

# THE BAMBOO WARRIOR

OFFICIAL NEWSLETTER OF CHIKUBU-KAI

Fall 2010

## From Soke's Desk

Training—Mind, Body, Technique

### 2010 Chikubu Kai Clinics

September 18	Salem Dojo Salem, Va
October 14-16	Fall Camp Myrtle Beach, SC
November 6	Kobudo Clinic Salem, Va
December 11	Soke Birthday Clinic Bristol, Va

The first and most important component to be trained in any self-defense art is the **mind**. This is the most important component of the human because this is where we store the memory (result of training), and because secondly, the mind tells the body what to do (technique). Without proper training of the mind, nothing else works.

As in any mind-body function, training should be geared toward retention.

### 2011 Chikubu Kai Clinics

(The following are tentatively scheduled and subject to change)

March 19	Salem Dojo Salem, Va
August 4-6	Summer Camp Camp on Craig
November 19	Kobudo Clinic Salem, Va
December 10	Soke Birthday Clinic Bristol, Va

Once the mind retains the training, then there must be remedial training to keep the retention at an acceptable level. This is no different than firearms training, driving a car, swimming, etc.

The gravest mistake is to think that the knowledge and skills acquired in the beginning will forever remain with the martial artist. Without continued training you will soon forget the procedure or technique. To be of any benefit at all, techniques and procedures should be practiced to the point that they are habit. The lack of good continued training breeds complacency.

The second most important component is training the **body**. You cannot shoot pool with a rope, and you should not expect your body to respond in an emergency if it is overweight, out of shape, etc.

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**Support your Kai  
Attend Clinics!**

**Cont'd****Training—Mind, Body, Technique**

Again, body training should extend beyond the basics. The reasons are many (documented) as to the benefits of good health. Martial artists should be encouraged by their Sensei to maintain good health. The rewards of good health are many, but none more important than being able to perform when necessary.

The third component to be trained is **technique**. The first question when selecting techniques or procedures should always be the effectiveness of the technique. Does it work? Is it a proven technique that has survived the test of time, and not the invention of a modern-day inventor whose closest encounter with reality was a Bruce Lee movie? If a technique is effective it will afford the martial artist the most safety.

Maintaining our *own* safety is the primary reason we train self-defense. Also, if the technique is effective it will afford the *attacker* the maximum safety. Techniques should have a tolerance controlled by the martial artist in order to adhere to an acceptable use of force. It is foolish to rabbit hunt with a cannon, and it's more foolish to bear hunt with a BB gun.

Techniques should be few in number and, with proper training, simple to execute. Traditional arts of self-defense offer few techniques, but rather emphasize principles and repetition of training.

In conclusion, after having trained the mind, body, and technique; consideration should be given to offering sustained training sessions that include practical application (mind, body, technique) to realistic scenarios. I am convinced that this will increase martial artist's skills and confidence in making the tough decisions as to what technique and use of force should be used.

WHPrice, Soke

(Adapted from a speech given to Virginia General Assembly)

## Upcoming Events

The past several Kai events have had very low turnout, so please mark the following upcoming events on your calendars, and let's fill the rooms!

**Unless otherwise specified, ALL Kai events are for ALL AGES, ALL RANKS!**

Saturday, September 18— 10am—2pm

Salem Dojo, Salem Virginia

Thursday, October 14—Saturday, October 16

Fall Camp Myrtle Beach

Saturday, November 6—10am to 2pm

Kobudo Clinic Salem Virginia

Saturday, December 11—10am to 2pm

Soke Birthday Clinic, Bristol Va

See you there!!!

**Students - Bring your Sensei!!!**  
**Sensei - Bring your Students!!!**

## In the News:

Our newest Kai member, Hadley Katherine Hartman, entered the world at 8:52 am on May 14th, 2010.



At birth, Hadley was 9 pounds, 5 ounces and measured 21 inches.

The proud parents are (Shihan) Allen and Maggie Hartman of Roanoke, Virginia. At the time of this writing, Hadley was over 4 months old, but no word yet on whether she's learned to jodan mawashi-geri!

Congratulations to the proud parents!

## In Memory

Rickey McElroy, Jr.  
1991-2010

It is with deep sadness and regret that we in Chikubu-Kai note the passing of our brother and friend, Rickey McElroy, Jr., on May 24<sup>th</sup>, 2010.



Rickey was the son of Rick McElroy, Sensei of Hilton Head Island. He was recently accepted to attend college at The Citadel, the military college of South Carolina, and had aspired to transfer to the United States Naval Academy at Annapolis in order to achieve his dream of becoming a Naval Aviator.

During his high school career, Rickey lettered in Wrestling at Hilton Head High School and was ranked 2<sup>nd</sup> overall in the State. As most of us in Chikubu-Kai know, Rickey also earned his Sho-Dan promotion in Kuniba-Ryu and was promoted by Price, Soke.

Rickey was, and shall always be, remembered with love and pride by all who knew him. This was evidenced at his memorial service, where several hundred people all gathered to remember this fine young man who was an inspiration to us all for the level of excellence he achieved despite the fact that he was only 19 years old. As his father, Rick, said, "Rickey achieved more in his brief time on Earth than most people could in several lifetimes."



Rickey is survived by his father, Rick McElroy, Sr., his brother Riley, and his step-mother, "Miss Judy".

In closing, I would like to say that Rickey was an inspiration to me, as he should be to all of us in Chikubu-Kai, for his drive, ambition, and the quest for excellence in all areas of life.



There was a clinic held on Saturday, June 26<sup>th</sup>, at the dojo of Rick McElroy on Hilton Head Island, with Price Soke. McElroy, Sensei had asked that this be held in order to commemorate the life of Rickey, and to remember this fine young man.

In the spirit of Kuniba-Ryu,  
Kevin Watson, Shihan

## Report!

### Ricky McElroy, Jr. Memorial Clinic Hilton Head, South Carolina

On Friday, June 25 and Saturday, June 26, 2010 a number of Kai students decended on the dojo of Sensei Rick McElroy for a special clinic in honor of his son, Rickey Jr.

Rickey tragically lost his life earlier this year, and his father wished to hold this clinic to honor his memory, spirit, and dedication to the art.



Training was, of course, intense, as we worked on Kata, kumite techniques, goshin-do and bunkai. There was a full review of the basic bunkai to Jin-no-kata, among other things.



Sensei McElroy's younger son, Riley, was promoted to Shodan by Price Soke!



At the conclusion of the clinic, there was a special demonstration, led by Riley, and performed by the children's class which Ricky once taught.

Our thoughts and prayers go with Sensei McElroy during this most difficult time.





## Kata Animals

Shihan Kevin Watson

Throughout the history of martial arts, particularly as they developed in China, there has been a strong connection to the animal world and its influence on the systems and styles of martial arts.

As martial arts became formed into these systems and styles, some arts were referred to as "Dragon Style", "Crane Style" ( yes, really ), and so on. This development also carried over to individual forms-or Kata-as we refer to them.

Although it is beyond the scope of this article to try and address all of these developments, one of the supporting facts that bolsters this view is the fact that in the early stages of Karate, people didn't refer to a style when they asked what art they practiced. They simply named a single kata when asked what the name of what they were doing was.

One of the best examples of this is Choki Motobu, who most of us should know of due to his connection to the lineage of Kuniba-Ryu. Once he was asked what style of karate he practiced. Although he was most known for his Naifanchin Kata, he answered, "I practice Bassai." This was because one of the very few instructors who would ever agree to teach him taught him the only Kata he knew, which was the Naifanchin series ( I-III ), Bassai, and perhaps Jion ( as some historians have guessed ).

This is an important factor to understand why Kata were, and are, so important. Think about it. Unlike today, where styles (including ours) have dozens of Kata, in the early days of Karate people only practiced a handful of kata, because they spent their entire lives studying every aspect of the few that they knew ( or perhaps just one kata ).

So why is this important, and what does it have to do with animals? Unlike

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## Kata Animals

Shihan Kevin Watson

Chinese Martial Arts which created whole systems based on the movements of animals, some (but not all) early karate instructors who had studied in China emphasized the characteristics of animals that exemplified certain techniques in Kata.

<u>Kata Name</u>	<u>Animal</u>
1.) Bassai	Snake
2.) Naifanchin	Horse
3.) Enpi (Wang Shu in Chinese)	Small Bird (Swallow)
4.) Hangetsu (Sei Shan in Chinese)	Praying Mantis
5.) Jion	Ram
6.) Gojushiho	Tiger
7.) Rohai	Crane
8.) Chinto	Crane
9.) Jitte (Sip Soo in Chinese)	Bear
10.) Kosokun (Dai, Sho, Shiho, etc)	Eagle

The following is a brief list ( not comprehensive ) of some Kata and the animals which are characterized by them:

So does this mean that we are supposed to fight like an eagle, or bear, or some other nonsense as a result of practicing these forms? Of course not.

One way that may help people see what these characteristics are is to look at certain movements in Kata to see their resemblance to animals.

For example, the drop to the floor in Kosokun-Dai could be envisioned as an eagle dropping onto it's prey. Even though the bunkai doesn't remind us of anything to

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## Kata Animals

Shihan Kevin Watson

do with an animal, I have found that encouraging students to visualize moving in Kata with the characteristics of these animals can yield surprising results. Why? Because not all Kata came from the same source or require the same type of breathing and energy distribution. Since the study of kata over many years does

at times get very technical, rather than trying to explain and break down the "why" of movement in Kata, sometimes it is useful ( at least to me ) to tell a student "how" to move--like a certain type of animal, for example--in order to change their perspective.

By doing this, a student is asked to think differently, with a beginner's mind, and approach each Kata differently, thereby gaining a better understanding of breathing, timing, balance, etc.

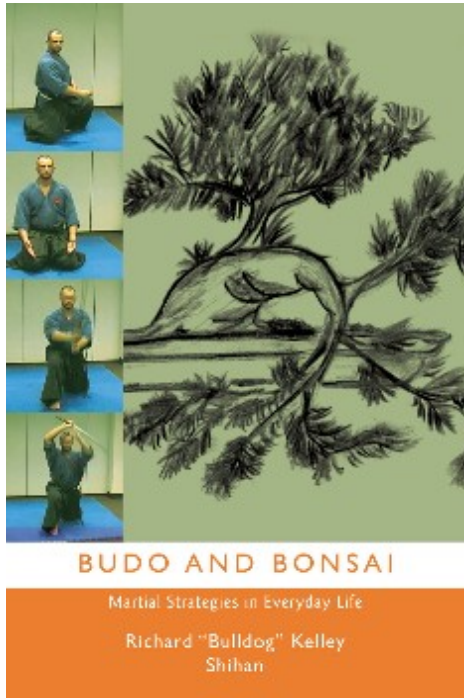
In closing please let me say that this is not something people need to dwell on and think that it is some secret, arcane aspect of Kata. I simply wanted to present this information because I found it interesting and useful when going over Kata with students, particularly if they are stuck on a certain point and cannot seem to improve their performance of the Kata. As always, the most important aspect in training Kata is to know as much as you can about how to really use the Kata ( bunkai ) so that practice has a purpose and meaning that, as Price, Soke mentioned years ago, is functionally relevant to reality and self-defense.

I hope to write an article for the next newsletter concerning the numerical symbols in Kata also. There are many Kata that are named numerically (Seipai-for example) and other Kata that have both an animal characteristic and a numerical one ( Gojushiho-which also corresponds to the number 54-for example ).

Until next time, OSU!!!

Kevin Watson, Shihan





## Budo and Bonsai

Richard "Bulldog" Kelley/Shihan

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Martial Strategies in Everyday Life will not only teach you how to live a high-quality and well-shaped life, but will also show you how to get what you want in life through the application of a carefully chosen strategy.

Author Richard Clinton Kelley, Jr., has studied martial arts for more than three decades and has earned several Black Belts of various degrees. Now in his guidebook on life strategy, he shares the knowledge he gained in 1960 in Tokyo, Japan, from his first instructor, Ando Sensei. As he leads you through the martial philosophies he has practiced to live a quality life, you will learn to understand that the time, place, and circumstances dictate what strategies should be selected and applied to your own life. Whether your battle takes place in the boardroom or a back alley, blending the physical defenses with the perceiving senses will determine your fate.

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## Urgency

Sensei Chris Wirt

At the April 2010 clinic in the Kokoro Dojo, Price Soke spoke repeatedly of having a sense of urgency when you are attacked.

Urgency is not the same thing as hurrying, and should not be confused with it. Hurrying can be defined as "going with haste (speed), or ... with rash (unwise) or precipitate (rushing) action" (paraphrase Webster's online dictionary). Hurrying often entails moving quickly for the sake of moving quickly, without necessarily planning out actions.

Urgency, on the other hand, can be defined as being in "a state calling for immediate attention" and implies a focused awareness not only of the need to do something, but the time-frame in which it needs to be done. In other words, acting with urgency involves being focused and goal-oriented as opposed to just moving quickly. While (in a self-defense situation) you do need to act decisively and without hesitation, speed alone is often not what is needed. Urgency, then, is a *mental* response to the situation at hand, and should drive your actions in time of need.

I wonder, though, if we apply the same principles in other areas?

**Do you have a sense of urgency when you train?** When you come to the Dojo, do you bring with you a sense of urgency, of being goal-oriented in your learning, of "I need to learn this the first time"? When you practice a kata or other technique, do you apply your whole mind to learning it, or do you think, "Oh, well. I'll get this next time?" There may not be a next time....

**Do you have a sense of urgency when you practice?** When you practice on your own, do you have a sense of urgency, a sense of "I have to get this right", or do you simply go through the motions and hope that you get better? When you make mistakes, do you correct them now, or figure that you can correct them later? Urgency in practice goes hand-in-hand with attention to detail.

**Do you have a sense of urgency regarding the Kai?** The Kai is nothing more than a group of members who jointly agree to come together and work together for mutual benefit under Price Soke's direction. The biggest part of this is training together and learning together at the various clinics and events the Kai schedules. Another way of saying this is that the Kai happens outside of your Dojo, when students from different Dojos come together to train.

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## Urgency

Sensei Chris Wirt

The Kai gives *you* a membership and promotional recognition, and you give the Kai of your time in supporting Kai functions. Do you recognize this, and make every effort to attend clinics, or do you think to yourself "I'll go to the next one?" Organizations like the Kai may be broken apart due to the *actions* of some of its members, but they will always fall apart due to the *in-action* of it's members. Do you have a sense of urgency regarding keeping the Kai running?

**Do you have a sense of urgency in your job?** Are you just showing up and punching the clock, or do you have a sense of urgency each day to make it a better day, do better than you did the day before?

**Do you have a sense of urgency in your life?** Do you live each day with a sense of urgency as if it's your last? A favorite quote of mine by Soke is (paraphrasing) "There are many promises listed in the Bible, but you won't find a promise of one more minute on the earth." Are you living and loving as if this is the last chance you'll ever get?

Just food for thought. Osu!

## Calling All Dojo Shihans and Sensei

Price Soke has tasked Shihan Henry McCoy with the responsibility of scheduling the Chikubu Kai clinics for 2011.

Please contact Shihan McCoy as soon as possible with the date (if you have one picked out) or at least the month of 2011 when you'd like to have a clinic at your Dojo. Soke wants to get the upcoming schedule out as soon as possible.

So far, March, August, November, and December are taken. Shihan McCoy can be reached by phone at (757) 814-5091, or by email at nnchiku7@gmail.com

**Let's set Clinic Dates and make 2011 great!!!**



## Lights... Camera... Chikubu-Kai Videos!



Price Soke has decided to make Clinic videos available for purchase. Videos are available to any Kai member, any age, any rank, whether they attended the clinic or not. The price is discounted if you attended the clinic being featured as you have already paid the clinic fee.

### Chikubu-Kai Clinic Videos featuring Soke W.H. Price

<u>Clinic Date</u>	<u>Location</u>	<u>DVD's</u>	<u>Attended clinic?</u>	<u>Didn't attend</u>
February 16, 2008	Buena Vista, Va	2	\$15.00	\$25.00
April 4-6, 2008	Texas Clinics	3	\$25.00	\$35.00
May 16, 2008	Harrisonburg, Va	2	\$15.00	\$25.00
July 9-11, 2008	Bristol Summer Camp	5	\$25.00	\$35.00
August 16, 2008	Waynesboro, Va	2	\$15.00	\$25.00
September 6, 2008	Camp Joy/Bluefield	2	\$15.00	\$25.00
October 9-11, 2008	Fall Camp, MB SC	4	\$25.00	\$35.00
November 15, 2008	Kobudo Clinic, Salem Va	4	\$25.00	\$35.00
January 24, 2009	Salem, Va	2	\$15.00	\$25.00
February 21, 2009	Bristol, Va	2	\$15.00	\$25.00
March 21, 2009	Bluefield, Va	2	\$15.00	\$25.00
July 18, 2009	Salem, Va	2	\$15.00	\$25.00
October 1-3, 2009	Myrtle Beach Fall Camp	5	\$25.00	\$35.00
December 12, 2009	Bristol, Va	2	\$15.00	\$25.00
January 23, 2010	Salem, Va	2	\$15.00	\$25.00
February 20, 2010	Bristol, Va	2	\$15.00	\$25.00
March 20, 2010	Bluefield, Va	2	\$15.00	\$25.00
April 17, 2010	Buena Vista, Va	2	\$15.00	\$25.00
May 22, 2010	Salem, Va	2	\$15.00	\$25.00
June 26, 2010	Hilton Head, SC	3	\$15.00	\$25.00
July 31, 2010	Camp on Craig	2	\$15.00	\$25.00



## Lights... Camera... Chikubu-Kai Videos!



I am also pleased to announce that we have the following special videos available:

**Basic Hanjo** \$15.00

This video features basic use of the Hanjo and includes the first 2 Hanjo Katas

**Heian Sandan—Kata and Bunkai** \$15.00

This video features Price Soke performing and teaching the Bunkai to Heian Sandan kata

**Chikubu-Kai Kihon 1—Stances** \$15.00

This video series covers the *kihon* of Kuniba-Ha Shito-Ryu. Part one covers proper application of stances

**Chikubu-Kai Kihon 2—Blocks** \$15.00

This video series covers the *kihon* of Kuniba-Ha Shito-Ryu. Part one covers proper application of blocks

**Chikubu-Kai Kihon 3—Strikes** \$15.00

This video series covers the *kihon* of Kuniba-Ha Shito-Ryu. Part one covers proper application of strikes and kicks

**Chikubu-Kai Kihon 4—Waza** \$15.00

This video series covers the *kihon* of Kuniba-Ha Shito-Ryu. Part one covers the use of training wazas

...Or purchase all four Chikubu-Kai Kihon videos as a set for \$40.00. That's a \$20.00 savings!!!!

If you are interested in ordering a video, please email me at [nnranger@verizon.net](mailto:nnranger@verizon.net) or see me at a clinic. The prices listed shipping.

Chris Wirt, Sensei

## Quotables....

"I have not failed, I have simply found 10,000 ways that did not work."

Thomas Edison, Inventor

## Chikubu Kai Video Subscriptions

Have you ever wanted to purchase one of our clinic videos, but been a little short of funds at the clinic? Or you had real good intentions of ordering a video, but just didn't get around to it?

Beginning in 2010, we are going to begin offering annual and semi-annual subscriptions for videos.

An annual subscription will cost \$160 and will include all the videos produced during that year, including any "special" videos of kata, kobudo, etc.

A semi-annual subscription will cost \$85 and will include all the videos produced during either January—June, or July-December.

Plus, there will be no need to "remember" to order or pick up your videos, since I will mail them directly to you as they are produced. Like Netflix, only without the red envelope... or needing to return them. And without Nicole Kidman.

By the way, if you wish to purchase the videos "as you go", you still may. And remember, if I don't have it with me the day you see me, I'll mail it to you!

Please remember that these video sales benefit the Kai, and I only cover the cost of production... all \$\$\$ go to Soke!

### **Inventory Reduction Sale:**

I have a limited supply of 2008 DVDs which I have been carrying back and forth to every clinic I've attended in 2008 and 2009. They need to GO, so while supplies last, I am selling them for the reduced price of \$10. Please see me if interested.

## Quotables....

"Would I rather have a student remember what they do not understand, or understand what they do not remember?"



## Moving Up!!!!

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**Chikubu-Kai would like to announce the following promotions in Kuniba-Ha Mugai-Ryu Iaido:**

Christopher Wirt	Newport News	Sandan	8-31-2008
Donnie Harper	Newport News	Shodan	8-31-2008
Dale Hamann	Salem	2 Kyu	12-12-2009
Kevin Lyles	Newport News	2 Kyu	12-12-2009
Michael King	Waynesboro	3 Kyu	12-12-2009
Kris Roberts	Myrtle Beach	5 Kyu	12-12-2009

**Congratulations, All!!!!**

## Quotables....

**"It's hard to go somewhere new without knowing where you are now"**

James Weston, Pastor  
Menchville Baptist Church, Newport News Va.

**If I've forgotten anyone, I apologize in advance. Please let me know and I'll correct it ASAP! OSU!**

Chikubu-Kai is dedicated to preserving the arts of Soke Shogo Kuniba

