



The Shuri Gate

Okinawan Shorin-ryu Karate-do
3340 Curry Ford Road, Orlando, FL 32806
407-897-3642, okinawanshorinryu.com



Upcoming Dates:

◆ August

19th - Women's Self-Defense
Class, 10am-12 Noon

31st - End of "Most Guests"
Contest...

Don't forget to bring
your friends in this month
to try class. Winner receives
\$50 gift certificate for dojo
merchandise!!

◆ September

4th - Labor Day (Dojo Closed)

◆ October

14th - Testing/Promotions

空手道

Get connected
with your dojo
community on
facebook:

**Orlando
Okinawan
Shorin ryu
Karate-do**

August 2023

Annual Dojo Beach Party, June 3rd, 2023

We appreciate all those who came out
to have some fun in the sun with us!



Come join us next summer!

STUDENTS OF THE MONTH

KinderKarate
Alexander Orsaeo

Children's Class
Joey Pinon

Adult Class
Dawn Moncrief

Welcome New Students

Jack Suter
Ethan Barralaga
Saul Espinoza

July Testing

KinderKarate Class

Elisha Philyaw white belt, yellow tip
 Alexander Orsaeo yellow stripe belt
 Nicholas Poulos orange stripe belt, blue tip
 Taylor Hardisty white belt 3 tips - Promoted to
 Children's Class!



Children's Class

Ethan Barralaga white 1 tip
 Jack Suter white 2 tips
 Amelia Webster yellow belt
 Bella Manzano yellow 2 tips
 Charleston Hayes orange belt
 Harrison Hayes orange belt
 Diego Lasanta orange belt
 Essex Dunham orange 1 tip
 Benny Philyaw orange 1 tip
 Thomas Poore orange 3 tips
 Cayden Harmer red 1 tip
 Theon Spicer red 1 tip
 Joseph Pinon red 3 tips
 Lily Dukes blue 3 tips



Adult Class

Dawn Moncrief 4th kyu
 Sakhan Yith 3rd kyu
 Caleb Carver 1st kyu



TUIFA by Caleb Carver, 1st Kyu

The tuifa is one of the five farming tools that are used in Kobudo. Its original use was that of a millstone handle, to grind wheat and rice into flour. They are made up of two blocks of wood that are rounded and attached in an L-shaped formation. They are exciting to use as they have a certain difficulty that requires a firm grip. This factor requires a lot of focus making it a fun weapon.

Tuifa's first known use was as a millstone handle in Okinawa, but necessity is the mother of invention. Around 1600 A.D. Okinawa was under attack by Japan, because Okinawa was a trade center where lots of money could be made. Japan wanted the money, so they attacked with their best units, the Satsuma Clan, the emperor's personal men. The Okinawans knew trouble was brewing so they readied themselves with their martial arts and brought weapons from every source they had, which was farm tools, and included the tuifa. And amazingly they fought off a full-frontal assault from the Satsuma Clan, claiming their freedom. But Japan was not done. They wanted this valuable trade route, so they tried again, but this time the Japanese flanked the Okinawans and defeated them.

The tuifa showed their versatility again when the police force found that they would make a good baton. It had an edge over other batons, being that it was harder to be knocked out of the hand by offenders while also exhibiting many more defensive techniques than an ordinary baton. They also had a stronger strike because of the shape of the handle. Although tuifa are used in pairs the police baton is used singularly. Another name for the baton is the nightstick, named due to its black color.

Tuifa are generally used as weapons in circular motions. As the tuifa are used in pairs, they can easily block and attack at the same time. They are held by the shorter, handle part and spun as the handle pivots in the hand. There are some instances in which they have been held by the longer end and swung, but that is not traditional. The blocking techniques are done with the long end up against the arm and the handle in the hand. It can take 16-18 months of continuous training to for a blackbelt to master them.

So, overall, are the tuifa viable weapons? Well, yes, they are! Why do you think the police force uses them? They are millstone handles but when its user is threatened, they make a great weapon. It may take a while to learn effective fighting techniques with them but if you do, they are a fun weapon to use. So, when contemplating the next weapon to buy, the Tuifa is an excellent choice, indeed.

Climbing Mt. Kilimanjaro by Sensei Jeremy West

Throughout my life, I've always been an adventure-seeker. I grew up in Boy Scouts, and I've done a fair amount of traveling and camping, including visits to the most remote national parks in the USA, Gates of the Arctic and Kobuk Valley, and on many epic hikes and climbs, including crossing the Grand Canyon Rim to Rim multiple times, Half Dome, Torres del Paine, Vinicunca in Peru and to lots of various summits in the United States. Two years ago, I decided that I was going to attempt Mt. Kilimanjaro, the world's highest free-standing mountain (base to summit), the highest point in Africa, and one of the world's largest volcanoes. This climb required nearly 2 years of research and preparation, as well as a healthy diet and lifestyle. My cousin, my fellow adventurer, chose to go on this crazy trip with me. Once we arrived in Tanzania, Africa, we spent a few days exploring. The level of wildness was off the chart, and I could write an entire article just talking about our safari, however, I would really like to tell you about Kilimanjaro.

It is believed that Kilimanjaro is from ancient Kiswahili meaning "shining mountain." This is quite possible, as this impressive mountain sits near the equator, yet has glaciers and snow in its highest elevations. The highest peak, Uhuru (Swahili for "freedom") sits at 19,341 feet above sea level. For climbers, this mountain has about a 64% success rate.



We began our trek on July 2, hiking in from the Londrorosi Gate at 7,381'. The beginning days were generally very easy hikes for an experienced hiker, with some decent inclines, some occasional downhill, as well as some occasional creeks or small canyons to cross. Each day, we would gain some elevation throughout the day, then descend a little bit to our campsite. The idea is to acclimate to the elevation by "hiking high, sleeping low." For instance, on day 3, we hiked to the Lava Tower at 15,092', but slept at 12,795'. The 4th day, which is the standout favorite day of the hike, we scaled the Barranco wall. This wall was essentially an 843' high scramble, which took nearly 2 hours to climb. Though certainly a challenge, it came with a reward at the top, with a great view of Mount Meru (nearly 43 miles away in the distance) and a view above the clouds. As a matter of fact, after day 2, we were always above the clouds, looking down on them, just like in an airplane.

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Birthdays

August

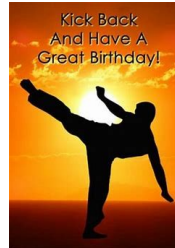
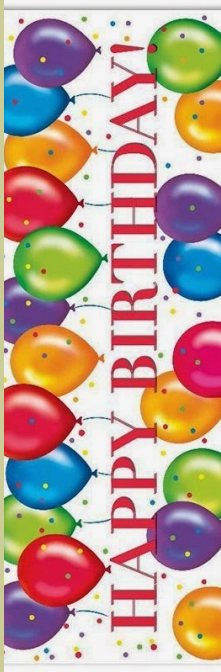
- Tristan Wallace 1st
- Caleb Carver 12th
- Sensei Michael Castro 14th
- Joshua Denton 16th
- Joe Catapano 21st
- Sensei Ronnie Peirce 21st
- Ethan Barralaga 25th
- Sakhan Yith 28th
- Javier Herrero 30th
- Sensei Wende Gustafson 31st

September

- Moises Ortiz 8th
- Benny Philyaw 24th

October

- Bella Manzano 1st
- Jayda Vasquez 5th
- Charleston Hayes 7th
- Harrison Hayes 7th
- Rian Saraiva 7th
- Sri Marepalli 8th
- Diego Lasanta 9th
- Elijah Dukes 14th
- Sensei Mike Kleiman 16th



“Be strong and courageous!
Do not be afraid or discouraged.
For the Lord your God is with you wherever you go.”

Joshua 1:9

[Continued from page 3]



By day 5, we were ready to begin our summit attempt. Summit base camp for us was Barafu Camp, at 15,331'. We reached camp before lunch time, and were encouraged to go to sleep as early as possible, because our summit attempt would start at 11:00 p.m. When you're camping at high altitude, and above the clouds, sleeping can be interesting. Going to bed at 3 p.m., the tent is hot like a greenhouse. As soon as the sun set at 6:30 p.m., it got very cold. I would guess that I got zero sleep before the summit push. We got up at 11:00 p.m., put hot water in our bottles and camelbacks, loaded up with snacks, 4 layers of pants on bottom, 5 layers on top, and, with the light of the full moon and the headlamps of all the other climbers, began our 4,000' climb to the summit. The first bit wasn't too bad (other than the lack of sleep), and we kept the pace nice and slow (polé-polé as they say in Swahili). Around 2:00 a.m., our guide decided to divide us into two groups, and took us and two others into a faster team. We trudged onward, and all was well. Around 3:30 a.m. we crossed 17,000', which was also about mid-way through

the climb, and the coldest part of the entire journey was when it truly became difficult. I had previously climbed as high as 17,000', but never above it. The level of oxygen in the atmosphere at 17,000 feet is almost half of the amount at sea level. The air was cold, and our water bottles and camelbacks began to freeze. Our granola bars were like rocks. The winds swept up around 40+ mph, blowing volcanic ash into our faces. If there was a point where we were both wondering why we were doing this, it was here. Just before 6:30 a.m., we reached the top of the volcanic crater, and a few things happened at once that let me know WE WERE GOING TO MAKE IT! For one, I had done enough research to know that we were less than a kilometer away from the summit, with less than 500' of vertical gain to go, and the sun rose, so that we could finally see our amazing surroundings, including the ice on the rocks and the glaciers below us. Barely half an hour later, we were standing on the roof of Africa (on 7/7 at 7 a.m.), looking out at the tops of the clouds, sharing an out-of-body experience (which, is very true – since we were functioning on 50% oxygen...) After taking it all in, we began to head back down, past our base camp to spend one more night on the mountain. On the descent, we could see why it was so important to hike up in the dark, as all of the ice began to melt, the volcanic ash became loose scree and gravel, which we spent the majority of our time sliding down. The following day took us nearly back to sea level through a tropical rain forest.

I am still not sure if I have really realized what we did on this fantastic adventure. Climbing with my cousin to the highest peak in Africa, on basically zero sleep and in the thin air, it was the rush of adrenaline that kept us going. Because of the cloud cover, we did not actually see Kilimanjaro from the ground until the day after we had completed our trek. Even now, as I write about it, it is very hard to believe. These kinds of epic adventures are once in a lifetime, and I am so excited to be able to share this one.