



BUSHIDŌ-KAI

HIGHER EDUCATION FOR THE
TRADITIONAL MARTIAL ARTIST

BULLETIN · SUMMER 2010

HANSHI PATRICK MCCARTHY SEMINAR

Londonderry, NH, August 5 and 6, 2010- Kyoshi Tony Annesi and Sensei Kevin Scully the 2-day event sponsored by Ken and Mandy Akiyama's House of the Samurai. Hanshi McCarthy was cordial, congenial, funny, and full of knowledge both historical and technical. During the final moments of the seminar on Sunday, he was also generous enough to bring Kyoshi Annesi to the front and recommend his DVDs and seminars.



Top: Saturday's attendance (50)
Left: Sensei Scully and Hanshi McCarthy
Right: Kyoshi Annesi and Hanshi McCarthy

TRAINING TIPS

Details you may have missed in Aiki, Karate, Seiken or general Budo.

Kyoshi Tony Annesi, Takeshin Sogo Budo

NB: In the Summer 2009 edition of **The Bushido-kai Bulletin**, I wrote an article called *Training When Not Training*. The current offering details a small aspect of self-training from that article.

“Watching Practice”

Nobody wants to study a martial art from the sidelines. However, if you receive an injury and can't be on the mat, there are things you can do to minimize your losing the edge you just spend that last year trying to gain. You can stay home and work out in your living room to the extent that you can. If you have the discipline to do this regularly and for a period longer than ten minutes, great, it will work. Or, you can stay home and watch DVDs of your requirements as well as supplemental DVDs. This will guarantee a longer duration to your “watching” workout, but it will also guarantee passivity, with the disadvantage of a refrigerator break now and again. Or, if you are a wise student, you can come to the dojo and watch practice. In Japanese this is called, not surprisingly, “watching-practice”, i.e. practice by watching.

When you watch practice, you are practicing watching. Oh, I know you thought that watching was a skill you mastered way back when drive-in movies were your normal summer recreation, but that



was passive and you'd be surprised how much passive watching differs from active watching. When you listen to the radio in your car, you passively listen until a news story comes on that has to do with your stock portfolio. When you watch TV, you passively watch until Final Jeopardy has a category in which you are an expert. Similarly, when you watch your kid's gimp weaving class in camp, you are passively watching, but when you watch your fellow students perform their *kata* or *waza* in martial arts class, you watch more actively, knowing that soon you will be one of them again. You also watch critically, not understanding why Alvin can't figure out which leg to stand on or why Betsy doesn't know a down block from a side back fist. Without the pressure of having to perform on command, the art looks a lot easier than it is. When Sensei demonstrates a technique, you may not understand it any better than when you were on the mat, but as soon as Alvin and Betsy try it, the light dawns on old Marblehead.

You saw Sensei do it right, and now you can see variations of how to do it...less than right.

When you practice watching, you also mentally rehearsing the techniques, which discipline allows you to get ahead of those staying at home going through three kata in slow motion.

The hidden benefit of watching-practice is that you maintain the habit of coming to the dojo faithfully. It is normal to think that after an injury that keeps you from training for a couple of months, you will jump back into things refreshed. Maybe, but it takes only 6 weeks (40 days) to ingrain a new habit, so if you accidentally use your former dojo time to redecorate the den or watch the reruns of *Lost* that you missed last year, you will be lost when it's time to return to training. It is easier to adjust a habit than to create a new one. Remember how long you delayed before starting to train? Don't you wish you began earlier? Well, instead of having a senior student pelt you with emails to come back to training, how about not missing it in the first place? When you return, you will return with a new skill—the ability to watch more carefully (and without losing an old habit, the habit of training.)

KARATE EXAM

July 20, 2010- Noah Weisman promoted to gokyu, Takeshin Karate-do



ANNUAL SUMMER SHINDIG

August 29, 2010- Once again, Bill and Cathy Harrison were both kind and generous enough to sponsor our annual end-of-summer event at their home. Bill served as barbecue chef while the kids played computer games in the downstairs den and the adults conversed, ate, and played beanbag toss and bocce. Archie the dog serves as constant companion.

CALENDAR

September 12 — *Nijushiho vs. Niseishi: Same name, Different Intent* Seminar at BUSHIDO-KAI

September 18 — Annual NKR Kamishin Reunion, Charleston, SC

September 23 — Photo shoot at *Martial Arts Masters* magazine, Sun City, California

September 23 — Seminar for Louis Mang, Burbank, CA

September 25 & 26 — Hanshi Bruce Juchnik's 2010 Gathering,
Sacramento, CA

October 9 — Fall exams

October 23 & 24 — Dominic and Jeanene Violante's Connecticut
Martial Arts Festival

November 14 — *Secret Strikes of Aiki Atemi: the Karate in Aiki* seminar
at BUSHIDO-KAI

December 12 — Annual Holiday Party



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