



KAGAMI

SPRING/ EARLY SUMMER 2017

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# Kagami: Contents

Spring/EarlySummer 2017

<b>Welcome!</b>	<b>3</b>
<b>Consistency in an Irregular Life</b>	<b>4</b>
<b>A First for South Texas</b>	<b>6</b>
<b>Satori and Kensho: Flashes of Insight</b>	<b>9</b>
<b>Dojo Spotlight: Central Coast Iaido</b>	<b>11</b>
<b>AROUND THE KNBK</b>	<b>13</b>
<b>KNBK Policy Reminders and Updates</b>	<b>17</b>
<b>Upcoming Events and Seminars - 2017</b>	<b>18</b>
<b>Kokusai Nippon Budo Kai 10th Anniversary Gasshuku</b>	<b>20</b>
<b>Kagami Book</b>	<b>21</b>

## Welcome!

by Erik A. Johnstone, Doshi, Shindokan Budo Dojo, Kagami Editor

*I came to the mountain  
to avoid hearing the sound of waves.  
Lonesome now in another way —  
wind in the pine forest.*

- Ryokan

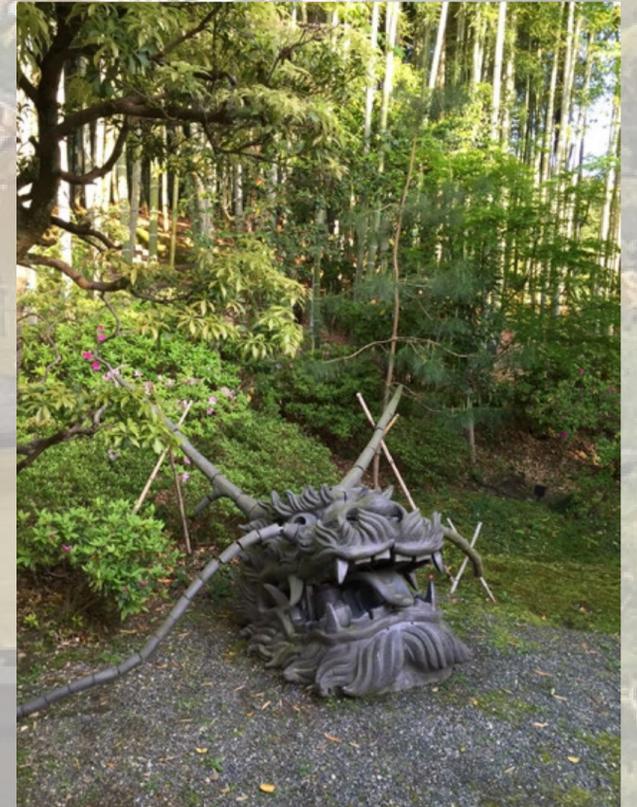
Welcome to the Spring/Early Summer 2017 issue of Kagami! We are now in the waning days of what was a very cool and wet spring here in the northeast, and are now moving on towards the first days of the summer season.

Although it has taken quite some time to get this issue completed, it is a relatively short offering compared to most of the previous issues of Kagami. There have been many opportunities thus far in 2017 to receive direct instruction from Carl Long, Hanshi, enabling us to perhaps gain some degree of insight or experience a deepening of our understanding of the principles, strategies, and teachings of the martial traditions that we study and practice under his guidance and direction. However, it also seems that for most of us, it may have been difficult to find the words to adequately capture and share these experiences with others in writing. I know that such has certainly been the case for myself this time around. In fact, as is often the case, during recent training opportunities I found myself struggling to even find the words to ask questions that could help to open up new perspectives and understandings. In any case, as we enter the second half of the year, I do hope to do a better job finding both the words to ask a useful question as well as to put any pearl of wisdom that Sensei might offer into writing to share with others. I hope that others are willing to help as well.

With all that said, although shorter in length than most previous editions, we do have some excellent offerings to share with you in this issue. You may notice a "Hooper barrage", thanks to Jen Hooper, of Central Coast Iaido in San Luis Obispo, and Morgan Hooper (no relation outside of our KNBK family!) of New York! They have stepped up to help out with a number of recent issues of Kagami, and I really appreciate their time and effort in doing so again. The same is true for Mike Johnston, of Corpus Christi, Texas, who once again has contributed an article, this time to report on Long Sensei's first seminar visit to Corpus Christi. I offer my thanks to them, and to all of you who have helped out by contributing articles, photos, and editing and production time to this and all previous issues. I encourage all of you to take part in this ongoing project by sharing your thoughts, understandings, insights, and photos for use here in the pages of Kagami. As we are trying to queue up articles for the upcoming Summer 2017 issue, your help in that effort would be greatly appreciated!

With Gratitude,  
Erik Johnstone

*To take up the sword is to take up the way of giving life.  
But how does the study of the way of taking life  
Lead to the way of giving life?  
Show me right now!*



**KNBK**  
KOKUSAI NIPPON BUDO KAI  
国際日本武道会

# Consistency in an Irregular Life

by Morgan Hooper, Shindokan Dojo

*“It is not so difficult to endure bullets in your chest; but it is extremely difficult to work daily on a schedule, to fight with yourself at every moment, and in this way, to purify yourself.” – Mahatma Gandhi*

While a kenshi might question the relevance of Gandhi’s teachings to budo, I think it’s fair to say he understood the value of discipline. Indeed, even as he endured the bullets that ended his life, Gandhi cried out the Name of his God. So perhaps, having dedicated himself to regularity, spirituality, and service, he found heijoshin in his own way.

As I’m writing this article, I’ve just finished reviewing the Omori Ryu Seiza Waza, and I must abashedly admit that it’s the first time I’ve picked up my iaito in more than a week. Today, as in the past, Gandhi’s words resonate... and sting, forcing me to acknowledge my inconsistency. How many times in twenty years of studying martial arts have I made plans to train, only to deviate or become lax within a few days?



Training in my Brooklyn apartment has the typical limitations of solo practice. The low ceiling is a given, and the two knicks above me (I hope the landlord never sees) give away the times I was careless with kirioshi. But there are the other restrictions: shoring up O-chiburi so the kissaki doesn’t shred the couch, and being conservative with nukitsuke as there’s no insurance on the flat screen. Sound familiar? My favorite though is being extra mindful as I lean back into Ukenagashi, lest my roommate suddenly decides to open his door behind me. I’m sure being impaled in the chest wouldn’t be appreciated as he makes his way out to Sunday brunch. Yet there’s a kind of acceptance and even joy in these limitations. Maybe training in the less than ideal is the point. After all, nobody ever went to war beneath a rainbow; and compared to what the samurai faced, my restrictions seem laughable. So, I push on.

Then there are more significant obstacles: the three-hour train ride from my sensei, the inconvenient commute to the nearest sister dojo, balancing family and business, and at least speaking for myself – the irregular daily life and schedule of a freelance artist. Quickly, the commitment to train every day becomes every other day, and then twice a week... once a week... Life throws curveballs, too. Unexpected detours and rerouting. Sometimes it’s a trial or hardship, but often, there is an opportunity or celebration. There are the milestones, the tangible achievements that remind me it’s a blessed life. There are also the compromises: staying out one night with an old friend I haven’t seen in years; waking up late another morning to snuggle a bit longer with the wife (or in my case the dog); and the many other tradeoffs. In the day-to-day, I am filled with immense gratitude for the people in my life and for my abundant good fortune... but at the end of each year, if I am honest with myself, in hindsight I wish I hadn’t been so lazy, not made so many excuses, and I wish I’d been a little more, dare I say, stingy. Stingy with my time.

In the seminars and trainings I’ve attended under Long Sensei’s instruction, I recall how he acknowledges the participants’ time invested away from their families and personal pursuits. I’m always grateful for these words, because they’re true. A moment spent with one circle is time away from another. That means prioritizing and making choices.

Time, I’ve heard it said, is indifferent to a man’s life. Only in the mind does it slow or quicken. And it’s undeniable, I think, that time cannot increase; it only lessens and retracts. With time comes change. Not just the staggering change of nations, but also the subtle, intimate changes. The thinning of hair, the graying in the beard, the recognition that the parents out-of-the-blue are old, a favorite tree cut down, the beginning of one friendship, the end of another. Everything is subject to change and bound within time. At the heart of my reflection, I realize I’m engaging my own anxiety with time, as I slowly surrender to the only guarantee: one day I will be out of time.

When I began studying swordsmanship, my first discipline was in Kendo. Many years ago, my sensei spoke candidly with me about this subject. To my memory, he said, “Everything changes. People change, the relationships come and go, the politics shift, one day you have a job and another day you’re out of work. But the dojo is always there. That’s its purpose. Training is always possible. The sword remains as it’s always been.”

Reflecting on my teacher’s words over the years, and experiencing these same principles within the KNBK, I’ve come to realize the only way I can confront Time... is through training. In a sense, it’s the only facet of my life I have control over. The world is in constant motion, and countless are the days I’ve walked out the door one morning only to return home that night looking at a very different reality. In the span of that day, everything is a variable, a negotiation of give and take, bending and holding fast. But the one hour in the early morning – that’s mine. Perhaps dedicating myself to that hour is the most important promise I keep.

So, it begins again. One day of training complete. Let’s see if day two is possible.



# A First for South Texas

Mike Johnston, Dojo-cho - KNBK of Corpus Christi



The weekend of April, 28th-30th, was a weekend filled with budo training and friendship. KNBK of Corpus Christi hosted a weekend training seminar with Carl Long Hanshi, comprised of instruction and training in Muso Jikiden Eishin-Ryu Iaijutsu and Shindo Muso-Ryu Jojutsu. We had a modest sized group that included beginning and advanced students. All who came showed great enthusiasm during their experience of world-class instruction in koryu budo.

The seminar weekend began on Friday night, and after a brief introduction of attendees, the training began. Long Sensei began the session with a review of both Shoden and Okuden waza in the MJER Batto-Ho curriculum. The instruction provided a historical and technical base for each person to use as a point of reference to improve, regardless of rank or experience.

Saturday morning came way too early, as a number of us stayed up way too late the previous night with Long Sensei enjoying great conversation and a few pints of homebrew at my house. We started Saturday morning's training with an introduction into the history of SMR Jojutsu. After learning the proper reiho we started practicing the fundamentals of the art. The seminar participants were instructed in jo kihon, including proper kamae and fundamental techniques including: Sage-Jo, Tsune no Kamae, Honte Uchi, Gyakute Uchi, Hikiotoshi Uchi, and Kaeshi tsuki, along with proper foot work, and of course, Osame no kata. Then Long Sensei introduce the group to Jodo kata, starting with Tsukizue and finishing off with Monomi. After solo practice, the sword partner was introduced and the details of the required movement, techniques, timing, and awareness of maai, along with control of the center were stressed.

KAGAMI



# Satori and Kensho: Flashes of Insight

by Morgan Hooper - Shindokan Budo

This past June, on the 10th and 11th, KNBK instructors and students came together to train in a seminar at Sue Warzek Sensei's Dojo in Clifton Park, NY. Guided by Carl Long Hanshi, participants trained across the gamut of the Muso Jikiden Eishin-Ryu Iai-Heiho system, reviewing fundamental content like the Batto-ho series, Omori Shoden Waza and Katachi. Sensei also threw in some fun surprises, instructing everyone in Bangai no Bu and Muto-Dori (unarmed strategies against a sword). Whether new to Eishin-Ryu or having studied swordsmanship for years, this was a fantastic, well-rounded seminar, with something for everybody. Throughout the weekend there were many "A-hah!" moments with flashes of insight, and much laughter as Sensei balanced out the rigorous training with a good budo joke or historical lesson.

In fact, sometimes one flash of insight or glimmer of new understanding can make events like these profoundly memorable. This has certainly been my experience over the years, whether the flash arises with regard to technique, is a subtlety on etiquette, or observing a kenshi's state of mind in a stressful situation. Towards the end of the morning session of the first day, I asked Long Sensei a question that, fortunately for me, has led to several flashes – what he describes as Satori and Kensho.

That morning we had gone through Batto-ho and Bangai no Bu, and thinking about waza like Shihoto Sono Ichi and Raiden, in which there are multiple opponents, I asked Sensei, "How much of the moment is planned and how much is spontaneous?" Sensei replied, "Completely spontaneous." He then added, "When first learning the waza, it's like being given a box. At first you think what you see is all there is. Then you take off the wrapping, then you open the lid, then you turn the box upside down and inside out, and you realize there is a lot more to this box than you initially perceived. The waza are the same." What I take from Sensei's teaching is that the waza introduce one possibility that can be expressed innumerable ways; or as we sometimes say, "One cut becomes a thousand cuts." But the waza are not the end-all and be-all of the situation. It is not that when surrounded by four tekki, Step 1 is to seme to the right, Step 2 is to tsuki to the tekki behind, etc. Rather, the waza express a fundamental idea. How that idea manifests? Well, that depends on the moment.

Long Sensei was then kind enough to continue discussing this topic with me over the lunch break. Later on in the year I have a Kendo shinsa, an exam, coming up, and I asked Sensei the same question, "Is it possible to have a plan? Can I strategize to strike this target first, then counter here, and then attack like this..?"

Sensei responded in much the same way, "Not really, no. And moreover, the examiners will see the plan. Along the way of your training, you will encounter many budoka trying to take these kinds of shortcuts, but in the end the shortcuts rarely work. You're on a different path. Better to lose with dignity, than cheat your way to advancement. It's like this: imagine you're standing in the center of a pitch-black room, and you've been told there is a door somewhere. You have no idea how far apart the walls are, and you don't know how big the room is. All you know is that you are at the center and there is a door. Now, you can try and blindly run through the dark and hope to find the way out, but more than likely you will crash into the wall and miss the door completely. That is a short cut. But if you put your hand against the wall, and slowly move across the space, however long it takes, you will find the door."

Sensei then continued into what, for me, is the heart of his understanding:

"In budo we sometimes speak of Satori, the illumination, awakening or grand realization. But for most of us, Satori does not appear in its completeness. Instead, we perceive Kensho, glimpses or flashes of this illumination. Over time, these glimpses accumulate.

One way to think about it is as if you are standing in front of a large blank wall. On the other side of this wall is an equally large painting. There are several openings or windows in this wall, and every so often, they open. Rarely, if ever do all the openings unhinge simultaneously. Instead, one window opens, time passes, and then on the other end of the wall, another. Little by little, having taken record of these openings, you begin to perceive the whole picture.

Additionally, sometimes we can be so focused solely on one thing, and there is no understanding from that acute focus. Often, if we put our attention on something else entirely, another window opens."

He then concluded by asking, "What is an Uchi-Deshi? When we think of an Uchi-Deshi, sweeping the floor comes to mind, doing the dishes. But this is not an Uchi-Deshi. An Uchi-Deshi is a student who fully understands the feeling of the teacher. Like people who have spent so much time together, they no longer need to speak. A nod or a look is enough to convey everything that has to be said."

After a brief lunch we lined up with iaito and started MJER Iaijutsu training. Throughout the course of the afternoon Long Sensei reviewed all of the Seiza waza with the group, giving detailed instruction to every individual that provided areas to improve upon, based upon their experience and grade. The part that many seemed to enjoy was the explanation or bunkai of the individual waza. This seemed to give everyone a better understanding of the techniques and it helped bring a level of seriousness when performing the waza. After dinner, a small group went back to my house and enjoyed the rest of the evening over some fine Scotch, a smooth cigar, and great conversation.

As with Saturday morning, Sunday morning felt like it came way too soon, but after a good cup of coffee and a breakfast taco, Long Sensei and I headed to the dojo for the final day of training. This morning's training picked up where the prior day's left off. Long Sensei gave us a comprehensive review of the Jodo waza we had learned and then added a session focusing on Kasumi Shinto-Ryu Kenjutsu to our morning training. Although only a few people there had ever even heard of that style of swordsmanship, everyone did their best to remember and practice what Long Sensei was teaching.

After lunch we resumed MJER Iaijutsu practice. After a review of the Seiza-waza not covered in the previous days training, Long Sensei had us partner up with bokken to review and practice Tachi Uchi no Kurai. As with our Jojutsu training, Long Sensei had us focus on maai, proper timing when moving and performing the waza, control of the center line, and not giving up the space you just won in the simulated battle. There were many fine points discussed and everyone left the floor mentally and physically exhausted from the relentless effort in trying to execute the kata as instructed and trying to absorb all the fine points and detail that Long Sensei provided.

At the end of training we conducted an examination for advancement. This was as milestone for our group. Besides being the first time my students had ever met Long Sensei, two of my students were going to test before the 22nd Soshihan of Seito Muso Jikiden Eishin-Ryu Iai-Heiho! The weekend gave Long Sensei a good opportunity to get to know the applicants and watch them practice over the 14 hours of training we had that weekend. The testing resulted in both candidates passing, with Hector Chavez being promoted to Shodan-Ho, and Joel Molina being promoted to Ikkyu.

As the weekend came to a close, all wished each other a safe journey home, and to a person, we all look forward to another visit from Long Sensei next year. The weekend of rigorous training pushed everyone to perform at a higher level, regardless of rank or experience. Thanks to Long Sensei's infectious enthusiasm, everyone present could plainly see what is possible with commitment and lots of practice. I think to a person, we left training feeling like we learned a great deal and had a significant amount of "homework" to do over the coming year. I would like to thank the KNBK sensei and students who made the journey to join us for this seminar. Your participation made this event possible.

This last insight of Sensei's was the most meaningful for me. It's true, it's easy to copy technique, but to capture the feeling, the way of being of a sensei is far subtler. Hopefully though, through seminars like this and regular training the windows will gradually unlock revealing the painting behind.

My thanks to Sue Warzek Sensei for facilitating a smooth and enjoyable seminar, and to all the KNBK attendants for contributing their time and energy. Most especially, thank you Long Sensei for your wisdom, compassion, and inspiration. Thanks to your instruction, I trust I won't be stumbling through the dark for as long!

*[Note: It is worth mentioning that the dialogues between Long Sensei and myself are not quoted verbatim. His teachings are being presented to the best of my recollection, and I hope, though not word-for-word, capture the essence of his understanding.]*



# Dojo Spotlight: Central Coast Iaido

By Jen Hooper, Sensei – Dojo-cho



*Editor's Note: This installment of the Dojo Spotlight finds us in a place very dear to my heart: California's fantastically beautiful Central Coast and Central Coast Iaido in San Luis Obispo, led by our dear friend, Jen Hooper Sensei. I've been looking forward to this particular installment for quite some time as it brings back many so many fond memories from another time and place. Thanks to Dave Loya for the photo above!*

Central Coast Iaido was started serendipitously. Having moved to San Luis Obispo in May of 2012 from Bakersfield, California, I initially had a hard time finding a place to practice Iaijutsu. I had been training in Muso Jikiden Eishin Ryu Iaijutsu under Robin Ramirez Shushi at Bakersfield Budo since 2008, and was determined to keep up my practice. I approached multiple dojo looking for open mat time, without success, when finally I stumbled upon Central Coast Aikido and Kendo. The kendo class is taught by Jason Carter on Tuesdays at the San Luis Obispo Buddhist Temple. Carter Sensei, who began Kendo at the Yasato-machi Kenyukai in Ibaraki, Japan under Inanuma Mitsuru Sensei. He subsequently received Second Dan from Zen Nippon Kendo Renmei (All Japan Kendo Federation) in 1997. He then began training at Butokuden Dojo in Irvine, California under Maruyama Sandy Sensei and Ariga Taro Sensei in 2007, where he has received 4th Dan from Southern California Kendo Organization/All US Kendo Federation April 2014. His dojo is a branch of the Butokuden Dojo and is part of the All U.S. Kendo Federation (AUSKF) and the Southern California Kendo Organization (SCKO).

I contacted Carter Sensei to ask if there was any possibility that I could use some of his floor space at the Buddhist Temple to practice on my own. He was gracious enough to allow me space at the temple during his class time. After a few months of practice at the temple, Carter Sensei commented favorably and expressed interest in learning Muso Jikiden Eishin Ryu. He asked then if I would be interested in teaching a class; a class that included him as a student. I myself have never had any ambition to teach, but the Central Coast Iaido study group began from that conversation. Today we have seven students training consistently, and practice at two locations on the Central Coast: the San Luis Obispo Buddhist Temple on Tuesday, and Aikido Central Coast in downtown San Luis Obispo on Friday evenings.

Central Coast Iaido is a small study group, but our members are dedicated to learning Muso Jikiden Eishin Ryu. They attend each class with enthusiasm and determination, receiving instruction and engaging in practice with great energy. They are all very committed to practice and to taking on tasks in support of the dojo. One of my long time students, Brian Rienstra, took part in the Dai Nippon Butoku Kai World Butoku Sai last year in Kyoto, Japan, and together as members of the KNBK team, we proudly represented both the KNBK and our small Central Coast Iaido group. Additionally, another student, Alex Kim, has dedicated a significant amount of time outside the dojo to create and maintain an excellent web site for Central Coast Iaido.

As a group we donate funds and our time to the Temple; and we often volunteer at their fundraising events throughout the year. The Temple has even featured our group in their very own newsletter. The San Luis Obispo Buddhist Temple, established in 1929, practices the Jodo Shinshu tradition, and is affiliated with the Buddhist Churches of America (BCA) and the Nishi Honganji, the head temple in Kyoto, Japan. The Temple is having its 90th birthday celebration soon. The temple holds an annual Obon festival that we have attended and participated in for the past 4 years. Our group volunteers to help set up the event and in addition we are invited to perform a 20 minute embu. The embu consists of both seated and standing waza and often includes shizan. This is one of our favorite events, and we look forward to Obon every year. During last year's

Obon Festival, held in nearby Arroyo Grande, we were interviewed and photographed by a local newspaper and featured in both the Sunday print article as well as online. We owe a special thanks to the erstwhile President of the Temple, Barry Bridge, for his enthusiastic support of our group from the very beginning; we would not be the same group today without him!

Our beautiful location on the Central Coast means that we get many visitors from points inland, especially from the Bakersfield, which is only about two hours away. What that means for us is that we are lucky enough to be quite close to Bakersfield Budo, enabling Robin Ramirez Shushi to make frequent visits to our area, often to teach special classes and give students the opportunity to stand for testing while he is in town. We greatly value his time and efforts in guiding our group and in keeping us on the right path.

The San Luis Obispo Buddhist Temple also has another interesting connection for myself personally as well as for the KNBK. I was delighted to find out that Erik Johnstone Sensei, now located in Rhode Island, also has a history with our very own San Luis Obispo Buddhist Temple. He lived in the San Luis Obispo area from 1984 until 1986, and attended Arroyo Grande High School. At that time, there was a small Wado Ryu Karate-Do branch dojo, affiliated with the Wado Ryu Karate-Do Renmei, housed in the temple. Johnstone Sensei said that this was the very beginning of his study of Japanese budo and trained at the temple dojo four nights each week during his time in San Luis Obispo, practicing Wado Ryu and Jujutsu. He was also introduced to very basic laido at that time. Johnstone Sensei has spoken very fondly of the memories of his time there, and hopes to make a return trip to San Luis Obispo and visit our dojo. He said that the opportunity to train on the floor of the temple dojo once again would be a great thrill and would bring back so many wonderful memories!

Since establishing Central Coast laido, I have become a practicing member of the temple, and we have even more privileges as well as responsibilities. Active involvement in both the temple and in leading our dojo has instilled great pride in me, most especially for my students for their dedication and hard work. For a class that was started by chance, I think the road we have traveled has been a positive one. We will continue to do our best to practice diligently and honor the traditions which we proudly represent. San Luis Obispo and the Central coast is a gorgeous place, and well worth a visit. Should you ever find yourself here, do not hesitate to visit and train with us! In the meantime, be sure to visit us online at <http://centralcoastiaido.com> as well as finding us on Facebook! We hope to see you soon!

With Gassho,  
Jen Hooper, Dojo-cho  
Central Coast laido



# AROUND THE KNBK



This past Spring saw a flurry of seminars taught by Carl Long, Hanshi, with visits to Shindokan Budo Dojo in Westerly, Rhode Island; KNBK of Corpus Christi in Corpus Christi, Texas (see page 6); Bakersfield Budo in Bakersfield, California; and Hangestu Dojo/US Budokai Karate in Clifton Park, NY. Sensei also taught a special intensive three-day Kodansha seminar at Hombu Dojo in Kingston, PA, focusing on advanced components of the Muso Jikiden Eishin-ryu curriculum, including the katachi sets Tsumeai no Kurai and Daishozume. There are many more training opportunities with Sensei coming up in the next few months, including the KNBK 10th Anniversary Gasshuku and Koshukai in November in Westerly, RI. In the interim, we offer a few memories from Sensei's recent travels for your enjoyment!

## Long Sensei at Shindokan Budo

Sensei made his annual Spring visit to New England for two days of intensive training in Muso Jikiden Eishin-ryu Iai-Heiho. The seminar drew participants from all over Rhode Island (which means it took everyone no longer than a few minutes to get to the seminar!), New York (New York City, Long Island, and Upstate!), nearby Connecticut (as in, it's just across the river from Westerly!), New Hampshire, and even from Hombu Dojo in Kingston, Pennsylvania! Due to space limitations at Shindokan Budo Dojo, the seminar was once again held at Kiefer's Martial Arts in Westerly, Rhode Island. We spent the entirety of the first day receiving instruction in Tsumeai no Kurai, the second koryu katachi set in Muso Jikiden Eishin-ryu. The larger training floor was occupied for the first couple of hours of the seminar, so we had some pretty close quarters for the

majority of the day on Saturday. However, Tsumeai no Kurai was a perfect fit for the training environment. As if perfectly timed, the larger training floor became available by the time we got to the halfway point of the set and we were able to shift our training there for the standing portions of the set. For the majority of the participants, this was the first time that they had ever been exposed to this set, and they all seemed to enjoy it immensely! Their legs, however, might not have felt the same way about it, especially on Sunday morning! However, Sensei was very compassionate during Sunday's training, keeping everyone on their feet by leading sessions covering Batto-ho and Okuden Tachi Waza. We finished the day with a rigorous session of Tachi Uchi no Kurai, with Sensei delivering exacting instruction and pushing everyone to a higher level and expression of this foundational but critically important set. As ever, Sensei shared many jewels of insight and knowledge, both on and off the mat. As ever, we all had a fantastic weekend of training and fellowship with Sensei and our KNBK family!

## Western Regional Gasshuku Reflections

*The following is a brief training reflection submitted by Ms. Olga Iveticheva of the USCD laido Club, following her participation at the KNBK Western Regional Gasshuku, held at Bakersfield Budo this past May.*

It is my impression that nowadays, many people embrace the practice of traditional martial arts as a response to an intrinsic desire to realize freedom from the constraints that we experience in life, both mental and physical. The numerous forms of budo, kata, and waza serve as a framework for one to explore proven practices and methods that can lead to such



freedom. Such training can enable us to master the ability to express our true self; our true spirit, even while engaged in the most mundane matters of daily life. This is precisely the spirit that I encountered at Bakersfield Budo during the KNBK Western Regional Gasshuku in May. I had the great fortune to train with, and receive instruction from, an absolutely amazing group of people, including the world-renowned Carl Long Hanshi, Soshihan of Muso Jikiden Eishin-ryu Iai-Heiho and Kaicho of the KNBK, and the masterful Robin Ramirez, Shushi, Dojo-cho of Bakersfield Budo. It was a most rewarding experience! I was warmly welcomed as a first time visitor at Bakersfield Budo and offer many thanks to all of its members for their efforts in preparing for the KNBK Western Regional Gasshuku 2017. I am so glad to meet everybody!

-Olga Iventicheva - UCSD Iaido



## Hombu Dojo Kodansha Seminar

The Kodansha seminar at Hombu Dojo this past May really requires a multi-page article to even begin to capture the feeling for that weekend. It was a rigorous and demanding three-day event filled with training in advanced portions of the Muso Jikiden Eishin-ryu Iai-Heiho curriculum, as well as advanced expressions of more fundamental sets. Our practice included (not necessarily in the order that they were taught over the weekend) Chuden Waza, Okuden Tachi Waza, Tachi Uchi no Kata,

Tachi Uchi no Kurai, Tsumeai no Kurai, and Daisho Zume. As can be inferred from that list, the vast majority of time was spent on katachi. And it truly was a very intensive and demanding weekend indeed. We trained for long hours in some pretty warm weather for May, and as those that have received instruction in them will readily tell you, the serious and correct practice of Tsumeai no Kurai and Daisho Zume can be quite challenging, both physically and mentally. But that challenge is precisely why those of us



in attendance were there. We all strive to improve and deepen our skill in, and understanding of, this budo path that we walk together; and there is no better opportunity to do so than through training at such special seminars at Hombu Dojo. I strongly encourage all of you to do so whenever you are able.

While we were too busy engaging in our training (and apparently too exhausted at the end of each day) to capture any images from the dojo, we do have a few from the two wonderful evenings spent at the Long residence, as Sensei and Mrs. Long once again graciously opened their home to us all after training on Friday and Saturday. Opportunities to engage in the warm fellowship of our KNBK family are such a crucial part of our practice, growth, and evolution as budoka together.



## Long Sensei at Hangetsu Dojo

Sue Warzek, Sensei, of Hangetsu Dojo/US Budokai Karate in Clifton Park, NY, has been leading the way for the KNBK in Upstate New York for a number of years now. In fact, I believe that Long Sensei's visit to her dojo in June marks the third of what has now become an annual late spring/early summer visit to that neck of the woods for an event that we have all come to look forward to. Warzek Sensei, aside from being an outstanding budoka, is an excellent seminar host; and each year Long Sensei's seminar visit is a smashing success. I have to admit that due to family obligations, I was forced to miss this one this time, but from the reports that I received, this year's seminar was no exception! Among the many aspects of our practice, Sensei spent some time providing instruction in Bangai no Bu and Muto Dori, which I am told were highlights for a number of the participants. As is so often the case, Sensei offered a number of pearls of wisdom that opened up some insight into a deeper understanding of budo

# KNBK Policy Reminders and Updates

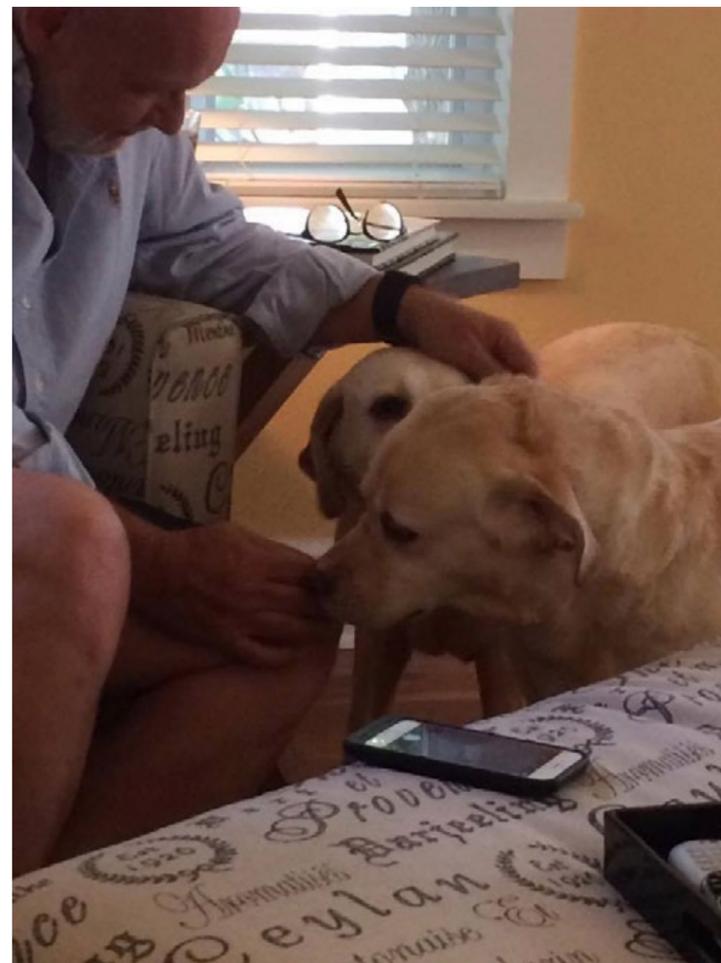


for those who were ready to receive those pearls. Please see the article on page 6 for a further glimpse. All that said, please keep a visit to Upstate New York in mind next year for Sensei's next visit to Hangetsu Dojo; you'll be happy that you did!

## Birthday Wishes!

Finally, on behalf of the entire KNBK, we want to extend heartfelt birthday wishes to Long Sensei, who as you all know, celebrated a birthday on July 28th. Sensei, we are all deeply grateful for your teachings and guidance, and for the role you play in each of our lives! We wish you many more years of joy and light!

Editor's Note: please feel free to advise us of any upcoming birthdays for our KNBK members that you might be aware of so that we can recognize them here!



*During the recent Kokusai Nippon Budo Kai (KNBK) Kodansa Seminar at Hombu Dojo, Long Hanshi brought up very important policy items that, per his direction, require reiteration here. Please be very clear that the following items are strict KNBK policy, as dictated from the KNBK Hombu Dojo, by Carl E. Long, Hanshi, 22nd Generation Soshihan of Seito Muso Jikiden Eishin-ryu Iai-Heiho and Kaicho of the Kokusai Nippon Budo Kai.*

### Video:

Under no circumstance will the preparation and posting/sharing of video containing depictions or demonstrations of any arts, techniques, waza, kata, or any other material associated with of the arts housed within the KNBK on social media sites such as (but not limited to) Facebook or Youtube, or any other online sites, be authorized without direct approval from Long, Hanshi. This policy is non-negotiable and must be strictly followed. Failure to follow this policy could result in suspension or dismissal of any individual from the KNBK. This policy has been stated many times in person by Long Hanshi, and has also been communicated in previous issues of Kagami. Should there be any question about this policy, please contact the KNBK Hombu Dojo.

### Advanced Curriculum:

Long Hanshi has made the decision that certain portions of the Muso Jikiden Eishin-ryu Iai-Heiho curriculum, especially advanced paired kata, must remain property of Seito Muso Jikiden Eishin-ryu Iai-Heiho and the 22nd-Generation Soshihan. Such items may not be demonstrated publicly, nor may they be taught by anyone who may have received instruction in them, to anyone else, without Long Hanshi's express consent. Long Hanshi has sole authority to determine to whom he will teach such portions of the curriculum, and with whom they may be shared, either upon transmission. In other words, no kata from sets such as Tsumeai no Kurai, Daisho Zume, Daisho Tachi Zume, or Daikendori, may be taught to anyone without approval by Long Hanshi. Furthermore, approval to receive instruction in such material is dependent on KNBK rank and invitation to receive such instruction by Long Hanshi. Moreover, these portions of the curriculum may NOT be demonstrated in public, nor even in private demonstration, to those who have not been initiated into these levels of training. Finally, and relative to the policy pertaining to video, it is absolutely forbidden to prepare

and share any video anywhere of any portions of these curriculum categories. Long Hanshi has made it very clear that failure to follow this policy will result in the dismissal of any KNBK member, regardless of rank, title, or standing, who violates this policy. This is non-negotiable. Should anyone have any questions regarding any aspect of this policy, please contact the KNBK Hombu Dojo.

### Formal Attire (Montsuki, Striped Hakama, etc.):

Long Hanshi has stated that the wearing of formal attire such as montsuki and striped hakama must be limited to public demonstrations. It is unnecessary for any KNBK members and instructors to wear formal attire in seminar situations, whether they be attending or teaching seminars. The only exception is Long Hanshi himself; as 22nd-Generation Soshihan of of Seito Muso Jikiden Eishin-ryu Iai-Heiho, it is necessary for him to do so.

With respect to formal attire, if one is in a situation which requires its use, please be sure that all required articles of attire are worn and that all components of one's attire are worn correctly. For example, when wearing montsuki and formal hakama, one must always wear a clean white juban and clean white tabi. Formal attire worn without juban and tabi is completely unacceptable. Additionally, pendants, chains, cords, etc., are unacceptable. Finally, do not ever wear extraneous items such as tasuki (strips of cloth to tie back montsuki/kimono sleeves) while wearing formal attire in any KNBK-related activity or event.

## Upcoming Events and Seminars - 2017



### **Koryu Sword Arts Seminar with Carl Long, Hanshi September 2-3, 2017 - UCSD Iaido Club - La Jolla, California**

Kako Lee, Renshi and the University of California Diego Iaido Club are proud to announce that Carl Long, Hanshi, will be returning to beautiful San Diego, California to lead a weekend of training in Muso Jikiden Eishin ryu Iai-Heiho (Iaijutsu), including waza and katachi from various sections of the curriculum and the principles and strategies underlying them. All are welcome to join us!

Location: University of California San Diego - La Jolla, California  
Contact: Kako Lee, Renshi  
Phone: 858-342-1573  
Email: Mazuru\_kai@yahoo.com

### **KNBK Fall Regional Gasshuku 2017 with Carl Long, Hanshi October 6-8, 2017 - Bakersfield Budo - Bakersfield, California**

Robin Ramirez, Shushi and Bakersfield Budo are honoured to host a return visit by Carl Long, Hanshi, 22nd Generation Soshihan of Muso Jikiden Eishin-ryu Iai-Heiho and Kaicho of the Kokusai Nippon Budo Kai to lead a weekend Gasshuku this fall, focusing on Muso Jikiden Eishin-ryu Iai-Heiho as well as Shindo Muso-ryu Jojutsu. Sensei will be covering providing in-depth instruction in many components of the MJER curriculum, so please do not miss this event!

Location: Bakersfield Budo - Bakersfield, California  
Contact: Robin Ramirez, Shushi  
Phone: 661-398-2100  
Email: r.ramirez@bakersfieldbudo.com

### **Pensacola Sword Arts Seminar with Carl Long, Hanshi October 20-22, 2017 - Big Green Drum Japanese Martial Arts - Pensacola, Florida**

Carl Long, Hanshi, 22nd Generation Soshihan of Muso Jikiden Eishin-ryu Iai-Heiho and Kaicho of the Kokusai Nippon Budo Kai, will be returning to Big Green Drum Japanese Martial Arts in sunny Pensacola, Florida to lead a weekend of training in Muso Jikiden Eishin ryu Iai-Heiho (Iaijutsu). All are welcome to join us!

Location: Big Green Drum Japanese Martial Arts - Pensacola, Florida  
Contact: Patty Heath  
Phone: 850-479-1907  
Email: patty@aikidowestflorida.com

### **KNBK 10th Anniversary Gasshuku and Koshukai November 17-19, 2017 - Westerly, Rhode Island**

Please join Carl E. Long Hanshi and your fellow KNBK members for a special Tenth Anniversary Celebratory Gasshuku and Shidosha Koshukai to be held from November 17th through the 19th in the beautiful seaside town of Westerly, Rhode Island! Please see the special 10th Anniversary Gasshuku page for further information. Further details, including registration information will be forthcoming. Mark your calendars now!

Location: Westerly Armory - Westerly, Rhode Island USA  
Contact: Kako Lee, Renshi  
Phone: 858-342-1573  
Email: Mazuru\_kai@yahoo.com



# Kokusai Nippon Budo Kai 10th Anniversary Gasshuku

November 17th – 19th , 2017  
Westerly, Rhode Island USA

Carl E. Long Hanshi and the Kokusai Nippon Budo Kai are proud to invite you to a special Tenth Anniversary Celebratory Gasshuku and Shidosha Koshukai to be held from November 17th through the 19th in the beautiful seaside town of Westerly, Rhode Island! Evolving from the former Jikishin Kai International, the Kokusai Nippon Budo Kai (KNBK) was founded in 2007 by Masayuki Shimabukuro Hanshi and Carl E. Long Hanshi, the 21st and 22nd Generation Soshihan of Seito Muso Jikiden Eishin-ryu Iai-Heiho, and has come to be recognized the world over as a premier organization for the preservation and propagation of koryu budo and the worldwide representative of the legacy of Miura, Takeyuki Hidefusa Hanshi and Shimabukuro, Masayuki Hidenobu Hanshi.

The Gasshuku and Koshukai will be held in the historic Westerly Armory in downtown Westerly, Rhode Island. The Westerly Armory holds a significant place in the history of the KNBK and in the heart of Long Hanshi as it was there, five years ago in June, 2012, that his beloved teacher, Shimabukuro Hanshi, taught his last public seminar.



The training schedule will consist of the annual KNBK Shidosha Koshukai (Instructors Seminar), to be held on Friday, November 17th, with the Gasshuku to be held on Saturday and Sunday. The Gasshuku will be open to all and will include training in Muso Jikiden Eishin-ryu Iai-Heiho and other forms of budo practiced within the KNBK. The weekend's events will also include a special celebratory banquet, to be held on Saturday evening.

For those who might be interested in spending additional time before or after the Gasshuku, Westerly and the surrounding area offers many attractions, including great restaurants and pubs, the beautiful Rhode Island shoreline; visits to classic historic New England communities such as Watch Hill and Newport (both in RI) as well as Mystic (home of the Mystic Seaport and the Mystic Marinelife Aquarium) and the fishing community of Stonington, both just over the line in Connecticut. For those so inclined, Westerly's location on the Rhode Island/Connecticut line allows for easy access to nearby casinos in Ledyard and Montville, Connecticut. We also have a number of local breweries and vineyards, which offer tours and tasting!

We will be providing additional information, including registration information and options, training schedules, and lodging suggestions in the very near future. For those who may be flying in, we recommend flying to Providence (T.F. Green), which is approximately 45 minutes from Westerly.

Please be sure to join us in November as our KNBK family gathers for a weekend of koryu budo training, celebration, camaraderie, and "skin-ship"! We look forward to creating more memories with all of you! See you this fall in Rhode Island!

Location: Westerly Armory - Westerly, Rhode Island USA  
Contact: Kako Lee, Renshi  
Phone: 858-342-1573  
Email: Mazuru\_kai@yahoo.com



## Kagami Book

The Kokusai Nippon Budo Kai is pleased to offer \*Kagami\* by Masayuki Shimabukuro Hanshi. This book, available in a hardbound volume or as an eBook, is the collection of all articles by Shimabukuro Hanshi that appeared in Kagami from the first issue in 2006 through the summer of 2012. Now, they are all available in one volume. The production of these books was conceived of and spearheaded by Bob Morris Doshi of the JKI/KNBK Social Dojo in San Diego, with the approval of Carl E. Long, Hanshi and Soshihan of the KNBK. The forward to the book was written by Erik Johnstone Doshi, Editor of Kagami: The Newsletter of the Kokusai Nippon Budo Kai, who collaborated on this series of articles with Shimabukuro Hanshi.

Long Hanshi recently offered the following comments regarding this collection:

"I cannot think of a better word to describe this collection of insights and prose. The word "Anthology" comes from the Medieval Latin "anthologia", literally: a "flower gathering." This collection of thoughts blossomed from the minds and practice of the Samurai Warrior traditions and have been preserved here in a collection of articles and wisdom imparted by a 21st SoShihan of the Muso Jikiden Eishin Ryu school of swordsmanship.

Wisdom is priceless."

On behalf of Long Hanshi, Morris Doshi, and the KNBK, we are proud to offer "Kagami" to all of our members. The following links will allow you to preview and purchase the book:

- To preview and purchase the hardcover edition, please visit:

<http://blur.by/1aTtnYm>

- To preview and purchase the eBook, please visit:

<http://store.blurb.com/ebooks/453063-kagami>

We hope that you all enjoy this volume and benefit greatly from the teachings contained within its covers. Please join us in thanking Morris Doshi for his dedicated effort in making this book possible and Long Hanshi for his support. And we thank all of you for your support in the ongoing project that is Kagami.

# CALL FOR SUBMISSIONS:

As ever, we at Kagami welcome and encourage the active involvement in and contributions to Kagami by all members of the Kokusai Nippon Budo Kai. Submissions could be in the form of articles, announcements, dojo and instructor profiles for the Dojo Spotlight section, event announcements and reports, appropriate media reviews, or photos and images.

Please feel free to send in materials at any time; we will do our best to include them in as early as possible, but we are also always happy to have a surplus of content, especially in the form of feature articles, photos, artwork, and Dojo Spotlight profiles (if your dojo has not yet been featured in Kagami, please feel free to send in a profile. Don't forget to include photos!). Kagami is YOUR publication, so please do not hesitate to contribute material. We can't do it without you.

## Kagami: A Publication of the Kokusai Nippon Budo Kai

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**KNBK**  
KOKUSAI NIPPON BUDO KAI  
国際日本武道会

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