ISSHINRYU KARATE CLUB HANDBOOK

by

Sensei Charles “Charlie” Murray, Hachi (8th) Dan, Isshinryu Karate Do
Student Creed & Opening Ceremony

I will develop myself in a positive manner
    and avoid anything that could reduce my mental growth or physical health.

I will develop self-discipline
    in order to bring out the best in myself and others.

I will use common sense before self defense
    and never be abusive or offensive.

This is a Black Belt School.
    WE ARE DEDICATED
    WE ARE MOTIVATED
    WE ARE ON A QUEST TO BE THE BEST!

Japanese Phrase All Students Say Before Class

One gaishimasu (Onay guy shi mas), which translates as “Please Teach Us”

Japanese Phrase “Children” Students Say After Class

Domo arigato (Domo Air A ga toe) Sensei, which translates as “Thank You Sensei”

Japanese Phrase “Adult” Students Say After Class

Domo arigato gozaimashita (Domo Air A ga toe ga zi mash ta) Sensei, which translates as “Thank you for teaching us Sensei”

* Borrowed from Rigby Karate Academy Dojo Procedures
15 Basic Upper Body Exercises

1. Right Foot Forward (RFF) - Right Hand (RH) straight punch to solar plexus.
2. RFF - RH uppercut to chin
3. Left Foot Forward (LFF) - RH straight punch solar plexus.
4. LFF - RH uppercut to the chin
5. Right Foot Back (RFB) – Left Hand (LH) down block & RH straight punch to solar plexus
6. RFB - LH side block & RH straight punch to solar plexus
7. RFB - LH open side block & RH open spear hand to solar plexus
8. RFB - LH open head block & RH upper cut to chin
9. RFB - LH closed fist head block & RH straight punch to solar plexus.
10. RFB - LH closed fist head block, LH snap nose & RH straight punch to solar plexus
11. LFF - LH down block & 5 fast straight punches to solar plexus
12. LFF - LH side block & 5 fast straight punches to solar plexus
13. LFF - LF open down block & RH open strike to neck
14. LFF - LH open palm chest block & RH roundhouse punch to the solar plexus & LH roundhouse punch to kidneys
15. RF back in a cat stance. Then cross arms in front & butt hip back and at same time strike with arms by blocking the head and striking back with an elbow
15 Basic Lower Body Exercises

1A. Legs together and with knees locked and toes curled up and hands on hips, stretch down to toes and inhale
1B. Then spread legs and put hands behind you on your lower back and bend back and exhale 5 times
2. LH hold right foot & RH push down on right knee – stretch leg out. Then do this also with your left leg
3. Squat stretch. With legs apart and arms out, squat down to right side with your left toes up. Then switch sides.
4. Front snap kick to groin
5. 45 degree blade kick to knee cap (snap the kick)
6. Cross over heel stomp kick to knee
7. Side blade kick to solar plexus
8. Front snap kick from cat stance
9. Squat to the side and front kick to groin
10. Heel thrust kick to solar plexus
11. Knee smash to groin
12. Back kick to solar plexus
13. Push ups
14. Body twists
15. Breathing exercise.

NOTE: movements are abbreviated, for example LF means Left Foot, RH means Right Hand.
ISSHINRYU KARATE

Stances (Dachi)

- Attention Stance (Masubi Dachi)
- Closed Foot Stance (Heiso-kudachi)
- Inverted Stance (Uchi Dachi)
- Ready or Parallel Stance (Hioko Dachi)
- Open Leg Natural Stance (Hachiji Dachi)
- Seisan Stance (Sho Zenkutsu Dachi)
- Sanchin or Hour Glass Stance (Sanchin Dachi)
- Naishanki Stance (Uchi Hachiji Dachi)
- Selunchin or Horse Stance (Soto Hachiji Dachi)
- "T" Stance (Teji Dachi)
- Flat "T" Stance (Teji Dachi)
- Hook Stance or Reverse "T" Stance (Roso Dachi)
- Cat Stance (Meko Aashi Dachi)
- Reverse Cat Stance (Gyaku Meko Aashi Dachi)
- Lunge Stance (Zenkutsu Dachi)
- Slanted Seisan Stance (Naname Sho Zenkutsu)
- Wansu Stance (Han Zenkutsu Dachi)
- Slanted or Squat Stance (Naname Zenkutsu Dachi)

* Provided by Sensei Tony Caywood
DOJO RULES & PROCEDURES

1. No profanity
2. No smoking
3. No shoes are to be worn on dojo floor
4. No gum chewing in class
5. No leaning on the walls
6. Toenails and fingernails are to be clipped
7. Students are to train in a clean and unwrinkled uniform
8. Students should make it a point to arrive ten minutes early for each class
9. A student cannot leave class without permission
10. Students are not to give public Karate demonstrations without their instructor’s permission
11. Any substitute teacher will be treated as your regular Sensei
12. A respectful bow is to be given whenever going on or off the training floor
13. Students are to stand at attention whenever an instructor is talking or showing technique unless otherwise stated by instructor
14. Students should maintain regular attendance
15. Students are to sign in for each class they attend
16. Line up by rank when class is called to start.
17. After bowing onto the floor for the first time, student should (if it is available) then go to the photo of Master Tatsuo Shimabuku and bow to show respect
18. Within the dojo, students are to address other Instructors as Sensei followed by their last name -- such as Sensei Smith.
19. It is up to everyone to keep the dojo spotless by cleaning up after every class. Also see if any help is needed with demonstrations, tournaments, teaching, etc.
20. Students are encouraged to ask questions and they may do so during class at the appropriate time without interrupting the instructor
21. If a student must withdraw from the dojo temporarily or permanently, he or she should courteously do so by letting the instructor know by email, letter or telephone.
22. To promote safety, no student should be allowed to spar without basic equipment such as a protective cup (males only) and a mouth piece. Additional protective gear such as shin and instep protectors, head protection, safety boots and safety punch are highly recommended.
23. Students who arrive late for class are to stand at attention at the edge of the dojo floor until the instructor gives them permission to join the class.
24. You must have approval of your instructor before competing in a tournament.
Isshinryu Karate Ranks

* Under Black Belt Ranks = Kyus (Degree)
- Ku-Kyu (9) White Belt
- Hachi-Kyu (8) Yellow Belt
- Nana-Kyu (7) Purple Belt, one black stripe
- Roku-Kyu (6) Purple Belt; two black stripes
- Go-Kyu (5) Green Belt, one black stripe
- Yon-Kyu (4) Green Belt, two black stripes
- San-Kyu (3) Brown Belt, one black stripe
- Ni-Kyu (2) Brown Belt, two black stripes
- Ik-Kyu (1) Brown Belt, three black stripes

**Note:** Sensei determines when one is ready but generally speaking student promotions occur approximately every 4 months. The number of months training requirements are not firm. If one trains and masters the required material they can be promoted sooner, though it usually takes at least 36 months for one to make Black Belt.

* Black Belt Ranks = Dans (Degree)
- Sho-Dan - 1st Degree Black Belt; usually three to four years
- Ni-Dan - 2nd Degree; two years after Sho-Dan
- San-Dan - 3rd Degree; two years after Ni-Dan
- Yo-Dan - 4th Degree; two years after San-Dan
- Go-Dan - 5th Degree; four years after Yo-Dan
- Roku-Dan - 6th Degree; five years after Go-Dan
- Shichi-Dan - 7th Degree; 17 to 30 years of training. Red & White Belt; is first Master’s Ranking
- Hachi-Dan - 8th Degree; 30 to 40 years of training. Red & White belt
- Ku-Dan - 9th Degree; 40 or more years of training. Red Belt.
- Ju-dan - 10th Degree; 50 or more years of training. Red Belt.
Isshinryu Kata

HAND AND FOOT KATAS
1. Seisan
2. Seiunchin
3. Naihanchi
4. Wansu
5. Chinto
6. Sanchin
7. Kusanku
8. Sunsu

STYLE DERIVATIVE OF
Shorin Ryu
Goju Ryu
Shorin Ryu
Shorin Ryu
Shorin Ryu
Goju Ryu
Shorin Ryu
Master Shimabuku’s Kata

WEAPONS KATAS – ALL DERIVITIVE OF KOBU-JITSU
9. Tokomine-No-Kun (Bo 1)
10. Urashi-Bo (Bo 2)
11. Shishi-No-Kun-No-Dai (Bo 3)
12. Bo - Bo Kumite
13. Kusanku-Sai (Sai 1)
14. Chatanyara-No-Sai (Sai 2)
15. Bo-Sai Kumite

Code of Karate

1. A person’s heart is the same as heaven and earth.
2. The blood circulating is the same as the moon and the sun.
3. The manner of drinking and spitting is either hard or soft.
4. The person’s unbalance is the same as a weight.
5. The body should be able to change motion at any time.
6. The time to strike is when the opportunity presents itself.
7. The eye must see every way.
8. The ear must listen in all directions.
Okinawan Karate Terminology

Karate: Empty Hand  Isshin: One Heart  Ryu: style
Master: Shiihan  Do: way  Sensei: teacher
Contest: shiai  Bow: rei
Begin: hajime  Training Hall: dojo  Sparring: kumite
Technique: waza  Attention: kiotsuke  Uniform: gi
Guard: kumae  Opponent: aite  Belt: obi
Shout: kumae  Focus: kime  Grade: kyu
Black Belt Degree: dan  1st Deg Black Belt: sho-dan
Form: kata  Thank You: arigato  Breaking: tamashiari
Strike: uchi  Stance: dachi  Student: karateka
Head Band: hachimaka  Seated position: sazen  Striking Post: makiwara
Explanation: bunkai  Distancing: maai  Point: ippon
One-Step Sparring: ippon kumite  Stop: matte  Wooden Staff: bo
Hand Swords: sai  Fighting sticks: nunchackus  No-Mindedness: mu-shin
Pre-arranged sparring: Yakusoku kumite
Referee: Simban  Straw-Mat: tatami  Halt or rest: yamei
Black belt holder: Yudansha

PARTS OF FOOT:
Ball: Shoku-Tei  Heel: Kakato  Instep: Haisoku
Blade: Sokuto  Arch: Achi

PARTS OF HAND:
Back fist punch: Uraken  Fore fist punch: Seiken  Hammer fist: kentsui
Knife hand: shuto  Palm heel: teisho  Ridge hand: haito
Spear hand: nukite  Elbow: empi  Four knuckle fist: hiraken
One knuckle fist: ippon ken  Forearm: ude

STANCES (DACHI)
Front stance: seisan dachi  Crane stance: tsuru no iwa dachi
Horse stance: soto hatchiji dachi  Back stance: kokutsu dachi
Attention: masubi dachi  Hour glass stance: sanchin dachi
Inverted open leg stance: uchi hachiji dachi  Leaning Forward stance: Zen Kutz Dachi
Parallel stance: keiko dachi
KICKS (GERI)
Front kick: mae geri          Side kick: yoko geri          Back kick: ushiro geri
Roundhouse kick: mawashi geri    Stomp kick: ushiro fumikomi
Crescent kick: mikazuki geri    Knee kick: hisa geri    Hook kick: kake geri
Flying side kick: tobi yoko geri

COUNTING ONE TO TWENTY IN JAPANESE
One: Ichi
Two: Ni
Three: San
Four: Shi
Five: Go
Six: Roku
Seven: Shichi
Eight: Hachi
Nine: Ku
Ten: Ju
Eleven: Ju-ichi
Twelve: Ju-ni
Thirteen: Ju-san
Fourteen: Ju-shi
Fifteen: Ju-go
Sixteen: Ju-roku
Seventeen: Ju-shichi
Eighteen: Ju-hachi
Nineteen: Ju-ku
Twenty: Ni-ju
5 Keys to Competition Kata and Weapons
(In order of priority)

1. Know your moves without having to think about them (muscle memory)
2. Punch, kick and strike hard (like your trying to inflict damage)
3. Use controlled breathing and Kia’s to excite the audience (breath out on hard punches and kicks, Kia loudly and from the sternum, use tension breathing where appropriate)
4. Add head movement (at each turn of direction, before changing direction)
5. Use broken rhythm (place pauses at appropriate places, slow your pace at appropriate places, then speed up during striking sequences)

5 Keys to Competition Sparring
(In order of priority)

1. Learn your fundamental kicks and punches correctly (front kick, round kick, side kick, backfist and reverse punch, only then are you ready to experiment with flashy or new techniques)
2. Use proper blocking techniques against you opponents (general guard at distance, both hands up when close)
3. Punch and kick in combination (series of blows, never one blow)
4. Use lateral movement and fight backing up (do not rush straight in or back straight up, and do not back away a victim)
5. Use critical distance to deliver and avoid blows (hit without being hit, and avoid blows rather than blocking them)

5 Rules of Competition
(In order of priority)

1. Respect the judges (do not argue your score or points in a fight)
2. Use good control in sparring (do not show viscous intent or anger, control your power)
3. Be a humble winner (never celebrate on the floor, and congratulate your opponents)

* Provided by Sensei Kent Cumberton
4. Be a good loser (never cause a fuss or outburst when you lose, and congratulate your opponent)

5. Practice and compete to WIN! (practice hard, be conditioned, know your opponents and their capabilities, and strive to overcome and succeed!)
Isshinryu Karate History

The people of Okinawa developed early forms of weaponless self-defense around the 14th century, when the island, which is located 300 miles south of Japan, was divided into three kingdoms: Hokuzan, Chuzan, and Nanzan. When King Hashi, from the Chuzan district, conquered the kingdoms of Nanzan and Hokuzan and unified Okinawa, he banned all weapons, which was to last for centuries. With the subsequent opening of trade, Chinese, Indonesians, Malays, and Thais brought glimpses of Southeast Asian forms of unarmed self-defense. With these insights, the ingenious Okinawan’s worked hard to develop their own weaponless fighting system as a means of survival from the constant presence of outside aggressors. The foot techniques are thought to have originated from Indochina (Vietnam, Cambodia, Laos, Thailand), and hand techniques from early forms of Chinese Kung-Fu and Kempo. The Kung-Fu influences are noticeable in Okinawan Karate’s use of circular open hand blocking.

In developing their own self-defense art, the Okinawan’s learned to pound their hands and feet against trees and rocks so they could penetrate an aggressor’s armor. In training, they often had death matches among themselves called Kakidameshi. These battles were to see who had the most lethal techniques. The Okinawan system that was developing was first referred to as Te (meaning hand.) By the late 1880’s, the term Karate (Tang Hand or empty hand) came into use. Karate was first brought out of its intense secrecy and exposed to the public about 1903. At this time, there were three main systems of fighting in Okinawa, all named after the three principal cities in which they flourished: Naha-Te, Shuri-Te, and Tomari-Te. Many other systems developed from these such as Shorin Ryu, from Shuri-Te. Within Shorin Ryu, three main branches formed: Shobayashi-Ryu Shorin-Ryu, Kobayashi-Ryu Shorin-Ryu, and Matusubayashi-Ryu Shorin-Ryu. Naha-Te today is divided into two styles: Goju-Ryu and Uechi-Ryu. There is little known about Tomari-Te, a system similar to Naha-Te.

Master Tatsuo Shimabuku, founder of the Isshin Ryu Karate System, was born September 9, 1908 in Kiyan Village on the island of Okinawa. While his mother worked hard raising a family, his father owned and operated a prosperous meat store in the village.

As a young boy, Shimabuku’s involvement in the martial arts came about out of necessity. His older brother constantly hit and harassed him. When Shimabuku finally couldn’t take it anymore, he got up the courage to tell his father about his brother’s abusive behavior, Shimabuku was quite stunned by his father’s response. Instead of coming to his aid and reprimanding his brother, his father told him to go to Naha (capital of Okinawa) and learn Karate so he could defend himself.
The rather abrupt advice was actually the best thing he could have received because it made him determined to show everyone he would never be in a defenseless situation again.

At the age of 15, Shimabuku traveled by foot some 15 miles to Naha and sought out the dojo of Motobu Choki (1871-1944), his first known instructor. Motobu Sensei was a legend in his own time, known for his large size, strength, and great fighting ability. Motobu was nicknamed “Saru” (Monkey) because of his exceptional leaping abilities. He trained in karate by himself developing fighting techniques, engaging in Makiwara exercises, and heavy rock lifting.

When Shimabuku arrived at Motobu’s dojo, Motobu took one look at the skinny young man and told him to practice running instead of karate, so he could flee from an attacker. Although dejected, Shimabuku would not give up, appearing at the dojos gates everyday trying to mimic the students’ movements. Finally Motobu invited Shimabuku in, asking him why he so desired to learn Karate. When he told him of his plight at home, Motobu accepted him. Though admitted, Shimabuku spent his first month cleaning the dojo and tending Motobu’s garden. This was often done by Masters to test a student’s patience, sincerity and perseverance. Satisfied with Shimabuku’s humble character, Motobu began to teach him fundamental hand and foot techniques, sparring, and makiwara training. After one month with Motobu, Shimabuku began his studies with Shorin Ryu (small woods) under Master Chotoku Kiyan (1870-1945), who he had heard about through a friend. Another renowned teacher, Kiyan taught in Kadena village and Shimabuku Sensei walked daily 10 miles to and from the dojo. Very impressed with young Shimabuku’s talent, Kiyan immediately accepted him as a student. Shorin Ryu, a style known for its graceful, quick, and powerful movements that uses hard, direct and soft circular blocks, greatly impressed Shimabuku. Shimabuku learned the following katas, which he later refined and incorporated into Isshin Ryu, Seisan, Naihanchi, Wansu, Chinto and Kusanku.

When Shimabuku began to study Shorin Ryu, his brother made the mistake of trying to beat him up again. It was the last time his brother ever spoke aggressively or touched him again. After teaching his brother a lesson he never forgot, Shimabuku realized the destructive power of Karate and that it should only be taught as a defensive art to be used as a last resort.

Shimabuku studied Shorin Ryu under Master Kiyan for about two years and was ranked as his number one student during that time. Then there were no belt rankings only titles such as number one student, number two student, etc.

Having achieved great proficiency in Shorin Ryu, Shimabuku’s love of Karate and thirst for knowledge led him to seek out famed Okinawan Goju Ryu Master Chojun Miyagi (1888-1953). Goju (which means hard, soft) Ryu is a system of hard Okinawan Karate with soft firm breathing from deep in the abdomen and Yo-Ibuki, the hard form. This hard and soft breathing teaches one to tighten the body to withstand an attacker’s blow and a host of other things relevant to gaining increased power with one’s Karate. Miyagi Sensei taught Shimabuku two Katas, which he later refined and modified into Isshin Ryu, Seiunchin (Control, Pull, Fight Kata) and Sanchin (3 Battles [Posture, Breathing, Spirit {or Focus}] Kata).
Shimabuku spent two years perfecting these forms. As with Chotoku Kiyan, Shimabuku was ranked as Miyagi’s number one student.

With his mastery of Shorin Ryu and Goju Ryu complete, Shimabuku next sought out the Kobo Jitsu (study of weapons) from Weapons Master, Taira Shinken (1902-1970). At the time, he was considered by many to be Okinawa’s greatest expert in the Bo and Sai.

Master Shimabuku believed strongly in the learning of weapons, feeling a karate system without weaponry was incomplete. Also, he saw the continuation of weapons training as a way of preserving an important part of Okinawan culture and fighting spirit of the warrior. He also felt weapons offered the practitioner a new challenge once he mastered empty hand karate techniques. Ancient weapons are also effective self-defense instruments that can be used during any time period, no matter how sophisticated our culture becomes. Master Shimabuku had a great personal love for weaponry and practiced perfecting the Bo and Sai every day of his life.

From Master Shinken, Shimabuku learned the following weapons katas, and like the hand and foot katas of Shorin Ryu and Goju Ryu, later refined and modified them to his Isshin Ryu system. They are Bo 1, named Tokumine No Kun, which name means of the Tokumine family who first developed this kata. Bo 2, named Urashe. Urashe is the name of the village where this kata originated. Bo 3, named Shishi No Kun No Dai, means Instructor of the Big Bo. This kata is the longest Isshin Ryu Bo form. Shimabuku first taught this kata in 1967, after almost 20 years of perfecting it. Sai 1, named Kusanku Sai, illustrates Night Fighting with Sai. Sai 2, named Chantanyara No Sai. This name is derived from the Chantan village where it was developed by the Yara family.

Just prior to World War II, Master Shimabuku was recognized throughout the Ryukyu Islands as one of the leading practitioners of Shorin Ryu and Goju Ryu Karate. He won fame and recognition at a large martial arts festival in Fatima Village where he impressed everyone with his strong kata performances. He also shocked the spectators with his ability to drive nails through pieces of wood with the bare sides of his hands. Besides teaching karate to a small select group of students, Shimabuku was also a businessman, owning a small concrete manufacturing company. With the arrival of war to the Islands, his company was completely destroyed and he went bankrupt. Seeing his homeland being devastated by war, Shimabuku fled to Miyazaki, Japan, where he worked as a farmer and trained religiously in karate. It was during this exile that he first had thoughts about developing his own system of karate.

Upon his return to Okinawa after the war, he again took up farming and practiced karate privately for his own spiritual and physical exercise. In the early 50’s, he began to again teach a small select group of people in the courtyard of his home in Agena Village. Teaching everyday, he began to see what he felt were flaws in the systems he had learned. The three major areas he felt needed modification were in blocking, punching and other fist techniques. He noticed that when students practiced hard partner blocking techniques, they often bruised or damaged their wrists because of the hard contact being made to the bone with old traditional blocks. He felt
that by keeping the wrist straight and blocking with the muscle of the forearm, injuries would be eliminated and they were.

The second major change was the punching technique. With great insight and innovation, Shimabuku noticed that turning the fist at the last moment when punching had many limitations. Turning of the fist only allows for one point of focus, which is at the very end of the punch. But he thought, what happens if your attacker moves in on you before you complete the wrist turn? The turning motion also slows the punch and the locking out of the elbow can cause injuries. When the elbow is locked it can be easily broken with a direct blocking technique. Locking the elbows also leaves your arm easy prey for judo or jujitsu practitioners throwing or arm locking techniques. Master Shimabuku also noticed that even though he was teaching the traditional cork screw punch, students were not using it when sparring. Instead, they instinctively punched straight without turning for quickness and greater power. Shimabuku’s reasoning, upon witnessing this numerous times, was why do we train one way, but use another in combat.

So, for the purpose of greater speed and power, Master Shimabuku implemented the straight vertical punch into his system. With hands flat on the hips instead of palms turned up as with the traditional punch, the vertical punch is able to hit with great destruction at any distance instead of at the last moment of extension, as with the traditional punch. Also the Isshin Ryu straight punch strikes with 98% extension, instead of full elbow lockout as with the traditional punch, which helps protect it from damaging blocks or strikes that could easily damage the arm.

To coincide with the vertical punch innovation, Master Shimabuku also developed the unique vertical fist, which has become the trademark of the Isshin Ryu system. Unlike other styles of karate who keep the thumb down around the fingers, Isshin Ryu placed the thumb on top of the fingers. Through experimentation, Master Shimabuku found that the thumb on top helped raise cords on the upper wrist making the wrist much stronger and stable upon contact with Makiwana or when breaking. The thumb on the top also adds speed to the vertical straight punch and helps protect the thumb from catching on the uniform when striking out. The Isshin Ryu fist also enables the bones of the hand and wrist to line up perfectly straight when striking to avoid damage upon impact.

Innovation techniques introduced by Master Shimabuku were developed after years of research and experimentation. Everything he introduced was for the express purpose of improving a technique’s effectiveness and execution and never done just for show. Like most things that are new, Master Shimabuku’s innovations were met with mixed feelings in the beginning by the Okinawan martial arts community. Those with insight praised his developments, while some traditionalists saw him as a rebel upsetting the tradition of ancient ways. Regardless of what was said, Master Shimabuku never swayed from his beliefs and he was rewarded by Isshin Ryu’s growth and popularity as one of the world’s leading karate styles. Today it is a system loved and respected by its thousands of practitioners for the beauty, effectiveness, and positive character-building qualities it offers.
As you can now see, Isshin Ryu is made up of what Master Shimabuku felt to be the best elements of Shorin Ryu, Goju Ryu, and Kobu Jitsu. The only kata in Isshin Ryu not derived from these systems is Sunsu, which the master himself developed. It is the last empty hand kata a student learns before testing for black belt. Sunsu is also the longest of the Isshin hand and foot forms and was Master Shimabuku’s favorite kata. There is an interesting story as to the name Sunsu. Up until he was 50 Years old, Master Shimabuku’s nickname was Dragon Man. This was changed in 1952 to Sunnu-Su meaning “stone strong man.” This new nickname was given to him by the Mayor of Kiyan Village. The Mayor was so impressed by the Masters powers and Sanchin breathing techniques that he nicknamed Shimabuku Sunnu-Su. This nickname comes from a legendary stone in the ocean near Shiyoya City in Okinawa. Legend is this stone, that sits in the water, protects the city and can never be moved. Master Shimabuku had the same unmovable power when doing Sanchin kata (hard breathing form).

In 1953, when Master Shimabuku was about to formally present his system to the world, after ten years of development, he was still struggling as to a name for his style. When discussing this with one of his first students, Mr Kanaeshi Eiko, Eiko Sensei replied without hesitation, he suggested it be called Isshin Ryu meaning “one heart system.” Master Shimabuku embraced his student’s recommendation because he felt the name Isshin Ryu stood for all he felt karate to be. The “one heart” signifies a man’s character. In other words Shimabuku felt a person’s heart or character was more important than his physical abilities. A person with poor manners or bad character possessed a bad heart and has no place in his karate system. Shimabuku always said a karate-man is first a gentleman who shows respect and courtesy to everyone, not intimidation and fear because of his karate skills. Master Shimabuku saw Isshin Ryu as a positive character building art, and all Isshin Ryu practitioners must keep in mind that they represent not only their school and teacher but also Master Shimabuku and every other Isshin Ryu stylist in the world today. If an Isshin Ryu stylist acts in a bad manner, it reflects on all in a negative way and goes against everything Master Shimabuku and his ‘One Heart Way” stands for. He saw Isshin Ryu as a way to better one’s life, not as an art of violence. To the Master, karate had four purposes: 1) to strengthen the mind and body; 2) to instill self-discipline; 3) to instill self-confidence; and 4) to gain a means of self-protection, the knowledge of which should never be misused.

With Isshin Ryu’s announcement in 1953, Master Shimabuku became a very busy man. In 1956, he opened his first public dojo in Agena, which was to become his main school. As Master Shimabuku’s reputation spread, many United States servicemen (mostly Marines) stationed on Okinawa sought out his dojo. These early hard working leaders who made it to Black Belt, went back to the United States and opened schools that helped to quickly popularize Isshin Ryu throughout the world.

In 1960, Master Shimabuku opened a second dojo in Kin-Son village near the U.S. Marine Corps Base of Camp Hansen, which is approximately 15 miles north of Agena. This school flourished for four years and then was moved directly onto Camp Hansen Base in 1964. It was at this time that the U.S. Government contracted Master Shimabuku to teach the military.
In 1964, Master Shimabuku traveled for the first time to the United States spending three months in Pittsburg, Pennsylvania. The Master again journeyed to America in 1966, for three months visiting various dojos. Master Shimabuku received regular requests to travel to dojos all over the world, but he never enjoyed the rigors of traveling or leaving his home. So as not to offend people who requested his service, in 1967, Master Shimabuku sent his son-in-law (now Grand Master) Angi Uezu to carry out his teaching through seminars and lectures. At another time in 1971, he sent his oldest son Kichero to the United States to teach.

Grand Master Shimabuku was a karate man whose ideas were years ahead of their time. The Isshin Ryu vertical punch can now be seen used not only by Isshin Ryu stylists, but by other schools of karate as well for its greater speed and power. Master Shimabuku died at age 68 May 30, 1975 at 10:45 in the evening.

Sensei Murray’s Professional Biography

A former Air Force Colonel, Sensei Murray enlisted in the Air Force in 1970 upon graduation from High School and served as an Aerospace Control and Warning Specialist in the 776 Radar Squadron, Point Arena Air Station, CA, and at Detachment 1, 623 Aircraft Control and Warning Squadron, Miyako Jima, Okinawa. Upon discharge, the high-level events of his life were he became a believer and follower of Jesus Christ, attended college, led/pastored a Church in Scranton PA and then re-entered the Air Force through the Air Force's Officer Training School, Lackland Air Force Base (AFB), TX. He concluded his Air Force career in September 2007.

In his Air Force career, he commanded the 74th Air Control Squadron; served in three Headquarters Air Force positions; led as the Deputy Director, Systems Integration Division in the Joint Staff's Command, Control, Communications, and Computer (C4) Systems Directorate; was only the second non-naval officer ever selected to serve as a course director at the Naval War College, Newport, RI; was Chief, Air Operations Command and Control Division at Headquarters, United States Air Forces Europe; was Director, Global Communications & Information at the Air Force Command, Control, Communications, Computers & Intelligence, Surveillance and Reconnaissance Center and was the Director of the Air Force’s largest and most capable test and experimentation organization, the Air Force Transformation Center. From 2007 to 2014, after retiring from the Air Force, he worked as a Senior Air Force Business Development Manager within the Communications Division in Northrop Grumman’s Information Systems (NGIS) Sector. In this role he was his business unit’s top sales leader for 6 of the seven years he was at Northrop Grumman. He retired from Northrop Grumman in 2015.

FORMAL EDUCATION:

1977 Bachelor of Science Degree in Bible/Theology, Valley Forge Christian College, Phoenixville, PA
1978 Master of Arts (MA) Degree in Counseling, Marywood University, Scranton, PA
1996 MA Degree in National Security and Strategic Studies, College of Naval Warfare, Newport, RI
2000 Program on Negotiation for Senior Executives, Harvard University/Massachusetts Institute of Technology/Tufts University

MILITARY AWARDS AND DECORATIONS:
Defense Superior Service Medal
Air Force Legion of Merit
Defense Meritorious Service Medal with one oak leaf cluster.
Air Force Meritorious Service Medal with five oak leaf clusters.
Air Force Commendation Medal
Joint Service Achievement Medal
Air Force Achievement Medal with one oak leaf cluster.
Combat Readiness Medal with one oak leaf cluster.
Republic of Vietnam Gallantry Cross with palm.

**NOTABLE ACHIEVEMENTS**

- Northrop Grumman Business Unit’s Top Business Producer for 6 of 7 years
- Authored ConstellationNet Addendum to AF’s C2 Constellation CONOPS, guiding the communication and networks development for all Air Force networks
- Selected as featured presenter at AF Senior Leader C4ISR Summit & moderator/speaker at ~20 other national conferences
- Recognized as Naval War College’s #1 Military Professor by Provost
- Authored 1st DoD Commercial Off The Shelf (COTS) software procurement policy
- Developed/brokered reconciliation process leading to 19 agreements within the NATO
- Promoted early to Lieutenant Colonel; less than 2% of all AF officers are so distinguished
- Commanded/led 1st Fighter Wing’s most decorated squadron for two consecutive years--4 Major Command, 11 of 13 Numbered AF and 18 Group/Wing awards; best ops & management grades on higher headquarters inspections in a decade; built best counter drug operation in the Joint Task Force 4.2 Area of Responsibility; lauded as wing’s “strongest Major,” “Best Squadron Commander” by both Wing & Group Commanders
- Combat Challenge 87’ winner; lauded as AF’s Top Weapons Controller by 4-star Tactical Air Command (TAC) Commander
- Picked by TAC Commander to brief AF Chief of Staff on “Year of the TACS 1986”
- College Senior Class President; named in Who’s Who in American Colleges and Universities

**FAMILY:** Married to the former Dee Ciocca of Scranton, PA. We have two children, Brandon, age 36, and Sara, age 30.
Martial Arts Biography

Began studying Karate on January 2, 1968, at the age of 15, at the Chamber of Commerce Gymnasium in Ocean City MD, and in an associated school in Salisbury MD. Instructors were Mr Harvey Hastings, then just a Green Belt, and Sensei Tom Lewis, then a 3rd Degree Black Belt. (Note: Sensei Lewis had left Okinawa a 5th Degree Black Belt but demoted himself when he returned to the United States.)

Martial Arts Accomplishments were:
* 1971 Promoted to 1st Degree Black Belt
* 1971 – 72 Studied Isshinryu Karate under Grand Master Tatsuo Shimabuku and his son Shinsho at Shimabuku Sensei’s Agena Dojo in Okinawa
* 1971 Promoted to 2nd Degree Brown Belt in Judo
* 1972 Won 2nd Place Heavyweight Black Belt Fighting in the US Karate Championships fighting at only 162 lbs
* 1978 Won Pennsylvania Heavyweight Karate Championships fighting at only 165 lbs
* 1980 - 81 Taught Isshinryu Karate at MacDill AFB, FL
* 1981 – 84 Taught Isshinryu Karate at Pruem Air Station, Germany
* 1986 – 88 Owner/Chief Instructor at the Murray Karate Studio in Sumter, SC
* 1986 – 88 Selected as Vice President, American National Karate Association. Promoted to 7th Degree Black Belt
* 1988 Sponsored American National Karate Championships in Sumter SC
* 1990 Studied Isshinryu Karate with Master Angi Uezu at the Camp Foster Dojo in Okinawa. Promoted to 6th Degree Black Belt in Isshinryu.
* 1992 Won Senior Division Black Belt Fighting at Delaware Open Karate Championships
* 2000 - 01 Taught Isshinryu Karate at Newport Navy Base in Newport RI
* 2002 Took a sabbatical from Karate due to family and career demands
* 2010 Resumed Karate training
* 2013 Promoted to 7th Degree Black Belt / Red & White Belt by Grand Master Tom Lewis
* 2015 Become Isshinryu Karate Sensei at Boys and Girls Club in Cleveland TN
* 2016 Won 1st Place Fighting at Mid-South Karate Championships in Georgia
* 2016 Promoted to 8th Degree Black Belt / Red & White Belt by Grand Masters Tom Lewis and Reese Rigby

From my study of Karate I learned self-defense, self-discipline, listening, learning and concentration skills; as well as how to respect and relate to others. More importantly, I learned how to use those skills to excel in other life pursuits.
1969: Green Belt Charlie Murray (middle in back row) with other Ocean City MD practitioners. In front is Master Harvey Hastings, one of the foremost Kick Boxers in the US in the 1970s. Hastings Sensei was one of my foremost teachers. In this picture he was a Brown Belt.

1972: 2nd Degree Black Belt Charlie Murray side hook kicking close friend Rob Bradley in Sensei Tom Lewis’ Salisbury Dojo.
1971-72: 1st Degree Black Belt Charlie Murray trains with Grand Master Tatsuo Shimabuku and his son Shinsho at his Agena Village Home and Dojo

~1974: Sensei Tom Lewis (then 6th Dan) and Sensei Murray (3rd Dan) in Sensei Lewis’ Salisbury MD dojo. Sensei Lewis was one of Grand Master Shimabuku’s 1st generation students. Today he is a 9th Degree Grand Master. He remains one of Sensei Murray’s closest friends and is his Sensei.
1972: Sensei Murray fights #1 US Fighter Howard Jackson at the US Black Belt Championships. Mr. Jackson was rated as the #1 Fighter in the country by Black Belt Magazine. He was also Master Chuck Norris’ #1 Black Belt and went on to star with him in future movies. That day Sensei Murray won 2nd Place Heavyweight in the 1972 US Black Belt Championships fighting at 162 lbs.

1990: Sensei (and then Air Force Captain) Murray returns to Okinawa and trains with Master Angi Uezu, Tatsuo Shimabuku’s son-in-law, at his Camp Foster Dojo. Here Master Uezu promotes Sensei Murray to 6 Dan in Isshinryu.

1986: Sensei Murray (middle throwing a side kick) is in this American National Karate Association picture. Sensei Murray was awarded a 7th Degree Black Belt by this association and designated as its Vice President. Later he relinquished this rank when the association disbanded.
1986: Sensei Murray promoting his son Brandon to Green Belt in his Karate Studio in Sumter SC.

1971 / 72: Very basic. This is the inside of Grand Master Tatsuo Shimabuku’s Agena Dojo in Okinawa.

1971 / 72: Sensei Harvey Hastings hits Jack Dutcher with a hard right in one of the first kickboxing fights in the US. Sensei Murray served as a sparring partner for Sensei Hastings as he prepared for this historic bout. Chuck Norris is the referee in the picture.
2013: Grand Master & my Sensei Tom Lewis and I in Nashville TN.

Grand Master Tatsuo Shimabuku in his Agena Village Dojo.

Grand Master Tatsuo Shimabuki’s #2 Son, Shinsho
Sensei Tom Lewis and Sensei Sherman Harrill. Sensei Murray considers Sensei Harrill and his successor Sensei John Kerker as the most knowledgable Isshinryu Masters he has ever met.

On behalf of Grand Master Tom Lewis, Sensei Murray conveys to Sensei Vic Smith, his promotion to Hachi (8th) Dan Black Belt.

1986: My son Brandon helps me at a Karate Demonstration for the 507th Tactical Air Control Wing Christmas Party at Shaw AFB, SC. A gifted child practitioner, they loved Brandon, as does his Dad.
2012: (L to R) Sensei Murray, Master Wayne Ellis, Master Al Bailey, Grand Master Reese Rigby, and Master Judy Rigby at a tournament in Virginia. All of us descended from Sensei Tom Lewis and were dojo mates and are good friends to this day.

2013: Sensei Murray and his very close friend Master Vic Smith in his Derry NH Boys and Girls Club dojo.
1972: This was the desk in Grand Master Shimabuku’s dojo and home. The block of wood with a nail in it was one where Master Shimabuku drove the nail into the wood with a knife hand strike.

1971/72: Master Shinsho Shimabuku and Sensei Murray at the Agena Dojo in Okinawa.
1990: While in Okinawa, Grand Master Uezu takes me to visit his brother in law (Shinsho Shimabuku) and Grand Master Tatsuo Shimabuku’s wife and his mother in law.

2016: Won 1st Place Fighting, 2nd Place Kata and 3rd Place Weapons at Mid-South Karate Championships
2016: Sensei John Kerker and Sensei Murray at a seminar that Sensei Kerker taught in Tennessee.

~1978: Grand Master Harold Mitchum (Center Back) visits with my Sensei Tom Lewis (Center Front) and his Black Belts at his Salisbury MD dojo.