

# HUNKERING DOWN

seido shibus weekly e-zine



SEIDO SHIBUS WEEKLY E-ZINE - "BACK TO THE CAVE"

**"Your work is to discover your work and then, with all your heart, to give yourself to it." — The Buddha**

The purpose of this 4-edition e-zine [*thank you Senpai Hamish MacKay from Christchurch Shibu for the apt rename*] is to provide a platform for some of our Seido Shibu members to share feelings, updates, stories, helpful tips, and share a little part of themselves to motivate others through this unprecedented time of suffering and uncertainty as a result of COVID-19. We are very fortunate to be supported on a number of fronts. Kaicho and Nidaime's online classes are inspirational and such an honour to participate in. Today's Black Belt class included 70 participants under the careful watch of Senpai Meg as videographer.

Hanshi is delivering regular videos around maintaining inner strength and virtue. Sei Shihan Danny is delivering live videos each day at midday to "provide an opportunity to learn something of our past and create something of our future" with a focus on Nga Waka Mangainga, our Maori Caucus. Sensei Cheryl has started an online training programme for our juniors.

Yes, we have included some light-hearted humour as keeping spirits uplifted and strong is equally as important as maintaining this new virtual cohesion when karatekas are isolated from immediate family members and loved ones. Our social unit has been downsized to a 'bubble'. We could liken it to the small family groups of our cave-living ancestors, hence the title of this e-zine, **Back to the Cave**.

The word bubble usually has a positive connotation but this remains a tough time for all, particularly for our vulnerable communities. We are sitting more, as our window to the world is now our laptop. We are eating more, as never before have we been confined to live in perpetual proximity to the pantry and fridge. We are trying hard to keep our health-driven daily rituals sacrosanct. A small and indiscreet bird has tweeted that quite a few amongst us are keeping another 'not so healthy' daily ritual sacrosanct. Well, if this is you, you have Frank Sinatra's support who is quoted as saying "I feel sorry for people who don't drink. When they wake up in the morning that's as good as they're going to feel all day". Just don't go as far as William Claude Dukenfield who is infamously quoted as saying "what contemptible scoundrel has stolen the cork to my lunch?"





## The Japanese Daruma Doll

**You may have noticed a quiet, resolute little figure on the shinzen surveying the dojo and all its comings and goings. Have you ever wondered what it was?**

This iconic symbol of Japanese culture is a traditional wooden doll that symbolizes good luck and perseverance. It is said to trace its origins to the monk Bodhidharma during the 5th or 6th century, with its aesthetic and design in reference to his story and enduring mythology.

### **What are Daruma Dolls**

The Daruma Doll today is made from paper mache called Washi, although originally it was likely made of wood. It is designed with a heavy base so that even if it was tipped over, it would right itself as a symbol of its enduring spirit. Each one is hand painted so no two look the same, and this reflects the individual nature of the goal or wish.

### **How are Daruma Dolls used?**

When you first purchase a Daruma Doll, both its eyes are blank. An individual would paint one eye on while making a wish or committing to a goal or task. On completion of the task or goal, or when the wish is successful, the other eye would be filled in and the doll would gain its eye sight.

After a year, the doll would need to be burned in order to free the spirit contained within. This was not seen as an abandonment of the goal, but rather a re-commitment to continue and persevere until success had been achieved.

### **When did the Daruma Doll first appear?**

One of the first versions of the doll was used around the turn of the 17th century in the Takasaki region. Local farmers would craft an early version as a good luck charm to be blessed by the local monks in order to have a good harvest.

Over time, the practice moved from regional farmers across the whole of Japan, and the Daruma Doll was cemented in Japanese culture.

### **What is the connection to Bodhidharma?**

Legend has it that while the monk was meditating in a cave for nine years, he fell asleep. He was so enraged with himself and was concerned he would be unable to achieve enlightenment that he cut off his own eyelids so that he would never be able to fall asleep again. Further to this story, it is said that while he was meditating, his arms and legs fell off due to inactivity for such long periods of time.

### **Why does the Daruma Doll look the way it does?**

The facial characteristics of the doll are said to reflect that of Bodhidharma, while the absence of arms or legs are in reference to the legend of his meditation. Most Daruma dolls are painted red, which is an auspicious colour in most Asian cultures and reflects energy and good health, and possibly because Bodhidharma was said to have worn red robes.

The eye brows and mustache of the doll, while supposedly similar to Bodhidharma, are also painted to look like cranes and turtle shells respectively. Again, within Asian cultures these two animals represent longevity, which is an important aspect to enduring for ones goal.

### **Has the Daruma Doll evolved over time?**

Originally red, the doll can be found in a variety of colours, each symbolizing different things within Japanese superstition. For example, gold is meant to represent fortune and wealth, while black is said to ward off evil spirits and defend a house hold or individual against bad luck.

One of the most notable changes is the appearance of female Daruma dolls which started to appear in the late 19th century. Nicknamed Princess Daruma's, these modern versions have a close similarity to Hello Kitty dolls.

In essence, the Daruma Doll symbolizes three things: Your goal, your action, and your outcome.

*Senpai Hamish McKay*



*The Daruma doll keeping a watchful eye on Senpai Hamish as a brown belt.*

## Message from Sensei Cheryl

Osu to all juniors and youth. I hope you are all well, and encouraging kindness to your family through your thoughts and actions.

This time provides us with the ideal opportunity to practise our karate each day - to help us stay fit, relieve boredom, and maintain our knowledge.

You will be contacted shortly by one of our senior kids who will keep in contact with you throughout. If you have any questions don't be afraid to ask. Or give me a ring.

Finally my challenge to you. This is such an unprecedented time in our lives and we will always remember it. But I want you to remember it for something you achieved. So do that something ... restore an old object, build a new something, learn to play an instrument, start a hobby or pick up an old one, create a visual journal, take themed photographs etc. etc. And if you still hold onto that something when you are older, it will bring a happy memory to this funny old time. And if you have time to send me a photo or message me then I will have that happy memory cos' I love seeing what you are doing.

Just for the record I'm going to start restoring an old radio of my Dad's, and maybe start writing a book.

I miss you all.  
Arohanui and Osu  
Sensei Cheryl



## Letting go

As the current reality kicks in it will inevitably trigger the parts of ourselves we don't particularly like.

We will either get angry, withdraw or begin to shutdown completely. Another way to look at it we will defend our behaviour, protect ourselves in what ever way works for us or we will avoid dealing with it altogether.

All very human ways to respond to what is a once in a lifetime situation. So our old default behaviours might not be useful or productive. We may have to engage in new ways. This requires two things:

**A desire to change the way we often operate** (this takes discipline, practice and awareness of when we're doing it) and **taking some form of action to shift our attention to behaviours that are more productive.**

Our thoughts often come into consciousness unbidden. Suddenly the thought/feeling is there. In my experience the more we resist them, the stronger they become. I don't think we can control our thoughts (just my opinion) but we can control the way we respond. *Because we can, doesn't mean we do.* If we practise responding in a different way then the nature of our thoughts change. We need to detach from the situation in order to shift perspectives and avoid catastrophising. Often we have every right to catastrophise but that generally doesn't help, it just drives us into a loop of unhelpful thoughts and behaviours.

When we find ourselves in this situation we often become like someone holding on to a pen very tightly and not being able to use that hand for anything else because of their inability to let go. Thoughts and feelings can be like that. First part of letting go is to be aware and accept we're holding on. Once we are aware we can deliberately shift our attention. Where our attention goes our energy follows.

This is where having a reset ritual routine often helps. It allows us to break the internal sequence we are using that is keeping us in an unresourceful place. It can be as simple as counting ones breath, or what can we see, feel, hear. Often it involves doing some deliberate physical action ie. rubbing hands, slapping thighs or yawning, stretching, then stroking forearms. My favourite is holding the first two fingers, feel your stomach move as you breath, let your shoulders drop and place your tongue on the bottom of your mouth and count your breath - three in, three out. A couple of rounds is usually enough to detach sufficiently to reingage with the situation with a clearer head. As it's a skillset we have to practice.

We all go to our default positions because we have practiced them a lot. They become instinctive, familiar and with familiarity comes a degree of comfort. To break this chain takes awareness and replacing one skillset with another.

Best of luck.

*Hanshi Renzie*

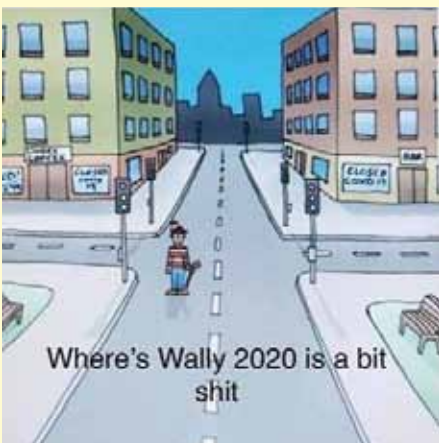


# WISDOM FROM SHIBU



*Jun Shihan Richard in containment. Being an English gentleman, he's come up with these tricky 'oh so Brit' words to decipher. Answers on Kyoshi Nicky's page – now don't cheat!*

- 1 ROGITATE
- 2 QUADRAGINTIREME
- 3 NUBIVAGANT
- 4 SABURRATE
- 5 TETANOTHRUM
- 6 GENDERS
- 7 PETRICHOR
- 8 MELDROP
- 9 FELICIFIC
- 10 BIBLIOKLEPT



## OSU

Reflecting on the current situation and the need to train individually at this time, I thought about what training is healthy and helpful at a time like this.

Working out physically at this time can be very dependent on what you have access to i.e. weights, punching bags ... however, we are blessed because we can walk, run, do push ups, sit ups, bridges (LOL)...I am sure you have all created something that works for you and syllabus work can also feed the soul.

I would like to reflect on a few of the other skills we have knowledge of through our Seido training.

**Breathing** is one of the keys no matter what you are doing. Breathing is essential and can give you energy throughout your workout or enable you to slow down a little bit, relax and get clarity about whatever you are thinking about at that time. This is especially helpful when you are making a decision.

**Stretching** can be gentle with some music (or not) and, again, breathing is a major part of this.

**Relaxation/Meditation** can be whatever you want it to be. All you need is a quiet space where you can be comfortable, breathe deeply and exhale and relax. Remember, as Hanshi has always said, "let your thoughts come and go" rather than trying to close them off. If you make this a part of your activities, it can recharge you by finding some peace during this currently challenging time.

**Yin/Yang Hard /Soft** is part of our training and skills and when both are balanced it assists us to stay balanced.

**Love and Energy to you all and your Whanau/Families Take care and look after your bubble.**

*OSU Jun Shihan Mal, Christchurch*



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## Contemplating Quarantine

I've seen a few things doing the rounds lately about how the time of the introvert has finally come. Those who get their energy from solitary pursuits, it is said, will be luxuriating in the blissful peace of a world forced from frenetic energy to zen-like quiescence. That's the theory anyways.

As one of these aforementioned introverts, I confess there is a degree of enjoyment, for the times I get to read a book, for the time to enjoy walking outside and for the time with my family. Yet there are also the routines that are missing, the sense of constricted horizons, and the challenges that come with entertaining Mr Two-and-a-half, day in and day out.

So, there are things we are all grateful for, and there are challenges we face. Perhaps life in lockdown is not too different from life before. The challenges are just different - and so too are the benefits.

**Along with the constant bombardment from news outlets, there is also a plethora of information and links available - for entertaining oneself and for entertaining younger members of the household. I'm a practical person and I like concrete tips, things that I can do or try that may just help with the days that feel long. As an outdoors enthusiast, a teacher, and a parent I have a few things to share that have helped so far.**

### **The Great Outdoors**

If, like me, your daily walk or bike ride has become an absolute highlight of the day then perhaps you also have a hankering or a yearning for wider horizons. As the nights draw in and the days grow shorter it's a good time

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for dreaming and for admiring some of the best adventurers in the world. The Banff Film Festival World Tour is an annual event that showcases the best outdoors films made each year. As we can't all cosy up in the Aurora Centre to watch them this year, Banff have made a selection available for free. Check them out at the links below my article - they are uplifting and well worth a night in.

### Teacher Thoughts

Don't stress. The kids will be okay. No matter their level or their ability, this hiatus won't harm them at all, in fact, for some, it will improve their abilities and skills.

**There's a great article on homeschooling (link below) that helps shed a little light on what helps and what doesn't. Nathan Wallis has also been fairly prolific on social and mainstream media about the importance of free play and how time can be one of the most valuable assets.**

For these two weeks of school holidays, I know that teachers around the country have been reformatting their programmes so that they are ready to go online at the start of term. The great news is that kids still have those contacts to talk to, they still have their teachers and will be able to connect with their classmates in new ways. One of the things I keep reminding friends about is that it's not actually homeschooling - their school is still in charge of teaching, learning and assessment. It just may mean a bit more time helping them grasp the concept so they can work more independently. And if all else fails - read a book, there's very little that can't be learned from books.

### Parent Thoughts

I'm far from an arts and crafts superstar - but I made play dough today. There's a multitude of recipes online and it was way easier than I thought. So, that's my parenting thoughts for today. There's also a tremendous amount of online resources about ideas and things to do with kids. For most of us the days will have settled into a bit of a routine that involves some screen time, some outside time and some playtime. For the inside play - this set up from Scouts UK called '[The Great Indoors](https://www.scouts.org.uk/the-great-indoors/)' is pretty awesome for big and little kids of all ages.

Those are a few ideas that have helped me in the last week or so. I'm sure we are all fortunate enough to have different resources and different ideas. We will, of course, all cope in different ways.

One of the things I have found to be useful is an understanding of my own strengths and weaknesses. This is in part inherent characteristics and part learned behaviours. An interesting tool is the [16 Personalities](https://www.16personalities.com/) website. For those familiar with such things it is an accessible version of Myers-Briggs personality typing. If nothing else, the quiz and associated reading can provide for some non-Netflix entertainment and interesting discussions with your bubble buddies.

In the aftermath, the new after, the unknown, things will be different. As humans we don't fear change, we fear loss. We fear what we will lose if things are different - our jobs, our houses, our lifestyle. These are the potential losses that seem so great, so cataclysmic as to be impossible to grasp immediately. They are real, they are material and they may become manifest. Yet it is the loss that we fear, not the change that may happen. There is always the potential for that change to be positive, seeking that potential requires a mindset shift - and that is not easy. By looking inwards to recognise our strengths we can look at the change as a time to allow these characteristics to become dominant, to outweigh the loss of 'before'. Easier said than done perhaps, but at least we have the luxury of time to try.

**Links:** <https://www.banffcentre.ca/film-fest-at-home>

[https://thespinoff.co.nz/society/02-04-2020/a-teachable-moment-what-all-parents-can-learn-from-nz-homeschoolers/?fbclid=IwAR04PEaod7HHBZYTpdoHL\\_9uvbp70Lve41ZFJQqJ3xl2vs\\_W7D6hi9GL8CI](https://thespinoff.co.nz/society/02-04-2020/a-teachable-moment-what-all-parents-can-learn-from-nz-homeschoolers/?fbclid=IwAR04PEaod7HHBZYTpdoHL_9uvbp70Lve41ZFJQqJ3xl2vs_W7D6hi9GL8CI)

<https://www.scouts.org.uk/the-great-indoors/>



*Poppie Johnson (1st kyu), Christchurch*



# YANK WATCH

## Welcome to week two of Yankwatch - Arizona.

I've decided to keep a chart on the number of cases, testing, deaths, etc, for comparison ease (see attached).

We are definitely not, nor have we ever really truly been, the UNITED States of America. To date, only 17 states have issued orders to stay home, the others are lollygagging. Waiting for orders from someone else to tell them what to do. People are getting frustrated with the inaccuracies and lack of transparency. Back in "the day", one could hope that common sense would prevail, however it is not a common item most people seem to have any longer. Even ordering items online via Amazon has become crazy. I saw a 5 lb. bag of flour being sold for \$36 USD. WTH!!!

Anyway, we are planting our garden, have our dry goods stocked, sealing up our rain barrels and have our Genny all ready to go.

Unfortunately, I don't think many people believe this is going to last long, but looking at the CDC or WHO, it's quite possibly just a matter of time before workers at the water and electric companies become too ill. Worse even, farmers and truckers who deliver to stores. Not panicking, just being proactively aware and prepping.

The government has said they will send out cheques to all, according to their pay scales. If we are lucky, we may see a total of \$2400 sometime between now and August. Believe me, that amount has nothing to do with our payscale.....just a billionaire's idea of how helpful that amount will be (so trying not to laugh right now!).



Wishing we were home on the NZ mainland. Stay safe at a distance, be kind to each other. Just Mother Nature shaking off a few fleas (well, a few to her anyway).

*Sensei Murray and Rowena Creighton*

	28-Mar	4-Apr
# Cases AZ	919	2019
# Deaths AZ	17	52
# Recovery AZ		
# tested AZ	13712	27160
# Cases Cochise	3	7
# Deaths Cochise		0
# Recovery Cochise		
# tested Cochise		258

## Osu everyone.

Strange times, just as Christchurch seems to be finally recovering from the Christchurch Earthquakes in 2011. The Spark offices finally reopened in the city centre only to be closed just a week later. I did manage to get there once.

It is easy to feel overwhelmed and think "why us?". I know I have had moments like that and then I remember to look up to the sky and smile like an idiot (thanks Hanshi, I use this approach often, it resonates for me). It is hard to feel sad when you are looking up. I then follow up with all the things I am grateful for.

Another Hanshi tip, think of 3 things each day:

We have each other.

We live in a country that is doing all it can to keep our people safe.

We have food and clean water.

Really, the rest will fall into place, just like it did after our last major challenge.

Use the opportunity to connect with family to do things that you have not had time for. Keep smiling, the sun will rise in the morning and the sun will set in the evening.

Osu

*Kyoshi Nicky Kirk, Christchurch*



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### ANSWERS TO JUN SHIHAN RICHARD'S 'BIT O' BRIT, MY BOY' WORDS...

- 1 ROGITATE  
To ask frequently
  - 2 QUADRAGINTIREME  
Vessel with forty rows of oars
  - 3 NUBIVAGANT  
Wandering in the clouds, moving through the air
  - 4 SABURRATE  
To put sand or gravel in a ship as ballast
  - 5 TETANOTHRUM  
Cosmetic for removing wrinkles
  - 6 GENDERS  
That tingling feeling you get in your fingers when they're cold
  - 7 PETRICHOR  
The pleasant smell that accompanies the first rain after a dry spell
  - 8 MELDROP  
A drop of mucus from the nose
  - 9 FELICIFIC  
Causing or tending to cause happiness
  - 10 BIBLIOKLEPT  
One who steals books
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# SIMPLICITY

The daisy and the lily,  
Do not pose like the rose

Little things,  
Like those funny dreams  
When we wake up in the morning

The least and the smallest,  
Like the sun brushing your face  
When you're strolling,

A cup coffee, without the cake,  
Is what it takes  
To warm your soul in the morning,

Simple things, not the diamond rings -  
That truly please the heart.

*Senpai Bernadete van der Wielen  
Kakahu NZ, March 2020*



# BLUE NIGHT

Blue night, how serene you are when the silence touches these walls  
Housing my peaceful mind without any layers of anguish and woes,  
These layers have been stripped from the core of my being  
As in the night I rest my head and place my thoughts,  
It's the choice I make: to trust and to hope.

Placid night, go gentle into the vastness,  
Ease with patience and protect like a soft cloak,  
Wear the blue velvet gown and blanket in quiet beauty  
Like a boat full of hope sailing home.

*Senpai Bernadete van der Wielen  
Kakahu NZ, March 2020*



Sei Shihan Jane Barber, Sensei Karen King, Kyoshi Barbara Riley, Jun Shihan Rona Sedman, Kyoshi Ellen Hampson, Sensei Julie Hughey, Kyoshi Lynley Lowe

One of my favourite photos, taken five years ago at the Shibu 50th Anniversary. I have huge respect for all these Seido karate women. New Zealand has never seemed so precious to our Shibu members both living and travelling overseas. Our Prime Minister is lauded at global level for her timely decisions around the 'shut-down' and if we are to believe the latest media reports – the *rate* of CV-19 infections appears to have plateaued, even though infections are still on the increase. We, as 'kiwis united', are, for the most part, all doing our bit to stop this virus hijacking our genetic instructions. There's a general feeling permeating the nation, 'yeah, we've got this'.

Living in New Zealand, we are all guilty of taking our small and beautiful nation for granted. Our sisters and brothers overseas who call New Zealand home, who will always call New Zealand home, reminisce and even ache for our safe shores and level-headed politics. Seido Karate is a global community. Our much loved karatekas can be found in New York City, Newcastle, Brisbane, Melbourne, Sydney, London, Paris and Hereford, to name a few. Kyoshi Lynley and I are now training together [in the virtual sense] in Kaicho and Nidaime's classes. Contrary to belief, it is a real connection, even though virtual, as when Kyoshi types in "Osu Kaicho" or "Osu Nidaime" at the start of the class it feels as though we are in the class together – and feelings count, right? It means something.

### **Back to the cave ...**

Monday, Day 13 of COVID-19 Alert Level 4, and very few of us are having a good look in the mirror. The blokes are unshaven, the gals are saving on their salon treatments, possibly even hairy legs, and maybe both the gals and guys are happily donning the same clothes they had on yesterday; their comfy clothes. The global situation, is dire. However, for those of us in our little ol' NZ caves, the pressure of the outer world has somewhat dissipated. I am still teaching and last week in particular, the days were very long. Teaching online from 8:30am-5:30pm can be draining, rewarding still, but draining. Parents are very involved and as recently as ten minutes ago a parent booked a tutorial for her son today in the only slot available. My school has 100% embraced the online teaching environment and I am keen to write about that next week.

We are back in the cave with our immediate families, just like our prehistoric ancestors. Unless you're a 'frontier camping enthusiast', the likelihood of ever spending this amount of time with your family unit only, is remote. We as humans adapt well. We have proved this countless times over. We are planting seeds in our gardens, polishing and cleaning our caves, and checking regularly that our loved ones are coping with this 'managed retreat'. We are all trying to keep up that human contact either physically, if your bubble includes your whole family, or virtually, if family is spread far and wide.

I could address the negative spin on retreating to our caves [e.g. Plato's allegory of the Cave and human ignorance] but I wish to focus on the positive. I am a Philosophy teacher and although I teach other subjects, Philosophy is the food for my soul. I am a particular fan of Aristotle. Aristotle was Alexander the Great's Tutor. He knew what education was. In fact, Aristotle was passionate about education and was totally committed to helping the young men about him flourish, which is why he wrote what Stephen Fry cheekily describes as the 'first self-help' book on 'being happy'. Aristotle's logic around the notion of happiness and fulfillment was that it is something we all desire. We all want to be happy and yet so many fail. So how can we become the type of person who doesn't fail miserably and repeatedly? There are of course pre-conditions for flourishing, but we won't go into that here.

Aristotle spoke of habituation; we are what we repeatedly do. Pursuit of excellence is a habit, not a single act. Aristotle believed our life's habits and rituals were key to living a good life. And how do we achieve this? Aristotle said 'observe a wise person who does this well, and you will know just who this is'. Mirror in your own life what she or he does. For example, your person may always tell the truth in difficult situations. Mirror this. This supreme human virtue championed by Aristotle was known as Theoria; when faced with difficult decisions or simply wanting to live a virtuous life, asking ourselves 'what would a wise person do'? Theoria is

the act of contemplation, reflection and deliberation. So back to flourishing. Who are you watching? Who are you 'following', when in your cave? Never before, have we had so much time for reflection.

A final note, Dave Hollis, author of "Get out of your own way" and husband of Rachel Hollis, a globally recognised author and entrepreneur shared a tweet on the 1st April – "**In the rush to return to normal, use this time to consider which parts of normal are worth rushing back to**". This quote was shared with me by my sister and it impressed me, although I did find myself thinking, that sounds more like something Rachel would say. Rachel Hollis, author of "Girl, wash our face" regularly tells her clients "we're all going to wake up before dawn and punch complacency in the face". But back to the point of the quote, **we now have an opportunity to reset. Contemplate this.**

How will you become free?

With a quiet mind  
Come into that empty house, your heart.  
And feel the joy of the way  
Beyond the world

Look within -  
The rising and the falling.  
What happiness!  
How sweet to be free!

It is the beginning of life,  
Of mastery and patience,  
Of good friends along the way,  
Of a pure and active life.

So live in love.  
Do your work.  
Make an end of your sorrows.

*The Buddha*

# Osu to all the karate family and friends.

On average kids ask approximately 288 questions a day, though for me it sometimes feel like a thousand. Mum where is my..... ? What's for dinner? Do I have to? Well I decided to turn the tables and ask them a few questions. There was a lot of the word um provided but I asked Johnathan (13 years old, 3rd kyu), Olivia (10 years old, 5th kyu) and Brooke (6 years old, 10th kyu) some questions that I thought I would share with you.

## How long have you been doing Karate for?

O: Let me think, 5 years

B: I have no idea.

J: I don't know, do you know

## Which class do you miss the most?

O: Kids Class

B: Same

J: Friday kids class

## What karate are you doing in lockdown?

O: The online classes

B: I dunno (giggles)

J: Basics

## What is something you could work on to improve your Karate in lockdown?

O: Yakusoku, because I forget it sometimes

B: Sanbon Tsuki Kata, because I'm not that good at it

J: My intermediate self defences because I don't know 6, 7, 8, 9 and 10

## What is something surprising about the lockdown?

O: That there is online karate classes

B: That we can't go anywhere

J: That my 6 year old cousin plays my favourite Playstation game now

## If you could do one thing right now what would it be?

O: See my best friend.

B: Play a game on the Playstation

J: See my family

## What is a goal you have while we are in lockdown?

O: Not to fight with my sister

B: To get my school work on seesaw done

J: Try to connect with my friends as much as possible

## What is something you are grateful for?

O: Being stuck with people I love.

B: That I don't have to miss my family because my parents are home.

J: I am grateful that my family are in my life.

## What makes you feel energised?

O: When Brooke gets me excited?

B: When I have a snack.

J: A nice fresh shower.

## If you could grow anything in the yard what would it be?

O: Blueberries

B: Watermelon

J: Money



**What makes you feel brave?**

O: That's hard, my dog Ruby

B: Knowing that I can do something

J: My love from my family

**How do you show people you care?**

O: By giving them hugs, and checking they are okay. But on lockdown speaking to them on the phone or chat

B: By showing koru kindness and respect

J: I ask people if they are okay and talk. Calling and texting people

**Where would you like to travel, and how would you get there?**

O: Hanmer Springs, by car for a play in the pools

B: Fiji, on a boat

J: Paris, Emirates first class

**What animal would make a great driver?**

O: Charlie our puppy, because his tail would hit people when they are doing bad driving

B: Ruby our big dog, because she can already beep the horn

J: An Orangutan, because they are smart, they can even do sign language

**What makes someone smart?**

O: Not making dumb choices

B: School

J: Education

**Tell me something about you that you think I might not know.**

O: Um..... ah..... you know everything about me

B: That I can tie hair in half pony tails

J: Um, hmmm..... (giggles – looks horrified like he might get in trouble), I have little and big secrets

I'm surprised by some of the answers myself, hopefully you can have fun asking your kids some of these questions too. The kids would love to hear from their karate friends also so please feel free to send them a message via my personal email, [toni\\_glen@hotmail.com](mailto:toni_glen@hotmail.com)

*Kind regards Toni-Jane (Shibu Office Manager)*





# Cabbage Tree

The large Tī kōuka (cabbage tree) growing down the Christchurch Shibu alleyway regularly sheds its sword like leaves, to be picked up and discarded by passing club members and tidied up every Kagami Baraki.

While many curse the fibrous dead leaves, the *Cordyline Australis* is loved by many as an New Zealand's most iconic plant. Early European explorers of New Zealand described "jungles of cabbage trees" along the banks of streams and rivers. The cabbage tree was given its name by Captain Cook who used the growing heads as fresh food for crews. The leaves contain chemicals which make them flammable. In colonial days they were collected and used as fire-starters.

Following the large white flowering spikes which can grow up to 1m long, the fleshy berries which are produced in the thousands provide food for korimako (bellbird), tui and kererū (wood pigeon).

Tī kōuka was a significant food source for early Māori. Tī stems were baked in the huge ovens (Umu). The taproot, which was shaped like a 1-1.5m long carrot, was harvested during the flowering season when the sugar content was at its highest. The taproot was roasted in the coals of a fire and was then beaten to separate the fibre from the meal. This porridge meal was often eaten with flax honey and berries.

Tī kōuka proved a useful source of fibre for early Māori. It was strong, durable, and was used for making a range of daily items such as ropes, fishing lines, kete baskets, sandals, kakahū cloaks and waterproof rain capes. Tī kōuka was also used to make a range of medicinal treatments, it was pounded into a paste to apply to wounds, or eaten raw as a blood tonic.

Cabbage trees are prominent in the world of art and design. The first ever cabbage tree painting was made by Sydney Parkinson shortly after Europeans stepped ashore during Cook's 1769 visit.



*Sydney Parkinson, Views in NZ, 1769.*

An explosion of cabbage tree art occurred in the 1950s and 60s, Dick Frizzell, Colin McCahon, and even Picasso painted cabbage trees. They have been described as the 'spike of life' that symbolises the spirit of New Zealand. James K Baxter conveys the powerful symbolism of the cabbage tree as a feature of life in rural New Zealand.

I hope one day they'll plant me in  
The kind of hole they dig for horses  
Under a hilltop cabbage tree.

*James K Baxter, 1950.*



*The Wild Bees, Colin McCahon, 1950.*

*Article written by Senpai Jennifer Dray,  
Christchurch*

# Acorn Coffee



Acorns grow widely on cork oaks in Portugal, where they are called bolotas. In 2018 researchers at Porto University developed an acorn-based product to replace coffee, to counter the negative effects drinking coffee can have on some consumers.

I had been wanting to try this coffee recipe for two years, after reading about the research. So, an interesting process! The aroma when roasting the nut meat was certainly beautiful – warm, nutty caramel. My confidence started to wane when I plunged the ‘so called coffee’. However, once in my favourite yellow cup it looked drinkable. The taste was distinctive. Not unpleasant. I thought I’d leave it a while. Came back inside to the beautiful smell; those subtle caramel undertones.

Tried it again and decided ‘that was that’. What came to mind was Sei Shihan Neil when comparing pinot to a good shiraz – pinot is simply weasel \_\_\_\_\_. How can something look good and smell good but be utter garbage? Did you know that acorns are also a well-known survival food packing 2,000 calories per 500 grams. In Alentejan tradition, the acorn is not only used for bread production, but also soups, sweets and even liqueurs.

Also, apparently soldiers survived on acorns when supplies were low during WW2. The humble acorn certainly has its strengths but will never replace the South American and African coffee beans for most of us. Acorn cookies? A fun activity for children over the confinement period. For recipes go to: <https://www.outdoorlife.com/blogs/survivalist/survival-skills-5-ways-eat-acorns/>.

*Kyoshi Ellen, Christchurch*

# THE WOLF PACK

The pack is only as strong as each individual



Let's be there for each other.  
We are not in this alone.

## Love

be kind to yourself and each other

## Respect

treat others how you would like to be treated

## Obedience

follow the protocols that have been laid down

In the rush to return  
to normal, use this time  
to consider which parts  
of normal are worth  
rushing back to.

—DAVE HOLLIS



If you wish to submit an article, quote, favourite mantra, a  
'funny' for the final (2) editions please contact Kyoshi Ellen  
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