



# TOKI News

## Sensei Receives Awards

Our Sensei, Master Carl Martin, has received a number of awards this year. In February 2007 he was awarded the Most Outstanding Martial Artist Award for his outstanding contribution as a warrior, Sensei and a leader by Don Nagel's American Okinawan Karate Association (AOKA). The award was presented by Master Ralph Passero at the dojo, and was signed by Grand Master Ed McGrath, 10th Dan, and by Grand Master Ralph Passero, 9th Dan and President of the AOKA.

In July 2007, he received the Master Excellence Award from the Karate International Association of Isshinryu (KIAI). The inscription reads "You have weathered the test of time, having risen above many personal challenges. You continue the journey as a teacher of teachers. Your lessons will live eternally." This award was presented by Sensei's Sensei, Grand Master Willie Adams in Washington DC.

We are all very proud of Sensei's accomplishments, and are pleased that he has been honored by such distinguished members from the Isshinryu community.



Master Martin & Master Ralph Passero

## Students Honored at the Hall of Fame

Several TOKI students were finalists at this years Hall of Fame Awards Banquet in Gatlinburg, Tennessee in July. Justin Lewis was a finalist for the Young Male Karate-Ka of the Year (12 and under). He went on to win first place in kumite in his division at the tournament the next day.

Miss Jennifer O'Reilly was a finalist for Female Karate-Ka of the Year. Sensei Jane Freemas was a finalist for Female Instructor of the Year. She went on to win first place in the 3rd-5th degree Black Belt Executive Women's Division the next day.

### Inside this Issue:

Kanji Corner	2
Philosophy Corner	2
Isshinryu History Corner	3
Kids Corner	3
Tournament Updates	4
Karate Humor	5

*Tired?...train  
Frustrated?...train  
Seeking Answers?...train*



Sensei Freemas, Mr. Lewis, Miss O'Reilly being congratulated by their sensei, Master Martin





## Isshinryu History Corner

### Master Chotoku Kyan (1870-1945)



This issue highlights Master Chotoku Kyan, Soke Shimabuku's most important teacher. This was the master that he trained with the longest. Future articles will cover Master Kyan's instructors, and the Isshinryu kata passed down by Master Kyan.

Master Chotoku Kyan was the third son of Chofu Kyan, an eleventh generation successor of Ryukyuan king, Sho Sei. His father was the steward for the last Ryukyuan king, Sho Tai. Chotoku was born in Shuri, and was very small and ill as a child. His father introduced him to the martial arts

at age eight, hoping that the training would improve the boy's health. When King Sho Tai was banished to Tokyo, Chofu and his son, Chotoku accompanied him. Chotoku received much of his formal education in Tokyo. When he returned to Okinawa, his father sought out some of Okinawa's top instructors of the time to train his son. Master Kyan became adept at both Shuri-te and Tomari-te styles. He gained a widespread reputation as one of the island's best karate-ka. His skill was often challenged in fights, but he was never defeated. Master Kyan learned the following kata:

- Seisan, Naihanchi, and Gojushiho- from Sokan (Bushu) Matsumura (Shuri-te)
- Kusanku- from Yara Chatan (Shuri-te)
- Passai- Kokan Oyadomari (Tomari-te)
- Wanshu- from Madea Pechin, a student of Kosaku Matsumora (Tomari-te)
- Chinto- from Kosaku Matsumora (Tomari-te)
- Ananku- from a Taiwanese visitor, or perhaps learned during a visit to Taiwan.
- Tokumine no Kun- from Tokumine Pechin himself, or from his landlord/ warden on Yaeyama island.

Master Kyan remained small and thin his whole life, and was nicknamed Chan Mi-gwa (Small-eyed Kyan) because of his permanent squint. Master Kyan taught karate at his home in Yomitan, and later became a karate instructor at the Okinawa Prefectural Agricultural School, and also at the Kadena Police Station. Master Kyan began teaching karate sometime between 1910 and 1920, and taught until the war came to the island in World War II. Master Kyan survived the devastation of the Battle of Okinawa in 1944, but died shortly after from fatigue and malnutrition at the age of 76.

Master Kyan studied the use of body mechanics in karate, and used *koshi* to develop quick, powerful whip-like actions in his strikes and kicks. He was known to use a standing fist, described by many as a vertical or three-quarter-twist punch. He was skilled at the use of *taisabaki*, or evasive foot movement. Master Kyan used shorter stances than many of his contemporaries, allowing for greater mobility and greater ability to generate hip twisting. Many of these elements are hallmarks of our own Isshinryu karate. Master Kyan also did Chinto Kata on a 45-degree angle. Other stylists moved forward and

Continued on page 5



## Kids Corner

Can you find the 14 words ?

BELT  
BLOCK  
DOJO  
ELBOW  
FIGHTING  
KATA  
KICK  
KNEE  
LUNGE  
PUNCH  
SENSEI  
SHIFT  
SHUFFLE  
SHUTO

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



## Tournament Update



Congratulations to Hunter Deighan who participated in the Lennox Legacy in Akron, Ohio on November 3. He placed 1st in Kata and 3rd in Kumite.

Congratulations to Benjamin and Simon Olivas who both placed 2nd in kumite at the Eastern Delaware County Children's Martial Arts Championships on December 9.

## Upcoming Tournaments

### ★ SATURDAY, JANUARY 19

10:00 a.m.

Karyim's 22<sup>nd</sup> Battle of the Martial Arts  
Milford Mill Academy  
3800 Washington Ave., Baltimore, MD 21244  
Entry Fee: \$40 all events by December 1  
\$45 all events by December 30  
\$50 all events after December 30  
<http://home.comcast.net/~karyimskaratedo/>

### ★ SATURDAY, FEBRUARY 9

10:00 a.m.

4<sup>th</sup> Annual Delaware Open Karate Championship  
Wilmington, DE  
More information to follow

### ★ 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>

### ★ FRIDAY & SATURDAY, JULY ★

Karate International Association of Isshinryu  
(KIAI) Grand National Tournament  
Date and location TBD  
More information to follow

### ★ 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, JULY 25 & 26 ★

Isshinryu Hall of Fame  
Park Vista Resort Hotel  
Gatlinburg, Tennessee

More information to follow

#### THIS IS A PRE-REGISTRATION EVENT

### ★ FRIDAY & SATURDAY, AUGUST 8 & 9 ★

AOKA World Isshin-Ryu Karate Championships  
Marriott Charlotte Executive Park.  
Charlotte, NC  
More information to follow

---

## Isshinryu History Corner continued from page 3

---

backward in a straight line. Master Kyan used padding in kumite drills, but also tested the accuracy of kumite strikes in his dojo by dipping the students hands in soot and evaluating the soot on the opponents gis.

Master Kyan is very important in the history of karate on Okinawa because he combined elements of both Shuri-te and Tomari-te in his karate, and his Shorin Ryu style reflects this. He was instrumental in preserving and passing on Tomari-te kata to others on Okinawa. He also participated in the famous 1936 meeting that essentially decided the future course of karate and changed the name of the art from "China Hand " to "Empty Hand".

As an interesting footnote, Master Kyan was a cousin of Master Choki Motobu, another of Soke's instructors. Master Kyan and Master Motobu were about the same age, and often practiced karate together.

The following is an excerpt from Master Kyan 's writings- "Karate Training, & What to Know About Fighting", written for the Okinawa Prefecture School of Agriculture & Forestry. His words give us some insight into the man that he was.

1. "The aim of martial arts is to prevent violence, foster humility, learn self-defense. This is why a martial artist should behave, be modest, and loyal.
2. The martial arts cultivate the ability to react at just the right moment using body and mind in unison. Those who misuse their skill, or are arrogant, poorly influence their community. Such behavior is not appreciated by anyone and only harms one's own character. There is a wise old saying worth remembering: ' A clenched fist should be like a hidden treasure up one's sleeve: it remains a secret until someone comes looking for it'.
3. The purpose of karate is to condition the body, cultivate the mind, and nurture the spirit.
4. Effective posturing is made possible by sinking *ki* into the *tanden* being careful that it does not ride up your body. However, it is important never to be overly rooted in one's stance.
5. Kata should be practiced with the same resolve as if facing an opponent.
6. Footwork, body movement, and impacting are all actions, which should always be deployed quickly. However, remember that functionally effective footwork and body movements require one to stay on their toes (balls of the foot).
7. Understanding the application of kata establishes clarity between the upper, middle, and lower target zones, otherwise one's efforts are in vain.
8. Makiwara practice is essential in order to develop powerful tools of impact. Yet, powerful techniques are useless unless they're supported by rapid hand and footwork. Therefore, power and speed are like the wheels of a wagon; one cannot function efficiently without the other.
9. One's body, perception, and spirit must be constantly trained."

### References

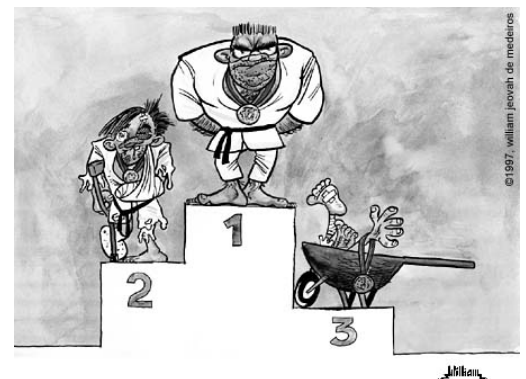
- Alexander, G., 1991, *Okinawa- Island of Karate*, Yamazato Publications, 127 pages  
Bishop, M., 1999, *Okinawan Karate- It's Teachers, Styles, and Secret Techniques*, Tuttle Publishing, 176 pages  
McCarthy, P., 2002, *Motobu Choki -Karate, My Art*, International Ryukyu Karate Research Group, 120 pages  
Silvan, J., 1993, *Okinawan Karate- It's Teachers and Their Styles*, Vantage Press, Inc., 117 pages  
Dragon Times Staff Writer, 1999, *The Karate of Chotoku Kyan*, Dragon Times, Volume 16



## Karate Humor



"They stole all my karate books!"



© 1997, William Jewah de medeiros

WE'RE ON THE WEB  
[WWW.TOKIDOJO.COM](http://WWW.TOKIDOJO.COM)