

# HUNKERING DOWN

seido shibus weekly e-zine



SEIDO SHIBUS WEEKLY E-ZINE - "GASSHO"

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

**If we truly have respect for others, it is inevitable that we treat them with courtesy and equanimity.** It is when we do not have respect for others that we become angry with them, that we disparage them, that we find no value in what they say, and that we engage in destructive action. This lack of respect for others, oddly enough, is related to a lack of respect for ourselves. Karate, through the practice of zazen, makes us look at ourselves. If we do this sincerely, we inevitably find our beautiful, truly human core.

To find this, however, we will have to wipe away many layers of dust and dirt, which cloud the bright surface of what the Zen masters call our "mirror mind" or "Buddha nature." When we see ourselves clearly, not with a vain love or callous self-indulgence, but with a healthy respect, we shall inevitably see others the same way.

The Zen master says we shall see no separation -- there is no self, and no other. It is easy to do violence to another if you see that person as separate and distinct from you. Our society encourages us to think in terms of the "other" country, the "other" system. When we think this way, it is easy to deny to others the respect they are due. In Zen, when you bow, you bring your palms together in 'Gassho' - this means "two into one." There is no self and no other.

Karate offers a means of building the principle of respect into a cornerstone of our lives. This is achieved through the strict, ritual courtesy and etiquette that all students practice every moment in the dojo. How we wear our uniforms, how we move, how we speak to senior students, how we bow -- these are carefully prescribed and followed by all, regardless of rank. In one sense, this refines our manners and makes us more civilized people. In a deeper sense, it serves to ingrain respect into our characters.

*Kaicho Nakamura*



*Kyoshi,  
Shihans and  
Hanshis with  
Kaicho, Nidaime.  
June 2008.  
Photo kindly  
supplied by  
Hanshi Renzie*

# Once again The Washington Post has published the winning submissions to its yearly neologism contest, in which readers are asked to supply alternative meanings for common words.

## THE WINNERS ARE:

1. **Coffee** (n.), the person upon whom one coughs.
2. **Flabbergasted** (adj.), appalled over how much weight you have gained.
3. **Abdicate** (v.), to give up all hope of ever having a flat stomach.
4. **Esplanade** (v.), to attempt an explanation while drunk.
5. **Willy-nilly** (adj.), impotent.
6. **Negligent** (adj.), describes a condition in which you absentmindedly answer the door in your nightgown.
7. **Lymph** (v.), to walk with a lisp.
8. **Gargoyle** , olive-flavoured mouthwash.
9. **Flatulence** (n.), emergency vehicle that picks you up after you are run over by a steamroller.
10. **Balderdash** (n.), a rapidly receding hairline.
11. **Testicle** (n.), a humorous question on an exam.
12. **Rectitude** (n.), the formal, dignified bearing adopted by proctologists.
13. **Pokemon** , a Rastafarian proctologist.
14. **Oyster** (n.), a person who sprinkles his conversation with Yiddishisms.
15. **Frisbeetarianism** (n.), (back by popular demand): The belief that, when you die, your soul flies up onto the roof and gets stuck there.
16. **Circumvent** (n.), an opening in the front of boxer shorts worn by Jewish men.

## The Washington Post's Style Invitational also asked readers to take any word from the dictionary, alter it by adding, subtracting, or changing one letter, and supply a new definition.

### THE WINNERS ARE:

**Bozone** (n.): The substance surrounding stupid people that stops bright ideas from penetrating. The bozone layer, unfortunately, shows little sign of breaking down in the near future.

**Cashtration** (n.): The act of buying a house, which renders the subject financially impotent for an indefinite period.

**Sarchasm** (n): The gulf between the author of sarcastic wit and the person who doesn't get it.

**Inoculatte** (v): To take coffee intravenously when you are running late.

**Osteopornosis** (n): A degenerate disease. (This one got extra credit.)

**Karmageddon** (n): It's like, when everybody is sending off all these really bad vibes, right? And then, like, the Earth explodes and it's like, a serious bummer.

**Glibido** (v): All talk and no action.

**Arachnoleptic fit** (n.): The frantic dance performed just after you've accidentally walked through a spider web.

**Caterpallor** (n.): The color you turn after finding half a grub in the fruit you're eating.

### And the pick of the literature:

**Ignoranus** (n): A person who's both stupid and an asshole.

## From Nelson Shibu

We, like you, were in shock about closing the Dojo, and people over 70 being asked to 'stay home' for our safety. Hanshi and I - like everybody else - have watched Covid-19 unfold on television, navigating the layers of realisation, with sadness - even tearful at times.

Hanshi and I express "Gassho" - in appreciation, as we have our health and can be on holiday with these beautiful Autumn days. I'm sure, for many of you, this will be your experience too. We are still able to communicate with technology and by social distance - this seems, for the most part, to be bringing out the best in people.

The future is unsure but we are working on flexibility, resilience and joy in the present moment of today - living life to the full, getting to know our family even more, working together.

Our family is taking care of our shopping, which is a bonus. We are very grateful. We are not in prison. We can go out for exercise and if one has the space, we can practise our art. Stretching and push-ups, Sanchin Kata and Tensho Kata don't take up much room. Meditate! If you wish to practise, practise what you know.

When we get back into the Dojo we will continue seamlessly from wherever we left off.

Enjoy living in paradise, rest awhile - soon enough we'll all be working again and thinking: "Wouldn't it be nice to have a break - a holiday ..."

*Be Well,  
Love and Osu,  
Hanshi Andy and Sei Shihan Jane*



*Photo Victoria Clark*

# Reminiscing

I remember starting karate at Shibu, then Josai Kan on a Saturday in 1973. The dojo was packed. There were people punching (*initially spelt wrong and one suggestion offered 'puking.' Not far wrong*) and kicking in the foyer. Who should be taking the session? None other than Hanshis Renzie and Hanshi Andy. I think they were Sensei then. I trained under Senpai Brent Trevean who wore an incredibly white starched gi which snapped when he punched. I was awestruck in those early days.

Sessions were 2 hours long and consisted of a very simple syllabus, basic hand and feet techniques, line work, backwards and forwards for an eternity, and finishing with sparring. Yes, sparring from day one. So with no idea of how to spar, it was more like brawling in a controlled environment. Injuries aplenty. Remarkably, only a few hospitalizations. I do remember entering a university tournament at Shibu as a blue belt where several were carted off to hospital.

One instructor used to fight the class every session. I remember him banging a student's head into the floor because that student would not lie down like the rest of us. That same student chased an intruder to the railway station (*remember how far the railway station was on Moorhouse Avenue and how far it is from the Dojo?*) because the 'would be' robber had stolen the student's shoes. Shoes were all left at the door in those days. The student returned to the dojo dragging the luckless individual back into the foyer!!

As a beginner it is not going too far to say I was terrified and had severe debates with myself about why I continued to turn up. I do remember circling the dojo to see which instructor was taking the session. It was not uncommon to go home without training.

What kept me going? I think the other survivors who became firm friends. Sei Shihan Peter Searle started at the same time as I did. We've trained together and been friends for nearly 50 years. We always had a beer afterwards. Conveniently, there was pub across the road. If Peter was going to be there I was damned sure he wasn't going to get one over me.

*Sei Shihan Neil Mathieson*

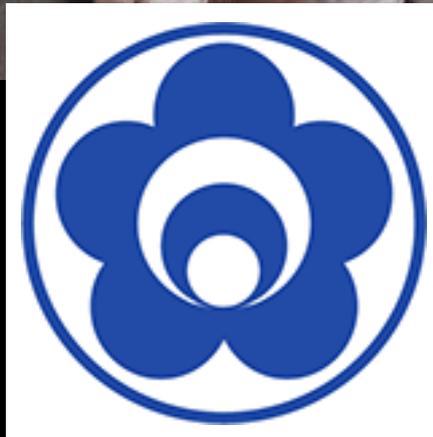
*The first group to New York 1975  
Back row: Peter Searle, Dick Ivess, Gavin Lowe,  
Renzie Hanham, Wayne Wendelken,  
Bill Bowie, Neil Mathieson, Kevin McGuire,  
Sensei Kishi, Jacque Hanham, Kaicho*



*One of the first First Kyokushin Canterbury teams: Back row: Kevin (mad dog) McGuire, Jim Rhodes, Neil Mathieson  
Middle row: Art Pickering (Manager), Charles White, Ben Otang, Michael Law  
Front row: Charles Powell, Jamie Tulloch, Renzie Hanham (coach) Peter Searle, Choo Yoon Leong*



# OSU!



**Respect and love to all  
Healthcare workers...  
everywhere.**

# Samurai Food

The Samurai are renowned as fierce warriors, and a lot of the modern martial arts traditions come straight from their way of life and the Bushido Code. But what sort of food did these fighting men eat to sustain themselves?

## What was the main aspects to their diet?

The goal of the Samurai diet was to give them a hearty, filling meal, while still providing them with the healthy eating required to sustain them for training, guard or escort duty, hunting, and of course fighting.



Simplicity was a strong theme in Samurai life, and their diet was no different. Historian Stephen Turnbull describes the menu as consisting mostly of rice, vegetables, soy bean products, fish, seaweed, salt, and fruit. Aside from a range of pickles such as plums and ginger, all fruit and vegetables would be freshly gathered.

Rice was as ubiquitous in the 14th century as it is in modern Japan. Not only did it appear as a staple in most meals, but it could also be made into rice cakes, desserts, and of course the well known rice wine, Saki.

## What kind of soy bean products would Samurai eat?

Soy bean makes a wide variety of products, including miso soup and tofu, not to mention soy sauce. This was a vital source of protein.

## Would Samurai eat fresh meat?

Yes! Aside from fresh fish, Samurai would occasionally dine on wild duck, venison, and boar. These warriors were keen hunters, and the active pursuit of game in the wild was a great way to maintain their skills with the bow and arrow while providing for the table.

The sea provided greatly to the Samurai diet. Not only was it a great source of seaweed and fish, the salt that could be harvested was an excellent way of preserving the fresh meat.

## What would the Samurai eat on campaign?

Samurai were warriors, and as such, would often be away from the comforts of home for months on end fighting for their Lord. They would be given rice rations every few days that would involve rice soaked in water that could be heated at short notice. It is suggested that these rations were given out only every two or three days to stop the Samurai making 'camp batch' of Saki!

Outside of the meagre rice rations, campaigning Samurai would bulk up their meals with anything they could scavenge (or raid) on their way.

*Source: The Samurai by Stephen Turnbull*

## Want to try an easy ramen recipe?

This simple, hearty dish has a lot of the basic elements of a Samurai diet, only with the inclusion of noodles rather than rice.

*1 x portion of ramen noodles (substitute 2 minute noodles)*

*1 x handful of diced mushrooms*

*1 x handful of sliced spring onion*

*1 x handful of chopped spinach*

*1 x handful of grated carrot*

*1 x handful cooked protein or fish (prawns, tofu, chicken etc)*

*1 x teaspoon miso paste*

**Prepare vegetables and set aside.**

**Add ramen noodles to boiling water for 4 minutes. If using 2-minute noodles, cook as per instructions and drain.**

**Put a teaspoon of miso paste into a bowl and add a cup of boiling water. Stir to mix well.**

**Add noodles, protein, and vegetables and allow to sit for 2 – 3 minutes. Serve hot.**

A nice touch for some extra protein is to add a boiled egg. You can also substitute any of the vegetables out for what you have available, or what is in season. The thinner you slice the vegetables, the quicker and more thoroughly they will cook in the broth.

*Recipe and article kindly sourced by Senpai Hamish MacKay, Christchurch*



# Bonjour from Paris

We were invited and have joined Jun Shihan Brandt's London dojo via Zoom teleconferencing. Lovely to have these connections. Senpai Patrice taught some Pilates at the end of the session. The UK has a very busy programme of classes running. A very helpful tool during these times. It's a very interesting time. We are connecting more often and in different ways during this isolation. It is of course now possible to train with with Kaicho and Nidaime online. Senpai Patrice and I have joined and are now training. Osu!



*Osu, Senpai Patrice and Senpai Scott*

# The Parable of the Starfish

One day, an old man was walking along a beach that was littered with thousands of starfish that had been washed ashore by the high tide. As he walked, he came upon a young boy who was eagerly throwing the starfish back into the ocean, one by one. Puzzled, the man looked at the boy and asked what he was doing. Without looking up from his task, the boy simply replied, "I'm saving these starfish, Sir". The old man chuckled aloud, "Son, there are thousands of starfish and only one of you. What difference can you make?" The boy picked up a starfish, gently tossed it into the water and turning to the man with very serious eyes, said, "I made a difference to that one!"

Many years ago, on a warm and sunny summer day, one of our Black Belts [a Nidan at the time, who shall remain nameless but let's call this person Senpai Hitode] shared this parable with his/her beloved children, a son and daughter. They then went on a journey ... first to the local supermarket to buy a 'live crab on ice' which horrified Senpai Hitode's daughter. They carefully laid the little crab onto a soft cloth and travelled by vehicle to Waimari Beach. An interesting thing happened. As the family approached the sea, the crab, that had been laying on the cloth dormant as though close to death, started moving, slowly at first and then more vigorously as the ocean smell became more concentrated.

As they walked down to the shoreline, the crab was almost overcome with excitement and the children, very aware now of the significance of their journey, started running with the crab, into the sea, stopping at the first breakers. Both wanted to hold the crab as they released it, four tiny little hands dipped into the ocean and slowly released the crab. The children, as though mesmerized, stood up and watched the crab until it swam out of sight. They all stood still and silent for at least 3 minutes. The essence of Gassho, even though hands were not pressed together in prayer, was all around them.



# Process v Outcome

In times like this when the outcome is unsure it's very easy to 'get lost' and overwhelmed.

People tend to respond in three ways.

They become aggressive / angry

They become passive and withdraw

They escape by shutting down

We all have our favourite 'default' position which we go to under stress and different situations will evoke different responses. Each of them very human but often not helpful.

This is new territory for all of us.

It's important to have a sense of what you would like to have achieved at the end of this.

Maybe it's a goal of getting to know significant others, helping friends in need as a support, gaining new skill sets, engaging in creative activities, getting fitter, DIY projects...the list goes on.

It's very easy to become overwhelmed because so much of this situation we can't control but the good news is there is much we can control and influence.

Often a good exercise to do is to write down how we can stuff this opportunity up: What would that look like? An example might be, to stop communicating. Actually we cannot not communicate so when we withdraw, that is communicating something to the people around us in itself. If you need time out, just say that "I need time out". Tell yourself how much time you need and let others know. Of course, that's not always possible, especially if you're looking after children. In those cases, accept what you're feeling and put your attention elsewhere.

If you put your 'stuff ups' in one column, then put the opposite in the other column. This will give you clarity around how to stay intact and what to do to 'stuff up'.

We have no control over the outcome but we can control the processes we follow and that is where the joy is. The more connected we are to our processes the less anxiety and fear we will experience.

That's why regular meditation, contemplation is useful. It allows us to reflect, observe and let go of uncomfortable thoughts and feelings.

Keep the faith.

*Hanshi Renzie*





# BIT O' BRIT' MY BOY?

- 1 What has to be broken before you can use it?
- 2 I'm tall when I'm young, and I'm short when I'm old . What am I?
- 3 What month of the year has 28 days?
- 4 What is full of holes but still holds water?
- 5 What question can you never answer yes to?
- 6 What is always in front of you but can't be seen?
- 7 There's a one-storey house in which everything is yellow. Yellow walls, yellow doors, yellow furniture . What colour are the stairs?
- 8 What can you break, even if you never pick it up or touch it?
- 9 What goes up but never comes down?
- 10 A man who was outside in the rain without an umbrella or hat didn't get a single hair on his head wet . Why?
- 11 What gets wet while drying?
- 12 What can you keep after giving to someone?
- 13 I shave every day, but my beard stays the same . What am I?
- 14 You see a boat filled with people, yet there isn't a single person on board. How is that possible?
- 15 You walk into a room that contains a match, a kerosene lamp, a candle and a fireplace. What would you light first?
- 16 A man dies of old age on his 25 birthday. How is this possible?
- 17 I have branches, but no fruit, trunk or leaves. What am I?
- 18 What can't talk but will reply when spoken to?

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## BREATH CONTROL

This was posted by JK Rowling and she attributes her recovery from Corona virus to this.

<https://www.youtube.com/watch?v=HwLzAdriec0>

*Kindly provided by Senpai Charles White, London.*

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**ANSWERS From previous page**

- 1 An egg.
- 2 A candle.
- 3 All of them.
- 4 A sponge.
- 5 Are you asleep.
- 6 The future.
- 7 There aren't any - it's a one storey house.
- 8 A promise.
- 9 Your age.
- 10 He was bald.
- 11 A towel.
- 12 Your word.
- 13 A barber.
- 14 All the people on the boat are married.
- 15 The match.
- 16 He was born on February 29th.
- 17 A bank.
- 18 An echo.



# YANK WATCH

## Hallo Kiwis!

Things are still chugging along here in Arizona. Covid cases still on the rise, businesses closing, restaurants are offering carry-outs or delivery service. Here in our wee corner people seem to be coming together, figuratively. I hear new ads on the radio from businesses offering to deliver "sunshine baskets" to any family in need. Many restaurants are offering to sell produce and dairy products so people don't have to frequent the grocery store. People in our community are offering bartering, for example, if Susan's garden has too much lettuce and Bob's hens are laying well, they will swap.

Other people are letting people know about herbs they have grown, showing pictures and letting them know to just pop in and grab what they need.

I'm very proud at the moment to see the best side of people coming out in such a time.

Sensei Murray is still working on the border in Douglas. An "executive" order to close the border to non-essential travel came out just today, so not sure how much longer his job will hold out. Last week they were told it was mandatory to wear face masks and gloves while at work.



*Sensei Murray and Rowena Creighton*

At home, we've gotten our garden planted, rain barrels ready, etc. While home we have enjoyed a few spectacular views this past week. Gorgeous sunsets and an amazing super moon. While I have been able to capture some great sunsets, my evening moon shots still need work, but ....thought I'd post some beauty this week along with the current numbers chart.

Stay safe, stay healthy, be kind. Until next week.

	28-Mar	4-Apr	11-Apr
# Cases AZ	919	2019	3393
# Deaths AZ	17	52	108
# Recovery AZ			
# tested AZ	13712	27160	40530
# Cases Cochise	3	7	13
# Deaths Cochise		0	0
# Recovery Cochise			
# tested Cochise		258	425

# Open Mind'

## Reflections on Camps in the 80s and Arguing with Sensei Stephen Cope About 'Jodan Uke'

In the earlier days it was common for us to have lots of Christchurch students come to Nelson camps. I remember having an argument with Sensei Stephen Cope, and others, (If you knew the late Sensei you would know what I mean) about the correct use of 'jodan uke' - outside block etc. Now Hanshi Andy had taught us one use and, of course, Hanshi Renzie had taught his students another. Like so many things we were both wrong, and right at the same time.

The lesson being, to keep an open mind and be willing to learn and listen to others.

Years of training have shown me there are dozens of effective bunkai (applications) for every technique. We must remain open to learning and not be closed to new ideas, ways, and practices etc. What is good for me may not work for you. There is lots of really good information out there. I found with some karateka I have trained with that once they reached Shodan they stopped learning and improving. They thought 'gee I am a black belt now; I must be good' and some even leave. They may have learned a new kata or kihon, but not how it works or its uses. Their kicks never got better. Those basic faults never went away. They closed their minds to learning and change.

I admit my knowledge now is much more than when I started teaching in 1985. I know I am teaching stuff to my white belts I didn't even know as a Shodan or Nidan. The change is such that you might almost think it's a different style. As I have gone along, I have always tried to look at techniques, applications, ideas, and assess them. Then, if they are effective, incorporate them in to the training. Along the way I see the core principles and techniques, even from way back in Okinawa, have remained an important foundation.

I trained in Christchurch for most of 1998 and spent the first couple of months thinking 'hell, this is not the same as Nelson, I am forgetting how to do everything (properly)'. Anyway, it dawned on me 'one should stop worrying and just enjoy it'. I DID!!! Because actually it was just, same, same, different, and good fun. I learnt lots of new ways. I got sat on by Sensei Lee, so had to learn quickly. I can only hold my breath so long before suffocation. The rest of my time in Christchurch I spent enjoying my training and learning, learning and using principles I still use today.

Kyoshi Kim is a regular visitor to the Motueka dojo due to his work. At first my students were somewhat hesitant. Now they look forward to his visits, his teaching (very helpful before the last Christchurch tournament) and give as good as they get from Kyoshi Kim. As such, they have become better more rounded and confident Karateka. Kyoshi Ally, I understand has some good training routines. I intend to send down spies to learn them before the next tournament.

Anyway, keep learning. Keep an open mind and after the lock down enjoy your training in the Dojo or park. For us in Motueka, depending on restrictions, we have a big park next to the Dojo, until we can head back inside. AND come visit us, you are all welcome! It looks like overseas travel is out for a while and we do live in the best region of New Zealand.

*OSU, Sei Shihan Richmond Grant*

*P.S When I was a Shodan I knew all the black belts in NZ. Now I haven't even met some of the Sensei/Kyoshis! SAD! My fault as much as any, but you can catch us or leave a message on FB at, Motueka Seido Karate.,*



*Early 80's dan grading - Nelson Shibu*



## A brief introduction to the “ Sai

It is not entirely known if the Sai was created as a weapon. It is believed it originated from mainland Asia, several thousand years ago. Some believe the Sai was a universal farming tool used for planting, and for threshing wheat. It was modified over time to fend off thieves and invaders.

At some point in time the Sai made its way to Okinawa, where the Sai was widely used by Japanese police who were ordered to use it in 1668 by an Okinawan Prince, as he found Sai to be very practical and inexpensive. It was used as a baton to arrest criminals. The local gunsmiths and blacksmiths were commissioned to manufacture the Sai. The common use was to beat the ribs to force criminals into submission for arrest. Remember, this is some centuries ago, not last year.

*Original Sai relics.*

The Sai is usually used in pairs. It was much easier to use one Sai as a policeman, and the other was carried as a spare. Using both at once required too much training, but the true masters could use two at once, and deliver lethal blows. In ancient battles, three to four were carried in order to throw one as a distraction. The Sai is also a defensive weapon as the sword can be caught up in the Yoku ( prongs ) and twisted out of the hands of the attacker. The Sai can also prevent lethal cuts and slashes to the body if used correctly although one would need to be very confident against the lethal accuracy of the sword.

As we practice the Sai, we become more familiar, much the same as using a pen, knife and fork, or chopsticks for the first time. There are much deeper meanings to the Sai which carry devastating power derived from centuries of mastery development. Try and imagine a time when your survival depended on Sai, and you had no guns, and were poor.

Weapons are created to destroy. responsibility to make correct accompanied by morals. If the one does not understand the The warrior needed rituals to of hardship and disorder, much in these times of uncertainty. We family and friends then ourselves



With the ability to wield, comes the judgement. All techniques must be wielder of the weapon has no morals, then weapon and chaos will be inevitable. maintain clarity and self control in times like Hanshi Renzie expects us to all adopt must be that warrior, and deliver firstly our to an acceptable solution.

### **What can we learn from the Sai ?**

**1** Things are never quite as they seem. Although the Sai is pretty and shiny, it carries hidden danger and surprise. Always pay consideration to someone else`s path , as you can guarantee they will have devastating stories and hardships as well as when they excel.

**2** Keep a good grip on what you claim to have control of. If you slip, everything will change in an instant, often for the worse. Sometimes we land ok, and that`s when we can reflect on what could of happened. If we choose to continue without a good hold on where we want to go, we will have devastating affect on ourselves and others around us.

**3** Stay polished and glistening like Sai. Fend off your worries and fears with control and a clear vision of the result you are seeking. Sometimes we are worn out and tired then we slip, lose control, and that`s when others get hurt. Pick up, regather thoughts and composure and get back on our correct paths. Identifying when this happens is important, as Hanshi s1ays.

Lastly, like the Sai, to get to our target over the following days with efficiency, we must stay aligned. Soon we will all wash off the blood and dirt from this battle and we will all glisten again in the sun, much like the Sai.

Osu.

# MANTRAS

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## PERSONAL MANTRAS

When you see a worthy person  
Endeavour to emulate him/her  
When you see an unworthy person  
Then examine your inner self.

*(Confucius)*

*Sei Shihan Gavin Lowe*



*Genius is One percent inspiration, ninety-  
nine percent perspiration.....*

**Gassho symbolizes respect, also an expression of gratitude and our inter-connectedness with each other.....think deeply about why you gassho and to make it your own, so that it arises from your innermost being. - Rev. Ken Yamada**

**“you have terminal secondary breast cancer, metastasized in your lungs, your life expectancy is 12 months, zero chance 18, go home and pop your affairs in order”**

I was sitting there, in front of this funny little oncology man listening however not listening to him. There was this voice that was asking to be heard, it wasn't demanding however it was insistent. It was a whisper, I had to listen hard to hear it. I heard three things:

**1. Be Happy** – Di if you only have 365 days, be happy, choose happy whenever you can. This changed over time to Be Present. Because sometimes it's okay to be sad, to feel fear, to be happy, to feel joy. To truly feel it and let it pass.

**2. Go Natural** – there was no medical treatment options for me, palliative care chemo is not life extending and for me I thought not life improving. So, I embraced let food be thee medicine and medicine be thee food. Meeting my body where it was in each day, in each moment.

**3. Be Grateful** – I snorted out loud at this one. I mean seriously, I was 38years old, recently moved to Christchurch to be with the love of my life, I had 365 days left on this earth and I was going to be grateful. Well I didn't know what I had to be grateful for however I had 365 days to figure it out.

On waking the next morning, I opened one eye and asked out loud “am I going to die today?” – that voice again whispered back “no not today Di, so get your butt out of bed and get on with your day”. I asked that question every day for a year and for good reason. I'm not getting out of bed on the day that I die and I sure as hell aren't doing my hair. On the day that I die, I'm staying in bed with morning hair.

Getting the same answer every day, I got up, got dressed and did my hair. And every day I lived by my whispers that I had heard. Being happy and going natural seemed to come more natural to me. However, being grateful took some work. Some practise. Some intention. Slowly but surely it became my way, my way of living.

Each day on rising I would write down everything I could think of to be grateful for. I would reframe my current situation to acknowledge the silver lining. I would appreciate the darkness that allowed me to see the light.

Every meal I would give thanks: “for this food I am about to receive I am truly grateful for this nutritious food available to me. May I take in what I need to take in, may I pass on what I need to pass on. I am truly grateful for the food, for the beautiful company I get to share food with. I am also grateful for ..... anything, everything, anyone and everyone.”

Time passed and 14 months after being diagnosed, my hubby said to me “you are seriously a pain in the arse again, I think you are well – what are we going to do with the rest of our lives?”. To which I replied “Well honey, I have done the math and I'm not having a baby after I am 40. So, you have 6 weeks.”

My husband is a rock, he is just so calm, consistent, nothing ruffles him – almost nothing. So he very calmly said to me, "sweetheart, we have been through 5,500 earthquakes, two of our businesses have been relocated, one of them will be relocated again, our house is in goodness knows what state, we are living at your sisters and with 6 of us in the house and there is no action going on here."

"Honey I have booked three nights in Akaroa; you now have three nights not six weeks."

Without getting confirmation from any medical tests, we had faith that I was fine. Four weeks before my 40th birthday, Jackson James Foster arrived. And life has never been the same, in the best possible ways.

I did eventually get tested, I was curious to know if I was fine.....my chest x-rays, CT scan and bloods all show I have no sign of disease. What I have experienced is a radical remission. My body has innately healed with no medical intervention.

Through this time, I continued to train, at times with very limited capacity. However, I was always greeted with open arms and kind hearts. In kata class I would do every second or third kata, resting in between. I loved that I could still train and had that connection each week. Having my feet on the cold wooden floor, training beside my fellow karateka, the simple act of putting on my gi and tying my obi. Leaving any worries at the door and coming on to the floor surrendering to beginner's mind.

**Gassho for me has become a daily practise and very much my own:**

- being grateful for every day I do have and not worrying about the days I won't
- respecting the reminder that death gives me - to live, truly live in today
- respecting the journey and those that share my path
- acknowledging that the obstacles are the way, not in the way
- choosing right action, which is not necessarily popular action

Seido Karate has been such a huge part of my life, not only the people but the principles. I gained 10th kyu 40years ago in Dunedin with Shihan Danny before stopping to pursue other sports while my father and brother continued. I came back to train 25 years ago with Shihan Kelvin Lewis and Shihan Kelvin Wilson. I moved to Christchurch 12 years ago because of LOVE and married Kyoshi Steve 10 years ago.

My bestie is Senpai Belinda. She may be retired but I still know she could kick my butt any day of the week. I have karate friends all over the country, because we have trained together. I have travelled the world with fellow karateka that have become lifetime friends.

I am so grateful for the love, sweat and tears that I have shared with so many of you.

*Osu Senpai Di x*



## Boots too big to fill - Captain Dorothy Phillips

*Where the needs of the world and your talents cross, there lies your vocation. – Aristotle*

We had the absolute pleasure of interviewing Senpai Dot Phillips last week. Dot retired from her Seido duties late last year. Dot was Shibu's Committee Secretary for over thirty years. Dot also catered for the annual Shibu camps [a task not many would even consider taking on] and to top it off, Dot was the resident 'medic' at camp. Dot's contribution to Shibu has been a mammoth scale effort. Her support of Hanshi Renzie has been second to none. Dot is irreplaceable; hence the title, "boots too big to fill". Jun Shihan Richard, Senpai Adam and Senpai Zara all trained at Shibu. Dot was awarded an honorary Black Belt by Hanshi and Shibu members at her farewell function in October 2019. One of the highlights of Senpai Dot's farewell was her 'spar' with Senpai Mike Drew, former full contact champion.



*Dot (centre) 1969 - Singapore - Head of Pediatric Ward*

Never one to shy away from a good 'straight talking' conversation, Senpai Dot's effervescence, sense of humour, canny wit and 'heart of gold' persona are legendary. Gassho is our theme for this edition of the e-zine and our intention is to thank Senpai Dot formally, but also highlight her nursing career as a combined 'shout-out' to all nurses, doctors, hospital staff and carers who are selflessly saving lives throughout the COVID-19 pandemic.

Captain Dorothy Nicholls, Army nurse, started her nursing career as a mere babe; a bright eyed, bushy-tailed sweet-as-pie seventeen-year-old. Now, Dot was not your standard seventeen-year-old. Yes, she was super sweet, but **oh was she feisty**, not to mention opiniated, courageous and never shied away from a challenge and some good banter. Dot's nursing career started with completion of her General and Pediatrics Diploma on the 22 November 1963, after 4 years of hospital training and theory. Dot has never forgotten this day for several reasons, one reason being the tragic day that John F Kennedy was assassinated. Dot also completed a years' midwifery training to achieve certification.

Dot started her career as a civilian nurse specialising in pediatrics. In no time at all she was Charge Nurse of a Pediatric Ward. One day when reflecting on her young life, she felt her 'adventurous self' tap on the shoulder saying, 'there must be something more than this to life'. Dot yearned to see the world and contemplated an army posting, "I had worked out that if I joined the army – they would feed me, water me, clothe me and wherever I was stationed I would be understood as someone would speak English". Dot signed up for Queen Alexanders Royal Nursing Corps of the British Army, was commissioned in no time, and started her journey. As a qualified nurse with significant experience Dot entered the British Army as an officer. She initially held the rank of Lieutenant, and then Captain. Even though Dot had enjoyed her life in civilian hospitals, nothing compared to life in the military. Back in the civilian hospitals, junior nurses with a 'junior attitude' wouldn't always do as they were told, and it was literally like "pushing shit uphill with a feather". In the Army, any nonsense would be dealt with immediately. The nurse in question would be sent straight to the RSM and put on a charge. While in the British Army Dot completed a commissioned service in both Singapore and Germany as the Pediatric Charge Nurse in children's wards.

After a memorable stint in the British Army Dot then yearned again for adventure and eventually moved south to Australia and was commissioned into the Australian Nursing Corps of the Australian Army. Dot has never forgotten her flight from the UK to Australia, a first-class flight on Qantas as an Officer. Once in Australia, Dot was first based 67 kilometres from Melbourne at Puckapunyal, the Australian Army training facility. It is here that our Dorothy Phillips met Lance Corporal Richard Phillips. Apparently, our Jun Shihan Richard cut a very fine figure as a Lance Corporal. Jun Shihan Richard being a junior rank had to salute Dot and call his wife-to-be Ma'am.

Dot and Jun Shihan Richard were soon engaged, then married a short time after in Papua New Guinea, where Dot was stationed. Jun Shihan Richard travelled back and forwards from Australia. Dot was building a legacy even as a young nurse. Captain Dorothy Phillips did her Officer Duty Rounds a little different to everyone else to combat 'larrikin' behaviour. When Dot did her Duty Officer Rounds she would have her main tool of trade grasped firmly in hand [AKA surgical scissors] so that any monkey-business was dealt with in a flash with a quick slash or stab. The rank and file would 'fall in' quickly and say, 'for God's sake don't play tricks on Nicholls, she'll stab you first and then you'll get to see her again in AOE when she sews you up!!'.

One thing Dot is proud of is the fact that she never asked anything of anyone she was not prepared to do herself. Dot recalls one young madam who moaned and groaned about a busy shift. She asked Dot to assist. Dot was quick to reply that "I've been nose-down bum-up cleaning the u-bends of the Officers toilets. Don't you start on at me lady-Jane!"

We asked Dot about the pre-requisite physical training for army life which apparently was a hilarious time for Dot who consistently did not do as she was told. "There were three of us girls in this British Army bootcamp. I was 5'0", one was 5'4" and the other was 5'11". The Sergeant hid us away for quite a period of time as we were difficult to manage. When he finally let us on the parade ground, we gave them something to look at, that's for sure. I can recall this Sergeant yelling out '*for god's sake Nicholls will you halt!*' Didn't know what he was on about as I was heading for the fence with a great deal of determination. Hilarious! Saluting was a pain in the backside. If we had our indoor uniform on in the British Army, we didn't have to salute anyone. In the Aussie Army when in Papua New Guinea, I could be standing at the door in my bloody bath-towel and I'd have to salute someone!"

When asked about challenges in the Armed Service, Dot replied "As long as you obeyed the rules everything was fine. Although, sometimes some of the junior male officers thought they were the bee's knees and struggled to salute a higher-ranking female Officer. I sorted them though!"

Senpai Dot's favourite memories as an army nurse were made in Singapore and Germany. "It was a phenomenal time. I just loved Germany for a whole lot of reasons. In the colder months we would traipse down to the 'local' and have a little hot tipple at lunchtimes".

Hanshi says this about Dot – "there is no finer woman on this Earth! Unfortunately, Jun Shihan Richard got there first!"

Senpai Dot, we have been blessed to have you in our dojo supporting us for such a lengthy period. Please don't be a stranger. Visit us often! Keep safe. We love you!



*Pure class and capability summed up in a boot*

OSU!



*Senpai Dot's farewell - Dot and Sei Shihan Harry*



*Senpai Dot's farewell - Dot and Hanshi*



*Senpai Dot's farewell - Senpai Zara, Hanshi, Senpai Dot, Senpai Adam*



*Senpai Dot's farewell - Dot 'taking it' to Senpai Mike Drew*



# How Cultivating Gratitude Builds Resilience

In my work with the US army master resilience training team, we taught soldiers a simple but powerful gratitude exercise. How to counteract the negativity bias - the tendency to pay more attention to bad events - by recording three good things on a regular basis.

Based on the research of Robert Emmons, actively seeking and naming three good things each day has been found to improve positive emotion, optimism and gratitude. An attitude of gratitude builds resilience leading to on going positive outcomes: better sleep, feeling calm, better health, lower depression and greater life-satisfaction, more optimal performance, better relationships.

## **How do you do it?**

Record three good things each day. Write each positive event in a notebook. After each event ask yourself some of these reflective questions. Write your reflections to deepen your gratitude, refocus your attention to what you value in your life and build all those positive outcomes for yourself and those in your bubble.

Why has this good thing happened?

What does this good thing mean to me?

What can I do tomorrow to create more of this good thing?

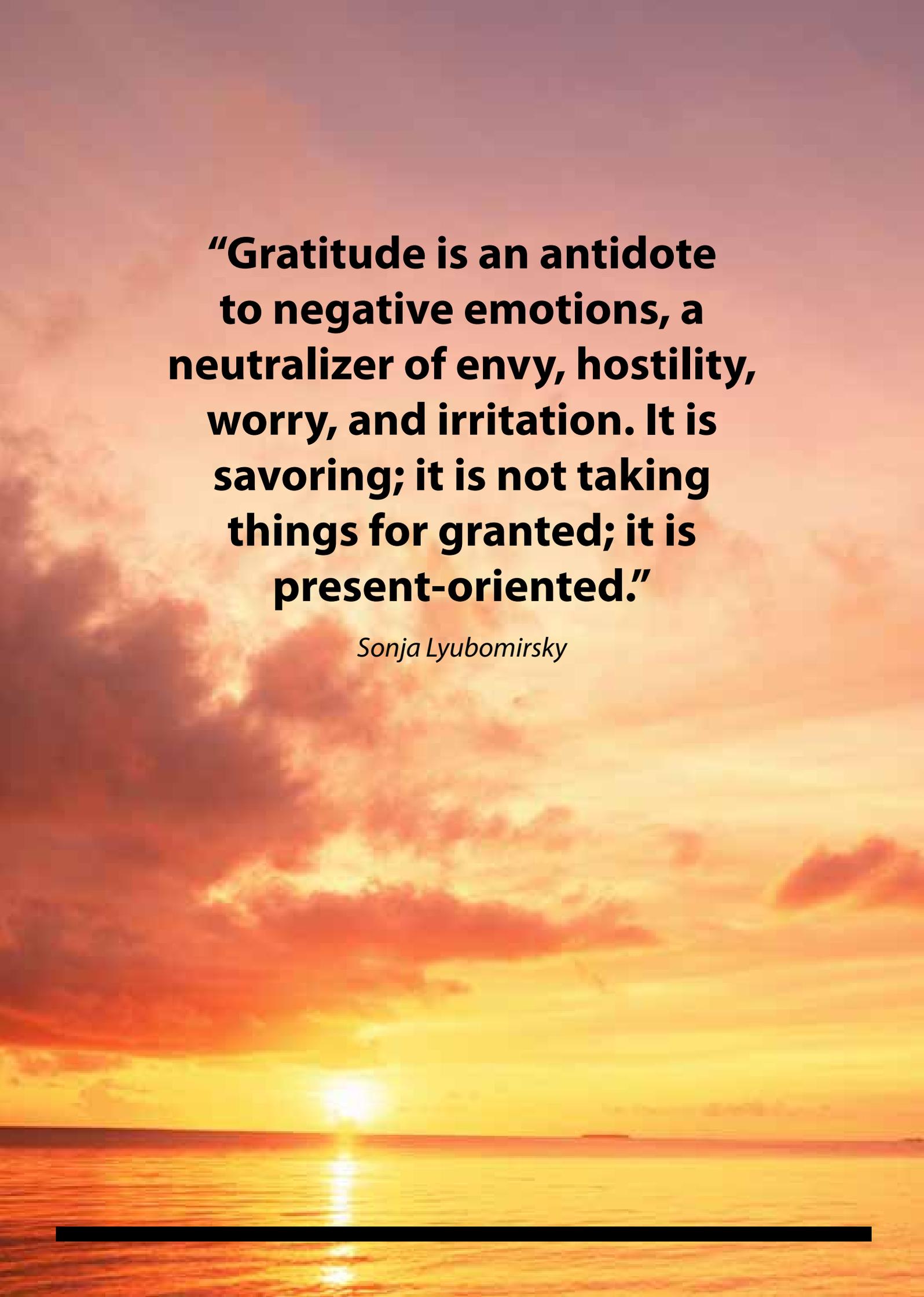
How did I or others contribute to this good thing?

## **One of my recent reflections:**

I am truly grateful for the Dojo community because it means I have been accepted into a new group of people with shared beliefs in humanity that will challenge and support me to get out of my comfort zone to contribute and perform.

*Ali McCormick*  
*New member of Shibu*





**“Gratitude is an antidote to negative emotions, a neutralizer of envy, hostility, worry, and irritation. It is savoring; it is not taking things for granted; it is present-oriented.”**

*Sonja Lyubomirsky*

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