



Oh Wonderful

Karate

Message From Founders



Saiko Shihan Y. Oyama:

OSU, Brother! How are you?

Soshu S. Oyama:

OSU! I'm fine. Up and down, you know, but o.k..

SSYO: You have to take better care of your body. Anyway, finally we can start the newsletter. So we need to give a message to all the members of the World Oyama Karate Organization.

SSO: It's very important to explain what World Oyama Karate is. Make sure all Shihans, Shihan-Dai, Senseis, Sempais and fellow students know



what are the special points of World Oyama Karate. Make sure they all understand all that is written in Karate Kyoten, Volumes 1, 2, 3 and 4 [Note: Volume 4 will be published in English by the end of summer, 2003.]

SSYO: Well, I hope all the Black Belts are constantly refreshing their knowledge of KIHON (basics). Most likely the Black Belts will say they know KIHON (basics) when you ask about this, but they must be able to explain it to anyone. If they can't do this, then they don't really know it.

SSO: Well, we put in the books that everyone should read the Karate Kyoten books over and over again, but sometimes the top-most students and instructors are the ones who don't read them! They just leave them on the back seat of their car or in a desk drawer to collect dust!

SSYO: I think the Karate Kyoten books are very revolutionary. In ancient times, a master teacher would never teach a student all the fundamental techniques - all the fundamental punches, kicks, and blocks. In those days, the master would teach only a very few KIHON WAZA (basic techniques) over and over and over again. He would always observe the student's character, spirit and body condition. After a long period of teaching, he would add just one or two more techniques. This was a very deep teaching process. In these modern times, most karate styles show all the basic techniques in a very short time. And the student just stands in one place and tries to understand all these KIHON WAZA (basic techniques) as he just punches, kicks and blocks in the air. The student may stand in SANCHIN DACHI (stance with one foot just ahead, toes pointed in), HEIKO DACHI (stance with feet parallel) or KIBA DACHI (horseback stance) as he executes these techniques, but always standing in just one spot. Then the teacher will say, "Oh, basic technique very important!" But this is totally confusing to most students when it comes time for KUMITE (fighting), because they are not taught the relationship between KIHON (basic technique) and KUMITE (fighting). With this teaching method, the student cannot understand the connection between the two. To train well in KIHON (basics), the student must first learn the special points of each technique and the reason it is done this way. For example, "What is the good position for the knee when executing HIZA GERI (knee kick)? Or MAWASHI GERI (roundhouse kick)? Why? How do you use the upper body? Why? Then the student must train making contact with the technique. Without contact, you will never understand the purpose of the technique. Without contact, there is no way that the technique will ever fit your body. Then the student must train

Message From World Oyama Karate Founders Continue

with the technique using movement. The student must practice the foot work that will make the technique effective in real fighting. The student must practice one technique with one KOKYU (breath). This is KIHON (basics) training.

SSO: In most Karate styles and even in the whole world of Martial Arts, the teachers like to make their art "mysterious". They love to exaggerate this. Or maybe they do this because they do not truly understand the meaning and purpose of what they are teaching. This is what makes Karate Kyoten Volumes, 1,2,3, and 4 so extraordinary. These books actually take us back to the

original training style of ancient times. These books are the connecting bridges between ancient and modern training! All World Oyama Karate members should be very proud of these books. So that's why I'm telling all Shihan's, Shihan-Dai, Senseis and Sempais to read these books over and over again, sweat and explain the contents of these books to their fellow students! This is the teaching of the ancient masters!

SSYO: So, every 3 months a student should learn the fundamentals of a new book of the Karate Kyoten Volumes 1 through 4. This means that the student should take approximately one year to learn all the fundamentals

Tournament Report



Saiko Shihan, Shihans Manny, Jose, Ron, Paul, Shihan Dai Perry and Sensais



Sensai Masa vs Sensai Javier

The **2003 Ultimate Challenge Tournament** held in Birminham, AL on April 26th was so exciting that every one of the over 1200 spectators in attendance, including the former Governor of Alabama, Don Siegleman, were standing, cheering and biting nails as the final match for first place was fought by two outstanding and well respected fighters. The man on top was Sensei Masa Takahashi from Japan, with Sensei Javier Perrochione from Uruguay grabbing a close 2nd place. Both fighters fought hard, displaying dynamic spirit and skills. In the end, Sensei Masa prevailed Sensei Javier in overtime.

The results were:

Heavyweight Division:

- 1st Place: Masa Takahashi - Japan
- 2nd Place: Javier Perrochine - Uruguay
- 3rd Place: Jonathan Elliott - Indiana

Lightweight Division:

- 1st Place: Marek Chyczwshi – Poland
- 2nd Place: Alonzo Jackson – Georgia
- 3rd Place: Brent Smart – Georgia



Soshu, Saiko Shihan, Shihan Manny, and Sensais Denis and Sakai

The June 14th, 2003 **Montreal Tournament** was directed by Sensei Denis Cordeiro. The Judging was by Shihan Manny Matias and Sensei Sakai with Soshu in attendance. The tournament had many participants, including two different kinds of Kyokushin organizations. Everyone participating had great attitudes and spirit.

The results were:

Heavyweight Division:

- 1st Place: Javier Perrochine - Uruguay
- 2nd Place: Ricky Cordeiro - Connecticut
- 3rd Place: Robert Poirier - New Brunswick

Middleweight Division:

- 1st Place: Carlos Morfat – Connecticut
- 2nd Place: Mauro Franco – Quebec
- 3rd Place: Dan Lachance – Connecticut

Lightweight Division:

- 1st Place: Alonzo Jackson – Georgia
- 2nd Place: Chris Gonzales - Connecticut
- 3rd Place: Jean-Francois Legault – Quebec

Message From World Oyama Karate Founders Continue

of World Oyama Karate. Well, honestly it is possible to do this, but to really train enough to make all these techniques fit your body - this is very hard. By the end of a year, the student should be familiar with the techniques, but then the student must train hard in these techniques to know and understand them deeply. This is the training at the Green Belt level. When the student gets to this level, training deeply in the KIHON WAZA (basic techniques), then he will learn what he needs to work on most. Through this deep training, you can understand your body condition, your weaknesses and your strengths. This is how you truly discover yourself. This is why KIHON training is very important. It is fundamental.

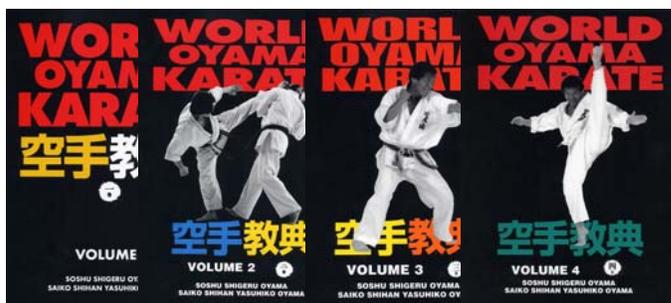
SSO: Now I want to address Branch Chiefs and Instructors. Whenever you have promotion, always check to make sure that the student has all the Karate Kyoten books up to that level. If the student doesn't have these books, then he or she cannot go through promotion testing. Also, every student at Orange Belt rank or above must have the Perfect Karate book.

SSYO: I think these are fundamental requirements for the entire organization. Already they are doing this in Japan. They are doing very well on this point.

SSO: Well, I'm glad we've started writing this newsletter for the World Oyama Karate Organization. The students should appreciate this. I like this title "Oh, Wonderful Karate!" Karate really is wonderful!

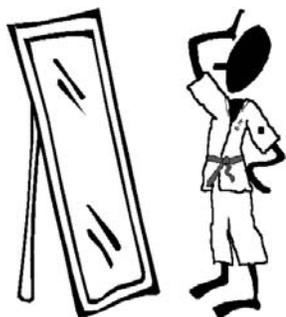
SSYO: I will try to write this newsletter quarterly. It will sometimes have a message from you and sometimes a message from me. It will also have a chapter from your biography, "The Bouncer" and a chapter from my fictional Karate story. I haven't decided for sure on the title of the fictional story, but the working title is "Zac's Story." I think everyone will be able to identify with it. Every dojo has this kind of story. There will be lots of other information in the newsletter, too, like explanations of technique, essays, interesting pictures and news of current events in the World Oyama Karate Organization - even some of our old memories! Anyway, Brother, you take care of yourself. You've got to take care of your body! I love you!

SSO: Ha! Ha! Alright then, let's DO IT! ACTION!!



All instructors, all members should have all four Kyoden books. Promotion tests all come from these Kyoden books.

Magic Mirror - 野次馬 ...(Rubberneck)



Me: Mirror, mirror on the wall, what do you think of Hillary Clinton's new book?

Mirror: We don't discuss politics. We only talk about karate, remember that.

Me: But I'm really curious. Humor me just this once please. What do you think Hillary's true ambition is?

Mirror: She wants to be President of the United States. She's been setting herself up for this one goal all her life. That's why she tried to downplay all her husband's scandals, and behaved so calmly.

Me: I haven't read her book. But according to the news she mentions the Monica Lewinsky affair in the book. I think Bill Clinton had many affairs before that one. Don't you think she knew about Jennifer, Paula and the others?

Mirror: Of course she knew it. But she coolly calculated her behavior in order to downplay Bill's other affairs in the hope that the American people would forget about them.

Me: So, she thinks we're dumb?

Mirror: Well, I don't know. But she knows we're not too smart.

Me: So she's been planning her agenda all along. And this book is just an effort to clean up a little dirt.

Mirror: Yeah, you're right.

Me: I just don't understand how she can stay so calm and self-controlled. Seems like she has ice water in her veins.

Mirror: She knows the mass media and the general population very well. And she knows how to control them.

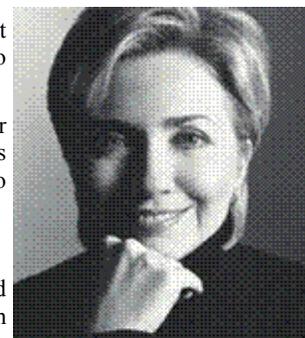
Me: So you think she's going to be president sometime in the future?

Mirror: Well, I can't answer that now. But, she does have a chance if she takes Oyama Karate lessons.

Me: Oh! Yeah, I can understand that.

Mirror: Next time you just ask karate questions. You understand?

Me: OOOOOSSUU!



秘伝 Champion's Tips - 握り三年



Soshu Breaking two concrete blocks using seiken

In each newsletter there will be a discussion of one important point of World Oyama Karate. By reading these articles you will get advice from Soshu Shigeru Oyama or Saiko Shihan Yasuhiko Oyama that you will not find anywhere else. That is the purpose of this column. NI GI RI SANNEN

- by Saiko Shihan Y. Oyama

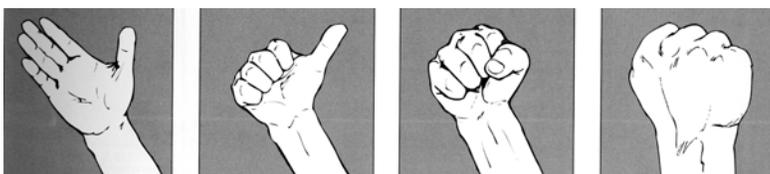
I hope you have your Karate Kyoten books, Volumes 1-4. Also, hopefully you have the book Perfect Karate. If you have Karate Kyoten, Volume 1, refer to page 11. If you have Perfect Karate, refer to pages 16 and 17.

How do you make a fist? This is a very simple thing, and yet it is also very difficult. Many martial arts organizations use the SEIKEN fist mark to show the power of the organization. SEIKEN (the fist) is the symbol of power. This is true even for people outside of martial arts. When someone shakes a fist at you, they are saying, "I'm going to get you!" Even when a baby is born, it comes out making fists. (And the baby comes out with a loud KIAI, too!)

From ancient times there has been a proverb, "NI GI RI (make a fist), SAN NEN (three years), TA CHI (stance), SAN NEN (three years), KIHON (basic techniques), SAN NEN (three years)." Three years means about 1000 days. So in other words, when someone first arrives to take lessons at a World Oyama Karate DOJO (school), the SENSEI (instructor), for example SENSEI SAKAI, might say, "Yes, may I help you?" Suppose this is a young 20 year old man. He might say, "Yes., I'd like to take lessons, but I want to know what kind of program you have. What is your system?" SENSEI SAKAI would reply, "Well, we are a very

traditional Japanese style Karate." This would be very exciting to the young man, and with eyes shining, he would say, "Oh, I like the idea of learning a traditional style! Explain this to me!" SENSEI SAKAI would say, "Well, just to make a fist takes three years. Just to stand up a certain way takes three years." The young man would surely say, "Oh..... well.... thank you very much anyway." And out the door he would go. This is just a story I use so that you can understand. SENSEI SAKAI would probably actually say, "Come...Take free trial lesson!"

I think even in ancient times, say 200 to 300 years ago, when someone came to an ancient master and said, "I want to learn Karate. Please teach me," it was much the same. If the master said "Just make fist - takes three years," then nobody even then would take lessons. This is especially true today. Now technology has developed and has become part of our daily lives - computers, cell phones, cable television, etc.. We get information from everywhere about anything, anytime - 24/7. Everything about our lifestyle is so fast. Because of this, humans do not have patience anymore. People want immediate results - right NOW! So if we were to say it will take three years, 1000 days, day and night, just to make a fist, then nobody would be excited enough to take Karate lessons. I think the



Proper way to make a fist (seiken)



If your knuckle is weak, even your wife can break it

秘伝 Champion's Tips - 握り三年

ancient proverb is a symbolic expression of what it takes to make a good fist. It doesn't mean to just practice, practice, practice only to make a fist. Of course, in DOJO training when you hit arm guards, punching mitts, sand bag, or your partner's chest protector, if you don't make a good fist, you will hurt your wrist or your fingers. You realize right away how important it is to make a good fist. So, even if the instructor doesn't say, "Make a good fist!" you know anyway that it is important. You can learn the hard way or you can learn the easy way. But, if you don't make contact during training, for example during KATA training or when you punch the air, it is easy to make a sloppy fist. So that's why you need to train making the fist not just during contact time and not just in the DOJO either. Take the opportunity to train throughout your day - sometimes when you're driving your car, sometimes when you're watching TV during commercials, sometimes when you're in an airplane. Any time can be a good time for a little training. If you think back to when you

first started training in Karate, you will remember that when you made a strong fist, your shoulder became tight and then your whole body became stiff. This is proof that just simply making a fist can change the comfort and coordination of your whole body. This is why you should practice making a fist at every opportunity, not just during training at the DOJO. With enough practice, making a fist will fit naturally with the balance of your entire body. That's why they say "NI GI RI (make fist), SAN NEN (three years)". Don't worry that World Oyama Students have to spend three years making a fist. It is not easy to make a perfect fist. It takes a long time. Just appreciate the fact that you have fingers and arms. Just train, train, train! As you can see in any other sport, the grip is very important. For example, in baseball, how to grip the bat is very important. In golf, how to grip the club is very important. This determines how well you keep your balance. Many Karate students want to learn a lot of flashy techniques. But what is most important is the basics of

The Road to Japan by Shihan Dai Perry Burnett

The first time I met Saiko Shihan was at a clinic and I was a White Belt. I had a Black Belt from one of those two-years to Black Belt, point system, light-contact schools. I thought I knew something about karate; but as I would find out at that clinic, I was very wrong. Saiko Shihan knew about my previous experience and he came up to me and did a foot sweep that I never saw coming. It put me on my back on the floor. He pointed at me and said "That kind of technique will never work here". I loved it. I thought it was cool. I was hooked.

As Black Belts in World Oyama Karate, we all have similar experiences on the path from White to Black Belt. Of course some people are unique as students and really stand out but my experience was probably average. As I look back now, what I loved the most about that time was the wide range of emotions I went through anger, fear, joy, shock, pride, and disgust at my limitations. Sometimes I felt that getting a Black Belt in World Oyama Karate was impossible; it just couldn't be done. But it can be done and it changes you. And it changes your character.

After I received my Black Belt, I was proud confident and excited. But my bubble soon burst when Saiko Shihan pointed out to me that getting a first degree Black Belt is just the beginning. As I began to help out around the dojo and assist in classes taught by Saiko Shihan and other instructors, I started to realize that the idea that I was just at the beginning was true. Since I had made it that far I decided to hang in there and just keep going. After a short time I begin to have a lot of questions building up inside me, like what makes a really good fighter and how does a Black Belt become an instructor. I was also curious about Japan. I often wondered what karate was like over there, what kind of place did Saiko Shihan come from and what kind of background does the Organization have so I thought I would just ask Saiko Shihan and he could tell me. I

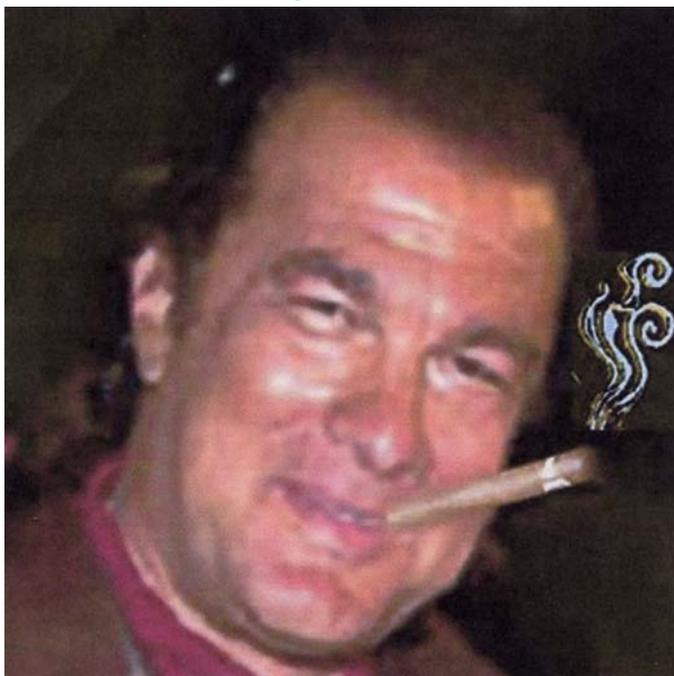


Shihan Dai Perry in 1992

got my bubble burst again because Saiko Shihan got mad and said "Don't ask so many questions, keep your mouth shut and just show lots of action; just sweat and just do it". Pushing the limits a little and definitely walking on egg shells, I tried one more question: "What will all this sweat and action do for me?". This time Saiko Shihan didn't get mad which was good, and he didn't kill me, even better. What he did do was sit down and talk to me. "It's like this:

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Budo Boy - Interview



Hi! I'm World Oyama Karate's famous roving reporter at large. My real name will remain a mystery (for security reasons), but you can call me 'Budo Boy'. I'm between five and six feet tall. I weigh between 150 and 200 pounds. I'm a hunk and a hottie and my mirror says I have the hardest body of all. And the prettiest face. I've been training for a long time and I've competed in a few tournaments. (We won't discuss the results.) If I were to reveal my true identity girls would be calling me day and night. And I don't think I can handle all that attention.

Anyway, I'll be interviewing famous martial arts movie stars and other celebrities. That's how I got this job. I can land an interview with anybody.

So, here I am in L.A.! It's nice here. The air is not as humid as back in the Southeast, but it's more polluted. Why am I here? I'm here to interview martial arts legend Steven Cigar. I made the drive in three days.

Now I'm driving around Hollywood Hills looking for his home. It's not like back home. Everybody's driving Rolls Royces, Ferraris, Mercedes, Jaguars and the like. Quite a contrast to my sexy red Toyota pick-up truck. I guess a normal guy would feel out of place. Not me. Oh! There it is. I found it! Destination in sight. Big house!

So I walk up to his enormous front door. I can't find a doorbell but I see a large knocker which looks a lot like a ring a bull wears in his nose. The place looks like a movie set, makes me feel like I'm already in the movies (as an extra, maybe).

I knock three times creating a loud deep echo, but nobody answers. So I knock again, this time using the old reliable Seiken Tsuki. The door shakes violently. Finally, this huge guy with a tough looking face opens the door. He's all puffed up like a blowfish, trying to show off his muscles. But I can tell he's out of shape.

"What do you want?" he snarls as deeply as possible. "I have an appointment to interview Mr. Cigar. I'm with World Oyama Karate", I inform him.

"Wait here!" he commands. Then turns and walks away unpuffing himself with relief as he goes.

I wait.

Finally, he returns all puffed up again.

"Follow me!" he growls.

I follow.

The house looks even bigger on the inside. The long wide hallway is adorned with Samurai armor (Yoroi) and a fabulous collection of weapons of all kinds. How can he afford all this stuff? I wonder. Well, never mind.

I enter Steven's private study. It's full of books, videos, DVDs and all kinds of neat stuff. I turn and look towards a large bright sunlit window and make out the silhouette of a large man sitting behind a desk, his feet propped up on it. Because of the bright light behind him I can't see clearly, but he appears to be wearing what looks like black pajamas.

"Welcome! Welcome!" he says. "Please have a seat." I sit. "I've heard a lot about World Oyama Karate and Soshu and Saiko Shihan Oyama." "You know, I tried to challenge a lion to fight once, but the SPCA said I wasn't allowed to harm lions, I'm too dangerous. Ha! Ha!" "I love animals, anyway" he adds.

I notice his stomach shaking when he laughs. At first I think it's just his baggy clothes, but then I'm not so sure.

B.B.: Thanks for granting me this interview. I've heard a lot about you. You have quite a reputation. Bet you also have a headache too, don't you?

S.C.: No. Why do you say that?

B.B.: You have your eyebrows all crunched together, like you have a really bad headache.

S.C.: I always look like this.

B.B.: Do you always have a headache?

S.C.: No, I don't always have a headache. I just take myself very seriously. I'm a serious man.

B.B.: Oh!

S.C.: You have ten minutes. Don't waste them.

B.B.: How did you get started in the martial arts?

S.C.: Well, when I was young I heard a lot about martial arts. I was intrigued. But, being a serious man, I wanted to learn the real stuff. So, I went to Japan to study Aikido. I trained 24 hours a day. I trained harder than anybody. Even in my sleep I trained. You know what I mean?

B.B.: No. I don't. You have to sleep. Don't you?

S.C.: I might sleep but my chi never does. My body sleeps but, mentally and spiritually I'm always alert. Know what I mean?

B.B.: No. Sorry, but I don't understand.

S.C.: (Abruptly stands up and slaps his hand on his desk.) You haven't trained enough yet. Some day you may understand.

B.B.: (I notice when he stands up, his big belly pushes paper around on his desk. He looks fat.) Osu! Maybe you 're right. Someday I'll understand.

S.C.: (Sits down and exhales loudly.) O.K. give me another question.

B.B.: My instructor tells me when you punch you need a good stance. About one shoulder wide and one shoulder deep, weight concentrated on the balls of your feet, knees bent and waist low. You also need Tame (waist and body turned to store up energy before you strike.) But in your movies you just stand up straight and move nothing but your hand and yet your punch sends your enemies flying across the room where they collapse in a heap on the floor. Is this some secret technique or just movie stuff?

S.C.: What do you mean stance, tame? If I unleash my full power people will die. (He moves his fist as if punching, causing his flab to jiggle. Embarrassed, he stops suddenly.) Next question!

B.B.: Well, Soshu and Saiko Shihan always teach the importance of posture (Kamae) and balance before, during and after each technique. But sometimes I see you kick moving only your kicking leg with the rest of your body completely uninvolved.

S.C.: Well, if I used full power I could kill somebody. Even a bear!

B.B.: A real bear or a Teddy Bear?

S.C.: What do you mean? A REAL bear!! Are you trying to make fun of me?

B.B.: So, in other words, your stunts are all fake and your fighting is no different than, say, 'Charle's Angels'? Its all just acting, right?

S.C.: (He pounds his fist on his desk) They use special effects and stunt doubles. I do everything myself. Don't compare me with a bunch of girls.

B.B.: But they are beautiful, don't you think?

S.C.: (He jerks forward, eyes opened wide and gleaming.) Yes, they are beautiful. Now, that was a good question.

B.B.: Mr. Cigar, that wasn't really a question. That was just my opinion.

B.B.: Do you train every day? Do you dedicate your self to your art everyday?

S.C.: Well, I train every day but only for four to five hours. I meditate for one hour every morning. Sometimes more.

B.B.: Mr. Cigar, lately your body had gotten bigger. Is this muscle or your *Bu Wa Sugata Mari* (warrior's physique) or just fat? If you train four to five hours a day your physique should reflect that. So says my instructor.

S.C.: Well, I emphasize meditation these days. My body may look fat but underneath lies a frame of tempered steel. Anyway, your ten minutes are up. End of interview.

I have more questions but his eyes look spacey like he's dreaming. I'm ready to leave anyway. Steven picks up a dainty little bell from his desk and ding-a-lings it. His eyes close and his breathing becomes heavy. I wonder if he's meditating or asleep. His snoring answers my question. Now he's wasting my time.

"Mr. Cigar, thank you very much but I need to go now."

He starts with a snort "Huh?" "Where's my bodyguard?"

He rings again until his burly bodyguard appears at the door and comes in. "Yes Boss?"

"Show this man out, Hans" says Steven.

I thank my Host once again and take my leave. I climb back into my truck and the real world glad that I'm not a movie star. I already miss the dojo and REAL training.

Well, that's about it for now. But you'll be hearing from me again as soon as I can con another celebrity into granting me an interview. Remember, don't talk, just sweat! So says Saiko Shihan.

..... Continue from page 5

most people believe that karate and martial arts are in the mind and it's about meditation and things like that, but its not; you have to move your body, sweat a lot and push to your limits and then push a little more beyond that, then a lot of stuff will start to just come to you and you will get to know your body." "At that point you start to reach for the next level, that's the way to go." I said "Osu!" and "thank you" and I quit bothering Shihan with questions and just kept training.

One night after class and a lot of sweating, Saiko Shihan and I were talking and somehow the subject of Japan came up. I told him I had always been curious and would love to visit Japan some day. Saiko Shihan got very quiet and looked very hard at me and I thought, oh no, I've done it again. Opened my mouth when I should have just been nodding and saying "Osu!" But, then he surprised me and said "I can send you; you would have something like a job teaching class and helping in the dojo and the Shihan there would take care of your food and place to stay, but you would have to commit yourself to at least one year." "It will not be like you think. It will be very hard and you won't want to stay and you will want to come home, but I can set it up for you."

I had been staying at the dorm with the uchi deshi at that time but when I left the dojo that night I drove to my mother's house because I was very excited and I wanted to tell her what Saiko Shihan had said. After we had talked for a while she said "you will end up going to Japan, I can tell, you will see." The very next day I went to Saiko Shihan's office before class and told him I wanted to go to Japan, he seemed a little shocked but said "when", and I said "as soon as possible". He said that he could set it up but he did not know when I could go and that I would have to be patient and then he sent me out of his office. But before I even got out of his office his phone rang and it was his friend from Japan calling him. I shut the door behind me and as I walked down the stairs I heard my name being said a lot in his conversation in Japanese. Before I made it all

the way down the steps I heard Saiko Shihan slam the phone down and yell to me, "you can go to Japan anytime you want, get up here now". In less than 24 hours from our first conversation on the subject it was a done deal. I was on my way to Japan.

To be continued.....

Headlines in Upcoming Issues

- * 秘伝 *Champion's Tips*
- * *Bouncer - Soshu's Biography*
- * 空手物語 *Karate Monogatari - Saiko Shihan's New Novel*
- * 五輪書 *Book of Five Rings - Translation by Saiko Shihan*
- * *Interviews, Messages from Founders, etc.*

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1986 New Year Day training at Kyokushin headquarter with Mas Oyama