

Mō Ichi Do



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I.O.G.K.F. - U.S.A.

November, 2014

From the Editor



I still remember my first visit to a karate dojo, in the athletic facility at Kenyon College in 1988. Right before entering the racquetball court (where we practiced) for my first class, my friend Tim told me I had to bow in the entrance and say "Ossu."

I thought he was joking. Bowing in the doorway of a racquetball court? Making some random sound? I refused to do so until I saw someone else do it, so I would know he wasn't just jerking my chain.

These days, I don't use "Ossu" anymore, but I still bow when entering the dance

studio where I teach and train. It is habit, custom, and good etiquette, and I expect my students to do likewise.

Not long ago, I was bowing out of that facility and found myself reflecting on all the time that I had spent in this "dojo." I have spent countless hours in there, training, sweating, learning, teaching. It is a place where I study a particular discipline, but also a place where I try to cultivate myself as a human being.

It is a place wherein I have spent a considerable part of my 40's, trying to become better at this art and trying to help others do the same.

And for a moment, I felt its sacredness. I don't mean the place has any special character to it, or some mystical energy. There is no religious connotation to my apprecia-

tion for the sacredness of that space. But it is a place where I invest a great deal of time and effort, both for myself and others.

The word "dojo" means a place for training on the Way. As I grow older, I appreciate more and more what happens in this space. It is both personal and communal, physical and spiritual.

While I don't reflect on this every time I bow in and out, there are times I take a moment to be present with my appreciation for this place.

There is a haiku: *Minoru hodo atama no tareru inaho kana.* "Young rice stalks stand upright, the mature grains bow low."

Maybe I'm starting to mature.

"To admit fault is the beginning of righteousness."

- Shinto Saying

I first learned how to breathe doing *sanchin*. I had, of course, been breathing for some time before learning the kata, but never gave much thought to it. I just breathed. I didn't know there were different ways to breathe.

When I first began training in *sanchin*, I transitioned from breathing with my chest to breathing with my diaphragm.

I later dropped this down below my navel. And I eventually started breathing throughout my lower abdomen, around to the kidneys and even down into my perineum.

I'm not great at this, but I'm getting better. This is one thing I work on when practicing *sanchin* kata. But *sanchin* breathing is not for *sanchin* alone. And so I

practice this, among other, types of breathing when walking down the street, while waiting for a plane, and during various exercises.

Our karate can only exist where we train. So the world must be your dojo.

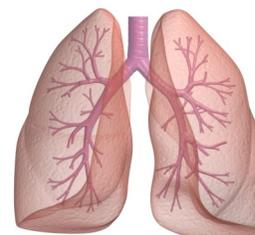
Happy training!

Chief Instructor:

Gene Villa

Newsletter Editor:

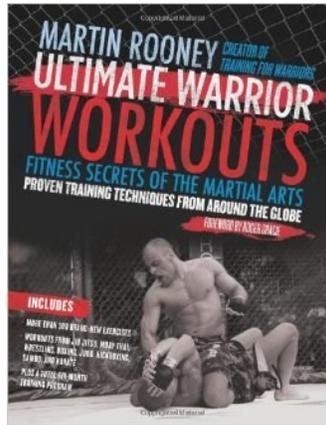
Jeffrey K. Mann



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Book Review

Martin Rooney, *Ultimate Warrior Workouts (Training for Warriors): Fitness Secrets of the Martial Arts* (William Morrow Paperbacks, 2010), 384 pages, \$18.74 on Amazon.com



I love this book. My son and I stumbled on it one day in Barnes & Noble and it's a little goldmine. We've spent a fair amount of time looking through it's pages, but are unlikely to ever exhaust what it has to offer.

Martin Rooney, who has his own impressive list of martial arts accomplishments, set out to compile what he calls "Fitness Secrets of the Martial Arts" from various leaders in the field. What is provided in these pages is not really secret, but an extensive array of training exercises from eight different martial arts systems. And while I tend to wince when I hear the word "warrior" used among martial artists, I certainly understand (from a little firsthand experience) why publishers prefer over-the-top titles for the books they publish.

The training approaches certainly reflect the goals, needs, and cultures of the arts they reflect. So, wrestling is going to develop fitness and strength in a way distinctly different from kickboxing. Judo is going to make use of partner drills and uniforms quite differently from the apparatus and approach in Muay Thai. Readers can focus on training that meets their interests, or mix and match as they see fit.

The photography and descriptions are clear, so that imitating the exercises is made easy - or, as easy as they can be. It's a lot easier to see how a dragon-flag is done than to actually do it. There are enough options throughout the book that readers of all levels of fitness will find plenty to challenge them.

Each chapter begins with a history and overview of the martial art, which is helpful and informative. And the book ends with chapters on nutrition and various routines for different workouts, flexibility, and cardio.

As a karateka, I was pleased to see the chapter on karate made use of traditional Okinawan training implements, like nigiri game, iron geta, and ishi sashi. The introduction was typical, with only a few small historical inaccuracies. While the gentlemen demonstrating the gripping jars was holding them incorrectly (with untucked thumbs), and the focus was on hand and arm strength, rather than proper posture and body movement, one should not be too critical. This was only intended as an introduction to some highly sophisticated training regimens.

In summary, I can enthusiastically recommend this book to anyone looking to supplement his or her training with some new and challenging exercises. We'll be making use of it, I am sure, for years to come.

-Editor

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Central Park Martial Arts Meetup—New York, NY

NYC Central Park also known as the Big Apple's "backyard," seemed like a fitting place to practice and meet with martial arts friends. Many traditional martial arts have a long history of outdoor training. The founder of Okinawa Goju Ryu, Chojun Miyagi Sensei, had in his backyard a "Garden Dojo."

Friends who practice martial arts came out to enjoy the beautiful fall day and share their knowledge. Long time friends that practice Chinese martial arts along with the inner core of New York City elite karate, jujitsu and mma from all different styles shared knowledge and did demonstrations. The IOGKF was represented by NE regional coordinator Chris de Wet Sensei and Steve Krowitz visiting from Miami Beach, along with other IOGKF members and friends. We all had a great experience enjoying and learning.

- Steven Krowitz Sensei

More images are available at:

<https://www.facebook.com/media/set/?set=a.10204887244931512&type=1&l=d04420efd0>





Preserving Okinawan Goju-ryu for generations to come

See more online:

<http://www.iogkf-usa.com/>

Upcoming Training Opportunities



[April 11-12, 2014](#)

Susquehanna Martial
Arts Symposium

Selinsgrove, PA

For more information contact:

Sensei Jeff Mann:
570-372-4165
JMann@susqu.edu



[June 11—14, 2015](#)

2015 Miyagi Chojun
Festival

Burlington, Ontario

For more information contact:

mcf2015@iogkf.ca



“There are no
shortcuts to
any place
worth going.”

-Beverly Sills

