

martial arts

health, fitness, & wellness magazine



Issue 2, February 2011

MARTIAL ARTS health, fitness, and wellness magazine is a valuable resource for information about physical and spiritual well-being in correlation with the practice of Martial Arts. MARTIAL ARTS health, fitness, and wellness magazine is your guide to better health, self awareness, fitness and inner peace.

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Quotes to motivate your training

~ The ultimate aim of the art of Karate lies not in victory or defeat, but in the perfection of the characters of its participants. ~

Gichin Funakoshi

~ Take things as they are. Punch when you have to punch. Kick when you have to kick. ~

Bruce Lee

~ When i was a young man, many people blocked with their face ~

Enoeda Keinosuke



Raising a Chi Baby

By Tina Hohenadel

We never thought we would have children. It was not that we did not like children nor thought we would be good parents. It was more about our visions of where the world and society was heading. Certainly, not a place we wanted our baby to grow up in. Later doctors told us it would be difficult for us to conceive. So, we felt we had heard two clear messages – sorry no kids this lifetime for you. This all changed when a soul chose us as parents. Even before we conceived, this soul visited us in our visions. We learned their name, saw them walking around the house and even our past lives together. After we conceived, these visions continued in a very profound way as the chi connections bonded us. This new soul responded to chi exercises and meditations with approval by drumming on my organs. Least to say, the affect was not gentle on my body. There were repeated ultrasounds on my organs which left medical professionals shaking their heads. This new soul would just tell me it was a part of the process and it would not be long before things returned to normal. For those of you who have

experienced chi sickness add that to morning sickness and you have an idea what chi pregnancy might be like. Don't get me wrong, there were many high moments as well. Times when the chi surges were unbelievable and the connection between mother, baby and spirit were experienced in a deep, meaningful way. This baby was a very old soul, which knew exactly when they needed to born. No coaxing by homeopathic or energetic methods would change that. They were born in the middle of a thunderstorm on a new moon when the chi levels felt like they could blow the roof off the house. Little did we know at the time, a baby had been born with its kundalini awakened.

We learned pretty fast that raising a chi baby is very different than raising a baby who develops later in life. There were no books (at least there were none at the time) to guide us through the process. Our spiritual teachers told us in some cultures this would simply not be done and wished us luck. When we asked them if they had any suggestions they simply shook their head and told us to keep good notes for a book later. So, we were basically on our own to figure this one out.

As many of us have seen, babies will frequently leave for period of time to visit the spirit world. This helps them make the transition from the spirit to physical world easier. It is like a new college student going home the first few months until they become established in their new environment. One thing we noticed that was different about chi babies was the messages they came back with. Once to confirm our suspicion, our baby came back with a vision of my grandmother and I when I was a child. Interestingly enough my grandmother died a few years before this soul arrived and as promised this new soul carries her name. So, I was pretty sure I knew who my daughter was visiting in the spirit world!

Chi babies (and children) can be very energy aware and can be seen staring at energies. This happened one day while a family member, who is not energy aware, was visiting. We were all in the living room playing with the baby when suddenly the baby and our cat (who is also energy aware) started staring at the same spot on the ceiling. This continued for a several minutes, much to their confusion about what they were staring at. After asking the energy to leave the living room things returned to "normal".

There were also the illnesses which were caused by chi and energy attachments which left us baffled until we began to think outside the box. The normal harmless imaginary friend became far more interesting when the friend was a discarnate which previously owned the house. He loved our child but did not like us since we changed the look of the house. The two of them got along very well until things started happening in the household. Clearing became challenging and when we finally cleared him our child got sick. First it was chi sickness, which quickly changed to a severe sinus infection which burst an ear drum and finally ended in a week of hospitalization. Having a weak chi child in a hospital with strong empathic abilities was a great deal of fun! Everything happens for a reason and from this experience we learned to be more aware of our daughter's energy environment and to trust our instincts faster. Our daughter's telepathic abilities awakened which gave us a new form of communication with her. Chi is always easier to explain using a form of chi communication. But her verbal skills which were already a bit behind (another aspect of some chi children) fell further behind. After speech pathologists and speech therapist sessions we decided this was not the best route for her. The problem was we could understand her so she had no reason to use her verbal skills. After we showed her the wondrous things that would happen after she used her verbal skills, she began to talk more. Even now years later, she will still relies on her telepathic skills when she's tired.

(insert photo) Many chi children are very sensitive to others emotions, tragedies, or outside influences. Our daughter was no different, at a few years of age she told Daddy to lie on the floor so she could do energy work on his head. When asked why she was doing this she pointed to his head and said "hurt". He had not told us a migraine had started but she knew and wanted to help fix it. Watching her work on his head was a real treat and it was very apparent she had done this work before. Sometimes their skills are still wide open and they are too young to learn about putting filters over to protect themselves. Our daughter would feel others emotions and take it as her own. Pulling sadness off a grieving friend then crying it off in a corner was a way of life for a while until we helped her develop some tools to help balance her sensitivity. Even now, she is still a very sensitive child who is overcome by suspenseful or emotional movies or events. Unfortunately, a trait she picked up from her mother, but at least she has someone to keep her company when others want to watch movies like that.

Our life was full with this special soul and we were surprised when another soul chose us as parents. Even more surprised to have another kundalini awakened baby. One was crazy at times, but two? Could we do it? We were really hoping that what we had learned from the first baby could be used for this new one. The universe has a funny way of helping you grow and gave us two very different souls to work with. This pregnancy was very quiet in comparison

to the first one. This soul did not have a lot to say but showed us some visions and made it clear how they wanted to be born. I kept sensing something was wrong, people just told me it was typical mother worrying stuff. Upon the birth of our second daughter we intuitively knew something was wrong. It took a few weeks to confirm the valve between her stomach and esophagus had not yet been developed. The first three months with her was filled with a screaming baby who vomited a lot and a toddler who cried feeling her younger sister and felt left out. In the quiet moments, trust me there was not many, we asked what caused this? If her conditions persisted beyond three months she would need surgery to close the valve. As the three month point approached we reached out for help. Finally, the answer came; her body was not hard wired for the kundalini energy. "Great, now how do we fix that?" we wondered. The challenge had us stumped until the idea of changing the direction her microcosmic orbit was suggested. After reversing her orbit and cooling down her energy she was a totally different baby. She smiled and radiated a deep love to all those around her. A love which reminds of all the beauty and good in this world, she became the sunshine after a bad storm which renews all the plants. Years later, she still radiates this love and is very sensitive about people around her. She deeply wants everyone to be happy and daily writes notes about how much she loves us and wants us to be happy.

Each chi child is different. There are some labels which have been used for these children like indigos or crystal children. To us they are simply special, each with their own gifts. Most chi children we have met all have an ability to look deep into your soul with old soul, knowing eyes. Their eyes can be described as immense and deep. Not much gets past these children and they know in a very deep way that they are here for a reason. Maybe to teach us old folks something we have forgotten.

Tina Hohenadel and her husband Mark Lawrence own and operate the Kawartha Hoshin Training Centre, 95 1/2 Saint Patrick Street, Lindsay, Ontario, Canada, K9V 1R7, <http://www.khtc.ca/>, info@khtc.ca

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Kaizen 2011

Survive it!

Saturday July 16 and Sunday July 17

Join us for the worldwide Hoshinroshiryu's eleventh annual gathering and celebration of our founder Dr. Glenn J. Morris's birthday. This weekend event brings Hoshin-ka and students of budo together to explore and experience all of the many aspects of Hoshinjutsu which makes us unique and sought after.

***Kaizen 2011 will take place at a lakeside resort
one hour north of Lindsay, Ontario Canada***

This beautiful resort is located in the heart of cottage country with it's own private lake, and is surrounded by a rich coniferous and birch wood forest. The rocky outcroppings of the Canadian Shield gives the area character, and a serene energy that is sure to sooth your soul while it energizes your body and spirit.



Cost:

**Hoshin Ryu Members \$330 CDN until May 15
\$370 after May 15**

Non Hoshin ryu members \$370 CDN

Kaizen 2011 is an "all inclusive" event. The cost includes:

- Your accommodations for Friday and Saturday nights
- Saturday breakfast, lunch and dinner
- Sunday breakfast and lunch
- All Kaizen activities on both days

Registrations will not be accepted after July 1, 2011

More info: <http://www.hoshin.ca/kaizen2011.html>



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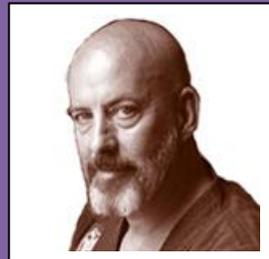
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We offer training in the eclectic martial art known as Hoshinjutsu as it was developed by the late Dr. Glenn J. Morris-soke, as described in his books: Path Notes of an American Ninja Master, Shadow Strategies of an American Ninja Master, and Martial Arts Madness.

The Hoshinjutsu system is a balance of both the internal and external sides of the martial arts, combining a combative self protection system, with an extensive chi kung and meditation program.

The modernized, no-nonsense self protection system is a conglomeration of hundreds of years of warrior training derived from combative traditions from Japan, China, Russia, India, and North America. The system includes kicks and strikes, throws, joint locks, ground fighting, pressure point tactics, and the use of common, modern and traditional weaponry.

The internal side of Hoshin teaches various chi kung forms, meditation, massage, and acupuncture techniques. The combination of these aspects creates a unique and sought after martial art.

Washin International



WaShin International purpose is to unite both warriors, healers, and warrior-healers in a scholarly venue where sharing, education, networking, and fellowship of like minds are brought together.

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Bring back the rich traditions of our lineages; healing and restorative arts, mystical arts, and energy arts.

Washin International is taking individuals of all systems and styles into its membership. These individuals are setting their schools and practices apart from the mall dojo's of today; teaching real budo, complete systems like the sohei, shinobi, and samurai of our past.

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Massage and Herbal Treatments for Strains & Sprains

By Ann-Marie Jackson

When practicing Martial Arts, or any athletic endeavor, it becomes necessary to know your body and how to keep it performing at its best. Even with regular stretching, and a habitual focus of 'listening' to your body, injuries still occur. Muscle strains and sprains are the most common injury that can happen. How can we know if we have a strain, a sprain, or something else? What can we do to treat this kind of injury, and get ourselves back to full function?

First of all, what is the difference between a strain and a sprain? A strain occurs in the muscle body or its tendon; whereas, a sprain occurs in the ligamentous tissue. A strain in the muscle body is referred to as a 'Pull', and the pain does not feel like it is in a specific spot, is achy, stiff and tight in certain movements. When a strain first happens, it can present you with gripping spasms, and be worse with active motion. A sprain is a tearing of the fibers in a ligament. Because a ligament's function is to support a joint and as neurosensory structures, they create a more profound disturbance in your mobility. Both type of injury can present redness, swelling, and stiffness; but the degrees of injury and length of time to heal vary greatly.

With strains, there are 5 degrees of tissue failure, and they can be caused by an acute episode, or a cumulative overuse syndrome. The degree of injury to soft tissue is affected not only by the amount of stress, but also the rate or acceleration of the stress. The higher the acceleration, the greater the damage. Whiplash is a good example of this. Each muscle has a particular pain pattern connected to it when strained/pulled, and sometimes appears to be an injury in a nearby muscle rather than the actual muscle injured. For example, a strain to the large back muscle called the Latissimus dorsi, exhibits a diffuse, achy pain down the corresponding arm, with a pins and needles sensation occurring in the pinky and ring finger. The pain may also be felt in the crest of the hip. These patterns are reflective of the attachment sites of the muscle.

When dealing with a sprain, we have a much more clearly defined affected area. There are 3 degrees of sprain injury; grade 1 with some pain but no loss of stability, grade 2 with gross tearing and some loss of structural integrity, and grade 3 with complete tearing through the body of the ligament, frequently requiring surgery. Common sprains occur in the ankle and knee, but also occur in the wrist and near the shoulder (called the acromioclavicular joint).

What can be done to assist the body in healing these injuries? For sprains, the general treatment at the time of the injury is, R.I.C.E. or, rest, ice, compression, and elevation. Recently, Body Workers (M.T.'s, P.T.'s, etc.), have been debating about the length of time one should "stay off" the injured joint. It is my opinion, as I have seen in sprain cases, that R.I.C.E. is good to follow in the first 24 hours. After that, getting up and moving about as soon as possible, will help to retain mobility, lessen stiffness, increase circulation, thereby speeding the

healing process of the damaged tissue. DO take it easy, and ice for no more than 20 minutes at a time, as needed, over the next week. For strains, gentle stretching may be applied by a trained therapist, as the direction of the muscle fibers rule the direction and intensity of the necessary stretch. Figuring out the movement that caused the strain, will indicate the muscle affected, and also, the movement that you will NOT want to repeat while the muscle/tendon is healing.

Other things that can be done for a strain, besides care with movement and resting the muscle, is applying heat to relax the muscle. For lower back strain, an excellent Herbal remedy is, equal parts of St. Johnswort (an anti-inflammatory) and Skullcap (an anti-spasmodic). This remedy is specific for lower back, and sciatic pain/inflammation; it does not seem to offer relief to other types of strains. For sprains, Herbal remedies would be; Yarrow for bruising & circulation, small amounts of Comfrey and possibly Goldenseal for re-knitting of tissue (depending on the degree of ligament tearing), and White Willow Bark for pain and inflammation.

When experiencing one of these injuries, look for a Massage Therapist that is trained in Orthopedic massage, familiar with Muscle Energy Technique and Reciprocal Inhibition, or Neuromuscular Release. Also, refer to a well established Herbalist when looking for quality Herbs to help your body to heal. The ways in which an Herb is taken, and the amounts needed are dependant on the injury and it's severity. One more treatment option is the Homeopathic remedy of Arnica. I have seen this increase the speed of healing of bruising to strains and sprains, and even impact bruises from vehicle accidents.

Massage therapy can be used as a treatment for either sprain or strain, as well as, evaluating the proper stretching or strengthening exercise needed after the healing time has elapsed. An acute injury, one that has just happened, can not immediately be worked on by a massage therapist, although they can evaluate the muscle injured in a strain. If you feel like you "broke something", or you swore you heard a snap, go straight to the emergency room...don't be a hero. If you have a sprain that seems to be very slow in healing, and continues to swell and be discolored after several days (most sprains heal enough within 7 to 10 days to allow regular mobility), go see your doctor to have it checked for degree of damage.

Resources: Massage for Orthopedic Conditions, by Thomas Hendrickson 2003.

Trigger Point Therapy for Myofascial Pain, by Donna Finando, L.Ac., L.M.T. & Steven Finando, Ph.D., L.Ac. 1999.

Ann-Marie Jackson is a Licensed Massage Therapist (L.M.T.) in the state of New Hampshire, and a practicing Herbalist for the last 10 years. Her office, Ann's Ginger House, is located in Lee, N.H., and you can reach her through Facebook, or at annsgingerhouse@hotmail.com

White Lotus Tantra

©

<http://tantra-mastery.webs.com/>

What is Tantra?

There are a number of different definitions of tantra from various viewpoints, not all of them necessarily consistent. The White Lotus Tantra (c) system identifies tantra as the practice of connecting with the soul. This heartfelt practice of compassion is done through White Tantra practice or advanced Red Tantric practice (Sacred Sexuality). The White Lotus Tantra (c) system is an eclectic mix of Buddhist, Verdic, and modern tantric practices made readily available to the people of today.

Tantra itself is an amassing of practices and philosophy which is characterized by the use of ritual, by use of the everyday to access Spiritual Bliss emotionally and physically by connecting at a soul-full level.

The Tantric practitioner seeks to use the chi, prana, ki, also called bio-electric-magnetic energy (divine power) that flows through all the universe (including one's own body) to connect to an individual; be it a lover, co-worker, or adversary. This can be both a mystical experience as well as an experienced based in the pleasures of the physical.

In the process of working with this sacred energy, the *Tantrika*, or tantric practitioner, has various tools at his or her disposal. These include yoga (Shugendo Yoga), to set in motion processes that will "yoke" the practitioner to the divine. Also key are visualizations exercises designed to influence the process as well as the spoken word as seen in mantras, which may be interpreted as seeing, listening internally, and singing with power into a powerful state within the individual, resulting in an ever-increasing awareness of cosmic vibration. This is further strengthened through daily practice.



Tantric practice is a quest for spiritual perfection and magical power. Its purpose is to achieve complete control of oneself, and of all the forces of nature, in order to attain union with the cosmos and with the divine. Long training is generally required to master Tantric methods, but the **White Lotus Tantra © system is the lightning path to Universal Love and Soul Connection.**

White Tantra consists of those schools that produce beings who are clean of all egotistical desire, anger, lust, envy, etc. Within the White Lotus Tantra (c) system this is a non-sexual approach to connecting to the Soul with only Unconditional Love and Compassion.

White Tantra is primarily concerned with meditative practices and utilizes the power of chi energy without the need of sexual physical contact with another. Divine chi energy is being either circulated within the individual or transformed between two (or more) individuals on the level of their energy bodies. Consistent White Tantra practice is known to raise the kundalini, liberate the mind, and lead one toward Buddhahood. The heart of White Tantra is Love.

The consistent training of White Tantric techniques form the basis of the White Lotus Tantra © system and are essential to its Red Tantric practice.

There are three White Tantra levels in the White Lotus Tantra (c) system; each building off the one before it.

All focused around Universal Love and Compassion and esoteric energy. These include, but are not limited to qigong, meditation, and simple yoga techniques. Each exercise can be added to one's own practice to make a richer and more meaningful tantra experience. Each level is 4 hours long.

Red Tantra primarily focuses on the sexual practice related to tantra. This is a feature that makes tantra so appealing to the sexually self-conscious, spiritually starved western society. And though the sexual union is considered the highest form of tantric practice, it can be, and is easily misinterpreted. Unfortunately the West has taken the term tantra and deteriorated it into solely pornographic material with no sense of spirituality, orgies (often with mind altering substances), and an idea where sexual pleasure and self-gratification overshadows the spiritual intent of self-realization, love, and soul connection. Tantra is a path of enlightenment and liberation: sexual liberation is an important pre-requisite, but do not think it is a XXX fun-fest. Red Tantra is SACRED SEXUALITY.

Red Tantra is the cultivating states of presence, energy flow, relaxation, harmony, and connection which is not always easy. A lifetime of hurts and other negative experiences have gradually limited our ability to be present and to express the essence of who we really are, fully and freely. We slowly become cut off from our feelings and the ability to experience our sexual creative energy in a connected, joyful, loving way. By incorporating White Tantra into Red Tantra practice the White Lotus Tantra (c) system heals on a multitude of levels.

Upon completing the three White Tantra levels one can explore the next two (levels 4-5) Red Tantra Levels. White Lotus Tantra (c) expands on the concepts of the previous three levels and expands on the Art of Sacred Sexuality. Incorporating rites and ritual, medical sexual health, esoteric energy and sex, and so much more.. Each level is 4-6 hours long.

Teach WLT White Tantra. Upon completing a Three Level WLT White Tantra Intensive become certified to teach LEVEL 1 and learn how to teach the remaining levels. Email Namaste@shugendoyoga.com to learn how to host WLT training in your area.

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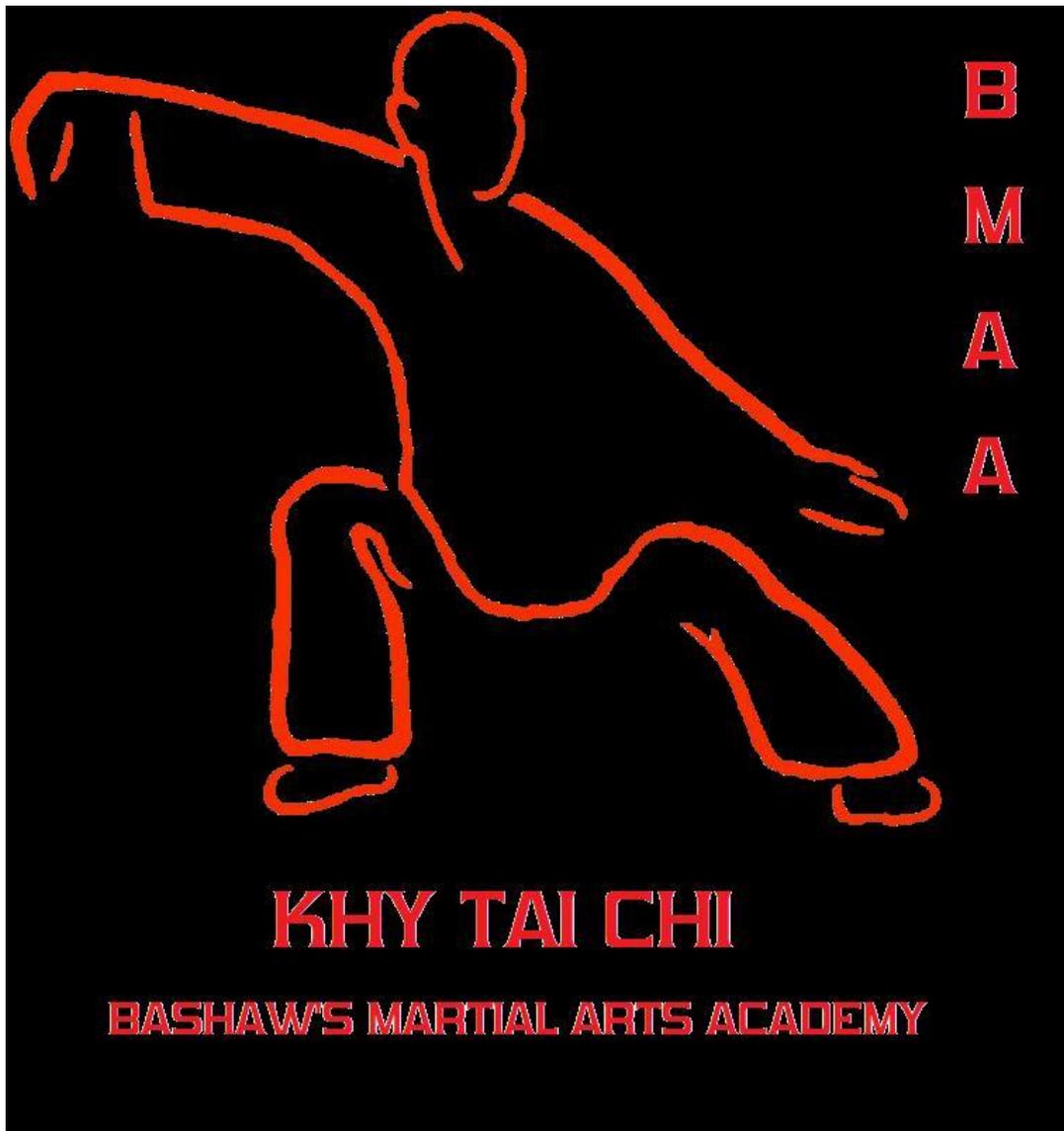
*Founded by the late
Dr. Glenn J. Morris PhD*

www.hoshin.ca

The Smoothest Martial Art

By Todd Schankleighter

In China, Tai Chi is an ancient martial art which has already been practiced for centuries. Tai Chi is a martial art which involves exercises and ways to improve the flow of the inner energy inside our body. This art helps you emphasize the correct form of martial art. Each movements of this art show off the comfortable feeling inside you. This is the reason why Tai Chi is practiced in the smoothest and gentlest way.



When you train Tai Chi, your body is moving smoothly to eliminate the physical impacts. This way, you are developing flexibility, stamina and strength. Tai Chi method fuses your mind and body as a whole, which helps you enhance your balance and coordination. Moreover, the

method of this art helps you to relax your entire body and stretches your joints smoothly. Probably, this method is a martial art so it certainly involves defensive and offensive techniques. Using its unique breathing method the art helps you to improve your muscles and joints in your body. In addition, it helps you create a smooth flow of inner energy inside you. This energy is usually called as ki or chi. The Chinese believe that the chi is the energy which can heal all kinds of diseases.

If you train this art, your body will remain relaxed and soft. From head to toe you will feel that your body is as soft as the water. Your mind will be focused in every movement that you are executing. This helps your inner energy to flow smoothly without a single hindrance. When you are relaxed and focused it is easier for your inner energy to flow into your entire body. The flow of the chi inside your body is continuous and it never stops, even for a second. If you are able to use this art correctly, you won't need so much energy just to make a simple movement. When you are using your chi everything around you, especially your body seems to be very weightless.

The method of Tai Chi uses your opponent's energy against him. As you execute the technique you should believe that it is very much possible for you to use your opponent's energy. You don't need so much energy to counter his attacks. So, when he is tired and worn out, then it's your time to do the offensive techniques. Your attacks are certainly effective since your enemy already loses his energy.

Tai Chi is one of the oldest styles of Chinese martial arts. Nowadays, this art is rarely practiced but, its benefits are certainly useful. This art helps you improve your spiritual well-being. Subsequently, as you train this art, you will definitely learn more things about yourself and the people around you.



Todd Schankleighter, is a freelance writer that enjoys the world of Mixed Martial Arts. Todd not only reads and writes about this combat sport but he also training in BJJ, Muay Thai, and Taekwondo. If you are interested in reading more about mixed martial arts then please go to The MMA Zone. The MMA Zone is an online martial arts supplies store who specializes in the cutting edge mma gear.

Article Source: http://EzineArticles.com/?expert=Todd_Schankleighter

The Birth of Isshinryu Karate

An excerpt taken from the soon to be released book, "Sansei Isshinryu Karate-do: A Caribbean Tradition", Published by Maranu Press



(Shinkichi) Tatsuo Shimabuku

The birth of Isshinryu Karate is relatively new. Established in the mid 1950's this new style of karate was born from its founder (Shinkichi) Tatsuo Shimabuku. Shimabuku, son of a butcher and the joy of his mother a dance master, was born in Kyan (Chan) village, Okinawa, on September 19, 1908; the eldest of ten children. When Shimabuku was born, he was given a girl's name as was the custom adopted by the Okinawan's from their Chinese influence to deceive the malevolent and evil spirits believed to be lying in wait who would attempt to harm the new born baby. The customary belief at the time was believed that the malicious spirits would look for a girl baby only and in turn not harm the baby boy. Only after it was believed that the spirits were fooled would the parents have given the baby the Okinawan name Kana as well as the Japanese name Shinkichi. Shinkichi is the name established on Shimabuku's koseki

(family register) and was also the name on his passport when he visited the United States both in 1964 and 1966. Later Shimabuku took the name Tatsuo, meaning “Dragon Man”.

Legend reports that at the age of 12 Shimabuku began martial arts training with his uncle on his mother’s side, Kamasu Chan, in Shuri-Te (a pre-World War II term for the martial art indigenous to the area around Shuri, the old capital city of the Ryūkyū Kingdom). Kamasu Chan also taught the young Shimabuku to be a sanjinsoo practitioner (In Okinawan shamanism, the sanjinso is a fortuneteller or diviner who determines personal fortunes.) Chan’s introduction to martial arts was limited and so after several years of study Shimabuku moved onto to learn martial arts with Chotoku Kyan ((also spelled Chotoku Kiyān)), a legendary master of the era who lived in Kadena. Chotoku Kyan was famous for both his karate skills, as well as his colorful personal life and was a large influence in karate, particularly Shorin-Ryu and its related styles.



Kyan was considered a master of the karate in the styles Shuri-te and Tomari-te. As for his colorful personal life it is reported that Kyan is also noted for encouraging his students to visit brothels and to engage in alcohol consumption from time to time. Kyan was noted for being a small man, suffering from asthma and frequently bed-ridden. He also had poor eyesight, which may have led to his early on nickname of Chan Migwa (squinty-eyed Chan). Kyan was a participant in the 1936 meeting of Okinawan masters, where the term "karate" was

standardized. Kyan survived the Battle of Okinawa, codenamed *Operation Iceberg* (an 82 day battle and largest amphibious assault in the Pacific War), in 1945, but died from exhaustion and malnutrition in September of that year.



Chotoku Kyan

It is believed that it is Chotoku Kyan who had the most influence over the young Shimabuku. Kyan's lineage was powerful as it proved by his teachers; first his father, noted as possibly having a background in karate and even teaching a young Kyan tegumi (traditional form of wrestling from Okinawa); and secondly his formal teachers Kosaku Matsumora (an Okinawan karate master who studied Tomari-te under Karyu Uku [aka Giko Uku] and Kishin Teruya. Kosaku Matsumora also studied Jigen-ryu,) and Kokan Oyadomari (a disciple as well under: Kishin Teruya and Giko Uku .).

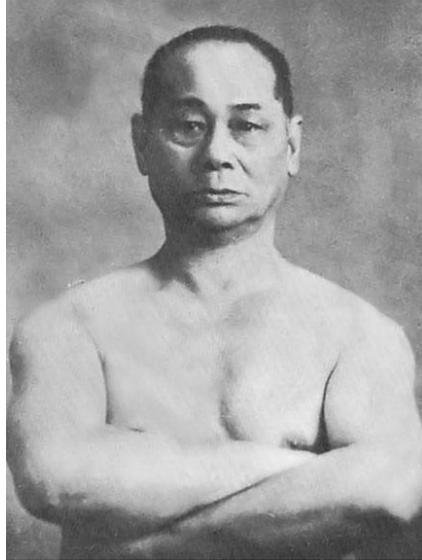
In 1936 Shimabuku began his studies with Chojun Miyagi. Miyagi is noted for his greatest success in the popularization and the organization of karate instruction methods. It was Miyagi who introduced karate into Okinawa police work and high schools. And it was Miyagi who

reworked and further developed Sanchin - the hard aspect of Goju, and created Tensho - the soft aspect. These kata are considered to contain the essence of the Goju-ryu, of which he is the founder of. Miyagi took his last breath in Okinawa on October 8, 1953 from a heart-attack.



Chojun Miyagi

In 1938 at age 30, Shimabuku began his studies with Motobu Choki. Motobu was born in Akahira Village in Shuri, Okinawa, then capital of the Ryūkyū Kingdom. Of royal blood, his father, Lord Motobu Aji Chōsin was a descendant of the sixth son of the Okinawan King, Shō Shitsu (1629–1668). Choki was reported to have been very nimble, which gained him the nickname *Motobu no Saru*, or "Motobu the Monkey". Choki was reputed by his critics to have been a violent and crude street-fighter, with no formal training, but none the less he did make a substantial contribution to Okinawan karate. Chōki's third son, Chōsei Motobu carries on the style that his father passed on to him, Motobu-ryū.



Motobu Choki

Eventually Shimabuku married, his wife's name was Uto. Together they had four children; a daughter named Matsuko. In time that birth would be followed by another daughter Yukiko, then the third child, a boy, Kichiro and lastly the fourth child, Shinsho, the second son. Shimabuku named the boys after himself dividing his name into two parts, Shin and Kichi. This is illustrated in the names **Kichiro** and **Shinsho**. Matsuko Shimabuku later became Matsuko Higa, while the second daughter Yukiko, married Angi Uezu. Kichiro married a young woman named Yoshiko and his brother, Shinsho, married a girl named Noriko.

While Shimabuku was working as a tax collector in Chan, the governing town official named him "Su nu su". Su nu su in hogen (an Okinawan dialect) means "Son of old man". It would be similar to John's son or Johnson, and most would call Shimabuku -Sunsu. It was when Shimabuku began teaching karate professionally that took on the name Tatsuo or "Dragon Man".

During WW2, Shimabuku taught karate to the Japanese Marines. His business was destroyed during the war ;and afterwards he worked for one of his students carrying bricks to the construction site of the new Kadena Airbase. It was at this time, he also began to instruct an eclectic style of karate called Chan Mighwa-Te (Small Eyed Kyan's Karate), which was a combination of Shorin-Ryu and Goju-Ryu, named in homage of his late teacher Kyan. Reportedly it is said that at this time Shimabuku began trialing a number of original, pioneering techniques, most notably the vertical punch and block which he later added to his new system of karate; although he still kept the traditional twist punch and block in Chan Mighwa-Te.

In the mid 1950's, he officially announced the formation of a new style of karate, Isshinryu, translating to "One-Heart Way." Shimabuku chose this name because, as he reported, "all things begin with One." Arsenio J. Advincula interviewed Shimabuku in 1969 and inquired if

there was a birth date for Isshinryu. Shimabuku alleged," There is no birthday for Isshinryu. I did not just create Isshinryu in one day, I've been adding and subtracting and experimenting throughout the years. It was only on January 15, 1956 that I called a meeting to tell my students that I was going to call the style Isshinryu."

To be notified of the release date for the above book contact bashaw42@yahoo.com, subject: Isshinryu



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Session will be videotaped by SYKE for promotional purposes

Point of Contact: Heather Hoyt
Milford Recreation Program Coordinator 603.249.0625 ext 401

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NO EXPERIENCE REQUIRED

Tantra Yoga, Tantric Sex, or Viagra

By Paul Jerard

Here's a natural Yoga solution for a "pill popping culture" that does not take side-effects seriously, until they feel them, or worse. Male impotency has become a marketing Bonanza. Pharmaceutical companies are cashing in on middle-aged males. Even if you are not a male who is middle-aged, or older, your Spam folder is most likely full of "junk advertisements" for Viagra, Cialis, or Levitra.

This means there is a huge market of middle-aged men who could use a copy of the Kama Sutra and should learn some natural solutions from a qualified Tantra Yoga teacher. Tantra Yoga does not have a long list of side-effects, so there is much less, if any, risk. This might be expecting too much because this is pro-active behavior for better health.

Some men are taking these drugs and they do not even need to; it has become a strange "fashion statement." What usually happens is a quick solution is mentioned by a Viagra commercial during a football game. Ever notice the simplest solutions are not really in the form of a pill? Half of the time consumed, in a typical Viagra commercial, is spent talking about the side-effects of taking the drug. The same can be said for Viagra's cousins: Levitra and Cialis.

What the commercial visually shows is romance, and advertising firms have male behavior down to a science. Men are not listening to "common side-effect" warnings about headaches, blurred vision, bluish vision, upset stomach, facial flushing, or reactions to light. Keep in mind; these are only the common side effects of these drugs. There are a number of uncommon side effects - if you happen to be one of the unlucky ones.

Now, let's get back to Tantra Yoga, a natural solution, which does not have any adverse side-effects. I admit it: Men do not listen very well. This is not "selective hearing;" we do not listen to other men very well either. You can get a man to pay attention to a copy of the Kama Sutra though.

Since most Yoga teachers and students, outside of India, are women, I am addressing Yoginis who know the value of their Yoga practice. You might consider giving the Kama Sutra to your "significant other" as a gift. The Kama Sutra has 36 chapters and 64 sex positions, so it will not be a short and quick read. Not everything in the Kama Sutra is for everyone, but there is enough material to keep you both interested for a lifetime. Therefore, the long-term solution is not in a pill.

Learning about Tantra Yoga, and Tantric sex, will improve male sexual health at any age. Middle-aged couples can improve their own relationship, on many planes, with the help of Tantra Yoga and Tantric Sex. This is a significant point, when you look around at soaring divorce rates.

Lastly, a copy of the Kama Sutra is very affordable, and it could be the best investment you make in a relationship. Who knows - this may even get more men interested in Hatha Yoga practice.

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Paul Jerard is a co-owner and the director of Yoga teacher training at: Aura Wellness Center, in North Providence, RI. He has been a certified Master Yoga teacher since 1995. To receive a Free e-Book: "Yoga in Practice," and a Free Yoga Newsletter, please visit: <http://www.yoga-teacher-training.org/index.html>

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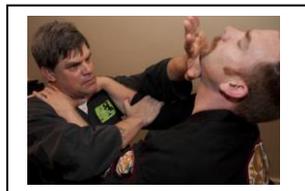


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About Rev. Christopher J. Bashaw, PhD/MA, DD, RN, Soke

Kosho Hoho Yooga is an American eclectic Martial Art, developed by Christopher Bashaw, soke, Family Head. Kosho Hoho Yooga, or "Old Pine Tree Method of Unity and Self Discipline", a martial blending of Kosho Ryu Kempo and Tai Chi. Kosho Hoho Yooga takes the traditional conceptual teachings of the Japanese Warrior Monk of 1235 AD (true self-defense, healing, and spiritual arts) and makes it applicable for the 21st century. Christopher holds black belt ranking in Shaolin Kempo Karate, Mugei-Mumei no Jitsu, as well as certification in Yang style Tai Chi, and Jonin in Kuroshinobi Ryu Shinobi-do. He was awarded his Hachidan (8th degree black belt) from the World Martial Arts Hall of Fame in Cleveland, Ohio in 2006. In January 2007 Christopher was inducted into Action Magazine Martial Arts Hall of Fame. And in June of 2008 Bashaw was inducted into the World Karate Union as "Founder of the Year". Christopher has been a Registered Nurse for over 2 decades, including pediatrics, military, pain care, recovery room, occupational health, drug and alcohol recovery, insurance case management, and rehabilitation. And over the last 20 years he has become certified as a Reiki Master/Teacher, developing his own system, Kokoro Ryu Reiki System of Natural Healing, and given permission in his lineage by Laura Grant, RMT to proceed with that system; Christopher is also the founder of Shugendo Yoga, a spiritual, gentle healing form of yoga which is done by Kosho Hoho Yooga-ka as well as students outside the system; he has taken vows as a Buddhist Lay Priest and now practices and teaches Universal Buddhism as part of his curriculum. He holds a Doctorate in Divinity as well as a PhD/MA and the title of Professor. He incorporates herbalism, internal and external Chi Kung healing, and Shamanism into his practice and the art of Kosho Hoho Yooga. He developed Koshonic Body Stress Release © and is now teaching it privately to select students who are opening their own successful practices. Bashaw is also a renowned psychic and medical intuitive, working both independently as well as with New England Curiosities. Christopher is available for private readings and sessions. Bashaw, soke teaches internationally the art of Kosho Hoho Yooga. Christopher is a founding member of WaShin International. Bashaw, soke, is also a CNFT^(Certified Natural Fitness Trainer).





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