

SHIMABUKU'S "CODE OF KARATE"

This Was an interview that Sensei Advincula had with Sensei Tatsuo Shimabuku on 8 march 1969. Prior to this interview, Sensei Shimabuku said He wanted to cover some important information. To insure that Sensei Advincula did not misinterpret him, he asked Sensei Advincula to pay for an interpreter that he would bring to the dojo on the day of the interview. Sensei Shimabuku gave Sensei Advincula this interview in the Agena dojo.

KENPO GOKUI or CODE OF KARATE A PERSONS HEART IS THE SAME AS HEAVEN AND EARTH

- (A) Heaven is infinite while the earth is small , and human beings in comparison are even smaller, yet they are all as one in the universe. We must open our hearts and learn to understand others (races, cultures, martial arts, organizations, etc.) and to live in harmony with our surroundings. We all have our good and bad points and we must try to improve ourselves and understand and improve our relationship with each other. There is goodness in everyone. Our hearts (minds or thoughts) must be in harmony with all.
- (B) From Goju-ryu: During a storm a man went into a cave seeking shelter. A tiger also seeking shelter came into the same cave. The man was an expert in Karate and had faith in his ability to defend himself and showed no weakness or fear of the tiger and went to sleep. The tiger seeing he meant no harm, also went to sleep. The moral of the story is they both had something in common, the need of shelter and they both lived in harmony, with each other. We do not brag or show weakness, but we do show humility.
- (C) From Shorin-ryu: As in the picture of the Isshin-ryu Megami (goddess), we must be calm in the storm or in the face of danger.
- (D) A Samurai named Kamahara was sent by the King to apprehend a Karate man by the name of Yara who had been stealing food from the houses of the villagers. When the Samurai found Yara he drew his sword, but Yara seeing Kamahara approaching rubbed charcoal on his hands. As Kamahara tried to subdue Yara, Yara would evade the Samurai. No matter how hard Kamahara would try to cut the evasive Yara, he couldn't. Yara would evade Kamahara's sword and would counter withlight strikes or blows of his own to the frustrated Samurai. None of the counters that Yara used however affected Kamahara. After sometime , Yara ran away. Kamahara thinking that Yara was afraid of him returned to the Master and reported the incident, and said he had beaten Yara and that he would no longer be a problem. The King

seeing the charcoal marks all over understood the real significance of the encounter and told Kamahara that he was a fool and could have been killed by Yara who had only pulled his blows, not wanting to hurt him. The moral of this story is to use only what force is necessary and never underestimate your opponent.

THE BLOOD CIRCULATING IS SIMILAR TO THE MOON AND SUN

The moon and the sun are similar to the solar system and like the solar system with the planets revolving around the sun we must always train for a healthy body. We must stay healthy by doing Sanchin at least once a day. As the moon and sun work and live in harmony, then we must train our mind and body to be as one, to be in harmony. Karate is Sanchin and Sanchin is for health, We should never stop training.

THE MANNER OF DRINKING AND SPITTING IS EITHER HARD OR SOFT

- (A) We do not think when we drink or spit, for it is natural, then we should not think about talking our way out of a conflict. It is the same as the Megami, the left hand is open (soft) and in the sign of peace so the softest of techniques is not to fight. Her right hand is a closed fist (hard) which warns that if needed we will use force, but only the proper amount to defend ourselves. Soft means we must be flexible, hard means we must focus properly. We are soft when we move but hard when we block or strike.
- (B) Minasoto, a wise man, was drinking in a Teahouse. He had a Geisha attending him when a Karate expert by the name of Funakoshi came up to him and wanted to fight saying the Geisha was his girlfriend. Minasoto told Funakoshi, "You're a strong Karate expert and no doubt best me in a fight, but you should know that we are in a Teahouse and Geisha are for hire for whoever can pay, and that is why she is in my service." Funakoshi thought and knew that Minasoto was right. Minasoto used the soft way, talking himself out of a fight, and Funakoshi used common sense by listening to reason

A PERSONS UNBALANCE IS THE SAME AS A WEIGHT

One must maintain good balance at all times. Don't stay in the same stance all the time. Don't stay in immovable stances such as Sanchin or Seiunchin. Be flexible and move about. Don't try to foresee your opponents movements before they are made, because he might do something you least expect. Use CHINKUCHI (technique)

THE BODY SHOULD BE ABLE TO CHANGE DIRECTIONS AT ANY TIME

- (A) The fourth precept goes hand in hand with this. Don't underestimate your opponent. Fake when necessary to create an opening. Use stances where the weight is evenly distributed, such as Seisan and Naihanchi stances, so you can move in any direction.
- (B) All things in the universe will change. Go with the times.

THE TIME TO STRIKE IS WHEN THE OPPORTUNITY PRESENTS ITSELF

- (A) Don't commit all your energy in one attack or exhale all your breath in one punch. Keep something in reserve. For example; we might exhale 60 to 70 percent and keep 40 to 30 percent for reserve. This is all taught in Sanchin Kata.
- (B) This pertains not only in Karate but in life. At one time I invested all my money into buying horses and carts for constructing the Japanese airbase at Kadena during the war (World War II). One day American planes came and destroyed my little business and I had nothing to fall back on. No Funds, no reserve. Always keep something in reserve.

THE EYES MUST SEE ALL SIDES

When in confrontation with one or more individuals, don't concentrate only on one man. Keep alert to all things around you and of others involved. See movement from all directions and watch all your opponents. This precept goes with the next.

THE EARS MUST LISTEN IN ALL DIRECTIONS

Your ears are your eyes in the back of your head.

I first received a KENPO GOKUI from Sensei Byron Marriner when I was promoted to Yon-Dan as well as one being presented to my son as well. This happened during our Seminar with Sensei Advincula in October 1998.

When, Sensei Advincula promoted me to Go-Dan in June of 2000. He also presented me with a KENPO GOKUI and the DOJO KUN these are historic documents that Sensei Tatsuo Shimabuku presented his Blackbelts at the time of their promotion. This is why Glenn Niles and me present each of our new Sho-Dans with a laminated copy of both documents. I am honored to have received these documents with my promotion and I find it an honor and privilege to pass them on to you. I believe that this transposition of Sensei Advincula's typewritten notes will help you in the understanding of our style of Karate, Isshin-Ryu.

This document is for the use of our distinguished Blackbelts, and as all knowledge it should not be abused.

My sincere thanks to all of you for your efforts and support during our first all Peaceful Valley Martial Arts Sho-Dan Testing 19,20 July 2002.

Kanpai

A handwritten signature in black ink, appearing to read "Glenn Wargo". The signature is stylized with a large initial "G" and a long, sweeping flourish at the end.

"Olde" Glenn Wargo