

## Hirokazu Kanazawa

### “Thoughts on 道”

(Road/Way)



There is a painting of just one lone road done by a painter of the name Higashiyama Kaiti. Moreover, there is also a picture that comes to mind which also features only one road on the particular plain that it was taken in. I have never gotten tired of seeing these roads which lead to the unknown with no visible end. Depending on how you read the word Road/Way(道)Michi or Do respectively, the concept can be deepened.

Michi is a physical place where a person or car can come and go, but it is also a mental state that drives one to seek the truth, which is a concept that a person should protect. I would also like to talk about the Do of Bushi-Do. In Japan, Bushido first developed in the Kamakura Era, received influence of Confucian thought in the Edo Period, and eventually became the Bushido of the present with its set of ethics that influence us even today.

In life, one must value the spirits of loyalty, sacrifice, faith, humility, propriety, innocence, simplicity, reserve, a warlike spirit, honor, affection, etc. These are the virtues of a Samurai or every person of stature, and it resides in the mindset and ability of everyone. In the old book, Hagakure, there is a passage that reads “Bushido is to die.” In other words, Samurai will pursue justice even till death. It is important to work seriously and passionately in the daily life for a Samurai. This is Bushido.

The military arts concern war, and teach the strategy to conquer the other party through conflict. By studying the trainings of old traditional military arts of Japan, searching for secrets through severe mental training, and you can develop your way of life from just the art itself the “Michi.” This is what can be accomplished in Martial Arts today.


*Sensei Kanazawa is a legendary Shotokan master, 10th degree black belt, author of several books, and the Chief Instructor, President and founder of Shotokan Karate-Do International Federation, headquartered in Great Britain. He will be a guest instructor at this year's Master Camp.*

The people who opened up the path to the new age of martial arts include Jigoro Kano, Sensei of Judo, Morihei Ueshiba of Aikido and Gichin Funakoshi of Karate. This path can be explained as a route to a destination that our predecessors have reached through severe training. It's like a set of footprints that lead towards the target. Take two steps forward and one back and then two steps forward again and one step back in that order. The effort made through training and endurance of the advancement and retreat is important. Therefore, the Way (Do) is not ahead, even if you are moving forward, the answer lies in the road that has been opened up behind you.

Depth and the concept of “Michi” are decided by the number of steps one takes, depending on how few or how many are taken. It is important to turn around and reflect on the starting point of the Road (Michi) when one reaches a certain point, and then advancing again in order to remember the original intention of the Way.



The Road leads to the unknown.

There is no end. 

*Michi by H. Kaiti*

## QUOTES

“ If your temper rises, withdraw your hand; if your hand rises, withdraw your temper.

—Gojun Miyagi

A student asked Jigoro Kano, “What is the secret of Judo?” Kano replied, “Never stop training.”

## CALENDAR of EVENTS

April 10:

BUDO NIGHT, SM Dojo, 5-10PM

May 16:

Instructor Training, 1PM ISKF SM

May 23:

SW Regional Tourn., 9AM-5PM Venice

June 11-18:

MASTER CAMP: Green Lane, PA

June 19:

Dan and kyu exams, 1PM ISKF SM

# Tales of Budo Masters



THE FOUR FLIES

A samurai was calmly eating his supper in a small inn, ignoring four flies which kept buzzing around him. Three ronin (masterless samurai) came in. They looked enviously at the two magnificent swords which the man had fixed in his belt, for these weapons represented a small fortune. A look of intense satisfaction came over their faces--the man seemed to be defenseless and alone against three.

Sitting at a nearby table, they began to make fun of him in raised voices, hoping to provoke him into a duel. As the man remained completely indifferent to them, they got more and more acid. So, slowly raising the chopsticks with which he had just eaten his rice, the samurai effortlessly struck each of the four flies in four quick, precise actions, after which he delicately put down his tools, all without so much as glancing at the three boors. A heavy silence followed. The three ronin looked at each other, realized that before them was a man of formidable mastery. Frightened, they fled.

Much later, they learned that this man who had so shrewdly spared them was called Miyamoto Musashi.



## Why Tennis Players Shriek and Grunt



Tennis players and fans alike can't help notice the growing din on court. Maria Sharapova's shrieks of exertion have been measured at 101 decibels, louder than a jackhammer (100 decibels), Serena Williams (88.9), and even the famously loud Monika Seles (93.2). Quieter players accuse the shriekers of deliberately trying to distract them. But does making a loud noise while hitting the ball actually help? Quite possibly, says ScientificAmerican.com. In a recent study, physical-therapy researcher Dennis O'Connell found that by grunting, college players could speed up their serve by 4.7 mph on average and their forehand by 4 mph. He notes that the grunt occurs during what is known as the Valsalva maneuver, when a tennis player—or a weight lifter—forcefully expels air in moments of extreme muscle strain. Grunting appears to recruit more muscle fibers to the activity, thus generating more force, and "can have a role in helping anyone do a maximal exertion," O'Connell says...

—Hmmm, this is something that the Senseis have been saying for years. Guess it's nice to finally know there's scientific evidence behind a kiai, as if we couldn't guess!

—From THE WEEK, September 18, 2009, p. 25 Health and Science News

Participants at the Annual Youth Tournament at the Sun Valley Dojo on February 20, 2010



Santa Monica students with Sensei Field and children's instructor Sharon Yamazaki. Best Contestant, Cassandra Carrasco, bottom right.

# TRANSITIONS

**SHODAN** —At TO Dojo, 3/20/10  
**Mary Khan, Newbury Park**  
**Kartik Sawant, Newbury Park**

**BORN** —February 22, 2010  
**Isaac Lewin Passoja, 6 lbs, 12 oz., to Erik Passoja, Godan, ISKF Santa Monica, and wife Rita**

**DIED** —March 8, 2010  
**Peter Oliver, 47, Nidan, ISKF Santa Monica, from an accidental fall.**

*Peter Oliver began training at Santa Monica Dojo as a teenager. He had a kind and passionate spirit. A trained carpenter, he built most of the dojo, including the current floor, mirrors, desk, and railing. It's hard to say whether Peter meant more to the dojo or the dojo meant more to Peter. He was a good soul, and shall be sorely missed.*



Shaka over the grave, My willing is the autumn wind. -Buda