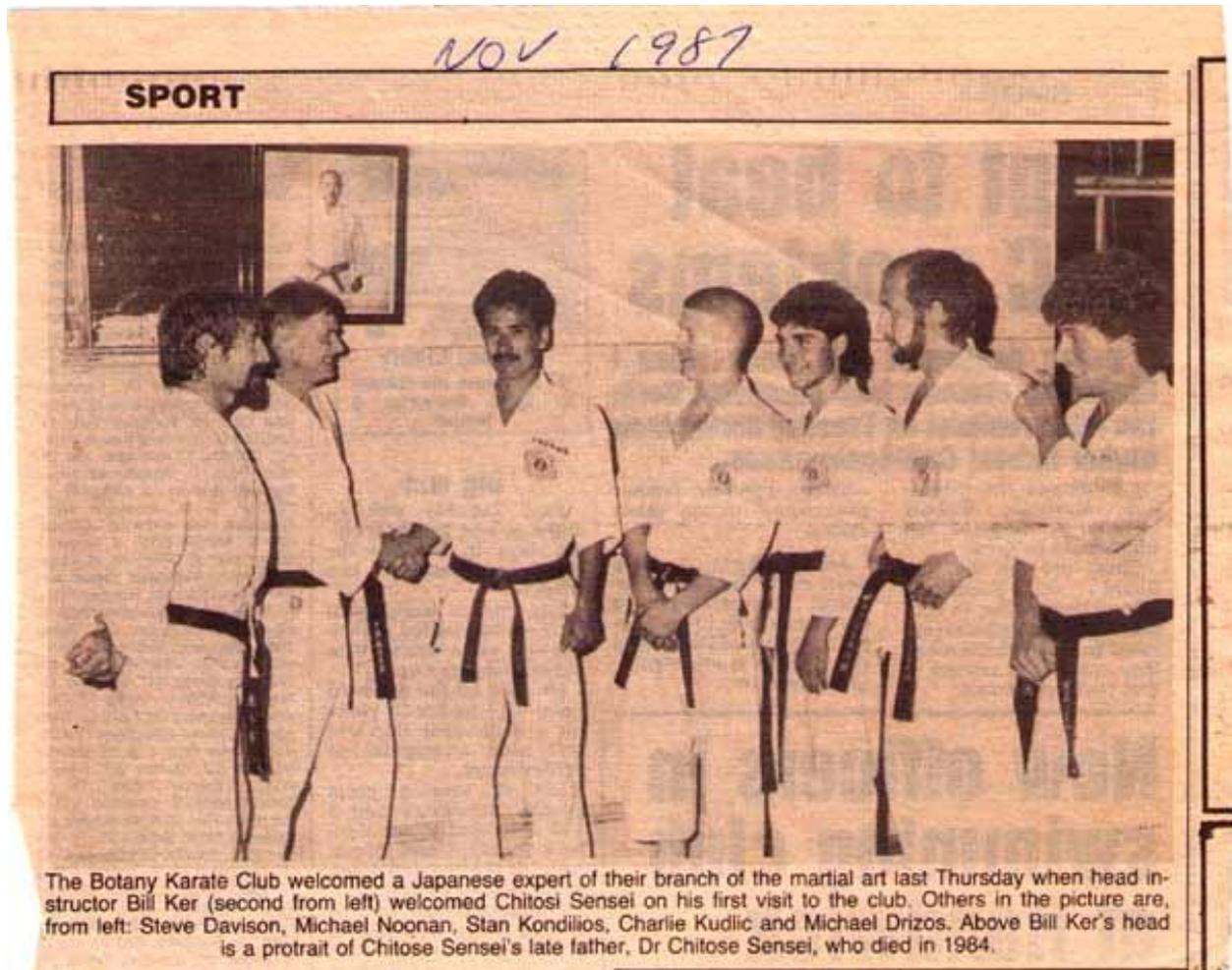
School Holiday Day Camps

During the first week of the September school holidays we have been running a number of day camps for kids. Thanks to the support of a few parents helping us to get the word out through the schools that their children attend, we have had very good attendance from both members and guests. Each day has run for 3 hours 9-12 and kids have been leaving with big smiles and new skills.



Chito-Ryu History

Chito-Ryu Karate-Do has a long and proud history in Australia. Thanks to the private collection of former Australian honbucho Sensei Bill Ker some fascinating historical material has been made available for reproduction in the River of Knowledge. Enjoy the history and if you have any material from the early days that you think other members of the ICKFA membership may be interested in please send in.



The Botany Karate Club welcomed a Japanese expert of their branch of the martial art last Thursday when head instructor Bill Ker (second from left) welcomed Chitose Sensei on his first visit to the club. Others in the picture are, from left: Steve Davison, Michael Noonan, Stan Kondilios, Charlie Kudlic and Michael Drizos. Above Bill Ker's head is a protrait of Chitose Sensei's late father, Dr Chitose Sensei, who died in 1984.

Japanese karate expert in Botany

The visit to the 100-member Botany Karate Club (dojo) last week of a leader of the art in Japan was a club "landmark," according to its members.

Tsuyoshi Chitose, 37, is the son of the founder of the oldest style of karate, known as Chito-Ryu.

Tsuyoshi's father, who bore the same name, founded the style and practised it until he died in August 1984.

The son assumed leadership of the worldwide style on his father's death and last week marked his first visit to Australia.

Chito-Ryu is particularly strong in Australia, notably in Botany and Newcastle, and elsewhere in the world in countries such as Canada.

Mr Chitose, who as head of the worldwide organisation is known as "soke," lives in Kumamoto City, on the island of Kyushu.

Mr Chitose's father served as a medical officer in the Imperial Japanese Army in World War II, but was so disgusted with war that on his return to Japan he decided to devote himself to karate as a means of promoting peace and health internationally.

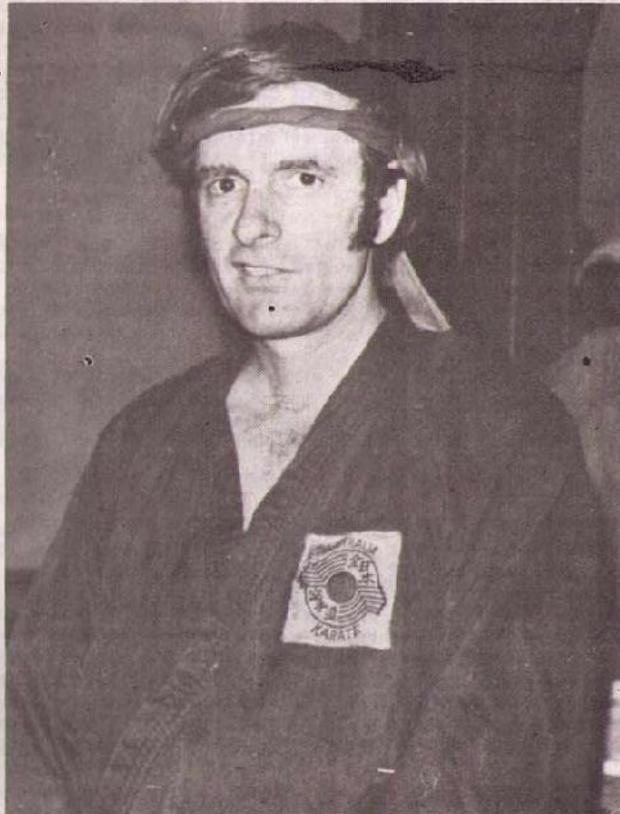
Botany dojo head instructor Bill Ker said the visit of the "soke" was a landmark in the lives of his members.

From November 1987. In the image is Sensei Bill Ker to Soke Sensei's right and a young Renshi Noonan to his left.

Chito-Ryu History

The following is a reproduction of the Student manual distributed by Sensei Vance Prince. This is perhaps the first Chito-Ryu student manual distributed in Australia. The content offers a fascinating insight to karate in Australia at the time, with the content still very relevant today. The manual will be reproduced in parts over future issues of the River of Knowledge.

Chitose Karate Schools



VANCE H. PRINCE
Chairman & Chief Instructor

Your Instructor speaks



Chito-Ryu History

YOUR INSTRUCTOR SPEAKS

WHAT YOU CAN LEARN IN THE KARATE SCHOOL

The task of an instructor who runs a karate school is to give a general view in very broad terms, of the different techniques and special features of Karate. It is not until later when the student has begun to specialize in the branch which suits him best, that the instructor applies himself to the task of taking him further in that branch.

Nevertheless, if the instructor wishes to develop his students in a complete and balanced way, before starting on advanced training, he must pay careful attention to the following points -- the ritual in the Karate School, the study of the Katas, and practice contest. After a student has acquired a certain degree of mastery in the above (after becoming a 1st degree black belt) he can pay more attention to the great problems of advanced training.

From that moment, the karate student can set his own pace, but if he is wise, he will stay with his instructor, and with his help, tread the path that leads to mastery.

THE RITUAL IN THE KARATE SCHOOL

This ritual is based on a whole series of traditions, rites and symbolical gestures whose aim is to bring about an atmosphere suited to this warlike art. It is not possible to take up one's position on the floor in the karate school without coming into contact with the rites of the Japanese civilisation. Like the Samurai (Japanese Knight) the karate student gives himself up entirely, to the art he has chosen. Karate is a religion for him and every religion has its ritual.

You will not be able to practise karate without having to respect a certain number of traditions that your instructor will bring to your notice. He will make you familiar with the special atmosphere that holds sway in the karate school, and then you will understand the respect you must pay to the people you teach and study there.

THE SPIRIT OF THE KARATE SCHOOL

When beginners first take up their positions on the karate deck in the karate school, they have no idea of the special mental attitude that has to be acquired if any real progress is to be made. Sometimes put off by the methods of the instructor, or down-hearted at the lack of encouragement they receive, many become bored then dispirited and give up. So that you won't be one of these, you may have to put on your guard, and you will be taught the proper mental outlook necessary for proper training in the karate school.

Karate is an Oriental form of discipline, originally studied with a view to forming a strong will, humility and good character. It is the above that make karate training so valuable to the West and Western society. It will be essential for the karate student to "Orientalise" his mind to some extent. This is revealed in his relationships with his instructor and with his elders, and his attitude towards the system of instruction.

CONFIDENCE IN THE INSTRUCTOR

It was no accident that you were warned in the very early stages against so-called "masters" of karate. You must be very careful before giving them your confidence. But once you are in the presence of a genuine instructor, you must trust him completely. It should be remembered that as far as Orientals are concerned the question of the fake instructor does not exist. It is the instructor who has to be suspicious of his students not the other way around! This attitude may seem strange, but it becomes clear if you think of the responsibility which lies on the shoulders of the instructor, entrusted with the task of teaching deadly techniques which are dangerous if they fall into the wrong hands.

The student must therefore seek to gain the confidence and trust of the one who is going to instruct him in this art. The idea of complete trust is no longer current in the Western world. You will therefore need to make a special effort to adapt yourself to the Oriental frame of mind. Karate as it is taught today, does not allow the instructor to set the students a long series of tests. He will, however make certain observations while he is a beginner, and it is not unusual to see an instructor deliberately putting obstacles in the way of the student with a view to finding out if he will continue to trust him in spite of everything. Some, of course, never realize the reason for such actions and usually give up.

If it is to your advantage to have to trust your instructor, you must not go to the other extreme and idolise him. Even the Karate instructor is a human being, capable of making mistakes.

RESPECT FOR BLACK BELTS

Trust in the instructor is not enough on its own – the beginner must also have respect for his elders. Karate people form a hierarchy, which must be respected by those who enter its ranks. This hierarchy, which everybody accepts quite willingly, is based on the capabilities of each individual, capabilities which are shown by the grade of rank reached in Karate. Apart from being a simple form of classification, we can see in this system a certain philosophy. We admire the Black Belt, not merely because of the position he has reached, but because he has shown much patience and courage and has devoted a great deal of hard work in reaching the level he is at. We respect the amount of work he has had to do just as



Chito-Ryu History

much as the person who has done it. That is why, when you take up your position on the karate training deck, you forget who you are in life and think only of what and who you are in karate.

ACCEPTING THE SYSTEMS OF TEST

The reason for the physical test that each beginner must undergo is that each one must be classed according to his merits. He must be able to overcome certain obstacles before he can move on to the next grade. But what makes these tests different from the usual ones is that test both the techniques and the mental attitude of the karate student. Never forget, by the way, that some of the tests are painful and demand quite a lot of courage.

Tests set by the instructor vary according to each karate school and its particular customs. They may be real tests or just simple reviews, sessions with various endurance tests also have to be passed. The art of the instructor lies in knowing what test to set for a certain student and in what circumstances. If the test is too easy, it will be impossible to see how the karate student behaves under strain. On the other hand if the test is too hard it runs the risk of discouraging the karate student or exhausting him and making him give up Karate.



THE RITUAL OF THE KARATE SCHOOL

This is one of the ways in which the Oriental origins of Karate may be seen most clearly. This ritual, which is common to all Japanese warlike sports (Judo, Aikido, Karate and Kendo) is the outward sign of the traditional good manners of the Oriental. With its solemnity, it is a valuable means in "Orientalising" the student, and this ritual is a part of every training session in the dojo.

In the karate school there is an atmosphere of meditation. When you go in your mind cannot help but turn to noble thoughts.

THE GREETINGS

Ritual in the karate school includes numerous greetings, which, although they may look outwardly alike, do not all have the same significance.

GREETING THE KARATE TRAINING DECK

This is the first greeting made when you have put on your karate uniform and go into the main training room. You bow as get onto the training deck. You immediately stop, place your two feet together, and greet the premises, rather in the way that an actor acknowledges the audience at the end of a play, by bowing slightly from the waist and bending the head.

This greeting has a precise meaning. It may be translated as follows. "I realize that I am now standing on the training deck of the karate school. By bowing my head, I show my respect for all the traditional rules which I undertake to respect all the time I stay on this training area." This greeting is directed at the training area itself, that is to say, at the premises, and does not refer in any way to the people present. It follows that the ceremony takes place even if there is nobody present, neither on the training area or in the karate school.

GREETING THE INSTRUCTOR

The aim of this is to show the respect you have for your instructor and his assistant instructors who represent him.

This greeting is only made in the presence of the instructor. The students line up facing him, go down on their knees, and squat on their heels. Then, when the instructor himself has taken up this traditional attitude, the bend forward until their heads are touching the ground. The instructor then returns the greeting.

It is good manners for the students to remain with heads bowed until the instructor has got up. Symbolically, the student should not see his instructor with head bowed.

This greeting is the outward sign of thoughts such as these: "Dear Master, I am now in your hands. When I came in here, I left behind all my daily cares, and I am ready to receive your teachings and I hop that I may be worthy of them."

This thought is far from being a servile one, because when later on the Karateka has developed into being a complete man, in all senses of the term, he will owe everything to the training and teaching he received in the dojo. These respects which are paid to the instructor must take place at the beginning of each session at which the Karateka has the good fortune to be present.

GREETING YOUR PARTNER

To show your respect for the partner with whom you are going to train, you greet him as well, in a way similar to that with which fencers greet each other.

In the same way as you greeted the mat, you stand motionless, feet together, and you bow

Members Profile

Monica Lester

Age: 36

Rank: 7th Kyu (Blue w White Stripe)

Dojo: Gold Coast

Tournament Results:

Tournament: 2009 Sunshine Coast Championships

Events: Kata (2nd), Kumite (3rd)

Tournament: 2009 Gold Coast Cup

Events: Kata (1st), Kumite (2nd), Team Kata (1st)

How long have you been doing karate?

About 19 months

Why did you first start Chito-Ryu karate?

To develop my fitness in a rewarding way, with a goal to become the best I can be in this style of martial art.

Do any of your family or friends train with you?

I don't train with any family or friends at this point, although I am looking forward to joining my son up next year when he turns five.

How often do you train at the dojo?

I train three nights a week and as many classes as I can without cutting into my family time too much.

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

I always practice and train at home. Some times when I am in the back yard with my son, or at night in the lounge room, or even while cooking dinner.

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

I really enjoy the great people who I train with and the Great Spirit our Dojo has. I like doing Kata and Bunkai the most. I love the weapon class as well.

What is the most challenging thing in your karate?

The most challenging thing in Karate would be Kumite. I find it very challenging personally, because I mentally can't make myself strike another person as hard as required. I know it is a hurdle that I need to work on to get the most out of this sport.

What is your favourite karate technique?

Reverse punch to the chest. Probably my best technique, that's why.



I ALWAYS PRACTICE AND TRAIN AT HOME

Members Profile

Monica Lester

How has karate helped in your life?

Other than improve my flexibility and fitness, it gives me something to look forward to for myself, as I spend most of my week doing things for every one else. It is a good source of release from every day life.

Describe your favourite Chito-Ryu karate moment.

I have quite a few favourite moments, so to pick one would be; being awarded with the Budoka of the Year last year. It took me by surprise, but I do appreciate the acknowledgment

What is your karate goal?

My goal is to reach the highest standard I can, and who knows may even open my own Dojo one day.

Anything else you would like to add?

I think Sensei Adam has done a great job establishing his Dojo, which is filled with Great Spirit and a friendly family environment.

Sensei's Comments (Sensei Adam Higgins)

Monica is a fantastic asset to the Gold Coast dojo. As one of the senior members of the dojo she provides terrific leadership for other students especially the teenage girls. Over the last 6 months Monica's karate has shown fantastic improvement, testament to the hard work she puts in at the dojo and at home and the focus she puts on improving her basics. I am looking forward to training with Monica over the next few years as she moves towards achieving her black belt and beyond.



2008 Gold Coast Budoka of the Year



Demonstrating Kihon Bo Kata Ichi at the 2009 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



Australia Zoo demonstration (2009) – How many karateka to tame a croc?



2008 ICKFA Nationals Tournament Champion – Sandra Phillips



2007 ICKFA Nationals Tournament Champion – Adam Higgins



2008 ICKFA Nationals Tournament Team Kata Champions

Coaches Corner

ICKFA National Coach – Sensei Sandra Phillips

Basic Skill Development

MAWASHI GERI



Key Points of Mawashi Geri

- Maintain basic form, "up, out, back, down"
- Extend your hips until your body is completely side on at the point of impact
- Avoid excessive change in posture
- Maintain your guard ensuring hands move naturally with the hips, rather than in the opposite direction
- Use the instep to make contact just above the belt, avoiding your opponent's elbow

Exercises to develop Mawashi Geri

#1 Front Leg Mawashi Geri

#2 Bag Work – Developing distance, target, zanshin and power

#3 Moving Target – Developing correct distance and timing

#4 Knee lift Exercise 1 – Developing correct form, leg strength and flexibility

#5 Knee lift Exercise 2 – Developing correct form, leg strength and flexibility

#6 Leg Strength – 3 Kick leg strength combination

#7 Leg Strength – 5 Kick leg strength combination

#8 Leg Strength – 7 Kick leg strength combination

#9 Leg Speed – Kicking from the front and the back leg. Maximum kicks in 30 seconds

#10 Individual Practice – Develop your technique using the same front foot and back leg sequence

Calendar of Events

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

September 2009

18th – 20th QLD Chito-Ryu Camp (Gold Coast)

October 2009

4th QLD Soke Cup Squad Training (Sunshine Coast)

24th ICKFA Seminar

25th ICKFA National Titles

November 2009

7th QLD Soke Cup Squad Training (Gold Coast)

15th Beach Training (Gold Coast)

29th ICKFA Seminar (Sydney)

30th Sydney Regional Tournament

December 2009

5th December Grading (Sunshine Coast)

6th Summer Grading (Gold Coast)

13th Christmas Party (Sunshine Coast)

17th End of Year Break-Up (Gold Coast)

August 2010

7-8th Soke Cup (Kumamoto)

2010 – Dates To Be Advised

Soke Sensei Seminars

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
6th Dan, Renshi
Honbucho
Sydney Region
Head Instructor
TAIK Dojo



Hiro Tanaka Sensei
6th Dan, Renshi
TAIK Dojo



Shane Ker Sensei
3rd Dan, Jun-Shidoi
South Sydney Dojo



Greg Field Sensei
3rd Dan, Jun-Shidoi
Newcastle Dojo



Viktoria Crouch-Reeves Sensei
1st Dan, Jun-Shidoi
Newcastle Dojo

Blue Mountains & Western NSW Region Instructors



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



Colin Phillips Sensei
2nd Dan, Jun-Shidoi
Bathurst Dojo



Adam McDonald Sensei
1st Dan, Jun-Shidoi
Lithgow Dojo
Katoomba Dojo

South East QLD Region Instructors



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



Sandra Phillips Sensei
3rd Dan, Shidoi
National Coach
Sunshine Coast Dojo



Adam Higgins Sensei
2nd Dan, Jun-Shidoi
Gold Coast Dojo

ICKFA Committee



President
Sensei Martin Phillips



Secretary
Sensei Shane Ker

Treasurer
Nancy Li

Dojo Websites

www.sydneykarate.com
www.karateinstitute.com.au
www.bluemountainskarate.com
www.karate4life.com.au
www.gckarate.com.au