



**ALL AMERICAN GOJU RYU MEIBUKAN CANADIAN HEADQUARTERS
SHIMBUN FEBRUARY 2004**



OKU MYO ZAI REN SHIN

*The are no secrets in Karate other than those revealed by having a good heart.
(Meibukan Dojo Kun from the Brush of Dai Sensei Meitoku Yagi)*

MEMORIAL DAI SENSEI PASSES AWAY

*On Saturday February 7th it is the first anniversary of the death of our Grand Master
Yagi Meitoku. Let us all remember him warmly in our hearts.*



*Dai Sensei Yagi Meitoku
(1912-2003)*

Editorial Note

The promised Chinese Origins of Goju Ryu Karate: Part II has yet again been postponed. This time for a good reason. It will be published in an online magazine that Sensei Lex Opdam will be producing and therefore cannot be presented here. Feel free to ask the editor for a glimpse at his findings. The interview with Sifu Bob Kho is still in the works.

Article

Karate is also Etiquette!

By Matt Ravignat

Karate is not just an effective method of self-defense it is an art which teaches self-confidence, humility and virtue. Etiquette is an important part of learning how to be a good martial artist. We should emulate how our martial arts ancestors understood *Budo* or Wudi (Chinese), roughly translated as: The Way of the Warrior. You may be able to fight like a *Karateka* but can you be virtuous like one. Nobility is in the spirit and mind not in the body. To help you understand Karate Etiquette I have compiled the following terminology and guidelines. Please be an example to others and follow these guidelines strictly. If you start with yourself than others can only follow.

GENERAL ETIQUETTE TERMS USED

The following terms should be used by all students in the Dojo:

o negai shimasu

teach me with humbleness

domo arigato gozaimashita

thank you very much

o negai shimasu

teach me with humbleness

domo arigato gozaimashita

thank you very much

hai

yes I understand

seiza

kneel

mokuso

meditation

hajime

begin

yame

halt

dojo

training place

shomen

shrine at the front of the dojo where the symbol and pictures of the masters of the school is displayed

mawatte

turning

otagai

each other

naotte

returning to original position

kiritsu

straight standing position

yoi

ready position

kiotsuke

standing straight at attention

kamae

on guard position

Ipo atu

single step back

Nipo atu

two steps back

Shihan

master

Sensei

teacher, there is only one Sensei in a Dojo.

Senpai

senior student, there are many Senpai in a Dojo

Kohai

junior student

The following rules should be followed at all times when in the Dojo:

- Your *Gi* (uniform), *obi* (belt) and person should at all times be clean and presentable. Your *obi* should be properly tied with the knot at the center of your body. Your finger and toe nails should be trimmed (they are very sharp and may cut others).

- Bow toward *shomen* (shrine were there are the pictures of the masters) when entering or leaving the *dojo* and training floor.

- Remove shoes and socks and jewelry when preparing to train.

- Bow and show respect to *Sensei* and *Senpai* before and after they talk to you. Acknowledge

what they say and show that you understand and will comply by saying *Hai Sensei!* or *Hai Senpai!*

- It is courtesy to bow before and after training with someone and to say *O Negai Shimasu* and then *Domo Arigato Gozaimashita*.

- When *musubi*(line up) is called, move **quickly** to your place in line and immediately cease all conversation...it is now time to train.

- When doing *kata*, be conscious of others around you. Always make room for higher ranking students during *kata*.

- Make yourself useful and help clean the *dojo* before and after practice.

- Never lean on the wall when sitting down watching a demonstration.

- Do not cross your arms while watching a demonstration; place your hands behind your back or at your sides. Crossing your arms in front of your chest is a sign of disrespect.

- Do not talk while *Sensei* or *Senpai* are talking; instead, pay attention to what is going on, it is probably very relevant to your training.

- **Always remember: the *dojo* is where you train your mind and body to excel; treat yourself and all those in the *dojo* with respect!**

Reports

New Dojo: Edmonton Traditional Karate Association!

Senpai Yves Paquette Sensei Chan's most senior student has been able to open up a new club called the Edmonton Traditional Karate Association. Congratulations Senpai! His website may be found here:
<http://www.edmontonkarate.ca/>

Christmas Party 2003!

The Christmas party was held on December 13th at the Beacon Hill Community Centre and was a resounding success. Approximately 70 people attended. This included friends from other

martial arts schools such as Sifu Kiem Hoo Lee, Paul Davidson and Marc Carrier.

Commemoration Booklet Dai Sensei Still Available!

At Sensei Chan's request Matt Ravignat editor of this *Shimbun* and one of Sensei Chan's senior students has compiled a commemorative booklet with all the information he could find on Yagi Meitoku Dai Sensei to honor him for his passing last year. It includes a forward about our own Meibukan history. Cost for professionally printing a copy for you is 9\$. Also, the All American Meibukan-Canada has picked up the taxes for you to lower the cost.

Pins Still Available!

The **pins** are small professional looking lapel pins with a gold Meibukan symbol on black. 5\$

GTKA Grading February 2004

Dan level

Shodan:

Mark Polan, Lucas Bloess



Kyu Level

3 kyu:

Bill Carman, Jessica Carman, Connor Berry

6 kyu:

David Berry, Stefan Peev, Nicolas Porter, Alexandra Juneau

9 kyu:

Bill Peev, Slav Martinov

