

## SHÚSHIN KAI GOJU RYU KARATE

修身会剛柔流空手道

# kiai !!!!!

### THE 2022 YEAR

After 2 years of lockdowns making Melbourne the most locked down city in the world, we were finally released from detention. Classes have returned to normal, and we certainly hope this stays!!! We are still being required to have a Covid plan in place, and to observe heightened standards of hygiene and so on, but contact training and kumite is now being practiced again. Naturally we have a heightened sense of the dangers of Covid, and we must still make sure that we follow the current Covid requirements. It is particularly important that we do not attend class if being unwell or showing any symptoms.

### GRADINGS

Our last night of training for 2022 was, as usual, held at the Hillside dojo as a combined class for all members. During this last class we held a grading for kyu grade students and below are the results. Everybody did a great job and showed their progress in their own karate journeys. The katas demonstrated were very good and the kumite was very spirited! We were pleased to see a new 1<sup>st</sup> kyu (Sanindu) and a new 3<sup>rd</sup> kyu (Tracy) too!! .

The Kyu grading results are:-

Promoted to 1st Kyu Brown Belt  
Sanindu Somarathna (Hillside)

Promoted to 3<sup>rd</sup> kyu Kyu Brown Belt  
Tracy Raleigh (Westmeadows)

Promoted to 5<sup>th</sup> Kyu (Blue Belt)  
Lohit Koppla (Hillside)

Promoted to 6th Kyu (Orange Belt)  
Austin Suban (Hillside)  
Noor Saini (Hillside)

Promoted to 7th Kyu (Yellow Belt )  
Thai Nguyen (Hillside)  
Sai Dentyala (Hillside)

Promoted 8<sup>th</sup> Kyu (White Belt with stripe)  
Ishaan Brar (Hillside)

New belts and Certificates will be awarded on the first night back in class in 2023.

### BLACK BELT GRADING

On our Annual Training Day, which is held on the first Saturday of October each year, we promoted one more member to 1<sup>st</sup> Dan (Shodan) Black Belt. After years of study, practice, ups and downs, and covid restricted training, Chandralal Somarathna from the Hillside dojo achieved his coveted Black Belt.



*Here is Chan with Graeme Shihan after receiving his Shodan Certificate and new Black Belt.*

The kumite part of his grading was judged from his performance during our kumite competition in

which every member competes in kumite twice against every member of the club.

At the grading his assignment “What Karate Means to Me” was read to all members. This assignment was accepted and can now be viewed on our website. It is also reprinted at the end of this newsletter. I recommend everybody read Chan’s assignments for a good insight into his journey from White Belt to Black Belt!!!

### LAST NIGHT OF TRAINING 2022

As mentioned earlier, on December 15<sup>th</sup> we had our last night of training for the year at the Hillside dojo.

This year we returned to normal and we were able to bring all our dojos together for the night. We also held our kyu grading. Despite brilliant planning, the evening was so packed with activities our class ran well overtime again.



*This pic shows the class at the end of 2022*



*This pic shows our Yudansha group on our last training night of 2022*

### STUDENT OF THE YEAR AWARD

Every year we nominate one student to be awarded our “Student of the Year” award. This year we were really happy to present this award to Gabriela Stojkoska 2<sup>nd</sup> kyu Brown Belt from the Hillside dojo. Gabriela has trained hard all year and shows

great promise that she will grow into an excellent Black Belt in the future. Well done!! Most importantly she has helped other members in their karate journey by teaching lower grades, which has helped her in her own karate journey. Keep up the good work and continue to enjoy your karate journey!!



*Here is Gabriela receiving her “Student of the Year“ award for 2022.*

### ICHIKAWA MEMORIAL TROPHIES

Last year Sensei Chris Clifford introduced an in-house tournament for his members. The tournament consisted of all students performing a kata of their choice, and eligible students competing in kumite (sparring). Trophies were made for which the members competed. The tournament was named the “Ichikawa Memorial”, and there were trophies for both kata and kumite. Chris sensei donated trophies to us and these are on display at the hombu dojo.

As we have a formal Training Day including a kumite competition and award a silver plate to the winner, we decided to award the Ichikawa Memorial trophy in kumite as a second trophy to be awarded to our Shushin Kai Kumite Champion. As we never had a competition for kata in the past, we decided to hold a tournament in kata this year for the first time.

### 2022 TRAINING DAY

Our 18<sup>th</sup> Annual Training Day was held on Saturday 1<sup>st</sup> October at the Westmeadows dojo. A smaller group this year with 24 attending. Special subjects were covered including the introduction of the kata Unshu. For the first time this year included a kata tournament in which members participated. The Ichikawa Memorial Kata Tournament trophy was presented to 1st Kyu, Chan Somarathna who put in excellent demonstrations.



*Here is Chan holding the Ichikawa Memorial Trophy for Kata.*

Then we held the Annual Kumite Tournament which once again proved to be a nail-biting event. Eventual winner was Stephen Afflitto, 1<sup>st</sup> Dan, from the Westmeadows dojo. As winner, Stephen was presented with the Championship plate to keep and also the Ichikawa Memorial Trophy for kumite.

The kumite tournament was conducted safely with no injuries. Everybody tried very hard to produce their best kumite skills. Everybody including the juniors exhibited good control, and great spirit. Everybody enjoyed the competition which required every member to fight everybody twice. Sensei Lincoln's scoring system gave bonus points to lower grades and this gave everybody an equal chance of winning the tournament.

Thanks go to Sean, Craig and Suraj who assisted with the tournament.

Noor Saini from the Hillside dojo performed excellent kumite and because of the handicap system in favour of kyu grades and females, wiped the field and won the Junior Kumite Champion medal. Well done and congratulations to Steve and Noor!!!

The highlight of every Training Day is our Dan Grade promotions. Chan Somarathna did a terrific job, winning the Ichikawa Memorial Trophy for Kata, and placed 2<sup>nd</sup> in the Club Kumite Championship. So Chan had a good day out!. Chan has studied and practiced hard over the years, including during Covid lockdowns. He kept focus and is warmly welcomed into our Yudansha ranks!!



*Stephen Afflitto is pictured here, holding the Ichikawa Memorial Trophy for Kumite, and the Shushin Kai Club Champion trophy.*



*Noor Saini from the Hillside dojo proudly wearing her Junior Kumite Champion medal*



*This is our group after our Training Day*

### **THE JOURNEY AHEAD**

This year Sensei Lincoln and I continued intensive advanced study under Sensei Chris Clifford. We have Zoom classes every 2 weeks with Chris and his disciples in England, and additionally I talk with Chris every couple of days, and have one on one lessons with him on Zoom and Whatsapp.

Lincoln sensei and I are planning to travel to Thailand to train with Chris sensei later this year.

Just recapping to let you know, Chris is a 5th generation Bubushi recipient from his Master, Ichikawa Sosui Sensei. Chris began studying under guidance of Ichikawa Sosui Sensei in 1972 visiting Japan on numerous occasions over a 33 year period until his passing in march 2005. Chris sensei was awarded his 7th dan in 2002.

Chris Sensei is the first and only westerner to receive the "Bubushi" directly from the 4th Generation Grand Master and Custodian of "Bubushi", Ichikawa Sosui Sensei. Chris Sensei trained with Ichikawa Sensei all those years and has the deepest understanding of Ichikawa Sosui Sensei's teaching, including the Koshudo. Chris is able to pass this knowledge on to his students and to us because he is English and therefore there are no translation and interpretation issues. Ichikawa Sensei also entrusted Chris with important books and copious notes of his studies which are now being translated for the benefit of Chris's students. In this way, Ichikawa Sosui Sensei's knowledge and studies can be passed to this current generation.

It has now been decided to publish these documents for any interested people to read for free, as a gift to all karate students world-wide. This is done to ensure Ichikawa Sensei's research and teachings are gifted to the world. These documents have now been fully translated into English by translators familiar with Goju Ryu karate, and Ono Isao Sensei, one of Ichikawa's senior disciples.

Ichikawa sensei taught all his studies and development of Goju Ryu only personally, face to face, to a select number of disciples of senior Dan grade. There were no further documents written. Ichikawa sensei developed his karate by practicing with his senior disciples who stayed with him throughout his teaching career. So one must have a teacher fully conversant with all of Ichikawa's teachings to be able to understand the full content. So the year ahead for us will include more kumite, based on the way Ichikawa Sensei conducted

kumite training. We did a little of this in 2022 but there will be much more in future. The focus will be on using kata techniques in live kumite and developing effective entry techniques appropriate for each student's level.

### **SENSEI LINCOLN'S MESSAGE**

After a debilitating 2 years of lockdowns in Melbourne, we were so pleased to finally be back in the dojo, albeit with masks from time to time and following the relevant Government protocols at all times.

It is clear that all students who participated in our special "Zoom" classes over the COVID lockdown period kicked off 2022 with vigour and enthusiasm - thankfully we were all able to stay in touch with each other and have a focus over those years other than simply "working from home" or "studying from home".

This year has seen a significant extension to our karate knowledge and this has started to be passed on to all grades where appropriate within the dojo, especially senior students who are realising the depth to our karate is more than we have ever known or been exposed to.

It has also been great to reconvene for our Annual Training Day for the first time since 2019 and share an entire day of high intensity training, learning and camaraderie. Congratulations to all who attended, participated and assisted on this important day for our dojo.

As your instructors commence their 43<sup>rd</sup> year of training, we not only look forward to sharing our knowledge but learning from all of you as well - and hopefully never running another "Zoom" class again !

### **IMPORTANT NEWS: FEES**

Once again, this year there will be no increase in training fees or Membership Fees. Our monthly training fees have not increased for 12 years, and the time before that was 5 years.

Please note that Monthly Training Fees are payable EVERY month except January. We do not charge extra fees when there are 5 weeks in a month, or give discounts for part months such as December. We have been able to keep our fees low by doing this. If Members do not want to follow these arrangements, then we will put our fees up. We know that other karate organisations

charge up to double what we charge, and the classes are full of students, making for large profits. We are a not for profit club and therefore we can keep our fees low.

As a reminder, this is our fee structure:

**MEMBERSHIP FEES & PERSONAL MARTIAL ARTS INSURANCE (GST included)**

The Annual Membership Fee is payable on joining and is renewable annually.

**Annual Membership** All ages \$80  
**TRAINING FEES** based on juniors being under 12 years, and adult fees applying 12 years and over.

**Monthly Training fees**

**Juniors** \$65

**Seniors** \$70

*Would all members please pay their fees promptly on the FIRST training night of each month.*

(Which means of course, bring your fees to the first night back in class).

**PAYING FEES**

We accept cash or cheque for any fees. You can also pay your fees via direct banking on the internet.

We bank with BANKAUSTRALIA  
BSB 803-140

Name of Account: Japanese Karate Academy Inc.  
Account Number: 14069239

When making payments please add a description (i.e. Training Fees), and send Shihan a short email ([shushin@bigpond.com](mailto:shushin@bigpond.com)) saying you have made the payment.

**2023 CLASSES START DATES**

**Hillside Dojo (Banchory Ave, Hillside):**  
**Thursday, 2<sup>nd</sup> February at 7.00pm.**

**Westmeadows Hombu Dojo**  
**Wednesday 1<sup>st</sup> February at 7.00pm.**

**Westmeadows Hall Dojo (Raleigh St, Westmeadows):**  
**Monday, 6<sup>th</sup> February at 7.00 pm**

**COMINGS AND GOINGS**

As is usual in martial arts there was the usual comings and goings throughout the year.

We received a large number of student enquiries, mainly from our internet presence, but most people are “shopping” only. A few came to class and left after seeing the karate we practiced. Some stayed

for a few lessons. By far the majority of enquiries were from parents looking to have their children join the club. But these enquiries generally were for children aged between 4 years and 7 years. We now have a minimum age of 11 years to join Shushin Kai.

However, a few stalwarts joined us and continue to practice. Welcome!! I hope you continue to enjoy your journey with us.

We look forward to everybody enjoying and progressing their karate. The year ahead will be positive!!!

I am looking forward to seeing you all back in class .....

Graeme McConnell-Brown  
Kaicho, Shushin Kai Australia  
11 January, 2023

**This is Chan’s Black Belt assignment.**

What Karate Means To Me  
by D. D. Chandralal Somarathna

I see karate as a well-defined framework, which helps humans to discover certain powers they already have inside their mind and body and assists in applying those powers to their everyday life as appropriate. Beyond the use of physical aspects of the body to improve someone’s health and to take care of our self-defence, karate teaches the values a person should carry and develops the understanding on elements that can positively contribute to the society. Karate can reveal many opportunities we have never seen in ourselves; it also helps us to build the boundaries on the things to embrace and avoid.

As I have discovered, many adults who join the karate schools always have the need or curiosity to do so in the early stages of their lives. Certainly, in my case that is very much true, and I have tried many martial art schools in almost every country I have been to so far since I was 16 years old. Due to many reasons, I never had a chance to continue those journeys more than few months at one place. I must admit that the priorities or the

circumstances at different stages in my life overpowered my overwhelming desire to lean martial arts. However, it was always inside me like a dormant volcano.

After arriving in Australia, I was looking for a training school around Melbourne in which to enrol my older son. I came across many places with very strong marketing drives and promotional activities. I visited those places and saw how keen they are to accept new members. For some reason, there was always something missing. I remember, I found "Shushin Kai Goju Ryu Karate-Do" website and was surprised that it appeared to be the closest place I had found so far but had never seen any advertisements anywhere apart from the website itself. I remember the first day I went to the Hillside Dojo to talk to someone with the intention of getting more information. In my mind, I had already organized one day a week to karate for my son as he was already committed to other activities and tutors during the week. I was watching the students coming in practicing and getting instructions from Shihan and other seniors even before the class is started. When I got the opportunity to talk to Shihan, he explained me the way and the expectations of the school. His words were very strong and showed the commitment from his side. Although I wanted to join immediately, I was heartbroken as we were not accepted unless we could commit to the trainings at least two days a week, for which we were not prepared for at the time. Few months went on and my desire to get my son enrolled was getting stronger and stronger. In the end, I organised everything for my son to commit to two days trainings and spoke to Shihan for the second time. The moment Shihan indicated the possibility for me also to join the trainings with my son, something that I had always wanted started bothering me and pushing me to do so. I knew it was something I was missing and realised, this is the opportunity to achieve it. After all, in my forties, I got that opportunity and committed my time and energy to something I always dream of.

I am so glad that I managed to continue my karate journey at "Shushin Kai Goju Ryu

Karate-Do" over the past few years to reach the black belt grading. In this special juncture, I want to thank Shihan Graeme and Sensei Lincoln for giving me an opportunity to be part of this great club and helping me to learn this special art with them. I extend my thanks to all the blackbelts past and present and other seniors who were continuing to be there to support and clear doubts every day during the trainings. I also want to thank all the juniors in the club who have been working with me on their lessons and asking questions as that has also helped me to challenge myself to look for proper answers or explanations to my own knowledge as well.

After almost every training session, I wonder, how and when I will be able to feel calm, natural, and disciplined when performing Katas and Kumite. The more I train, the more I find areas to improve. After continuing for a few years, now I am at the edge of the blackbelt grading. This tells me that, now, I am getting ready to learn karate