



FALL 2022

首里手武術会

NEWSLETTER

Sharing the Art, Sport and Science of the Shuri-Te Bu-Jutsu Kai

I am very excited to introduce the new, Shurite Bujutsu-Kai Newsletter! The newsletter is intended to help inform SBK members of news and upcoming events within the Kai, as well as training articles, member chronicles and so much more.

The Shurite Bujutsu-Kai is a strong family of diverse but like minded martial artist. Together, we see the value in sharing and working together, to achieve a greater goal of excellence in our martial arts practice and daily lives.

I would like to extend an invitation to all SBK members to submit articles, news, events and announcements that would be appropriate for the newsletter. The newsletter is designed by and for, SBK members so your help and support is greatly appreciated.

I would like to personally thank Kyoshi Alex Ormaza for organizing and implementing the SBK newsletter. Please enjoy!

*-Troy Price, Kyoshi
Director, Shurite Bujutsu-Kai*



首里手武術会

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A WORD FROM THE EDITOR

By Alex Ormaza, Kyoshi - SBK Chief Instructor



As a quarterly newsletter, our aim is to keep our SBK members informed with valuable content, related to the art, sport and science of martial arts -in addition to Upcoming Events, Spotlights, Feature Articles, Event Recaps and more.

I would like to give a huge shout out to all the contributing writers and content providers. The success of this newsletter is a product of your generosity in sharing your valuable knowledge, wisdom and understanding within the many facets related to Budo.

This project is the product of the SBK Chief Instructors meeting about -what we can do to better serve our members, improve communication and elevate the experience of learning martial arts with us.

Besides Murphy's Law, seemingly sitting right next to my laptop as I began this project, I can wholeheartedly say, this has been a labor of love! I learned a lot from this experience and I look forward to improving the SBK Newsletter through peer reviews, comments and suggestions on how to better serve you our content.

I am very proud to present to you, Volume 1, Number 1 // Fall Edition 2022

If any of our members are interested in contributing to the SBK Newsletter, please contact me at: alex.sbknews@gmail.com

Alex Ormaza 



MEET THE SBK CHIEF INSTRUCTORS!



DR. NATE MOHLER
COLORADO



RICK SCOPPE
SOUTH CAROLINA



THABITI SABAHIVE
NORTH CAROLINA



MARK BAKER
FLORIDA



ALEX ORMAZA
NORTH CAROLINA



ROBERT SPEED
SOUTH CAROLINA



JOSEPH POUNDER
WISCONSIN



JEFF RHODES
NORTH CAROLINA



NIELS LARSEN
DENMARK



ROBERT TAYLOR
NORTH CAROLINA



TROY PRICE
EXECUTIVE DIRECTOR





PLEASE WELCOME OUR NEWEST MEMBERS

Aaron Phipps (NC)

Andre Ross (MD)

Ayle Jones (MD)

Benjamin Chinn (MD)

Brian Ahern (GA)

Brian Gutknecht (SC)

Christopher Cooper (NC)

Connor Flanagan (SC)

Darcie Fellows (CA)

Douglas G. Wanamaker (PA)

Edward Chinn (MD)

Gabor Csiki (FL)

James Drew Postell (NC)

Jason Cogburn (NC)

Jay Browder (SC)

Kevin Phillips (GA)

Kiyon Winder (MD)

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Malene Nolte (NC)

Mark Buchan (SC)

Miona Venable (MD)

Nina Stavitski (NC)

Patrick Alexander (SC)

Randall Shirley (NC)

Robert Anderson (CA)

Ron J. Brookshire Jr. (SC)

Ronald Layton (MD)

Shaun Ward (NC)

Stephen J. Schroeder (FL)

Thomas Paustjan (WI)

Trayvona Joseph (MD)

Valencia Robinson (MD)

Wayne Ogle (CA)

Yoko Kita (FL)

首里手武術会



PLEASE WELCOME OUR NEW DOJO MEMBERSHIPS

首里手
武術会

Delco Zen Center (Martial Arts &
Meditation)
Drexel Hill, PA 19026
Douglas G. Wanamaker Sifu/Sensei
(215) 300-5683

delcozen@outlook.com

Chinese Kung-Fu Tiger Crane, Mantis,
Qigong, Meditation
and Shotokan Karatedo

Wiregrass Combatives
Florida Panhandle Technical College
757 Hoyt St.
Chipley, FL 32428

Steven Smith
(334) 547-2869
wiregrasscombatives@gmail.com
www.wiregrasscombatives.wordpress.com

Shuri-Ryu Karatedo & Kali (FMA)
Shuri School of Karate-Do
Stephen J. Schroeder
Dayton Beach, FL

crane6571@aol.com

2022 SHURI TE CONFERENCE

NEW PROMOTIONS, TITLES & INSTRUCTOR LEVELS



SBK Instructors Levels

Associate Instructor Level:

Jerald Carter (FL)

Kevin Phillips (GA)

Instructor Level:

Sharon Albillar (KS)

James Newton (NC)

Conway Wong (MO)

Senior Instructor Level:

John Albillar (KS)

David Roth (FL)

Okinawan Kempo Karate-Jutsu:

Name: **Rank:**

Leah Casio (NC) Yondan

Santiago Ormaza (NC) Sandan

Shuri Te Ju-Jutsu/Bujutsu:

Name: **Rank:**

Stephen Curley (CA) Godan

Randy Henderson (SC) Godan

Phil Orr (SC) Yondan

Martin Elvidge (NC) Sandan

Matthew Giffin (MN) Nidan

Robert Anderson (CA) Nidan

Wayne Ogle (CA) Nidan

Michael Fryer (NC) Shodan

John Archer (NC) Shodan

Victor Rawlings (NC) Shodan

Darcie Fellows (CA) Shodan

Titles

| Name: | Title: |
|------------------------------|---------------|
| Conway Wong (MO) | Renshi |
| James Newton (NC) | Renshi |
| Leah Casio (NC) | Renshi |
| Sharon Albillar (KS) | Renshi |
| Gabor Csiki (FL) | Sensei |
| Saskia Hoopts (KS) | Sensei |
| James Robert Sealey Jr. (NC) | Sensei |
| Zoey Martin (SC) | Senpai |
| Yasmine Carnesale (SC) | Jr. Senpai |
| Miguel Alvarez (SC) | Jr. Senpai |

CONGRATULATIONS EVERYONE!

首里手武術会

SBK & SBK AFFILIATED SEMINARS - EVENTS

For more information and Seminar flyers
visit the SBK Website: www.sbkma.com

MARTIAL ARTS SEMINAR - LEON JAY & TROY PRICE

November 4, 5 & 6, 2022 - Atlanta, GA

TABOADA BALINTAWAK ARNIS WORLD CAMP

November 4, 5 & 6, 2022 - Charlotte, NC www.gmbobbytaboada.com

SBK ADVANCED MARTIAL ARTS TRAINING SYMPOSIUM

Combative External & Internal Martial Arts, Weapons Training and Healing Arts
November 11, 12 & 13, 2022 - Dallas, NC

MARTIAL ARTS SEMINAR WITH TROY J. PRICE

December 03, 2022 - Vero Beach, FL

NORTH FLORIDA MARTIAL ARTS CONFERENCE

December 9, 10 & 11, 2022 - Bell, FL

BUDO SISTERS MARTIAL ARTS SYMPOSIUM

March 2023 Official dates TBA - Dallas, NC

2023 SHURITE MARTIAL ARTS INTERNATIONAL CONFERENCE

May 4, 5, 6 & 7, 2023 - Fort Mill, SC - USA





Dr. Nate's Herbal Remedies

A PRACTICAL GUIDE TO HERBAL LINIMENTS: PART 1

By Dr. Nate Mohler, Chief Instructor SBK

Many of us that have been training martial arts for a relatively long time have had exposure to various East and Southeast Asian liniments. Not everyone has a good idea of how, exactly, they are used. In this multi-part article, I will shed some light on some of the common liniments, primarily focusing on what the Shuri-Te Bujutsu-Kai (SBK) carries on the website and sells at events.

In this first article, I'll discuss the various liniments that SBK carries as well as several others that you may have seen from various places during your training. But first, let's discuss what, precisely, a liniment is.

Liniments are liquid extracts that are most typically tinctured in ethanol (also known simply as alcohol) and water. Some have suggested that liniments could or should be made out of isopropyl alcohol, but due to the higher toxicity of rubbing alcohol, this is not my suggestion. Ethanol is the same alcohol that is ingested in beer, wine, and liquor. In liniments it is often in concentrations of 60 percent (120 proof) or more because the desired herbal constituents that are dissolved into solution are more readily available to an alcohol solvent.

Another topic to cover along with this is that of *Dit Da* (Cantonese), sometimes written *Die Da* (Mandarin). This term is often confused with a specific formula called *Dit Da Jow* or *Die Da Jiu* (跌打酒). The meaning of this term is literally "fall and hit wine." These are liniment topical medicines that were traditionally made by soaking herbs in rice wine (sometimes called Huang Jiu – Yellow Alcohol). Most *Dit Da Jow* in the present era are made with stronger alcohols, as mentioned above.

Dit Da (跌打) is actually a branch of medicine contained within traditional traumatology which evolved by necessity out of martial endeavors. That is to say, trauma medicine was needed to treat injured warriors to keep them in the battle during times of conflict. *Dit Da* was particularly practiced by imperial military and other military orders such as the Shaolin Monastery. To go back to the original point, *Dit Da Jow* is not a specific medicine, rather it is a specific type of medicine. Namely, it is liniment medicines. What this implies, is that all of the topicals that will be discussed in this article are technically classified as *Dit Da Jow*.

All of this is to preface what the function of liniments are. The majority of them are recovery medicines, used to treat injury or sore muscles and joints. This type of liniment is used post exercise, to speed recovery and healing. Some of them contain herbs and substances which encourage regeneration of soft or hard tissue. Most of these topicals also include analgesic herbs and substances to reduce pain and discomfort associated with injury. The analgesic substances in these liniments typically includes one or more of the following menthol (Bo He Nao), camphor (Zhang Nao), borneol (Bing Pian), and capsicum (La Jiao). These give the liniment a strong aromatic odor and often make the liniment feel warm or cool on contact with the skin.

Another type of liniment is one that is applied preventatively to strengthen tissue. This sub-category is sometimes called iron palm liniments. There is little substantive difference between these two types of liniment, except, often the analgesic substances mentioned above are omitted in favor of substances that generate tissue, sinew, and bone. This type of conditioning lotion is usually applied before training and after training to prevent progressive damage to the hands, fingers, and knuckles from rigorous training.

Now that we have delved into what a liniment is and what types there are, we can take a look at specific liniments. I will start with liniments that may be purchased on the SBK website here:

<https://shuritebujutsu.com/shop/ols/categories/dit-da-jow-linimentsplasters>.

In addition to the first liniment described below, SBK also carries several liniments that are made by Shuhari Health Works. Full disclosure, these are the liniments that I have developed over the last 20 years and Shuhari Health Works is my company.



Dr. Nate's Herbal Remedies

A PRACTICAL GUIDE TO HERBAL LINIMENTS: PART 1

1. Zheng Gu Shui

The first is one that many have been made familiar with over the years: *Zheng Gu Shui* (正骨水). This liniment is typically one of the first liniments that martial artists encounter from Chinese medicine. *Zheng* (正) means “upright” or “true,” *Gu* (骨) means “bone,” and *Shui* (水) means “water” or “liquid.” The name of this liniment implicates it for the treatment of bone fractures. Some have stated that traditionally, this formula was not used to mend bones, but to soften them so that a bonesetter would have an easier job placing the fractured bones together again – a process called reduction. In the modern era, this liniment is mostly used to treat pain and discomfort following injury or overuse. It is especially used for deep injuries, bone injuries, or back strain/sprain. It contains menthol and camphor as its major pain-relieving substances. These substances work in the tissue to turn on thermoreceptors: menthol turns on the thermoreceptor nerves that detect cold and camphor turns on the thermoreceptors that detect heat. The result is a soothing of the local tissues rendering a reduction of pain sensation.



This formula excels at acute (days 1-3) and the beginning of subacute (days 3-7) stages of injury. Where it falls behind, is that it does not contain medicines that greatly reduce acute heat inflammation. Its major actions are to move the blood, relieve pain, and promote healing of injured tissues.



2. Lion Trauma Liniment

Lion Trauma Liniment (*Shi Die Da Jiu*) is the main Shuhari Health Works liniment. This topical medicine was developed and based partly on *Zheng Gu Shui* (above). It has several of the same ingredients to move the blood and relieve pain but is designed to be stronger in action than *Zheng Gu Shui*. This is the topical liniment of choice for the first week of the injury. The pain-relieving action is generated by three substances: menthol, camphor, and borneol. These substances, work directly on the nociception of temperature and pain in the tissue local to the injury. Menthol and borneol both activate the thermoreceptors responsible for detecting cold and camphor activates the thermoreceptors responsible for detecting heat. This soothes the local tissues rendering a reduction in pain nociception in favor of thermal nociception.

It is used in acute (days 1-3) and subacute (days 3-10) stages of injury. It contains some medicines to reduce acute inflammation, strongly move the blood, nourish and promote healing of the injured tissues, and to relieve pain.

3. Chili Liniment

The Chili Liniment (*La Jiao Jiu*) is warming and contains three analgesic substances, capsaicin/capsicum from bird's eye chili, menthol, and clove essential oil (eugenol). The capsaicin and clove essential oil both activate warm nociception in the tissue while menthol activates cool nociception in the tissue. In addition, capsaicin has the function of blocking the neurotransmitter Substance P in the local tissue. Substance P is a neurotransmitter that activates the first order neurons which alert the central nervous system that there is a painful stimulus. Without this neurotransmitter pain is not detected by the brain and therefore weakened in its expression and sensation by the injured individual.



This formula is designed to be primarily an analgesic liniment for severe cramping or nerve-like pain. It has fewer substances that nourish the tissue and more substances that relieve pain and warm the channels.



Dr. Nate's Herbal Remedies

A PRACTICAL GUIDE TO HERBAL LINIMENTS: PART 1

4. Bone and Sinew Liniment

The Bone and Sinew Liniment (*Gu Jin Jiu*) is designed as a compliment liniment to the Lion Trauma Liniment. This liniment is stronger in its nourishing function and has little in the way of relieving pain. It contains several potent substances that are used to strengthen the sinew and bone. Therefore, it is used primarily when the injury has damaged these tissues. This liniment is most typically applied by saturating a gauze pad and then wrapping the gauze in a bandage to keep the medicine in contact with the skin for a longer period. The goal is to prevent rapid evaporation so that the medicine may soak into the tissue deeper.

While there is usually pain associated with injuries to the sinew and bone, the focus is on the mid to late sub-acute stage of injury (days 6-14). While it would not hurt to begin using this earlier, often it is best to clear the inflammation and swelling in acute stage before applying.



For illustrative purposes, this is an example of the raw herbs on the left. Then, after being muddled, are mixed with 100% grain alcohol in a sealable, glass jar for a minimum of 2-3 months in a cool dark place. You must shake the jar 3x's a week until its ready for use.

5. Die Da Yao Jing

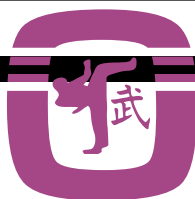
There is one other liniment worth discussing, though it is not carried on the SBK website at this time. *Die Da Yao Jing* is common enough to add to this list. It is a topical modification of a famous traditional formula called *Qi Li San* (Seven Thousandths of a Tael Powder). contains similar ingredients to the Lion Trauma Liniment (above) but replaces the substances that treat swelling by reducing inflammation with aloe. Of course, aloe also reduces inflammation (especially in the skin). It should be noted that this liniment does not contain much in the way of analgesia (none of the aromatic substances described above). It does, however, contain many of the tissue regenerating substances of the Lion Trauma Liniment.

Primarily, this liniment is useful for the treatment of bruises and minor aches and pains in the soft tissue.

Nate Mohler is a Doctor of Acupuncture and Chinese Medicine and is licensed to practice in Colorado and North Carolina.

He has been practicing acupuncture and herbal medicine since 2004 and since 2019 has served as the Academic Dean of Southwest Acupuncture College in Boulder. Nate has published a medicinal plant field guide for the eastern slopes of the Colorado Rockies and has been teaching acupuncture and herbal medicine since 2007. In addition, he has trained martial arts (Shuri-ryu Karatedo and Chen Shi Taijiquan) for 31 years. He holds a Rokudan in Shuri-ryu and is a Chief Instructor for the Shuri-Te Bujutsu-Kai.





CHAMPIONQUEST WORKOUTS

KETTLEBELL BOOST: AN EASY GUIDE TO POWERFUL LEGS

By Leah Casio, Renshi - Ormaza Dojo

According to the International Journal of Exercise Science, studies have shown that strength training exercise offers many benefits for individuals of all ages, and is essential for athletes in sports that require speed, power, and strength (Thomas and Burns, PhD). As a martial artist with over 24 years of training, I have found it to be a requisite for increasing my skills and pursuing paths of various martial styles and levels. There are different exercises and weights you can use; I personally love kettlebells and wanted to share a few exercises that develop powerful kicks and improve overall footwork to be more dynamic and explosive. These exercises also impact muscle stabilizers, which directly affect your coordination, posture, and balance!

GOBLET SQUATS:

We cannot deny how effective squats are for building muscle in both our legs and core.

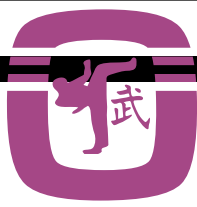
By incorporating weights, you can gradually increase the resistance and take this exercise to the next level!

- A)** I start in a standing position, holding the kettlebell with a Goblet Grip where both hands hold the handle sides to keep the bell close to my chest, palms facing inward. Feet, shoulder width apart, toes slightly outward at a 45 degree angle.
- B)** As I bend my knees to drop to the squat position, it's important to keep my core engaged the whole time by tightening the stomach muscles and keeping my back as straight as possible. **(Side View)**
- C)** I go all the way down, and slowly rise back up. Be sure to inhale on the way down, then exhale on the way up.



TIPS: Start off with a comfortable weight that will allow you to finish your workout. Beginners should focus on good form. Start with a 15-20lb kettlebell and perform 3 sets of 8 - 10 squats. As you get stronger, add more weight, sets and reps.

“I have heard many times, throughout my training under Kyoshi Ormaza, how crucial it is to learn how to hit hard and to also be in fighting shape, should we ever need to utilize our Life Protection arts.”



DEADLIFTS:

Deadlifts incorporate the legs, core, and Latissimus Dorsi (lats) muscles when done correctly.

- A) I start in a standing position with my legs shoulder width apart and toes outward at a 45 degree angle.
- B) I Grab the kettlebell with both hands, by bending my knees and keeping my back as straight as possible. Before I stand, I want to make sure the lats are engaged by pressing my upper arms tight to my body. **(Side View)**
- C) As I rise, stomach muscles should be tightened and my back remains straight. I stand all the way up and then slowly descend back down. As usual, start off with a weight you finish the workout with, focus on good form and increase your weight, reps and sets as you get stronger.



REVERSE LUNGES:

Lastly, that brings us to reverse lunges. While forward lunges are great, reverse lunges are more of a challenge for those wanting to work muscle stabilizers and balance.

- A) I start in a standing position with feet shoulder width apart, holding the kettlebell in one hand, on the side I wish to start on. My arms are bent with elbows tucked at the side.
- B) If the kettlebell is in my right hand, I step backwards with my right foot, slowly lowering my left knee so it almost touches the ground. I pause for a few seconds when I reach this position to check my posture.
- C) Slowly return back to standing.

ADD A SHOULDER PRESS: To explore a more challenging variation add an overhead shoulder press after you've settled into a lunge. Keep your stomach muscles tight as you raise the kettlebell above your head, straightening your arm before returning it. You can then step up to the starting position and repeat.





CHAMPIONQUEST WORKOUTS

I hope these exercises are helpful and insightful!

I have heard many times, throughout my training under Kyoshi Ormaza, how crucial it is to learn how to hit hard and to also be in fighting shape, should we ever need to utilize our Life Protection arts. Training with kettlebells has certainly enabled me to achieve those crucial goals. Kettlebells will also help you develop into an elite athlete for all of your competition needs, regardless of what style of martial arts you practice.

As a reminder, it is encouraged with weight training, to start with a lower weight, have the correct postures for each exercise and work through your repetitions until you feel comfortable with your form. Only then, should you consider adding more weight, reps and sets. Please feel free to reach out to me for any questions or concerns.

I want to send a BIG shout out to...

Alina Radinsky, my virtual coach for over a year and a half. She has been a great resource for learning how to do these exercises correctly. She is also a martial artist and Balintawak practitioner out of California! Her custom, personal workout programs for me incorporate kettlebells with martial arts! This weekly routine, along with my dojo workouts, has helped me regain my power, strength, speed and balance after having a child, two years ago.



TRAIN OFTEN. TRAIN HARD!

If you're interested in learning more about weight/strength training with Alina Radinsky visit her here:
[Instagram @aradinsky.](#)

I also recommend checking out, Bradley Lloyd, who has pre-recorded kettlebell training programs. Visit him here:
[Instagram @trainerbrad](#)

ABOUT THE AUTHOR

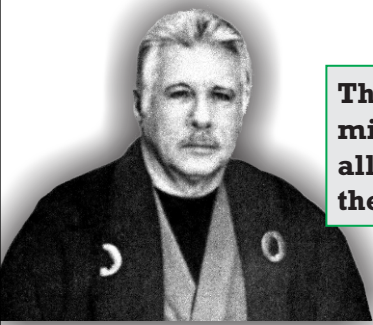
Leah Casio, Renshi - Ormaza Dojo
Founder - Budo Sisters Movement
4th Dan - Okinawa Kempo Karate Jutsu
2nd Dan - Shito Ryu Karate
Yudansha - Oyata Te Kempo Kobujustu
Level 6 Taboada Balintawak Eskrima
Member of the Shuri-Te Bu-Jutsu Kai
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THE WEAPONS EDGE

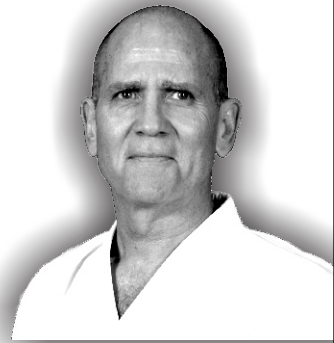
THE FIVE BASIC LEVELS OF LEARNING KOBUDO IN SHURI-RYU

BY RICK SCOPPE



Robert A. Trias, O'Sensei
Shuri Ryu Karate Do
1923 - 1989

There are five basic levels of learning in Shuri-ryu Kobudo (Ko = old/ancient; budo = military/martial way) designed by the system's founder, Soke Robert A. Trias. These allow students to progress in an orderly way as they learn the various weapons taught in the system, starting with the bo and then moving on to the sai and nunchaku.



Ridgely Abele, Hanshi
Shuri Ryu Karate Do
1950 - 2009

The tonfa comes next followed by either the kama (sickle) or eku (Okinawan oar), depending on not only the student's preference but the okay by his or her sensei. Under Hanshi Ridgely Abele, no one was allowed to work the kama without his approval, in no small part because we used "live" blades that can be extremely dangerous.

The five levels are designed to build upon each other in a logical sequence that allows students to learn the ins and outs of each weapon, which obviously have different characteristics, strengths and weaknesses. So without further ado here are the five levels with a brief explanation:

1. MANIPULATION

The most obvious place to start when you pick up a weapon is to learn how to manipulate it. For those who work weapons think back to the first time you picked up a bo – or the hundredth. At some point we all probably hit ourselves – in the knee, shin, ribs, etc. It was a somewhat painful, but I would argue necessary, lesson: Respect the weapon. Oddly enough as you learn to manipulate one weapon and move on to a second or third, you discover many of the manipulations are if not identical very similar. For example, if you hold the bo at the midpoint and do a figure eight with your hand in front of you at your centerline, when done correctly the bo should just miss your shoulders. Now take the nunchaku and do the same manipulation. It should be nearly identical since the nunchaku is a stick with a rope in the middle. The same kind of manipulation is used with the sai or tonfa. Try it and see what you find. Just be careful. We also have a number of weapon-specific manipulation drills that help the student become comfortable with each weapon, some of which can be used with more than one weapon. As one example, think about the underarm catch of the nunchaku, which is a pretty basic manipulation going from right to left and back again. Now, take your bo – or jo if you aren't that comfortable with the longer bo – and do the same thing. Check it out. Finally, for all our weapons exams – yes, we test separately for weapons rank – you must be able to manipulate any weapon while standing, kneeling, sitting and on your back on the floor.



THE WEAPONS EDGE

2. THEORY

After the student has become comfortable with manipulating the weapon, the next level of learning or instruction is what we refer to as theory. I may be wrong, but I believe we are the only style of karate that prescribes a systematic theory to our main weapons (bo, sai, nunchaku, tonfa, kama, eku and tekko). We use Tai Kyoku as the base kata to learn theory, which requires certain moves for each technique, whether it is a punch or a block, and each weapon has its own theory requirements. Beyond Tai Kyoku, each weapon has at least one prescribed traditional empty-hand kata that is used to display further attributes of the weapon and to help the student work other manipulations. For example, Wansu can be done with both the bo and nunchaku while Anaku is done with the sai and kama. The tonfa's kata is Empi Sho.

3. FREE EXERCISE

Next up on our five levels is free exercise. This is where you get to show off your skills beyond just basic manipulations or required theory. In our system, free exercise can be done at the beginning, middle and end of kata, BUT you must always return to the spot where you stopped for free exercise and continue on with the form. Hanshi Abele was not a big proponent of free exercise in kata – he liked doing it separately just as an example of more elaborate manipulations. So that is how I perform free exercise. However, other high-ranking instructors in Shuri-ryu not only like to see such free exercise but require it as part of any examination.

4. BODY CONDITIONING

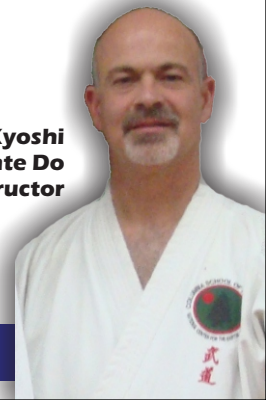
The fourth level of learning is body conditioning, which isn't exactly what you might think. It is NOT just hitting yourself with the weapon. I have seen some strike the bottom of the foot with the nunchaku as part of body conditioning. Okay, that's nice, but I'm not 100 percent sure that's what body conditioning is about. I see body conditioning as strengthening, and also limbering up in some cases, your grip, your wrist joint and shoulders, among other things. I will give you one example of body conditioning I remember firsthand: When I first was learning the tonfa, I had my share of blisters in the web of my hand between my thumb and forefinger. Over time that went away. I had “conditioned” the web to the point that there were no more blisters. Also, just as an aside, the sai are great weapons for body conditioning of not just the hands, fingers and web of your hand but also your shoulders. Work the sai fast and then stop it immediately without a wobble. That requires a certain amount of strength not only in your larger muscles but also those smaller “stabilizer” muscles we usually neglect. Just be careful or you will feel it the next day.

5. SELF-DEFENSE

The fifth level of learning or instruction is self-defense. This is exactly what it appears: Students defend themselves with a weapon against another weapon or an empty hand attack. In weapon-on-weapon attacks, we usually are going against a bo, but we can also use a jo, bokken or shinai. The self-defense includes basic blocks and strikes to start with and then advances to controlling techniques with joint manipulations all the way to disabling and what conceivably would be killing blows. For this, we always start bo vs. bo and move on from there to bo vs. sai, etc. Along with that, we defend against an unarmed attacker who would seek to grab your weapon to (1) keep you from hitting him and (2) snatch it from you to use against you.

So there you have it, the five levels of learning or instruction for kobudo for Shuri-ryu. If you have any questions, don't hesitate to approach me at any of the seminars I am at – or email me at rickscope7@gmail.com.

**Rick Scoppe, Kyoshi
7th Dan Shuri Ryu Karate Do
Asst. Chief Instructor**





SHIHAN JOHN ALBILLAR

INSTRUCTOR & DOJO SPOTLIGHT

SHUGOSHA CONTEMPORARY MARTIAL SCIENCE

John D Albillar, Shihan

Senior Instructor / Owner

Shugosha Contemporary Martial Science LLC

-6th Dan Karate-Jutsu Shuri Te Bu Jutsu Kai

-6th Dan Ju-Jitsu Shuri Te Bu Jutsu Kai

-Guwen / Baguazhang Shuri Te Bu Jutsu Kai

-NRA Firearms Instructor

-State of Kansas Conceal Carry License Instructor

-Self Defense Shooting Instructor

John Albillar began his martial arts training at 14 years old in Phoenix Az. under Robert Trias in 1975. At 29 years old he trained for 9 years under Choon Soo Lee in Shawnee Ks. He then trained for 10 years under Gregg Brown Mission Ks. Currently he trains under Troy J Price Shuri Te Bu Jutsu Kai.

John Albillar taught professionally for Young Champions of America from 2000 to 2014 training 1000's of students at the National Guard Armory and Roeland Park Community Center.

During this time he won rookie of the year 2000. He won numerous awards over his 14 years for retention of students as well as student tournament performance. He gave yearly demonstrations at both the Army National Guard as well as Kansas Community College. During this time he had the opportunity to train under various instructors in numerous disciplines as well as weapons.

John Albillar is currently the senior instructor and owner of Shugosha Contemporary Martial Science LLC in Shawnee, KS. At Shugosha he teaches Adult Okinawan Kenpo and Ju Jutsu classes. He is in charge of Shugosha Dragons Youth programs, state of Kansas Conceal and Carry Licensing course, NRA Shooting courses and Self Defense Shooting.



John and Sharon Albillar





SHIHAN JOHN ALBILLAR

INSTRUCTOR & DOJO SPOTLIGHT

SHUGOSHA CONTEMPORARY MARTIAL SCIENCE

"I teach because I genuinely want to see people better themselves physically, mentally and spiritually. I have dedicated myself to teaching people of all ages, enhancing their lives by building awareness, self-confidence, physical capabilities and self-defense knowledge." - Shihan John Albillar

How long have you been in business?

We started the Shugosha dojo in 2008 in my home basement with 7 adult students. As we grew to 12 students, we realized the basement wasn't going to meet our needs. We then rented a space at a local church and continued growing the adult student base eventually filling the space to capacity. It was then we realized, it was time to move forward with an actual plan! So we pooled our funds, and after researching, found a space that needed a LOT of work. We had to convince the landlord to take a chance on us. I still remember the realtor looking at me and saying "John, you don't have any real money to open a business of this size." I convinced him that with deposits, rent and all the work we would do to improve the property, he really had nothing to lose, and money and labor to gain if I failed. So it was official, May 14, 2014, Shugosha Martial Science dojo began on this site. We have now been running and growing successfully for 8 years! In 2019 as classes outgrew our space, we expanded adding a west wing.

What is the Vision for your school?:

The Shugosha organization is designed to uphold the highest standards and integrity in martial arts. The Shugosha curriculum is very self-defense driven and was created to serve the needs of today's contemporary society, utilizing the most efficient and lethal techniques from the Okinawan arts of Kenpo and Ju Jitsu with Chinese and Korean Arts influences. Self-defense, legal applications and firearm training round out our curriculum.



How/why you got involved with the SBK:

We were looking to further our never-ending quest to learn, and believe it is core to the growth of the organization and personal growth. We contacted Troy Price after watching many a video and invited him to present a seminar. It was then we realized we had the same values for unbiased respectful learning. We never dreamed we would find an organization with the true depth of knowledge and strong ethics found in the SBK. We like to say "We found Harvard..."

Where do you see yourself in 10 years?

My passion is teaching! As long as possible I will be growing the next generation of instructors and practitioners to "love this art" and pass it along for generations to come! As for the business we will continue to expand as the need grows. In this world environment, who knows where that will take us but we will be ready and willing to problem solve, support and raise each other up. One of the core values of Shugosha is making martial arts affordable especially to children so they can acquire the necessary self-defense skills needed in life. Martial arts is life changing!

SHIHAN JOHN ALBILLAR

INSTRUCTOR & DOJO SPOTLIGHT

SHUGOSHA CONTEMPORARY MARTIAL SCIENCE



ESTABLISHED 2008



FIREARMS CLASSROOM



MAIN FLOOR



WEST WING

Personal Protection

Shugosha
CONTEMPORARY MARTIAL SCIENCE

Shugosha Martial Science
A personal protection company designed to teach the average citizen how to protect themselves and their family

Karate Jujitsu • Self Defense Seminars • Corporate/Executive Self Defense Training
ADULT CLASSES FORMING

For more information call **913-230-7419**
facebook.com/ShugoshaMartialScience

NRA Gun Safety Classes*
Kansas Conceal/Carry CCW Classes*
Advanced Tactical Weapons Training*
*Call for class information and costs

Come join us, the first Self Defense class is FREE!

Shugosha Dragons

CHILDREN'S SELF DEFENSE

首里手武術会

Kyoshi
Troy Price

Shihan
John Albillar



"We never dreamed we would find an organization with the true depth of knowledge and strong ethics found in the SBK. We like to say... We found Harvard!"
- Shihan John Albillar



Citizen Combatives Corner

By Sgt. Matthew Ansari, Renshi - SBK, US Army retired

TOP 5 TIPS WHEN CARRYING A CONCEALED FIREARM

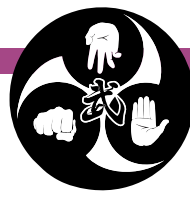
1. Always know all state and local laws regarding concealed carry. Make sure you know, when and where you can carry. Also, know the rules for the states you may be traveling through, as they may differ from your home state.
2. Be 100% positive of the status of your weapon at all times. When carrying, it should be loaded with one round in the chamber and the safety on. If not, it's kind of like putting on your seat belt, right before you get into a car accident.
3. Practice, Practice, Practice! Not only marksmanship, but drawing your weapon and reloading your weapon. An empty weapon will get you killed.
4. Fully understand, when is the proper time to deploy your weapon. Never use it as a threat, but only as a last resort to a dire situation.
5. You must be confident, in the event you have to deploy your firearm and use it. Be very certain of the target and what is around it. You are 100% responsible for every round that leaves that weapon.



Matthew Ansari, Renshi
-4th Dan Shihairyoku Kempo Karate
-3rd Dan Shurite Bujitsu Kai
-2nd Dan Shotokan Karate
-Sgt. US Army - Retired

Blue Ridge Karate Club
Cashiers, NC
828-342-3244

blueridgekarateclub@gmail.com
www.blueridgemountaindojo.com



The Pen and Sword Mindset Series

KANJI KORNER PART 1: WHAT DOES “JUTSU” MEAN?

By Ivan Black, Renshi - Oyata Shin Shu Ho

Many Japanese and Okinawan martial arts systems use Japanese terms in their training, but most instructors and students outside of Japan do not speak the language fluently. While the intentions of these teachers and students using the language in class are good, not having a native speaker available to provide both linguistic and cultural context leads to an oversimplified and incomplete understanding of these terms.

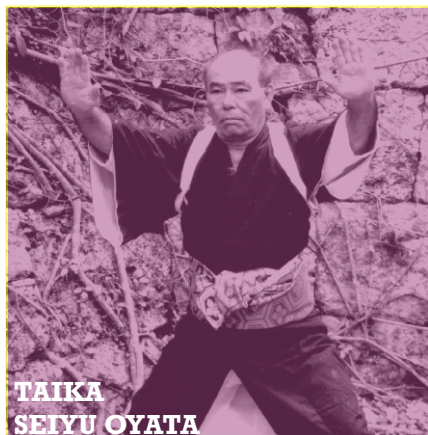
There are many terms in common use in the martial arts where the translation has been handed down teacher to student over multiple generations without the involvement of a native speaker. Generally, those terms have common translations which provide a useful reference for those seeking to understand a specific concept but, at the same time, have often lost the subtle and deeper meanings which may be present to those who have a more complete grasp of the language and culture.

An example of one such term is “Jutsu” (術). This term can be seen as part of the naming of several styles, including “Jū Jutsu” (柔術) and “Karate Jutsu” (空手術), or in common terms such as “Go Shin Jutsu” (護身術).

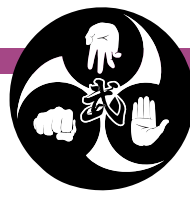
The Japanese character (or kanji) for jutsu (術) is generally translated as “technique” or “art”, and that is the meaning typically ascribed to it in martial arts. However, outside of martial arts, that character is used in a variety of other words which hint at a deeper meaning. For example, it can be combined with the kanji for “to use” (使) to make the phrase “jutsu o tsukau” (術を使う) which means “to practice magic”. When paired with the kanji for “strange” (奇) it means “magic” or “sleight of hand” (奇術) and when paired with the character for “witch” or “demon” (魔), it forms the word “majutsu” (魔術) which means “black magic” or “sorcery”. Additionally, when it's combined with the kanji for hand (手) it makes the term “shujutsu” (手術) which means “surgery”.

Looking at these additional uses of the kanji for jutsu, it quickly becomes apparent that the translations of “technique” and “art” are somewhat lacking. That said, the common thread between “magic” and “surgery” isn't immediately apparent, but when one thinks about the level of skill required to perform magic (sleight of hand), or to perform surgery, the connection becomes clearer.

Taika Seiyu Oyata explained that the practitioner of true jutsu is performing an action which is not understood, or often even noticed, by those who are present. In the case of a magician, the audience doesn't understand how a magic trick is being performed even though they are watching (often intently). And the recipient of surgery wouldn't understand what a surgeon is doing during surgery, even if they were awake and able to observe it.



Thus, Oyata taught that jutsu doesn't simply mean “technique” or “art”, instead it implies a technique which is in some way hidden or misunderstood. He further explained, by way of example, that a punch which someone sees coming, but can't react to (and thus is struck) isn't jutsu as the opponent both saw and understood what happened. For it to be jutsu, either they should have been unaware of the strike, or the strike should have had a different effect than what they would have expected (for example, being knocked out by an apparently light tap). An even higher-level of jutsu can even be performed by not only ensuring that the opponent is unaware of what is happening, but by also ensuring that an outside observer doesn't understand what had happened either.



The Pen and Sword Mindset Series

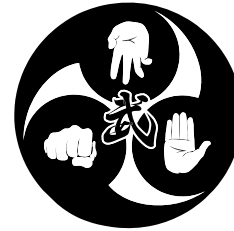
KANJI KORNER PART 1: WHAT DOES "JUTSU" MEAN?

術



This understanding of the term jutsu is valuable to martial artists as it provides a path to a greater understanding of technique. We do not want to merely do things that laypeople can understand and do; we want to elevate our technique in the same way that a magician practices their craft until observers can no longer explain how the tricks are performed. We want to study and practice like surgeons until we can perform feats that others cannot follow or replicate. That is the lesson of the kanji of jutsu, and the reason deeper exploration and study of these terms is so valuable.

Ivan Black, Renshi
5th Dan - Oyata Shin Shu Ho
Member of the Shuri-Te Bu-Jutsu Kai
Head Instructor Opening Hands Karate
5311 Friendship Blvd.
Chevy Chase, MD 20815
Facebook: @openinghandskarate
Email: openinghandskarate@gmail.com



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Shurite Bujutsu-Kai

**Martial Arts
Skills & Knowledge
Seminar 2021**

- Troy J. Price**
- Jeff Rhodes**
- Alex Ormaza**
- Randy Henderson**
- Thabiti Sabahive**
- Robert Speed**
- Josh Moree**
- Jeff White**
- Chad Bailey**



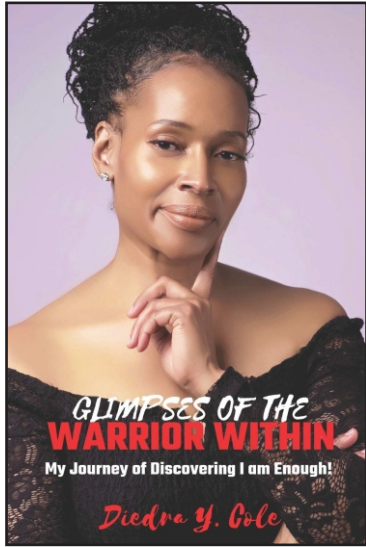
DVD

5-DVD Disc Set

首里手武術会



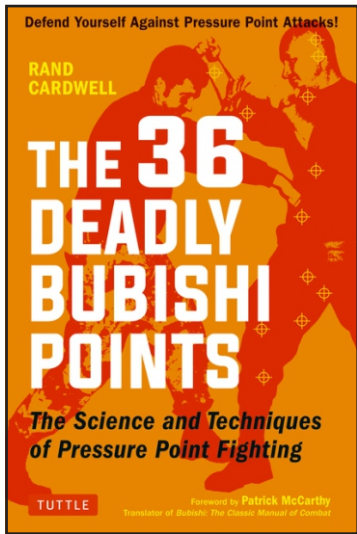
RECOMMENDED READING



By Grand Master Diedra Cole

From the inner city of Milwaukee, WI, Diedra Y. Cole has endured what many would have used to justify giving up. Through her hard, determination and undoubtedly the strength and resilience inherited from her ancestors, she found her freedom and her fight! Through life's experiences she discovered her inner warrior - the one that would use the world of Martial Arts to release the promise of her destiny.

BOOK AVAILABLE @ <http://bit.ly/GLIMPSESOFTHEWARRIORWITHIN>



By Professor Rand Cardwell

Rand Cardwell has studied numerous styles of fighting disciplines for over four decades. He is considered an expert at the application of Traditional Chinese Medicine to the martial arts. He is a personal student of He Jinbao (lineage holder of Yin Style Baguazhang) of Beijing, China and has traveled there numerous times for training. His focus has been on the combative nature of the martial arts to include intense level of study the methods of the late William E. Fairborn. He is the author of "The 36 Deadly Bubishi Points" and "The Western Bubishi".

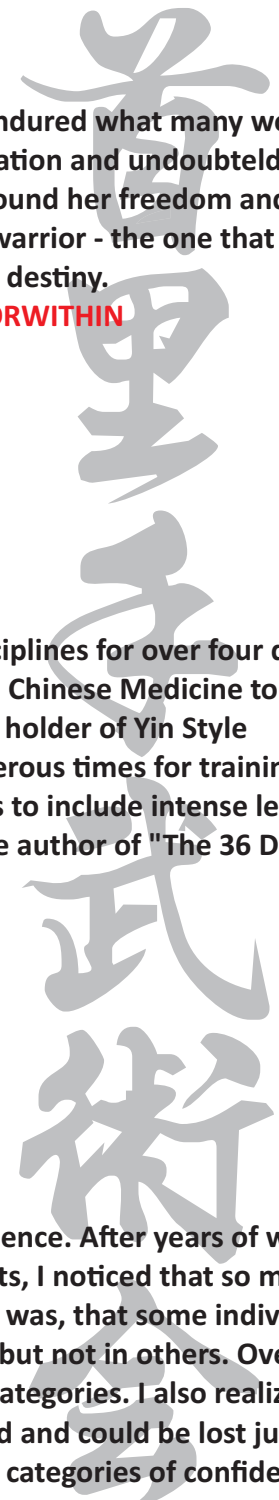
BOOKS AVAILABLE ON AMAZON



By Kyoshi Arthur Hearn

This book was created to help people develop more confidence. After years of working with families, children and adults, in fitness and martial arts, I noticed that so many people lacked confidence in themselves. The strange thing was, that some individuals were confident in one environment or at a particular skill, but not in others. Over the years I realized confidence could be broken into different categories. I also realized that confidence was not fixed or permanent, rather it fluctuated and could be lost just as fast as it was attained. Inside you will learn about the nine categories of confidence and how to strengthen and improve them.

BOOK AVAILABLE ON AMAZON





It's been an amazing year for workshops, seminars, training camps and conferences!

FEBRUARY EVENT RECAP

By Alex Ormaza

Henderson Kenpo Ju-Jitsu Academy
Presents

Martial Arts Training Seminars

with **Troy J. Price**

Anderson, SC

When:
2022 Schedule:
February - 26
May - 21
August - 27
November - 05

Time:
Saturday: 11:00 AM to 3:00 PM

Where:
North Anderson Baptist Church Gym
2308 North Main Street
Anderson, South Carolina 29621

Cost: (Pay at the door, day of the seminar)
\$48.00 For One Seminar
\$150.00 All Four-Seminars

Contact Information:
Randy Henderson
Phone: 864 934-8460
E-Mail: ashlandon@aol.com
Website: www.sbkma.com

Karate-Jutsu
Ju-Jutsu
Combative Flow



Troy J. Price, Kyoshi
SBK Chief Instructor
8th Dan Shuri-Ryu Karatedo
8th Dan Shuri-Te Ju-Jutsu
7th Dan US Ju-Jitsu Federation
Baguazhang & Chin-Na

Seminar Sponsored By:
Henderson Kenpo Ju-Jitsu Academy
Randy Henderson, Shihan
SBK Senior Instructor
7th Dan Kenpo Jujitsu
4th Dan Shuri-Te Ju-Jutsu
4th Dan Shuri-Te Bu-Jutsu



www.sbkma.com

Workshop Subject Areas:
Entering methods into effortless takedowns & pinning techniques - Combative flow continuous striking methods and patterns with elbows, fist, palms, knees & low-line kicks - Chin-Na: wrist locks, arm bars, finger locks & cervical locks - Goshin-Jutsu: combative methods of practical self-defense against various attacks - Evasive movements, footwork, intercept & trap - Transitioning and countering techniques - Advanced combative applications of kihon & kata movements for entering, blocking, striking, joint locking & takedowns - Hazushi: escaping techniques - Qigong training for martial power - And More



Kyoshi Price was ill and unable to teach this monthly workshop, so he asked Kyoshi Jeff Rhodes and myself to -not only cover for him, but to award the special title of Kyoshi, to Robert Taylor and Randy Henderson! We were very honored to be tasked with such a special occasion. The training was awesome and the smiles were big. Mrs. Henderson baked an incredible cake for Kyoshi Randy to celebrate this monumental day.





It's been an amazing year for workshops, seminars, training camps and conferences!

APRIL EVENT RECAP

By Alex Ormaza

Shurite Bujutsu-Kai & Blue Ridge Karate Club

Martial Arts Skills & Knowledge Seminar

April 8, 9 & 10, 2022
Cashiers, NC

Karate - Ju-Jutsu - Kenpo - Combative Flow - Weapons

Seminar Locations:
Friday & Sunday: Blue Ridge Karate Club (Dojo)
1846 Highway 107 North, Ste-700
Cashiers, NC 28717
Saturday Only: Sapphire Valley Community Center
207 Sapphire Valley Rd
Sapphire NC 28774
(Next to the Sapphire Valley Ski Resort)

When:
April 8, 9 & 10, 2022
 Friday: 6:30 to 9:30 PM (At the Dojo)
 Saturday: 11:30 AM to 6:00 PM (Community Ctr.)
 Sunday: 11:00 AM to 2:00 PM (At the Dojo)
 (Saturday Lunch Included On-Site)

Cost:
 All Three Days: Pre-Register \$108.00 / Day of \$120.00
 Any Two Days: Pre-Register \$85.00 / Day of \$100.00
 Saturday Only: Pre-Register \$70.00 / Day of \$80.00
 Friday or Sunday Only: Pre-Register \$45.00 / Day of \$55.00
 Register at the door or Online @ www.sbkma.com

Hotel Information:
Hampton Inn & Suites
 Cashiers / Sapphire Valley
 3245 Hwy 64 E
 Sapphire, NC 28774
 828-743-4545
 Special Rate \$99.00
 (Group Code) Ask for the Blue Ridge Karate Rate

Seminar Sponsored By:
Blue Ridge Karate Club & Matthew Ansari
 4th Dan Shihanyu Karate
 3rd Dan Shuri-Te Ju-Jutsu / Shorinji
 2nd Dan Shukun Karate
 Contact: Matthew Ansari
 828-342-3244
blueridgekarateclub@gmail.com
www.blueridgemountaindojo.com

Instructors:
 Troy J. Price: 8th Dan Shuri-Ryu Karate-do, 8th Dan Shuri-Te Ju-Jutsu, Chin-Ha & Baguazhang
 Lee Richards: 25 Year Student of Takai Sensei Oyama, Co-Founder - Oyama-Te
 Mark Baker: 7th Dan Shuri-Ryu Karate-do, 7th Dan Shuri-Te Ju-Jutsu
 Alex Ormaza: 7th Dan, Shurite Bujutsu-Kai, Instructor Oyama-Te / Hoshigata, Tensho-do, Bujinkan-ryu, Escrima
 Robert Taylor: 7th Dan Shuri-Te Ju-Jutsu, 6th Dan American Open Karate, 1st Dan Shuri-Ryu Karate-do
 Josh Moree: 6th Dan Kyokko Kenpo, 6th Dan Small Circle Aikido, 1st Dan Modern Aikido
 Bob Speed: 6th Dan Shuri-Te Ju-Jutsu, 1st Dan Modern Aikido, 1st Dan Aikido, Bujinkan-ryu, Hsing-I-chuan, Taijiquan, Taijiquan
 Donnie Abel: 5th Dan Jiu-Jitsu, Shorinji Karate-do
 Jeff White: 3rd Dan Shuri-Te Ju-Jutsu, Karate, Shotokan, Karate, Ha Karate-do, Jujitsu



FRIDAY

This is one of my favorite training camps because its set in the beautiful mountains of North Carolina in a town called Cashiers; Home to the Blue Ridge Karate Club, directed by Renshi Matthew Ansari. Even though it was April, we still got blasted with some heavy snow that made the training background very special. I look forward to this annual event, full of amazing instructors. See you next year!



SATURDAY



It's been an amazing year for workshops, seminars, training camps and conferences!

MAY EVENT RECAP

By Alex Ormaza

The Hands of Okinawa Seminar was put together by Hanshi Peter Polander and his International Okinawan Kempo Federation.

The line up of instructors was outstanding! Everyone trained hard, had great conversations and we all honored Taika Seiyu Oyata through out the weekend. Mrs. Robin Oyata was also present, making her the guest of honor.

I was stoked to be asked to share some of Taika's "gold nuggets of wisdom" during the closing demonstrations by some of Taika's original students.

Hanshi Polander also made that part of the event available via Zoom, to all of his students in Poland. I look forward to attending this outstanding event again next year.

International Okinawan
Kempo Federation
Presents:

HANDS OF OKINAWA SEMINAR

MAY 14th-15th, 2022

10 high ranking, knowledgeable instructors!
3 different classes taught every hour.
Open to all styles and ranks!

WHEN:

Saturday, May 14th, 2022 - 9:00am to 6:00pm

Sunday, May 15th, 2022 - 9:00am to 2:00pm

WHERE:

The Westin Tysons Corner
7801 Leesburg Pike, Falls Church, VA

THE COST:

Saturday \$125; Sunday \$75; Sat. +Sun. \$175

CONTACT:

Hanshi Peter Polander
240 305 4040
peter.polander@gmail.com
www.polanderkempo.com



DOUG PERRY
Hanshi, 10th Dan
Shorin Ryu



BRUCE HEILMAN
Hanshi, 10th Dan
Okinawa Kempo
Odo Lineage



GREG LINDQUIST
Hanshi, 10th Dan
ZKKR
Oyakata Kobujitsu



LUIS MORALES
Hanshi, 10th Dan
Okinawa Goju-Ryu



WILLIAM HAYES
Hanshi 9th Dan
Shobayashi Ryu



CLARENCE MURRAY
Hanshi, 9th Dan
Okinawan Shorin-Ryu



PETER POLANDER
Hanshi, 9th Dan
Okinawan Kempo
Oyata Shin Shu Ho



JOHN CARRIA
Hanshi, 9th Dan
Uechi Ryu



NESTOR FOLTA
Kyoshi, 8th Dan
Uechi Ryu



GERARD SENESE
Kyoshi, 8th Dan
Oyata Shin Shu Ho



JUNE EVENT RECAP

By Alex Ormaza

Shuri-Te Bujutsu-Kai 首里手武術会
2022
Shuri-Te Martial Arts International Conference
June 16, 17, 18 & 19, 2022
Fort Mill, South Carolina - USA

When:
June 16, 17, 18 & 19, 2022
Thursday: 6:30 PM to 8:30 PM
Friday: 2:00 PM to 10:00 PM
Saturday: 10:00 AM to 6:00 PM
Sunday: 10:00 AM to 2:00 PM

Where:
COURTYARD by Marriott, Fort Mill, SC
1385 Broadcloth Street
Fort Mill, South Carolina 29715
(15-min South of Charlotte, NC - Exit #85 off I-77)

Cost:
Register Online @ www.sbkma.com
Register by mail, check payable to: **Shuri-Te Bujutsu-Kai**
Mail To: Troy Price - 225 Helton Lane - Fort Mill, SC 29708

\$190.00 for all 4 or 3-Days Pre-Registered by 06-10-2022
(Includes Saturday Lunch & Free T-Shirt for those that Registered for All 3-Days)

\$208.00 all 4 or 3-Days Registered After 06-10-2022
(Includes Saturday Lunch & Free T-Shirt for those that Register for All 3-Days)

Any Two-Days \$170.00 includes Saturday Lunch
Friday Only \$99.00
Saturday Only \$140.00 (includes Lunch)
Sunday Only \$68.00
Thursday Only \$58.00

Conference Instructors

Conference Instructors

Karate
Kompo
Ju-Jitsu
Weapons
Filipino MA
Xingyiquan
Baguazhang
Combative Flow
Kyusho-Jutsu
Kun Tao Silat
Taijiquan
Kung-Fu
Chin-Na
Qigong
Judo

Special Training Classes
held on Saturday & Sunday
Mornings 8:45 to 9:45 AM

Hotel Information:
Special Room Rate of \$129.00
Must Reserve Room by 05-26-2022
(803) 548-0156 Ask for
Shuri-Te Martial Arts Conference Rate

Exit #85, off Interstate I-77
COURTYARD by Marriott, Fort Mill
1385 Broadcloth Street
Fort Mill, South Carolina 29715
(803) 548-0156

Restaurants near to the Hotel in Kingsley Village:
Carolina Ale House
Spice Asian Kitchen
Brixx Pizzeria
Panera Bread
Santitas Burger
Taco Molina Mexican
Epic Crisp House
Starbucks Coffee
Clean Juice
Cold Stone Creamery
Cork, Crew Wine Bar
Nappa
and More



INSTRUCTORS GROUP PHOTO

THE FLAGSHIP EVENT OF THE YEAR WAS A HUGE SUCCESS!
We had participants from all over the US and Canada, enjoying 4 days of elite level training from some of the worlds most renown instructors. Our participants had 4-5 sessions each hour to choose from, making their experience at the SBK Conference an action packed, unforgettable weekend. Kyoshi Lee Richards paid homage to Taika Seiyu Oyata's 10th Anniversary passing with a wonderful tribute session that was well attended by students of Oyata's legacy. I can't wait to see everyone again for the 2023 SBK Conference on May 4-7th in Fort Mill, SC!



STUDENTS OF OYATA'S LEGACY

AUGUST EVENT RECAP

By Alex Ormaza

Sensei Jimmy Newton has been entrusted to inherit, one of the most prestigious events, formally known as Lil Okinawa Camp -and has continued its incredible legacy through the Pioneer Gasshuku.

This was his second year, spearheading this outstanding event with an all-star cast of instructors. Everyone had an amazing time training, sharing and talking about their days in Okinawa. We had a very special guest instructor surprise everyone by the name of Kyoshi Jason Perry, Colonel USMC. He just moved back from Japan and gave an outstanding class that was well received by everyone. I really look forward to continuing to be a part of this legacy!



OYATA LINEAGE INSTRUCTORS



INSTRUCTORS GROUP PHOTO



GROUP PHOTO

OCTOBER EVENT RECAP

By Alex Ormaza

CALLING ALL PEACEFUL WARRIORS!

THE GATHERING OF PEACEFUL WARRIORS INTERNATIONAL MARTIAL ARTS SEMINAR

Join us for 2 action packed days of Reality Self-Defense Training with some of the top self defense experts in the world!



GM Samuel Scott
Combat Kuntao

GM Anthony Muhammad

GM Troy Price
Shun - Te Bu Jutsu

GM Clarence Burris
Chin Na

Professor Leo Rancier
Combat Jujitsu

Soke Haisan Kaleak

SPECIAL: Early bird rate just \$120.00 till August 1st, Register Now!!

Private & Group training sessions (Thursday & Friday)

Instructor Certification testing in the following arts:

Chin Na, Combat Kuntao, Filipino Boxing.

Special 10x Business Mastermind Meeting (free for early bird registrants only)

Date: October 7-9, 2022

Time: Sat 9-4pm & Sun 9-3pm

Location: Crown Plaza Hotel, 5400 Ivy Lane Greenbelt MD 20770

Hotel phone number: 301-474-7400

Reserve your spot at:

PeacefulWarriorsGathering.com

Email us at: info@FCmartialArts.com

Cost: \$140.00 for entire camp (\$80.00 for 1 day)

首里手武術会

Back Row: L-R Haisan Kaleak, Samuel Scott, Clarence Burris
Front Row: L-R Khaleeq Lewis, Anthony Muhammad, Troy Price, Alex Ormaza



INSTRUCTORS GROUP PHOTO

When I picked up Kyoshi Troy Price to kick off this road trip, I never imagined how much fun this training camp would be! Grand Master Samuel Scott and his team of superheroes have managed to throw a fantastic Gathering of Peaceful Warriors event, showcasing some extremely talented martial artist for all over the East Coast. Shout Out to DJ LI aka Rog Scott for keeping the vibrations high with some great hip hop, house and soul. I made some new friends, trained with some familiar faces and to top it off, I got surprised by being asked to be a guest instructor for the weekend! I am so humbled and honored to have been a part of this uplifting event. GM Scott is a gracious host and I look forward to next years event!



GROUP PHOTO