



INTERNATIONAL KOJOSHO KARATE FEDERATION



Volume XXX N2

IKKF Newsletter

Fall 2013

Masters

The old adage - only the student knows who the Master is - is not only a philosophical statement but also a required sign of humility for any Art seeking cultural approval. Even though most western artists seem to boast of their mastery very early, martial artists have historically avoided using the term master.

If the student becomes the sole judge of who is worthy then anyone from a young low ranking Black Belt to an old teacher who's skills have faded, would qualify as a Master in the eyes of this student. In support of this assumption consider that in the early 1930s most of the Okinawan karate masters were young students when they established their own styles. Of course, the notable exception is Funakoshi who was in his early 50's when he went to Japan to establish his style. Clearly Funakoshi's students had no trouble accepting the fact that he radically altered every kata for use in his style even though the acknowledged Master of the time found the whole episode offensive.

Some students believe that exemplary character is the decisive factor in judging a master. Under this condition many teachers would qualify, but merely on the surface. Consider the renowned teacher who kicks trash cans at tournaments when his students fail to win or the Head of System who refuses to promote deserving students because they are different in origin or color. What about the teacher who participates in political in-fighting that a student never is privy to? Would we truly call these teachers Masters even though they have taught us to?

People are generally opposed to things they cannot control, profit from or be a major factor in. Then why would anyone, much less a business organization, recognize anyone's rank, formal or otherwise, who has not 'paid their dues'. Martial Arts is a world wide industry and as with any large industry more people have arrived at the top through political skill rather than technical skill. More organizations are built by cunning than art, by the drive for profit than by worthy accomplishment.

In defense of some high profile high ranking teachers - they are introduced as Master, required to respond to the media as Master, and billed by promoters as Master to sell their books and videos. Why then use the term for profit when simultaneously avoiding the term for true mastery? Who knows, perhaps this is the example of humility in the high tech high priced over-hyped world we live in.

With all we 'know' perhaps the student truly is the only one qualified to identify the Master. Even the obvious bias and lack of insight may not disqualify the student's judgment. I always listen when a student tells me of a teacher who is a master. But I never listen to anyone who professes to be a master and then acts as though it is beneath them to sit down with a white belt.

F. Absher

In the Presence of a Master

From 1969 to 1995, I was around Grandmaster Nagamine Shoshin only seven times for a total of less than seventy days. However, in that short amount of time, I believe he had as much influence on my life as any person I have ever known. In his lifetime, Grandmaster Nagamine Shoshin has influenced the lives of thousands of karate students and martial arts practitioners of all styles the world over, many of whom have never even met him. I am sure we all had at least one thing in common: when we were around Grandmaster Nagamine, we all knew we were in the presence of a master.

Each time I was with Nagamine Sensei I knew I was in the presence of a master. It wasn't that he did anything flashy or remarkable or ever showed off. I think the most impressive thing to me, besides his deep knowledge of Karate-Do, was his humility.

I saw Grandmaster Nagamine for the last time in 1995 at the World Matsubayashi-ryu Karate-do Association World Seminar. He was the guest of honor at the annual seminar, which also fell on his 88th birthday. I will never forget his performance of the kata *Wankan* before over 300 of his dedicated students.

For those of you who never met him, I can only hope that in some small way I can impress on you his strength of mind and the contribution he made to each of us, either directly or indirectly.

Edward Erler, 6th Dan, Renshi
Albuquerque Shorin-Ryu Karate Dojo

Students

Not becoming a drop-out statistic is a challenge that all of us face more than once during our martial arts career. How do we avoid this problem?

Recently, this question was posed to an exemplary student. We liked his answers and we asked him to write an item for the newsletter. Not only did he respond negatively but he further explained that the thought of 'seeing himself talk is nauseating'. Soooo let's see if we can explain what he really said about maintaining commitment to karate training.

Falling prey to the most base of human instincts - "I think I need a little rest" - is the easiest to solve. Just redouble your efforts and work twice as hard. Then when you need a little rest you'll be back to a regular work-out schedule.

"How can I be required to pay money when I have blessed this organization with my presence for all these years?"

Apparently, some believe that the longer they are around the less contribution they should make. Our shy interviewee believes that these folks have forgotten the basic role of a student, and the students continuing responsibility to the dojo - the higher your rank the more your contribution. Be it money, time, cleaning, teaching or just spending time with younger students, our job is to make sure the dojo survives. In the classical sense we need to be thankful that we are allowed to work out here.

"I simply do not have enough time right now but things will change and I'll catch back up."

For a very few this is probably legitimate, but for the majority our interviewee would only agree if the student is unable to allow one hour in the morning or evening because he is working 18 hours per day.

His final statement was especially direct and to the point:

We as students enter the dojo, pay dues, line up and have a new world opened to us. For this we guard and care for our dojo so that our teachers can continue to teach us 'the rest of the form'.

D. Absher

國際古松空手道連盟

THE IKKF BOARD OF REGENTS

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DOJO - KUN

In Japan there can be a strong emphasis on the sporting aspect of the martial arts, but in general the martial arts are regarded more as a means to develop spirit and character. This is often expressed in the *dojo-kun* (motto or teachings) which are displayed in many Japanese schools.

The wording and content varies somewhat from school to school, but there seems to be a common theme of personal development and contribution to society. Here is one example from a full-contact Karate dojo in Sendai:

**THROUGH OUR KARATE-DO TRAINING
WE SHALL ENDEAVOR TO STRENGTHEN
OUR BODIES AND SPIRITS
AND DEVELOP OUR MINDS
BY WAY OF DILIGENT STUDY,
CULTIVATING OUR CHARACTER
SO THAT WE MAY CONTRIBUTE TO
AND IMPROVE OUR SOCIETY**

This *dojo-kun* hangs on the front wall of the school and is recited in unison by all students at the end of every practice. The extent to which it is pursued is left to the personal interpretation of the student, but the *dojo-kun* serves as a daily reminder that there is a purpose to Karate training other than trying to knock each other out.

Perhaps we should all take a look at our own motivation for studying the martial arts and assume some responsibility for using what we learn to make the world a better place.

Colin Lawrence
Sendai, Japan

KOJOSHO - The Philosophy of a Kempo Karate System by Soon Fook-Leong

The first Kojosho edition of this Kojosho System book was published in 1982. It has been reprinted several times since then. The latest revised edition is now available which reflects newly discovered historical information as well as documents the "heritage" katas *Hakutsuru*, *Hako*, and *Hakuryu*. To order send a check or money order for \$20.00 US to:

IKKF PO Box 688 Tijeras, NM USA 87059

This is the 30th consecutive year of publication of the IKKF Newsletter.

If you would like to have your article, book or movie review, or personal experience regarding the IKKF, the Kojosho Shinkokai, or any other traditional Martial Art considered for publication please send a copy of your manuscript to the Newsletter Editor at the address below.

You may contact any IKKF affiliated school or individual in any country through the IKKF World Headquarters. Enclose your correspondence to the school or individual you wish to contact in an envelope addressed to:
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THE INTERNATIONAL KOJOSHO KARATE FEDERATION
in on the World Wide WEB at
<http://www.kojosho.com>

BLACK & BROWN BELT PROMOTIONS

The annual summer Kojosho Black & Brown Belt Testing was held on Saturday, July 6, 2013 at the Kojosho Headquarters Dojo at Apple Valley Ranch, New Mexico. Mr. Absher conducted the event, assisted by the Kojosho Board of Regents. The day-long test covered basics, hard-line forms, Kojosho Forms, self defense, and sparring. Mr. Absher announced these promotions at the traditional awards banquet that evening:

GODAN

Fifth Degree Black Belt
Joe Sanchez

SHODAN

First Degree Black Belt
Travis W. Sullivan

Shodan Ho
Grant Roberts

First Kyu Brown Belt
Brandon Hill Hines
Rush Robinett IV
Peter Renna II
Seth Packer

Second Kyu Brown Belt
J. Drew Hirdman
Garret Tanberg
Logan Robinett

Congratulations from the Kojosho Board of Regents

ANNOUNCEMENTS

Cheryl Jean Gordon, the wife & soul-mate of Mr. John (Toby) Gordon, passed away on July 20, 2013 in Albuquerque after a long illness.

A memorial to Cheryl was held at the Albuquerque BioPark Zoo on August 17, 2013.

Cheryl was a remarkable woman. Please thank Toby for sharing Cheryl with us for all these years.

Annual Black Belt dues are a part of the responsibility of being a Black Belt in all traditional systems. All Kojosho System Black Belts share this tradition. Kojosho Black Belt dues are quite modest compared to the amounts required in most other organizations. In recent years the income from these annual dues has been used to fund improvements at the IKKF World Headquarters, and to help support System tournaments and special classes.

All Black Belts please note that annual Black Belt dues for 2013 are now due.

Dues can be sent to:

Mr. John Braly
4 Vista Montana Place
Placitas, NM 87043

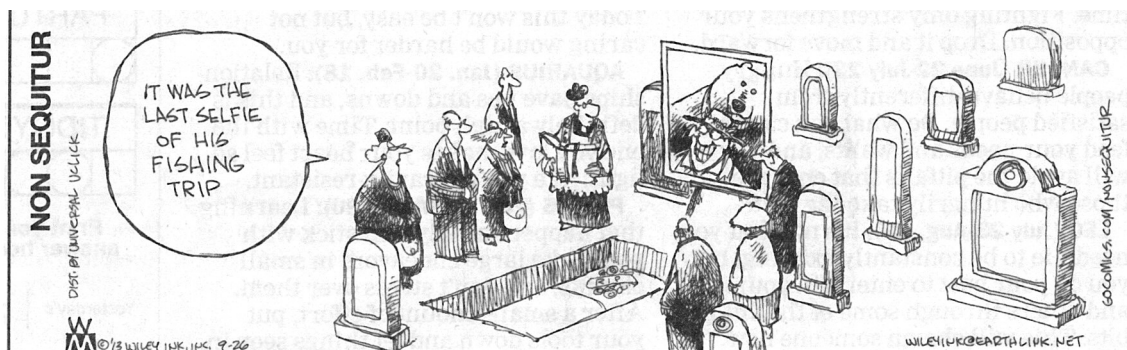
THREE PERSON STUDY

As the photo at the right suggests, Kojosho Three Person Study has recently entered a whole new level of reality. This photo may have been taken this past summer at Apple Valley Ranch while Ms. Absher, Mr. Gearey, and an as yet unidentified Kojosho student worked an advanced version of Dragon/Bear/Deer.

For those of you who are naturally skeptical, this Dragon is an actual "robot" that was built in England. And yes, it actually "breathes" fire!

THERE BE DRAGONS! No doubt about it.

Senior students are invited to participate.





Costa Rica 2014

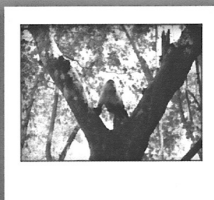
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**Certain restrictions apply. Subject to change.*

NEW MEXICO KOJOSHO CLASS SCHEDULES

ALBUQ Heights Moon NE—1 Blk N of Indian School 505-228-5592	MWF MWF	5:00 - 6:00 6:00 - 7:00	Juniors Mixed Adults	Fred Absher & Staff
	T TH T TH	5:00 - 6:00 6:00 - 8:00	Juniors Mixed Adults	Shane Absher
Cedar Crest	W W Sat Sat	6:45 - 7:45 7:45 - 8:45 11:00 - 12:00 12:00 - 1:00	Juniors Adults Juniors Adults	Shane Absher
Apple Valley Ranch 505-281-5294	T TH T TH	5:00 - 6:00 6:00 - 7:00	Juniors Adults	Fred Absher
Deer Mountain Training Club 3821 Hawkins NE 505 710-2500	T TH	6:00 - 8:00	Mixed	Peter Renna & Jack Renna
Las Cruces	MW MW	7:00 - 8:00 8:00 - 9:00	Mixed Advanced	Jack Diehl Howard Cothorn David Barnhart
Cuba H.S. Kojosho	Schedule Varies			Victor Velarde
Roswell H.S. Kojosho 500 W Hobbs	M T W T H F M W	7:15 - 8:00 AM 6:00 - 7:00 PM		Mike Kakuska
Clayton Kojosho 14 South 2nd 505-374-2168	T TH T TH T TH Sat	5:30 - 6:30 6:30 - 7:30 7:30 - 8:30 7:30 - 8:30 AM	Juniors Begin Advanced Open	Tim Hodo
Alamogordo Kojosho Powerhouse Gym	T TH T TH	6:45 - 7:30 7:30 - 8:30	Juniors Adults	Rick Guidry
Durango Kojosho Durango High School	M T W T H F	7:00—8:00 AM		Greg Spradling

KOJOSHO SYSTEM CALENDAR

2013		2014	
May 25—27	Spring Camp at Apple Valley	January 4	Black & Brown Best Testing
June 7	Colored Belt Testing (Abq)	February (TBA)	Costa Rica Tournament
July 6	Black / Brown Belt Testing	February 22	Instructor's Seminar
September 14	Instructor's Seminar	March 7	Colored Belt Testing (Abq)
October 26-27	Fall Camp	April 5	Tournament
November 2	Tournament	May 24—26	Spring Camp at Apple Valley
November 22	Colored Belt Testing (Abq)	July 5	Black /Brown Belt Testing



The Primal Heaven Sequence

The Elements, as depicted in the older Kojoshō logo, are a modified version of the Primal Heaven Sequence as described in the Yi Jing (Book of Changes). Just as the Animals are divided into positive and negative groups, mostly, the Elements are either positive (+) or negative (-). The bottom line of the trigram determines which type they are; solid is (+), broken is (-). Moving counterclockwise on the diagram from Heaven to Lake, the elements are all +, and continuing around, from Earth to Wind, they are -. This is how the elements mirror the T'ai Chi symbol or void which is associated with Bear. Each element has many corresponding aspects and virtues.

Each pair of elements is made up of one element followed by its Opposite (e.g. Heaven-Earth, Fire-Water). An Opposite is defined in the way the trigram is configured. An Opposite replaces each broken line with a solid line and each solid line with a broken line. Wind and lightning are opposites because Wind has a broken line at bottom topped with two solid lines and Lightning is a solid line at bottom topped with two broken lines. Consequently an Opposite must necessarily be opposite in its +/- aspect.

The order of the ANIMALS, in Kojashō, at least for the first six, is basically a repeating + - pattern. The order of the ELEMENTS, however--Heaven, Earth, Fire, Water, Wind, Lightning, Mountain, Lake--is somewhat different. The order is derived from the pairs of elements along compass points. The first set of four elements are from the main S-N & E-W axes, in that order, and are, respectively, + - + -. The second set of four are reversed in their aspects, - + - +, like a mirror image.

If you line up the animals in their correct order, remembering they are + - repeating, then line up the elements opposite them you'll see that in general each element has the opposite aspect to the corresponding animal (Tiger is +, Earth is -). There are two pairings which are the same, one ++, (Snake-Fire), and one --, (Monkey-Mountain). This tips the positive/negative balance of the form until you introduce the final three, the third-man, forms at which point the total number of positive and negative aspects become equal throughout.

The Animals are each associated with a "Virtue". For example, the concept of Discipline is associated with the Crane. The Elements have a similar "Virtue" associated with each. Here is a summary of those Virtues taken mostly from the Yi Jing.

Heaven=Strength

Strength, both mental and physical, is a necessity for the martial artist. Strength means both firmness and resilience, like the bamboo. No matter how good your technique, if you haven't the strength to complete the task then nothing will come of it. The same is true of the mind. If you set yourself a goal but lack the mental strength to achieve it, all is wasted.

Earth=Receptivity

The martial artist must be receptive in all his senses. He must be able to listen both to instruction and to the opinions of others. He should be able to 'see with his ears' all that happens around him.

Fire=Clarity (lightness)

The mind should be clear, bright and not fixed in shape or place. A mind that is set on a single thing cannot cope with thoughts or actions outside of that thing.

Water=Work

All good things require work and application to detail. Diligence is necessary in accomplishing goals.

Wind=Insight

At some point in his training the martial artist will experience a solid wall or an endless plain separating him from his goal. Then one day there is a 'quick flash' of certainty about a thing or movement and suddenly the wall will disappear or the plain will become a garden plot, easy to cross. This is the flash of insight.

Lightning=Motivation

Motivation is the arousing of the spirit from a sluggish unmoving state. It comes first from outside, a friend or instructor. Then it must come from within. It can be a slow, massive push, like an old locomotive pulling out of the station. It can also be like a fist, an application of a quick, irresistible force.

Mountain=Patience

Action is often seen as being a positive event. Yet, a 'tiger' who meets a bigger 'tiger' may be in serious trouble! It is not always the best thing to act. Sometimes the best thing to do is wait, then re-act to whatever happens.

Lake=Pleasure

Much of the Martial Arts is a repetitive, waiting experience. But the result is excellence, and the reward is pleasure; pleasure in the way you move, in how your mind and body work together as one. Ultimately it becomes a true pleasure in Life itself.

Void=Harmony

There is a story about three men tasting vinegar from a large bowl. The faces of the first two are screwed up as if they had just sucked the most bitter of lemons. They are pushing away from the bowl in disgust. The third's mouth is caught in a smile and he welcomes the bowl and its contents. He realizes it tastes exactly as it should and so is in harmony with the way of things.

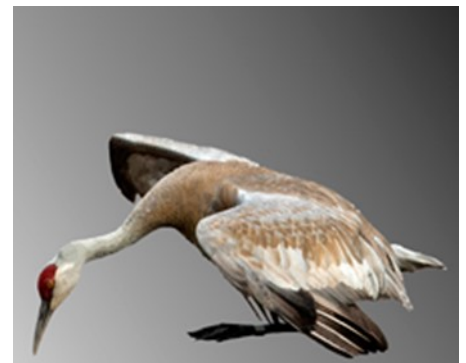
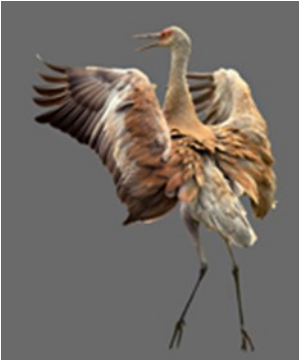
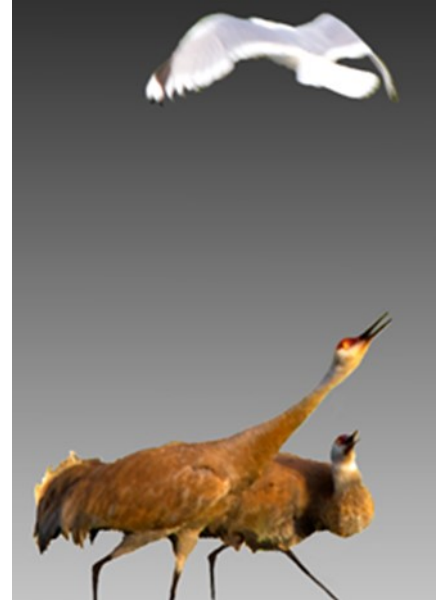
It is interesting to match the Element's Virtue to that of the corresponding Animal:

Form

Tiger (+) Explores the Earth (-)
Crane (-) Stands in Lake (+)
Snake (+) Avoids Fire (+)
Hawk (-) Seizes Lightning (+)
Dragon (+) Inherits the Wind (-)
Deer (-) Enters Heaven (+)
Leopard (+) Plays with Wave (-)
Monkey (-) Embraces Mountain (-)
Bear Finds () the Tao ()

Virtues

Courage/Receptivity
Discipline/Pleasure
Knowledge/Clarity
Courtesy/Motivation
Wisdom/Insight
Humanity/Strength
Honor/Work
Trust/Patience
Loyalty/Harmony



Negative Stereotypes

Here are 6 photos & 1 illustration of REAL Crane Postures. Can you match each one to its description below??

Crouch Threat — The crane, with bare skin expanded, lowers briefly to the lie position, sleeks the neck feathers, and partially spreads the drooping wings as they touch the ground. The quick display appears to be a high arousal posture that often leads to direct attack.

March Walk — Crane faces forward, body angled slightly up and head high, with wings held wide and cupped. The crane takes a few steps forward, holding out each leg straight from the knee to the base of the toes as the bird high-steps, like a soldier in a ceremonial march. This display is also used as a threat.

Run Charge — Running forward, wings flapping, with stabbing posture. In this case, the intruder was a mallard duck, a competitor for food.

Jump-Rake — A crane leaps into the air and kicks out toward another. When the Jump-rake is used to attack a predator or an intruder crane (as in drawing from Nesbitt and Archibald), the jump is higher and talons lash out to strike the opponent.

Wings Spread Forward Bow — Body axis tilted forward, neck coiled tightly back, and wings spread with tips curved down. Millie (left) and Roy (right).

Bill Stab — Roy and Millie are shielding twin colts from an attacking Mew Gull. Roy (left) peers up at his target with wings partly spread, wrists held out and neck thrust forward. Millie (right) is partially crouched, with neck coiled tightly back, poised to stab. The stab can be deadly. Bent reports that: 1) a bill-stab by a wounded whooping crane skewered and killed a small dog and 2) a wounded whooping crane stabbed a hunter in the eye, resulting in his death.

So you might want to re-think your “negative stereotypes”. Negative Animals in general, and Cranes in particular, are often VERY AGGRESSIVE! They attack, they don’t just defend or retreat. The Kojosho Three-Person Forms make this fact perfectly clear. Negative animals attack when they can, and defend when they must. Don’t underestimate the effectiveness of their fighting strategy.

Photos & descriptions from www.AlaskaSandhillCrane.com

Gary Vaughn

INTERNATIONAL KOJOSHO KARATE FEDERATION

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