

HUNKERING DOWN

seido shibus weekly e-zine



SEIDO SHIBUS WEEKLY E-ZINE - "RESILIENCE"

'Tragedy should be utilized as a source of strength.' No matter what sort of difficulties, how painful experience is, if we lose our hope, that's our real disaster. — *Dalai Lama XIV*

Ichichi, Issho: One Day, One Lifetime

"Ichichi" means "one day"; "isscho" means "one lifetime." This expression tells us how we should live our daily lives.

Each day and every day, your life unfolds and evolves. Slowly and surely, your life experience builds up. Each day is a "miniature" of the whole canvas of life.

There is also another way to think of "isscho." Try to imagine that your whole life would have to be summed up by one day. You would try to have the best day possible, and you would try to concentrate hard. If you live this way on a daily basis, if you gave five hundred percent of your effort every day, then you will begin feel contented. You will truly feel that each day is valuable and that nothing is a waste of time. This exercise can give you valuable insight into your life.

Everyone wants to be happier and to have a better life. That's the way we are. But, we have to make a constant effort in order to live more fully. Every day, make sure you are giving your best. This is the only way to improve yourself and to feel that you are growing.

"Ichichi, Isscho" also applies to your training. Everyone has a different schedule. Some students can only come to class once a week; other people may come twice or three times a week. It's up to each individual to decide how much time to spend on their training. But whenever you do take class, you must concentrate and give one hundred percent of your effort. As soon as you put on your gi and tie your belt, you must focus on your training. Don't bring your personal problems onto the dojo floor. You have to act as if every moment is the most important one, and put everything you have into your actions.

We are all very different and, as individuals, we are subject to many different pressures. Coming to the dojo can help you to relieve stress. When you are training, you can let go of your troubles. Think of nothing: try to make your mind empty, just sweat and work hard. Afterwards, you will feel better, for you will have accomplished one simple goal. Then, you can begin to take care of all your other responsibilities.

Please remember to live each moment to its fullest extent. "Ichichi, isscho" is a very simple expression, but it is very, very important.

Kaicho Nakamura



Training in the snow, Japan 1969

RESILIENCE

OUR BELOVED STOIC PHILOSOPHER SENECA TELLS US THAT “EVERYONE FACES UP MORE BRAVELY TO A THING FOR WHICH HE HAS LONG PREPARED HIMSELF, SUFFERINGS, EVEN BEING WITHSTOOD IF THEY HAVE BEEN TRAINED FOR IN ADVANCE.” *TRAINED FOR IN ADVANCE*. THIS MEANS WE BEGIN TRAINING OUR RESILIENCE CAPABILITY LONG-BEFORE THERE’S SOMETHING THAT CALLS FOR THE QUALITY. WE FACE THE UNCOMFORTABLE QUESTION OF “WHAT COULD GO WRONG?” AND INOCULATE OURSELVES ACCORDINGLY. WE BREED RESILIENCE BY BUILDING UP THE NECESSARY STORES IN OUR LIVES THAT WILL MAKE IT EASIER TO BOUNCE BACK WHEN WE NEED TO.



Seneca - Resilience

We can learn something from someone born 2021 years ago ...

A Stoic philosopher, Seneca was born in Corduba (Spain) and educated in Rome. He was one of the major philosophical figures of the Roman Imperial Period. Two thousand years on, we still look to Seneca for guidance around modern concerns, particularly the need for resilience in a fast-changing world. Seneca's key point is that considering adverse experiences allow us to develop our characters for the better, they are in fact beneficial and so should be welcomed. Seneca would say that "everyone faces up more bravely to a thing for which he/she has long prepared himself/herself.



Lucius Annaeus Seneca (c. 1 BCE – CE 65)

This means we begin training our resilience capability long before there is something that calls for this quality. Seneca teaches us that we breed resilience by building up the necessary 'stores' in our lives that will make it easier to bounce back when we need to.

Seneca, a Stoic, had aligned himself with a school of philosophy that was already hundreds of years old. The school of Stoicism was founded in Athens around 300BC by Zeno of Citium. Unfortunately, all the works of Zeno and his Athenian successors are now lost. Seneca's philosophical writings are the oldest works that survive by a Stoic. Seneca has been hailed as the greatest of moral philosophers. Erasmus, who edited Seneca's works in the sixteenth century, wrote "anyone who reads him with a desire for improvement will be left a better man [woman]".

Tough times do in fact build strong characters. Admirable traits such as resilience, courage, and perseverance don't just appear out of nowhere, they are developed through the experience of misfortune. Seneca reminds us that we may actually come out the other side stronger and better for it, even if it might not feel like it at the time.

Furthermore, some would argue that resilience was never intended to be the peak state of the human being, but the default one. Resilience can be understood as a matter of living in a constant state of knowing that 'life will happen' and believing that 'you will rise' above it. Commitment to such a philosophy can enable our thriving and ultimately enable 'living a good life'.



A Flower Does Not Talk

Silently a flower blooms,
In silence it falls away;
Yet here now, at this moment, at this place,
the whole of the flower,
the whole of the world is blooming.
This is the talk of the flowers,
the truth of the blossom;
The glory of eternal life is fully shining here.

A lovely picture of Sei Shihan Mike Higgs who tragically passed away last year. Sei Shihan Mike, you are forever in our hearts. A man who was true to himself. Rest in peace.

Resilience

'It is easy to say what has shaped us. But often more difficult to articulate what defines us. Resilience is one quality we would all like to be defined by, that is our ability to recover quickly from difficulties and spring back into shape. A bit like bamboo.



In a time of crisis resilience is tested, and in my experience it is not always the smartest, strongest or the fittest who demonstrate this quality when the chips are down. How do you physically and mentally prepare for a pandemic? As I watch this unfold in my centre of operations I am struck by those who make the best decisions. They are individuals who can be 'where their feet are'. These are people from all walks of life and have the capacity to embrace the new normal and see opportunity. Above all they believe they have options, they have control and can make a difference; rather than being a consequence of a changing world. They also have perspective and can scan the horizon, yet stay focused on the task in front of them when others are dissociated and uncoupled from reality.

In the end we are all passengers in time and have been dealt our cards. From my perspective the key thing is not to be bothered with the hand we are given, but to consider how we play that hand. Indeed the two of spades can be a trump card if played at the right time, just as a pawn can become a queen. In these troubling times we get time to reflect where we have been and where we would like to be, although we have to focus on where we are, and be in that moment. Of course it is easy to be mindful when things are going well.

In the eye of the storm, a defining characteristic of resilience are acts of thoughtfulness and kindness. As I write this I watch 99 year old Captain Tom Moore wanting to walk 100 times the 25 m length of his back garden in his walking frame to raise £1000 for the NHS. In the last 24 hours he has raised £10M! and has 10 more laps to go. That is resilience. I was also struck that our PM (Boris) took the time to write the obituary of his Oxford tutor who had certainly shaped his thinking on life, death and glory, and the genius of Homer. However, it was the courtesy and respect the Prime Minister showed towards his old tutor that said to me he was well-taught. Afterall, life is not a rehearsal'.

Osu

Senpai David Paterson

Head of Department & Hon. Director

Burdon Sanderson Cardiac Science Centre

Professor of Physiology

University of Oxford, UK

President-elect The Physiological Society

*Hanshi Renzie and
Senpai David Paterson*



Resilience

According to my dictionary resilience is the ability to bounce back, to be able to recover from, or adjust easily to misfortune or change.

We have all, from a very young age, had to learn this skill through a variety of experiences, some are common to us all. The first day of school, not getting what you want, injury, realizing your first true love doesn't feel the same way about you. We all share some degree of suffering, obviously for some it's been more difficult.

There is some value in suffering. It teaches resilience, discipline, courage and in some cases, makes us appreciate what's important in our lives. Halfway down in pushups, we have the children yell 'no quit, never quit, be strong, I can do it, Kia Kaha!'

It's been said that there's no hierarchy in suffering - its all relative.

The Buddha said the first noble truth is '...ordinary life is suffering...'

Some months ago, because of personal uphill difficulties and my experience with other people's difficulties, I think I could have talked with some authority about resilience. But with what's happening in our World, and to people within our World, I feel that at this time I have no 'authenticity' to talk on this subject.

The paradox of our practice, and as any teacher of Seido Karate will tell you, is that they see their students get stronger and more experienced, they also see a tenderness appear.

I ask all students to use your "strength/tenderness and be grateful for your life". At the same time commiserate with those in pain and misery throughout the World with your Gassho (bow).

Every little bit helps. We are all in this together.

*Osu,
Hanshi Andy*



Hanshi Andy and Hanshi Renzie

Reflecting on Resilience

A dictionary defines resilience as:

"the ability to be strong, happy or successful again after a difficult situation or event."

Winston Churchill once said,

"Success is not final, failure is not fatal, it is the courage to continue that counts"

and again, Nelson Mandela stated

"Do not judge me by my successes, judge me by how many times I fall down and get back up again".



These quotes resonate compellingly for me; particularly when I reflect back on the 40 fights for shodan. Back then it was just a gruelling exercise, something to be endured, however as time has moved on, those fights have become a metaphor for so many incidents in my life. The ability to get back on my feet after trauma. I have carried that experience with me as part of my first aid kit. An experience which would be hard to duplicate anywhere else in life. Something I can retrieve which is a tool to deal with any challenge.

Personally, there have been a few challenges thrown at my family and myself over the last few years, probably the major one has been the 2010/2011 earthquakes. Unbelievably, we are still involved in litigation with our insurance company. We have spent a fortune fighting this claim. As a result we have used up most of our resources. The one resource we still have is our will to keep going, knowing we are being unjustifiably denied what is rightfully ours.



Sei Shihan Neil's shodan grading

Now we have the challenge of the virus and the conditions its presence has enforced. The question is, how have I kept going? After five near-fatal incidents during my life I'm convinced I'm meant to be here. To survive, each person needs to search emotionally and spiritually for a source of support which will help overcome their trial. For me, this support has come from within and without.

Within, its meant soul searching for values that are meaningful. Self worth is hugely important. I struggled during my teens with self esteem. My father constantly seemed to be disappointed in me. I kept tearing myself down. It wasn't until I started karate and achieved milestones that I established some self respect and, interestingly enough, my father's approval. The significance was that I was doing them for me. Not for his approval. Having the latter was a bonus. With the growth in self worth has come the strengthening of resilience. I was meant to be here and I have a purpose, I guess my genes have helped me face life's challenges. My mother showed great resilience throughout her life and my father was always a fighter.

Without, I have looked to others who have shown a fortitude in dealing with trials. Inspirational friends and acquaintances who have dealt with adversities. I have good companions and a significant mentor who shall remain nameless because he would delete the reference; all of whom have kept me intact and resilient.

Osu, Sei Shihan Neil Mathieson, Christchurch

Resilience is the ability to recover from difficulties we face in our life. Sometimes referred to as toughness, not in the physical form but the concept of psychological toughness. I like the idea of it being toughness as it has always appealed to my ego and sense of being. This has often helped me in times of adversity as it has often motivated me, "to overcome this I have to be tough". Tough in the way that people I admire in history have overcome their obstacles by carrying on when others would quit.

Resilience is not just carrying on though, although that is an element of it, but in carrying on with learning from what has happened. If we just carry on then we are doing what one famous person said was their definition of madness namely, repeating the same thing over and over again and expecting the same result. I believe we all do this to a certain extent as we can see the result we desire but often choose what we believe to be the easy way to achieve it. In the dojo I am sure we have all done what I have which, is to repeatedly try the same technique (because we like it or are good at it) against an opponent but they avoid it. So what do we do? Repeat the technique hoping it will work with all the evidence to suggest that it will not. Even Presidents seem to practice this approach.



Resilience is a constant and developing state of mind. I have found the following activities have helped me.

Life is a constant battle against the odds. This sounds depressing but I believe once we realise this we can stop trying to find a state where there will be no problems, whether they be financial or otherwise. By accepting this we actually find the state of "happiness" we were looking for. Each battle is an opportunity for us to learn about ourselves, as it is only ourselves which can solve the problem. It is an opportunity for us to shine and if we don't shine then the next opportunity is just around the corner. Don't dwell on it but learn. In the way of music, a master once said, "don't worry, be happy".

Be honest with yourself and accept that you are not perfect. Don't beat yourself up, (guilty of this all the time). Be honest with what has happened. It may have been your fault. If it was accept it, apologise if necessary (it won't kill you). Then move on and try not to repeat the mistake. Accept that you will repeat it. Keep going with a different approach. Learn. Don't default to blame others because in the end it is you and how you react that is important. Clearly there are some situations which are not of your fault or of your own making, then it is how you react to those events, which I believe is important.

Counselling. Very American but it is worth it. This can come in many forms. From professional to having good friends. For me I have done both. I find regular contact with good friends to be essential. Here I am talking about good as in quality not quantity. Good friends are cultivated. You both have to work at it. If it is one way all the time then it is not a good relationship. Never underestimate the power of a good confession to a friend. Someone who will not judge (too much) or tell everyone. Our karate club provides this so well. At my grade the reason for training is often an opportunity to catch up with friends. Be patient with people. Some people I love catching up with at one time scared the hell out of me.

Don't take things personally. People say or do things for their own reasons. It may not be you that they are angry with. You just happened to be there. Accept that and move on. Everyone has good and bad days in the sense that some times we react well to situations and sometimes we don't. Be flexible with people. Allow them to be who they are and don't judge them for it. They might be better next time. Reassess where your tolerance level is. Some crimes are unforgivable, others are not. Make it a higher threshold. Being angry takes so much energy. Practice being happy, daily.

Accept that your troubles are not unique. People have been experiencing the same issues for centuries. All issues are big and small at the same time. Our bodies react as if everything is a danger and it has developed a simple way of dealing with it. Exercise. Outside if possible. Be smart. React as logically as possible. Read lots and learn from others. Accept that you may not know the answer but someone else might.

Overall, I try, as much as I can to maintain a beginners mind. To be always open to learning about life and yourself.

Osu. Jun Shihan Michael McDonald, Christchurch



Through Kaicho's lectures we have learned of the old Japanese saying, "It is easier to find the thief in a mountain than the thief in your heart."

When the thief runs away to a huge mountain and hides somewhere, he is difficult to find. There are hundreds of caves and crevices, glaciers, rock falls and impassable terrain. But it is really much more difficult to find the thief in our own hearts and minds. This thief takes from you, denies you something that is yours. This thief is our ego, something that always tries to grow. Our ego robs our spiritual progress, hinders our learning and can even influence the forging of deep relationships. It is so much easier to find the thief in a mountain than the ego in our mind. We may think we have no ego problems, but as we cannot spot the thief in the mountain, we may not see the ego in our own mind. We must constantly guard against this thief. Seido karate-do practice helps us guard against the 'thief' lurking in our minds, or even lurking in the shadows.

Resilience: The capacity to spring back to the original shape or form after being bent, stretched, or compressed: flexibility: elasticity; the ability to rebound quickly from misfortune or illness.

New Webster Dictionary. Published for Universities in the USA in the 1970's not so new but obviously resilient.

Cantabrians know all about resilience, and most of us are far more resilient than we thought. In the Dojo we know the saying "knocked down five times get up six".

When life delivers a "knockdown", it is our "resilience" that gets us back up.

What if you don't see it as a "knockdown"? Not as a loss, an injury, or even defeat? What if it is just an experience, part of the journey through life and rather than something to spring back from, we absorb it as a learning experience?



Sei Shihan Danny Watson, Devonport

Years ago, while working in radio, we came off air after doing the breakfast show to find that it was our last show. The station had closed. There was anger and disbelief in the air. People were crying, others holding back tears. All of the emotions you could think of were there, laid bare and very raw. Sitting there quietly, (yes, I can do that), I watched and waited. After some time, people settled down. On the way to my desk I grabbed an empty DB carton, loaded it up with my stuff, emptied my drawers and was gone. As I exited the lift at the ground floor, a television news crew was waiting. They asked how I felt and what I was going to do?

I said it had been a great gig and now I was heading home to get out my nail bag. I would go get another job. Not quite what they wanted for the six o'clock news. Loose one job you go get another, isn't that how it works? For me it is. We had four kids in the house. Four kids and an empty fridge gives you a great sense of resilience.

Life is wonderful journey full of excitement. Sometimes we have anticipation of what lies ahead, and if we plan for it, there are no surprises. Sometimes we get more than we planned for and sometimes less, but it's all part of our plan and therefore easy to adjust to the outcome. However, if we set plans in place that are unrealistic, then ultimately there is a better chance of not achieving the goal that we dream of. Life doesn't always go along with "our plan". Sometimes life, or someone else, has another plan for us. One we don't know about and when we are confronted with the outcome it can be a surprise, but what if it is very cruel surprise?

"Shift happens!" No, that is not a spelling error, it is "shift".

When life serves us a curve ball, one we didn't see coming; "life" has no control over how we react. That is up to us, and that is where our resilience kicks in.

We are 84% water. Water is soft and yet it can cut away rock and reshape the landscape. Water will take on the exact shape of anything trying to contain it. The same water will take on the shape of a cup, a jug, a bowl with ease. Water always takes the least line of resistance. It has the ability to move around obstacles. If blocked it has the patience to wait until either the obstacle has gone or more water gathers and then by sheer weight will overcome the same obstacle. Water will change form, fluid one moment solid, frozen as snow or ice the next. It has the ability to become almost invisible, evaporate and become part of the air that we breathe. It can condense and unleash itself as a part of a storm.

Water is resilient, and so too are we. It is why we are able to reshape our life while limited to a small, close group in our bubble.

For the past few weeks, and for a few more, we have accepted and will change. Adapt to a new way of doing things knowing that it is our resilience and acceptance of change that gets us through. We will celebrate when we all come out of lockdown. See you in the Dojo, possibly a few kilos heavier. Our resilience will take care of that.

Osu – Sei Shihan Danny

Resilience. What is it.

When faced with adversity in life, how do we cope, or adapt to it? Why do some people seem to bounce back from tragic events, or loss, more quickly than others? Why do some people get stuck at a point in their life, without the ability to move forward?

When faced with natural disasters, or pandemics, like we have at the moment, a person with good resilience has the ability to bounce back more quickly, and with less stress than someone who is less developed. We all have “resilience”, it’s how you use it. It doesn’t mean, you don’t feel the intensity of the event, or problem, it just means you’ve found a good way of dealing with it more quickly than others. Like any human skill, you just need the willingness to do so.



We also need, supportive relationships in our life (i.e. family and friends), a positive view of yourself, and confidence in your strengths and abilities. Being able to make realistic plans and carry them out. Being able to effectively, and in a healthy manner, manage your feelings and impulses. Having good communication, and problem-solving skills. Realistically, “resilience”, can be defined as “the ability and tendency to bounce back.”

We have all faced adversity at some stage in our life, in one form or another. Instead of wallowing at the bottom of the heap, a seemingly large cloud hanging over our head, feeling sorry for our self, look to the bright side. With a good “positive attitude”, let’s fix it and get on with life. Mentalities take control of our destiny (mental toughness.) This is how we deal with stress, pressure and challenges. It’s part of our psyche, it’s in our DNA, it’s who we are, and how we react and live our lives.

“Resilience is an important trait to develop, and only you have the power to achieve it.”

Osu – Shihan Peter Searle, Christchurch

Resilience. To me the word means fortitude, inner strength, taking whatever the world has thrown at me, sheer determination to complete a task, no matter the difficulty.

To put it very bluntly to be “b____y pig headed”. Being pig headed doesn’t please all people one has to deal or associate with, as generally, with any decision made in a group meet, there will always be disagreements. If decisions can’t be made in an amicable manner, the armour of fortitude and “stubbornness” is exposed. As with all situations where resilience is required, similar to karate, there is the yin/yang - two sides to each situation.

It is my consideration that a battle is not won through raised voices, but silence. To say nothing against the “rant and rave” becomes so infuriating to the other party, that when the guard is dropped, it is then time for the kill, sorry - cut and thrust. He who smiles rather than rages is always the stronger. As indicated, there are always two sides to all things, so, likewise is resilience which is renowned for its strength and to have it as a part of one’s nature, it is considered to be an asset. However, this asset must be used with control, consideration, respect, and to preserve dignity to the other party. It would be very easy when the result desired is achieved, to become arrogant, be disrespectful, become narrow minded and be cloistered in self-opinion.

The question is also asked, “How does one obtain resilience?” This trait is learned from an early age, from the upbringing and conditions of the environment during the period of the development from childhood to adolescence. Opinion states that resilience is developed from discipline, but the first lesson to be learned is the command and control of self. For without self-discipline, how can one have respect for others, the environment, all things that form our society, and the beauty of nature. From adolescence to manhood is the true making of resilience. It’s where the first step towards the journey begins - a journey into the unknown of adventure and experiences. Experiences of disappointments, frustrations and “hard knocks” dominate the good times. The options of now must be demanded.

Either sit in a corner, suck one’s thumb and cry “poor me/why me”, or use a lesson learned, that of discipline. Being proud, not losing “face” to the outside world is a huge reason to motivate self. It makes one determined to carry on rising above all obstacles. This lesson learnt of discipline combined with “face” continued over and over, is a personal discovery to RESILIENCE.

Osu – Sei Shihan Gavin, Christchurch



In my opinion, resilience cannot be taught, it is experienced; the sum total of life's experiences in fact. You have to experience something to be able to make it part of yourself.

I have always had a picture in my head of how my life might go. I had a plan. Then life continued to happen around me, many of the things out of my control. I had to adapt and adjust to whatever my new circumstances were. Adapting and adjusting are the building blocks of resilience.

I'll try and keep it brief, but still give you an idea of who I am and where that person came from. I am the third child of five children, the eldest boy, growing up in 1960's New Zealand. My father worked and my Mother was a stay at home mum looking after the children. A poor family on a large property with glass houses, we grew tomatoes and winter lettuce for the local market. Each day, after school and on the weekends, I had to work in the glass houses. There was a routine and an expectation of work. I accepted this was the case and got on with it. I did not know any different.

At age 5 I started Judo which I did until I was 10. From there I went onto boxing for one year, then moved onto karate. In those days, in all those disciplines, you did hours of practice. Repetition brings a familiarity that I believe gave me something solid to fall back on when things in my life would change. It is, and has been, a steadying influence during bumpy times.

I have, in my life, been through several relationship endings. Which as most people know, are very stressful times. They are emotionally challenging as well as the financial uncertainty that comes with them. Probably the most difficult part is when children are involved. During those times I retreated further into myself until I felt strong enough to move forward. I think in every person there is an inherent resilience and by retreating and regrouping in quiet solitude I was able to tap into that part of me and move forward slowly at first, then gaining confidence and momentum again.

Physical injury has also formed part of my resilient nature. In 2013 I fell down a bank at home, while weed eating, breaking my ribs and puncturing my lung. I was on my own on the property and I could barely breathe. A very scary experience. I managed to crawl back up the bank and along to the cottage. I had to wait several hours for help. In hindsight, I should have called an ambulance. I felt like I was going to die. I was determined not to. I have a strong survival instinct. I have things I want to do.

In 2014 my resilience was severely tested. The rib injury, whilst life threatening, was nothing compared to the achilles tendon injury that stopped me in my tracks for more than a year in total. That was a very dark time for me, if I am honest. Physically challenging but even more so, emotionally challenging. The prospect of losing a limb and not being able to carry on as I had before was something I could not cope with. I was unable to work or do anything outside for months. The health system was not on my side and it wasn't until I saw professionals outside the hospital system that things started to change and improve. It was difficult to stay positive. I had to rely on other people, which is something I don't tend to do. I am self-contained and don't normally require other people to function. I believe by accepting the support of others this added to my resilience. I learned that humility is part of resilience. I have much gratitude for those people.

As I got older my focus started to change. I felt a strong desire to explore the idea of understanding the body better, including the spiritual and energetic side of life, rather than just the physical, a more inclusive idea of body, mind and spirit. I came to this part of my life, which is evolving, from a real desire to support others. I know there is more to life than what we see, hear and feel. It's not just what's in

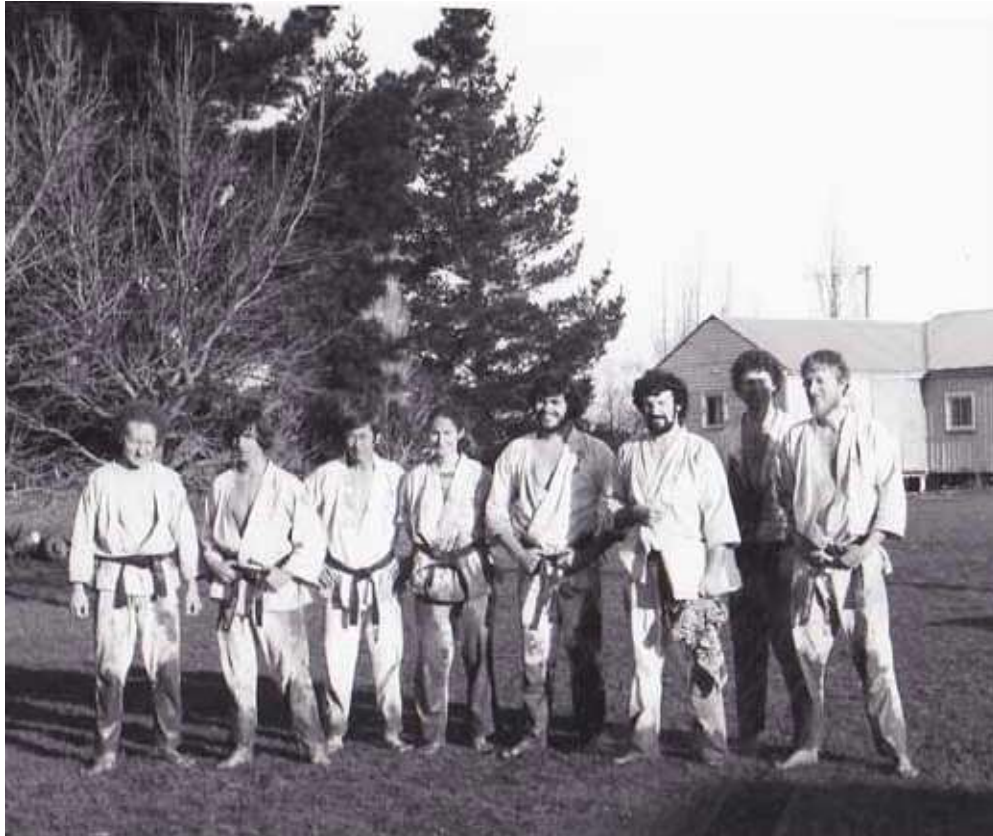


front of us. Resilience has taught me that. There is much I can't control. I just keep doing my thing and things change. Acceptance rather than analysis is required. There are things we cannot explain but resilience tells me that there is a way forward even though I can't necessarily see it because resilience has seen me through so much already.

Covid-19 is a scary beast and there is a collective global stress not yet experienced in my lifetime. It will be crucial for humanity to be able to adapt and adjust. Calling on individual resilience to achieve global resilience. I think NZ in lockdown has shown, as a nation, we have resilience as part of our culture. We all need to stay focused, knowing what the goal is, and do our bit.

I believe that my own level of resilience is the total sum of my life experiences to date. I'm grateful for it.

Osu – Sei Shihan Harry



Early days: Left to right: Senpai Charles White, Sei Shihan Harry, Sei Shihan Gavin, Senpai Jenny White, Senpai Bill Bowie, Hanshi Renzie, Senpai Jamie Tulloch, Sei Shihan Neil



Senpai Dean Hood's Mantra

*'There is no glory in having
the best teeth in the Cemetery'*



"Are you sure all the blokes are supposed to incubate the eggs??? And no food? For the entire incubation time? I have a feeling my Myrtle is taking the mickey".

Talk about stoic! Male Emperor Penguins – ‘gotta love ‘em’

They say the most stoic animal species on the planet is the male Emperor Penguin! The males take on the incubation duties!!! The female lays her egg and carefully places it on her mate's feet to keep warm in his fat folds. She then says 'see ya darling, I'm off now – much to do' and goes off hunting for several weeks in the warm, relatively speaking, ocean. When carrying their incubation fat, emperors are about as large around the chest as an average man. On very cold days, as many as 10 of them pack into every square metre of a huddle. In the huddle, individuals seem to temporarily lose their identity, and the group takes on the appearance and behaviour of a single living entity. Huddling cuts the heat loss by as much as 50% and enables males to survive the very long incubation fast.

On a social level, this huddling behaviour is an amazing act of co-operation in the face of common hardship. They are 'flipping' awesome!!! The Emperor males take this cooperation to an extreme taking turns to occupy the warmest and coldest positions in the huddle. On windy days, those on the windward edge feel the cold more than those in the centre and down-wind. One by one they peel off the mob and shuffle, egg on feet, down the flanks of the huddle to join it again on the leeward side. They follow one another in a continuous procession, passing through the warm centre of the huddle and eventually returning back to the windward edge. Due to this constant circulation, the huddle gradually moves downwind. During a 48-hour blizzard, the huddle may shift as much as 200 metres.

Want to hear an emperor sneeze?

http://www.antarctica.gov.au/__data/assets/mp3_file/0014/20426/emperor_sneeze.mp3

Are you resilient enough to cope under the current pandemic environment?

With the current four-weeks lockdown in NZ, some people have found ways to cope or to keep going to keep their lives normal. When Hanshi Renzie asked me to write about being resilient and what it means to me, I started turning my life-pages to see whether I've got one – and if I do, how did I develop it.

One of my childhood memories came to me when, as a young kid when I want to go to the toilet in the middle of the night, I used to ask my Dad to accompany me. Where I grew up, our outside toilet was about 100 metres away from the main house and I was scared of ghosts! He'd tell me to go ahead while he rolled and smoked his tobacco first. My choice was whether I waited for him (and probably do my business on my bed) or go and face the demons and do my business in the proper place. Of course, I chose the latter. By the time I finished my business and headed back home, I saw my dad coming towards me. Whether he did that on purpose to teach me something or - his tobacco was more important - but the lesson from this is about making choices. If what we think is a choice and if what we think determines how we feel and what we do, and if the total of how we feel and what we do is a measure of our resilience, then Resilience is a Choice.

When I accompanied him to work on our coconut plantations, he never brought any baskets. We didn't have sacks or bags of any sort at the time. However, when the need arose to use a basket, he'd make one from the coconut leaves – which is usually a skilled task for the women. He seemed to be capable of providing solutions to any problem that faced him. The lesson from this is that knowledge is power and is not gender-based.

So, for me, building resilience is about not giving up. The Japanese saying of "seven times, down, eight times up" came to mind. We need to manage stress – don't sweat over the small stuff – and react positively to negative situations. How you react to any situation will determine the outcome for yourself alone. Learn from your mistakes and failures for they are just steppingstones to success. Don't assume things (remember the ass-u-me mnemonic?) and surround yourself with 'good' people – (i.e. positive, knowledgeable, capable and trustworthy).

Our karate training is a very good mechanism to train our mind and bodies because a healthy body means a healthy mind and vice versa. These 'tools' (mind and body) will determine our resilience – to cope despite setbacks, barriers or limited resources - for without resilience, this can lead to anxiety and depression.

Take care everyone and be kind and supportive to one another.

Sei Shihan Ben



The Art of Adaptation

Having good resilience is like having good judgement - you only develop it as a result of having bad experiences. Everyone has bad experiences. The world's having one now. Actually, that's not quite true, people in the world are having one but the world itself is rather grateful for the experience - it's breathing again and fair skipping around the sun unfettered by the usual detritus gushed out by humankind on a daily basis. But back to us people....

Now don't get me wrong, I'm not belittling the enormity this Covid-19 event is having on people both in the present and for some time to come in the future. It cuts deep into every aspect of our Hauora, our wellbeing, disrupting our physical, mental, social and spiritual needs and wreaking havoc on careers, financial security and relationships, not to mention health. It's just that we have to somehow accept what we can't change and not lose sight of the future.

And it's clear we're moving forward into a future very different from BC (Before Covid!). Almost every aspect of news is pretty bleak. So what does 'pretty bleak' feel like and how will we tackle it? While we don't go hunting 'pretty bleak', at some time or another, 'pretty bleak' seems to find most of us. Being in the pit of 'pretty bleak' is rather uncomfortable and when you're wallowing around in there, it's pretty difficult to figure out how to clamber out. Having had a few wallowing around episodes, I've got a couple of strategies that seem to work for me.

The first is to follow in nature's footsteps, make like a lizard and adapt. Look at the amazing job we've done so far? Two months ago, who would've imagined that we'd be living the life we're living now? But adapting isn't easy. We tend to cling to that which we know and entering an environment that differs from our comfort zone makes us cling even more tightly to what we've done up till now. I've been thinking about what aspects of my life I'll have to change to adapt to this new world - travel plans on hold??? Argghh! Love travel. How am I going to give that up? So other than the fear of extinction, what else is going to cause me to want to adapt?



*Jun Shihan Bu,
with class*

Belonging. That's what. Look at examples of families and villages and workplaces where there are constant battles and feuds - until something comes along that threatens the whole family or village or workplace and then suddenly they're tighter than a well you fill in the simile - there are plenty of options! The rhetoric from our Government has been well constructed to enable this - "Stay home - save lives", "It's not what we're giving up, it's what we're protecting." "Unite against Covid-19" "Be kind" All these messages encourage us to band together to fight the common enemy.

So when I think about the people I love and care for -and share a sense of 'belonging' and yes, many of you fit into this category, when I think about the 'tribes' I belong to that give me validation and that I want to support and encourage and enjoy times with, when I think about the country I belong to and how proud I am to be a kiwi, and when I think about the planet I belong to and how beautiful and fragile she is, then I can think of many, many reasons why I'll climb out of the 'pretty bleak pit' and do what's needed to adapt.

And as well, I'll continue to live by a motto that's long been a favourite of mine:

"Things work out best, for people that make the best, of the way things work out."

Jun Shihan Bu Windsor, Christchurch



Jun Shihan Bu, Kaicho, Kyoshi Bryan, Kyoshi Ally

One of the qualities all New Zealanders need now, and once the Covid-19 crisis is over, is resilience. The dictionary definition says resilience is “the capacity to recover quickly from difficulties.”

As Seido students we should be in the best position to recover because resilience training is part of our usual practice regimen. Every time you do one more push up than you did before you are upgrading your resilience skills. Every time you train for a grading you push yourself harder and harder with a view to ensuring that when the pressure goes on in a grading you will have the ability to soak up the pressure and bounce back with renewed energy.

Many of you have been practising karate for decades. If you have developed nothing else during that time at the very least, you have learned resilience. It is now a part of your DNA. All that training, all those camps, the gradings, the heavy sparring sessions - you will have learned many lessons over the years about yourself and one of those lessons is how resilient you have become.

Some of you may lose your jobs in the current crisis or at least suffer some financial restrictions as a result. Others may lose loved ones although it looks like our Government is doing a pretty good job at present of ensuring that the number of deaths in NZ from Covid-19 will be very low. Some of you may be under emotional and mental pressure as a result of the restrictions placed upon you in the current lockdown.

This country needs people who will be able to soak up the pressure in the current crisis and then bounce back after the crisis is over when life is able to get back to some semblance of normality. Businesses will need to start up again, where possible, and the economy will have to be rebooted.

We will need people with positive outlooks on life to help in the recovery effort. Having a positive frame of mind during the lockdown is critical to being able to bounce back when the crisis is over. You have trained for a crisis like this. This is your big test. Some of you honed your resilience skills during the Christchurch earthquakes and their aftermath. It was no doubt extremely difficult for you, but you survived. When lockdown finishes some of you may need to make lifestyle adjustments as the world will not be the same place when life starts up again.

There is light at the end of the tunnel and when we come out on the other side you can contribute hugely to restoring the positive mindset that New Zealanders are well known for. That mindset is essential in moving the country forward economically and socially. Every one of you is resilient or you would not still be practising karate. Stay strong and prepare now to bounce back.

Kia kaha!

Osu! Sei Shihan Michael McIvor, Te Awamutu



'Botanicals' by Senpai Jennifer

Karaka Tree

This week I continue my botanically themed articles based on trees and plants that might have significance for some of us at Shibu. The Karaka is another favourite native tree of mine, which also happens to be growing down the dojo alleyway. Hanshi thinks that this planting may have originally been carried out by Senpai John Archer.

The Karaka, (*Corynocarpus laevigatus*), is a small to medium sized evergreen tree endemic to New Zealand. It grows to 15m tall at maturity and can have a really attractive and impressive trunk with a calliper (diameter) of up to 1m. They have thick, glossy leaves that are difficult to compost. The Karaka tree canopy creates a dense shade which does not allow light demanding native tree seedlings to establish.

The Karaka produces a bright orange fruit. Under the orange skin of the fruit is an edible pulp, however danger lurks in the kernel or stone of the fruit which contains the toxic alkaloid 'karakin'. The pulpy flesh can be eaten, although you need to do your research before you embark on a karaka feast. The Māori used to eat the poisonous kernels, using a special method to prepare them which included soaking, boiling and soaking again as well as cooking in a hangi for 24 hours.

The Karaka berry is a favourite food of the wood pigeon. Keruru are often seen so fat with Karaka fruit that they cannot fly. It is thought that the Karaka are originally from the upper half of the North Island and that the Māori brought the seeds with them further south as it was a good source of food and it attracted sources of protein, such as Kereru, that could be caught and eaten. The word Karaka in Māori means "to be orange". It is believed that for some Māori tribes it's significance as a food source was second only to Kumara. In places of former Māori occupation, it is common to see Karaka planted in straight lines, circles or groves.

Karaka was also the most significant tree of the Moriori and served as a vital variation to their diet, which primarily consisted of seafood. The tree also had powerful spiritual significance for the Moriori. Stories arose over time of how Karaka was brought to the Chatham Islands from the ancestral homeland of Hawaiiiki. Carvings in the trunks of old Karaka trees can still be seen on the island to this day and are considered a sacred treasure for Moriori descendants. The leaves of the Karaka were used in medicine and were applied to wounds.

"Under the roof of the Karaka trees,
The firm green thatch of leaves,
No wind wanders, nor rain, nor restless light
Flits like an amber bird among the boughs,
In the still house of the Karaka trees."

Robin Hyde (written 1925 - 1929)



RESILIENCE - “The capacity to recover quickly from difficulties, toughness”.

“Do not judge me by my success, judge me by how many times I fell down and got up again”. Nelson Mandela.

Resilience is a skill and as such can be grown through practice and experience. When I think personally about how I have developed resilience I am clear that for me, it is about my attitude and whether my glass is half full or half empty. Do I embrace the challenge/difficulty I have at that time or do I go into that negative content loop? I have learnt that how I have dealt with the difficulty I am facing has a direct impact on my capacity to recover quickly and build my resilience.

As SEIDO karateka we are again blessed in that we can practice resilience regularly. For example, the journey to a grading where we are challenged in so many ways and yet overcome these challenges and build our resilience, our belief in what we can overcome and the skills to recover quickly and with thoughtful reflection to learn from the experience.

Every one of you has shown resilience at one time or another and I would like you to think of one example where this has happened. We are all capable of resilience and like all skills, the more we practice the stronger the skill.

“My barn having burned down; I can now see the moon” Mizuta Masahide (17th century poet and Samurai).

Osu Love and Respect to You and your Family/Whanau and look after your bubble.

Jun Shihan Mal Young, Christchurch



Identification Quiz

Look at this photo below:

Shihan John Allender will gift a chocolate fish to two karatekas who can correctly identify 1) the dojo 1) and 2) the Head Instructor of this dojo. First two karatekas to email Shihan John at john@advantagefire.nz will get the chocolate fish first week back in the dojo!



*Jun Shihan John Allender,
Christchurch,*

RESILIENCE - a quick google search for the definition will bring up things like, to recover quickly from difficulties etc, or toughness. However, for me, in the particular situation we find ourselves in, I like to use this wee snippet from Josh Shipp.

*You either get bitter or you get better
It's that simple
You either take what has been dealt to you and allow it to
make you a better person, or
you allow it to tear you down
The choice does not belong to fate, it belongs to you.*



I try to use this a lot in my day to day dealings, whether mental, physical, health-wise, or even dealing with the ever increasing and abundance of 'morons' in modern society.

Why tip toe thru life
Only to arrive
Safely, at
Death.

I first came across this saying in the early eighties written on a small card pinned to the wall in our outside toilet. It caught my attention at the time as my family had just had a rough couple of years flitting between New Zealand / England / New Zealand and nobody was in a happy place. However, it soon fell from my attention when it was replaced by a Bruce Springsteen poster beside it. Fast forward a number of years and I started living my life to this little mantra, mainly because over a period of some 20 years I had had quite a few "episodes" creep into my life; 6 knee operations, wrist rebuilds, drowning whilst swimming naked and some far more serious issues which I won't go into. It dawned on me, that life is very short and that we should try and cram in as many of life's experiences, wonders, joyfulness, etc. and all those other 'titbits' that the happy people bang on about *[displayed to me by my late mother who at the age of 78-ish thought it would be a good idea to traipse around Morocco on a camel with a mate and try and smuggle a thousand odd cigarettes back into good old NZ (they got caught)]*. In short Viva La Vida, translated to 'live your life', but might pay to check with Coldplay. So that's it in a nutshell, live your life to the best you possibly can, fill it with everything you've got.

Take care everyone and remember, be kind, be 'love'!

Osu – Jun Shihan Andy Davey, Christchurch

Shihan Andy's strategy – 'walk through life in steel cap boots' – not even one 'tippy-toe-tap' from this lad!



Osu Hanshi and Christchurch Dojo

Hope you are all healthy and managing ok. We are fine, a little bored so trolled the internet for motivation, new push-up routines, to keep up being healthy. We had some really good family days watching movies, walks etc... but have filled up lots of this lockdown with renovations. The 'almost' 15 year old isn't as willing as Felix would like, so there's a bit of tension there sometimes. Meanwhile, he finally gets me out of being the labourer so I am keeping the peace and explaining how awesome it is that Dad finally has stronger and better help than me - I have no problem taking the hit.



Feeding them both well is smart to keep things calmer. Around the 3-hour mark he starts sliding away more and the yelling starts, long bathroom breaks, then both of us yelling his name up the stairs...hilarious scenes but the new normal in many houses, I imagine. Not our best parenting moments for sure. The family bike riding yesterday gave us all a literal breath of fresh air and we came home to find that there were 7 baby foxes born and living under our backyard neighbour's shed. That gave everyone a huge lift, and it felt pretty amazing to see them jumping and rolling around the lawn like puppies.

For so many of us it's been about handling frustrations in the last few weeks, money worries for sure, and being in that "unknown" place with it all massively out of our control. You are ALL hard-out experts with those feelings...and yours has lasted 10 years I think-2010? I keep thinking how hard the New Yorkers are having it, only 1 1/2 hours North of us, the Italians having 2nd waves of the virus etc... And it IS terrible, but your town was like this...and for so LONG. Nothing but respect for the YEARS you had of the feelings we've been having for just a month!!

Wish I had something of value to say, but all I come up with was how great it felt to be flying along on the bike yesterday, wind in my hair, feeling like a 12 year old again. The bounce back from seeing the foxes when we arrived home and how Nature gives us huge resilience. Thinking of you again Christchurch, but I have no doubt at all of your strength and resilience! You are ALL HEART Christchurch and I love and miss you.

*Very big Osu
Jun Shihan Meredith*



YANK WATCH

Hallo NZ!

We are still alive and kicking here on the border. Not too much to report this week as we've been staying away from everyone and everything. I can't really rely on the media to offer any semblance of honesty, so with all my spare time, I go straight to the sources (CDC & WHO). Today, I thought I would check on our whole country's health as our illustrious leader is talking about "opening America back up". I knew that here in Arizona we have not even come close to the peak, much less flattening it. I thought, well, maybe there are other states out there that have flattened the curve.....?? The last visit to the grocery store I was able to find toilet paper and bleach for the first time in a month, so I thought, hmmm.....but numbers don't lie. I've added a few lines on the count sheet as best as I could. Now, I'm no mathematician but it still looks like the USA is still on the rise...

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



Sensei Murray and Rowena Creighton

	28-Mar	4-Apr	11-Apr	18-Apr
# Cases AZ	919	2019	3393	4719
# Deaths AZ	17	52	108	177
# tested AZ	13712	27160	40530	51045
# Cases Cochise	3	7	13	22
# Deaths Cochise		0	0	0
# tested Cochise		258	425	541
# Cases USA	122653	267436	525704	690714
# Deaths USA				35443
# States "Widespread"				27

Senpai Charles White

A good mantra to reflect on during this time ...

'If things go wrong it doesn't mean you have to go wrong with them.'

In 1975/76 Senpai Charles and Senpai Jenny White [yellow belts at the time] took over Sei Shihan Gavin's children's class. They also run a sparring class for children from 1978 onwards at Manning Intermediate when Senpai Charles was a teacher there.



Senpai Charles and Senpai Cho Yoon Leong

My favourite documentary about this very subject, incredibly rich in heartfelt 'life lessons' – is '500 miles'.

This 40-day programme featuring horses and remote wilderness bridges the gap between challenge and purpose in the lives of combat vets in the US. The underlying essence of this doco is psychological damage and the rebuilding of trust. As human beings, we start our lives like the rose under the glass in *The Little Prince*; protected and sheltered. As we progress through the natural course of a life, many events and challenges test us. Sometimes we lose trust in ourselves, and in others. The producers of '500 miles' place sixteen of the world's toughest men alongside sixteen of the world's toughest horses. You can view it here <https://topdocumentaryfilms.com/500-miles/>

Next to my family, the greatest gift bestowed on me is Seido karate-do. It is my view that the support and 'sense of place' that Seido karate-do affords to all its members is second to none.

One's worldview directly influences resilience. I have lived rurally for all but three years of my life. Consequently, my worldview is nature based. Rural kids typically experience 'life lessons' a lot earlier in life. The pet you love is on the dinner table at Xmas and this roast is even named after your 'beloved' pet! The other pet you love dearly is already on the stock truck and leaving tomorrow morning. Your horse is shot by your Uncle due to a broken leg. As an 8-year-old you search for weeks before finding his final resting place. Your pet lamb from last year accidentally peeked into the ram paddock last March. You are the one, at 9 years old, with your hand up its 'nether-regions' trying to turn the unborn lamb currently in breach position. You are the nominated 'sheep dog' every time the sheep are mustered as your father has 'ruined' all the potential farm dogs with his well-intentioned 'molly-coddling'.



Kyoshi Nicky and Kyoshi Ellen

I was leaning on Seneca's view of resilience before I even knew of Seneca. During this 'shut-down' period many of our senior karateka have offered us collective shoulders to lean on. Kaicho's meditation lectures have been 'food for the soul'. Yesterday, I was privileged to be one of **one hundred and forty-one** karateka listening to Kaicho's lecture drawn from Chapter 1 of the Human Face of Karate. The sense of community was real. We were all there supporting each other. Both Kaicho and Nidaime have provided online classes supported by Senpai Meg and Mrs Nakamura. Hanshi Andy and Sei Shihan Jane have offered meditation lectures which have been gratefully received. Hanshi Renzie has offered insightful learnings and analogies from a 'performance under pressure' perspective. Sei Shihan Danny has provided 'live' lectures brimming full of sage wisdom every day of 'shut-down' at midday, for all and everyone. We are indeed fortunate. Few endeavours in life are solitary exercises. Wherever we look, there are people on a similar path. Human nature dictates we find each other.

Rather than thinking of life's adversities as Seneca's 'stores', I think of life's adversities as reference points. We all have reference points. Some say the hardest thing that we ever do in life is look at ourselves. I am fortunate to have family and friends in my life who hold up my mirror so I can continually improve myself as a person.



Kyoshi Ellen - Nelson dojo

I endorse the fact that Seido karate-do practice builds mental and physical resilience, while offering spiritual insight. Mental pressure peels back layers to original thought. [This is a '500 miles' quote]. Seido karate-do practice has helped, and still helps me achieve original thought. I am eternally grateful for this. I will continue to honour the Bushido Code.

Osu, Kyoshi Ellen Hampson, Christchurch

Our own knight in shining armour –

Senpai Dean. *Doesn't every woman want a knight in shining armour? Senpai Dean Hood is combining his health goal with a noble act for the women at Christchurch Shibu. For years now we have endured the frost and cold in our tiny wee changing room! We have 'huddled' like the Emperor Penguins just to retain some body heat before and after classes in winter. Literally, if we had [bleep] they would be frozen right off!!! Then along comes Senpai Dean. Must be something in that name, Hood, wasn't Robin Hood a good lad also? THANK YOU SENPAI DEAN!*



Osu everybody. On the 1st Oct 2019, the reality of having a second hip replacement became real. After the first replacement, I realised it was time to make some health changes for the better to aid in a quicker recovery. I decided to set myself a weight loss goal in order to get into good shape to go under the knife. I think it is important to present yourself to the surgeon in good form, as it shows you actually care, and respect what is about to happen, rather than a slab of meat for harvest. I was 116kgs 6 yrs. ago and started the weight loss challenge at 104kgs. It has been 7 months and I now weigh 92kgs, which leaves me 32 weeks to get to 80kgs, giving me a total loss target of 24kgs.

So, how have I gotten this far? Well, I had to make dramatic changes with nutrition. I could never understand why I did so much Karate, played football, worked hard in a physical job, yet was overweight....it had to be food. I decided to take on a Keto diet, and I tell you, the first 3 weeks was torture. Not only are you breaking bad food habits, you are removing the foods that give you your mental buzz. For example, swapping a bag of wine gums for celery sticks. Ketosis is a metabolic state where your body burns fat for fuel. When you eat carbs and sugar, your body gets its energy and fuel from this, and stores the surplus as body fat. When you are in ketosis, you have no sugar or carbs to burn, only protein. Your body has to find other ways to get its fuel. It has no choice but to burn your body fat for its energy. So, your liver converts fat into an acid that can be used as fuel.that's when the magic happens. My diet from Oct to Feb, was 2 x scrambled eggs for breakfast with glass off hot water. At midday, I had 1 cup of raw mushrooms with coffee, then one avocado for evening meal with glass of Kombucha. This works for me and I never get hungry because my body is eating fat, instead of a gut full of sausage rolls, coke, cream buns, lolly cake and tim-tams.



I have changed my diet only a little for the final stretch to aid in accelerated fat loss, and I will reveal my secret at the end of November. It has been tough. Like I said earlier, the first 3 weeks killed me. Dehydrated, nauseous, migraines, you name it. I nearly threw in the towel. But I tell you, when I got through that, it was amazing. My energy levels skyrocketed, and remained constant, not crashing in the afternoon and yawning during the day. Anyway, as most of you will know, I have 100 sponsors from my Seido supporters who have kindly pledged \$10 towards a new heat pump for the women's changing room at the Dojo, providing I am at 80kgs by camp, this December. If I fail, nobody will pay. I am at the business end of this now and am going to have to work diligently to succeed. The last few refining kgs takes a lot of sacrifice. But ultimately, when I get there, I can be happy I have achieved it, and I will prove it can be done should someone choose too, and most importantly (here we go..... lol) the women's changing room will be pleasant from then on, and nice and warm in the winter.

Osu Senpai Dean Hood

Crisis in Poland in the 80's.



OSU and best regards to you all.

In recent weeks and months we have all been talking a lot about our current world situation and what a crisis we have. I agree it is very unprecedented times for the world, but these kind of times have been experienced in different parts of the world over the centuries. One of those times I have personally lived through was in the 80's in Poland.

On the evening of December 13, 1981 the government declared a "state of war". The next day we had tanks and soldiers everywhere and almost for the rest of the decade we had a massive crisis in Poland. We had police hours and curfews.

We had coupons for food. People got them from the government but having the coupons didn't mean you could just go to the shop and buy food.

Often we would line up in front of a shop the night before or sometimes in the early afternoon. We would wait in a queue all night until the shop opened the next day just to buy basic food. Usually families would have queue shifts, and people would change every few hours so their family did not lose their spot. Sometimes people would wait all night but the supplies would only be enough for the first 20 or 40 people so you could stand in a line all night and still miss out on whatever got delivered. Often, we would not know what was going to be delivered the next day so we just lined



up for whatever was there. Now many years later we have a Polish joke that you would line up for a bicycle but they delivered washing machines so you would buy a washing machine. Of course, it was not washing machines we would line up for, but basic food like butter and meat. Buying anything was a challenge as shops were mostly empty. But this did teach us to be resilient and to do what needs to be done. Everyone complained about the situation but everyone adjusted and did what had to be done.

All four of my grandparents lived through the second world war and as young people they experienced a lot. My grandmother was only 13 when the war started, she lived in a small village in the mountains. One afternoon they heard tanks and soldiers marching in the distance. The elders in the village told all the kids to run to a nearby forest. Kids hid in

the trees and watched their village burn down with all their families, parents and grandparents. The kids, including my grandmother, survived the war hiding in the forests. My grandparents always said that the crisis in the 80's was nothing compared to the war and didn't understand why people were so upset about the situation.

Right now, I think the same thing as my grandparents. We do not have to hide from soldiers with guns, most of us have a roof over our head, our government is trying their best to help the Australian public, we have the technology to easily communicate and keep in touch with family and friends, we have enough food and if we follow social distancing and hygiene guidelines most of us will be safe. We just have to adjust to a new way of life both physically, mentally and emotionally. It is during these times of hardship that people will get the opportunity to find out how resilient they really are, how strong they can be. It will take its toll on some people, but they might just learn an important lesson – your mindset and attitude is paramount to your wellbeing and the wellbeing of the people immediately around you, so reframe your experience of this situation if you feel you are getting depressed – count your blessings, go with the flow, focus on what you can do rather than what you can't, and look after your family and your community.



There are many things which I have learned from living through the state of war in Poland and from my grandparents. The most important I guess is that nothing is permanent. Things do change daily and the best thing we can do is adapt and make the best out of what is.

Focus on what we have rather than what we don't. Stay safe and thank you for reading.

OSU

Kyoshi Darek Lebek (Polish, South African, Australian with an accent)

Bayside Seido Karate Melbourne Australia

WORD FIND

KORYUGOJUSHIHOUP
TENS HOKKANKUKATA
JESKTFECHIONFUDO
OAAOEUNSEIENCHIN
DMIKTJSMQPHANSHI
AEHETIEOUISEIDOC
NOANSNTRCNBHYTKH
MIGIUOSOHAASNR
UKEAINUTINYJNUOI
URAKENGEYOIISKWS
KYOSHIEGEDANUIAT
USHIRORTAIKYOKUC
HIDARIITONTOKKM H
FUSETSUDAIIOUAUAU
KSBSHIHANAMTKMYR
AEOYONJUGODOAIBC
INKSENPAITONTTEH
CSIKARATEBAYOEYOY
HEHZENKUTSUTONE
OIOCHUDANHAJIMES
AGREUKOMAMAWATE
UCHSOKPSAIPETERN
UKOSUHC BETA MAKO

Answers on page 29



*Osu
Jun Shihan Richard Phillips*

Jun Shihan Pat Holden

Resilience – what does it mean & how did I develop it?

I don't think that I have ever given much thought to the above so I'm just going to start typing and see where it leads me.

What does it mean to me? First up and without too much brain scratching I think it is as basic as to keep going and to keep trying to achieve whatever the task at hand is which might be as simple as getting through a normal day or week or working towards a specific longer term goal i.e. finish university, finish an apprenticeship, complete a marathon, land my first job etc.

The key part is that we keep going no matter what - especially on the tough days – it's much easier to get out for that run when the weather is being nice to us but what about when it's cold and wet? If resilience for me is the "to keep going" then this probably started when I was about 6-7 when I started going for runs with my Dad. I loved it, getting to spend time with my Dad – just the two of us pounding the streets of Waiouru. And I've been running ever since! Dad was old-school – if you want to get better then you had to do the hard yards. Both he and his father had great work ethics, never sitting still, always on the go, always doing things and often for others. I got to spend lots of time with them, so I guess this also helped to instil in me a good work ethic and to always try to do my best. Mum was the same, always working whether in the family business or looking after us kids.

When I started Seido Karate the importance of having a good work ethic was also a strong part of the culture. I was very lucky to train under and with some amazingly talented and inspirational Karateka (and I still do which is pretty cool) so the thought of letting them down always pushed me on to want to try and do my best. And of course, Seido Karate is very good at putting us outside our comfort zones as it aims to teach us to develop a stronger non-quitting spirit.

I remember training for my Shodan with Senpai Garth (who was training for Nidan), Kyoshi Nhi, Senpai Damian and Senpai Jason. I didn't know it at the time but I was on the road to over training and on one of our early morning sessions I was partnering Sensei Roger, who knew how to punch and kick like a mule and I remember holding the bag. It was hurting like hell and I'm thinking that I'm about a nano second away from bursting into tears – I'm not sure how I managed to keep going, but guess it was my resilience.

I think for a big part of my life I've probably just meandered along thinking I'm resilient as I can keep going, even when the "going gets tough" and largely based on the work ethic instilled in me by my parents and Seido. A big part is also that I've been lucky enough to be a pretty fit and healthy person so my physical and mental side have always been able to support each other.

However, more recently I've come to believe that resilience is really about my ability to learn and adapt to the situations I'm faced with, rather than just putting my head down and grinding it out the old fashioned way or the way I use to. Get through but be smarter about it and sometimes it might actually mean saying "I can't do this"!

So, resilience has become a lot more about:

- Trying to listen to any feedback I'm given and to take the time to process what was said rather than getting on the defensive and losing the opportunity to learn something. By taking the time to think about the feedback I can then make a better decision about whether to throw the feedback in the bin or to use it and make myself a better person as a result.

- Sometimes letting others have a go – yes, they won't do it exactly the way I would but if we get to the same result does it really matter how we get there and who said my way was the best way. The great bit about doing this is there is then less for me to do!

· Being aware of others strong points and tapping into that – we went through a pretty tough time as a family a few years ago and what really struck me between my wife and I was that while we had a common goal we both viewed and dealt with much of the situation quite differently – end result was we made an awesome team despite lots of tears, lots of frustration and lots of feeling lost and alone. But by me stepping back and realising this is what I can contribute and this is where I can help and this is my role – I think I did okay – my wife was the true hero, mothers always are, and I don't think I could have done what she did - but I think I helped!

· Not being afraid to ask for help. I often wonder with my Sensei Roger example above, what might have happened if I had have burst into tears. Maybe I would have learnt that I was just worn out and a needed a bit of rest and that actually that's okay when you've been giving a 110% - so have a rest the world's not going to end. I might have even gotten a hug out of it – and hugs always help!

· Try and learn from my stuff ups – still too many of these happening but I guess that also means lots of learning opportunities!

· How can I be a better person and use what I've learnt to help others?

Resilience where did I learn it? Well I am still learning so not sure if that makes me a slow learner or smart.

What does it mean to me now – well it's still about moving forward but now it is adapting, changing, learning, asking for help, admitting defeat when I have to and moving on, tapping into the knowledge, expertise and love of others, cutting myself a bit of slack when I get it wrong but continuing to move towards to trying to be a better person. Then putting all that into the quote below from Mary Anne Radmacher: "Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow."

Osu – Jun Shihan Patrick Holden, Morningside, Auckland

*Osu – Jun Shihan
Patrick Holden,
Morningside,
Auckland and
Kyoshi Scott
Holdsworth*



Answers to Jun Shihan Richard's Word Find

KOKEN. JODAN. ZENKUTSU. KAICHO.
HANSHI. SENSEI. CHUDAN. HAJIME.
KAMAETE. MOKUSO. MAWATE
UCHI. CHUSOKU. SAI. YONJUGODO.
USHIRO. SHIHAN.
KYOSHI. SENPAI. GEDAN. HIDARI.
KARATE. KUMITE. MIGI. TSUKI. UKE.
YOI. HIJI. FUJIN. CHION. KATA.
MOROTE. KAKATO. TAIKYOKU.
TETTSUI. YANSU. SEIDO. PINAN.
SAIHA. TENSUO.
KORYUGOJUSHIHO. FUSETSUDAI.
KENSETSUGERI. SEIENCHIN.
KANKU. BOKIHON. URAKEN.

Words can be found up, down,
and across.

FORGOTTEN FRUITS – the ‘wild apple’

Crab Apple Jelly or Syrup

As a follow-on from my acorn coffee [by the way ... did you know, Jun Shihan John Allender is very keen on the idea of acorn coffee] ...

I want to remind [some] and inform other ‘closet’ jam-makers that this has to be one of the most rewarding ‘hunter-gatherer’ tasks. The relevance to this week’s theme, resilience, is that you need to have some of Sei Shihan Gavin’s ‘bloody-mindedness’ to prepare a large bucket of tiny apples. It is not a speedy process. This requires a non-quitting attitude of its own kind. The result is an amazing red jelly that warms your heart just to look at it! I am fortunate in having my own crab-apple tree. It’s an old tree and is well established. It never disappoints, year after year producing a fine harvest. What’s special about these little apples is that they are rich in high levels of natural pectin, a natural setting agent. You don’t need to add pectin to make this jelly. If you want a syrup rather than a jelly, you simply boil the crab apple extraction for a shorter time. Crab apple jelly is great with cheese on crackers, and with cold meats, especially duck. If you ‘into’ scones, also great on scones. Apparently use of the crab apple [Swe krabbäple] dates back to the era of the Vikings.



1.5 kgs crab apples

3 cups water

3 cups sugar

Clean and prepare approx 1.5kgs of apples. Add just enough water to reach the underside of the top layers of apples in the saucepan - no more. Boil and then simmer for 20-30 mins. Line a colander with double layers of cheesecloth. Pour in the apple pulp and water. Leave for at least two hours or even overnight. Resist the urge to squeeze the cheesecloth as this will make the jelly or syrup cloudy. Once the juice is fully drained from the pulp, measure the juice quantity and pour into a saucepan. Add warmed sugar – ratio=750gms sugar to 1 litre. [Pre-warm the sugar slowly in the oven to help it dissolve quickly]. Bring the extracted liquid and sugar to the boil. Then simmer for 40 mins. Once done, do a ‘setting test’. The freezer test is best. Add to sterilised jars. Wax to seal lids for longer-term storage, if you have wax. Otherwise store to use.



Resilience - and how we can learn it from others

The world goes on.. as it must.. albeit somewhat differently, but we try to keep the same (as much as we can) the things that we can. We're training, and many have embraced the live online classes of our Virtual Dojo - some students are training even more often than they were in person! Clearly making the best of an unfavourable situation, which is so pleasing for all of us.

Of course, with students continue their training and learning and attending lots of classes, so continues their eligibility for promotion. We had two kyu grade promotions scheduled for April 2020 (one for the Adults Program and one for the Juniors Program). I (somewhat naively) assumed early on, that yes, we would still run the scheduled promotions and grade those students (provided their attendance and syllabus sufficed).

Tonight, Monday 20th April 2020 we completed our very first Online Kyu Grade Promotion. Two students from the adults' program, Alex a 17yo Adv Blue Belt and Jay a 13yo Jnr Adv White Belt completed a near 2-hour promotion from their homes.

On paper, Alex and Jay are probably not the first candidates you would choose to use as guinea pigs in the first of a rather unusual grading. Alex, a teenager with a somewhat quirky nature and Jay, a young migrant from southern-Asia, completing his first-ever Seido Karate grading.



Alex



Jay

Part-way through the grading, I started to have my doubts that I had made the wrong decision about whether to hold this online grading! Keep in mind, I have taught Alex for almost 18 months and Jay for about 6 - I know them both well and what they are capable of, they both try hard, listen and respond well. I did not doubt them, but rather my ability to orchestrate an isolated promotion (via virtual means) that allowed them the opportunity to show what they were capable of.

There came a point, where I could feel my frustration at not being able to communicate the instructions to the graders beginning to show and surface. I started to feel seriously concerned that I was going to damage this young boy's confidence. It was at around this time that we realised our young white belt promotion candidate is following along on nothing more than a mobile phone screen!

Then of course - my internet drops out and I lose everyone!

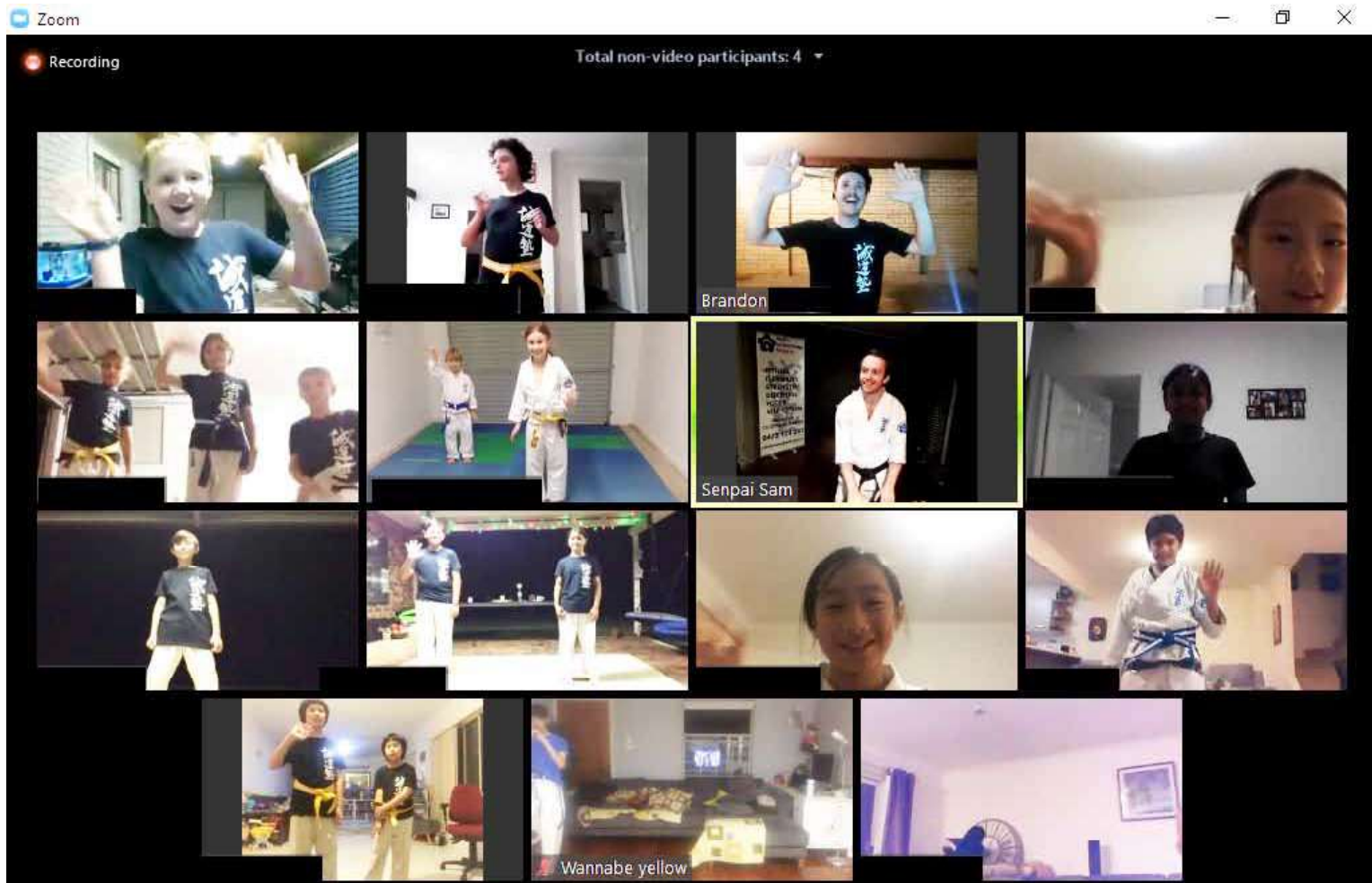
Fortunately, this set me straight, but what came next served as a lesson to me and all of the supporters watching. The grading continued and the two young candidates continued persevering through the newfound challenges of an online promotion, conducted in less-than-ideal spaces. Alex showing great knowledge of his syllabus, even when he had to do his kata around the chaise of his couch and Jay had such a small space (between his bed and standing wardrobes) that he managed to kick his wardrobe twice in a short space of time. Jay treated his furniture kindly in his final kata though - nailing a zero-step (on the spot) Taikyoku I with beautiful stances and technique.

We had black belts supporting the promotion from their offices as they worked late and everybody supporting had something new to commend the candidates on - the most popular comment "such great push-ups" - OSU!

Thank you and well-done Alex and Jay - not only for a very special first Online Promotion, but also a lesson in resilience that I will never forget - OSU!

Osu

Senpai Sam, Seido Sunnybank, QLD Australia [former Reefton, NZ student – Kyoshi Ellen insisted on adding this detail as Editor]



REI - as Seido karateka, we do not need to prove our strength.

We are courteous, even to those who do not hold us in high esteem.

The true strength of a person becomes apparent during difficult times.

“Karate starts and ends with RESPECT”

Most of you may know me as the guy that produced the NZ Seido Karate book, and throughout my travels to the various dojos taking photos, listening to and capturing the history one of the messages that has stayed with me is “Karate starts and ends with respect”. I had heard Hanshi Andy say this at a number of his classes, and at the last Nelson Karate Camp, that I attended. And as a fee-paying student, who has trained in various dojos over a 30-year period, you tend not to fully appreciate something until it is taken away or they are no longer there to advise or guide your journey. Who would have thought that both the Christchurch and Nelson Shibu Dojos would make the difficult decision to close their doors prior to the Prime Minister’s announcement to go to level 4 lockdown in New Zealand, and some dojos would be teaching their students on-line.



As Karate students we tend to take for granted many things and we are mostly in charge of our karate decisions e.g. you decide whether or not you want to train, which classes you want to train in, and whether or not you accept a grading invitation. We all have the expectation that the dojo will always be open and available us, there will always be others to train with, and the instructors will always be there. Some of us are lucky to be able to instruct on a regular basis and are entrusted with taking classes.

What has impressed me during the global lockdown period is the number of karateka throughout NZ and around the world who have been touching base and reaching out with offers to keep people training e.g. Kaicho, Nidaime, Senpai Meg and Mrs Nakamura, Shuseki Shihan Eli (Seido Karate Israel), Jun Shihan Brandt & Kyoshi Tina (Seido London Dojo), Jun Shihan Allan and Kyoshi Robyn (Seido Karate Geelong Dojo), Kyoshi Darek (Bayside Dojo, Melbourne), Senpai Sam (Sunnybank Dojo, Brisbane), Senpai Phil (Seido Ballarat, Victoria) and more recently Hanshi Andy (Nelson Shibu Dojo) promoting a shared meditation class. Many of these opportunities and offers have a strong Kiwi connection, which we should all be proud of.

I sincerely hope when the lockdown period is over and we head back to routines and hopefully to our lives prior to COVID-19, that we, as Karate students no longer take things for granted, appreciate all the instructors and Branch Chiefs for all their years of dedication and continued commitment. After all it is their willingness to share their knowledge, and the sacrifices they make; that ensure we ALL have a safe environment to train in.

Keep safe within your respective bubbles, look out for those around you and stay connected. I look forward to the next Seido Karate gathering where we can all reconnect and continue the path ... “Karate starts and ends with RESPECT”.

Osu

Sensei Garry Szeto

Sensei Garry Szeto is the author of the book “In the Shadow of the Future” which captures a 50 year history of Seido Karate in New Zealand from its earlier beginnings, Kyokushinkai Karate. Sections include: Women Pioneers, World Champions, individual dojo stories, 40th and 50th anniversaries, Sei Shihan and Jun Shihan profiles and other stories of special interest. Osu, if you would like a copy of the History of Karate book – please go to this website <https://seidonorthlandwgtm.co.nz/book/>

RESILIENCE

There are several factors which may contribute to resilience, both in individuals and in groups. In no specific order they are:

Meaning and significance

The more 'meaning' something has, the more likely the individual / group will develop the capacity to go to 'places' where they are uncomfortable. This is clearly observed in selection tests for elite military units like the SAS where applicants drop out, not because they've reached their physical capacity but because they get to a point where they feel it's not worth it, other things become more important, so they withdraw or shutdown.

One of the reasons why developing a good culture / community is so important is that this often gives meaning and significance to an individual. They belong and this becomes a powerful reason to keep going when it becomes uncomfortable.

In a sports team, if you want players to go to an uncomfortable place, they must feel like they're doing it for their mates, that they can't let them down. To this effect, I feel it's not the leader's role to motivate the team, it's the leader's role to create a culture / community in which the individuals feel motivated. That's not to say leaders and managers aren't motivational. Sustainable motivation comes from within and is not dependent on external approval, praise etc. It becomes part of what defines us, who we are.

Being clear about what we can control.

Is critical, especially in situations where we are under pressure. Under pressure we can revert to our default positions which aren't necessarily useful. These are developed from childhood and often inherited from our parents. Intellectually we know they may not be good responses, but we go there anyway because they are familiar and with familiarity comes comfort.

Our attention gets diverted to aspects we have no control over - the market, people in our team, external influences, the competition, outcomes etc., When this happens the situation in which we find ourselves becomes overwhelming and we start to feel powerless and victimized.

We respond by becoming
Aggressive (overcompensating).
Passive (withdrawing); or
Escaping (shutting down).

It's not enough to know what we can and can't control, it's important to practise it. The first step is becoming aware of when this is happening. An important point here is we can't control our thoughts because we usually don't know what our next thought will be. And once having thought it, where does it go? We can control our response to the thought, however, and this changes our relationship with that thought and then this changes the nature of our thoughts.



Labels

Sometimes it's the label we apply to things that drives unhelpful responses. For instance, an athlete who has pre-game anxiety has butterflies etc. In fact, it's the body doing its job in preparing the athlete for competition. By changing the label to something like preparation or anticipation, it can change the athlete's response to those feelings. Instead of being something they dread, it becomes something they welcome because they know it will make them sharper and more powerful.

Another example of labels is when you consistently lose to the same opposition, or you consistently lose business to the same company. What happens is that you adopt a fixed mindset and lose the ability to see through another set of lenses, instead, filtering it in a way that precludes change, being able to define the core issue and doing your 'what ifs'. Usually we fixate on an issue but frequently there are a variety of contributing factors. Asking yourself is it primarily a structural, skillset or mindset issue can be a good starting point. What can be done in these 3 areas to facilitate movement?

What will stop this from happening?

What can we do collectively and individually? In these situations, being able to adapt and adjust becomes critical because we tend to revert to the known and familiar because it's more comfortable. This, of course, is when the team becomes important, that there is alignment re purpose and direction.

Then, of course, they need to have the resources to create movement and then the disciplines to execute the plan / strategy. What are the risks and how do we link to their personal drivers in order to sustain momentum, especially when the going gets tough?

Issue Response Separation

People under pressure tend to fixate on certain things and exaggerate their importance. They catastrophise by thinking the situation or event is much worse than it is. This leads to distorted thinking and in a team or group can be devastating, particularly if the one leading is the catastrophiser. When events occur, we have an emotional response and if our response is intense enough then the issue is forgotten or over over-ridden by our need to deal with our emotions, or having to deal with other people's responses. The issue doesn't get dealt with. As a leader it's important to be able to separate the issue from our response.

There are two rules that are valuable here:

- 1/ Don't make assumptions
- 2/ Don't take it personally

The first has to do with not jumping to conclusions. Sometimes that's required, especially in a genuine life threatening situation, but usually this is not the case. We avoid making assumptions by asking questions to find out what the real issue is. This means having the ability to detach ourselves from someone else's story so our thinking can be clear and free of distortion.

The second applies to when someone is accusing us. When someone is critical of others it is most often not really about us, rather it's to do with what is happening for them and they are merely projecting onto us. The end result can be that we get defensive and often counterattack and then it's easy for the situation to get out of hand with the core issue not dealt with.

The Prime Issue

The Prime issue is to be able to control our attention. Where our attention goes our energy will follow. So, being clear around what we can control in any given situation is essential. When we're

under pressure our attention is often caught up with things we have no control over. This makes us feel powerless and, in some cases, we feel a victim and go into 'poor me' mode. All of which maybe perfectly reasonable but from a performance point of view not helpful.

Even though we can't control some things we can influence them,, and this is one of the cornerstones of effective leadership. Frequently managers, coaches, teachers, parents try and control their staff, pupils, athletes, family members and find that all they get is resistance. But they can influence them to go in the direction they want. Which is why the environment you create is so important.

Expectation is the mother of crisis

Another pitfall of leadership is having expectations that things will go a certain way. They sometimes do go as planned but when humans are involved...anything can happen. Expectations tend to be carved in stone and don't allow for adaptation and adjustment. That doesn't mean we shouldn't plan, set goals etc. but it's important to do your 'what ifs' so when things happen you've considered the possibility and have a strategy in place to deal with it. This allows you to be more flexible in your thinking and open to alternatives.

Context

In my experience people can have resilience in one area of life but not in others. In the military they can be tremendously robust in action but can be completely off task in a domestic situation. Often, it has to do with how they define themselves. What gives them meaning. What filters they have in place. Resilience is not constant. It fluctuates as different aspects influence how we respond.



Behind: Kaicho. Front: Hanshi Charles, Hanshi Renzie, Hanshi Andy, Nidaime

"We are the sum total of our experiences. Those experiences – be they positive or negative – make us the person we are, at any given point in our lives. And, like a flowing river, those same experiences, and those yet to come, continue to influence and reshape the person we are, and the person we become. None of us are the same as we were yesterday, nor will be tomorrow"

[B J Neblett].