



KAGAMI

SUMMER/FALL 2019



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**Summer/Fall 2019**

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

# Welcome!

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

Welcome to the latest issue of Kagami! We hope that you have all had a wonderful summer and that you were able to get as much training, travel, and vacation time in as possible! We here at Kagami have certainly been following the many adventures of our leaders and members through the various social media platforms out there and it certainly looks like many of you made the most of the season!

We began work on what was to be the Spring 2019 issue many months ago in the first weeks of spring, and now the lifeguard chairs at our local beaches stand empty, kids are all back in school, and we find ourselves mere weeks away from the autumnal equinox. In a recent email I apologized for the long delay in getting this issue out to everyone, and I do so again here. With very little in the way of contributed material, I found it extremely difficult to carve out the necessary time to create content for this issue, despite the catalyst of a number of excellent training events with Long Sensei through the course of the spring and summer. Fortunately, to my great relief, a few of you stepped up this summer with additional contributions, making this issue possible. That said, I willingly took on this role at Kagami, and the responsibility of getting each issue produced and delivered in a timely manner lies squarely on my shoulders.

In any case, we now offer this issue to you in the hopes that it meets with your approval. It includes some very interesting perspectives offered by some of our KNBK members; a report on KNBK trainings and progress in South America; the second installment of very helpful guidance to navigating the online KNBK Dojo Management System (DMS) by Bob Morris Doshi; and as ever, the Dojo Spotlight.

Speaking of the Dojo Spotlight, we are looking for some volunteers for the next couple of issues of Kagami, so if you would like to help out, it would be greatly appreciated! That goes for any other content that you might wish to contribute. The further ahead we can get content queued up for an issue, the better off we are with respect to navigating the time crunch. We have been very proud of our role with respect to Kagami, but it is very much a group effort. So please don't hesitate to take part in that effort; your assistance would be warmly welcomed!

Here in New England, we've got a few more weeks of warm weather but summer's going fast. Really fast, I heard that there was snow in Quebec on the Gaspee Peninsula; it won't be long before it's flying here and elsewhere in the Northeast. So, enjoy the waning days of summer and the changing of the seasons to come. And don't forget that there are a few more training opportunities with Long Sensei this year, including the 2019 Shidosha Koshukai at Hombu Dojo (for those who meet eligibility requirements). Hope to see you on the mat this fall!





# Curating Our Karma

By Matthew King, Shindokan Budo New England

*"It takes 20 years to build a reputation and five minutes to ruin it. If you think about that, you'll do things differently"*

- Warren Buffet



This article, inspired by lessons from Carl Long, Hanshi, is about the decision to act and the awareness of the consequences of our actions, applying samurai teachings into a modern context.

When deciding on a title for this piece, the word "curate" initially felt wrong. After consideration, I realized that my feelings towards the word implied to me that it is a bit fake or posed, as if a curator was somehow presenting a facade, something that might be staged with an intent to mislead. More time contemplating the word made me realize that it was better than other options because of something I hadn't considered. Something is curated intentionally, for some considered purpose or specific reason. It may not be spontaneous, but if done with an open heart, one could not consider it less genuine than a spontaneous act. That awareness and specific intention towards the desired outcome was exactly how I thought of this

lesson from Long Hanshi.

Traditional Japanese Swordsmanship has many lessons that are transferable and useful when applied in other martial arts. We train for a better understanding of distance and timing, balance and power, a determined spirit; all of these can transfer into many other forms of training. The most valuable lessons, the ones that take the most effort to grasp, are those I learn in the dojo but carry with me wherever I go. These lessons require no formal dress or sword on my hip. These teachings do not require perfect technique or any significant rank to learn. They teach about life, intention; and transfer into the world for the betterment of all beings. This lesson begins with a sword but ends with a word.

A sword cut changes the world forever. The decision to cut can take a life, completely ending any chance for someone to realize a future that might have been. However, we don't carry swords on our hips anymore, but we train to embody this mentality and act intentionally with everyone in our lives. Today, the way we use our words shows how we would cut with our sword. What we say is how we change the world forever.

Karma can be thought of as the sum of our actions that determine our fate. If we can curate our actions, we move towards being a better version of ourselves and are better able to positively impact our karma, and therefore our effects on the world. Karma is the reaping of what you sow, the "Grand Effect" of all our causes. How can we possibly control this? How do we best influence the outcome? We can do so by being more selective, organized, and aware of their presentation.

We are responsible for having done everything in our power to solve the problem before the sword leaves the saya. Omori-ryu teaches *lai waza* from *seiza*, in part, so that from the first lessons we learn, we are shown to present ourselves with dignity, composure, and the ability to sit with another and seek to solve problems before resorting to violence. When faced with an escalating situation, just as at the beginning of *waza* right before *nukitsuke*, we face a life-altering decision. We must be aware that all of the choices in our life up to this point have led us to this moment; in the next few breaths, we are about to change the world forever through the decision that we make.

This is the moment that we train for in *waza*, the moment when we must recognize all of our decisions in life up to now, standing with another who has to do the very same,

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poised to change the world. It begs the question, 'Is this the only way?'. Before the negotiations fail, before it comes to action, before the sword leaves the saya and the manifest and nonmanifest separate, splitting what is real from what could be, we must know that we have done everything in our power to know there was no other option. When the sword cuts, it cuts for the right reasons. The sword cuts to preserve life, to better the world, to ensure a positive future. These are all clean intentions for the cut. If we cut with clean intention, we have done what we can to ensure that we continue through life in right and just action, and curate positive karma through our intentions in the world. If this is the way we cut with a sword, it must also be the way we speak.

The power of words carries with it a weight of responsibility that is too often overlooked. Escalation of conflict during conversation can be harder to detect than the escalation inherent in drawing and cutting with a sword. The effectiveness of words can be represented by the idea 'Ichi-go Ichi-e'; one encounter, one chance. Speaking is like a waza where nukitsuke is also kirioroshi. The beginning is also the end. If the sword is not drawn with compassion, it cannot possibly express compassion and end suffering, and there is only ever one opportunity to say anything. The right words at the right time have the potential to change a person's life forever and once said, the speaker can never take them back. The cut has been made. What was said, when it was said, and who said it can change everything for someone. The smallest affirmation could bring someone back from the edge of an abyss they thought was their only future. A scathing insult, dripping with vitriol and with the intention to hurt, can tear a hole in someone as sure as any blade. Can we learn to respect the moment we choose our words the same way we respect the moment when hands raise to perform koiguchi kiri no kata and draw? We must have the resolve to carry out the life sentence we forge with our words as well as deeds.

Our mission from the onset of a waza is to protect the world from harm and stand as a guardian, facing what needed to happen, what we have done and will do, and living with the decision to act with no backward glances. Knowing that in that moment, it is the only decision that could have been made. When we acknowledge that our words can cut as deeply as swords, before we use our power to act, to speak, we must ask ourselves 'Does it need to be said? Does it need to be said right now? Does it need to be said by me?'. Intention, timing, and compassion when we speak can curate our karma so that we help ensure what we bring into our life, and the lives we touch, is not a misrepresentation of our hearts and who we are.

How we act is as important as being prepared to deal with the results of those actions. If karma has brought us to this encounter, has our training and choices prepared us to deal



with the shortcomings of ourselves and others? Can we stay our ego and hold our tongue when presented with another's lashing out? Can we train ourselves to show composure during times of struggle when a situation is difficult and not let our ire swell and fuel hurtful reactions? If we consider each word a potential cut, we will speak with more compassion to everyone and towards ourselves. We can ensure that what we say, when we say it, and how it is said will change the world for the better, and better help us live with the future that we take a direct part in making. By taking an active role in the type of person we choose to be, we begin making our environment and life a product of our choices, instead of the other way around.

*"Honesty without compassion is cruelty." - Bruce Kasanoff*



# The Fun and Foibles of Study Group Life

by Ben Couch, Ryushinkan - Tuscon, AZ

A few years ago, when Walter Yturalde and I appealed to Robin Ramirez Sensei to let us form a Tucson study group for Shindo Musoryu jojutsu, we didn't know what we were getting into! Although we had both studied martial arts for over 30 years, it had always been under the immediate guidance of a teacher. Now we had to buy plane tickets whenever we wanted to receive correction and instruction in an art that even senior teachers have called the most difficult one that they have undertaken.

In beginning our group, I have never in my life been more aware of how little I know about a subject. My constant refrain to the class has been "to the best of my understanding..." as we try to pick our way through our practice to a performance that somehow, against all odds, exceeds our teachers' expectations – and we all know how likely exceeding expectations is under even the best of circumstances. Many is the time I've come back from seminars to tell students "we've been doing this all wrong." (Sorry, gang.)

And yet, that experience of not knowing is our special exhilaration as well. We come to our practice with shoshin – beginner's mind – by necessity each time we take to the mats. Rather than experiencing our training like dipping our toes in the cool stream of knowledge a few times each week, we wade out into the Arizona monsoons (yes, that's a thing!) and practically drown every time we have a chance to learn in seminars, for example. Rather than learning by degrees, we learn by deluge.

In my past studies in karate, tae kwon do, aikido, and jujutsu, my learning process has relied on feeling each technique, watching carefully as it is repeated, practicing with someone else who has seen the same demonstration, receiving answers to questions, and taking immediate corrective action based on real-time feedback. The long-distance study group model functions in a similar way, but each of those steps is





separated by long gaps of time where we can't always be sure if we are reinforcing bad habits or good ones. Feedback has become more rare and precious in this situation, and my gratitude for my teachers' work with me has increased many times over.

In Walden, Thoreau says "that if one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours." This is an attitude that Walter and I have had to cultivate as we've struck out – not on our own – but perhaps on a lonelier path than most. It has taught us to find confidence, take heart, and embrace our errors as stepping stones to success. Perfectionists, both of us, we have had to learn to be happy with doing our best and presenting our efforts confidently. I believe we are learning something about being students that we couldn't have known in other circumstances.

As with all things, there are pros and cons to study group training. On the downside, it's very hard to keep up from hundreds or thousands of miles away. The second con is that all of the things we might accidentally do poorly work their way into our practice much more insidiously and with greater longevity, even after correction. Our training is also very much our own responsibility, for good or ill. At the end of the day however, despite our comparative martial solitude, we have great teachers with great depth, and they are here for us. They have invited us into their homes and dojo with kindness and compassion in an effort to support our nascent program and ourselves. We have been encouraged with compassion, openness, and information in each dojo, and then we have returned our Tucson "laboratory" to work on our next presentation. The greatest benefit however is that we have, from a great distance, been allowed to participate in and belong to this special endeavor with the Kokusai Nippon Budo Kai. Belonging to this family is the greatest pro of all, and I'm already saving for my next trip to Wilkes-Barre. And Bakersfield. And San Diego...




# User Guide to the KNBK DMS

by Bob Morris, Doshi KNBK Hombu Dojo

KNBK Hombu - Sakura


KNBK Charter Status: Active





Logout


Member: Bob Morris, Doshi

Basic Information		KNBK Membership		KNBK Promotions	
First Name:	Bob	Member Number:		Aikido	
Last Name:	Morris, Doshi	Membership Type:	Certified	Rank: 6th Kyu	2019-02-05
Birthday:	1962-09-02	Join Date:	2013-02-12	Taijutsu	
Age:	56	Time As Member:	6 Years	Title: Doushi	2011-10-01
Dojo:	KNBK Hombu - Sakura	Membership Status:	Active	License: Shihan Dai	2013-10-01
Contact Information		Last Renewed:	2019-01-02	Rank: Godan	2019-02-05
Phone:		DNBK Membership		Jojutsu	
Email:	Samuraiartselcajon@yahoo.com	Member Number:		Rank: Sandan	2010-12-29
Mailing Address		Membership Type:	Certified	Karate	
Street:		Join Date:	2007-12-31	Rank: 5th Kyu	0000-00-00
City:		Time As Member:	11 Years & 1 Month	DNBK Promotions	
State:	Pa	Membership Status:	Active	Taijutsu	
Zip:		Last Renewed:	2019-01-02	Rank: Yondan	2015-03-29
Emergency Contact				Jojutsu	
Name:				Rank: Sandan	0000-00-00
Number:					
Relationship:					

Home

Events

Documents

Store

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The Dojo Management System (DMS), created by Joe Wilde of Hombu Dojo, is a real-time system accessed through the Kokusai Nippon Budo Kai (KNBK) website for managing the KNBK student and dojo data. When a student's test is entered, a fee is paid, or data is changed (or entered), the system automatically and immediately updates that information and displays it. As an example, on January 2nd, I paid both the KNBK and the Dai Nippon Butoku Kai (DNBK) dues (they are separate fees) using the DMS and PayPal as described in the Winter 2018-2019 Issue of Kagami. My payments displayed in the DMS by the time I finished with PayPal.

There is a hierarchy of who can see the data entered into the system. Students can only see their own data; they cannot change or enter data. This is by design as there is no need for students to see any data but their own. By not allowing students to change their own data we eliminate the possibility of errors creeping into the system. Should you need to update or add data you will need to go through your Dojo-cho or, if necessary, by contacting Long Hanshi. Briefly, the other access levels are those of the Member Dojo and Hombu Dojo. Dojo-cho can see their school and students and add or update some of the information. Only Hombu has access to all of the data. If there are any issues with your information and your Dojo-cho is unable to help, please contact Hombu. Before we get to the explanation of what is available to

individual students, I'd like to do a quick reminder that your login is the first letter of your first name plus your last name. Your initial password is your KNBK member number. If you cannot access your account you are not an active member. You can remedy this by contacting your Dojo-cho or Hombu.

In the screen-shot below you see a basic student display (mine). It consists of three main sections: the title area, the student information display, and the toolbar. The title area consists of the name of the dojo that the student is assigned to, the current dojo status, and the student's name. The dojo status will be "Active" or "Inactive". As long as the fees are current the dojo will retain active status. If you have moved to another dojo and it is not reflected in your status, please contact Hombu to update your status.

The student information display also consists of three areas. Individual information on the left, membership status in the center, and current rank(s) on the right. We'll start with the left and work our way across.

Basic Information	
First Name:	Bob
Last Name:	Morris, Doshi
Birthday:	1962-09-02
Age:	56
Dojo:	KNBK Hombu - Sakura
Contact Information	
Phone:	
Email:	Samuraiartselcajon@yahoo.com
Mailing Address	



Individual information is exactly that. It consists of just the fields you see here. Most students have little more than their name and birthday here. Sensei would like to have good contact information for all students. A good email address is the preferred contact point. In my data I have all of the information entered. This allows Hombu to contact me or my designated emergency contact should the need arise. Some of you will not want to enter this much information. That’s perfectly acceptable. But we do ask that you at least give an email address. There are times when an individual needs to be contacted and your instructor is not available and it makes the process much simpler.

KNBK Membership	
Member Number:	
Membership Type:	Certified
Join Date:	2013-02-12
Time As Member:	6 Years
Membership Status:	Active
Last Renewed:	2019-01-02
DNBK Membership	
Member Number:	
Membership Type:	Certified
Join Date:	2007-12-31
Time As Member:	11 Years & 1 Month
Membership Status:	Active
Last Renewed:	2019-01-02

Membership status for an individual consists of two possible entries. Your KNBK membership will always be here. If you are a DNBK member, that information will be listed as well. There are three pieces of information that are the most important for you; your member number, membership status, and your last renewal date. Your member number is your designation in the DMS. Your member number will not change. It is assigned by the DMS when you were entered in as a new member. There is no other significance for that number. The DNBK also assigns your membership number. We have no control over that.

Your membership status is either “Active” or “Inactive”. If you are current with your dues and your dojo is current you will be listed as active. This leads directly to “Last Renewed”. This is the date when your dues were paid through the DMS. Some dojo prefer to collect dues for all of their students and send them in all at once. The date here will reflect that. As a member of the KNBK you can pay your dues directly to Hombu should you wish. This process was described in the Winter 2018-2019 Issue of Kagami. If you do not have that issue, you will be able to find it in the Documents section, or you can contact Erik Johnstone Sensei and he will send you a copy via email.

KNBK Promotions	
Aikido	
Rank: 6th Kyu	2019-02-05
Jaijutsu	
Title: Doushi	2011-10-01
License: Shihan Dai	2013-10-01
Rank: Godan	2019-02-05
Jojutsu	
Rank: Sandan	2010-12-29
Karate	
Rank: 5th Kyu	0000-00-00
DNBK Promotions	
Jaijutsu	
Rank: Yondan	2015-03-29
Jojutsu	
Rank: Sandan	0000-00-00

The promotion section is where all of your test results are displayed. The ONLY person who can change the information displayed here is Long Sensei. Promotions are entered by the Dojo-cho from the dojo where the tests were held. Yudansha fees that are due will be paid at that time. Kyusha fees are paid to the dojo. The test results will then go to Sensei. He will review them and then approve them for posting. Dan menjo and menkyo-sho will be issued and sent from Hombu Dojo ONLY. Test results should be entered into the DMS within two days. As a former Dojo-cho, I have used that part of the system. The date displayed is the date that the test results are entered into the system. This may not necessarily be your exact test date, unless the test results are entered on the day of the test. Not the date Sensei approved them for posting. If you don’t see the results of your test within a week, contact the Dojo-cho who held the test. If the results have not been entered, Long Sensei will NOT have them.

An example of this is my Godan test on the 5th of February. My test results were entered into the DMS on the 5th, and the date of my test was set as the entry date into the DMS (the 5th). The same example can be used for my Aikido test. I had tested earlier in the week, but my results were entered at the same time as my other test. My official test date for Aikido is the date of entry, February 5th.

The Toolbar located at the bottom of the screen contains up to four icons: Home, Events, Documents, and the Store. Home is the same as the home button that you’re used to everywhere on the internet. It brings you back to your main screen from anywhere in the DMS. Events is a new function that is not quite there yet. It will eventually list all of the upcoming events registered in the DMS. Dojo-cho will be able to enter the event and students will be able to register and pay for the events from the Events listing.

Documents is a large listing of various documents available to all members. There are six sections in the documents list. All of the documents are meant to be used by our members. You can print them out and hand them out as needed. Please note that ALL documents, logos, and graphics are proprietary to the KNBK and are only for the use of current active members of the KNBK. Put simply, if you’re not an active member, you can’t use it.



Documents
<b>A. Guidelines, Structure &amp; KNBK Membership Forms</b>
<a href="#">New Dojo" - Application for KNBK Membership</a>
<a href="#">Individual Member Application</a>
<a href="#">KNBK Org. Guidelines</a>
<a href="#">KNBK Shogo Outline</a>
<b>B. Test Requirements and Grading Information</b>
<a href="#">Eishin Ryu Batto Ho Test Requirements</a>
<a href="#">MJER Test Requirements</a>
<a href="#">Shindo Muso Ryu Jojutsu Test Requirements</a>
<a href="#">Shito Ryu Karate Test Requirements</a>
<a href="#">Test Evaluation Form</a>
<a href="#">Test Fee</a>
<b>C. KNBK Approved Artwork</b>
<a href="#">KNBK Artwork of Organization Logo</a>
<a href="#">KNBK Kanji &amp; Letter Banner</a>
<a href="#">KNBK Keiko-Gi Patch</a>
<a href="#">KNBK Logo - Horizontal Banner</a>

Section A contains the Applications and Guidelines for the KNBK. These are meant to be printed out and handed out to new students. All students should be familiar with the guidelines.

Section B contains the testing requirements. The current selections are for Batto Iai, MJER Iai, SMR Jodo, and Shito-ryu Karate-do. There is also a listing of test fees and the test form. While we are on the subject, we need to talk about testing for a moment because there is some erroneous information going around. Testing is done by qualified, certified instructors. All instructors are required yearly to attend Koshukai to get/retain their instructors license or

authorization. Those who have, are allowed to test up to two ranks below their current rank in that style. For example a Shodan can test up to First Kyu. Kyusha rank certificates are purchased from Hombu and are issued by the instructor doing the testing. Yudansha certificates are only issued from Hombu Dojo after the appropriate fee is paid to Hombu. ALL yudansha certificates are entered into the ranking book that is kept at Hombu. This book contains all of the Shogo and Yudansha rank of all members going back to Masayuki Shimabukuro Hanshi. If your certificate is not listed there, you are NOT certified at that rank. Contact Hombu if you have any questions.

Section C contains the KNBK approved artwork and graphics. Current members and dojo are allowed to utilize these graphics. However, they are copyrighted. Hombu has set the rules so that you may use these freely as long as you meet the previously described criteria.

Section D is all of the forms pertaining to participation in DNBK events. Their forms are provided with permission of the DNBK for use by our students who wish to participate in the DNBK. This is strictly voluntary on the part of students. Please be aware that if you are not a DNBK member, you can't participate in their events.

D. DNBK Guidelines & Membership Forms
<a href="#">2018 DNBK Annual Renewal Form</a>
<a href="#">2018 DNBK New Membership App.</a>
<a href="#">2018 DNBK Rank Application</a>
<a href="#">Japan DNBK 2020 Event Syllabus</a>
<a href="#">Japan DNBK WBS 2020 Application form</a>
<a href="#">Japan DNBK WBS 2020 Condensed Event Schedule</a>
<b>DNBK ID Newsletters</b>
<a href="#">June 2016</a>
<b>Kagami - The Newsletter of the KNBK</b>
<a href="#">October 2015</a>

The last two sections contain newsletters. The most current newsletters for the DNBK and KNBK are usually found here.

The cart reflects your personal cart. This is where any pending purchases will appear. Once you have paid for your purchase using PayPal, your cart will clear. You need to be aware that placing an item into the cart does not complete your purchase. You'll need to open your cart, go to PayPal, pay, and return to the cart to finish any

transactions. Also, please be aware that membership dues/dojo renewals sitting in a cart do not count as being current. If the transaction for dues is not completed by the due date, your cart will be cleared and a late fee will then apply to any renewals at that time.

I hope that this guide has been helpful. Next time I'll cover the functions available to Dojo-cho. If you have any questions you can contact Hombu dojo at [hombu@knbk.org](mailto:hombu@knbk.org), ask your Dojo-cho, or contact me. My email is listed above.



# Dojo Spotlight: Shindokan Budo New England

*Editor's Note: We have been engaged with this project called Kagami since 2006, and in that time we have shone the spotlight on many of the member dojo in our far-flung Kokusai Nippon Budo Kai family. During that time, I was reluctant to present a profile on my own dojo... until now. So with that, this installment of the Dojo Spotlight brings us to coastal New England and Shindokan Budo New England, located in the beautiful fishing village of Stonington, Connecticut.*



Shindokan Budo New England has been in existence in one form or another, and at one location or another, since 2003. During that time, we have experienced cycles of growth and decline; the ebb and flow of students as we struggled to build up a solid foundation as well as our standing and reputation in our community and our region. While we had the good fortune of having good budo friends who were willing to share their respective dojo with Shindokan Budo, it had always been my goal to realize my long-held dream of opening my own dojo, completely independent of the good graces of colleagues willing to provide a home for us. It was in November of 2018, following a bit of encouragement, coaching, and many hours of meetings, that my dream became a reality. I found a perfect space in the Velvet Mill in the historic seaside village of Stonington (I'd had my eye on Velvet Mill for quite some time) and after many years in existence, our dojo finally had its own home! With our relocation came a slight change to our name; as we were honoured to be asked to share our name with what is now Shindokan Budo Long Island, we became Shindokan Budo New England.

Shindokan Budo New England serves as a Shibu Dojo within the Kokusai Nippon Budo Kai. I have the honour of serving as a direct student of Carl E. Long, Hanshi, 22nd Generation Soshihan of Seito Muso Jikiden Eishin-ryu Iah-Heiho and Kaicho of the Kokusai Nippon Budo Kai. I began my journey in the martial arts in 1981 in San Rafael, California, training in a local Kenpo dojo. However, my first real exposure to true Budo came in 1983, when after a relocation to California's Central Coast, I was accepted into a Wado-ryu Karate-do and Jujutsu dojo (at that time, the only student under eighteen years of age that was permitted to join) located in the San Luis Obispo Buddhist Temple.\* The training there also marked my first exposure to laido. After a move back to New England, I began training in Okinawa Goju-ryu Karate-do, followed shortly thereafter by training in Aikido. I also later

cross-trained in Shorin-ryu Karate-do as well as with a Danzan-ryu based Jujutsu group. For a short time in the early 1990's, I was given the opportunity to teach Wado-ryu Karate-do and Jujutsu, while also training in Aikido in the same dojo. It was then that the dream of someday establishing my own dojo really took hold. In August of 2000, I had the great fortune of meeting and training with Carl Long, Hanshi, which would be a pivotal event in my life and in my future in Budo. Long Sensei was to be the teacher for whom I had been searching and I began training with him shortly thereafter. In 2002 Long Sensei gave me permission to establish a study group, and in the Fall of 2003 Shindokan Budo was born.

At Shindokan Budo New England, we practise Muso Jikiden Eishin-ryu Iaijutsu, Shindo Muso-ryu Jojutsu, and Dentokan Aiki Jujutsu (a derivative of Kokodo Jujutsu and Hakko-ryu Jujutsu). We currently hold training in Muso Jikiden Eishin-ryu and Aiki Jujutsu on Monday and Thursday evenings, and on Saturday mornings. Our training in Shindo Muso-ryu Jojutsu is held on Thursday evenings. We also offer a class in Women's Self-Defence on Wednesday evenings. Additionally, we hold frequent workshops and training intensives and often have visitors from throughout New England visit for training. We have the good fortune to have Long Sensei visit twice annually, usually in the spring and the fall, for regional multi-day intensive training events. Additionally, in an interesting reversal of roles, we find ourselves with the ability to pay back those colleagues who



have helped and housed Shindokan Budo over the years by paying it forward, in turn housing Stonington Aikido and the Bujinkan Gyo-Un Ryusui Dojo, whose instructors each also train as members of Shindokan Budo New England. Finally, we also offer weekly zazen (seated meditation) sessions, held on Wednesday evenings.

Since our move in November we have seen a good degree of growth, with an influx of new students as well as the return of students who had been away for some time. Although a relatively small dojo, we have a notable degree of experience, with a high percentage of members who have been training since the earliest days of Shindokan Budo. The training in our dojo is serious, demanding, and rigorous; but our training environment is supportive, punctuated by camaraderie, warmth, sincerity, and humour. Collectively, I like to think that we try to embody the Bodhisattva way in our practise, striving to realise and actualize the highest potential that exists within the depths of each of our lives, for the benefit of our communities, our society, and for all beings.

Over the years, my immersion into Budo as a way of life has deepened in ways that I never thought possible. I have been afforded the opportunity to enter into the flow of budo traditions that are centuries old and to be a part of passing those traditions on into the future. I have been afforded the opportunity to engage in the most meaningful teacher-student relationship of my life, and afforded the opportunity to follow a path that can unlock the best of who we can be as human beings in this wonderful, unrepeatable life. I am filled with gratitude for every cause and condition that has led to this time in my life; I am deeply



grateful to my teachers that have guided me along the way; I am grateful to my colleagues and students with whom I walk this path; and I am profoundly grateful for the unwavering support of my beloved family. The dream that has become Shindokan Budo New England began more than 25 years ago. I look forward to the unfolding of the next 25 years, and beyond, as we at Shindokan Budo New England continue to walk this path with all of you.

We hope that you consider visiting us should you find yourself in our neck of the woods; our doors are always open to you and we'd be thrilled to have you! And given our location on the shoreline of southern New England, we are blessed with beautiful



scenery, beaches, historic villages, and plenty of attractions. In fact, aside from Shindokan Budo New England, there are a few located right under the roof of our very own Velvet Mill! For more information about us, please visit our website at <http://www.shindokanbudodojo.com/> or find us on Facebook at Shindokan Budo – Classical Japanese Sword & Jujutsu. We look forward to seeing you at Shindokan Budo New England!

With Palms Together,

Erik A. Johnstone

*\*While this has been noted in a past installment of Kagami, I never seem to miss a chance to reflect on just how interesting it is that the dojo in which I trained in all those years ago at the San Luis Obispo Buddhist Church is the current home of the KNBK's very own Central Coast Iaido!*





# AROUND THE KNBK

## **KNBK Seminar Policy Reminder:**

The KNBK Hombu has recently revised Carl Long Hanshi's seminar and travel policy. We are publishing that policy here so that is clear to all.

Going forward, ALL seminars with Long Sensei must be scheduled and booked with Kako Lee Renshi. This applies to all KNBK Dojo-cho, regardless of years as a KNBK member, seniority, or previous practices with respect to making arrangements directly with Long Sensei. There are no exceptions to this policy.

Additionally, all seminar bookings must include hotel accommodations. Again, there can be no exceptions to this policy until such time that Long Sensei chooses to revise the policy.

Should you have any questions concerning this policy, please contact Kako Lee Renshi at [Mazuru\\_kai@yahoo.com](mailto:Mazuru_kai@yahoo.com).

## **KNBK Polo Shirts are Here!**

Dear KNBK Team Members,

Our KNBK Team polo shirts featuring an embroidered KNBK logo have arrived and are now available for purchase. For those KNBK members taking part in the trip to Japan next year, we have ordered shirts according to your requested sizes. The polo shirts that we have selected are available in both men's and women's styles and are made from a light-weight fabric designed to keep you cool in hot weather. For those not traveling to Japan or those of you who wish to purchase additional shirts, we will be placing another order within two weeks. The shirts are \$36.50 each. Please make payment for the number and sizes of shirts you wish to purchase via PayPal to [KNBKTravel@gmail.com](mailto:KNBKTravel@gmail.com). All shirts will be shipped to local Dojo-cho for distribution. Should you have any questions, please contact us at [KNBKTravel@gmail.com](mailto:KNBKTravel@gmail.com)





# South American KNBK Update

The Machado Budo Kai of Argentina continues to work hard to spread the traditional forms of budo that we practise within the Kokusai Nippon Budo Kai, including Muso Jikiden Eishin-ryu Iaijutsu, Shindo Mudo-ryu Jojutsu, and Shito-ryu Karate-do. Along with our central dojo in Buenos Aires, we also have dojo under our direction that practice Iaijutsu in Tucumán in northern Argentina, led by Daniel Navarro, and in Ushuahia, located in the Tierra del Fuego region in southern Argentina, led by Sergio Solano. We also have three study groups in Santiago, Chile, led by Alejandro Díaz, Daniel Leal, and Aldo Rivas. These students travel to Buenos Aires for training at Machado Budo Kai a few times a year. Additionally, I occasionally travel to their dojo to provide instruction.



## Regional Training Intensive in Tucumán, Argentina:

This past July, an intensive Iaijutsu training event was held from the 18th through the 22nd at Navarro Sensei's dojo in the City of San Miguel de Tucumán. Navarro Sensei has been training with me for more than fifteen years and has led the group in Tucumán for six years. Training participants included members of his dojo as well as some invited members from the local budo community. Despite the cold of the winter here in the Southern Hemisphere, and the fatigue from long hours of practice, everyone trained diligently and with great enthusiasm. Navarro Sensei is committed to his personal training as well as to the growth of his students, which was clearly reflected in their technical skill. Testing was held upon completion of training on the final day, with everyone passing their test, including Navarro Sensei, who was promoted to Nidan in Muso Jikiden Eishin-ryu. All participants showed great capability in their continuing progress in Iaijutsu, building on the strong foundation we've laid for future growth. They are already planning a trip to Machado Budo Kai in Buenos Aires towards the end of the year.



## Regional Training Intensive in Chile:

In addition to the trip to Tucumán, I was also able to travel to Santiago de Chile once again where we held another four-day regional training intensive from July 25th through the 29th. Members from all three study groups in Chile were in attendance. A total of nine students participated in the training intensive and all took part in testing in Iaijutsu on the final day, with successful results for all. As with our group in Tucumán, we are continuing to build on the foundation we've established in Chile and look forward to their future growth and progress. They are planning on a training visit to Argentina in the near future to continue to build on the foundation we've built.

The Chilean groups are working very hard and are committed to correct training in Iaijutsu, Jojutsu, Karate-do, and proper representation of the KNBK here in our corner of the world.







# Upcoming Events and Seminars

*This is the current list of Hombu-endorsed official KNBK seminars for 2019. Additional seminars will be forthcoming. Should you wish to host a seminar in 2019, please contact KNBK Hombu at [hombu@knbk.org](mailto:hombu@knbk.org).*

## **Pensacola Sword Arts Seminar with Carl Long, Hanshi October 25-27, 2019 - Big Green Drum Japanese Martial Arts - Pensacola, Florida**

Carl Long Hanshi 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. 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](mailto:patty@aikidowestflorida.com)

## **KNBK Shidosha Koshukai & Testing November 22-24, 2019 - Sakura Budokan/KNBK Hombu Dojo - Kingston, PA**

The KNBK 2019 Koshukai is open to currently certified instructors, study group leaders, or those yudansha interested in becoming instructors. Non-certified yudansha will only be permitted to attend if their registration form is accompanied by a recommendation from their respective Dojo-cho, or have direct approval from Carl Long, Hanshi. Sensei has written that we will be covering test procedure and curriculum changes for the 2020 training year. All KNBK members will be affected by the curriculum update and test procedures. Please note that this is the ONLY International instructor seminar that counts towards qualification for official teaching licenses (Menkyosho). The schedule should be familiar by now – training on Friday evening followed by all day training and discussion sessions on Saturday and Sunday with the Koshukai ending Sunday afternoon. Yudansha testing will take place on Sunday morning prior to the beginning of Koshukai.

Location: KNBK Hombu Dojo/  
 Sakura Budokan - Kingston, PA  
 Contact: Carl E. Long, Hanshi  
 Phone: 570-288-7865  
 Email: [hombu@knbk.org](mailto:hombu@knbk.org)





## 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 Socal 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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