

Worlds First Interactive Martial Arts Magazine

# WARRIORS

MAGAZINE NO. 10



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**ANKO ITOSU**  
**10 PRECEPTS OF KARATE**

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**COURAGE ABOVE ALL**  
**JOE LEWIS**

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**SEARCHING FOR**  
**THE SECRETS**

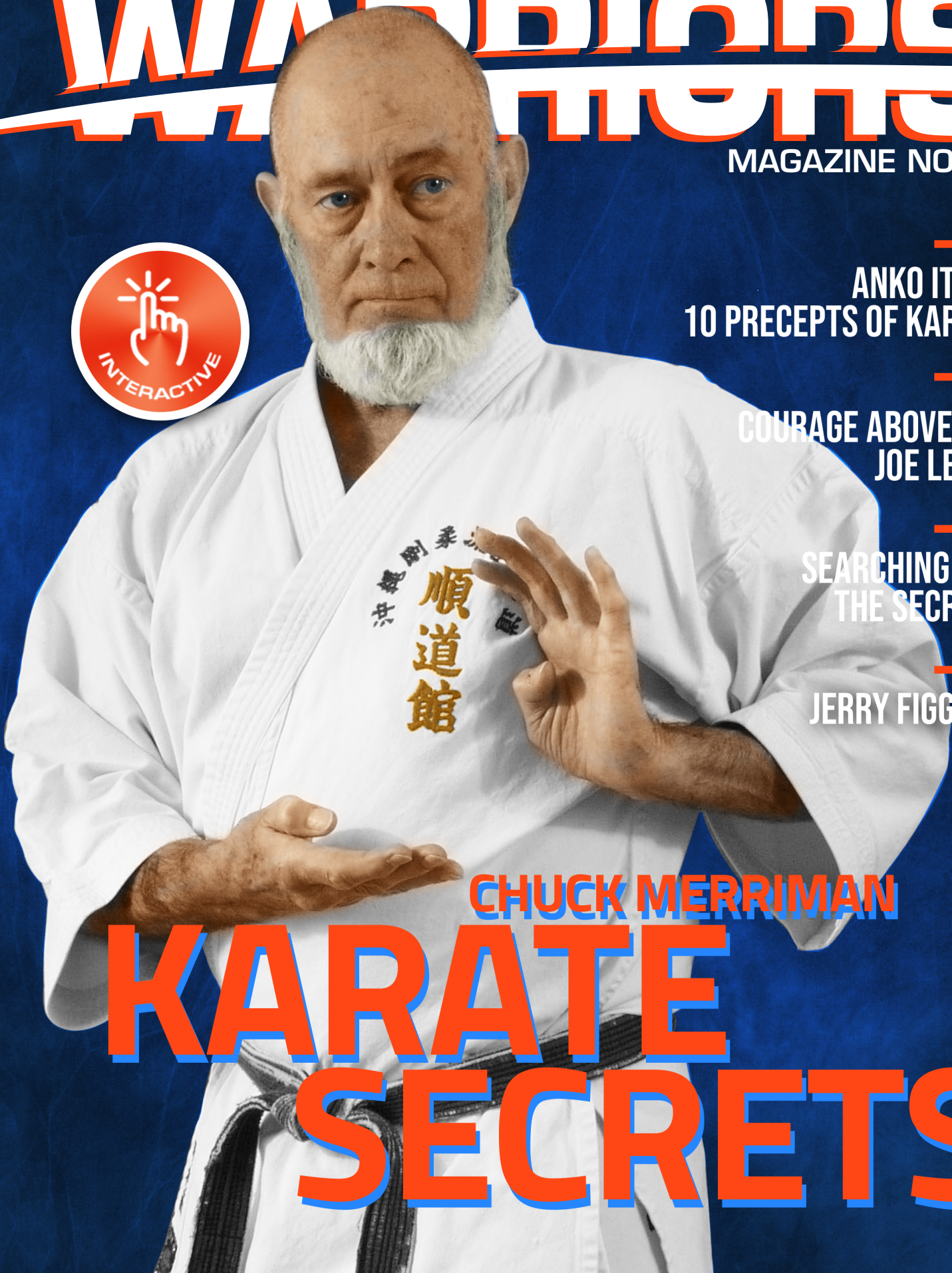
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**JERRY FIGGIANI**

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**CHUCK MERRIMAN**

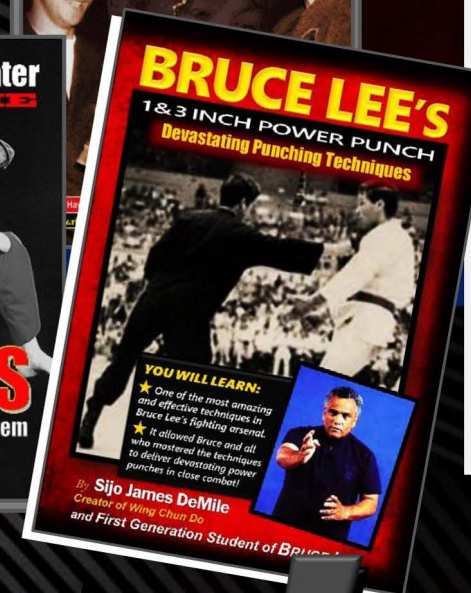
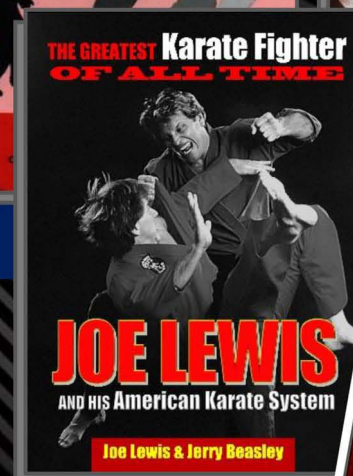
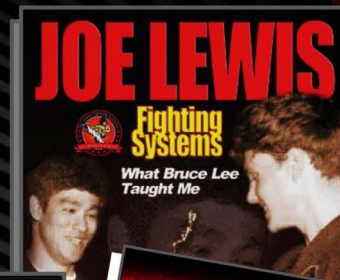
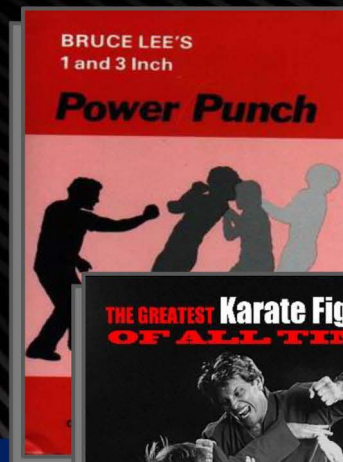
# KARATE SECRETS



# WHAT Bruce Lee TAUGHT ME



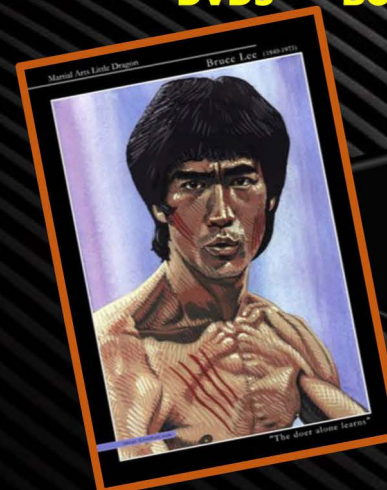
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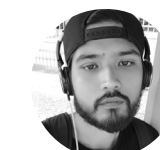
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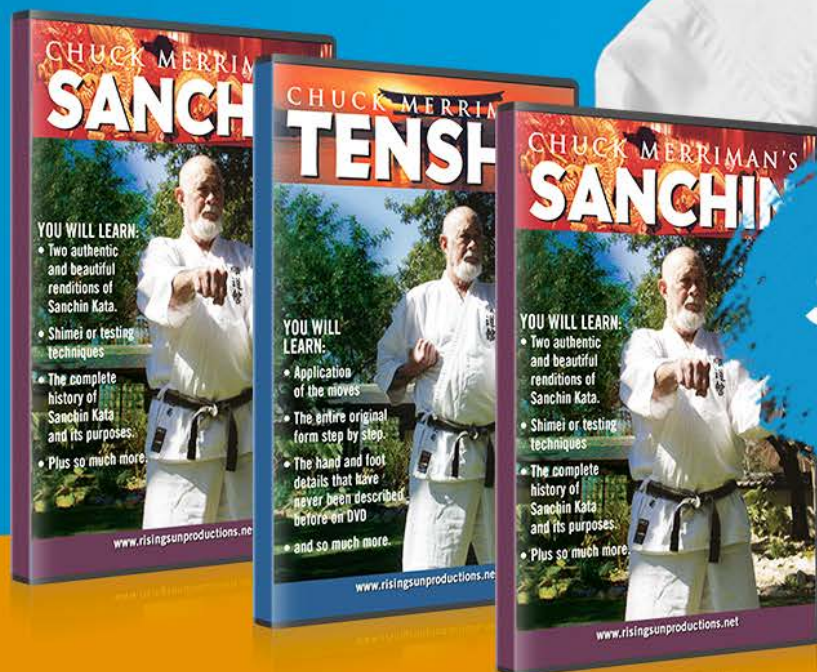


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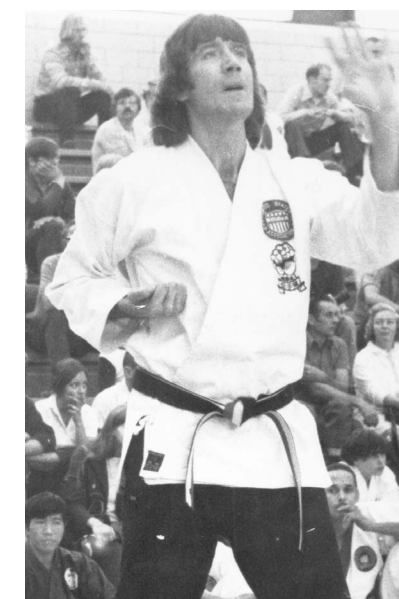
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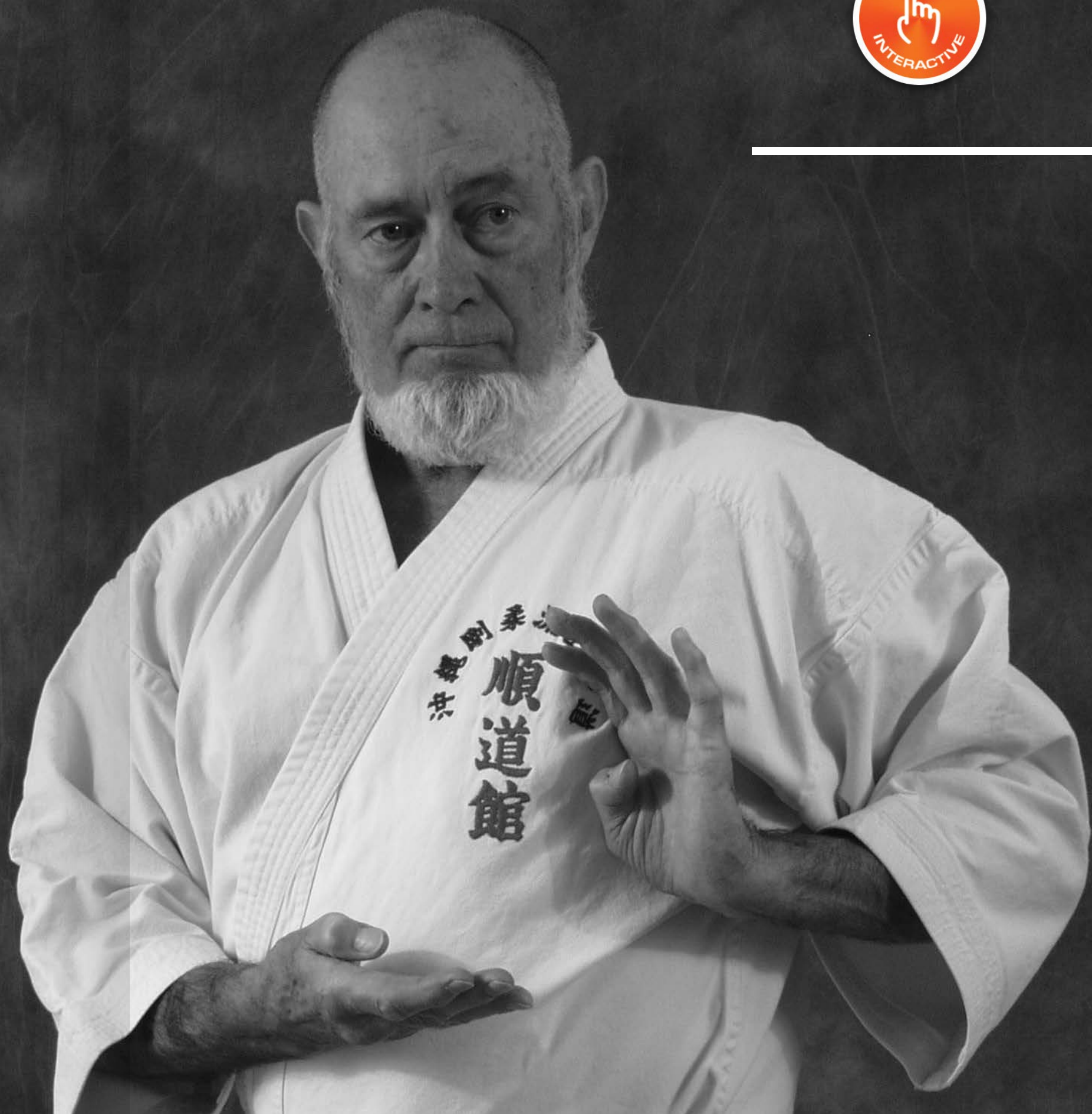
by Ogalthorpe P. Bushmaster 1st

# CHUCK MERRIMAN

## FINALLY REVEALS KARATE SECRETS

*By Don Warrener*

*Sensei Chuck Merriman is America's elder statesman when it comes to Goju Ryu Karate.*



Starting his training with Sensei Chris DeBaise in New York at the famed Judo Twins, Sensei Merriman became a student of legendary Peter Urban in the Chinatown dojo eventually moving on after the famous meat clever incident when Sensei Urban severed his ties with the Goju Kai. Sensei Merriman trained with many of the greats in Goju including Gonnohoy Yamamoto. In the early 1990's he discovered Okinawan Goju with Morio Higaonna and eventually found his home of which he is still a proud member in Naha Okinawa, the Jindokan under Eiichi Miyazato a direct student of the founder Miyagi Chojun.

We decided to ask him what was the difference between the three different Goju's. His memory was sharp telling us more than we expected as he not only answered our questions but many more than expected.

He explained that when training with Sensei Urban it was early Japanese Goju as Sensei Urban began training with Yamaguchi Sensei in 1950's and karate in Japan proper was in early stages of development. It did not include much of what is taught in Okinawa like no kaki training (in Chinese they called it Chi Sao and in America it is called pushing hands) no bunkai or technique understanding. He went on to explain that there are three types of bunkai, kihon bunkai or the basic understanding like a middle block is a middle block. Then there is oyo bunkai which is the next level of bunkai where different things are tried in the kata and because of different body structure and body changes each person is different over the years that is more advanced but once seen the meaning becomes obvious. Finally, there is rensoku bunkai which is like one on one appearing

more like free style sparring. This level is where the advanced study is a must by each practitioner of the art. There was also no conditioning or Hojo Undo traditional Okinawan conditioning using things like chi shi, nigiri game, kongoken, or makiwara. These were directly aimed at the development of the specific muscle groups that are used in the kata. The conditioning of the students in American Goju were more calisthenic based on those who brought karate back to the west were American marines who were used to doing 10 mile runs, 50 pushups several times, countless sit ups etc. but none of the Okinawan Hojo Undo. It was all US military type of training, an example one of karate Sensei's in the USA was "hit the deck" a typical US Marine saying.

In Japanese Goju as in many of the Japanese styles, even Shotokan, there was little if any emphasizes on Bunkai as they were more interested in competition. It was even Yamaguchi Gogen the founder of Japanese Goju and the Goju Kai who is said to have created jiu kumite in 1935.

**“THE END DOES NOT  
MAKE THE JOURNEY.  
RATHER, EVERY STOP  
ALONG THE WAY  
CONSTITUTES THE  
JOURNEY.”**



One of the most interesting statements Sensei Merriman made was when I asked is this what the secrets of karate means. He laughed and said “no, there are no secrets”, but it reminds me of a time when I was sitting with Miyazato Sensei in Okinawa and he asked me why people travel to Okinawa spending money and time to learn the secrets of karate when the secrets are inside them already. All they have to do is train hard and think. This is the secret of karate. You have to train hard and research.



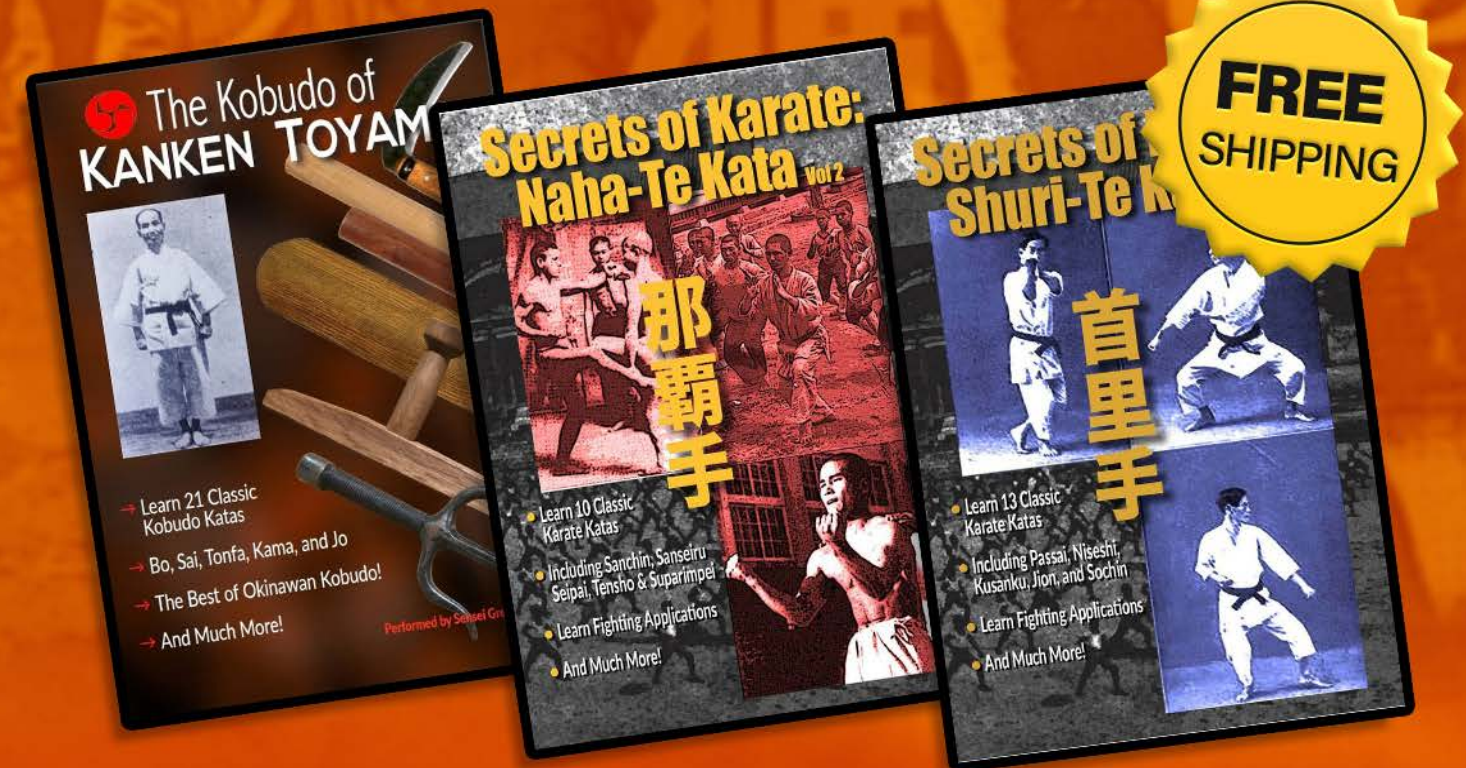
This reminded me of the famous Buddhist story that my sensei told me. Buddha and his students were sitting around discussing secrets of Buddhism. They said to Buddha, Master where are we going to hide these secrets at the top of the highest mountain, Buddha said no they will eventually find them there, another student said I know where we can hide them, we can hide them at the bottom of the deepest sea, Buddha said no they will find them there as well. After much thought he said I know where we can hide them and the students all said where? Buddha answered by saying we will hide it inside their minds they will never find it there.

Sensei Merriman is truly a living treasure of karate here in the USA and is respected worldwide for his profound knowledge and ability to convey it to so many people worldwide in easy-to-understand logical thinking that only he can do.

**“BE AS HARD AS  
THE WORLD MAKES  
YOU BE AND BE AS  
SOFT AS THE WORLD  
WILL LET YOU BE.”**

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Handwritten Japanese text in vertical columns, likely a transcription of the 'Ten Lessons'.

### Itosu Anko's Ten Lessons

...did not descend from Buddhism or Confucianism. In the old days two schools of ... namely the Shinto and Shinto style, were introduced from China. Both support ... and it is vital that they be preserved and not altered. Therefore I will ... what you must know about karate.

...cannot be adequate. I ... in a short year of time. Like a forged ball ... of iron slowly it moves it will eventually ... wear a thousand miles. So you for me ... to study only two or three hours everyday. After three or four ... sitting effect ... will undergo a great transfer ... of karate.

1. Karate does not only endeavor to discipline one's physique. If and when the necessity occurs to fight for a just cause karate provides the fortitude in which to risk one's own life in support of that campaign. It is not meant to be employed against a single adversary but rather as a means of avoiding the use of one's hands and feet in the event of a potentially dangerous encounter with a ruffian or a villain.

2. One of the most important issues in karate is the training of the hands and the feet. Therefore one must always relax one of the "shoulders" in order to develop them thoroughly. In order to do this effectively lower the shoulder, open the lungs, force your legs, firmly grip the ground to root your posture and sink your "Qi" - commonly referred to as one's life force - into the ground. This is the secret to the "two hundred 'taichi' (taijiquan) movements" which are the foundation of karate.

3. In karate training one must determine whether the application of the techniques is to be used for self-defense or for the benefit of others. In the former case the techniques should be applied with a firm and determined mind. In the latter case the techniques should be applied with a calm and collected mind. The mind should be in a state of tranquility and the body should be in a state of readiness.

Master Anko Itosu was a very important person in the development of Shotokan karate, he was probably the first person to practice a karate that resembles the type of Shotokan karate that is practiced today. He was responsible for taking the martial art from being a secretive, behind closed doors art, to being practiced by the general public in Okinawa. Some of his students became great karate masters. Itosu's students included Choyu Motobu (1857-1927), Choki Motobu (1870-1944), Kentsu Yabu (1866-1937), Chomo Hanashiro (1869-1945), Gichin Funakoshi (1868-1957), Moden Yabiku (1880-1941), Kanken Toyama (1888-1966), Chotoku Kyan (1870-1945), Shinpan Shiroma (Gusukuma) (1890-1954), Anbun Tokuda (1886-1945), Kenwa Mabuni (1887-1952), and Chōshin Chibana (1885-1969).

# ANKO ITOSU



The letter was titled, "Ten Precepts (Tode Jukun) of Karate."

A translation of that letter reads:



## TEN PRECEPTS OF KARATE

Karate did not develop from Buddhism or Confucianism. In the past the Shorin-ryu school and the Shorei-ryu school were brought to Okinawa from China. Both of these schools have strong points, which I will now mention before there are too many changes:

**1.** Karate is not merely practiced for your own benefit; it can be used to protect one's family or master. It is not intended to be used against a single assailant but instead as a way of avoiding a fight should one be confronted by a villain or ruffian.

**2.** The purpose of karate is to make the muscles and bones hard as rock and to use the hands and legs as spears. If children were to begin training in Tang Te while in elementary school, then they will be well suited for military service. Remember the words attributed to the Duke of Wellington after he defeated Napoleon: "The Battle of Waterloo was won on the playing fields of Eton."

**3.** Karate cannot be quickly learned. Like a slow-moving bull, it eventually travels a thousand miles. If one trains diligently every day, then in three

or four years one will come to understand karate. Those who train in this fashion will discover karate.

**4.** In karate, training of the hands and feet is important, so one must be thoroughly trained on the makiwara. In order to do this, drop your shoulders, open your lungs, take hold of your strength, grip the floor with your feet, and sink your energy into your lower abdomen. Practice using each arm one to two hundred times each day.

**5.** When one practices the stances of Tang Te, be sure to keep your back straight, lower your shoulders, put strength in your legs, stand firmly, and drop your energy into your lower abdomen.

**6.** Practice each of the techniques of karate repeatedly, the use of which is passed by word of mouth. Learn the explanations well, and decide when and in what manner to apply them when needed. Enter, counter, release is the rule of releasing hand (torite).

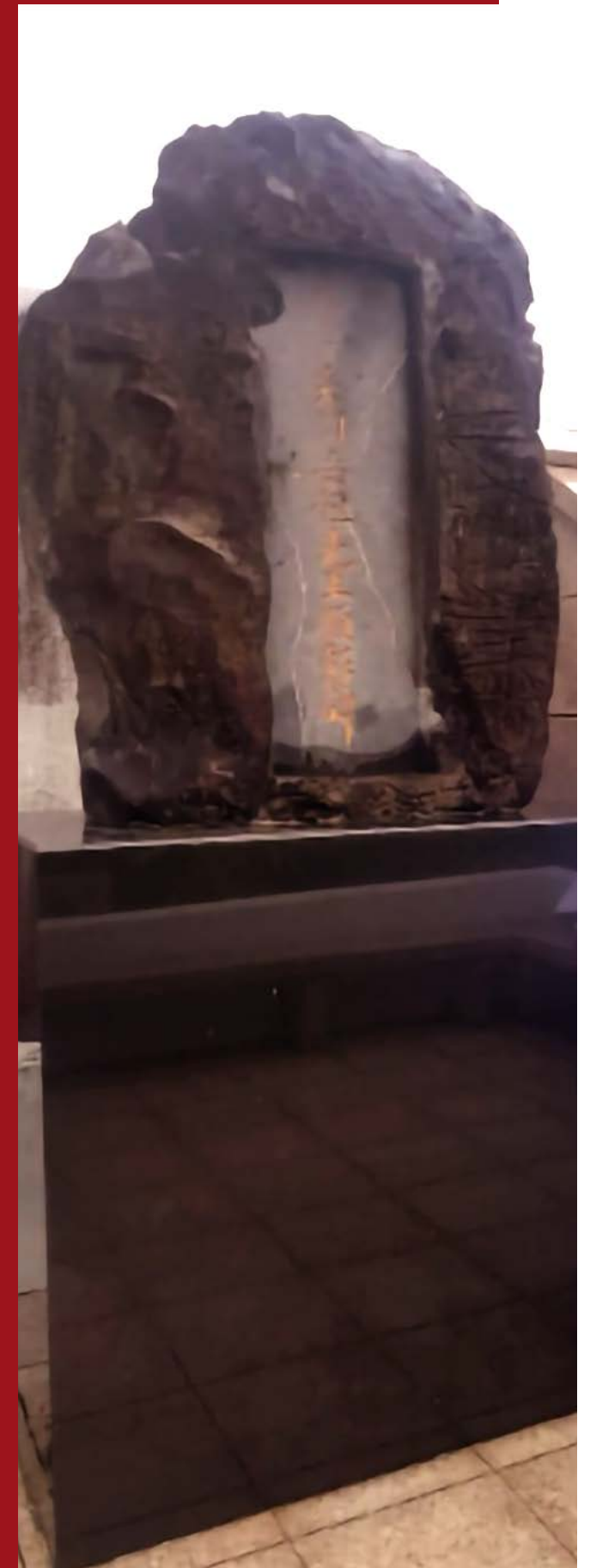
**7.** You must decide if karate is for your health or to aid your duty.

**8.** When you train, do so as if on the battlefield. Your eyes should glare, shoulders drop, and body harden. You should always train with intensity and spirit, and in this way you will naturally be ready.

**9.** One must not overtrain; this will cause you to lose the energy in your lower abdomen and will be harmful to your body. Your face and eyes will turn red. Train wisely.

**10.** In the past, masters of karate have enjoyed long lives. Karate aids in developing the bones and muscles. It helps the digestion as well as the circulation. If karate should be introduced beginning in the elementary schools, then we will produce many men each capable of defeating ten assailants. I further believe this can be done by having all students at the Okinawa Teachers College practice karate. In this way, after graduation, they can teach at the elementary schools at which they have been taught.

I believe this will be a great benefit to our nation and our military. It is my hope you will seriously consider my suggestion.



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**JOE LEWIS**

"HE WAS TOUGH,  
HE WAS HANDSOME  
AND LOVED TO FIGHT"



"HE WAS BRUCE LEE'S  
TEST TUBE FOR FIGHTING"

# COURAGE ABOVE ALL

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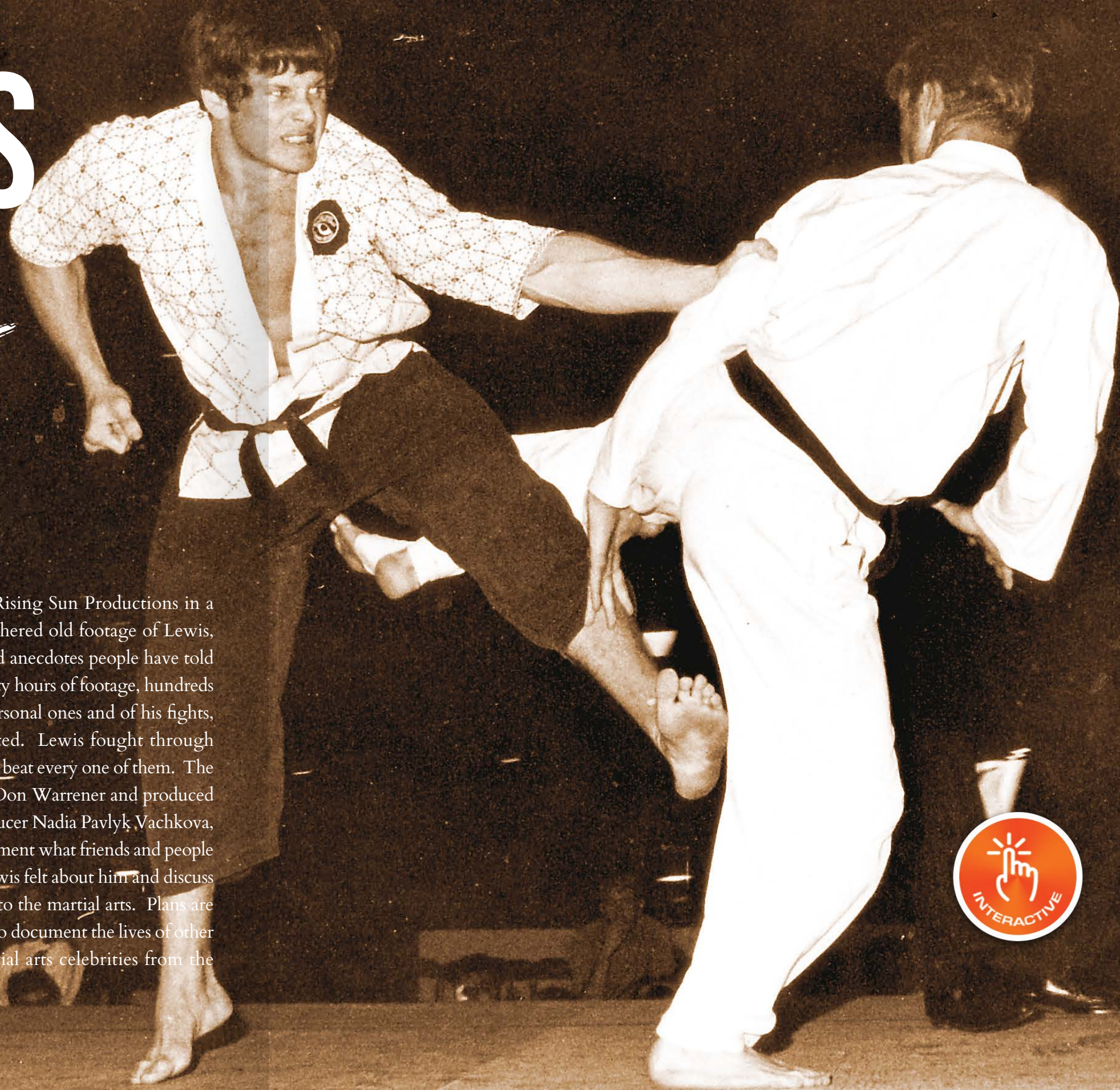


# JOE LEWIS

## COURAGE ABOVE ALL

Once the highest paid actor in Hollywood, Joe Lewis was tough, handsome, and loved to fight. A contributor, who knew Joe personally, told us that Joe taught Bruce Lee how to throw the lead hand in a vertical fist, which became a back fist. This same technique was used by Muhammad Ali to knockout Sonny Liston and became known as the phantom punch because it caught Liston off guard and knocked him out. Bruce Lee learned a great deal from Joe Lewis, like his step in side kick and back fist (not known to be Wing Chun techniques). The true story of America's greatest karate fighter and the epitome of courage, will

soon be told by Rising Sun Productions in a film featuring gathered old footage of Lewis, vintage stories and anecdotes people have told us about him. Sixty hours of footage, hundreds of rare photos, personal ones and of his fights, have been collected. Lewis fought through many demons and beat every one of them. The film, directed by Don Warrener and produced by Ukrainian producer Nadia Pavlyk Vachkova, will expertly document what friends and people who knew Joe Lewis felt about him and discuss his contributions to the martial arts. Plans are also in the works to document the lives of other fighters and martial arts celebrities from the same time period.





We encourage you to contact us at 1-909-755-9454, or at [donrw@warrenerentertainment.com](mailto:donrw@warrenerentertainment.com) if you feel that you have anything to contribute to the Joe Lewis story, which will mainly focus on his glory days from 1965 to 1980, when he was 'King of the Ring' and a Hollywood superstar.

So far contributions for this tribute to Joe Lewis, who was notably hugely important to the American martial arts history, have come pouring in.

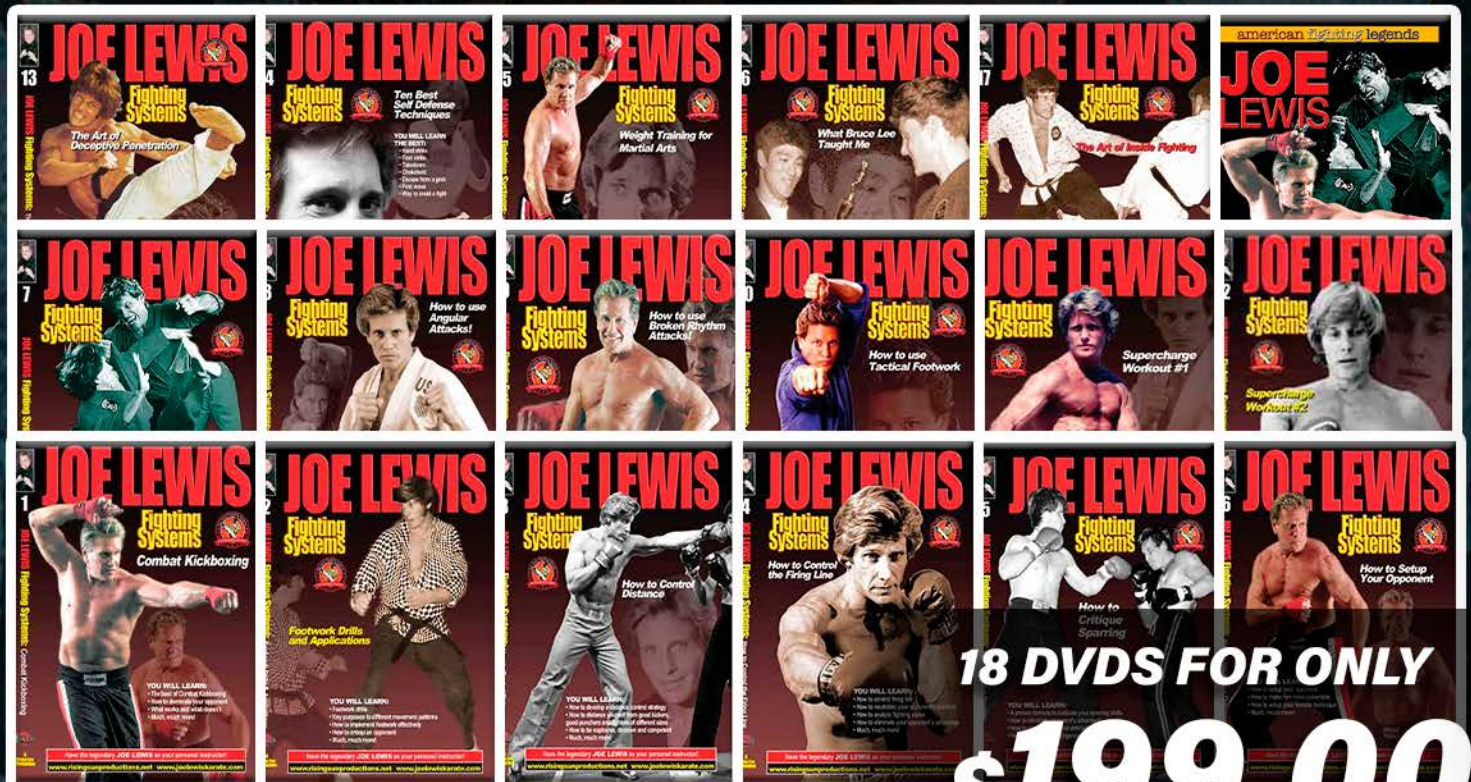
Contributors so far are John Graden, Joe Corley, Jerry Peddington, Gary Lee, Bob Wall, Jerry Beasley, Alan Goldberg, Mike Dillard - to name a few. Many more contributors have all

said a resounding yes to helping make this documentary a reality and preserve Joe Lewis' legacy of American karate pertinent, and a tribute to one of the best fighters the USA has ever seen.

Expect some humor, possibly a few tears, but above all expect this film to be a showcase of Joe's courage right up the end. He was a true champion!

We expect this film to be released in the Fall of 2021 through [www.warrenerentertainment.com](http://www.warrenerentertainment.com) as well as through Amazon and several other websites.



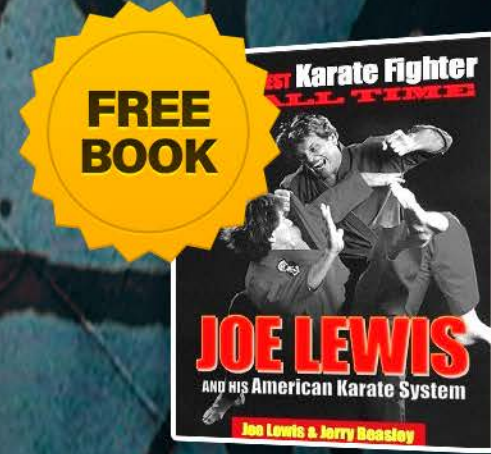


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# JOE LEWIS

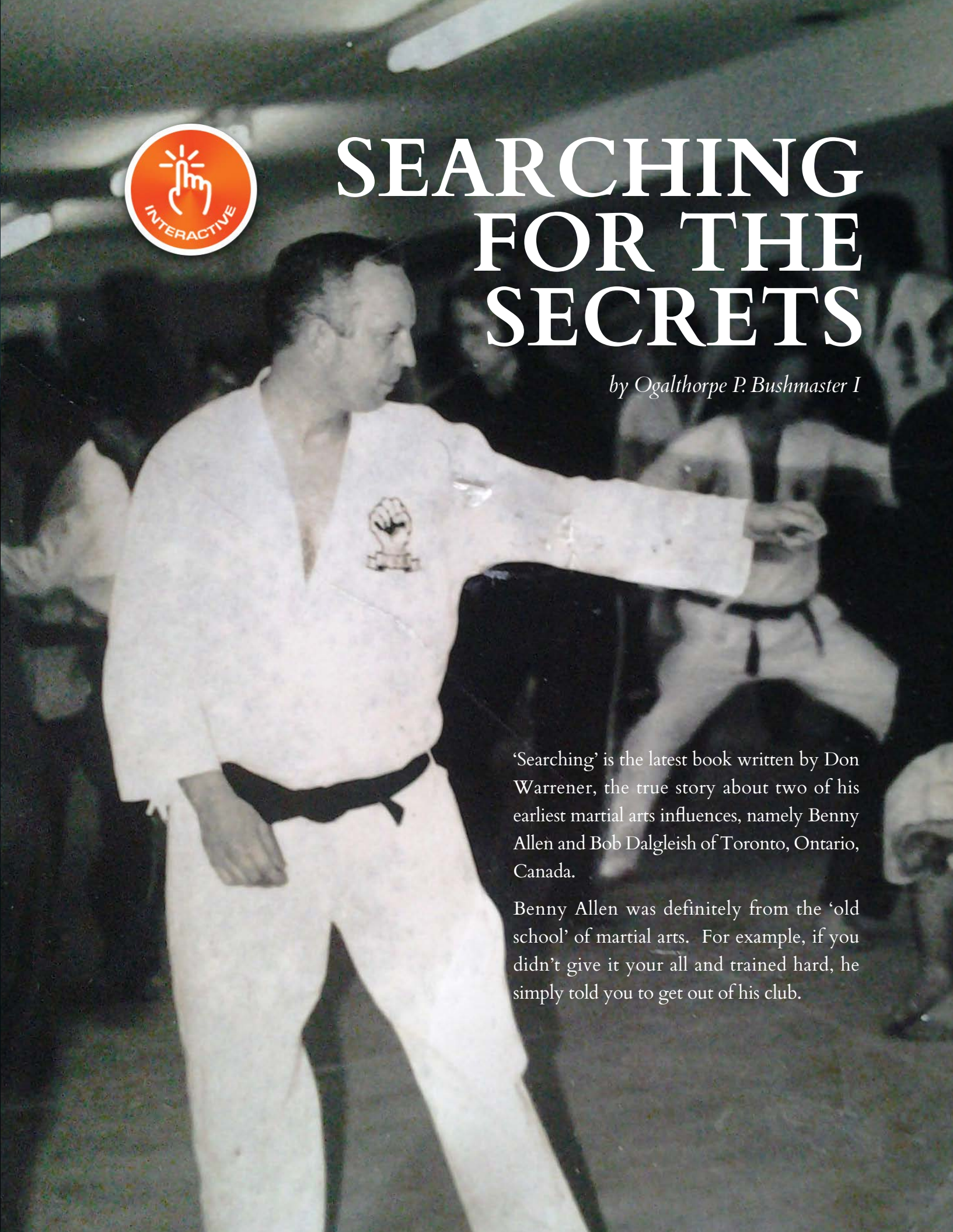
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# SEARCHING FOR THE SECRETS

by Ogalthorpe P. Bushmaster I



'Searching' is the latest book written by Don Warrener, the true story about two of his earliest martial arts influences, namely Benny Allen and Bob Dalglish of Toronto, Ontario, Canada.

Benny Allen was definitely from the 'old school' of martial arts. For example, if you didn't give it your all and trained hard, he simply told you to get out of his club.

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When Benny came into the dojo all of his students knew that they were in for a tough workout that night. There was no slacking - ever! His focus wasn't about trophies, or making money, it was about training, and training hard, in other words - making boys into men. Instructors like Benny got very little notoriety for what they did, and we believe that there are hundreds, if not thousands of Benny Allen's across the world. Benny Allen was a special martial arts instructor.

Allen trained in the early days of karate in Canada, receiving his black belt from Masami Tsuruoka, the founder of karate in Canada. Benny was also into weight lifting and could bench press 400 pounds with ease. He was also known to train in the back alleys of Toronto's Chinatown, which earned him the respected nickname of 'Back Alley Benny.' He spent his time training in the kitchens of Chinatown's restaurants, where no whites were allowed. Because Benny was so sincere and dedicated, he trained with the masters of Kung Fu in Choy Lee Fut, Hung Gar, Tai Chi and Pa Qua, and just some of the disciplines he taught over the mid 1960's and early 1970's.

Allen's ability to get the most out of his students was his biggest asset. He taught several of them to become Canadian Champions, including Tony Facetti, Teddy Martin, Wally Slocki, Bill Hind and Don Warrener.





The other side of the coin, was the one and only Bob Dalgleish, who also trained with Masami Tsuruoka, but took a different path and became Canada's first ronin samurai. He travelled from coast to coast, from L.A. to Phoenix, and NYC to Boston in search of knowledge. He ended up settling in Sudbury, where he taught Don Benoit, Don Gauthier and Yogi Israel. He also contributed greatly to Eastern Karate in Toronto, as well as in Hamilton with the introduction of the Goju katas like Sanchin and Tensho. Bob was also trained by Gosei Yamaguchi and Richard Kim in San Francisco, California and by Hidetaka Nishiyama in L.A. Everyone still remembers the tall Canadian with palm trees tattooed on his chest. Bob was more interested in competition in those early days, taking many of his students on trips to compete in places like Detroit and Cincinnati. He was right in there with his protégés performing his unforgettable trademark katas.

These two men really were the ones who made Canadians realize that karate did not begin and end in Newfoundland or British Columbia, but that it was a worldwide art.

Fast becoming one of his bestsellers, Warrener depicts those fascinating early days of karate in Canada, when there were as yet no styles to speak of. It was all about training hard, getting in great shape and learning what respect was all about. The stories of Benny Allen and Bob Dalgleish are chronicled in Don Warrener's book 'Searching' available on amazon.com.



Guests have included:  
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John Therien  
Cezar Borkowski  
Gary Legacy  
Chuck Merriman  
Jean-Yves Thériault  
and many more

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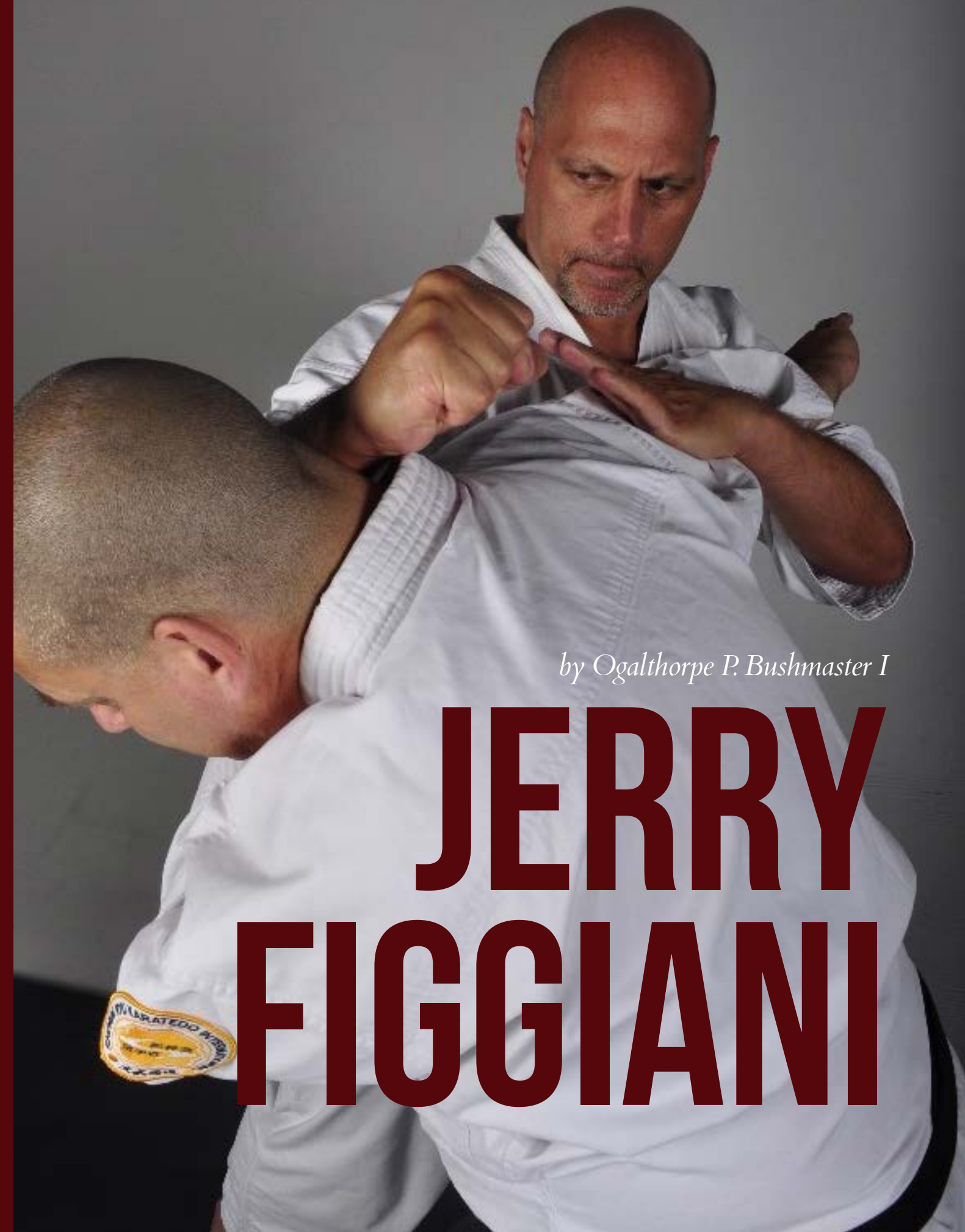
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With hosts Gary Legacy, Nicklaus Suino, Randy Dauphin, and Shaun Benson



*by Ogalthorpe P. Bushmaster I*

# JERRY FIGGIANI

Jerry Figgiani is an 8th Dan Black Belt, the president and founder of Shorin Ryu Karate-Do International, ([www.srkdi.com](http://www.srkdi.com)), and owner of the East Coast Black Belt Academy Budokan Dojo, located in Middle Island, New York. Figgiani is part of a strong lineage of Matsubayashi Shorin Ryu practitioners, who followed Grand Master Shoshin Nagamine's teachings. He started his martial arts training in 1977, and has been teaching since 1988. Figgiani's extensive martial arts background and experience helped him develop a unique way of bringing the art's philosophy to everyday life activities. His ability to reach students of all ages, skill, and ability to make them understand karate's movements, mechanics and applications was amazing. His seminars were universal to all karate systems, due to his distinctive way of addressing and demonstrating core concepts common to all martial arts styles. A well known international teacher, Figgiani was one of the first western instructors to have the honor of teaching at the new Okinawa Karate Kaikan, which is an official government supported center for learning the essence of traditional karate.

Figgiani is also a published author, the subject of many magazines, newspapers and media articles, as well as a featured column writer for Masters Magazine. He has published numerous interviews with some of today's greatest martial artists and karate pioneers.

Building on his distinctive ability to help his students reach and exceed their expectation, in 2010 Sensei Figgiani developed the Martial Arts Program. Promoted predominantly in the K-12 classrooms, this series of lessons was designed to create a more peaceful community and school

environment. Students were instilled with a sense of confidence and self-respect and each individual learned the value and benefit of respecting one's self and others.

Sensei Figgiani also possessed a third degree black belt in Judo, a membership in the Kodokan and was able to integrate the principles and foundations of both karate and judo into a well rounded and complete martial arts education. His method insured that each student received a complete understanding of the mechanics of self defense, enabling them to be confident and secure as they navigated through their daily life.

In 2003, with the support of the Police Athletic League, Sensei Figgiani created a program to improve academic achievements through the study of martial arts. Referred to as the R.E.A.C.H. Program, the acronym stands for respect, education and always climbs higher. The program guides kids experiencing social and academic difficulties towards success through the practice of traditional martial arts skills. An instant success, this curriculum became so popular that in 2004 the Longwood School District Board of Education recognized Sensei Figgiani for the immediate impact his methods had on the lives of the participants. In 2012 he was presented with the Mentoring Service Award by the National Police Athletic League. His positive influence and the R.E.A.C.H. program was a huge influence on the lives of many students. Not only does the program continue to this day, it has expanded to numerous school districts.

Sensei Figgiani believes that the study of martial arts helps individuals realize their potential, and that a major component of learning the martial



arts is in being able to integrate the lessons taught in the dojo with the activities that take place in daily life. Making positive choices in difficult situations, learning about situational awareness and stranger danger, adopting strategies for safety, when it comes to bullying, and being able to manage and overcome peer pressure, are just some of the values taught. This mind, body and spirit philosophy creates a safe and unique learning environment for each and every student. In 2018 Jerry Figgiani Sensei was invited to be the keynote speaker at Brookhaven Town Hall addressing the issues of making positive life choices and anti-bullying strategies. In 2019, he was inducted into the Suffolk County Sports Hall of Fame, in recognition of his outstanding contributions to the practice of the martial arts.

Sensei Figgiani has received numerous awards and honors, including a Graduate Karate Instructor Certification Program Award from the Long Island University. The Professional Karate League made him a National Champion in 1995, and he became a Professional Karate League Hall of Fame Inductee in 1996. The Ryukyu Karate research Society made him International Instructor of the Year in 2010, and the New York Traditional Karate league made him coach of the Year in 2012. Figgiani found time to publish his first book called 'From the Minds of the Masters' in 2015. He became a Sachem High School of honors Inaugurate in 2017, followed by his second book called 'The Difference' in 2017. He was also inducted into the Suffolk County Sports Hall of Fame in 2019, and became a professional self defense consultant for corporations as well as school districts.



*#1. In photo one we start with the attacker coming in with a grab, push or what could be any straight line technique. The defender takes a slight shift to the outside establishing outside positioning. This shift strengthens the defenders position and weakens the attacker's position. This is an important principle in defending oneself.*



*#2. Photo two, the defender counters with an inside strike to the back of the attacker's arm, being sure to control the wrist, pulling the attacker into an off balanced position. This outside position limits the attacker's right side of the body to effectively attack again.*



*#3. Photo three, the defender then transitions the right arm into a strike across the attacker's body to the neck area. The attacker counters the defender's strike and another transition by the defender must take place.*

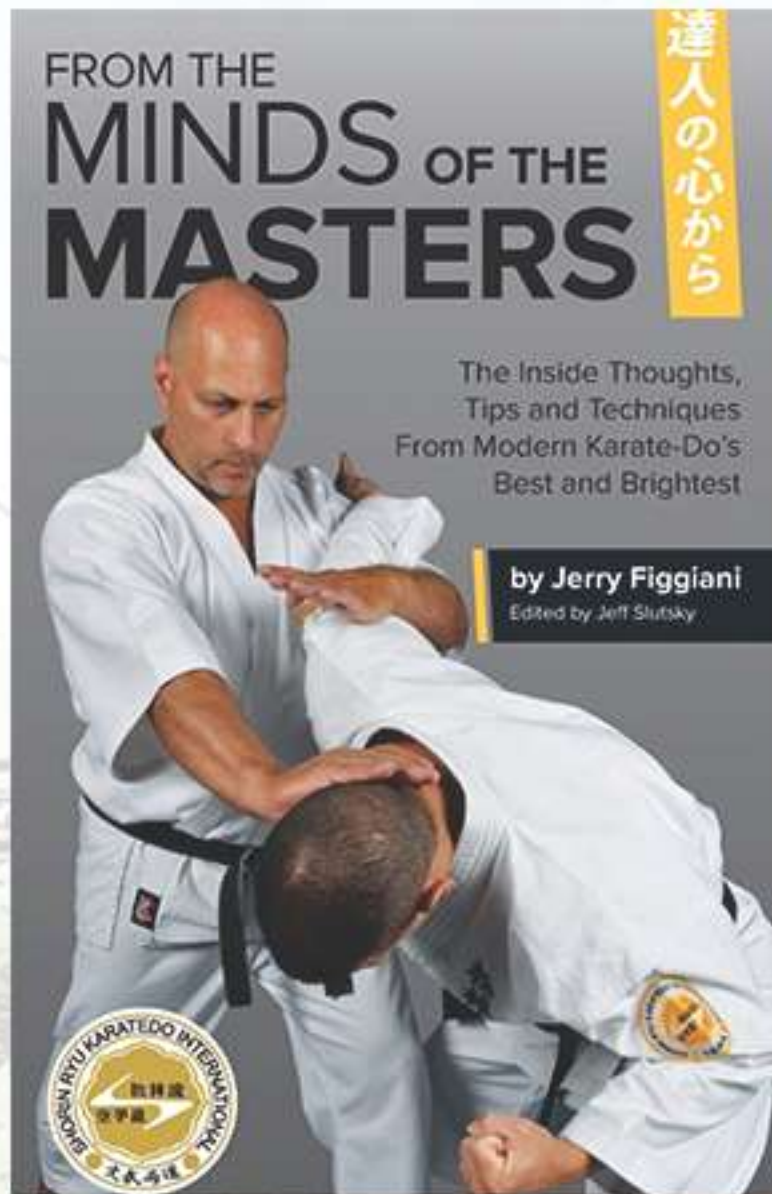


*#4. Photos shows the defender transitioning into a downward motion with the elbow displacing the attacker's balance backwards. It is after this displacement that the defender executes a foot sweep taking the attacker to the ground.*

**A WELL KNOWN INTERNATIONAL  
TEACHER, FIGGIANI WAS ONE OF THE  
FIRST WESTERN INSTRUCTORS TO  
HAVE THE HONOR OF TEACHING**



# Shorin Ryu Karatedo International



Rick Kaufman

★★★★★

From the minds of the Masters is a book that creates a bridge between old and the new. There is a sense of connection that can be felt that go beyond the technical aspect of the movements, to the heart of Karatedo. That said, there is ample discussion of technique to satisfy practitioners of all levels, but moreover, Figgiani Sensei is able to weave a deep connection between today's popular mixed martial arts and their obvious roots in traditional practice.

Without a doubt this is a must Have addition to any martial Artist's library or that of Anyone interested in seeing Threads that bond today's Popular martial arts to their Deep roots in traditional training

Robert Wisniewski

★★★★★

**An amazing piece of work**

Sensei--I read the book. I started and could not put it down. I started actually having flashbacks from my old days. I read it, and then I had to read it again. An amazing piece of work. Every student of Matsubayashi Ryu needs to read this. In fact, every student of Okinawan Karate needs to read it.

Prince Loeffler

★★★★★

**A Timeless Future Classic**

Jerry Figgiani's From the Minds of the Masters is a essential read for serious and even for occasional karate practitioners. The authors has done a fantastic job in guiding readers at a orbiculating pace without the rambling complexity of most books I've read.

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