

American Budokai International

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ABI Dojo Focus:

International Martial Arts Academy



**International Martial
Arts Academy**
Sarasota Florida

www.international-martial-arts-academy.com

(941) 355-6465

IMAA is the newest member to ABI and is a domestic martial arts training center (Dojo), uniquely based on and supporting international training, arts, styles, representatives and associated activities in different styles of martial arts, including full contact Karate, combat Jiu-jitsu, and Krav-Maga. It is an officially recognized and certified training facility for International Body Guard and Security Services, as well as being recognized as a training facility by the International Sports Federation.



FEATURE ARTICLE: Martial Arts Theory

Breath Control

As a practitioner's exertion increases, breathe control becomes paramount for continued activity. Learning how to conserve energy while maximizing oxygen usage when continued activity is required and a 'rest break' is not immediate, becomes a vital skill to further training. It is a matter of perfecting the ability to train softly, executing effective movements with less base muscle exertion while maximizing breath control / oxygen intake thus building endurance or "staying power". This approach facilitates "rest " while continuing movement until oxygen and energy replenishment levels have been reached: ergo, permitting the martial artist to execute a few more full power techniques, either for combat practice or a technique's perfection. Breath control is an imperative for such endurance development. After such endurance extension, physical rest and breath control refreshment can then be enjoyed resulting in an overall strengthened training level.

Such skill development occurs over time as the individual continues their regimen. Like technique skill attainment comes with correct, quality practice and repeated exposure to good instruction, so too

strengthened breath control endurance for longevity of training time or staying power during combat.

To obtain correct breathing and develop breath control one must inhale and exhale at proper intervals during movement i.e.; inhale during technique preparation and exhale during technique execution. Holding ones breath uses middle body core muscles to keep the chest cavity expanded and thus robs energy from a techniques execution. By exhaling with the performance of a technique, the middle body core muscles compress, pushing additional energy into the movement. Inhaling is normally accomplished through the nose and exhaling through both the nose and mouth.

Proper inhaling requires the expanding motion of the diaphragm filling the lungs from the bottom upward, not by lifting the shoulders up and down. To exhale properly the jaw needs to be slightly dropped and air expelled via the nose and mouth by compressing the diaphragm, abdomen, and chest. One effect of this encompassing action is seen while making a Kiai – "Spirit Yell".



It hardens the body against a blow thus reducing the blows shocking effect upon the system. A strong abdomen, well exercised diaphragm muscle and chest cavity muscles must be developed. Continual practice of fully inflating and deflating the lungs by correct inhaling and exhaling contributes to increasing their capacity and oxygen usage endurance. The greater the lung capacity, the more oxygen they can process and the more physical endurance the body can develop.

Special exercises can help develop lung capacity and train breathing mechanics for periods of extended motion.



“Honoring the ultimate Sacrifice”

Plato once spoke that “The highest callings are that of the warrior, the teacher and the healer.” On May 26th our nation celebrated Memorial Day. From coast to coast, Americans visited relatives, took trips, held cookouts, went to beaches or parks and thanked veterans for their service.

I was fortunate enough to spend the weekend in the Florida Keys with friends. We were in a grocery store grabbing a few items for a cookout when a store clerk noticed my Vietnam Veteran ball cap and said “Thank you for your service sir!” My good friend Don noticed I was a little taken aback as I have only heard that a few times in my life, usually at a Veterans Day function of some kind. I always seem to be a little staggered by the comment, but in a good way of course. Once I recovered slightly as we were exiting the grocery store, I responded the same way I had on those few other occasions with “It was my honor.” It might sound corny but I am honored to have served my country.

As we drove away I actually started to feel a little guilty about wearing my hat out in public because while I am a proud veteran and patriot, Memorial Day wasn't about me at that moment, but rather it's a day for recognizing all of the warriors who are no longer here with us. From Gettysburg, to Arlington and in graves marked and unmarked all over the world, Memorial Day is a time to commemorate the fallen warriors who have served their country and in so many cases, made the ultimate sacrifice; giving their lives so that others might be free.



Shintoyoshin Professional Certification



American Budokai International in conjunction with The Professional Association of Martial Arts Instructors created a Professorial Program for Shintoyoshin-Kai Jiu Jitsu in 2005, with the first candidate being Rey Perez. (Now) Professor Perez studied for over a year in preparation for taking the written, oral and practical examination for Professor.

In 2007, then Shihan Perez, traveled to my home in North Carolina where we spent an entire weekend reviewing all of the information required to meet the standards for the Professor title in Shintoyoshin-kai. Subjects included were:

1. Rank standards for all grades, kyu and dan in Shintoyoshin-Kai Jiu Jitsu
2. History and traditions of Shintoyoshin-kai
3. Martial arts/exercise science-principles and concepts
4. Martial art medicine – liniments, plasters, herbs, cupping, moxa and guasha
5. Chinese meridian (channel) theory and functions of qi and qigong
6. Five element theory
7. Circadian clock theory
8. Anatomy and physiology
9. Reishiki, Giri, Nimmu, Ko and Chu: Etiquette, duty and unrepayable debts of honor
10. Time in the arts, time in grade and age standards

In September we will be beginning the next program of study for two of our Chief Instructors, Shihan Mike Hernandez and Shihan Tamas Torok.

Congratulations gentlemen!



Become a member of American Budokai International

Maintaining the Traditional standards of the Martial Arts

American Budokai International (ABI) is an organization of dedicated and traditionally focused martial arts professionals and their affiliated Dojos. It was established by O'Sensei (10th Dan) Steven Roensch as a prestigious parent organization for various traditional martial arts for the purpose of maintaining the "traditional standards" of martial arts.

Today, ABI's network spans the globe with associated practitioners and organizations in the disciplines of Shintoyoshinkai Combat Jiu-Jitsu, Okinawan Shuri-Ryu Karatedo, Tae Kwon Do, Shorei-Ryu, Shorin-Ryu, Goju-Ryu, Wado-Ryu, Danzan Ryu, Shito-Ryu, Aikido and Mushin no Shin Aikijujutsu Do.

ABI promotes advanced aspects of both internal and external martial arts as a means for individuals, instructors and organizations to achieve self-betterment, self-discovery, and self-discipline via the martial arts and martial sciences. We continue to strive for the betterment of the martial arts taught at the School across the globe via the processes of actual practices and applications of the teachings leading to re-evaluation, discovery, and understanding of the arts.



**** Become a member of this elite organization and enhance your individual martial skills, increase your professional acumen and strengthen your Dojo capabilities through a network of like-minded martial practitioners. All of this "networking" is geared towards professionalization of ABIs Martial Arts leaders and sustaining the traditions of the Martial Arts at large. Contact ABI for information on becoming a member and/or affiliated Dojo.*

ABI Values

To teach the arts to anyone regardless of age, sex, race, color, religion, beliefs or nationality who is willing to learn and have no motives to defame and/or use the arts for unethical and/or illegal purposes.

To spread the teachings of the arts via the most efficient and economic means, thereby reaching as many willing students as possible.

To present the martial arts in all aspects. i.e., as a means for self-defense, sport, physical training, philosophy, entertainment, performance, science, health, healing, discipline, meditation, mental development, confidence building, sportsmanship, art, history, culture, etc.

To cultivate the martial arts as a vehicle for developing friendships, teamwork, communications and cooperation, and not as a means for dominance, suppression, control or undue influence over others. We discourage egotism and aggressive attitudes.

To present the arts in its most realistic form refraining from trickery, myths, deceptions, and supernatural claims.

To produce students, instructors and organizations that appreciate and understand the martial arts and who practice and perform to the best of their abilities, while maintaining traditional standards.

To develop successors through proper teaching, who will carry on the responsibility of continuing and expanding the missions, principles and most important of all, the philosophy and ethics of traditional warrior ways.



DOJO News:



INSTRUCTOR'S CORNER

Train your eyes first- This is an old expression spoken in many a dojo about “upping your awareness.” I always tell students to study the technique from the ground up, much the way a tree grows. Root system, trunk, then come the branches and leaves or flowers. Our feet serve as our root system and our legs (ankles, knees and hips) are our source of mobility and stability. Our trunk determines our posture and balance and our arms are our branches.

Move from your center – The first movement is in the hips, the first action is in the feet, and the first direction is always straight down.

Action is always faster than reaction – In self-defense the emphasis should be on 5 things:

1. Speed
2. Surprise
3. Simplicity
4. Impact
5. Follow up

- Shintoyoshin-Kai Chief Instructor Shihan Tamas Torok and his business partner Janos Laub held the grand opening for their new International Martial Arts Academy on Saturday, May 31st in Sarasota. O’sensei Steven Roensch along with Shintoyoshin Menkyo Kaiden Professor Rey Perez of Hollywood, Kyoshi Donna Judge (representing the International Shuri-ryu Association), Kancho Richard Gilles from France, and a host of other world-class instructors were on hand to join in the demonstrations and festivities. O’sensei Roensch and Kancho Gilles performed the ribbon cutting outside the beautifully designed traditional interior. The school will offer classes for adults and children in Shindo-Kai Kan Karate, ShintoyoshinKai Jiu Jitsu and Krav Maga. All the best success to our brothers in the martial arts!

- Testing in Shintoyoshin-Kai was held on Saturday, May 17th at Fish Hawk Martial Arts Academy in Lithia. O’Sensei Roensch, Shihan Torok and Sensei Eric Miller were on hand to run the eighteen candidates through their paces and administer a written and technical examination to all. Everyone testing gave it their all and the following jujitsuka were promoted:

Jason Rock - Sankyu

Christopher Garrand, Michael Cummins, James Sjovall - Gokyu

Joseph Brotherton, Daniel Brotherton, Jacob Shapiero, McKenna Lynn,

Ian Jones - Rokyū

Nicholas Ubillos, Christian Hellenius, Rob Jacobson, Abby Hall, Jacob Cummins, John Galezewski, Ryan Hoiling, Shawn Green, Steve Nardoni - Shichikyu

Congratulations to all!

Tai Chi and the "Flow of Energy" 太极



Fundamentals of Chinese Physiology

In order to learn the disciplines of physical meditation successfully, it is important to know the basic concepts of Chinese physiology. This requirement is equivalent to the Western idea that one cannot easily develop athletic skills without being aware of the processes going on with the body through the study of anatomy and physiology. Both physical meditation (Tai Chi) and forms of exercise involve the circulation of energy throughout the body.

In Chinese or Eastern methodology, the use of terms such as "Chi" or energy does not relate to a physical entity that can be detected or measured with scientific instruments. It is an invisible psychic substance, however, that can only be felt inside the body as it flows through the psychic channels. There are five points, the eight psychic channels and twelve meridians that run along the surface of the body that form the basis of the theory underlying a very advanced and highly sophisticated medical technology, including acupuncture and acupressure.

8 Connective Pathways

Eight connective pathways that transmit and store energy are located in the trunk of the body and in the arms and legs. Through them, energy can reach every cell in the body. The method of circulating the chi (energy) through the body during meditation aids in revitalizing the body while quietening the mind to effectively connect with the universe. The eight pathways together form an interconnected network through which chi can flow freely during meditation. The two most important channels are the Tu Mo and Jen Mo.

1. Tu Mo (channel of control or Governing Channel) This channel runs along the spinal column, from the perineum to the coccyx, up the spine through the neck to the skull, over the top of the crown of the head (Pai Wei – point of a hundred meetings) to the roof of the mouth.
2. Jen Mo (channel of function or Conception Channel) This channel goes from the perineum through the center and front of the torso and extends to the base of the mouth. When the tongue is pressed against the roof of the mouth, it forms a bridge between the Tu Mo and Jen Mo.
3. Tai Mo (Belt Channel) This channel circles the waist like a belt. It begins under the navel (at the Tiantien) where it divides into two branches that extend around the waist to the small of the back.
4. Ch'uang Mo (Thrusting Channel) The thrusting channel passes through the center of the body in front of the Tu Mo and behind the Jen Mo. Its lower end is at the genitals and extends upwards to just below the heart.
5. Yang Yu Wei Mo (Positive Arm Channel) The positive arm channel begins below the navel, passes through the chest to the shoulders and goes down the outer side of the arms to the tip of the middle finger then around to the center of the palm.
6. Yin Yu Wei Mo (Negative Arm Channel) The negative arm channel extends along the inner sides of the arms from the palm to the shoulders and ends in the chest.
7. Yang Chiao Mo (Positive Leg Channel) This channel extends along both sides of the body from the center of the soles of the feet (Yung-ch'uan cavity or bubbling spring) along the outsides of the ankle and legs, and then farther up to the head and ends in the ears.
8. Yin Chiao Mo (Negative Leg Channel) The negative leg channel also begins at the bubbling spring (Yung-Chuan), but extends up through the inside of the legs to the genitals and then farther up the center of the body to the point between the eye brows.

O'Sensei's Corner

“When you are right you are right,
but when you are wrong be big
enough to say so”



Recently one of my supervisors reported to me that one of their interns had acted unprofessionally during a recent clinic shift. I scheduled a meeting with the student and attempted to explain how their conduct was inappropriate in front of a patient, especially when corrected on the spot by their supervisor. Instead of being humble and showing a modicum of contrition as I would have were the situations reversed, this particular student became argumentative, if not surly. I took a few deep breaths and went on to explain that if you are learning anything of value, you must accept the responsibility that comes along with that knowledge.

If I am in a position of leadership, and you are in a position of student or follower, I must, or rather am required, to tell you everything you need to know to properly utilize this information. Up to and including--when you are doing something wrong. If I am not allowed to tell you when you are making a mistake because that information alone is upsetting to you, then the implication here is most disturbing to say the least. It implies that you are fundamentally incapable of being wrong on the one hand and if, in the rare instance that you are found to be in the wrong, you are clearly not mature enough to handle the truth. And if one is not able to deal with truth and stand corrected, one can in theory, never learn anything for fear of being wrong.

I'd like to tell you that this particular student saw the light and the error of their ways, but that would be an untruth. They left the meeting feeling they had been wronged and were angry at having been reprimanded. When we are incapable of accepting critique for our actions, it implies we are incapable of making an error. Before we can learn anything, we must be able to accept corrections.

Afterward the supervisor and I were talking when she asked me how it went and when I told her, she wasn't really surprised as she has had problems with this individual on several occasions and he can never admit to being in the wrong. Sadly I had to take stronger measure involving disciplinary actions to insure hopefully, that this episode does not repeat itself.

In the martial arts, we learn early on that 1: Actions have consequences and 2: We are responsible for those actions. Of course this person wouldn't know about or be willing to even ponder such a simple life lesson. I can only wonder what kind of lessons they learned at home, if any. When we are admonished by our parents when we are young, we can throw a temper tantrum and go to our room and pout, or we can as we mature, accept responsibility for our actions, and that is how we grow, and ultimately, grow up. Imagine your Sensei observing a form you have been working on and then making corrections on your technique. Now imagine you throwing a tantrum and storming off the mat because you are unable to accept critique, which is not the same as criticism. Your actions would imply that if I can't do it my way (the wrong way) I won't do it at all! Now imagine how long you would have been a student of your instructor. Too bad the individual in question here never studied martial arts. *It might have made a difference.*



What is Martial Science?

Martial Science is not a “style” or “system,” not of any specific nationality, not of any location or origin. The truth is that Martial Science can be found embedded within the Martial Arts, or more specifically, it is the true foundation of Martial Arts. The principles of Martial Science are universal and found throughout nature.

On a philosophical level, transcending the specific context of combat and self-defense, Martial Science ultimately is the universal link that integrates mind-body mastery with the attainment of total human peak performance and character leadership.

When a scientist performs his or her work, they utilize a set of tools, methods, and processes to work towards their objective. They may use laboratory equipment, existing research literature, and specialized tools for their inquiry and experimentation. They employ the scientific method—the process of questioning and testing theory through data and evidence—and Martial Science is very much the same. Martial Arts techniques—striking, kicking, blocking, joint manipulation, throwing, grappling, weapon attacks and defenses—are the “tools.” Martial Science is the integrated “method” and “process” of application, testing, analysis, and synthesis of these “tools,” in order to refine, discover, and create further martial knowledge. The method and process of Martial Science include the acquisition and optimization of martial knowledge, skills, abilities, attributes, and techniques that can be applied to any combat scenario, environment, and situation—whether self-defense on the street, police response to criminal incidents, security protection of the workplace, or military conflict on an organized scale.

Martial Science allows practitioners to criticize each detail of a technique in order to attain maximum effectiveness and efficiency in its particular application and tactical execution. For example, how are your feet positioned when executing a punch? How much body weight is distributed on each leg? As the punch is extended, is the arm away from the body, or tucked in close to it? When the punch contacts the target, where is the striking point on the fist? Would a choking submission be more efficacious than a finishing strike from a mounted position? In a weapon assault, which pressure point applications would work under the intensity of the opponent’s heightened adrenaline and tolerance for pain? Martial Science is the basis of answering the preceding questions.

Each time a Martial Science Practitioner selects, applies, and executes a technique within a given combat encounter or training situation, a complete scientific process takes place in his or her mind. This real-time and instantaneous thought process, refined by countless hours of study, practice and perfection, enables the Martial Science Practitioner to assess and analyze the appropriateness of force, probability of success, targeting and geometric parameters of applying and executing the technique. Importantly, practice and perfection come not simply from repetition, but from the Martial Science Practitioner’s pursuit of holistic concepts rather than individual pre-set techniques. It is said that practice doesn’t make perfect; perfect practice makes perfect. To the true Martial Science Practitioner, perfect practice derives from not simply physical mastery of the motions of technique, but from intellectual mastery of the larger concepts—that is, the scientific biomechanical, anatomical, physiological, and psychological principles governing individual techniques. Ultimately, the process of Martial Science allows the individual to free himself or herself from the boundaries and limitations of specific styles or systems, and focus wholly on concepts followed by application of techniques. This freedom allows the Martial Science Practitioner to concentrate solely on what is most effective and efficient for their unique individual attributes, applied to any particular situation.

Fallen Warriors Seminar

A day of remembrance

This year's seminar will again be held in Hollywood, Florida at the Iron Warrior's Training Center and hosted by Professor Rey Perez.

In addition to a full day of diverse martial arts training, we always read off the roll call of our fallen brothers and sisters at the beginning of the day's training. Please plan to join us for some outstanding training and fellowship on September 20th from 10 a.m. until 5 p.m.

Fallen Warriors 2014 柔術

National Martial Arts Training Seminar



Saturday,
 September 20th 2014
 10 am to 5 pm

Guest Instructor:

O'Sensei Steven Roensch,
 10th Degree Black Belt



O'Sensei Steven Roensch is a Board certified Doctor of Oriental Medicine and the Dean of Clinical Sciences for the East West College of Natural Medicine in Sarasota, Florida. O'Sensei Roensch began his martial arts training in 1969 in Vietnam while serving in the US Army. Today, he holds the rank of Judan (10th Degree Black Belt) in Shintoyoshin-Kai Combat Jiu-Jitsu and Shichidan (7th Degree Black Belt) in Shuri-Ryu Karatedo. He served as the Chief Instructor for the American Jiu-Jitsu Karate Association International for 25 Years and is currently the Menkyo Kaiden for Shintoyoshin Jiu-Jitsu, the National Director of the American Budokai Society and founder of both the American Budokai International and the Professional Association of Martial Arts Instructors.

Seminar Cost:
 \$75 for Registration

Sponsored by:
 Professor Rey Perez, 8th Dan
 Iron Warriors Training center

Held at:
 Iron Warriors Training Center
 1939 Harrison St
 Hollywood, FL 33020
 (954) 923-1077

Accommodations:
 Ramada Inn
 (Downtown Hollywood)
 1925 Harrison St
 Hollywood, FL 33020
 (954) 927-3341



ABI Affiliated Dojos

United States

Iron-Warriors Training Center, Hollywood, FL
The Martial Arts Center, Atlanta, GA
Fishhawk Martial Arts Academy, Lithia, FL
International Martial Arts, Sarasota, FL
Jacksonville State University Judo/Jiu-jitsu Club, Jacksonville, FL
Miami Beach Martial Arts, Miami, FL
Park Avenue Martial Arts, Winter Park, FL
Florida Karate Center, Naples, FL
Karate Academy of Pembroke Pines. Ft. Lauderdale, FL
Taiseikan Martial Arts Academy, Miami FL
Christian Karate Association of Dothan, Dothan, AL
North Georgia Karate Academy, Calhoun, GA
Crabapple Martial Arts Academy. Roswell, GA
Sheridan's Martial Arts Center, Muncie, IN
Bushido-kai Karate and Jiu-jitsu, Ft. Wayne, IN
Columbia School of Karatedo, Columbia, SC

Germany

K.C. Bushido, Radolfzell, GE

Hungary

Tatami Centrum, Kecskemet, Hungary

Peru

Escuela De Karate Okinawa, Tarapoto

Chief Instructors for Shintoyoshikai



O'Sensei Steven Roensch, Judan

Professor Rey Perez, Hachidan

Kyoshi George Sheridan,
Hachidan

Shihan Mike Hernandez,
Rokudan

Shihan Tamas Torok, Rokudan

Shihan John Varnell, Rokudan

International Representatives of ABI

Sensei Phillip Hilzinger,
Australia

Sensei Mike Csoke, Canada

Shihan Bernd Kittel, Rokudan -
Germany

Dr. Miklos Varga, Shichidan-
Hungary

Sensei Janos Laub, Sandan,
Hungary

Sensei Roman Garcia Paredes,
Rokudan- Peru

Sensei Roman Anthony Garcia
Christama, Sandan- Peru

American Budokai International

6517 Lincoln Road
Bradenton Florida
34203
(941)525-3506



www.americanbudokaiinternational.com