



# Kagami

The Newsletter of the Jikishin-Kai International

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Kagami - Winter 2006

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## Welcome! by Erik Johnstone

Happy New Year! Welcome to the inaugural issue of Kagami: the Newsletter of the Jikishin-Kai International! Conceived by Masayuki Shimabukuro Hanshi, and Carl Long Shihan, part of the intent in the establishment of an official JKI newsletter is to help foster communication and to aid in building strong relationships between the far-flung family of dojo and individuals within the JKI. Shimabukuro Sensei and Long Sensei consistently speak of our traditions as “family” and, in an effort to instill such a connection, strongly emphasize the importance of communication between the members of the JKI.

The ryu-ha housed within the JKI are time-honored traditions, originally taught and practiced in small, tight-knit groups. Under correct guidance, practice within a given ryu-ha inculcated a certain mindset, a certain “heart” in each member of the ryu and developed a strong sense of cohesiveness between members of that ryu. Today, geography has imposed many changes in the practice and transmission of authentic Budo. Despite the issues of geography and distance, however, the nature of the traditions that we practice and share demand that these arts continue to be transmitted in accordance with the values that are embedded in the heart of our training. As such, communication and cohesiveness within the JKI Family are essential factors in the correct practice and transmission of the Budo that we study.

Kagami, planned for release on a quarterly basis, will feature a regular column by Shimabukuro Sensei, news and updates of happenings within (*Continued on Page 3*)



## Ideals of the Samurai: An Historical Perspective by Masayuki Shimabukuro

As practitioners of classical iaijutsu and kenjutsu, the primary “tool” for our study is the Katana, what the general public commonly refers to as the “samurai sword.” As modern-day inheritors of the arts and values that the samurai practiced and embodied, we often speak of Budo as a vehicle to realize higher ideals that were valued by samurai. But what are these ideals and, just as importantly, what is the historical context of the transmission of these ideals to us today?

In the ages of incessant warfare that preceded Edo Period, the role of the samurai in Feudal Japan was explicitly clear: the role of the Samurai was that of service to his lord in the capacity of a warrior. This role was of obvious vital importance during these long centuries of war. However, the establishment of the Tokugawa Shogunate and the subsequent peace that followed saw an end to war in Edo Period Japan, essentially eliminating the usefulness of samu-

## Ideals of the Samurai: An Historical Perspective *(Continued from Page 1)*

rai in their capacity as warriors.

Society in Feudal Japan was divided into four major classes, starting with the bushi, or samurai class, followed by farmers, artisans and craftsmen, and finally, the merchant class. Of all of these classes, farmers, artisans and craftsmen, and merchants all contributed to the prosperity of Japan as a society. However, the samurai, as a class, produced little of value, and due to their large numbers, were in fact a burden on society. After all, what was the real use of a warrior in an era of relative peace? Although they no longer truly served as warriors, many continued to receive stipends, in the form of rice, from their lords. Many of the samurai class served in bureaucratic positions, ranging from government officials to low-level clerks, employed by the clans and lords that they served. Other samurai took up the plow, becoming farmers. Some became artisans or merchants themselves. Some made a living by teaching bujutsu. Many more found themselves unemployed, wandering the countryside as ronin.

Yet there was a valuable role that the samurai continued to fill, one far more important than any of the other jobs that the samurai may have filled during the Edo Period. The true “job” of the samurai was to serve as a role model for society, to embody a system of ideals, morals and ethics that society could look up to. These ideals include truth, obligation, dignity, compassion, respect for the high and the low, living at a high life-condition and keeping ones word. These were the qualities of a good samurai; these were the elements that made up the “job” of the samurai. Although not all samurai lived up to this job, it was a very important model for the people of Japan and it is as important for us today as it was then. This system of values and ideals, this “job”, has been handed down to us through the Koryu that we study. The waza and kata that we practice are tools to realize the ideals of the samurai, a job that we have inherited from them through the traditions that we are part of. We must keep this job in our hearts and minds as we train in the dojo and as we live our daily lives.

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### A New Year's Message From Shimabukuro Sensei

*“My New Year's Determination is to stay positive and optimistic no matter what comes in this new year. There will be times when others will not see eye to eye with us, but we must treat them with as much compassion and positive ideas as we can find within ourselves. This will help us to remain happy, healthy, and peaceful in our lives, and serve as an example to others, as well as make for a good environment.”*

**Masayuki Shimabukuro, Hanshi**

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## Welcome *(Continued from Page 1)*

the JKI, reports and reviews of JKI seminars, schedules and notifications of JKI or JKI-related seminars and events, media and product reviews, and many other features. Hopefully, Kagami will prove to be a valuable resource for our members.

In closing, I wish to invite all JKI members to contribute to this effort. Involvement in this effort can range from the submission of articles, reviews or such items to simply providing information of scheduled seminar dates, testing results and other happenings for inclusion in Kagami. I cannot stress enough how essential your contribution in this effort will be and how much it will be appreciated.

I thank you in advance for your assistance and participation in this task and look forward to future contributions and strong communication. Should anyone have any questions concerning this newsletter, please do not hesitate to contact me.

Respectfully,  
Erik Johnstone

## **There and Back Again: A Gaijin's Tale** *by Damon Apodaca, Dojo-cho, Newport Aikikai*

When I first spoke to Erik Johnstone Sensei about writing an article about the Japan trip for the newsletter, it seemed to be a rather easy task. Not so. There are so many things that I would like to share and observations that I made while on the trip; to expound on any of them would take a really long time, and most readers would find the content rather dry, so I will try to keep it brief and elaborate on the (seemingly) most important at this time.

The Secret of Life is finding out what others already know and not telling anyone.

Culturally, Japan is a fascinating country. People tend to think in what I call a "group mentality" that is, they consider that their actions will not only have consequence, but will hinder or inconvenience others - and not just in the short term, they think about the future and what could happen or become, as a result of what they (as individuals) are doing, or have done. For this reason, the society is well organized, punctual, and polite.

There is no tipping in Japan. The reason for this is simple: everyone has a job or function and they take pride in this without expectation of reward. In the hotel Kyoto Tokyu, there is a woman who cleans the hand rails of the escalator. Americans may not consider this an important function, but so many people place their hands on this, it requires almost continual cleaning. It is important to note that when you go into a restaurant, almost immediately upon being seated, you are handed a hot, sterile towel or towelette with which to clean your hands. This is done before you touch a menu, and if you are in a place that is not super busy all the time (such as the train station) most likely you have already removed your shoes at the door. I went in to a place where I spotted a most efficient lavatory setup. Upon flushing the toilet, a sink located on the top started running water (presumably to wash your hands) and the water was collected in the tank for the use during the next flush. Not only water conservative, but health conscious as well.

In Japan, people don't lay around in seats on buses, trains, waiting areas, etc. They sit mostly upright; if they should happen to cross their legs, it is done in a manner that does not take up a lot of space. This difference not only allows space for others, but promotes good posture as well as attentiveness.

There is very little in the way of litter or graffiti in Japan. Trash (and recycling) bins are in obvious places; people are conscious of sorting correctly and there are virtually no cigarette butts laying around. This is amazing to me considering the amount of smokers I saw! I think I saw only one, and it was in a place that no one would have cared anyway. I believe it was on an electrical box by the side of the highway closest to the industrial area next to an airport; not at a shrine, temple, or other important building or busy public place. I cannot help but wonder what the Japanese people think when they come to America, and see people throwing cigarette butts and trash out of *(Continued on Page 8)*

## Dojo Spotlight: Katabami Budokan Costa Rica *by E. Johnstone & P. Gallo*

Planned as a regular feature, The Dojo Spotlight column will serve to profile Jikishin-Kai International (JKI) Dojo and Dojo-cho throughout North America and beyond, thereby providing another means by which we of the JKI can come to know one another a little better.

The Katabami Budokan Costa Rica, the subject dojo of our inaugural Dojo Spotlight column, is a dojo that, perhaps due in part to its seemingly remote location with respect to the rest of the JKI, may be somewhat unknown to some of our members.

Located in San Jose, Costa Rica, the Katabami Budokan, formerly known as the Iaido Club De Costa Rica, serves as one of the two major JKI dojo in Costa Rica. Patrizia Gallo Sensei is the Chief Instructor for Iaijutsu and General Manager of the Katabami Budokan.

According to Gallo Sensei, her life in performance and movement arts began as a dancer at the age of four. She was a professional ballet dancer, and now continues as a ballet and tap choreographer and teacher, and is and International Dance Council (CID) member. Her involvement in Budo began in 2003, when she started training in Muso Jikiden Eishin-ryu Iaijutsu. Gallo Sensei says that she had been “looking for a martial art with meaning, profound feeling, self-control and peaceful practice,” but without the physical contact and feeling of competitive martial arts. She began studying with Rodrigo Saborio Sensei, and along with him, began the Iaido Club de Costa Rica later that year.

Mr. Saborio subsequently left the dojo, leaving Ms. Gallo, with the approval of the JKI, with the responsibility of continuing as the primary instructor for the dojo. She began studying directly under the supervision Carl Long Sensei at that time. In October of 2004, Ms. Gallo tested for and earned Shodan in MJER.

In addition to Iaijutsu, Gallo Sensei also studies Shito-ryu Karate-do, currently holding a 3rd kyu in Shito-ryu Karate-do under Alberto Paris Sensei, 3rd Dan, who is the Chief Instructor of Shito-ryu Karate-Do Genbu-kai (under Fumio Demura Shihan) at the Katabami Budokan.

According to Gallo Sensei, the name “Katabami Budokan Costa Rica” is significant as the new name for the dojo. She states that “Katami” is in both Shimabukuro Sensei’s and Demura Sensei’s family Kamon, and that the dojo proudly represents the organizations headed by each of these men.

Gallo Sensei recently started teaching Iaijutsu to a small but growing group of students at the Meikyo Dojo, a Shoto-kan Karate-do dojo located in Coronado, Costa Rica. As a result of her hard work for the JKI in Costa Rica, the Katabami Budokan has recently been designated as a JKI Shibu Dojo and Gallo Sensei has also been appointed to the position of Regional Representative for the JKI for Central America & South America; with a number of contacts throughout Central & South America, she is in a unique position to assist the JKI in its growth in that region.



## Long Sensei in Black Belt Magazine

Black Belt Magazine has a new addition. The current issue (March 2006) features a new column authored by the Jiki-shin-Kai's very own Carl Long, Shihan. It appears that the column, entitled "The Cutting Edge", will be a regular feature in the magazine.

This month's installment, found on Page 30, is called "The Heart of Iaijutsu" and introduces the history of Muso Jikiden Eishin-ryu iaijutsu. It includes a very nice photo of Shimabukuro Sensei and Long Sensei demonstrating kata.

Long Sensei's contribution to Black Belt adds another voice of experience (joining Mr. Dave Lowry of the Yagyū Shinkage-ryū) in authentic Budo to the magazine's stable of regular writers. Given the relatively disproportionate coverage of traditional Budo in recent years, it is heartening to see that there are those at Black Belt that still recognize the value and relevancy of the value of traditional Budo in today's world.

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## MJER Iaijutsu Demonstration in Newport, RI *by Erik Johnstone*

Each summer, the scenic town of Newport, Rhode Island plays host to the Black Ships Festival, a multi-day celebration of Japanese arts and culture. According to the official website, the Black Ships Festival "commemorates the historic achievements of Commodore Matthew C. Perry, of Newport, Rhode Island. The "Black Ships," or "Kurofune," refers to the Japanese term for foreign ships that, with one exception, were excluded from Japan for two hundred years until 1854."

Demonstrations of traditional Japanese martial arts are typically included in the calendar of events over the course of the festival. This year, as a result of a series of seminars with Carl Long Shihan held at Newport Aikikai, Long Sensei, as well as Shindokan Budo, was asked to demonstrate Muso Jikiden Eishin-ryu Iaijutsu as an opening for a Taiko Drum concert at the International Tennis Hall of Fame. The Taiko concert, scheduled for 6:00 pm on Saturday evening, is usually the major event of the festival, and as such, we were afforded the highest-profile demonstration venue of the festival.

A previously scheduled seminar was relocated to the Newport Aikikai to coordinate the demonstration. David Puterbaugh Sensei and Marguerite Long Sensei, both of Sakura Budokan, accompanied Long Sensei on the trip to Rhode Island to assist in the demonstration. As ever, Sensei taught a full seminar, leaving all participants mentally exhausted, but thoroughly inspired. Puterbaugh Sensei, M. Long Sensei and I spent a good portion of the seminar under Sensei's watchful and demanding eye, preparing for the demonstration, drilling the synchronized waza and the katachi from the Tachiuchi No Kurai that had been selected. Additionally, we practiced our roles of uchitachi for Long Sensei's demonstration of waza bunkai.

The demonstration was held out on the grass court in the center of the International Tennis Hall of Fame; the stands surrounding the court were full of spectators. A mist had rolled in off of the Atlantic Ocean, breaking the heat of the day and creating a somewhat surreal atmosphere for our demonstration. Damon Apodaca Sensei, Dojo-cho of Newport Aikikai, served as narrator during the demonstration, which, following Reiho, began with a presentation of five katachi, demonstrated by Puterbaugh Sensei and I. The katachi had all been practiced so that they were linked together, resulting in a smooth transition from one katachi to another, noto only being performed in the last katachi. Following the katachi, Puterbaugh Sensei, Mrs. Long and I performed five synchronized waza, including Seiza Mae, Yaegaki Omote, Inazuma, Yukizure and Shinobu. Long Sensei then capped the demonstration, performing Koteki-yakuto, Tsuredachi, Sode Surigaeshi and Ukenagashi (Okuden waza) as well as examples of their respective bunkai.

I must admit that I was quite nervous preparing for and going into the demonstration. I had never demonstrated Iaijutsu in front of such a large crowd, and moreover, this was my first time taking part in a demonstration with my teacher. Those who have taken part in demonstrations with Long Sensei know how seriously he takes such things and as such, his demand for participants to perform to the best of their abilities is very high, to say the very least. I can say that my participation in this demonstration was a personal milestone in my evolution as a practitioner of Muso Jikiden Eishin-ryu and was a fitting way to cap yet another inspiring visit by Long Sensei to Rhode Island.



## A Report on the 2005 East Coast Gathering *by Erik Johnstone*

Each year, our good friend Jeff Driscoll Sensei hosts a multi-art weekend training event called the Gathering. Past events have featured a number of talented instructors from a variety of arts and traditions. It has become an event that is looked forward to with great anticipation by those who have attended in the past.

The 2005 Gathering was special, featuring for the first time, Masayuki Shimabukuro, Hanshi as the headlining instructor. Additionally, Carl Long, Shihan, a long time favorite at this event, was once again in attendance as a featured instructor.

The weekend's schedule featured a number of well-attended Iaijutsu and Kenjutsu training sessions, instructed by Shimabukuro Sensei and Long Sensei. Training included practise in Muso Jikiden Eishin-ryu Iaijutsu waza and Shinto-ryu Kenjutsu kata. The instruction was filled with technical detail as well as discussion of the principles that animate these arts. As ever, the training sessions were infused with discussions of philosophical and moral principles that underlie the Koryu that we study. The weekend was capped by an inspiring demonstration of by Shimabukuro Sensei and Long Sensei of MJER waza, Shinto-ryu Kenjutsu kata and Shindo Muso-ryu Jojutsu.

In addition to Iaijutsu and Kenjutsu, Shimabukuro Sensei and Long Sensei each taught Karate-do sessions, teaching Shito-ryu and Shorin-ryu, respectively. These sessions were an excellent reminder for many of each of these teachers' standing and skill in the Karate-do traditions that they represent.

Additional instructors at the 2005 Gathering included Sifu Keith Mazza of Wing Chun Kung Fu, a senior student of Master William Chung and another favourite at this event, Bob Cook Sensei, Daishizen Goju-ryu Karate-do; Jesus Rodriguez Sensei, Okinawa Kempo; Ben LaFrance Sensei, Kosho-ryu Kempo and Wing Chun Kung Fu; Tony DiSarro Sensei, Kosho-ryu Kempo; Guro Wes Tasker, Erik Johnstone Sensei, Karate-do and Jujutsu; and Jeff Driscoll Sensei, Kosho-ryu Kempo and Karate-do.

Shimabukuro Sensei and Long Sensei, assisted by David Puterbaugh Sensei, conducted testing for grade in Muso Jikiden Eishin-ryu in the JKI.

As ever, the weekend was filled with excellent instruction and camaraderie. The Saturday evening banquet, always an anticipated high point and featuring a huge amount of good home cooking (and the local Yuengling Lager on tap!), more than lived up to it's expectations!

Both Shimabukuro Sensei and Long Sensei will be back for the 2006 Gathering in August, once again leading a line-up of skillful and knowledgeable instructors. With the level of instruction that can be expected and the good times that make this event special, I know that many of us look forward to August with anticipation. We congratulate Jeff Driscoll for all the hard work that went into putting together an event of this size; as ever, it was a job well done. For those who have not yet attended, we invite you to do so; it is an event not to be missed! We look forward to seeing you in Pennsylvania in August!

## Upcoming Events and Seminars

### January 28th & 29th:

MJER Iaijutsu Seminar / Carl Long Renshi  
 Driscoll Karate Institute  
 21 North Center St.  
 Pottsville, Pa  
 Contact: Jeff Driscoll  
 Phone: 570-622-5059  
 E-mail: [senseijd2000@yahoo.com](mailto:senseijd2000@yahoo.com)

### February 4th:

MJER Iaijutsu Seminar / Masayuki Shimabukuro Hanshi  
 Gerry Blanck's Martial Arts Center  
 881 Alma Real Dr.  
 Pacific Palisades, CA 90272  
 Contact: Gerry Black  
 Phone: 310-573-1985

### February 11th & 12th:

MJER Iaijutsu Demonstration / Shimabukuro Hanshi &  
 Long Renshi  
 CAS Iberia  
 Star Dust Hotel  
 300 Las Vegas Blvd South  
 Las Vegas, NV  
 Information: 800-635-9366

### February 16th - 18th:

West Coast Taikai  
 US Federation of Batto Do & US Federation of Mugai  
 Ryu  
 MJER Iaijutsu Seminar/Masayuki Shimabukuro Hanshi  
 Costa Mesa Hilton  
 Costa Mesa, Ca.  
 Information: <http://westcoasttaikai.com>

### Feb. 18th & 19th:

Iaijutsu & Jojutsu Seminar / Carl Long Renshi  
 Shindokan Budo  
 Wyoming, RI  
 Contact: Erik Johnstone  
 Phone: 401-474-2568  
 e-mail: [eajohnstone@cox.net](mailto:eajohnstone@cox.net)

### February 25<sup>th</sup> & 26<sup>th</sup>

35<sup>th</sup> Annual Goodwill Karate-do Championships  
 MJER Iaijutsu Seminar/Masayuki Shimabukuro Hanshi  
 Fumio Demura Shihan/Shito-ryu Karate-do Genbu-Kai  
 Costa Mesa High School  
 Costa Mesa, CA  
 Phone: 714-543-5550  
 e-mail: [jkfitosu@juno.com](mailto:jkfitosu@juno.com)

### February 25th:

MJER Iaijutsu Shodan Seminar / Carl Long Renshi  
 Sakura Budokan/Eastern US Hombu Dojo  
 390 Tioga Ave  
 Kingston, PA  
 Contact: Carl Long Renshi  
 Phone: 570-288-7865  
 e-mail: [clong@jishin-kai.com](mailto:clong@jishin-kai.com)

### March 4<sup>th</sup> & 5<sup>th</sup>:

Iaijutsu & Jojutsu Seminar/Carl Long Shihan  
 West Virginia Aikido - Kushinkan Dojo  
 Contact: Greg Noble  
 300 Hillcrest Dr.  
 Charleston, WV 25304 USA  
 Phone: 304-925-6944  
 e-mail: [gnoble@wvaikido.com](mailto:gnoble@wvaikido.com)

### April 7<sup>th</sup> - 9<sup>th</sup>:

Iaijutsu & Jojutsu Seminar/Carl Long Shihan  
 Aikido West Florida  
 Contact: Patty Heath  
 2447 Executive Plaza, Suite 5.  
 Pensacola, Florida 32504  
 Phone: 850-479-1907  
 e-mail: [patty@aikidowestflorida.com](mailto:patty@aikidowestflorida.com)

### April 18<sup>th</sup>:

MJER Iaijutsu Seminar/Carl Long Shihan  
 Bushidokai Traditional Martial Arts  
 Contact: David Lopriore  
 Latimer Brook Commons Unit 107 -  
 339 Flanders Road  
 East Lyme, CT 06333  
 Phone: 860-739-5482  
 e-mail: [bushidokai@oldpinetree.com](mailto:bushidokai@oldpinetree.com)

### April 22nd & 23rd

MJER Iaijutsu Seminar / Masayuki Shimabukuro Hanshi  
 Newport Aikikai  
 741 East Main Rd.  
 Middletown, RI  
 Contact: Damon Apodaca  
 Phone: 401-848-9100  
 e-mail: [enshinkan@earthlink.net](mailto:enshinkan@earthlink.net)  
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**There and Back Again: A Gaijin's Tale** *(Continued from Page 3)*

cars and writing graffiti in places for all to see. Now when I see this, it just makes me sad. People are helpful in Japan. Even though I was obviously a foreigner, my poor attempt at language was not laughed at or scoffed at, rather, it was rewarded with an honest attempt at not only helping me, but doing so in a polite and friendly way. When I arrived back in Chicago after a grueling 14-hour flight, the first thing I saw was a large very loud American woman screaming at a Japanese couple in an attempt to show them where to place their baggage for customs clearance. It was plain to see that not only did they not understand, but were traumatized as well. When this same woman approached me, she spoke to me in a much quieter and more civil tone, making a greater attempt to be polite. I can't imagine that she thought that I did not notice the difference in conduct, or maybe she just didn't think at all.

Well, I wanted to write an article about the beautiful scenery, about the awe that I felt at the temples and shrines. I wanted to describe the wonderful foods and excellent sake and tell about the great time that we all had at the enbu, and what an honor it was to meet Miura Shihan in person, but I also felt it was important to share some of my observations so that others will not make some of the mistakes that were made on the trip. I often tell my students about my mistakes, so that they don't have to repeat them, however, if you do not know what to expect, then in a sense you are blameless. However, you are not blameless for merely being unconscious.

So if you are going to Japan for the first time, and are fortunate enough to have a guide, watch them very carefully, and pay attention to what is happening around you. Even though I could not read a sign while I was there, I had the feeling that things just seemed to make sense. And the most difficult part of the trip for me was just trying to fit in.

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