



## Annual TOKI Student Choice Awards

The annual TOKI Student Choice Awards Banquet was held on February 23, 2008 at Hoss's Family Steak and Sea House in Exton, PA. There was a large turn-out of students and family members. After feasting on the main course and enjoying the gallery of photos in the slideshow presentation, the award winners for each dojo were announced. Congratulations to all of this year's winners!



## Service Men Honored

### **Spotlight on... Shane Hume**

PFC Shane Hume, a brown belt who trains in Sensei Maclasky's Caln Isshinyu dojo, enlisted in the Marines last year. Prior to his enlistment, Shane spent much of his time traveling with the TOKI family to compete in several tournaments.

He was deployed from his home base at Camp Lejeune, Jacksonville, North Carolina, to Basrah, Iraq on April 2, 2008. He serves in the 3-6 KILO Company, and has obtained his Medic Certification for emergency medicine.

### **Spotlight on... Joe Bowman**

Joe Bowman, a Ni-Dan who trains in Master Hawkins' Chester dojo, is a member of the Army National Guard, with the 3<sup>rd</sup> unit of the 103<sup>rd</sup> Engineers out of Philadelphia. Joe is a combat engineer and an E4 Specialist currently stationed in Afghanistan as part of the Preventional Reconstruction Team, and he takes care of logistics, supply, and unit movement.

Our thoughts and prayers are with our fellow students who serve in the Armed Forces. We are grateful for their service, and we pray that they return home safely.

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## A FEW MINUTES WITH: A Man Who Gets a Kick Out of Life

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**Grandmaster Willie Adams**

Ever wonder if the crane kick at the end of "The Karate Kid" could win a fighting competition and put you in the good graces of the one you like?

Willie Adams might have the answer.

The 62-year-old Southfield resident is well known in the world of martial arts. The head instructor of the Southfield Martial Arts Institute, Adams has won numerous fighting championships over the years and been inducted into the International Afro-American Sports Hall of Fame, among a host of other honors.

Adams takes his karate seriously, but doesn't mind discussing the finer points of Ralph Macchio's performance in that 1984 karate film classic.

**QUESTION: What got you interested in martial arts?**

**ANSWER:** (Many years ago), I met a Japanese exchange student. He was in a recreation center. I seen him in there doing kicks and stuff.

**Q: How long did it take you to become a grand master?**

A: It takes about almost 35-40 years. Then you have to go before a board of 10th-degree black belts. You have to prove that you have the qualities of being a grand master.

**Q: What's the most popular fighting technique you teach, and why?**

A: Our whole system consists of mixed martial arts. We never know what situation you'll be in.

**Q: What's the first thing you tell someone who's considering taking up Martial arts?**

A: You don't have to be in perfect shape. Martial arts

is 90% mental and 10% physical.

**Q: Have you ever smashed through a stack of boards?**

A: Oh yes, many times. Bricks, boards. I remember the first time I asked my instructor. I said, "When am I going to start breaking boards and bricks." He looked at me and said, "When bricks and boards start attacking you on the street."

**Q: What's the biggest misconception most people have about martial arts?**

A: Everybody thinks you've got to break your hands, break bones. My kids get hurt more in baseball than in karate. It's very safe.

**Q: What's your favorite martial arts movie?**

A: Chuck Norris and I are very good friends. He made "The Octagon." That was one of his real good movies. (But the) all-time great had to be (Bruce Lee's) "Enter the Dragon."

**Q: How about "The Karate Kid"?**

A: "The Karate Kid" was great. It has a lot of philosophy of what we really teach.

**Q: How would you rank these martial artists in order of importance: Steven Seagal, Bruce Lee, Chuck Norris, Jean-Claude Van Damme and David Carradine?**

A: Bruce Lee, Chuck Norris, Steven Seagal, Jean-Claude Van Damme and David Carradine. But you didn't have Jackie Chan or Jet Li. They do 90% of all their own stunts. I put them way up at the top of the list.

**Q: What's the most difficult martial art to learn?**

A: There's a lot of kung fu things in Shaolin that Americans can't do because of their lifestyle. A lot of the things they do in kung fu we can't do. The Shaolin monks live, eat, breathe karate. That's all they do is meditate and train. We have jobs we have to go out and do.

**Q: You've dedicated your life to martial arts training. How has it made you a better person?**

A: Because I help so many people -- thousands of kids. I put out more doctors, lawyers, engineers than many state institutions. (Many of these kids) have no confidence, no self-esteem. A lot of these kids come from broken homes. They need someone to be a mentor.

Article by Eric D. Lawrence, Free Press Staff Writer  
Detroit, MI March 9, 2008.

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## Kanji Corner

### Shi: The Master

師  
*Shihan*  
範

When our Sensei, Master Carl Martin, was selected as Sensei of Sensei's at the Isshinryu Hall of Fame Banquet in Gatlinburg a few years ago, I started to think about the meaning of the word "sensei". In one dictionary of the martial arts, it is defined as "teacher or professor in an art or discipline", and stated that this term could be used for anyone holding a respected position in

the community. In another dictionary, it is defined as "a title, which expresses deference, used towards those who have accomplished something of note". This one also defined it as "one born before". A third source further defined it as "one who has gone ahead". This still didn't capture what I felt about my sensei, or who he was to his students.

It was only when I looked at the word 'shi' or 'master' that I found what I was looking for- a definition that fit my Sensei. "A master is someone who has traversed the Way, he has explored its main route and many arterial byways, and he has the skills and

desire to lead the next generation along the same path... The role of the teacher cannot be underestimated. The martial Ways are not transmitted by written instruction. One's fellow trainees are of little help, they too, are learning. The master is the sole source of teaching. Without him, the student blunders about blindly."

The word 'shi' is found in many martial arts titles-for example *shihan*, *renshi*, *kyoshi*, and *hanshi*. The kanji is that of a tree-topped hill. To observe troops in battle, their commander took a hilltop position.

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## Philosophy Corner

### The No Sword Method



This is the story of Tsukahara Bokuden, a famous samurai, and his 'No Sword Method' of winning a fight.

Bokuden, the legend goes, was aboard a ferry sharing a ride across the lake with several other travelers. One of the men onboard was a particularly loud and belligerent samurai. He was extolling his martial skills and evidently entertaining the fondest of hopes that one of the other passengers would challenge him to prove himself. When Bokuden responded to all of these boasts by turning his back on the bully, the samurai approached him. "How about you," the samurai snapped at Bokuden. "You're wearing swords. What school are you from?"

"I practice the Mutekatsu Ryu," Bokuden replied, meaning the 'style

of winning without a sword.' "What!" scoffed the bully samurai. "Absurd! I've never heard of such a ridiculous school." This went on and on until Bokuden realized the bully would not be shut up and could not be talked out of fighting. He agreed to a match and suggested that the ferryman steer over to a sandbar where a suitable spot for a duel could be found. The ferryman complied. When the prow of the boat struck the sand, the samurai leaped out and began pacing up the slope to get to level ground. Bokuden took up an oar, and still standing in the boat he pushed it back into the lake. As the ferry slid away from the sandbar, stranding the bully, Bokuden shouted to him, "There you have it. An example of the techniques of the Mutekatsu Ryu."

Strategies need to be effective not only in the extremes of battle, but also in daily life. For every duel a man like Bokuden fought and won,

they *avoided* ten others. They used their strategies far more often to avoid fighting than they did when actually fighting, and in no small way that is the secret to their martial successes. These men averted potentially dangerous encounters because they used planning and forethought. A swordsman, for example, would take care to position himself so his right hand was unencumbered and he could draw his sword in an instant. He would stand in such a way that movement on his right side was not blocked by, say, a doorway or a pillar. These were commonplace measures he took to equalize the risks of his life. He dealt with potential dangers by using common sense. Although today we don't carry swords and don't worry about the threat of assassins, using the same kind of common sense will often serve as a useful strategy in our lives.

Lowery, D., 2000, *Moving Toward Stillness- Lessons in Daily Life from the Martial Ways of Japan*, Tuttle Publishing, 185 pages



## Isshinryu History Corner

### History of the Kyu/Dan Ranking System—How the Masters Got Their Rank

Before 1924, there was no dan/kyu ranking system. Prior to that time, there was the ancient way of ranking known as Menkyo. You were given rank by receiving a license or 'makimono'. Students trained with masters, and at a certain point in their training, they were awarded a 'makimono' by the master of the ryu based upon their teaching abilities.

The first karate dan ranking were those awarded by Gichin Funakoshi on April 12, 1924, to seven men who received the first black belt certificates. It was a formal ceremony where Master Funakoshi handed out lengths of black belting to his pupils. Before that, no distinction of rank was ever made other than that of teacher and student, and no belts were ever worn.

Funakoshi was greatly influenced by Jigoro Kano, founder of judo, and originator of the dan/kyu system. By 1924, Master Kanryo's

system was being applied to other budo in Japan under the direction of the recently formed Federation of All Japan Karatedo Organizations (FAJKO), The Butoku-kai, and the Japanese Ministry of Education. Funakoshi, practicing in Japan, adopted the practice of the day. On Okinawa, no such ranking system existed. Initially, the Butoku-kai issued only instructors licenses: Renshi, Kyoshi, and Hanshi. In 1938 a meeting was held with the Butoku-kai members to discuss standards for awarding rank. This was the first written guideline for promotion. On Okinawa, the ranking system was not widely used until after World War II. Some individual teachers on Okinawa did, however, utilize the black belt before that time.

After the war, the Butoku-kai was shut down for a number of years, and each karate group was on its own. In the late 40's and early 50's each karate style

codified their own rules, and issued rank accordingly. New organizations were formed as a confederation of headmasters, to promote, and to create a mutually supportive network. The senior most members would attain rank by being acknowledged by the board or committee. This is how the masters first attained rank. These men began to organize the kyu/dan ranking system and created guidelines for promotion. A ranking system of first through tenth dan was adopted, as well as the titles of Renshi, Kyoshi and Hanshi. Now, highly respected and skilled instructors had a direct avenue for receiving promotions.

On Okinawa, the dan/kyu rank did not fully take hold until 1956 with the formation of the Okinawa Karate Association. The first president was Chosin Chibana, who was officially recognized by the Japanese Ministry of Education to grant rank in the art of karate regardless of style. Only then did the majority

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## Kids Corner

Can you find the 14 words ?

BO  
DAN  
GO  
HAND  
ISSHINRYU  
KANJI  
KUMITE  
KYU  
MASTER  
NI  
OKINAWA  
RENSHI  
SAI  
SWORD

K	Y	U	C	M	W	B	D	M
A	G	E	H	Q	G	O	H	A
N	N	T	S	W	O	R	D	S
J	D	I	I	N	L	U	F	T
I	A	M	D	N	A	H	I	E
E	N	U	F	U	I	S	H	R
L	O	K	I	N	A	W	A	T
T	B	R	E	N	S	H	I	F
U	Y	R	N	I	H	S	S	I



## Tournament Update



TOKI Students represented TOKI well at the OIKKA Friendship Tournament in April. Although the kumite rules were different then what they were use to, (AAU), they were victorious!

(Congratulations to Ben Moses (3rd in kata), Justin Lewis (1st in kata and 1st in kumite), Tara Holmes (1st in kumite) and Tiara Holmes (4th in kata and 2nd in kumite).

### ★ SATURDAY, MAY 31 ★

10:30 a.m.

3rd Annual Detroit - Canton  
Metro Detroit Open Karate Tournament  
Canton Twp Recreation Center  
Canton, MI 48188

Entry Fee: Pre-register by May 9 \$45 all events  
After May 9, Event 1 \$35.00, Event 2 additional \$10.00  
Event 3 additional \$ 5.00  
[www.Detroit-Martialarts.com](http://www.Detroit-Martialarts.com)

### ★ FRIDAY & SATURDAY, JUNE 27 & 28 ★

9:30 a.m.

The Don Bohan/Rick Niemira  
Memorial Martial Arts Championships  
Holiday Inn Select & Conference Center  
Fredericksburg, VA

#### THIS IS A PRE-REGISTRATION EVENT

\$40.00 all events by February 29, 2008  
\$50.00 all events by April 30, 2008  
\$60.00 all events by June 21, 2008

<http://www.bohans-family.com/Events/Bo-Rick-Tournament/software2/documents.htm>

## Upcoming Tournaments

### ★ SATURDAY, APRIL 26 ★

10:30 a.m.

5<sup>th</sup> Annual King George Karate Isshinryu  
Open Championships  
King George High School

8246 Dahlgren Road -- King George, VA  
Pre-register by April 19 \$40.00 All events  
At the Door \$50.00 All events

(Bring 2 cans of food to be donated to  
the local food bank, and receive \$5.00 off  
competitor's entry fee).

<http://www.senseihovey.com/>

### ★ FRIDAY & SATURDAY, JULY 18 & 19 ★

Karate International Association of Isshinryu  
(KIAI) Grand National Tournament  
Daytona Beach Resort & Conference Center  
Dayton Beach, FL

Entry Fee: Pre-register by May 15 \$145  
May 16—June 10 \$169, After June 10 \$200  
Gold Registration Package includes:

- Competition VIP Pass (includes up to 5 events)
- Seminar
- Masters Show
- Banquet (All you can eat buffet)
- Beach Workout
- 2 After Party Invitations (Adults Only)
- 1 Spectator Pass

<http://www.greatkarate.com/kiai>

### ★ FRIDAY & SATURDAY, JULY 25 & 26 ★

Isshinryu Hall of Fame  
Park Vista Resort Hotel  
Gatlinburg, Tennessee

#### THIS IS A PRE-REGISTRATION EVENT

\$50 all events by May 31  
\$60 all events by June 30  
\$70 all events by July 18

<http://www.issheinryu.nxs.net/Tournament%20Information/Tournament%20Info.htm>

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## Isshinryu History Corner continued from page 4

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of Okinawan schools begin differentiating their black belts beyond the simple one of teacher and student. This organization faltered to be replaced by a succession of others until 1967 when the All Okinawa Karate and Kubodo Rengokai was formed. This is significant to Isshinryu because this organization issued Hanshi certificates- supreme instructor titles- to the heads of individual styles. This is the group that issued the Hanshi certificate to Chief Grand Master Tatsuo Shimabuku in 1967, recognizing and accepting him as Soke, or founding father, of his own style. For this rank to be awarded, an individual had to meet the standards set by the most prestigious practitioners of the martial arts at that time. These individuals were recognized by those within the karate's mainstream community and sanctioned by masters who were considered beyond reproach. It is this recognition and acceptance by existing institutions and esteemed groups that gives an individual and style legitimacy.

Sells, J., 1994, *How The Masters Got Their Rank*, Dojo Magazine, Winter Issue  
Frederic, L., 1994, *A Dictionary of the Martial Arts*, Charles E. Tuttle Co, Inc, 276 pages

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## Kanji Corner continued from page 3

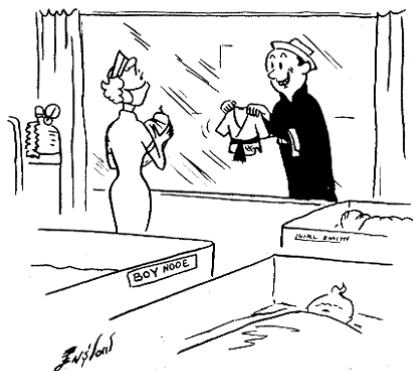
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perspective. His character, thoroughly annealed by the process of the Way, is devoid of the insecurities that make the ego restless. He is without pretense. His humility and self-effacement reflect a personality of such strength that no artifice can be discerned in him. The master's subtle method of imparting instruction will be understood by only a minority of those who come to train under him. Those few will watch him just as the more talented soldier will keep an eye on his leader to determine the course of the battle. Only the most preserving and astute students will emulate him. They will be the students willing to trust the master completely, and they will have the desire to walk in the steps he has already taken. The master has a point of view few others share. He is at all times to be watched his direction obeyed. He alone can guide on this particular journey.

Lowrey, D., 1995, *Sword and Brush: The Spirit of the Martial Arts*, Shambala Publications, Inc., 119 pages  
Frederic, L., 1988, *A Dictionary of the Martial Arts*, Charles E. Tuttle Co., 276 pages  
Kim, S., Kogan, D., Kontogogiannis, N., Wong, H., 1995, *Dictionary of the Martial Arts*, Charles E. Tuttle Co., 318 pages



## Karate Humor



The class abruptly stopped practicing. Here was an opportunity to not only employ their skills, but also to save the entire town.

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[WWW.TOKIDOJO.COM](http://WWW.TOKIDOJO.COM)