



OKINAWA KENPO KARATE KOBUDO – KANEOHE DOJO INFORMATION GUIDE



UNDERSTANDING KARATE

Unlike many sports, karate, as it should be practiced, is not a competitive or violent sport where men are pitted against one another. Nor is it physical training merely for the sake of training, where the goal is merely that of smashing boards or bricks. Karate is a training of both mind and body, and leads to better understanding of both self and the world. It is a self-training in perfection, self-reliance and helps develop self-control.

Karate is a martial art, yet was developed by the Okinawans as a weaponless method of self-defense. The Okinawans lived a life without weapons. They had to learn to defend themselves by using hands, feet or other parts of the body. The peculiar culture of the Okinawan, a peace loving people desirous of living without weapons, caused them to rise up the instinct of self-preservation to its highest form - the art of Karate-do.

WHAT IS BUDO?

Budo is as much a part of the Martial Arts as Karate itself. "Bu" in Japanese means classical warrior from a special class of social and intellectual elites. "Do" means the way, as Taoist philosophy says, a path of discipline used to get spiritual enlightenment. Thus, the techniques and practice of the Budo is ultimately supposed to lead to a person's maturity, mentally, and spiritually. Our website was designed to help you study and understand some of the basics of our training. www.Bradsdomain.com

WHAT IS KARATE?

Karate is an ancient oriental art of self-defense in which only bare hands, arms and feet are used. In some ways, it is similar to that of Judo and wrestling. However, it emphasizes the kick, open and hand-strike and closed fist strike rather than the take-down, and the hold down.

It's origins date back to 525 AD, to an obscure Buddhist monk named Bodhidharma who traveled from India to the Shaolin Temple in China. It was there that this man, known to many as "spiritual father of Zen Buddhism" shared his knowledge of physical fitness and self-defense.

This form of physical and mental discipline practiced by the monks became known as Shaolin-szu (Chaun-Fa) or, as we know it today, "Kenpo" which when translated means "way of the fist".

But it was in Okinawa that Kenpo emerged as a specific form of Martial Arts. These Chinese methods called Tode (or T'ang hand) blended with what was called Okinawa-Te and later became refined and was called Kara-Te (empty hand). In 1429, Okinawa became a unified kingdom under the dynamic leadership of a man named Hashi. To ensure his rule, Hashi demanded for all weapons to be seized. In order to protect themselves, the people then developed "Kobudo", an art form in which the Okinawans used their farm implements as well as empty hands for self-protection. About 200 years later, Okinawa came under control of the Japanese, who again imposed a ban on weapons. In 1917, Okinawan master Gichin Funakoshi introduced Karate to Japan where it became formalized with the modern day belt system.

WHAT IS OKINAWA KENPO?

Okinawan Kenpo is a term that dates back to the beginning of the 20th century. It is often used as a generic term to describe all of the Okinawan Karate styles. During the early 1950's this term came into use to describe a particular style, the karate being taught by Master Shigeru Nakamura.

Master Nakamura was born on Jan. 20, 1894. His karate training started whilst in attendance of Icchu Middle School in Shuri. It was here that both Kanryo Higashionna (1845-1915) and Chomo Hanashiro (1830-1945) were the karate instructors. Yasutune Itosu (1830-1915) as well as Kentsu Yabu (1863-1937) also made visits to the school. Upon Graduation from middle school, Nakamura Sensei returned to Nago city where he continued his training under Shinkichi Kuniyoshi. In 1953, Nakamura Sensei opened his own dojo in Nago city where he called his form of karate "Okinawa Kenpo", he became famous for his introduction of "bogu gear", protective equipment permitting full contact sparring.

Seikichi Odo, whose name means "world walker" in Japanese, was born in Okinawa July 26, 1926. Of samurai descent, he was small in stature and introverted as a youth, making him the target of much teasing and practical jokes by older boys. At age 9 Odo began his martial arts training in Judo, but found his this not to his particular tastes. At age 13 Odo met Koho Kuba of Kawasald, Okinawa. Kuba Sensei taught Odo the art of Okinawa-te. At the age of 20, Odo began to study Okinawan Kobudo. He was soon to fall in love with the weapons arts, and studied them tediously to ensure the preservation of the old ways. Over time, Odo's kobudo instructors included many of the leading practitioners of Okinawa, such as Mitsuo Kakazu, Kenko Nakaima, Shimpo Matayoshi and, Seike Toma. At 23 Odo began to study karate under Nakamura Sensei. Odo Studied both kobudo (with Mitsuo Kakazu) as well as karate and kobudo with Seike Toma, whom was a senior student of Chotoku Kyan (1880-1945). However, Odo Sensei still considers Master Nakamura as his primary instructor as well as mentor.

It was during his studies with Master Nakamura that Nakamura Sensei asked Odo to incorporate the kobudo with Nakamura's own karate teachings. During the last few years of Nakamura's life, Odo began to undertake the teaching responsibilities of the dojo. Sensei Odo began to fully incorporate kobudo training with the Okinawa Kenpo Karate system in the mid 1970's. In July of 1983, Master Odo restructured the Okinawa Kenpo Karate-Kobudo Association, renaming it the Okinawa Kenpo Karate Kobudo Federation. In 1998 to ease derisiveness, Master Odo changed the federation name to the Ryukyu Hon Kenpo Kobujutsu Federation to more aptly name the system. Master Odo's Ryukyu Hon Kenpo Kobujutsu Federation teaches a total of 48 kata; 18 open hand forms and 30 weapons kata.

WHAT IS THE O.K.K.K.F.?

The Okinawa Kenpo Karate Kobudo Federation was founded by the late Grand Master Seikichi Odo (10th degree Black Belt). Shihan Odo was the top disciple of the Former Shigeru Nakamura, the founder of the modern day Okinawa Kenpo. He also studied under Master Koho Kuba (Odo Sensei's first instructor). Mitsuo Kakazu, Seike Toma, Kinjo Seiko, as well as under Shinpo Matayoshi (weapon's master). Master Odo added weapons to the traditional Okinawan Kenpo, and so formed the O.K.K.K.F.

WHAT IS OKINAWA KENPO DHARMA-RYU DOJO?

The O.K.D.R. was founded by Sensei Paul Ortino Jr., in January 1983. It was then, as a student of Master Richard Gonzalez, that Sensei Ortino combined the Traditional Kata and Kobudo of Hanshi Odo with the self-defense and fighting techniques of seven other forms of Martial Arts. Sensei Ortino is assisted in Hawaii by these fine black belts: Luis Gonzalez (5th Dan), Keiv Dumlao (3rd Dan), and Michael Quezada (3rd Dan). Assistant black belts include Stevie Hutchinson (2nd Dan), Daisy Ortino (2nd Dan), Brad Andersohn (2nd Dan), Cheryl Cruz, Mary Anne Fife, Robert Charette, Lee Collins, Luis Gomez Jr, Haymon Parker (shodans), Matt McKendry and Chris Del Rosario, junior black belt.

MY OBI (Belt)

Your obi represents your time in training. It symbolizes the blood, sweat and tears that you experienced through rigorous karate training. The obi is not to be worshipped but is expected to be respected and never to be found on the floor played with. The obi should not be washed. The traditional belt system was white, green, brown and black. White symbolizes purity, the absence of all color and willingness to learn. The green symbolizes growth. Training over the years, the obi is tarnished by grass stains from training outside, giving its green color and eventually turning brown from dirt and mud. Then, completely into black, the accumulation of all colors. Now, you've earned your shodan, meaning the first step. As it continues to be worn over the years of training, it will begin to shed and underneath all the knowledge and wisdom, is the color of white. The white represents purity and willingness to learn as the true master is always humble, honorable and faithful in and outside of the dojo.

OKINAWA KENPO KARATE KOBUDO – KANEOHE DOJO

The Kaneohe Dojo falls under both the Ryu-Kyu Hon Kenpo Kobujutsu Federation (RHKKF), formerly the Okinawa Kenpo Karate Kobudo Federation (OKKKF), and the Okinawa Kenpo – Dharma Ryu Dojo Headquartered in Honolulu, HI. Kyoshi Richard Myers passed the dojo on to Sensei Brad Andersohn from the Dharma Ryu Dojo under the instruction of Paul Ortino Jr. Kyoshi Myers had to relocate to the mainland to take care of family business after his father passed away. Sensei Brad Andersohn joined Sensei Paul Ortino Jr. under the Red Dragon System in March of 1980. He worked his way through the system to achieve the rank of 5th Kyu. Ortino Sensei joined the Okinawa Kenpo Karate Kobudo Federation in 1982. Bradsan stayed with Ortino Sensei until he received his Shodan certified by Master Odo on May 27th, 1985. Sensei Brad was ranked #3 in Kumite and #2 in Kata as a brown belt for the State of Hawaii in 1984. He is also a member of the Hawaii Karate Congress in good standing. In August of 1985, Sensei Brad and his family relocated to California until October of 2003. Upon his return to Hawaii, Brad reunited with Ortino Sensei and received his Nidan promotion on May 9th, 2004. He currently runs the Kaneohe Dojo on the Marine Corps Base MCBH. Sensei Brad still trains with Ortino Sensei 1 to 2 times per week. Sensei Brad is also certified by the Hawaii Karate Kodanshakai, an elite group of teachers and top instructors chaired by Sensei Bobbie Lowe and President, Sensei James Miyaji. Sensei Brad also produced and engineered the first ever, volume 1 of 4, Okinawa Kenpo Karate Kobudo – Dharma Ryu Dojo DVD, available in stores like KC Martial Arts and online at PaulOrtino.com. Sensei Brad can be reached at bandersohn@yahoo.com. or visit www.bradsdomain.com.

“The turtle doesn't move until he sticks his neck out.”
(Chinese Adadge)

”The Martial Arts begin and end with courtesy, not in form alone, but in mind and heart as well!”
(Gichin Funakoshi)

