

# Sanchin Bushi Karate System



2013

## A Year of Training, Sharing and Camaraderie with SBKS

2013 was a good year full of hard training, renewing of friendships, meeting new people, learning new things and positive changes.

This newsletter is meant to remind us of the times we spent together and the things we shared. It also emphasizes how important the time is we spend together as a family.

Let us pray that we have many more years ahead to share.

-Hanshi Frank Ramirez

### Save the Date

3<sup>rd</sup> Annual Sanchin Bushi Seminar

**July 17 – 19, 2014**

Aguadilla, Puerto Rico

For more information contact Kyoshi Joe  
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## January 21-23

The Aguadilla, Puerto Rico Sanchin Bushi Karate System (SBKS) had their first 2013 seminar & promotion; the activities involved, were the basic first 4 moves of the first (5) Kata's. All participants showed determination during the examination with positive results.



January 21-23 (continued)





## February 23

At Hanshi Moises Colon's Shorin-ryu Karate & Shinto Yoshin at the Saido Kobudo - Taiseikan Dojo in North Miami Beach, Florida. A Brotherhood of martial artists united to have a workout conducted by Shihan Tony Rosa. Shihan Rosa is currently being challenged by Cancer. His battle is bravely being fought and assisted by his continued practice of the martial arts. Shihan Rosa instructed the Dojo to Jion, a traditional Shotokan Kata. After the training, there was an award ceremony. Unbeknownst to Shihan Rosa, the instructors had previously been in touch with Soke Vincent Cruz of the International San Ten Karate Association (ISKA). With Soke Vincent Cruz's authority, Shihan Tony Rosa was advanced to Shichidan (7th Dan) and awarded the title of Kyoshi. The workout was enlightening and demanding yet paced for all in attendance to complete and learn.



## Introduction of New Family Members to the SBKS

### Moises Colon, Hanshi

Has trained in the Martial Arts since 1967. He has acquired Dan ranks in six separate systems and currently holds teaching certificates from four of these systems. Sensei Colon has devoted most of his life to the pursuit of Budo. (Budō is a compound of the root *bu* (武:ぶ), meaning war or martial; and *dō* (道:どう), meaning path or way.



Specifically, *do* is derived from the Buddhist Sanskrit *marga* (meaning "path").<sup>[4]</sup> The term refers to the idea of formulating propositions, subjecting them to philosophical critique and then following a 'path' to realize them.<sup>[5]</sup> *Do* signifies a "way of life". *Do* in the Japanese context, is an experiential term, experiential in the sense that practice (the way of life) is the norm to verify the validity of the discipline cultivated through a given art form.

The modern budō has no external enemy, only the internal enemy, one's ego, that must be fought. Hanshi Colon is an avid competitor and has won numerous titles in tournaments in all divisions. He has been a Florida Champion in Weapons, Kata and Kumite, as well as a two time Florida Police Olympic Gold Medalist in Kata and Kumite.



# Moises Colon, Hanshi



## Introduction of New Family Members to the SBKS

### Lester Figueroa, Sifu

Sifu Figueroa is the Chief Instructor/Owner of One Heart Siu Lum Pai Kung Fu located in Chandler, Arizona. He has 30+ years of training experience in the Southern Styles of Hung Gar (Si-tai-tai-gung (*Grandmaster*) Lam Jo, (*Lam Kwoon Kau*), lineage) and Hung Sing Choy Lay Fut (Lee Koon Hung, Si-tai-tai-gung lineage) Kung Fu. Known as the Tiger and Crane System; and Chinese Boxing of the Shaolin Chinese Martial arts.



He is an Inner Chamber Disciple (Yup Sut Dai Gee) of Paul H. Kinney JR., Sifu, of Oahu, HI, disciple of Lam Jo, Si-tai-tai Gung, and Lam Chun Fai, Sigung eldest son of Lam Jo, Si-tai-tai-gung (*Great-Grandmaster* of the Southern-art of Hung Gar) of Ping Chow, a small village in Namhoi district of Kwangtung province of Southern China. Lam Jo was adopted and raised by the famous Hung Gar Master Lam Sai Wing who was the top student of the legendary folk hero Wong Fei Hung.

Sifu Figueroa's teaching principles adhere to a philosophy of hard work and perseverance. This is the foundation of his unique style with all students training in classical empty hand and weapons sets. These sets are designed to develop strength, coordination and speed. They also teach the theories of technique and body movement particular to these styles; including practical self-defense instruction for women, children and men.



## Lester Figueroa, Sifu

### **Hung Gar** (*Lam Jo Lineage*)

Hung Gar is a traditional Chinese martial arts system and is the most widespread of the five prevalent southern systems. Its origin is from the "fighting monks" of the first Shaolin (Siu Lum) Temple in Honan (Henan) province (Circa A.D.1399). It includes techniques, mimicking five animals - tiger, white crane, dragon, snake and leopard. Technically it involves the scientific use of the body systems. All the movements and techniques are simple, feasible and practical in both self-defense and offensive combat.

### **Choy Lay Fut** (*Lee Koon Hung Lineage*)

Considered as a Southern Style Chinese Kung Fu system that offers the benefits of Northern Kung Fu style footwork, sweeps and kicking techniques coupled with Southern styles strong, powering hand techniques used to overpower an opponent. It contains open hand and palm strikes developed by the Chinese Monks, using Shaolin animal techniques such as the tiger, dragon, snake, crane and leopard.





# June 1

## Joe's Dungeon Dojo

SBKS founder Hanshi Frank Ramirez Jr. along with Kyoshi Tony Rosa, Shihan Dennis Deliz, Sensei Alex Agostini and Mr. Abel Fernandez visited Joe's Dungeon Dojo in Coconut Creek, Florida. The workout started at 8:45 am and lasted to 11:30 am. As is tradition for the dungeon it got hot and the workout was demanding yet exhilarating. Many fine points of the art were discussed by our Master instructors such as: Hanshi Ramirez on kumite as a rhythmic (dance like) experience, Kyoshi Rosa on proper posture and stances in kata, and Shihan Deliz on breathing, relaxation and execution of technique. This was just a small sample of the many topics of historical martial arts knowledge that was passed on. Introduced to the SBKS group was Joe Perez student Sempai of Sensei Joe Gonzalez who graciously tested for Brown Belt. He completed his examination in a vigorous and honorable display of martial art sprit, confidence, and technique. It was a great day of training and camaraderie that was added to the many memories of the Sanchin Bushi brotherhood.



## June 17-19

### Kyoshi Eddie Bethea – Kokomo, IN

The Mid-West Okinawa Connection was a great success; Kyoshi Eddie Bethea was responsible for the professionalism of the 3 day event. This year's event Special Guests were Hanshi 10th Dan Minoru Nakazato son of Judan Hanshi Shugoro Nakazato; as well Kyoshi 7th Dan, Eiroku Saijo from the Shorin-ryu Shorinkan Honbu Dojo in Naha, Okinawa. All ran smoothly, with the berthing, meals and workout areas located at the same location. The Countries in attendance were Okinawa, Canada, Africa, Puerto Rico and from all parts of the United States. We look forward to attending again next year!



June 17-19

Kyoshi Eddie Bethea – Mid West  
Okinawan Connection, Kokomo, IN



Can you pick out Hanshi Ramirez?

July 18-20

## SBKS 2<sup>nd</sup> Annual Seminar Aguadilla, PR

The Sanchin Bushi Karate System (SBKS) completed their 2nd Annual (SBKS) Seminar, at the Old Ramey Air Force Base Gymnasium, Aguadilla, Puerto Rico. The Seminar was demanding yet enjoyable and many activities were completed. The topic for kyu belts was Pinan Nidan Kata; with basic points on techniques and the proper procedure for presenting themselves to the judges during completion. Kyu belts were introduced to the "BO" Taught by Hanshi Colon. The session emphasized proper basic movements. Black Belts practiced stick defense, taught by Sifu Figueroa and Body Dynamics with connection & Dropping to Center, by Hanshi Ramirez. Honorable Mention, Hanshi Moises Colon, North Miami Beach, Florida, Kyoshi Ralph Sumlin, Fairmont, West Virginia and Sifu Lester Figueroa Phoenix, Arizona.



July 18-20

SBKS 2<sup>nd</sup> Annual Seminar  
Aguadilla, PR



## The Sanchin Bushi Coin

**July 18-20, 2013: International Sanchin Bushi Ryu Karate-Do Association Seminar. The Sanchin Bushi Coin was presented to the Pillars of the style.**

The Coin is an Octagon shape with its eight points representing our blocking system. With the Sanchin Bushi Karate System Emblem Centered, Soke - Frank Ramirez Jr. over the emblem as the person who believed in a vision. The vision needed it's pillars to stand.

Promoting the emblem on the left is Shihan Joe Rodriguez's positioned on the West of the emblem.

Promoting the emblem on the Right is Shihan Dennis Deliz positioned on the East.

North on the Coin is Sensei Troy Ah Yo

East is Renshi Dave Helmick and North-East is Sensei Joey Gonzalez.

South East is Sensei Victor Parris

West is Renshi Marcos Ramos and North West is Sensei Luis Rivera.

South West is Renshi John Dumond.

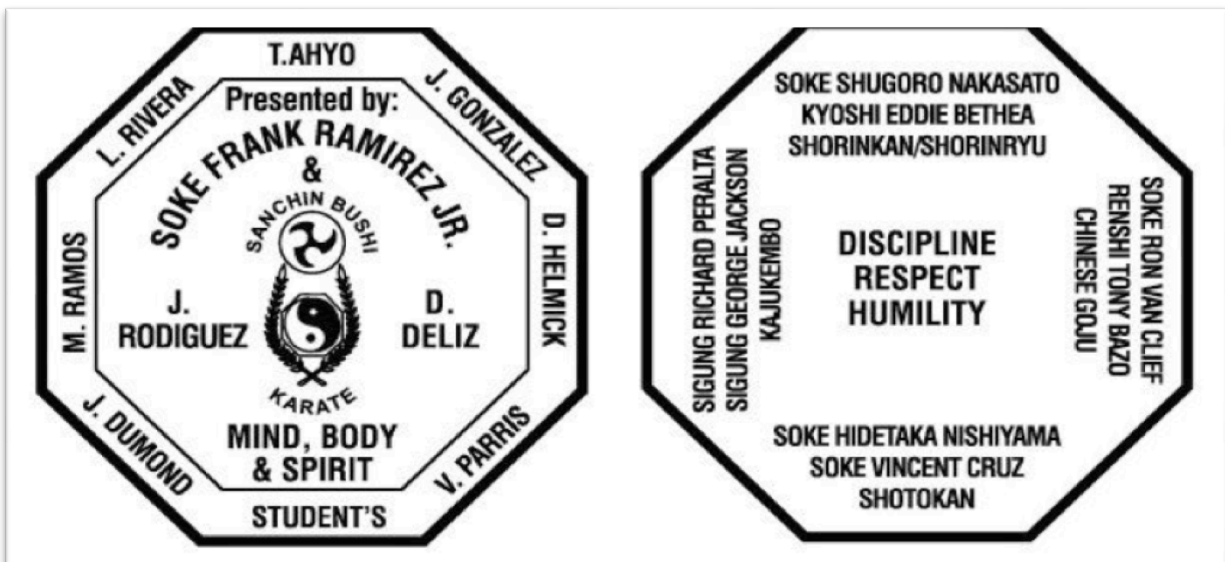
Each direction is an instructor with knowledge to give to the students and assistance in their never-ending journey.

South of the Emblem are the words "Mind, Body & Spirit".

Those are the elements needed to be the best one can be.

Due South is the word "Student's". Students are the foundation of the art. We are all students, on the same path, but on different journeys.

On the back of the coin are the Founding Fathers of our Style. This is so that each awardee is reminded of the past history of our Art.



## August 9-11 IKDA Sierra Camp

**This year's ISKA Sierra Camp was a success we had the privilege of training with Avi Rokah, Sensei on Traditional movement with body posture and kumite concepts. Vincent Cruz, Hanshi was at this year's Camp. After having two episodes with water in the lungs, and a heart attack, he still was at the camp both days. He instructed in basic technique from Gojushiho-sho. He is a great example of the martial arts spirit. True Budo! Countries in attendance, Canada, Africa, Venezuela, Panama, Puerto Rico and many different USA-states represented. We call this Seminar the University of Martial Arts.**



## September 11

Joey Gonzalez, Sensei conducted his last Dungeon Dojo workout in Coconut Creek, Florida. He was departing to Meriden, Connecticut to his new employment. He missed the cold weather and now resides in Connecticut. We miss him, but we know that he will continue his training! Joey Gonzalez, Sensei tested and Advanced to Nidan. We look forward to visiting him in his new Dojo!



## November 1-3

Frank Ramirez Jr., Hanshi visited SBKS Aguadilla, Puerto Rico. There was great training on both days. On Monday we reviewed basic Kicking & Punching; Practiced basic technique with follow-up sweep, from ready stance. On Wednesday, Sensei and students arrived to share in the activities: Reviewed and worked on Naihanshi-Ichidan, one cadence one move. All students participated in the class for leadership training, with follow-up basic technique from the first three moves of the Kata. Practice was enjoyable and





# November 11-13

**Kyoshi Tony Rosa's seminar with his instructor Toshiaki Namiki Sensei, 8th Dan Black Belt, Chief Instructor Japan Shotokan Karate-Do Federation (JSKF). The practice was intense and demanding. His teachings were very enlightening and included basic technique, kata & concepts of fighting. Attendees present for the seminar were from Puerto Rico, Pennsylvania, Seattle Washington and various cities in Florida.**



# December 21

**SBKS Trujillo Alto & SBKS Aguadilla, PR held their last advancement for 2013. All Kyu Belts & Yudansha's demonstrated their requirements with positive results. Ending the event all participants and parents celebrated with a Christmas dinner! Thank you parents for supporting your Karateka!**



# Onward to 2014!

**We look forward to great things in 2014.**

**Remember, one small step at a time, taken over weeks, months and years – will have you traveling a great distance.**

**Travel the path of the warrior, the path of Sanchin Bushi.**

**Good luck with all your travels. Ous!**

- Hanshi Frank Ramirez



## Sanchin Bushi Adopted from the Chinese Goju System - Virtues

**Love is our law**

**Truth is our worship**

**Form is our manifestation**

**Conscience is our guide**

**Peace is our shelter**

**Nature is our companion**

**Order is our attitude**

**Beauty and perfection is our life**