

MACS 象

Martial Arts Collective Society

Celebrating the Life of Professor Imi Okazaki Mullins 1939-2008

Professor Louise "Imi" Okazaki-Mullins, youngest daughter of Professor Henry S. Okazaki, founder Kodokan Jujitsu, began training at home with her two sisters, Betty Wolf and Myrtle Oberman. Their father taught them Jujitsu techniques and under his direction, they established a foundation of massage (heads, hands and feet) through many hours of practice with him as the patient.

He entered his three daughters in a woman's Jujitsu class instructed by Iwalani Tanaka and Jackie Wong. In the early sixties, the sisters were trained by Keiko Fukuda, the highest ranked female judoka in the Kodokan. Professor Mullins taught both Kodokan and Kodokan techniques.

She will leave a very large hole in the heart of martial arts and we will truly miss her.

January 5, 2008 was a sad day for us still here on earth and a glorious day for those in heaven.

**by Marian Schinski, student of
Ito's White Tiger Kenpo Karate**

A few days after the passing of Professor Imi Okazaki-Mullins in early January, Sensei Ito hosted a gathering of his students and their families to celebrate her life.

"She once told me that when she went, she did not want anyone to mourn her life," said Sensei Ito. "What she meant was that she had lived a full life, a happy life. And we should celebrate that."

Sensei Ito called her his "karate mother," and noted that she was an inspirational source for him as a student of the martial arts and as a human being. "She always said, 'Just do the right thing. It doesn't matter when you do it, but just do it. And then follow.'"

Ethics, discipline, respect for others—these were the qualities that Sensei Ito saw in Professor Mullins, and he urged his students to emulate her.

But she had many other qualities that would be difficult for anyone to emulate, because they were unique to her. No person can ever reproduce her marital-arts skills, her eloquence, her reverence for teachers and teaching, her warmth, her wit—or her humor.

"The best mentors and the best teachers show unconditional love and help their students to grow up," he said. "No one should take this for granted."

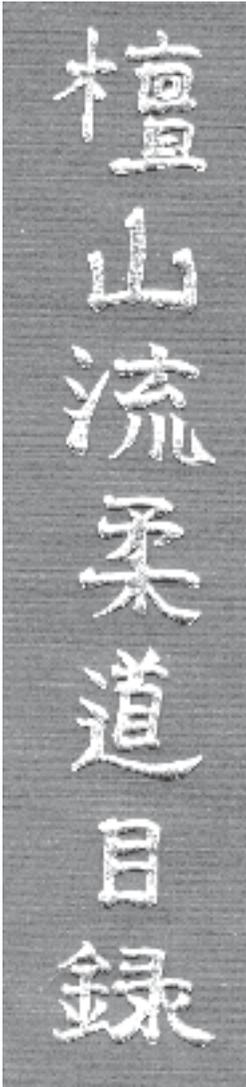
During one of her seminars, Professor Mullins gave out copies of her father's "Esoteric Principles of Judo," which opens with these lines:



Professor Imi Okazaki-Mullins at the Gathering in Reno Nevada 2007

"Since the fundamental principle acquired through the practice of Jujitsu has been elevated to a finer moral concept called Judo, 'The Way of Gentleness,' it may well be said that the primary objective of practicing Judo is perfection of character. And in order to perfect one's character, one must be grateful for the abundant blessings of Heaven, Earth and Nature as well as for the great love of parents; one must realize his enormous debt to teachers and be ever mindful of his obligations to the general public."

It may be said that Professor Mullins lived her life in accordance with these principles and encouraged others to do the same.



古松流拳法

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The Guiding Principles of Kosho Ryu Kempo

By Jeff Driscoll



The 8-Fold Path

The first representation of the eight angles, is the Eightfold Path of Buddhism. The Eightfold Path can be compared to the Ten Commandments of Christianity. The purpose of the Ten Commandments is to educate the practitioner in what actions are not appropriate. The Eightfold Path educates the practitioner in what actions are appropriate. My interpretation of these actions are presented here. Look at what the Eightfold path can mean for you.

1. Right speech - We need to choose our words wisely. We need to consider who we are speaking to, including their perspectives and viewpoints. Right speech creates harmony, while improper speech creates conflict and disharmony. Always remember — it's not always what we say, but more important, how we say it!

2. Right understanding - We must take the time to understand ourselves, and the people around us. The more we know about the people we're dealing or interacting with, the easier it is to understand them. We need to understand their values, perspectives, and priorities, since this forms the core of their behavioral attributes.

3. Right means of livelihood - We all need to make a living, to financially support ourselves and our families. As important as it is to financially support ourselves, we also must remember that the means we use to accomplish this must be in line with the laws and guidelines set forth by society. If we stay within these laws, we contribute to that society. If we violate these laws, by using improper means to support ourselves, we create disharmony and cause harm. .

4. Right effort - Having the attitude of doing everything to the best of our abilities or capabilities sends a message about ourselves. This mind-set tells people around us that we are humble, conscientious, hard-working, focused and dedicated in all aspects of our lives. These areas include our work, our personal and professional lives, as well as our martial arts training.

8th fold path, cont. pg 2

Face to Face

By Sharon Dunn-Newton, Moore Martial Arts



Q&A with Kyoshi Charles Garrett

Kyoshi Charles Garrett is one of the few people left today who had the opportunity to study with the great Hohan Soken, considered one of the most influential Okinawan practitioners of all time and who is the founder of Okinawan Karate Federation.

Garrett began studying Okinawan karate from Hohan Soken in 1970. In 1972, Hohan Soken gave him credentials of Shihan with Yodan certificates. He visited with Master Soken in 1976 for five weeks, which he says expanded his love and understanding of the arts.

Kyoshi Garrett now runs Garrett's Karate in Sacramento, Calif., and he has been teaching since 1972. He is now a student of Yoshimatsu Akamine of Okinawa.

Q: What was Hohan Soken like and how was he viewed by his peers?

CG: Master Soken was an open-hearted, elderly gentleman worried that his system was dying, but who had a love of the art. To his dying day, he had a love of the art and a love of the way. The Okinawan practitioners I met in several styles viewed Master Soken as the last Samurai of Okinawa. Then, foreign peers who had brief workout sessions misconceived his power as being stone, a hard, dynamic system.

If you hadn't worked out with him for a long period, you'd misinterpret his power, or chi, his internal energy or charisma. You would think muscle mite instead of chi. He had internal energy and proper shin, meaning spirit or heart.

Q&A with Kyoshi Charles Garrett cont. pg 2

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Q&A with Kyoshi Charles Garrett cont.

Q: What well-known practitioners today might have been influenced by Hohan Soken, but not necessarily his students?

CG: Akamine Sensei in Okinawa, who I study with now, James Kaufman sensei out of Florida, Ted Lang sensei, out of Australia, my sempai. He brought Master Soken to Yozadake in Okinawa. Ricky Rose sensei in Kentucky, Ed Gingrus, a student of Hohan Soken who is still in Okinawa. Ron Lindsey sensei from Texas, Paul Hart sensei from Florida, Al Martin.

Q: How would Hohan Soken feel about the arts today?

CG: He'd be saddened by seeing the division, but pleased to know many individuals were trying to carry on his katas of Shorin Ryu.

There's more of a lack of understanding for methods. They all have respect for Hohan Soken; they all battle for them. But the division partially comes about because of the sport's influence versus the self-defense and lacking the emphasis on the do (way). Everything is karate. Soken was karate-do.

Q: What is the importance of history and the different terms in martial arts?

CG: Without history, you don't have an art form, you're not aware of its development and its origin. History needs to be conveyed to students. I want Master Soken to be known years from now. There are some terms that should have universal importance.

Spirit is very critical attitude that each individual should have, whatever they practice. Their spirit will show their heart and the type of individual they are.

Camaraderie is another. We need to work together to accomplishing Soken's wish, which was that the Matsumura system to be here, not to fade away in the shadows or dry up in dry lake beds. Love, and not in the romantic sense. We need to share the love of passing on to young individuals the art, so we know it will be carried on properly. If we show the same interests of the elders then the younger generation will become aware of the natural development from the art.

Q: You seem to be almost a conduit of the late Hohan Soken. What would Hohan Soken say to martial artists today as far as a guideline for study and growth in the arts?

CG: We should all be brothers and sisters. Being that our heart is in preserving Soken's way, which will display our love and interest, and that doesn't matter where we go. I'm a messenger to assist and everyone should be open for questions and answers and sharing the knowledge with others versus keeping it confined.

As in Soken's day, all Okinawan styles got together at gatherings because they were a family of martial artists. Not because they were this style or that. The portions of the pie are still the same.

Q: What are some unknown or misunderstood benefits of practicing martial arts?

CG: The kata we perform in martial art's curriculum, when performed correctly, is similar to shiatsu and/or acupuncture treatment. And because of the practice we do, after four to five years, martial artists seem to stop getting colds and getting sick. Sensei Soken is a fine example. Since the last time I worked with him, he was 88; his ability was far superior to any in America of that age. That's attributed to the katas that should be performed all the time.

8th fold path, cont.

5. Right meditation - Meditation can be interpreted many different ways. One aspect of this is a better understanding of how to become more centered and focused individuals. The process of meditation should enable the practitioner to calm and cleanse the mind while energizing internally, thereby allowing us to view our environment in a much clearer, more objective manner. This process should allow us to be more receptive to our instincts and inner wisdom. Meditation also should be a tool to help us to slow down and learn to appreciate the moment. Live the philosophy of life in every breath.

6. Right action - Life rewards action! Intentions are important, but people generally don't care about your intention. They care about what you do! They don't really care what you meant to do! Words are easy; action is difficult. As we move forward on our journey, we must make careful, well-informed decisions — then pull the trigger, and act on them. All of this must be with the right purpose in mind. Our actions should always have a mutual benefit for the betterment of ourselves, and for all other parties involved. Our actions should be taken with the intent to create harmony for ourselves and everyone in our environment. Be a person of planned, educated, action performed for the right purpose.

7. Right intention - The use of proper motives or intentions in our endeavors is critical to creating and maintaining harmony in our lives. Intentions are the precursor for action. They must fuel the fire for our actions. These intentions must be in line with what is for our betterment, and that of everyone involved.

Also, in keeping with the thought that we should have a keen awareness of what is going on around us, we need to explore other people's intentions. Understand what their underlying motives may be. What's in it for them? Do they genuinely have our best interests in mind? Always analyze others' intentions, as well as your own.

8. Right awareness - Having proper awareness of ourselves and our environment is vital to dealing with life in a preparatory manner, allowing us to see situations and circumstances as they develop. Being aware of ourselves and how we fit into our surroundings gives us insights into creating harmony within that environment. Proper awareness is the cornerstone of effective self defense, protecting oneself from potential physical harm from another individual, or avoidance of any situation which is detrimental to our well-being. Be aware of people and their motivations, both good and bad, and gain insight into what drives them. Then, and only then, can we make a judgment as to whether such a relationship is beneficial to our lives.

The Eightfold Path gives us a guide for the betterment of the self and the community. It holds the keys to blending with others, and avoidance of unwanted conflict, to aid in creating a more enjoyable, fulfilling life.

Driscoll Book

This is a short section of Shihan Jeff Driscoll's book. To make your order,

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The Importance of Basics

By Tony DiSarro



Basics is essential to the development of skill in any endeavor, weather it be physical or mental in nature.

In the study of martial arts, it is important that we understand the key to developing our tools in combat lie in the intense practice of our basics. Far too often, practitioners of the arts feel they are ready to move onto the next stage of their training before they have acquired sufficient skills in their fundamentals. It is common for many students to be impatient in their training and want to learn as much as they can in a short period of time.

Today, people are accustomed to getting what they want quickly, sometimes without any time or energy put into achieving those results.

We have all heard of the two-year black belt programs and more recently the study-from-home courses where you get your black belt in the mail! If you talk to anyone who has achieved greatness, they will all tell you it took hard work and many hours of practice to accomplish what they did.

Weather it is an Olympic athlete or a Nobel Prize-winning scientist, these people would have never accomplished their goals if it had not been for their dedication to their training.

Martial arts training is no different. Take for instance the word Kung Fu. Many people believe this word to represent any style of Chinese martial arts. What this word really translates to is "work power" or "achieved power." Essentially, what that means is that after a long time of hard work and training, one has achieved skill in that area of study. By drilling the footwork and movements of one's style, you will develop "Kung Fu."

However, basics in the martial arts are not limited to punching, kicking, blocking and throwing. Basics also include your study of culture and strategy within your style. This is important to the preservation of the areas developed by those who went before you, out of respect we must always look at where the art we study came from, and how it was passed down from teacher to student. Although it is true that art forms evolve and change to suit

modern times, if we do not understand how it was developed or where it came from, we will not be able to make it evolve.

Many martial art systems have high level or okuden concepts, such as those within Kosho Shorei Ryu. If you don't have a firm understanding of the basics, you will never progress to the higher studies.

Imagine if you never learned to add or subtract in math, and then were asked to do long division. There would be no way you could successfully solve the problem, because you had not developed the tools necessary to do so! Many martial artists forget that to reach the next level there are steps that need to be taken to get there.

There are no secrets in the martial arts. The only secret is to study hard, practice your basics and have an open mind.

Remember — struggle is the law of growth! Only after you have trained hard will you see the fruits of your labor. So the next time you see a martial artist that you are impressed with, remember they probably spent many hours drilling their basics.

Gakkusei Corner

This is an essay by Evin Beaulieu, 14, for his junior black belt, student of Shihan Ryan Chamberland.

Question:

How I will support the Art of kosho

I have been doing karate for eight years. For one of those years I trained with two different instructors. I have wanted to teach for four of those years and have been able to. I would like to open my own dojo but that is quite a few years away. Until then, I will continue to teach and learn under Shihan Ryan Chamberland.

I have learned over the years just how committed and strong-willed you have to be to practice martial arts. You can't just be physically strong, you have to be mentally strong because mentality is a huge part of karate. Most people think it's just kicking and punching but it's really not. You need to know just where to kick and punch and where that move or set of moves came from. If I hit him here, will he be able to strike back? Can I take him down from here? Who created this form? Why did he create the form? What is the lineage of this form? There is a lot to remember. Sometimes, I have a really hard time with this.

People used to ask me when I was going to quit. "As soon as I get my belt," I used to say. That was a long time ago. I have had many opportunities to do other things besides Kosho since then. I always said, "No thanks. Karate is the only thing I need," and it's true. I know that my commitment to karate is life-long.

I am so glad I started learning karate eight years ago. It is definitely the greatest decision I have ever made. It has made me physically fit, a lot more disciplined, and tons more confident. It makes me happy when I think about giving these qualities (or at least help give for now!) to the next generation of martial artist.

I used to go to a lot of tournaments. My mentality was: "I gotta win! I gotta win! I can't lose!" Looking back, I'm not just proud of winning. I'm even more proud of going and giving it my all and getting kids to think: "Man, I want to do that!" I know I was one of those kids and matter of fact still am. Now look at me: I'm testing for my junior black belt. It's a dream come true.

Truly, I have the greatest lineage of instructors ever, though I have mostly only trained under Shihan Ryan. I have been told

that I am good at what I do. I say that I am only half as good as my instructors. Like the saying goes: "IF YOU LIKE WHAT I DO, THANK MY INSTRUCTORS. IF YOU DON'T, BLAME ME." I truly believe that.

Becoming a junior black belt is something I used to wish I had. I always thought of it as something only the best could get. I didn't think I would ever get one. "That is something that Matt, Kyle, or Henry could get. Not me." Now, I'm going to get the chance to prove myself after eight years of blood, sweat and tears. I am truly the luckiest kid in the world.

I am going to end my report by saying this: I believe there are three kinds of students: there are those who start karate and quit because it's too hard. I call them quitters. Then there are those who love karate but only practice to teach themselves. I call them students. Then there are those who go above and beyond learning karate and passing it down to the next generation and love every minute of it. I call them Instructors. I want to be an instructor.

古松拳法

Pinan Sandan Waza

Sword disarm by
Kyoshi Charles Garrett



Step 1, Samurai who felt their karate was used instead of katana. My move starts from relaxed position.



Step 2, Samurai steps in left forward stance and punches with left. The counter uke/block of left punch with left arm.



Step 3, Now step in with nukite (spear hand), thrust into arm pit. Left arm still controlling punch. Look at sword; katana position; As well, samurai leaning back from nukite strike. Strike should go well beyond attacker.



Step 4, Now, right arm drops down to Katana handle.



Step 5, Sliding Katana out; then pivoting counter clockwise to 360 degrees.



Step 6, Almost around. Sword brought up for cut. Always keep eyes on opponent and both hands holding sword lightly at first, to assist speed.



Step 7, body change to the complete 360 degrees. Now cutting arm and head off, providing property follow through.

Master Hohan Soken preferred one not to expose back to opponent but in Pinan Sandan and Kusanku Katas, both have a 360 degree move.



Hanshi's Training Corner

Kata When You Can

In the martial arts today, it is easy to forget who is responsible for your training, skill level and longevity in the arts. If you watch some of the very good martial artists it is easy to forget that they had to actually train to get there. The Great's make it look effortless, their movement is smooth, concise and the targeting has pinpoint accuracy. How did they get there? They trained. They did not wait for their instructor to direct all of their training. They knew that only they could move their own bodies; only they could practice a form or perfect a movement.

With the time constraints and other obligations hindering many practitioners today, you have to make the most of the time you have. Not all of it has to be spent in a dojo or training hall being led as a group. You can work five minute kata, or as some have called it "kata when you can". If you are a beginning student at the yellow or orange belt level you may only have 6 kata's to remember. Each kata will likely take you 30-60 seconds to complete. (At a normal

pace) If you go through your kata one right after the other your entire inventory will take no more than 6 minutes. Everyone has 6 minutes. If you work your kata at this level for 6 minutes a day you will never forget your kata. You will train your body and your mind to move. You can add on to "work" the kata by doing it isometrically, focus on the cardio aspect, leg strengthening, or a particular concept. You may now have bumped your "kata when you can" work out up to 30 minutes.

As you progress through the ranks and add more kata to your repertoire you will be surprised how much easier your training is when you have a framework to work concepts and movement in. Kata is one of the best training forums, especially for the solo practitioner. If you can't get into a dojo and dedicate 3-4 hours to train give yourself the opportunity to train at home, in the park, garage... You will have to use self-discipline to avoid the handy excuse of "time" and really push yourself and make it part of your daily routine. It does work.

Upcoming Events

Date of Events	Event Title	Contact Info
February 1, 2008	Grand Opening of New Location	Toby Bigilo
February 2 -3, 2008	Seminar with Hanshi Juchnik	Terry Dow 603-591-6546
March 1-2, 2008	Seminar with Hanshi at Sensei Steve Bonc school	Hanshi Bruce Juchnik
March 8-9 2008	Seminar at Jim McElroy school Cambridge, OH	Jim McElroy, 740-685-5059 mckosho@wmconnect.com
March 15-16 2008	Midwest Filipino Camp, Chicago, IL	Shihan David Greco, 708-646-1006 www.midwestunitedmartialarts.com
April 5-6, 2008	Manchester Seminar with Kyoshi Pat Kelly, Hanshi Bruce Juchnik, Bill Wallas, Doc Gaven, Bernie Langden, Randy Stigall, John Ludwig, Tony Anisi, Terry Dow	Terry Dow 603-591-6546
May 3-4, 2008	Steve Babcock Seminar with Hanshi Juchnik, Rhode Island	Steve Babcock or Hanshi Juchnik @ 916-308-2606
April 12-13 2008	Training at Hanshi Juchnik Hombu	Hanshi Juchnik
May 17-18 2008	Rocky Mountain Summit Stanley Hotel, Estes Park Colorado	Shihan Jon Moore, 970-686-1247 www.mooremartialart.com
July 12-13 2008	White Water Rafting and Training Camp	Shihan Brent Crisci, 207 582-0700 www.unitedkosho.com
September 27-28 2008	The Gathering in Sacramento, CA	Hanshi Juchnik, 916-308-2606