



NEWSLETTER- July 2003

From the desk of Shihan Ray Mohalick

I have two big announcements to make in this edition of the newsletter. First, Sensei Harold Hicks has been appointed as Shihan-Dai of this organization. He was given a letter of appointment on Monday, June 16, 2003. This was announced at our class the following Wednesday. Sensei Hicks understands the responsibilities he will be accepting with this appointment. He is a martial artist who is respected by all, one who has expert knowledge of the self defense techniques and kata documented for Bushishin Budo Renmei, 柔法, and a role model who follows the moral and ethical teaching of Kirisuto Kyo (Way of Christianity) in every day life.

During the month of June, both Sensei Lynwood Gamble and Sensei Jason Capell were promoted to Sandan. Sensei Gamble has made many trips from Savannah to the Sumter school over a period of months to work with us on the required kata and Bo. His knowledge of our self defense techniques is outstanding. He recently started a second school in Savannah teaching Kempo Karate as a course at Savannah State College. He has been very succesful with his schools.

SHIHAN-DAI HAROLD HICKS, SUMTER, SC

First and foremost, I want to thank Shihan Ray Mohalick for appointing me as Shihan-Dai of this organization. Secondly, I'd like to thank him for putting into set the works of the Constitution and By-laws, patch design, video self defense and Bo kata techniques, t-shirt design, etc.. He has done all this and more with perfection.

I would like for all of you who are associated with the association to know that I will perform all duties assigned me to the best of my abilities and with respect, good work ethic, and high morals. My goals are to try my best to carry out these duties as well as Shihan Ray, with your help and support. I look forward to communicating with each of you at your convenience. Please feel free to call, write, or E-mail me.
Telephone 803-775-0970 E-mail-- haroldlhic@msn.com

Sumter Dojo News

The Sumter dojo currently has more than 40 students. We have had to make some adjustments in our methods, in particular testing, because of the number of new students. Yellow belt tests are being given as we ready a set group of students for the test instead of waiting for the entire class to reach a testing plateau. This adjustment seems to be working well.

On December 12, 2002, The Sumter School of Martial Arts gave a pizza party for its students. The thirty seven students and instructors gulped down a total of 96 pieces of pizza! Everyone also received a candy cane. There were lots of smiles, laughter, and full tummies.

On April 12, 2003, an association tournament was held at the Sumter YMCA between the Savannah JEA school of Sensei Gamble and the Sumter school. There were about 50 students participating from the two schools and every student went home with at least one trophy.

On May 24, 2003, the Sumter school gave a demonstration at the Iris Festival held at Swan Lake. The demo lasted about 50 minutes and we had well over a hundred spectators watching. All of the students did really well and the crowd was really impressed.

On June 7, 2003, our class was visited by our Association Historian, Rev. Charles Roberts, who was down from Ballston Spa, N.Y.. The black belts all went out to lunch together after class.

Also on June 7, 2003, Sensei Darrell Collins, 5th degree, and his wife ,Toni, who is a brown belt, came up again from Cottageville, SC. He was the "guest instructor" for the day and showed us more of the techniques that were taught by Dr. Al Church. Check out www.kamishinryu.net for his web site.

A web site for the association is being worked on by Johnny Brunson of Sumter. His son is a student in our school and Johnny has a background in Shotokan. This is volunteer work he is doing for us and we owe him a great debt of gratitude. We'll all be looking forward to this site. Each school in the association will be included in the site. You can keep up with our progress at our temporary address. <http://www.scnetsolutions.net/shorinji/>

Shihan Larry Barnes, Mammoth, Pa.

It's been a year now since Shihan Barnes and his son Bret, reopened the Yamabushi Aiki-Jutsu Dojo. The school is doing really well. He recently promoted two of his adult students to green belt. Jacen Huss, a 2nd degree black belt is also an instructor at the school.

Sensei Lynwood Gamble, Savannah, Ga.

Lynwood's JEA school in Savannah is doing well with 22 students. His junior black belt, Hamilton Stone, has turned 16 years old and has been given his full black belt. Congratulations, Hamilton! Lynwood wanted to express his appreciation for the support the parents of his students give. There was a crowd of them that came up to Sumter for the tournament in April.

Lynwood also has a woman's self defense class that is taught on Thursday evenings.

On July 1, 2003, Lynwood will begin teaching Shorin Ji Kempo Karate Budo as a college course at Savannah State College. The class will be limited to 15 students and they will receive ranking through our Association.

Sensei Jason Capell, Sumter, SC

Jason has completed his required internship with the Church of God. While he is waiting on a full time position as Youth Minister with the church, he is working with the fire department in Columbia, SC as a "first responder". Jason received his sandan ranking this June after five years at nidan. He started with us as a 10 year old and has grown into a really outstanding young man.

Sensei Chris Brown, Elkton, Md.

Chris Brown was recently injured in a motorcycle accident; he twisted his knee out of the socket (double ouch!!) . He said that it wasn't a good feeling! He hopes to be back working out with his students soon. Chris operates his school out of his home.

Arvin Pearson, Deep Gap, NC

Arvin is still going to the gun club and gun tournaments. He really enjoys the competition. We look forward to having him return again and being a judge / referee for our future tournaments.

Also, look for the "quotes" furnished by Arvin later in this newsletter; they have become a much anticipated part of our newsletters.

Sensei Darryl Vestal, Yadkinville, NC

Hello from NC! I hope your summer is going well so far. This has been a very busy work time for me, but I still wanted to submit a little something for the newsletter...

Gary Goodrich, "You have to choose..."

Acquiring a little financial aid, I headed off to Baptist College at Charleston, SC in the fall of 1981. In addition to the strong Music department at the college, I knew that Baptist College would be within easy driving distance of the Hombu dojo., Nippon Kamishin Ryu Rengo Kai. Having attended a couple of seminars there, I was looking forward to learning with instructors that had trained under Professor A. C. Church.

After Professor Church's untimely death, Rokkyudan Gary Goodrich had been named Soki-Dai of the association.

Sensei Goodrich was a colorful character. His bright red gi, worn on special occasions and weathered face spoke of interesting times. The classes were challenging. Very challenging if you were not used to doing many breakfalls, enduring painful locks **after** a demanding warm-up session. I remember vividly the first few morning after those classes until I got used to the different routine. Gary Goodrich believed in goken techniques, juken techniques but mostly in hard work.

I used to start to the dojo early to avoid some of the infamous 'Charleston snarl' traffic. Gary Goodrich noticed this and told me I could come in when he arrived to open up. He practiced Shorinji kempo, Iaido, and Five Animals Chuan Fa after a short stretching and breakfall warm-up. He was strict on dojo manners. He told me before my first class there to roll down my

sleeves. That's why I stayed off the practice area until he invited me to come out to be his uke after he decided that my breakfalls were ready to be polished. Okay, what's another few morning of limping to the shower in the dorm compared to learning some new techniques, right? Right? Soke-dai Goodrich lit up a cigarette after each class and would stand outside the dojo to smoke and cool off. He stopped me one night as I was walking to my car and asked if I'd met Professor Church. I told him, " No, but wish I had." He told me of leaving home at an early age, joining the Merchant Marines and knocking around different ports. He credited Professor Church with settling him down "a little". He recalled how they were walking to Professor Church's car in a restaurant lot one night when two men who had been heavy drinking at a nearby bar blocked their way and "requested" more drinking money. He said Professor Church spoke gently to them but they insisted. I couldn't help smiling when he told me how disappointed he was not to get the chance to fight. Professor Church put both men down before he could get in on the fun!

Another evening Sensei Goodrich stopped us about two thirds of the way through class. He was not satisfied with what he was seeing and let us know it in a very clear manner. After class he stopped me again and said very quietly, " I wasn't really talking to you in there. You work your butt off every time you're here. Remember when you get Dan ranks that you have to choose if your gonna be good or bad, work hard or just walk through the moves and not really be able to do anything. Shihan Church had to knock the crap outta me to get me in line". At this point Gary took the little plate that held his front teeth out of his mouth, grinned gap toothed at me and said, "Try not to learn everything the hard way."

Although he did not stay in Charleston much longer, Gary Goodrich did play an important role in keeping our art alive ...and lively. I hope we will remember his advise. May God bless you, Gary, wherever you are. DRV

BUSHISHIN BUDO RENMEI HISTORY AND TRADITIONS:
a continuing newsletter series, by Rev. Dr. Charles H. Roberts, 4th dan,
Association Historian.

In previous newsletters we have learned about the lives and influences of the founders and teachers of our Kempo arts. We have learned why such masters as Kim Chi Koo and Soke Albert C. Church, Jr. are considered the fathers of our Kempo-Karate style, and we have seen how their students such as Shihan Larry Barnes, Sensei Frank Jones, and Soke Ron Cherry have had a

major part to play keeping the techniques and traditions of the Shorinji Tetsu Kempo Nippon Kamishin Ryu arts alive and well.

In this newsletter, we consider the life and influence of another such great Teacher and Master, one who has had, over the years, a direct connection to the Sumter School of Martial Arts: Shihan Tony Annessi, of Takeshin Sogo Budo in Ashland, Ma.

A martial artist since 1964, Tony Annessi holds black belts in judo, aiki-ju-jutsu, karate, and has studied numerous other arts. As early as 1977, Annessi Shihan received the title of Ichiban Deshi no Soke (#1 student of the stylistic leader) in aiki-ju-jutsu from Albert C. Church, Jr.

Several of Soke Church's students were passing through Ashland, Ma. where Shihan Annessi was training in those days, and they spoke with him of a high-ranking American martial artist in Charleston, SC. Mr. Annessi soon contacted Soke Church and made several trips to train with him in Charleston.

In 1984, the Goshin-kai International, a French federation, and the International Brotherhood of Martial Artists, a German based organization, both decorated Annessi for his dedication to the martial arts. In the same year, Annessi was appointed Soke-Dai (inheritor designate) of the Kamishin-ryu martial arts, a position he resigned in 1988 due to a conflict in leadership styles.

In 1989, he founded BUSHIDO-KAI KENKYUKAI, a federation for the development of innovative traditional martial arts and shortly thereafter founded BUSHIDO-KAI BUDOYA to help broaden the martial education of practitioners worldwide.

In addition to writing the regular column The Dojo Files for Inside Karate Magazine, Annessi has written articles for Self Defense World, Inside kung-Fu, Black Belt, and The International Fighter. Shihan-rensshi (master instructor) Annessi has taught martial arts for over 30 years and is featured in Corcoran and Karkas's landmark reference, Matial Arts History, Traditions, People.

Shihan Annessi has, perhaps more than any other pupil of Dr. Al Church, encapsulated and carried forward Dr. Church's original vision for a unified martial arts system. Annessi Shihan has been a tireless worker for the

promotion of that vision, as he has further developed it, and he has been personally helpful to many others in the Kamishin family. He personally conducted several seminars at the Sumter YMCA, back in the 1980's, for the then, Kamishin Ryu classes, and has been a one-on-one instructor, in various settings to Sensei Darryl Vestal, Charles Roberts, Darrell Collins, Shihan Mohalick, Sensei Frank Jones, Tommy King, Harold Hicks, and Arvin Pearson, among others. His seminars, videos and books have educated an entire generation of martial artists in the basic principles of Sogo Budo, the vision of our founder, Dr. Albert C. Church, Jr.

"QUOTES"

Submitted by ARVIN PEARSON

"You and your opponent are one. there is a coexisting relationship between you. You coexist with your opponent and become his complement, absorbing his attack and using his force to overcome him." by Bruce Lee

"Life unfolds on a great sheet called Time, and once finished it is gone forever."

Chinese Adage

Editor's Desk, David Capell

We want to thank each of you that made a contribution to this newsletter. Remember, this newsletter is for you, and about you, so we can all keep in touch. Without your help it would not be possible. Again, thank you and God Bless.