

### *There is no first strike in karate.*

*from The Twenty Guiding Principles of Karate by Gichin Funakoshi*

Gichin Funakoshi, the father of modern karate, was born into an aristocratic family in Okinawa in 1868. He was well educated and also trained in his native Okinawan martial art, known only as "te" (hand). He became a school teacher and writer as well as a martial arts master. In 1917, he traveled to Japan to demonstrate the still secret martial art at the request of the Japanese Ministry of Education. Audiences were astounded, and he later moved to Japan and established the Shotokan School in Tokyo. The popularity of the martial art eventually spread through Japan and worldwide.

Gichin Funakoshi did not want his students to lose sight of the spiritual aspects of karate in their efforts to polish their technical skills. He firmly believed that the perfection of character is what turns karate-Jutsu, a mere fighting art, into karate-do, a Way. He summed up his views on the Way of Karate in twenty principles. These principles, written to guide martial arts students nearly a century ago, are just as relevant today.

"There is no first strike in karate" is an extension of the code of conduct for samurai, the most important tenet of which stated, "A sword must never be recklessly drawn." An honorable man would not take action until a situation reached a point where it could no longer be tolerated

or ended without confrontation. Even then, one would try to avoid striking a fatal blow in order to allow an attacker time to reconsider his actions.

Peace, harmony and reconciliation represent the highest levels of martial arts, or *budo*. It might seem contradictory that a path that involves learning violent techniques could lead to such lofty ideals, but true masters do not exhibit fits of temper or violence. Instead they are calm, compassionate individuals who live in peace and harmony.

If you examine the Japanese word *budo*, it is made of two words that are usually translated *martial* way. However the ideograph for *bu*, or *martial*, is composed of two characters that together mean "to stop clashing weapons", implying that the true meaning of *budo* is "the way to restore peace".

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**DO IT FOR HOMEWORK!**

Gichin Funakoshi once said, "Everyday life is karate practice." Do you think he meant students should walk through the mall, executing flying side kicks at unsuspecting shoppers? No, of course not!

How, then, can you "practice" karate in everyday life? The practice of a martial art includes much more than physical preparation for an attack. It also includes mental and spiritual training. Everyday life presents you with many social interactions which are opportunities to practice the mental and spiritual lessons you learn in a martial art. Here are some examples.

Part of the training is learning to not waste energy on unimportant issues. Students are taught to avoid conflict and react only to a real threat (isn't the first move of every technique designed to deflect an attack?). It follows that students must avoid anger. Anger destroys technique. It clouds the mind and hinders the ability to act in your own best interest. In everyday life, it is not only self-destructive, it is also destructive to others. Practice avoiding anger by shrugging off personal attacks and remarks, inpolite drivers, salespeople, etc. Return anger and hostility with calmness and compassion. No one is perfect, even you. Step aside and let the "arrow" fall harmlessly to the ground. Hostile energy fizzles if you don't sizzle!

We are also taught to "harmonize" with an attack. Instead of meeting force with force (a losing proposition against a physically stronger opponent), you go with the action, then defend by diverting it. In everyday life, if you have a difference of opinion with someone, calmly take the time to hear their side. Then try to find common ground and examine where your thoughts diverge. Maybe you'll find you are not so different after all, and the other person may even change his mind. A shouting match solves nothing.

Mental and spiritual training is an integral part of martial arts. The lessons learned in the dojo are meant to be taken home with you. Practice!

**Walk softly but carry a big stick.**

*Theodore Roosevelt*

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**Q:** What is meant by the clock positions in techniques (3 o'clock, or 4:30, for example)?

**A:** The positions are related to the direction you, the defender, are facing. Imagine you are standing in the center of the face of a clock, with the number 12 in front of you, the number 6 (6 o'clock or 6:00) behind you and so on. Your attacker can come from any other clock position, and you can step towards any other clock position to defend.

## TECHNIQUE OF THE MONTH

### Sword and Hammer -

- (rt. flank shoulder grab, opponent standing between 3 & 4 o'clock)
- A1. Pin opponent's left wrist to your shoulder with your left hand. 2. Step with rt. foot toward 3:30 (into his center line). 3. Strike throat with a rt. outward handsword.
  - B1. As opponent bends backward, pivot right arm & deliver a right back hammerfist to the groin.

## How to win a fight.... without fighting.

**T**he master swordsman Tsukahara Boduken lived from 1490-1572. One day he was on a ferry boat when a ruffian began boasting of his great skill with a sword. Bored by the bragging, Boduken dozed off. This angered the ruffian, who shook Bodukan, demanding to know what style of swordsmanship he followed. Boduken told him, "The Victory-without-using-the-sword-school". The ruffian challenged Boduken to display such preposterous sounding swordsmanship. Boduken agreed, but suggested that they stop at a nearby island to avoid injury to the other passengers, and the ferry headed for the island. As soon as the boat reached the shore, the ruffian jumped off and drew his sword, ready to fight. Boduken stood up apparently ready to follow him, but instead grabbed an oar and pushed the boat back into the river. He yelled to the stranded ruffian, "This is defeating the enemy without using the sword!".

***Sometimes the things a man needs to believe in the most are the things that may or may not be true...***

***That people are basically good.  
That honor and courage mean everything.***

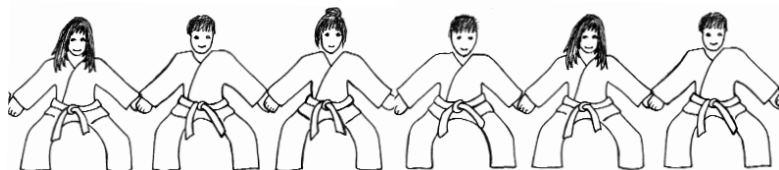
***That power and money mean nothing.***

***That good always triumphs over evil.***

***True love never dies...***

***Doesn't matter if it's true or not, you see. A man should believe in those things, because those are the things worth believing in.***

***Hub, from Second Hand Lions***



## KENPO COOKS

### ***Breakfast of Champions (A.K.A. Muesli)***

- 3/4 cup old fashioned rolled oats (like Quaker)
- 1 cup orange juice
- 1/2 cup toasted seeds (sunflower or pumpkin) berries or cut up fruit

Mix oats and orange juice. Refrigerate in a covered container overnight.

Next morning, divide into two bowls. Top with seeds and fruit and enjoy!

# SPOOKY DOINGS!



*It has been foretold....* on October 31st and November 1st the halls of Morning Star Martial Arts will be haunted by all manner of shadowy figures! Where usually there are neatly uniformed karate students, there will instead be spookily dressed individuals practicing the art of kenpo! Who are they and where did they come from? If you are student in one of the aforementioned classes, come and find out!

To avoid being recognised (there are spies EVERYWHERE!), Ms. Mannarino suggests that you come incognito, just in case! Your costume should be durable enough to stand up to the rigors of a karate class. After all, as strange as the creatures look, they might know some kenpo!

## OPEN HOUSE

Thank you to those who attended our open house on September 10th!

We had something for everyone. There was coffee, cookies and a karate demonstration performed by me and my daughter April. There were even stories of martial arts on the streets of New York City during WW II told by my father, Ed Gericke.

We'll do it again soon!

## KENPO CODE WRITERS.....*shhh!*

Your mission, should you choose to accept it, is to find a phrase hidden in this newsletter disguised in a 2000 year old secret code. Lucky for you, someone, (the editor) has obtained the codebreaker at great risk of life and limb. The secret phrase is a question students should ask themselves. To find it, you must read the newsletter carefully and use the codebreaker at the end of this article. (You may ask for help from your family if you need it!) Here's how....Start reading at the beginning of the newsletter. As you read it through you will find seventeen words (not names) that have one letter capitalized in the middle, like this ...hapPy. When you find them all, write the capitalized (code) letters down in the first row of spaces below. Be sure to write them down in the order they appear in the newsletter. Then use the secret codebreaker to assign a "plain" letter to each code letter, and write the "plain" letters in the spaces beneath the code letters. The plain letters will spell out the secret phrase. Then, this is very important, write your name and the secret phrase on a piece of paper and give it to Ms. Mannarino. If she gives you a pencil, it means you have completed your mission! Everyone who completes the mission by the deadline (November 9th) will be in a drawing for a prize! Good luck! (The top line contains the code alphabet, the bottom line contains the "plain")

D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C
a	b	c	d	e	f	g	h	i	j	k	l	m	n	o	p	q	r	s	t	u	v	w	x	y	z

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