



about the newsletter

The Koshin-ha Chito-ryu Karate-Do newsletter is published bi-annually and is the official publication of the Koshin-ha Chito-Ryu Karate Association.

All articles submitted become the property of the Koshin-ha Chito-Ryu Karate-Do Association.

This document may not, in whole or in part, be edited, reprinted, or sold without the expressed, written permission of the Koshin-ha Chito-Ryu Karate-Do Association.

All rights reserved. Copyright (C) 2007 Koshin-ha Publications, USA.

editorial staff

Fara Nizamani Editor in Chief
Fanny Luor Design/Layout

questions/comments suggestions/ideas

Got a question, comment, submission or idea about this or future issues?

Contact Editor Fara Nizamani
E: faranizamani@yahoo.com

Koshin-ha Affiliated Dojo

(Listed by state alphabetically)

Florida

Koshin-ha Budo-kan of Palm Beach
Sensei Edward Butzin
2nd Dan Koshin-ha Chito-ryu Karate-do
16593 121 Terrace North
Jupiter, FL 33478
561-746-8480
EdButzin@pbchitoryu.org

Kentucky

Yoshinkan Dojo
Sensei Edgar Van Horne
2nd Dan Koshin-ha Chito-ryu Karate-do
8410 Highway US 42
Florence, KY 41042
859-282-7000 or 859-586-9117

Kentucky Budo-kan
Hanshi Jim Davenport
8th Dan Koshin-ha Chito-ryu Karate-do
20 South Benson Road
Frankfort, KY 40601
502-227-7568 or 502-320-9694
kychitoryu@aol.com
<http://www.chitoryu.com/>

Louisville Koshin-ha Dojo
Shihan Phil Arnold
5th Dan Koshin-ha Chito-ryu Karate-do
2403 Hikes Lane
Louisville, KY 40218
502-267-6974
prarnold@bellsouth.net
<http://www.louisvillekoshinha.com>

Shudo-kan Dojo
Sensei Scott Dunn
4th Dan Koshin-ha Chito-ryu Karate-do
267 Fairview Drive
Waddy, KY 40076
502-829-0283

New York

Rochester Yoseikan Dojo
Sensei David J. Tollis
4th Dan Koshin-ha Chito-ryu Karate-do
1st Dan Koseido-ryu Jiu-jitsu
2097 Warncke Road
Lyons, NY 14489
315-946-1489
dtollis@verizon.net

Pennsylvania

Allegheny County Budo-kai
Koshin-ha Pittsburgh South Dojo
Kyoshi Joseph Hedderman
7th Dan Koshin-ha Chito-ryu Karate-do
7th Dan Koseido-ryu Jiu-jitsu
961 Holly Lynne Drive
Pittsburgh, PA 15236
412-655-2420
uskoseido@verizon.net
<http://www.koseido-dojo.org/>

Yoseikan Pittsburgh North Dojo
Renshi Terry Valentino
7th Dan Koshin-ha Chito-ryu Karate-do
2nd Dan Koseido-ryu Jiu-jitsu
205 Elgins Court
Evans City, PA 16033
724-538-9598
tvalentino@yoseikankarate.com
<http://www.yoseikankarate.com/>

Washington

Bellevue Koshin-ha Chito-ryu Dojo
Sensei Keith Dipboye, MD
2nd Dan Koshin-ha Chito-ryu Karate-do
South Bellevue Community Center
14500 SE Newport Way
Bellevue, WA 98006-1514
info@seattlechitoryu.com
<http://www.seattlechitoryu.com/>

 From the editorial staff

The votes are in, and the name for the newsletter is(drum roll)..... *Zanshin*. Thanks to all who submitted votes and suggestions – we had quite a time tallying the votes and wondering which one would finally win.

Several members have sent in ideas for future articles, so we are sorting through those, but one that we really liked was a suggestion for a book review. If you have read a martial arts book that you like, or if you'd like to choose one from the editor's list of books, please contact the editor at:

faranizamani@yahoo.com.

And thanks again to everyone for all your support!

The Editorial Staff



table of contents

The Honbu in Your Heart.....	pg.4
Presentation of Hanshi.....	pg.5
Principles of Good Posture.....	pg.5
Louisville Spring Training.....	pg.6
Pittsburgh Camping Trip.....	pg.6
Frankfort Shochugeiko.....	pg.7
Bellevue Shochugeiko.....	pg.7
Trip to Costa Rica.....	pg.8
Promotions.....	pg.9

The Honbu in Your Heart

by Fara Nizamani, 6th kyu, Seattle Koshin-ha Chito-ryu Dojo, Seattle, Washington

The dojo is not just a training hall for many budo-ka – it is a “place for following the Way,” as Dave Lowry says, and the honbu, or main dojo, is the central training site of many styles. The honbu often holds a special place in the hearts of many martial artists, and rightly so. It is usually the personal dojo of the style’s founder or his successor, and serves as the headquarters of the organization. Visiting the honbu can be quite an experience for those who train in other dojo, since many of the instructors have likely trained for decades with the highest ranking members of their style.

However, when the Koshin-ha Chito-ryu Karate-do Association was founded in 2004, the seniors made a conscious decision to organize as a federation instead of employing the honbu system, so there is no one dojo that functions as the headquarters. We don’t have one person as head of the organization because the seniors feel that the collective wisdom and experience of the seniors qualifies each of them to run a dojo and have input into the running of the association. Kyoshi Hedderman says, “We all share in the leadership responsibilities. The Shibu-kai (Dojo Chief Instructors) run the business end of the organization and the Shihan-kai (Senior Ranked Members) run the technical end of the organization.”

Shihan-kai, comprised of active members ranked go-dan and above in Koshin-ha Chito-ryu Karate-do, are responsible for maintaining the training standards of the organization. They are the ones who assess and revise the training standards,

methods, and rank requirements of the organization and issue dojo charters to those individuals who wish to include the Koshin-ha Chito-ryu Karate-do organizational standards and training methods into their dojo training curriculum. Another major responsibility of the Shihan-kai is to sit on the National Examination Board, which oversees promotions of the yudansha. All ranks at the shodan level and higher must be certified by the board, which must have at least three members of



the Shihan-kai present at testing in order to ensure objectivity, and any Shihan-kai can test students up to and including san-dan. This allows for a great deal of flexibility when assembling a test board because the responsibilities are shared by a larger group, rather than only a few individuals.

Shibu-kai are the dojo Chief Instructors, and while teaching the students may be the most visible part of their duties, it is certainly not the only one. Shibu-kai have invested their own money in the dojo and are responsible for its day-to-day running, such as maintaining records of attendance,

promotions, financial accounts, etc., as well as testing all kyu ranks. For this reason, the seniors felt that it was important to give a voice to the individual dojo Chief Instructors, and testing is one area where the Shibu-kai have a great deal of input. They can conduct tests as often as necessary; there is no need for students to wait months or even years for a re-test, and testing fees are mostly kept at the local level to support the individual dojo. Shihan Phil Arnold of the Louisville Koshin-ha Dojo

understood, and since each member of the Shihan-kai and Shibu-kai has one vote, differing points of view may be voiced and respected.

One unique aspect of the Koshin-ha Chito-ryu organization is that the Shihan-kai and Shibu-kai are allowed to train anywhere with anyone, as long as they understand Koshin-ha Chito-ryu and teach it correctly to their students. Hanshi Jim Davenport believes that this no-restrictions policy “greatly benefits them to travel and train with people who might have more experience and knowledge than they themselves do and it greatly benefits themselves and their students to have senior students visit their dojo.” He feels that we all benefit from each other’s knowledge and experience, and our understanding of martial arts can only be enhanced by discovering what others have to teach, no matter where they train.

Many martial artists seem to agree and believe that our true dojo is the world, since knowledge is not limited to one location or teacher. A quote attributed to Buddha states, “The way is not in the sky. The way is in the heart.” For those who follow the “Way of Empty Hands”, the desire to learn is anchored in the heart, so regardless of where you train, your true dojo, and honbu, is also in your heart.

appreciates the inclusion of Shibu-kai, because they “understand the ins and outs and hard work of maintaining a dojo.”

As in most federations, decisions are made by voting, and the Koshin-ha Chito-ryu Association has a provision for ensuring equality among the dojo: the constitution and by-laws, which were adopted at the inception of the organization. Both are posted online on the national organization website (<http://www.koshinhachitoryu.org>), available to anyone who wishes to read them. This makes the governance process very transparent and easily

Presentation of Hanshi to Sensei Davenport

by Fara Nizamani, 6th kyu, Seattle Koshin-ha Chito-ryu Dojo, Seattle, Washington

One of the highlights of the Frankfort Shochugeiko was a presentation of the Hanshi title to Sensei Jim Davenport. Mike Sadler Hanshi decided to award this prestigious title to Davenport Sensei after watching him teach and interact with students of various traditional budo at a gathering in Quincy, Illinois, this past spring. The title of Hanshi is not bestowed without great consideration in reference to the recipient's commitment to his art as well as his character, since the holder must exemplify a masterful display of a traditional budo and extol certain honorable virtues. Sadler Hanshi felt that Davenport Sensei displayed an undeniable humbleness in his approach to teaching, sharing, and giving of the art he has spent so much of his life learning, and he showed depth of understanding of the arts that so many seek and seldom ever understand. Davenport Sensei's time in the arts is equally impressive, spanning nearly 40 years.

One of the participants, Howard Upton, Shihan, of the Shintaikan dojo in Hope, Arkansas, commented that he has known Davenport Sensei since 2001, and says, "He impressed me then, as he continues to do so today, with both his technical knowledge as well as his approachable and humble attitude. He understands that by sharing he carries on the tradition of Chito-ryu and the budo."



Congratulations, Hanshi Davenport!

Principles of Good Posture

by James Davenport, Hanshi, Kentucky Budo-kan, Frankfort, Kentucky



The importance of good posture is often underestimated in karate, and what is considered to be good posture is often misunderstood. Good posture is frequently viewed as the type of posture seen in soldiers, where the shoulders are pulled back, the chest is thrust out, the chin is tucked in, and the belly is held in tightly.

This type of posture is not only rigid, unnatural and extremely difficult to move from, but it is also very difficult to maintain for any length of time. What constitutes good posture? That depends on the situation, but in the martial arts, we strive to maintain a posture that is natural, relaxed, comfortable, and non-inhibiting for virtually any movement.

Like all components of the martial arts, good posture is based on principles, and there are four basic principles to establishing and maintaining good posture. These principles are: 1) Keep your weight underside with your weight falling on the balls of your feet; 2) Keep your lower back straight, but relaxed; 3) Expand (open) your chest; 4) Float your shoulders. Good posture should feel light, not heavy. This type of posture promotes quick, rapid movements in virtually any direction, and is preceded by a unique feeling of floating.

Shisei, the Japanese word for "posture," literally means "to form with energy." When describing posture in a purely physical sense, it is easy to realize that this translation does not furnish us with a complete understanding. Good posture can in fact be described as a positive attitude. When one is in command of at least one of the four basic principles of good posture, this positive attitude will surface. When the student acquires the ability to establish and maintain all four principles simultaneously, a new level of training will have been reached.

Louisville Spring Training

by Fara Nizamani, 6th kyu, Seattle Koshin-ha Chito-ryu Dojo, Seattle, Washington

The Louisville Dojo hosted their first national clinic and dinner on Saturday, April 14, 2007, at their dojo. All ranks and skill levels were invited, and training was planned to include both large and small groups, which were divided according to level of expertise. Each session lasted approximately one hour and included topics such as Bo Fundamentals, Kata, Kata Bunkai, Te Waza, Power Development, and more. Instruction was provided by our federation's most senior ranking Sensei: Kyoshi James Davenport, 8th Dan, Kyoshi Joseph Hedderman, 7th Dan, Renshi Terry Valentino, 7th Dan, Shihan Phil Arnold, 5th Dan, Sensei Sue Sbuscio, 4th Dan, and Sensei Scott Dunn, 4th Dan. The day's activities provided benefit for each attendee, and many came away with a wealth of newfound knowledge of Chito-ryu and martial arts in general.



Following the clinic, participants enjoyed dinner at a local restaurant, the Royal Garden Buffet Mongolian, Bar-B-Q & Sushi Chinese and American Restaurant. The full-service buffet featured everything a hungry karate-ka could ever want, and best of all, the hot tea was complimentary. Everyone relaxed after a hard day's training, and all seemed to agree that the Louisville Harugeiko was an exceptional learning experience.



Summer Fun and Training in Pennsylvania

by Rick Sbuscio, Sensei, Allegheny County Budo-kai, Pittsburgh, Pennsylvania

On June 31st, 2007, over 30 members of the Koshin-ha Chito-ryu Karate Association from as far away as Florida met in Cook State Forest, Pennsylvania, for three days of fun and training. The Shochugeiko (Mid-summer Training), sponsored by the Allegheny County Budo-kai, was envisioned as a time to train as well as commune with nature. Members of the Koshin-ha trained each morning and spent the rest of the day taking advantage of this beautiful park and all it had to offer.

Morning training sessions, led by Kyoshi Joseph Hedderman and Renshi Terry Valentino, highlighted basic principles of movement, techniques for developing body connection, and an introduction to the new Koshin kata. Kyoshi Hedderman led basic punching and stance-



shifting drills designed to incorporate body connection and timing. Renshi Valentino demonstrated a number of power-generation techniques, as well as teaching the newly-developed Koshin Shodan, Nidan and Sandan kata. For those interested, Sensei Sue Sbuscio taught basic Kobudo techniques, as well as two-man drills utilizing the sai and bo.

After each day of training, members and their families took advantage of the beautiful hiking trails, river rafting, and general relaxing atmosphere of the huge pine forest. Entertainment was provided by a group of wandering minstrels whose musical talents were, shall we say, questionable. For more information on the Koshin-ha Drummers (you know who you are) or to book them for an upcoming event, please contact Renshi Valentino or any of his cadre of performers.

All in all, everyone who attended the event felt it was a wonderful chance to train in the beautiful outdoors and a true learning experience.



Harmonious Synthesis:

Of styles and of ways

by Fara Nizamani, 6th kyu, Seattle Koshin-ha Chito-ryu Dojo, Seattle, Washington

The Kentucky Budo-kan in Frankfort hosted the Koshin-ha Southeastern Shochugeiko on July 21, 2007. Participants from numerous dojo were in attendance, representing the Koshin-ha Chito-ryu Association, Shingo-ha Yoshukai Karate-do Association, and Shingo Ryu Bujutsu Association. All were fortunate to receive instruction from special guest instructor Hanshi Mike Sadler of Shingo-ha Yoshukai, a senior student of Sensei Mamoru Yamamoto for many years and a close friend of Sensei Davenport.

Harmonizing with the opponent was the theme of this year's Shochugeiko, and the use of techniques to neutralize the opponent's power was strongly emphasized throughout the entire event. After the opening remarks, all ranks worked together on developing strong Kihon-waza. Chito-ryu drills and Suwari-waza (seated techniques) were also covered.



Hanshi Sadler then reviewed many principles of self-defense techniques and bunkai-waza, followed by the 11 Ni-Sei-Shi Kaisetsu (lower ranks) and the 28 Hen-shu-ho (higher ranks). Of special interest to many of the participants was a section of the seminars in which comparisons were made between the Chito-ryu and Yoshukai kata. Shihan Howard Upton said, "Yoshukai karate was founded by one of Dr. Chitose's most gifted and senior students in the late 1960's, so it was interesting to see the differences in the kata, but more importantly the similarities."

After closing remarks, the participants then regrouped for some more in-depth analysis at the Casa Fiesta, a local Mexican restaurant. New friendships were made and old ones renewed as everyone relaxed after another successful Shochugeiko.



Karate-ka at the Beach

Feel the sand beneath your uchihachijidachi

by Fara Nizamani, 6th kyu, Seattle Koshin-ha Chito-ryu Dojo, Seattle, Washington



The Seattle dojo held its first Shochugeiko the last weekend in July, and we welcomed Hanshi James Davenport, 8th Dan, from Frankfort, Kentucky, as our special guest. The festivities began with our regular Friday evening class and a belt test for a few lucky students, which everyone happily survived.

The three-hour summer training was held on Saturday in the South Bellevue Community Center, home to our dojo, and was run by Hanshi Davenport. This event was open to Chito-ryu students of all ranks as well as students and instructors of other martial arts systems, and the training was non-style specific, application-based training. We had a full agenda, including the basic movements (bio-mechanics) and techniques (applications) in karate-do with an emphasis on greatly improving speed, power, and effectiveness through the proper use of Ashi-sabaki (foot movement) and Tai-sabaki (body movement). We also learned some Suwari-waza (kneeling techniques), which the students appreciated since extensive training in breaking falling techniques is not necessary.

The Saturday clinic was followed by lunch at the Square Lotus, where we staked out several tables and continued our "training" over the delicious Vietnamese cuisine.

Sunday morning dawned cold and wet, which is quite unusual for the Pacific Northwest in July, but the Seattle karate-ka were undeterred and trekked to Alki Beach on Puget Sound to continue our training. The lower ranks quickly learned that kicking and moving is very difficult while sinking in the sand past your ankles; Hanshi Davenport and Sensei Dipboye did not seem to be affected. We kyu-grades suspected some sort of secret yudansha-level levitation technique was used, but no one would confirm our suspicions.

After working up an appetite at the beach, we shook the sand off of our gi's and regrouped at Fara's house for a cookout and some lively conversation, mostly about karate. (Note to those of us keeping close tabs on Hanshi's food preferences: The tandoori chicken seemed to go over pretty well. ☺)

Hanshi Davenport led our regular class on Monday, after which the students reluctantly said goodbye to our guest. Thanks to both Sensei Dipboye and him, our first Shochugeiko was a success, and we all look forward to Hanshi Davenport's next visit.



Training By Any Other Name

by Jimmy Carter, Ni-Kyu, Seattle Koshin-ha Chito-ryu Dojo, Seattle, Washington



During the first 3 months of 2007, I studied in Costa Rica as part of my coursework at

the University of Washington. I lived with a local family, ate meals with them and became part of their family during my stay. While the focus of my trip was to study Spanish (I'm not fluent, or near fluent for that matter) and the effects of globalization on indigenous Central American communities, I also had the opportunity to train at a Shotokan dojo in Heredia, 5 miles outside of the capital, San Jose.

After about a week of getting used to my new city, I went searching for a place to train. I searched on the internet and found several schools in San Jose, but no schools in Heredia. Although San Jose was only 8 miles away, Costa Rica is known for its minimalist attitude toward road construction, so a trip to San Jose is usually one hour or more during the evening commute. Thus, regular training in San Jose was not feasible. Not to be deterred, I emailed the karate schools I found on the web to see if they had contact information for schools closer to me.

Eventually I was given the email address of Sensei Alex Vargas, who teaches Shotokan karate in Heredia, and was only about half a mile from my homestay. The dojo was reminiscent of other dojos I've trained at: small, low ceilings, packed full of trophies, awards, and sweaty karateka. When I walked up to the door, I was greeted and welcomed into the dojo by a friendly black belt, in Spanish. Sensei Vargas greeted me shortly thereafter, welcomed me to Costa Rica, and invited me to stay and watch--all in Spanish. During class, the students were serious and disciplined. They worked hard, had low stances, and were always polite. After class,

many of the students took time to converse with me, correct my errors, and ask what I thought of their country.

Sensei Vargas invited me to train once before paying, to see if their manner of training was what I was interested in. I wore a white belt, but Sensei Vargas instructed me to line up approximately where all the other 2nd-kyus were. I felt honored by this act, as it was not something I was accustomed to, and also made for some confused looks in later classes, when other students filed in for class and found a white belt standing ahead of them.

The school has workouts 5 days a week, which was very convenient. Mondays, Wednesdays, and Fridays were basic classes, Tuesdays were advanced kata class, and Thursdays were kumite training. The basics classes had more younger people than the advanced class, and were usually packed. New students learned quickly to pay attention to where the matted-workout space ended and wooden edge that held the mats in place began. Advanced classes usually focused on one or two katas for the whole class,



with Sensei Vargas weaving in and out of the rows of karateka to correct and

instruct. In the kumite classes, much of our time was spent on explosive exercises; various types of jumping calisthenics, springing forward and distance-covering drills, and fast paced floor exercises. In a tropical country, I definitely had second thoughts about bringing only an extra heavy weight Gi!

While training in Heredia, one of the things I was most appreciative of was the tradition of using Japanese names and Japanese commands for many activities in karate. Before I went to class, I had some trepidation about being able to understand the Spanish

commands as fast as they might be given; I had visions of getting hit or hitting someone else due to a misunderstanding on my part. However, on my first night there it didn't take very long to realize that this sin-kutsu dachi stance Sensei Vargas kept calling out was zenkutsu-dachi (the Spanish language doesn't really have a 'z' sound). Fortunately for me, the rules of consonant and vowel pronunciation are similar between Spanish and Japanese, so the difference the sounds of the commands were minimal. By the end of the night I was following along fairly well. By the end of the third, I had learned the names (in Spanish) of most of the body parts you need to know to give and receive instruction about stances, punches, and turns. The word for 'heel' in Spanish? It sounds a lot like talon, as in the talon of a bird.

Regrettably, I was not able to train as often as I would have liked, due to the schedule of my school program and an injury sustained by playing soccer (fútbol) with the indigenous Bribri people from the south of Costa Rica (I broke my toe on someone's shin). I am, however, thankful to be able to add to my trip the experience of studying in a dojo where my own language was not the one spoken. It gave me a greater appreciation for the tradition of using names and terms from the native language of karate, and also the perspective of training where you have to concentrate hard to understand instructions. Hopefully, we will have some Spanish-speaking students join the dojo so that I can practice my dojo-Spanish before I return to Latin America next year.



Koshin-ha Chito-Ryu Promotions

Date	Location	Name	Rank
May	Frankfort	Galen Crawley	Yellow
May	Louisville	Kelgin Ward	Green III
May	Louisville	Eric Horine	Green III
May	Louisville	Rebecca Barker	Orange
May	Louisville	Jesse Determan	Yellow
May	Palm Beach	Aaron Lemos	Green III
May	Palm Beach	Johnathan Lemos	Orange
May	Palm Beach	Lois Arasim	Orange
May	Palm Beach	Alan Whyman	Yellow
May	Pittsburgh North	Jordan Herbert	Green III
May	Pittsburgh North	Natalie Rogalla	Orange
May	Pittsburgh North	Katherine Parish	Yellow
May	Pittsburgh South	Michael Puhalla	Brown I
May	Pittsburgh South	Carly Green	Orange
May	Pittsburgh South	Janell Schnuth	Yellow
May	Seattle	Anton Goldberg	Orange
May	Seattle	Fanny Luor	Green II
May	Seattle	Fara Nizamani	Green III
May	Seattle	Jason Wang	Green I
May	Seattle	Jasmine Zhang	Green III
May	Seattle	Jonathan Chen	Orange
May	Seattle	Winston Chen	Orange
June	Frankfort	Brent Oliver	Yellow
June	Frankfort	Hunter Smith	Yellow
June	Pittsburgh North	Aubrey Morgan	Brown I
July	Louisville	Keyiondre Walker	Yellow
July	Pittsburgh North	Tessa McAnally	Shodan
July	Pittsburgh North	Michael Bockoven	Shodan
July	Pittsburgh South	Dave Bandi	Orange
July	Pittsburgh South	John Hill	Yellow
July	Seattle	Jimmy Carter	Brown I
July	Seattle	Juli-Ann Williams	Yellow
August	Frankfort	Carlos Felix	Green I
August	Frankfort	Galen Crawley	Orange
August	Louisville	Lisa Barker	Green I
August	Louisville	Nick Beverly	Green III
August	Louisville	Andrej Jusufbegovic	Yellow
August	Palm Beach	Danielle Ranno	Green III
August	Palm Beach	Jeff Greenwald	Green III
August	Palm Beach	Michelle Carp	Green III
August	Palm Beach	Matias Musalem-Scharager	Yellow
August	Pittsburgh North	Steven Stewart	Brown I
August	Pittsburgh North	Natalie Rogalla	Green III
August	Pittsburgh North	Catherine Parish	Orange
August	Pittsburgh North	Ashley Truxal	Yellow