

February 2009



NEWSLETTER

Bushishin Budo Renmei Martial Arts Association

Shihan Harold Hicks
Director B.B.R.

From the desk of **Shihan Harold Hicks...**

I will say that we have had a very productive year. The "Academy" has come through some tough times due to the economy and the effect that it had on all business this year. I thought that our school would really go through some very roller coaster stages of enrollment because of the economy and the high gas prices.

I must say that with the help of the Instructors, and the students' will to continue their training, regardless of how the effects of the economy had on them, our enrollment grew.

I want to thank all of you for your will to let us teach you how to defend yourself and be the best that you can be. Many thanks go to all of the Instructors and the upper ranks who are assisting as Instructors. Your help is more than appreciated and will always be remembered.

To Shihan Ray, who has come out of retirement to assist in any way he can, you have always been a great Instructor, my Shihan, and a very good friend. Thank you for all that you do.

To our business director, may God speed be with you at all times, because you do so much to keep our doors open and to get new students joining class.

Events...

On a Saturday in March 2008, Shihan Ray, Sensei Tim and myself were asked to do a demo for St Anne Catholic School, who were having their Spring festival, and the kids and adults were having a great time outdoors. Ray and I did several demos with one of our students (Pattie). We also invited the audience to be a part of our demo to show them that our techniques do work.

On Saturday, April 19th, 2008, I did a demo at Turner's Garage, along with Tim, Becki and Cody. We had lots of fun showing the staff and others who attended what we could do. We also asked them to try some of what we were doing to show them how simple it was. It's knowing what to do, and how, and how to apply it.

On Saturday, July 26th, 2008, I attended a Shodan belt test in Charleston, SC at Soke Darrel Collin's Dojo. The student that was testing was Wallace Clearman. The test started around 10:00 AM and lasted for about two hours. The test was tough and the student showed it by having to catch his breath from time to time.

Belt Tests ...

During the months of June and July, several tests were administered and we promoted yellow belts, blue belts, and green belts who had met the requirements of time and grade.

During the month of August, we promoted our first three brown belts ever since we moved into our new Dojo away from the YMCA. I would like to let their names be known. They are Angie Spohn, Didi Rembert, and John Holladay. When you reach this level we know for sure that you are serious about the Martial arts and want to continue your training.

Events...

To let you know, and to those who didn't know, this year for me was one I will always remember. I lost my step-father and my mother within a five-month period. My step-father died in February and my Mother died in July. This year I made three trips to New York City. Thank you for all your prayers, gifts, cards, and words of comfort.

I would also like to commend the participants who attended the Women's Self Defense classes. Our attendance grew larger by each class. These classes are designed to use more leverage than strength to subdue your attacker. My motto: *"It's better to have it and not need it, than to need it and not have it."*

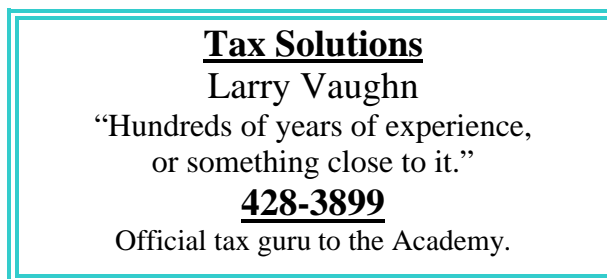
I pray that God will continue to bless you in all your endeavors!

- *Shihan Harold Hicks*



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Kamishin Ryu Seminar/Reunion. On November 1st, 2008 the Academy instructors as well as several brown belts attended a training seminar hosted by Soke Darrell Collins. Training sessions were lead by Tony Annesi, Ron Cherry, and Darrell Collins. It was an impressive time for all of those who attended.



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Annual Tournament. On Saturday, April 26, 2008 the Academy of Martial Arts hosted the 9th Annual Bushishin Budo Renmei Invitational Tournament at Sumter, SC. Highlights of the day included self defense demonstrations by association Black Belts, as well as competitions in kata (forms) and kumite (sparring) in Kamishin Kempo Karate. Over 65 martial artists participated in kata and kumite competition. Trophies were awarded for 1st and 2nd place winners. All others were recognized with participation medals. Sensei Chris Hatfield took the top spot in the adult advanced division after 7 fights. The competition format was a little different this year, with the advanced students having to compete in a round-robin style tournament. This meant that each student had to fight every student in their division, with the two with the best record advancing to the finals. Pictures of the tournament are posted on our web site.

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Sensei Lynwood Gamble

From the desk of Sensei Lynwood Gamble, and ready stance of my students... Greetings!
I would like to bring you an update. My school is doing well. We have 16 students, including 4 brown belts (2 of them came back after 7 years layoff). I spend a great deal of time on and off the mat with my students. As a school, we are doing bowling, a heart walk, a kids day, and the Martin Luther King Parade. We also have a great parent staff which keeps in touch about the students' school performance. Two of my students attend college, and one attends flight school and hopes to become a pilot. I think we are moving in the right direction. Again we would thank the Sumter Academy for hosting the 2008 in house karate tournament for us. We are looking forward to inviting you all back in 2009. I am planning some great thing for 2009 and we hope you all can be a part of these events. One of my goals is to keep the Savannah JEA Kempo and Sumter Academy Kempo Karate/Bushishin Budo Renmei School together. Take care.

Sensei Lynwood Gamble and Students
Savannah JEA Kempo

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Academy of Martial Arts, Tigerville, SC

Sensei Todd Gainey

The Tigerville Academy has had explosive growth. In less than 2 years the TAMA grew from 2 students to 40+ students with only one black belt. The sheer size of the Academy has forced Sensei Todd to make the difficult decision to change locations. The TAMA is currently looking for a new facility to accommodate the large number of students. Currently, one of the three blue belts is ready to test for his green belt, and another student is ready to test for his blue. The TAMA looks forward to re-opening its doors in a new and better location where Sensei Todd will continue to teach this style in a manner that honors the leaders and founders of this style.

RU Tough Summer Challenge. During the Summer, twenty six students participated in the "RU Tough Summer Challenge," which included lots of extra training and a spirited competition between two teams. The two teams were *Harold's Hitmen*, lead by Dedi Rembert and John Holladay and *Ray's Regiment*, lead by Angie Spohn and David Pontious. All students greatly advanced their training. *Harold's Hitmen* won the challenge by a narrow margin (2,469 to 2,453 points). The adult individual high score was decided by one point, and was won by Angie Spohn. Chris Rembert had the highest score for the children. An award banquet was held to present all of the participants with awards. Awards included gift cards from the sponsor, Car Stereo Plus, as well as karate t-shirts and flip flops. Jeni Martin also donated several Arbonne products, such as sore muscle creams and energy drink tablets. Every student that took part came out a winner, because they had a great time while they really advanced their training.

Karate Demonstration. Sensei Todd and Sensei Tim were invited to give a talk and demonstration at Sumter Christian School for their middle school students. Sumter Christian has been kind enough to allow us to use their gym to host the annual Bushishin Budo Renmei Tournament.

Women's Self-Defense. The Academy has conducted Women's Self-Defense classes every month since June 2008. These women learned how to defend themselves from a variety of attacks. They were taught simple to learn techniques that implement leverage and not brute force. This year, a group of ladies that work at SAFE, headed up by Charlotte Schwartz, the mother of student Jamie Schwartz, were very excited and often aggressive about these classes!

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Tactical Take-Downs. The former "Men's Tactical Take-Downs" class was opened to the women this past year. Several women had expressed an interest. The class continues to meet every other Monday. Several of the constables have grown quite proficient in their techniques. Several adult karate students have also joined this class. A wide variety of attack defenses are taught, including weapons and ground fighting. This class implements many Juken-do techniques and has attracted a lot of positive attention.

Karate Kamp. During the summer we had several one week Karate Kamp sessions. They were a big success. We had a total of 28 campers who learned the very basics of karate, while having loads of fun. In addition to basic karate instruction, the camp activities included lots of fun, challenging games, t-shirts, and a pizza party. We were very fortunate to have Sensei Todd lead Karate Kamp again this year.

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Kid's Nite Out. A fun night for kids was held on June 28th. Twelve children played video games, pool, foos-ball, ping-pong, and intense dodge ball. While the kids played, mom and dad could enjoy a night out. Many of the games were fun to watch as well as fun to participate in. Plan to join the fun on the next Kid's Nite Out.

Christmas Party. Our Annual Christmas Party was held at the Academy this year. Sumter Cut Rate Drugs sponsored the dinner by providing all the chicken as well as slaw and beans. Students brought a covered dish and everyone had a great time. We were all scared to overeat because we feared Shihan Harold would get us with extra crunches.

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Pilates/Yoga (PiYo). This low impact Pilates/Yoga class continues to grow. They meet on Tuesday & Thursdays at 10:00 AM.

Zumba is a dynamic, exciting class that uses easy dance moves. They meet on Wednesdays at 6:00 PM. You will enjoy yourself as you strengthen your heart and tighten your body.

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Historic Spotlight

The Philosophy Of Kamishin Ryu

“Kamishin Do” literally means “Godly/Divine Heart Way.” Force is relative, and there is no end in its development on both sides; these developments being “Faith” and “Technique.” The combatant, as the end result, seeks something deeper and more important than force; rather, the combatant seeks and must find his true faith in God’s Spirit as the final resting-place.

In Asia, many self-defense arts such as Judo, Iai-do, Kendo, Karate-do, and all other combatant arts have the suffix “Do” which means “The Way,” “The Teachings,” or “The Spirit.” As the religions of Taoism, Shintoism, and Buddhism are as well identified as Tae-do, Shin-do, and Butsu-do, so is Christianity known as Kirisuto-kyo.

Non-belief is a result of combat, a combat with evil or a combat with fellow man. A combat is an encounter of supremacy of one or both combatants. A combat then is an actual duel, good against evil, force against force, with the end result being relative.

Kamishin-do, as a result of the above, is not considered simple technique or perhaps a series of tricks to fool the on-looker as it may appear to be. The purpose of Kamishin-do is to permit one to attain the spiritual certitude which induces the physical certitude and results in strength from the unification of the hard and soft, God over evil, faith with spirit, and finally life over death.

There are a great number of throwing forms, takedown arts and pressure points in our discipline of Kamishin-do. However, they are not performed in the personal feeling of struggle or opposition, but in the Spirit of God, acting in perfect harmony with the personal faith we have in Him.

Kamishin-do is not merely a combatant art, but a total philosophy of life. Those who learn of and truly practice Kamishin-do develop their faith in God and His son Jesus Christ as well as their physical life. Kamishin-do is nurtured and deepened by Christianity. Kamishin-do is the divine way, the Godly way, the way of peace.

Written by:
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Academy Website. Thank you, Bob Flury for creating and maintaining our web site. Take a look at the great job he has done at www.sumter-academy-karate.net Please send any items and/or pictures you wish to post to Sensei Tim Martin. This can be a great tool to keep us all informed and up to date. This web site is for all Bushishin Budo Renmei schools.

-Please submit any newsletter articles to Sensei Tim Martin at academy.sumter@yahoo.com

“To God be the Glory!”

“It’s better to have it and not need it, than to need it and not have it.”

- Shihan Harold Hicks

"Effort and Attitude."

- Shihan Ray Mohalick

