

FAMILY KARATE CENTER

Shorin Ryu Ryujikan

Student Handbook



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1. Basic Information

1.1 Purpose of this handbook

This handbook contains information that you will need for as long as you are a student at this dojo. Please do not discard it. In fact, we urge you to add your own notes to these notes as you learn new techniques and kata. Be aware that many things change, and you should mark important changes in this book. Also, please note that you will be responsible for understanding the history, terms and protocol described in this booklet at testing time.

1.2 Class Hours

Lil' Dragons classes are held on Monday and Wednesday from 5:15 to 5:45. Beginners' classes are held on Monday and Wednesday from 5:45 PM to 6:30 PM. Black Belt Club classes are held on Monday and Wednesday from 6:30 PM to 7:15 PM. Master's Club is Monday and Wednesday from 7:15 PM to 8:00 PM. The school is closed for major holidays (Christmas, New Year's Eve, Easter, Thanksgiving, Fourth of July, Labor Day, and Memorial Day, etc). We also close the week of the 4th of July and Christmas for staff vacations.

1.3 Time Commitment

We strongly urge all students to attend class at least twice a week and to practice at home (or work!) as well. When you learn new katas it is essential to practice outside class to become proficient. Even just fifteen minutes a day practicing a new kata or technique can greatly improve your skills. Most of us do not have large areas at home for practicing katas, but we have found that we can make do by adjusting our position.

1.4 Fees and equipment costs

Class fees are \$35 Lil' Dragons, \$50 Kids and Adults, \$75 for 2 members and \$110 for 3 members (same family). Test /Promotion Fees: 9 -7 Kyu =\$25, 6 -4 Kyu =\$35, 3 -1 Kyu =\$45. Black Belt = \$150.

Monthly Payments are due by the 5th of each month to MCCS. Students will not be allowed to train after the 15th of each month if fees have not been paid. You must keep your class payments up to date and pay for testing before the night of testing. **You are required to pay the monthly fee regardless of the number of classes attended each month. There are absolutely no "prorated" fees for classes.**

Students absent for more than 3 weeks will be dis-enrolled from our programs and must re-register if they return to class and pay a \$50 re-registration charge to the Family Karate Center. **We cannot allow unregistered students to participate in class due to insurance regulations.**

All students are required to pay an annual fee of \$50 to the Family Karate Center each January or upon registration for annual Association dues (UMAA) and liability insurance which MCCS requires us to purchase.

1.5 Yearly visits by Master Instructors

We are very privileged to have visiting Master Instructors visit our dojo once a year in the summer. They will usually be here for a short (1-2 week), intense training period, during which we suggest that all students try to attend **every** class for this valuable experience. **There are also other special events while our Master Instructor is here, including Black Belt Testing and seminars.** There is an extra fee for training with our visiting Master instructors that covers their travel costs. This fee changes from year to year (depending on exchange rates, airline fare, and our own fundraising efforts) and is announced at least a month before his visit.

1.6 The Dojo as a family

We think of our dojo as a family. We treat each other with respect and concern; we are not here just for our own training. We hope that each member will contribute what they can to the dojo. For example, we help each other train, keep the dojo clean, and organize and support special events (seminars and tournaments, fundraising events, self-defense seminars, karate demonstrations). We also have fun together at events such as our annual Christmas party and summer picnics!

2. Japanese Numbers

We count our exercises in Japanese, so you will hear these words often!

English

one
two
three
four
five
six
seven
eight
nine
ten

Japanese

ichi
ni
san
shi
go
roku
shichi
hachi
ku/kyu
ju

Pronunciation

ee-chee
nee
sahn
shee
goh
doh-koo
shee-chee
ha-chee
koo/kyoo
joo

3. Terms

These are terms which we use in class each day. You will need to know them for testing and also simply to understand what is going on in class.

3.1 Karate Terms:

Karate: empty hand or the art of fighting empty handed.

Karate-do: the traditional way of karate.

Dojo: place or school where karate is taught.

Hanshi: (Master) a karate instructor holding a rank of 9th or 10th degree black belt

Shihan: (Teacher's teacher) a karate instructor holding a rank of 6th degree black belt or above

Sensei: (Teacher) a karate instructor usually holding a rank of fourth degree black belt or above

Sempai: (Senior) an assistant karate instructor, usually between the rank of first and third degree black belt.

Kobudo: the use or practice of traditional Okinawan weapons (farm tools).

Gi: uniform worn by a karate student while training.

Obi: a belt worn to signify one's rank in karate.

Kyu: a rank below black belt.

Dan: degree or rank of black belt.

Karateka: a student that practices the art of karate.

Kata: a series of moves performed at various angles against numerous imaginary opponents.

Kumite: fighting another student either with weapons or empty handed.

Ryujikan: (Dragon Samurai Place) the art you are studying.

Shorin-Ryu Kenshin Kan: the style of karate which Master Kise taught Shihan Williams.

Ryu Ji Kan (Dragon Samurai Place): a place to train in karate-do for the good of humanity

Universal Martial Arts Association (UMAA) (Zen Sekai Bujitsu Kyokai): the federation that links this dojo to our organizational leaders in the USA, Okinawa, and all over the world.

3.2 At the beginning of class (said by the highest ranking students)

Seiretsu: (say-de-tsu) "line up"

Ushiro O Muite Gi Toh Obi O Naosu: (u-she-doe O moo-ee-tay gee to obi o nay-o-sue)

"turn and fix your obi and gi"

Shomen: (show-men) "turn to the front"

Seiza: (say-za) "kneel down"

Shihan Ni Rei: (sen-say knee ray) "bow to Shihan"

3.3 Other terms:

Kioski: attention

Rei: bow

Yoi: ready or prepare

Onegai Shimasu: (Said at the beginning of class) "please teach me"

Domo Arigato Gozaimashita: (said at the end of class) "thank you very much"

Ohayo Gozaimashita: "good morning"

Konnichi Wa: "good afternoon" or "good day"

Konban Wa: "good evening"

Mata Ashita: "see you tomorrow"

Sayonoara: "goodbye"

4. Basic Exercises

These are the exercises that we do almost every class.

**Left Forward Stance /
Right Forward Stance**
Double Punches

Open Leg Stance
Double Punches
Head Punches (single)
Sweep, Punch, Block

**Stepping Forward and Back
Left Forward Stance**
Cross Body Blocks
Single Bone Blocks
Knife Hand Blocks
Double Punches (Each Kiai)
Down Blocks
Double Bone Blocks
Head Blocks
Single Punches (Each Kiai)
Punch, Kick Under

**Right Forward Stance
Left Forward Stance**
Knee Raises
Front Snap Kicks

Open Leg Stance
Block to the Front, Kick to the Side

Attention Stance
Shin Kicks
Side Kicks

Open Leg Stance
Front 45 (or Front Side Kick)

Attention Stance
Back Kicks

**Right Forward Stance
Left Forward Stance**
Side Kick, Front Kick
Front Kick, Side Kick

**Stepping Forward and Back
Left Forward Stance**
Down Blocks
Step Reverse Punches (Each Kiai)
Block, Sweep, Jab

Push-up Position
Toe Strikes
Hand Strikes
Jumps
Push-ups
Stretching

Additional Exercises
Crunches / Sit-ups
Leg Lifts
Squats
Frog Jumps

Kiai on all counts of five and ten. A kiai is a forceful expulsion of air from the lungs, such as you might do as you lift a heavy box. It is also usually accompanied by a shout, but is not simply a shout. The purpose of the kiai is to help you focus your energy and thoughts on your strike or block. A good strong kiai is the sign of a focused student.

5. Protocol

The traditional protocol that is described below is a part of a culture very different from ours in the United States and may take time to understand and get used to. The etiquette of the Okinawan culture has strong roots and is the key to one of the biggest factors in karate-respect.

If the rules typed here don't cover a particular situation, don't panic! Do what you would consider to be the most respectful and polite thing to do. If unsure, ask one of the Sempai in class and he or she will be more than happy to assist you. Above all, train hard and enjoy the teachings of your Okinawan Karate-do endeavor.

5.1 Bowing

1. Always bow to acknowledge Shihan and greet him, i.e., Good Morning, Good Afternoon, Good Evening.
2. Always bow with eyes down, your hands in an open position to you side and your heels together.
3. Do not slap your thighs when bowing.
4. Bend at the waist about 30 degrees.
5. Do not turn your back after bowing to a black belt. Step back about 3-4 steps then turn and continue walking.
6. Always bow and say thank you after receiving instructions or corrections.
7. Always face Shihan and bow when he enters or leaves the dojo. The highest ranking students will call the class to attention when Shihan enters or leaves. If Shihan is not expected in class, or if there are many high ranking black belts attending class, bow and greet only the highest expected black belt.
8. Always bow to the front when entering and leaving the dojo, even if only going into the bathroom or dressing room.
9. Never bow with your eyes straight ahead or hands in a fist. You should bow with eyes straight ahead when facing an opponent in tournament Kumite.

5.2 Gi and Obi

1. Your obi should never be placed on the ground. Avoid letting your obi touch the ground while tying it around your waist. The belt is a symbol of the style and of your own work and should be treated with respect.
2. If your gi or obi comes undone or lose during class, you must readjust them. Never face a higher ranked student while adjusting or tying your gi or obi. If you are surrounded by higher ranking students and cannot move, kneel down to adjust your belt.
3. Do not wear your obi outside the dojo; this is considered a form of bragging.
4. Be sure that your obi is always tied properly and is always tight at the knot.
5. A complete white gi must be worn, including an obi for our beginner's class. A complete black gi must be worn, including obi for our Black Belt Club class. A complete red gi must be worn, including obi for Master's club members on Monday. On the remaining days of the week, a complete gi, including obi, either black or white may be worn. Only Shihan and the Chief Instructor may wear a combination of red, black, or white.
6. Gi's must be kept clean. Do not wash your obi; washing will cause unsightly bunching.

5.3 Showing Respect for Your Instructors

1. When Shihan is teaching or observing the class, never walk between Shihan and the class.
2. During break Shihan should receive water first then all the Sempai
3. Only Shihan will decide if you are ready for testing. It is highly disrespectful for a student to ask if they are ready.
4. Instructors that are first to third Dan are referred to as Sempai, those that are fourth to sixth Dan are Sensei. Our head instructor is referred to as Shihan Williams, and the head of our style is Hanshi Nitta.
5. Never disagree with higher ranking students.
6. When handing weapons to Shihan or other higher ranking students, always hand then handle or grip first so that you are at the disadvantage.
7. Shihan should always come first at all functions both inside and outside of the dojo.
8. Show proper respect to the Shihan and upper ranking students.
9. The chain of command shall be observed and respected. That is, Shihan or the highest ranking student makes decisions which shall be observed by all other Karateka in class.

5.4 Dojo Etiquette – NO Cell Phones!

1. When sitting on the floor, sit crossed-legged (Indian style) and never show or expose the bottoms of your feet.
2. If you should get to class late and the class is bowing in, follow along in your street clothes then quickly dress into your gi.
3. After changing (see #2), wait in the back of class at attention until you are recognized and allowed to join the class.
4. When receiving a certificate, belt, etc.: When your name is called, respond with a loud "Yes Sir or Ma'am!" to indicate your presence. Turn away from instructor; fix your obi and gi. Walk quickly behind the line you are in (to the left) and up to the front. Stop and bow. Walk across to the middle of the front line of Black belts. Stop and bow. Approach Shihan in a straight line and receive your certificate, etc. with both hands, back up 4 steps then bow. Back up to the left corner of the front row then bow again. Turn and go back to your space in line. Do not place your certificate, belt, etc. on the floor, even when bowing at the end of class! Place them on your lap instead.
5. Footwear is not allowed on the exercise area of dojo; shoes should be placed neatly on the side of the dojo.
6. The dojo is to be kept neat, clean and respectable.
7. Do not lean on or against walls, support beams, weapons board, etc.
8. Do not touch or use anyone else's weapons without their permission.
9. Do not ask or question katas, techniques, etc. that are above your rank.
10. Idle talk and horseplay will not be tolerated.
11. Students are expected to pay strict attention, listen to instructions and train hard during class.
12. Students will not be permitted to boast or brag of their ability or strength inside or outside the dojo.
13. Refrain from making critical comments about other style, dojo or instructors.
14. Always conduct yourself in a formal and respectful manner at all times.
15. NO excessive talking by spectators or parents.
16. Siblings must be under the supervision of an adult or they must remain outside the dojo in the lobby.
17. Absolutely NO food in the dojo. If you make a mess; clean it up.

5.5 Safety Rules

1. Mouthpieces and hand, head, and foot protection are required when participating in Kumite, as well as groin protection. Shin and instep protection is optional.
2. No techniques directed to the head (face, throat/neck) groin, knees, joints, back (spine or kidney) are allowed. The target areas are clearly that which is discovered by the gi top, with the above exceptions. No techniques are to be executed below the belt during sparring.
3. No jewelry is to be worn during class as it could cause injury.
4. Good personal hygiene is to be observed.
6. Never show unnecessary roughness or show an ill temper during class.
7. Safety is to be the utmost in every student's mind at all times.

6. Testing

Testing usually occurs on the third Wednesday of each month, except during Master Instructor's visit. Below is a list of approximate time to testing (the time assumes a student attends class twice a week). Shihan will post the names of those going for testing at the beginning of the month. Shihan is always the one to decide when any student goes for testing; it is disrespectful for a student to ask if they will be going up for testing. Testing fees are due before the night of testing. Students will not be tested unless fees are paid in advance. NO Exceptions!

During testing, each student will do the basic exercises, ippon kumite, kubudo, and kata for their rank. During testing we will also look to be sure that students display the correct demeanor: respectful and confident.

Rank	Hours of Instruction	Time
9th Kyu	54	3 Months
8th Kyu	90	6 Months
7th Kyu	126	9 Months
6th Kyu	180	12 Months
5th Kyu	234	15 Months
4th Kyu	306	18 Months/21 Months
3rd Kyu	378	21 Months/24 Months
2nd Kyu	468	24 Months/27 Months
1st Kyu	558	30 Months/33 Months
Shodan	650	36 Months/42 Months

The promotion requirements at the black belt level are as follows:

Rank	Minimum	Age Time
Shodan -Nidan	16 years	2 years
Nidan - Sandan	18 years	2 years
Sandan -Yondan	21 years	3 years
Yondan - Godan	30 years	4 years
Godan - Rokudan	35 years	5 years
Rokudan -Shichidan	45 years	6 years

Junior Rank Black Belts are those under the age of 16 and are designated by a white stripe through their obi.

Black Belts that do not attend their training regularly will not be considered for testing regardless of their time-in-grade.

7. UMAA Rank Requirements and Awards Program

These are the current requirements for testing at each rank. These are subject to change. The requirements are cumulative, that is you need to know what is listed for your rank and for all lower ranks.

7.1 SHORIN RYU KARATE AND KOBUDO RANKS AND REQUIREMENTS 12 AND UNDER

Rank TIG	Kata	Weapon	Tuite	Blocks	
10 TH KYU 	FUKYGATA ICHI Blue	NONE	NONE	WHITE BELT BLOCKS Orange	3 MONTHS White
9 TH KYU 	FUKYUGATA NI Blue	BO BASICS Red	NONE	YELLOW BELT BLOCKS 1-2 Orange	3 MONTHS White
8 TH KYU 	FUKYUGATA SAN Blue	BO BASICS Red	NONE	YELLOW BELT BLOCKS 1-4 Orange	3 MONTHS White
7 TH KYU 	WANSU Blue	BO BASICS Red	NONE	YELLOW BELT BLOCKS 1-6 Orange	3 MONTHS White
6 TH KYU 	PINAN SHODAN Blue	BO SHODAN Red	NONE	GREEN BELT BLOCKS 1-2 Orange	3 MONTHS White
5 TH KYU 	PINAN NIDAN Blue	SAI BASICS Red	NONE	GREEN BELT BLOCKS 1-4 Orange	3 MONTHS White
4 TH KYU 	PINAN SANDAN NAIHACHI SHODAN 2 Blue	SAI NIDAN Red	NONE	GREEN BELT BLOCKS 1-6 Orange	3-6 MONTHS White
3 RD KYU 	NAIHACHI NIDAN Blue	BO NIDAN BO TAI BO 1-3 2 Red	SELF DEFENCE 1-3 Green	BROWN BELT BLOCKS 1-3 Orange	3-6 MONTHS White

<p>2ND KYU</p> 	<p>NAIHACHI SANDAN</p> <p>ANAKU</p> <p>2 Blue</p>	<p>BO JITSU</p> <p>BO TAI BO 4-6</p> <p>SAI SHODAN</p> <p>2 Red</p>	<p>SELF DEFENCE 1 - 6</p> <p>Green</p>	<p>BROWN BELT BLOCKS 4-7</p> <p>Orange</p>	<p>3-6 MONTHS</p> <p>White</p>
<p>1ST KYU</p> 	<p>PINAN YONDAN</p> <p>Blue</p>	<p>SAI JITSU</p> <p>Red</p>	<p>SELF DEFENCE 1-10</p> <p>Green</p>	<p>BROWN BELT BLOCKS 8-10</p> <p>Orange</p>	<p>6-12 MONTHS</p> <p>White</p>
<p>SHODAN</p> 	<p>Seisan</p> <p>Blue</p>				

Children, ages 12 and under, are subject to different rank requirements compared to adult counterparts. In addition to the different ranking requirements, children are also subject to our innovative striping program. The striping program is an accurate manner in which instructors can track the progress of children, ages 12 and under. Stripes are awarded based on the level of knowledge gained. Once a child has all the required stripes, they become eligible for promotion. The striping program key is as follows:

Blue Stripe: Awarded when required kata is learned

Red Stripe: Awarded when required weapon kata is learned

Green Stripe: Awarded when required self defense is learned

Orange Stripe: Awarded when required basic technique is learned

White Stripe: Awarded at the end of the month if behavior of child has been satisfactory

7.2 STAR Achievement Program

In addition to the striping program, children ages 12 and under are participate in our STAR program. Our star program offers children the chance to be rewarded for various accomplishments. These achievements include, A/B academic honor roll, student of the month, dedication and commitment, enroll a friend, leadership, and 1st place tournament winnings. Once achieved, these accomplishments are recognized with a certificate and different colored stars that can be sewn or ironed onto the left side collar of a Gi. The appropriate colored stars are recognized as follows:

Yellow Star: A/B Honor Roll

Gold Star: Student of the Month








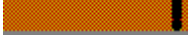



Purple Star: Dedication and Commitment






Silver Star: Enroll a Friend

Blue Star: Leadership

Red Star: 1st Place Tournament Performance

7.3 SHORIN RYU KARATE AND KOBUDO RANKS AND REQUIREMENTS ADULTS

Rank	Kata	Weapon	Tuite	Blocks	TIG
10 TH KYU 	FUKYUGATA ICHI	NONE		SELF DEFENSE 1-3	WHITE BELT BLOCKS 3 MONTHS
9 TH KYU 	FUKYUGATA NI	BO BASICS		SELF DEFENSE 4-6	WHITE BELT IPPON KUMITE 3 MONTHS
8 TH KYU 	FUKYUGATA SAN	BO KIHON		SELF DEFENSE 7-10	8 TH KYU BLOCKS 3 MONTHS
7 TH KYU 	WANSU	BO TAI BO 1-3		7 TH KYU TUIE	SANBON KUMITE 3 MONTHS
6 TH KYU 	PINAN SHODAN	BO SHODAN BO TAI BO 4 - 6		6 TH KYU TUIE	GREEN BELT BLOCKS 3 MONTHS
5 TH KYU 	PINAN NIDAN	SAI BASICS SAI SHODAN		5 TH KYU TUIE	GREEN BELT IPPON KUMITE 3 MONTHS
4 TH KYU 	PINAN SANDAN NAIHACHI SHODAN	BO NIDAN		4 TH KYU TUIE	BODY CHANGE DRILLS 3-6 MONTHS
3 RD KYU 	NAIHACHI NIDAN ANAKU	BO SANDAN SAI JITSU		3 RD KYU TUIE	BROWN BELT BLOCKS 1-3 3-6 MONTHS
2 ND KYU 	NAIHACHI SANDAN	SAI NIDAN BO YONDAN		2 ND KYU TUIE	BROWN BELT BLOCKS 4-7 3-6 MONTHS
1 ST KYU 	PINAN YONDAN SEISAN	SOKEN SAI TSUKEN BO		1 ST KYU TUIE	BROWN BELT BLOCKS 8-10 6-12 MONTHS
SHODAN 	PASSAI SHO PINAN GODAN	KAMA SHODAN NUNCHAUKU		SHODAN TUIE	BLACK BELT BASICS 18-24 MONTHS

NIDAN 	MATSUMURA PASSAI PASSAI DAI	TOKUMINE NO KON TONFA SHODAN	NIDAN TUIE	BLACK BELT BLOCKS	24-36 MONTHS
SANDAN 	CHINTO JION	HAMAHIGA TONFA KAMA NIDAN	SANDAN TUIE		36-48 MONTHS
YONDAN 	GOJUSHIHO	SAKUGAWA NO KON SHO SOKEN TONFA	YONDAN TUIE		48-60 MONTHS
GODAN 	ROHAI	TEKKU	GODAN TUIE		60-72 MONTHS
ROKUDAN 	KUSANKU	TIMBE	ROKUDAN TUIE		72-84 MONTHS

8. Okinawan History

It is estimated that probably 90% of American Karateka know little, if anything, about their art other than the physical aspects. Most of those Karateka seem content merely to practice karate and have little interest in studying the origins of their art. Those of us in the **Shorin Ryu Ryujikan style** are of a different mentality. While we enjoy the physical aspects of Shorin-Ryu, we also have a burning desire to learn the history and the origins of our art. Generations of secrecy have shed a veil of mystery around the history and origin of Okinawan karate. To a certain degree this veil of secrecy still exists. This, coupled with a general lack of written records, has created a void of information on the early years of Ryukyuan martial arts. What little information we have has come to us through scattered bits and pieces that somehow have come into the possession of modern karate historians or from an Okinawan Shihan. Nevertheless, any attempt to write on karate history will leave "many stones unturned," and the following attempt is no exception; a lot of questions are left unanswered. Perhaps one day we will have more information.

8.1 Early History of Okinawan Karate

Early Okinawan karate or Tode (Tuidi) as it was called owes its origin to a mixture of indigenous Okinawan fighting arts and various "foot-fighting" systems and empty hand systems of Southeastern Asia and China. The Okinawans, being a seafaring people, were in almost constant contact with mainland Asia. It is quite likely that Okinawan seamen visiting foreign ports of call may have been impressed with local fighting techniques and incorporated these into their own fighting methods. Interest in unarmed fighting arts greatly increased during the 14th century when King Sho Hashi of Chuzan established his rule over Okinawa and banned all weapons.

More rapid development of Tode followed in 1609 when the Satsuma Clan of Kyushu, Japan occupied Okinawa and again banned the possession of weapons. Thus, Tode or Okinawan-Te, as the Satsuma Clan soon called it, became the only means of protection left to the Okinawans. Thus it was this atmosphere that honed the early karate-like arts of Okinawa into such a weapon that they enabled the island people to carry on a guerrilla type war with the Japanese Samurai that lasted until the late 1800's.

So, Tode or Okinawan-Te developed secretly to keep the Japanese from killing the practitioners and the teachers of the deadly art. Tode remained underground until early 1900 when it was brought into the Okinawan school systems to be incorporated into physical education methods.

8.2 Development of Styles and Systems of Karate-Do

Chatan Yara was one of the early Okinawan Masters of whom some information exists. Some authorities place his birth in about 1670 in the village of Chatan, Okinawa; others place his birth at a much later date. In any case, he contributed much to Okinawan karate. He is said to have studied in China for 20 years. His techniques with the Bo and Sai greatly influenced Okinawan Kobudo. His kata, "Chatan Yara no Sai", "Yara Sho no Tonfa", and "Chatan Yara no Kon" are widely practiced today.

Most modern styles of karate can be traced back to the famous Satunuku Sakugawa (1733-1815) called "Tode Sakugawa". Sakugawa first studied under Peichin Takahara of Shun. Later Sakugawa went to China to train under the famous KuSanku. KuSanku has been a military attaché in Okinawa. Upon Master KuSanku's return to China, Sakugawa followed him and remained in China for 6 years. In 1762 he returned to Okinawa and introduced his Kempo; this resulted in the karate we know today. Sakugawa became a famous Samurai; he was given the title of Satunuku or Satonushi; these were titles given to Samurai for service to the King. Sakugawa has many famous students; among them were:

1. Chikatosinunjo Sokon Matsumura
2. Satunuku Nakabe (nickname: Mabai Changwa)
3. Satunuku Ukuda (Bushi Ukuda)
4. Chikuntonoshinunjo Matsumoto (Bushi Matsumoto)
5. Kojo of Kumemura (Kugushiku of Kuninda)
6. Yamaguchi of the East (Bushi Sakumoto)
7. Usume (aged man) of Andaya (limundum)

Sakugawa contributed greatly to Okinawan karate; we honor him today by continuing many of the concepts he introduced. Sakugawa's greatest contribution was in teaching the great Sokon "Bushi" Matsumura. Bushi Matsumura (1797-1889) studied under Sakugawa for 4 years. He rapidly developed into a Samurai. He was recruited into the service of the Sho family and was given the title Satunuku, later rising to Chikutoshi. At some time during his career Bushi Matsumura was sent to China to train in the famous Shorinji (Shaolin Temple). He is alleged to have remained in China for many years. Upon his return to Okinawa, Matsumura established the Shurite or Suidi that later became known as Shorin-Ryu.

Shorin-Ryu is the Okinawan-Japanese pronunciation of the Chinese writing characters called Shaolin in China. In both languages Shorin or Shaolin means "pine forest". Ryu simply means "methods handed down" or methods of learning such as those of a school.

Bushi Matsumura lived a long and colorful life. He fought many lethal contests; he was never defeated. He was the last Okinawan warrior to be given the title "Bushi". He contributed greatly to Okinawan Karate. He brought the "White Crane" (Hakutsuru) concept to Okinawa from the Shorinji in China. He passed on his menkyo kaiden (certificate of full proficiency) to his grandson, Nabe Matsumura.

Nabe Matsumura brought the Old Shorin Ryu secrets into the Modern Age. His name does not appear in many karate lineage charts. He was alleged to be very strict and preferred to teach mainly family members. Not much information on him is available; his date of birth and death are unknown. He must have been born in the 1850's and died in the 1930's. He was called "Old Man Nabe" and is said to have been one of the top karate practitioners of this time. He passed on his menkyo kaiden to his nephew Hohan Soken.

Hohan Soken was born in 1889; this was a time of great social changes in both Okinawa and Japan. The feudal system was giving way to modernization. This aristocracy was forced to work beside the peasants. Hohan Soken was born into a Samurai family; at an early age he chose to study his ancestors' art of Shorin-Ryu under his uncle, Nabe Matsumura. At the age of 13 young Soken began his training. For 10 years Hohan Soken practiced the basics. At the age of 23, Soken began learning the secrets of Hakutsuru. So proficient did Hohan Soken become in the art that his uncle, Nabe, passed on the style of Shorin-Ryu Matsumura Seito Karate-do to him.

In the 1920's to 1945 Hohan Soken lived in Argentina. Upon his return to Okinawa the Matsumura Seito Karate-do style returned also. Soken saw that karate had greatly changed; sport karate had all but replaced the ancient methods. Soken did not change; he valued himself as the last of the old masters. He refused to join some of the more fashionable karate associations. He stayed with the old ways and did much to cause a rebirth of interest in Kobudo and the old Shorin ways. Master Soken retired from karate in 1978. For many years he was the oldest living and active karate master.

One of Grandmaster Soken's top students is Master Fusei Kise. Master Kise was born on May 4, 1935. He began his study of karate in 1947 from his uncle Master Makabe. In 1955 Master Kise became a student of Master Nobutake Shingake and received his Shodan. In 1958, Master Kise began studying under Grandmaster Zenryu Shimabuku and received his Yondan. In 1958, Master Kise began studying Hohan Soken the third successor of Matsumura Seito Karate-do. In 1960, he was a student of Grandmaster Shigeru Nakamura, Okinawan Kenpo Karate-do Federation. At that time Master Kise taught and practiced Shorinji-Ryu Karate-do; also during this time he was studying Shorin-Ryu under Grandmaster Hohan Soken. On January 1, 1967 Master Kise passed the examination for 7 Dan under Grandmaster Hohan Soken, Shorin-Ryu Karate Matsumura Seito Karate-do Federation. Shortly after this Master Kise switched completely over to the Shorin-Ryu Matsumura Seito (Orthodox) Karate-do. On January 3, 1972 Master Kise qualified to the Hanshi title by passing the 8 Dan examination held by Grandmaster Hohan Soken and Master Makabe. On September 1, 1976 Grandmaster Soken promoted Master Fusei Kise to 9th Dan. In 1977, Master Kise founded the Shorin-Ryu Kenshin Kan Karate & Kobudo Federation. The definition of Kenshin Kan is as follows:

Ken: Empty hand or the Loochoo (RyuKyu) art of self defense.

Shin: The truth, reality, human nature, humanity.

Kan: A place, mansion or palace.

Kenshin Kan: A place in which to study karate-do for the essence of human nature or humanity.

Master Shigaru Tamae promoted Master Kise to 10th Dan on October 25, 1987.

Thus we have Shorin-Ryu Kenshin Kan Karate-Do, a karate system that evolved from the ancient teachings of Sakugawa and Bushi Matsumura, a system led by Master Fusei Kise, one of the very few Karateka to have been taught the complete secrets of Hakutsuru (the White Crane). Some of you may ask why Shorin-Ryu Kenshin Kan is so special. The answer is in its unique history. First of all, the system is a direct descendant of Shorin-Ryu Matsumura Seito. This system escaped the changes made in Okinawan karate in the 1930's (by the Japanese who prefer sport karate) because Grandmaster Soken was living in Argentina. Secondly, the unique techniques of the White Crane have provided the influence to the style that gives us the "body change" concept and other concepts that make a very efficient system of self-defense. These secrets were taught to only a very few people – Master Fusei Kise is one of those very few people. Therefore, we have a unique system.

8.3 Shorin-Ryu KARATE-DO LINEAGE as related to Shorin-Ryu Kenshin Kan Karate-Do and Kobudo

Satonushi Sakugawa (1733-1815)

Studied in China under KuSanku, early founder of Shuri-te (Suide)

Sokon Matsumura (1797-1889)

Known as "Bushi" Samurai karate and Kobudo expert, founder of Shorin-Ryu karate.

Nabe Matsumura (DOB unknown)

Known as "Old Man Nabe", grandson of Sokon Matsumura.

Hohan Soken (5-25-1889 to 12-1983)

Great grandson of Bushi Matsumura, nephew of Nabe Matsumura, last of the old karate Masters.

Fusei Kise (DOB 1935, Okinawa, Japan)

Founder of Shorin-Ryu Kenshin Kan Karate-Do, senior student of Grandmaster Hohan Soken and Shihan Williams' teacher of Kenshinkan Shorin Ryu.

Yoshimatsu Akamine (DOB 1943, Okinawa Japan)

Head of the Matsumura Seito Shorin Ryu Hozon Kai, senior student of Hohan Soken and also Shihan Williams' teacher in Matsumura Seito Shorin Ryu.

Seifuku Nitta (DOB 1942, Okinawa, Japan)

Head of the Okinawa Kensei Do-Ko Kai, student of Nitta Kotaro, known as "Chatan Chista", Kaisu Isa, Hohan Soken and Seiki Toma.

9. Shihan Frank Williams

Shihan Williams was born on May 26th, 1959 in Concord, North Carolina. Shihan graduated from Concord High School in 1977 in Concord, North Carolina. Shihan received his Bachelors of Arts in Business and Management from the University of Maryland in 1988. Shihan received his Master of Science in Education from Troy State University in 1990. Shihan received his PhD in Business Administration from LaSalle University in 2002.

Shihan Williams holds the following martial arts experience and credentials:

- Began Tae Kwon Do training in 1973 under Mr. Pak.
- Began teaching Shorin Ryu in 1991 under Grand Master Fusei Kise in Okinawa, Japan.
- Lived and trained in various martial arts dojos in Okinawa, Japan for a total of 13 years.
- President of the Family Karate Center, Inc.
- President and Founder of the Universal Martial Arts Association.
- United States Director for the Okinawa Shorin Ryu Kensei Do-Ko Kai for Hanshi Seifuku Nitta.
- Board of Directors for the World Karate Union.
- Student of Hanshi Akamine Yoshimatsu (Okinawa, Japan) and Seifuku Nitta in Matsumura Seito Shorin Ryu.
- Retired United States Marine Corps Chief Warrant Officer 4.
- Certified United States Marine Corps Close Combat Instructor and Instructor Trainer and Marine Martial Arts Black Belt Instructor .

Shihan Williams holds to following Black Belt Ranks:

- Kyoshi Title awarded 01 January 2007 Okinawan Shorin Ryu Karate and Kobudo
- Shihan Title and Certificate awarded 17 July 2004 Matsumura Shorin Ryu.
- Nandan (7th Degree Black Belt) – Shorin Ryu Karate and Kobudo, 2003
- Master Instructor Certificate (Shihan) – Shorin Ryu, May 2003
- Godan (5th Degree Black Belt) – Zanshin Ryu Jujitsu
- Nidan (2nd Degree Black Belt) – Marine Corps Martial Arts Instructor
- Nidan (2nd Degree Black Belt) – Judo USJA
- Nidan (2nd Degree Black Belt) – Tae Kwon Do, 1976
- Shodan (1st Degree Black Belt) – Motobu-Ha Shito Ryu Karate Kobudo from Shihan Butch Velez, 1996
- Shodan (1st Degree Black Belt) – Matsukaze Ryu Jujitsu from Cardo Urso and Shian Toma, 1996