

## **Newsletter from Prefectural Headquarters of Gifu District**

Nonprofit organization approved by Japanese government  
Official web site of Karate Shoto League - <http://www.fsinet.or.jp/~jks-gifu/>

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The moment they stepped in the holy place, they transformed themselves as if they were heroic characters. Winding up the game with their playmates quickly, switching off the luring TV, and overcoming such temptations and breathing a white breath, they reached here again today. This is the room with dignity and tension that do not exist in daily life.

The empty dojo is as cold as the outdoor and the floor is as cold as ice. But the hospitable teachers and good friends are waiting there. Soon both the body and mind are warmed up, sweat surges and bodies hit one another. The room filled with excitement that sent a lot of memories is now closing for this year soon.

In comparison with the ever changing scenes of streets and our lifestyles they are making steady progress in this room which has been left behind and unchanged. They are able to make sure of themselves because this is the place that does not change.

I have heard a phrase that 'Karate is both old and new.' When we apply this

word to karatedo from various directions, we are interested and can make a new discovery.

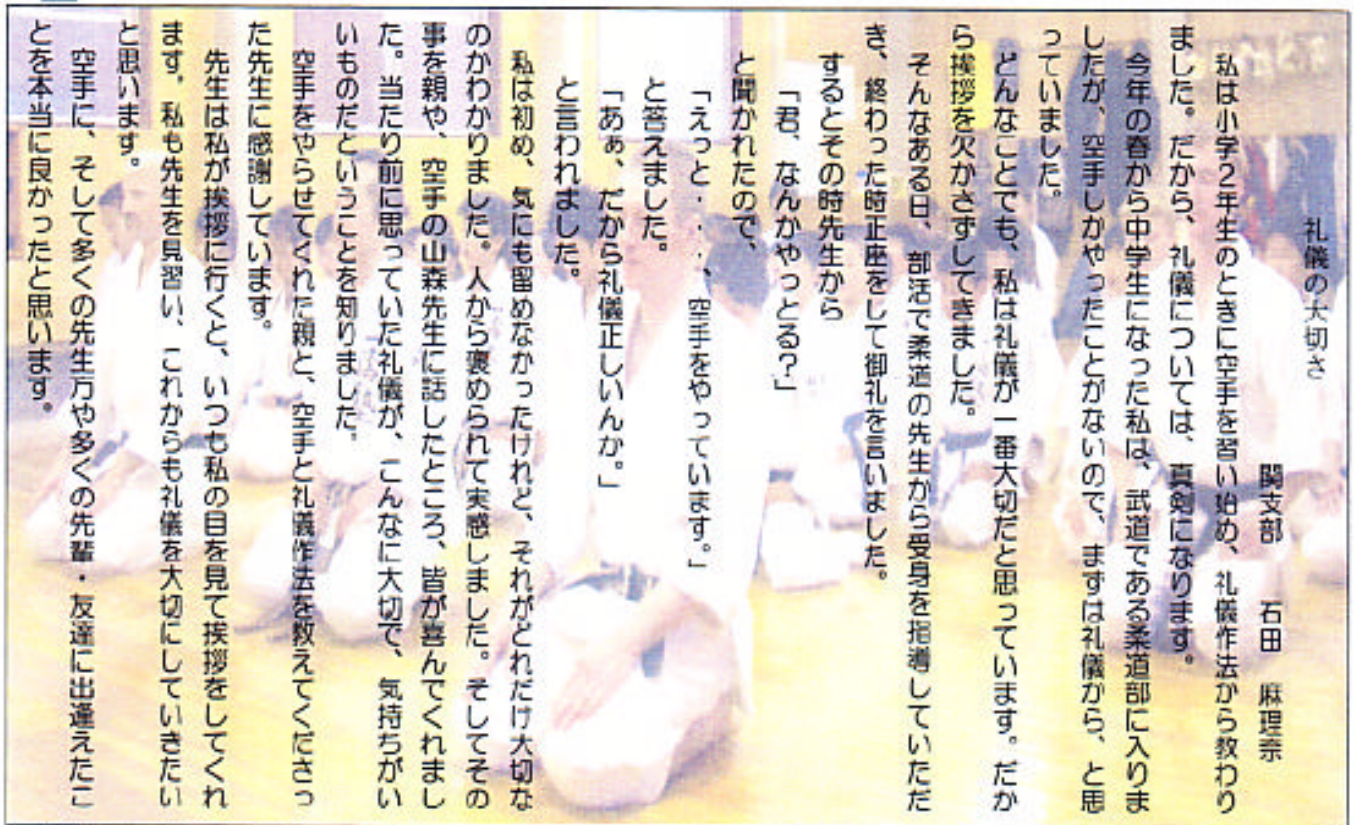
They jump into their mothers innocently as they finish training. They must feel released from an alien space.

As we saw them off and looked around the dojo in pure silence, we found the windows wet with white dew that reminded us of the children who were so enthusiastic. Looking at the drops of dew flowing down on the windows quietly, we wished this room unchanged everlastingly, and so finalized the last training for 2005.

## A Letter

### Importance of Manners

by Mārīna Ishida, Seki Branch



I started learning Karate with manners at the second year of elementary school. So I am always serious about them.

I joined the club activity of Judo, one of the marshal arts, at this past spring when I entered junior high school. Since I had no knowledge of judo but of karate, I was thinking of manners as the first priority.

I always think the manners are most important of all so I never miss greetings.

One day I had a training from the teacher of judo at the club activity and as I finished it, I sat erect with my legs folded under me and thanked him. Then he asked me "Are you doing anything?" "Yes, I am doing karate" I replied. "That's why you have so good manners" he said.

I didn't care about what he meant at first but gradually knew how important the manners were. I realized it when I was praised by others. As I told about this to my parents and Mr. Yamamori, instructor of karate, they were all happy. I understood how important and comfortable were the manners which I was thinking as a matter of course.

I appreciate my parents who gave me chances of learning karate and my instructors who taught me karate and manners.

Whenever I go to my teachers for greetings, they respond to me by looking into my eyes. I want to follow them and keep in mind the manners are most important.

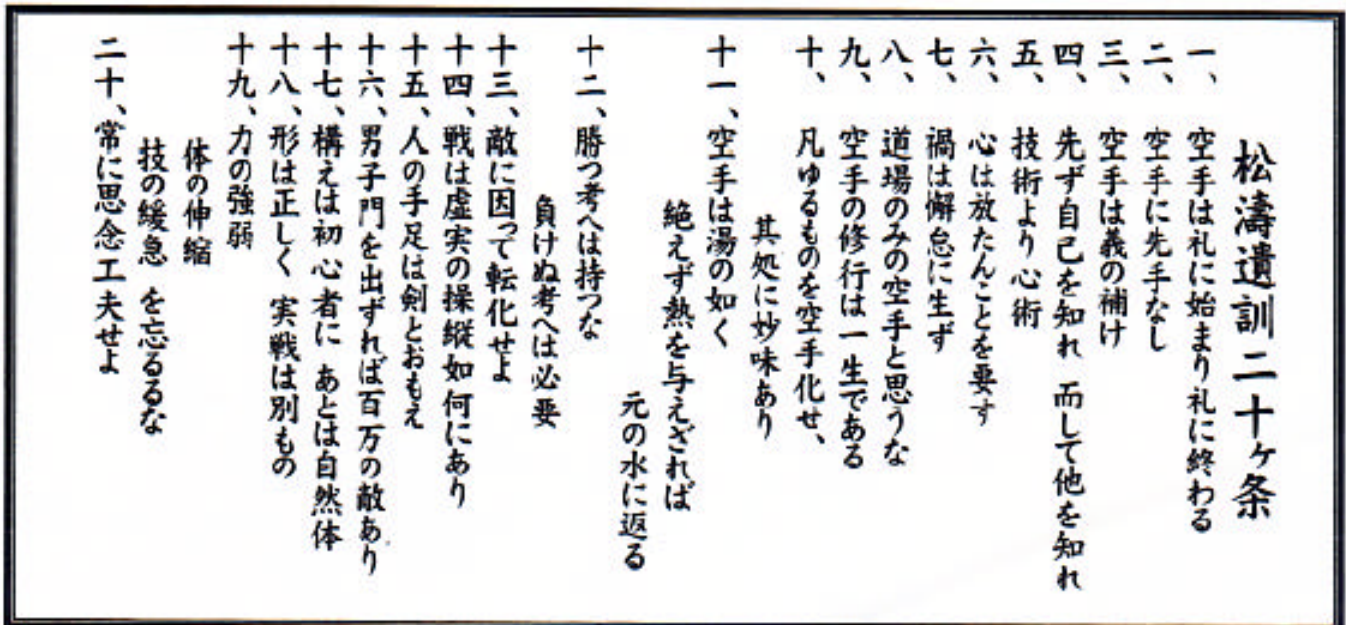
I am very happy to have met many good teachers, senior members, and friends as well as karate itself.

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A letter titled as "Importance of Manners" reached the public relations office and gave us the opportunity of thinking of the importance of manners which we easily say are "Important and important", and of rethinking of our own karate. We understand the importance in mind, but when we are asked if we really practice them with seriousness, we hesitate to affirm.

The marshal arts which were invented and systematized as the art of fight a long time ago have been sublimated to the "means of human education" or so-called the modern "marshal arts" in these peaceful days. They are featured with a premise on the "counterpart" and a wide sociability. While we confront the problem of "dehumanization" as the aftereffect of the development of communication technologies such as cellphone or email, the being of marshal arts is fairly significant in regard to the constant consideration of counterpart and the improvement of selves. Marshal arts provide significant experiences in rearing not only "strong mind" and "strong body" but also in raising the socially missing "human nature" such as to respect teachers, honor counterparts, have good manners, and keep rules.

By way of marshal arts which include karate she was able to get a full "confidence" that is superior to skills. This must be a part of the strengths which can be obtained from karate. We often see players expressing emotions extravagantly during games in the recent doctrine of victory for victory's sake, but we earnestly wish they will reconsider the "manners" which underlie the marshal arts. In order for us to return to the starting point of marshal arts once again we would like to present you "20 Lessons of Shoto Late Teachings" left by Mr. Gichin Funakoshi as the year-end gift for 2005. We wish you all a Happy and Prosperous New Year for 2006.

## 20 Lessons of Shoto Late Teachings



1. Karate starts in manners and ends in manners.
2. Karate has no first move.
3. Karate is an aid to justice.
4. Be aware of yourself first and then of others.
5. Mind-reading is superior to technique.
6. Spirit requires liberation.
7. Disaster comes from negligence.

- 8. Karate is not useful only for dojo.**
- 9. Karate training lasts for life.**
- 10. Where there's karate mind, there's a way.**
- 11. Karate cools down rapidly to water unless constantly warmed.**
- 12. Mind to win is not necessary but mind not to lose is necessary.**
- 13. See enemy and change.**
- 14. Battle prefers maneuver of truth.**
- 15. Human arms and legs are equal to swords.**
- 16. Boys in the field meet a million enemies.**
- 17. Guard for beginners and natural posture next.**
- 18. Right kata and fight aside.**
- 19. Remember dynamics of power, elasticity of body, and speed of waza.**
- 20. Be thoughtful and inventive at all times.**