

# Cal Poly Shorin-Ryu Matsubayashi-Ryu Karate

Cal Poly Shorin-Ryu Karate is offering students, faculty and staff an opportunity to register for the Fall Quarter karate classes. Shorin-Ryu provides an excellent opportunity to improve one's self confidence and mental and physical conditioning.

An extremely conservative Okinawan fighting style, Shorin-Ryu (Matsubayashi-Ryu) Karate is a centuries-old merger of Chinese gung-fu and the Okinawan fighting art "Te" (meaning fist) and is widely acknowledged as the "original" style of Karate. Students are instructed according to traditional Okinawan techniques, rather than being trained to participate in sport karate contests. Two central tenets shape Shorin-Ryu training: it is a conservative style and it is a hard style. Being conservative, Shorin-Ryu stresses defensive measures until an opening has been created at which time all energy is focused on delivering a single knockout blow. A hard style, in contrast to a soft style, uses one's own strength and force to overcome the attack – in essence the blocking technique is designed to be as destructive as an attack.

Shorin-Ryu training takes the shape of an intense physical workout requiring (and building) stamina and mental focus. Shorin-Ryu is noted for its simple and aggressive attacks involving the use of the hands, elbow and kicks. Teaching methods include kata (formal exercises), floor exercises and drills stressing fundamental elements and line training, circle training and free fighting (kumite) to ensure self-defense prowess. Instruction in the use of traditional weapons such as bo, sai, tonfa and nunchuku begins at the black belt level. In addition, physical conditioning and stretching exercises are incorporated to round out the training sessions. Shorin-Ryu karate classes are conducted in a formal, disciplined manner without exception. This provides the optimum environment to allow each student to focus on karate training and minimizes distraction and disruption.

Shorin-Ryu training is designed to enable the student to develop power, speed, self-confidence and fighting proficiency. In Shorin-Ryu, one does not reach any standard; one trains more intensively to become a beginner. A student never ceases to be a student. One does not intellectualize; one experiences. The role of the karate instructor is to embody and display good technique – all that an instructor can possibly "say" about the art is expressed in his movements. It is the responsibility of the student to bridge the gap by observation, participation and imitation rather than attempting to question or analyze. Thus, all instructors participate fully in all workouts to provide examples of technique, speed, timing and mental attitude.

Cal Poly Shorin-Ryu Karate has operated continuously since 1979 under the same leadership and is offered by both the Dept of Kinesiology (PE138 & PE150) as well as an ASI activity through the Rec Center. Beginners are accepted during the first two weeks of each quarter and each student, at the end of the quarter, is tested individually. Rank is awarded strictly according to prowess and is registered nationally with the American Karate Federation. All Shorin-Ryu AKF dojos are non-profit organizations and do not operate as commercial entities.

For more information, please contact the ASI Rec Center ([www.asi.calpoly.edu/instructional\\_classes](http://www.asi.calpoly.edu/instructional_classes)), call 805-440-5013 or email [grennick@calpoly.edu](mailto:grennick@calpoly.edu).

