

# SOUTHFIELD MARTIAL ARTS INSTITUTE

## DOJO NEWSLETTER

VOLUME 1, ISSUE 1      SUMMER, 2013

### OUT OF THE DOJO...INTO THE STREETS --

Tips that might save you or your loved ones —by Grand Master Adams:

(1) Going into the Store, Mall or Market (a) Never wear expensive jewelry; (b) Always be alert; (c) Walk with confidence; (d) Never pull out large sums of money. Plan what you are going to spend and that's the amount you should take out of your pocket or purse.; (e) Never let anyone walk behind you.

(2) Going to the Gas Station (a) Always go during the daytime; (b) Never go to a station if "beggars" are hanging around; (c) Always

keep your eyes moving and watching at all times; (d) Have money ready when you go inside to pay; (e) Never leave the key in the car. Never put all keys on one ring (like house key, garage key, etc.) Keep them separate.

(3) Going to the Bank or Credit Union (a) Never have money or deposit in your hand. Keep it hidden until you are inside the Bank; (b) Always go during the daytime; (c) Always try to go to the ATM machines inside stores and not outside where you cannot see behind you; (d) If you have large sums of money to de-

posit, take a friend with you; (e) Never stop and count your money outside or in your car.

(continued on Page 2)



### SPECIAL POINTS OF INTEREST:

- *Grand Master Harold Mitchum to visit 2013 KIAI Grand Nationals*
- *Experience of a Lifetime*
- *Master Bohan's Notable Quotes*
- *Raheem to Head Straker Bar Association*
- *Revolution Martial Arts and Belleville Martial Arts now open*
- *Aikido and Yagyu Ju-jutsu classes at Dojo*

### KIAI GRAND NATIONALS, 2013

Be sure to save June 14 and 15, 2013, on your calendar!!

The KIAI Grand National Karate Tournament will be held at Groves High School, 20500 West Thirteen Mile Road in Beverly Hills, MI. It is expected to attract

competitors in Isshinryu Karate from all over the USA and Canada.

In addition, Grand Master Harold Mitchum (10th Dan) is scheduled to attend. He is one of Grand Master Shimabuku's original Marine students and is the

highest ranked alive today.

He will be at the Friday night (June 14th) Seminar at the Dojo from 6 pm to 8 pm and at the Tournament on Saturday, June 15, 2013. The Tournament starts promptly at 10:00 am. Get there early for a good seat!!!

### INSIDE THIS ISSUE:

REVOLUTION MARTIAL ARTS	2
BELLEVILLE MARTIAL ARTS	2
THE EXPERIENCE OF A LIFETIME	3
MASTER DONALD BOHAN'S QUOTES	3
HEALTHY HATHA YOGA AT DOJO	4
RAHEEM HEADS STRAKER BAR...	6
INFO ON PHOTOS FROM PAGE 5	6

## OUT OF THE DOJO.... (CONTINUED)

- (4) Driving your car (a) Try not to blow your horn or yell at another driver, it causes anger; (b) Don't stare at other drivers. In the animal kingdom that means a challenge; (c) Always leave some space between your car and the car in front of you, so you can turn out if someone approaches you; (d) Always stay alert, see if you are being followed; (e) Allow extra time to get where you are going. Avoid speeding.
- (5) Going into your House or Apartment (a) Always look for strange cars around your house. See if anyone is sitting in the car. If someone or several persons are sitting in a car, never get out and come back later; (b) Never carry packages or groceries in your hand and try to open the door. Open the door first and then go get the packages; (c) Always listen all around you. The eyes can see only 180 degrees but the ears can hear 360 degrees; (d) Always have your kees out and ready; (e) Walk quickly as this will throw the crook's timing off.

Please read and re-read these tips....They will keep you from being the victim of a robbery or worse!!!

## SENSEI LOVELESS' REVOLUTION MARTIAL ARTS

Sensei Conell Loveless hosted the Grand Opening of Revolution Martial Arts at Troy Gymnastics in May. Loveless instructs his students in the art of Isshinryu Karate, enabling them to learn self defense, acquire self-confidence and participate in a well-rounded exercise program. Classes are open to all students ages 4 and older.

Schedule for training —

- (1) Monday, Wednesday and Friday- 5:30 pm to 6:30 pm for 4-12 years and 6:30 pm to 7:30 pm for Family Beginners and Advanced.
- (2) Tuesday and Thursday - 5:30 pm to 6:30 pm for Competition Team Practice.
- (3) Saturday - 9:00 am to 11:00 am for Competition Practice.
- (4) Extra Training/Private Lessons can be scheduled Monday, Wednesday and Friday from 7:30 pm to 8:30 pm and Tuesday and Thursday from 6:30 pm to 7:30 pm

Phone: (248) 816-8496

"NEVER PULL OUT LARGE SUMS OF MONEY. PLAN WHAT YOU ARE GOING TO SPEND AND TAKE ONLY THAT OUT OF YOUR POCKET OR PURSE".

## MASTER RICE'S BELLEVILLE MARTIAL ARTS OPEN

Master Charles Rice held the Grand Opening of Belleville Martial Arts on June 1st. He has been training students since April of this year. The ceremony included a ribbon cutting attended by the Mayor of Belleville and members of the Belleville Chamber of Commerce.

Master Rice shared his vision

and experiences with the crowd in attendance, some of whom drove for 3 hours to be present. He recounted his many victories at recent World Championship Tournaments where he represented the USA. He also noted some of the challenges he has faced and the support he has received from many in the martial arts community.

Demonstrations including empty hand and weapons katas were performed by invited guests. Grand Master Willie Adams told stories about his long relationship with Master Rice and officiated over the promotion of one of Master Rice's students.

Phone: (734) 703-8447

## NOTABLE QUOTES — MASTER DONALD BOHAN

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| <p>(1) Be careful how you live, you may be the only Karate-ka someone meets</p> <p>(2) The respect of others is earned by many acts, but can be destroyed by just one act.</p> <p>(3) If at first you succeed, maybe it's time to try something a little harder.</p> <p>(4) Be aware that Sensei knows what you need before you ask!</p> | <p>(5) A man who is busy rowing the boat does not have time to "rock" it.</p> <p>(6) I know not what the future holds, but I do know who holds the future.</p> <p>(7) True greatness consists of being great at a lot of little things.</p> <p>(8) No matter the task at hand, be it great or small, do it well or not at all.</p> <p>(9) Don't be distracted by</p> | <p>the person who knows everything, but knows the value of nothing.</p> <p>(10) The most important thing in the world is not where we stand, but in the direction that we are moving.</p> <p>(11) The will to win can never be as important as the will to prepare to win. Now get to work!</p> | <p>(Sensei Bohan kept what he called "Words of Wisdom" written on an old piece of blackboard in his Dojo. He would change the quote about every six months or so. When he made a change, he would lecture his students as to the meaning of each new quote and explain how it applied to life itself.)</p> |
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## THE EXPERIENCE OF A LIFETIME BY D. JACKSON

When I first saw the headline in Classical Fighting Arts Magazine, I had to admit that I had my doubts. I kept coming back to that article as time went by and the thought of actually training with World Renowned Grand Masters from Okinawa began to grow in my mind.

From September 29, 2012 through October 09, 2012, that thought became a reality.

Little did I know when I began the journey, that it would truly be an "experience of a lifetime".

The group of 15 martial artists from Singapore, Canada and the USA, met in Naha, Okinawa to experience true and traditional Okinawan Karate from Grand Masters in Goju Ryu, Shorin Ryu, Uechi Ryu and Isshinryu. We trained for two hours twice daily in the Okinawa Prefectural Budokan, the Okinawa

City Budokan and the Private Dojo of Morio Higaonna, Sensei. This latter venue was very special and by invitation only. The temperature was at least 85 degrees daily with a humidity of 90%. I actually lost about ten pounds from the hard training!!

In addition to experiencing the exercise routines of the various styles, we came to appreciate the many similarities and differences of blocking, punching and breathing techniques as we trained. In one session, we did a series of at least 1,500 single and double punches in 35 minutes—without stopping.

It was not all hard work, however. We did have the opportunity to visit memorial sites for Chojun Miyagi (founder of Goju Ryu Karate) and Gichin Funakoshi (founder of Shotokan Karate), as well as the recreation of

the Fukushu En enclave holding the original 36 Chinese families who came to Okinawa and influenced the creation of what we know today as Karate. Much of this area was destroyed during the Second World War prior to the US invasion of the island.

Karate was originally known as "Te" (pronounced like tea) by the Okinawans and was only taught in secret and at night.

The trip also fostered the beginning of friendships among the attendees. We have managed to connect through various forms of social media to exchange photos and relive the experiences of the training and the appreciation of the cultural side of the trip.

I have returned to America with an enhanced appreciation of my involvement in the martial arts and especially my Sensei, Grand Master Willie

Adams. He has kept true to the traditional training and techniques of Isshinryu as developed by Grand Master Tatsuo Shimabuku. This was most obvious when one of our training sessions was under the watchful eyes of Master Tsuyoshi Uechi (8th Dan in Isshinryu). I was the only Isshinryu practitioner in the group of 15, but felt as if I was right at home at Southfield Martial Arts Institute while going through the basic punches, blocks and kicks.

To those of you who aspire to expand your training and your skills, a trip like this is a good way to realize that dream and accomplish that goal. (Photos on Page 5)

## HEALTHY HATHA YOGA NOW AT DOJO

Southfield Martial Arts proudly presents Healthy Hatha Yoga taught by Gail Parker, Ph.D., RYT-200, Psychologist, Registered Yoga Instructor and founder and director of the Center for Conscious Living in Bingham Farms, MI.

Healthy Hatha Yoga is designed to introduce knowledge of basic yoga postures (asana) with a focus on physical alignment and breathing techniques (pranayama),

which creates a stable foundation for a well rounded yoga practice.

**Excellent for all levels of practice including beginners.**

Hatha Yoga improves cardiovascular health, enhances agili-

ty, builds core strength, leads to better coordination and can lead to weight loss. It has been known to prevent diabetes, arthritis and hypertension. It can also help you cope with stress, relieve tension and deal with anxiety and depression.

Classes are scheduled on Mondays from 6:30 pm to 7:25 pm.

**All are Welcome**

## A STUDENT'S TESTIMONIAL —

I began Karate in the Spring of 2008 and earned the rank of Shodan-Ho in October of 2012. I am currently graduating from Grosse Pointe South High School with a grade point average of 4.18, and will be graduating with Academic Honors as a member of

the Academic Hall of Fame. In the Fall, I will be attending the Honors college of the University of Michigan.

It is Karate that has taught me the focus and self-discipline necessary to achieve such

success, and had I never trained, I have no doubt that my future would be much bleaker.

This note is from Brian Fennell, a student of Master Michael Schaefer

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THAT HAS  
TAUGHT ME THE  
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## YAGYU JUJUTSU AND AIKIDO CLASSES OFFERED

Yagyu Jujutsu and Yoshinkai Aikido classes are now being offered at Southfield Martial Arts Institute under the direction of Head Instructor John Parks, 5th Dan in Jujutsu and 3rd Dan in Aikido. Master Parks is also ranked in Iaido, Judo and Tae Kwon Do.

Jujutsu has often been translated as the "Gentle Art". Truly, a more fitting understanding of Jujutsu may be the "Art of Fluid Adaptability".

Classical Jujutsu hinges on the ability to flow mentally and physically with an attacker. Regardless of whether either party is armed, this kind of fluidity allows one to disrupt the attack and respond with efficiency and effectiveness. Jujutsu isn't about the biggest or the strongest; size and strength take a back seat to timing, balance and the concept of "fluid adaptability". By employing a Sogobudo or "well rounded martial ap-

proach" to the training, we look for the connection of the various methodologies of personal protection. Instead of looking at specific martial techniques, we examine "martial movements" or "martial templates" and interpret them from the various paradigms.

Classes are currently scheduled for Adults and those 14 years of age and older at Southfield Martial Arts In-

stitute on Tuesdays and Thursdays—Aikido from 7:30 pm to 8:30 pm and Jujutsu from 8:30 pm to 9:30 pm. A Saturday Jujutsu class is held from 9:00 am to 10:30 am.

For more information, call (248) 703-1471

Also, a Classic Cane Fighting Seminar is scheduled at the Dojo on Sunday, June 23rd at 1:00 pm. Bring your own Cane please!!!



## **SOUTHFIELD MARTIAL ARTS INSTITUTE**

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10th Dan

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WE ARE ON THE WEB —

[WWW.SOUTHFIELDMARTIALARTS.COM](http://WWW.SOUTHFIELDMARTIALARTS.COM)

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**A BLACK BELT IS....A WHITE  
BELT THAT DID NOT QUIT!!**

### **Description of photos on Page 5 —(top to bottom):**

- (1) Entrance to the Okinawan Prefectural Budokan in Naha, Okinawa.**
- (2) Tsuyoshi Uechi, Sensei (8th Dan, Isshinryu) with me and two of his students at the Okinawa City Dojo training session. He is second from the left.**
- (3) Outside the private Dojo of Morio Higaonna, Sensei (10th Dan, Goju Ryu) in Naha, Okinawa.**
- (4) Me doing Hojo Undo training inside the private Dojo of Higaonna, Sensei. Can you identify the men in the photographs above my head?? [Answer: Chojun Miyagi in the center with Ei'ichi Miyazato (his Sensei) on the left and Kanryo Higaonna (studied in China in 1870's) and was the teacher of Miyazato, Sensei on the right side]**

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## **RAHEEM TO HEAD STRAKER BAR ASSOCIATION**

Rasul Raheem, Senior Vice President and Assistant General Counsel at Bank of America in Troy, is currently President-elect of the D. Augustine Straker Bar Association. Attorney Straker was the first African American to appear before the Michigan Supreme Court.

Raheem also teaches a course in banking law and financial institutions at Cooley Law. He was a speaker at the 26th Annual National Bar Association Commercial law Section Corporate Counsel Conference in February in California. In May, he served as a panelist at the

American Bar Association's Commission on Racial and Ethnic Diversity's 25th Anniversary of the Minority Counsel Program held in New Orleans.

Joining the Straker board in 2010, he felt it was important to take a leadership role. The Trailblazer Awards and Scholarship Dinner to be held on June 13 at the Townsend Hotel in Birmingham is the highlight of the bar year, bringing supporters together to pay tribute to Straker's memory and to honor contemporary legal trailblazers who continue his good works.

Since its founding in 1990, the Straker Bar has been successful in increasing the number of judges on the bench throughout Oakland county and in improving the number of people of color in positions of leadership, Raheem notes.

A decade ago, Raheem started training in the martial art of Isshinryu Karate at the Southfield Martial Arts Institute under Grand Master Willie Adams. In 2011, he obtained the rank of 3rd Degree Black Belt. He enjoys teaching and giving back to the Dojo.

(Information for this article obtained from the Legal News website posting of June 7, 2013, written by Sheila Pursglove)