

# SHOSHIN 正心流 RYU

## ARM YOURSELF AGAINST FALLACIES



*Kinetic Linkage  
10 Training Tips NOT to do*

ISSUE #99  
WINTER 2021



SHOSHIN RYU  
— MARTIAL ARTS —





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### SUBMISSIONS

Please send us your original articles (short or long), stories, poems, letters, drawings, comics, favorite quotes, suggestions, or photos.

Articles should be proofread for spelling and grammar. Submissions should be sent via email if possible. Please send all written material in Microsoft Word format or simple text file.

### EDITORIAL POLICY

- Positive (do not degrade any art or group).
- Sincere efforts to educate, entertain or inspire the reader (no self aggrandizement or commercial pitches please).
- Material should be generally understood even by persons who know very little about the subject; yet hold enough substance that a yudansha would learn from it.
- Editor reserves the right to refuse to publish any material deemed inappropriate.

The little bowing symbol will be used at the end of each article to remind the reader of the writer's thanks for taking their time to consider the ideas presented. It is also to remind us to thank the writer for taking the time to consider the ideas presented and to share their thoughts with us.



### ANNUAL DUES

Mudansha (Kyu): \$60  
Yudansha (Dan): \$140  
Family Rates: 50% off for 3rd (or 4th etc.) person in household.  
Lifetime Membership: \$3,000

### MUDANSHA MEMBERS SHALL RECEIVE

Patch (1st membership only)  
Quarterly journal  
No charge for testing or new belts  
Certificates of rank

### YUDANSHA MEMBERS SHALL RECEIVE

Quarterly journal  
Embroidered Black Belt (1st only)  
Dan certificate (in kanji)  
No charge for testing  
Nidan and up / Dojo Cho: complimentary access to all video curriculum up to the material they need for testing

### TESTING

**Kyu** shall be tested by their Sensei, not more than two times per year.

**Shodan** (with a minimum of 3.5 years time in grade), may be eligible to be tested by their Sensei and Senior Most Student or Board Member as appointed by Senior Most Student.

**Nidan & up** testing will be given one day before the National Seminar. Nidan candidates must have a minimum 7.5 years experience in the art.

[www.shoshinryu.org](http://www.shoshinryu.org)

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### ON THE COVER

Photo: Training at Permanent Dojo  
Kanji: Shoshin Ryu - Truthful Heart Tradition

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# REPORT TO THE PEOPLE

Brian Combo | SMS | Minneapolis, MN

## DOJO UPDATE

It is great news to have COVID vaccines being rolled out and administered to those most in need and subsequently on down the priority list from there. While this is a huge step in the process to get us back to a more normal reality, we are not free from COVID challenges just yet. Indications are that mask wearing and social distancing practices will be encouraged and remain in effect for the foreseeable future in order to continue to mitigate further spread. Shoshin encourages everyone to think of others first.

With COVID still creating challenges, all our Dojo are either running in-person training at their local Dojo with local health guidelines in effect or offering Shoshin training via Zoom or some combination of both. Our teachers/sensei are working to maintain or create opportunities for students to continue with their training in order to help keep folks active. Everything associated with COVID has been a difficult challenge for people of all walks of life, some more than others - particularly first responders and health care workers on the front lines. Certainly, the virus has left a ton of heartache as well in its wake to all those who lost a loved one to the virus. Throughout, Shoshin has continued to offer facts and info on all things COVID as well as healthy and viable training options for our membership. As such....

Shoshin is **Continuing its Weekly and Monthly Zoom Opportunities** with martial arts training/classes/seminars on Zoom for those seeking more opportunities and/or for those opting for more stringent social distancing practices. Check with your local sensei to find out what training options are available that would best fit your situation.

Zoom options below are nationally sponsored/taught, meaning, intended or available to

higher ranks across ALL our collective Dojo. I would encourage our students to take advantage of any/all opportunities to train both on a solo basis and via an in-person or Zoom class.

### National Zoom schedule being taught by Coniaris Sensei of AZ is as follows:

#### Tuesdays:

- Brown Belt Training - 4:30pm (PST)
- Yudansha Training - 5:30pm (PST)

#### Thursdays:

- Yudansha Training - 4:30pm (PST)
- Brown Belt Training - 5:30pm (PST)

#### Sundays:

- Brown Belt Training - 3:30pm (PST)
- Shodan Training - 4:30pm (PST)
- Nidan & Up Training - 5:30pm (PST)

See next page for more online training opportunities. All participants for these workshops must be at least 16 years old, a green belt or higher, and parental permission for those aged 16 or 17.

### SENSEI STETZ STEPPING INTO JOURNAL EDITORIAL POSITION

Sensei Shane Stetz of Idaho Falls, ID will be taking over Sensei Peterson's position as co-editor of the Shoshin quarterly journal. Mr. Stetz has been serving on our Executive Board for the past year and is an ever-rising contributor in serving the greater Shoshin membership. He is a talented writer and bright technological mind who will bring much value and new ideas to our already outstanding journal and journal staff. Thank you, Shane, for your continued willingness to serve.



## Contact:

[shoshin@Q.com](mailto:shoshin@Q.com)  
to reserve your space.



## Workshops:

must be a green belt or higher to participate.



**Martial Bookclub Jan 31:** Sunday 2:30 - 3:30 PM MST

Book: *The Swordsman's Handbook* by William Scott Wilson

**Feb 29:** Sunday 2:30 -3:30 PM MST

Book:

**Feb 6: Nutritional Workshop** 1-5 PM MST

Create your own guidelines based on current knowledge of food, hormones and timing of eating.

Sensei: Lauziere, Stetz, Coniaris

Cost: None

**Feb 20-21: Brown Belt Gasshuku**

10-1 & 2-5 PM MST Sat/Sun

Focus on refining brown belt material  
Sensei: Bair, Peterson, Stetz, Coniaris

Cost: \$50

**March 13: Stick/Knife Workshop** 1-5 PM MST

Develop skills and attributes of stick & knife

Sensei: Bair, Lawrence

Cost: None

**April 17: Cane, Jo, Bo Workshop** 1-5 PM MST

Develop skills and attributes of cane, jo, bo

Sensei: Adair, Lauziere, Stetz

Cost: None

**SR Nationals in Boise** Date: Summer 2021

In person? Hopefully...





## 2021 NATIONALS

Shoshin Ryu is still anticipating hosting our annual Nationals in Boise next summer - we just don't know exactly when at this juncture, but we are hopeful!! We are waiting to see how well the new COVID vaccines as well as other CDC and governmental protocols will work in a coordinated manner to help bring a return to "safe" assemblies of large groups of people under one roof. If we believe we can offer a quality, several day event within a relatively safe environment next summer, then we will proceed with locking in the dates for Boise and send out the word shortly thereafter.

### KOKORO REVIEW: "FUDOSHIN"

The English translation for the Japanese word Fudoshin is immovable mind/spirit or sometimes translated as immovable heart. It is this developed quality within an individual that makes him/her not easily moved by emotion, by events, by losing or winning, by flattery or insult, by physical pain or suffering, or by win or loss to list a few. Possessing Fudoshin is a quality or resolve that a warrior or martial artist cultivates and carries within his/her warrior spirit as if carrying invisible armor where very little is allowed to faze him/her. Not being moved by an event or by pain, or by insult, or by winning allows the student to move immediately with greater clarity to finding the good, finding the solution/s or possibilities in any given situation.

It is one thing to intellectually understand Fudoshin. It is another altogether to be able to acquire and breathe life into its essence. So how does a Shoshin practitioner develop Fudoshin? There is certainly more than one way, yet a simple answer is that it is developed within the practice of learning to focus the calm mind **appropriately** with singular intent all the while being aware or in acknowledgment of what is happening at the moment. It is the power of directing the mind within one's training or practice in ways that best serve the practitioner. Meditation, which is encouraged in Shoshin, is a great vehicle that can aid/help in the training of mental focus and mental clarity. The fact that each class starts with Mokuso, (*meditation*) illustrates the emphasis and importance placed on improving one's focus in this art.

When physically slammed hard on the mat by a careless tori rendering little physical support, one

could complain, yell, or agonize out loud and to that extent little good comes from that. Within the training/development of Fudoshin, however, upon hitting the ground hard, you would acknowledge within your mind the pain or discomfort at that moment, but immediately bring your mind's focus into your breathing, perhaps to some other appropriate intent/focus, thus learning to bypass the attachment to the pain or at the very least minimizing it.

As you stand back up and as uke, your face/body would reveal little if anything; you might say nothing at all and just go about training the next waza figuring tori realized his/her careless mistake and subsequent lack of focus with regards to safety. If tori remains unaware, you might suggest to him/her to provide more support, encourage him/her to throw with more regard for safety for you and for all future uke. The better skilled you become at commanding or steering right mental direction, the more developed your Fudoshin becomes; the better you can face adversity head on, and be moved little, if at all.

In the pursuit/practice/development of Fudoshin we often come to realize how we can get moved emotionally by things said by a relative, friend or even a complete stranger. These are opportunities in life to strengthen one's Fudoshin. If at work, school or out in public, should someone call you disparaging names to incite a conflict with you or simply to belittle you, or to say something very insensitive to you, you would immediately recognize what is happening, and move on immediately to a more singular focus that serves you and the situation well. It is not that emotions are bad, it is more that we want to be able to control them in the blink of an eye, because that ability will serve each practitioner best when under duress.

If someone shouted a verbal insult in your direction, you would direct your mind perhaps to the deeper understanding that the problem is them, not you, and thus, you listen without judgment or without attachment. Your training/practice has taught you that their words cannot hurt you without your permission. So instead, you decide to direct your mind to let go of the malice or bitterness behind the words, letting them float away like bubbles arising from a can of pop; or like blocking/parrying a punch away from hitting and potentially hurting you. If it doesn't reach its intended target it does not hurt you - thus, you are NOT moved by the insulting words.

Maybe someone said seemingly harsh words to you that perhaps carried some level of truth. With a quiet, focused mind you might realize your ego is getting in the way of hearing what that person is saying. Thus, you move immediately to keep your ego in check, setting it to the side, allowing you to be present fully. Fudoshin would keep you unmoved and thus, perhaps in this example, you might actually hear what the person was intending to say instead of tuning him/her out.

Fudoshin training never goes away and awaits the Shoshin practitioner on every turn. It is up to each of us to develop it and be able to pull out the trained, yet seemingly invisible armor anytime we need it. Learning to focus the mind appropriately or finding the "right" mind is the key. If you are attached to the problem, how can you find the solution? "Ouch,

*I was poorly thrown and landed hard, and now I'm angry at my training partner!"* Little good comes of this cluttered mind. Your pain worsens. You are mad. The relationship with your training partner potentially degrades as well. Yet if you could find the inner strength to unlock the power of your mind, specifically Fudoshin, your pain can diminish almost immediately, and you can move on to getting back up and training and/or bringing to tori's attention the need to improve their support and care for their uke. Problem solved. Good things found. The pursuit of Fudoshin is forged via your training in order to gain control over your mind, thus maintaining control over your body as well. You will learn to focus your mind/intent both on and off the mat appropriately. Opportunities to train your Fudoshin are never ending so enjoy the journey. Learn and grow!!!







# ARM YOURSELF AGAINST FALLACIES

CHRIS PETERSON  
BOISE, IDAHO



Self-defense is one tactic we employ in living a fulfilled life, and it is as important today as ever. While it is important to remember how sublime the world around us is, to recognize the many selfless acts taking place every day and to realize how fortunate we are to live on this amazing planet, it is also important to maintain a healthy dose of skepticism and analytical thinking. As fortunate as we are to be a part of this beautiful life, there are those who would not hesitate to take it from us.

We are fortunate to live in a relatively safe time and place in the world, but that doesn't necessarily mean the threat of attack is less prevalent. In our current culture, especially as our lives become more virtual, encountering a verbal, psychological or emotional attack is far more likely. We may find ourselves feeling pushed or bullied into agreeing with another's false beliefs and it makes us uncomfortable or confused. Or consider that we are bombarded daily by advertisements developed by people whose job it is to play on our most basic human vulnerabilities to influence us. However, much like learning a few physical techniques can lower your chances of becoming a victim, so too can learning some mental tools, strategies and increasing your awareness.

## WHAT IS A FALLACY AND HOW CAN YOU SPOT ONE?

Type in 'fallacy' to dictionary.com and it tells you that a fallacy is a *deceptive, misleading or false notion or belief. A misleading or unsound argument. It is deceptive, misleading or false in nature, erroneous. Any of various types of erroneous reasoning that render arguments logically unsound.* Thus a fallacy is erroneous reasoning or an erroneous construction of an argument rendering it logically unsound. Yet also notice the emphasis on fallacies being misleading and deceptive in nature. Fallacies are not just logical errors in semantics. They are often used, both intentionally and unknowingly, by people who wish to influence you. If you fall victim to fallacies, or choose to follow another who's beliefs are propped up on fallacies, there is a good chance you were misled or deceived in that process.

This paper will teach you ways to identify some of the most common argumentative fallacies. However, think about the broad scope of this topic and the lasting effects that can result. It could be an argument with a significant other, an argument for the best fertilizer or an argument as to why you should vote for this particular person or issue. Whatever the topic, we are constantly besieged by arguments and they often come with an agenda. Admittedly, an agenda itself may not necessarily be false or misleading, but an honest perspective that you may or may not agree with. It's safe to say, though, that none of us wants to support an agenda who's foundation is made up of logical errors and unsound reasoning. Learning to spot the fallacy is crucial not only in being able to make a more informed decision, but also in pushing the conversation and our own thinking further. By not allowing fallacies to be employed as tactics we are forced to look for further evidence to support our claims and beliefs.

## BENEFITS OF KNOWING FALLACIES

The rewards that come with spotting argumentative fallacies are many, and this skill, when developed, becomes very practical. You can have more meaningful conversations with people. You are less likely to be taken advantage of. You are less likely to support and advocate for something that you don't fundamentally agree with. For example, did you feel inclined at any point to stop and question the fallacy that was utilized in the last paragraph, or was I successful in bringing you further into our discussion already dictating (with most of your consent, or at the very least passive acceptance) what type of agenda you do or don't want to support?

Understanding fallacies and how they are utilized really could be considered a life-skill and, at the risk of infuriating multitudes of parents who already thought arguing with their teenager was impossible, should perhaps be taught more prominently in school. It is also cash and carry in nature; if you simply memorize these fallacies and pay attention you can start spotting them in daily conversation. While not an exhaustive list I am going to review twelve common fallacies which we might encounter. By familiarizing yourself with these common "attacks" you can develop the mental self-defense and awareness needed to effectively defend yourself against the fallacy, should you choose to.

## A QUICK DISCLAIMER

Some of the following examples may incite emotion and involve current, highly debatable topics. However, these examples are used purely to help clarify the fallacy being exposed, and perhaps to recognize how fallacies are capable of conjuring up emotions in us. We don't need to reject or shy away from feelings invoked by a certain statement, but it is good to recognize this, especially if arising from fallacies. So let us empty our cups, let go of stances and beliefs for a moment as we peruse this article more as keen and attentive observers.







## THE SLIPPERY SLOPE

The Slippery Slope Fallacy is one that we have probably all heard, if not employed. This fallacy essentially side-steps the issue by jumping to a possible worst-case or unlikely conclusion and expecting the other person to defend this hypothetical outcome. The person using this fallacy places the burden on you to defend the outcome without themselves defending the claim that such an outcome is even likely. One might say, "I understand there are a lot of responsible gun owners in our country, but if you keep allowing guns to be legally owned it's a slippery slope to mass-shootings happening on a daily basis! Gun ownership should be illegal." Conversely someone could say, "I think background checks for new gun owners might not be a bad idea, but if I agree to that it's a slippery slope to the Feds kicking down my door and taking my guns!"

You can see how simply jumping to one possible outcome cannot plausibly be held up as the sole justification for someone's position. Further, notice how it can put an immediate dampener on an important conversation and thus kill any progress on an important topic that affects us all.



## AD HOMINEM

Latin for "against the man," an Ad Hominem Fallacy is essentially a personal attack. This tactic is meant to discredit the source rather than to actually confront the issue at hand. For example you might suggest to your roommate that she give the plant she brought home three weeks ago some water since it looks like it's dying. To which she replies, "Oh sure, this coming from the person who doesn't even own a plant? Give me a break." Or maybe a certain politician proposes upgrading safety signs on the town's roads. To which his opponent yells, "Are you kidding me, have you seen the glasses on that guy. He can't even see his own hand in front of his face let alone the road signs. Who is he to be telling us to upgrade our signs?"

The idea is that by attacking the source on a personal level one can sway opinion against them without ever needing to truly refute their ideas or statements and instead force them to defend themselves. However, even if the attack on the person is a true statement, that alone is not enough to refute the person's idea, and you do not have to assume it is.



## BLACK OR WHITE

This tactic is used to force a person into thinking that they have only two choices while glossing over all the other myriad of possibilities as if none existed. Further, one typically uses an extreme example to counter their own idea so you feel inclined to agree with them. For example, "Either you believe we should build a 20 foot wall along our country's border, or you think any terrorist or criminal should be

able to just walk into the country unchecked." Or, "Either you agree that every minority in our country should receive reparations or you are racist against all minorities." Despite how you might feel about the issues, you can see how in both cases there is a vast middle ground that is being assumed to not exist.

Take care any time someone tries to corner you with only two options. "There's two kinds of people in this world..." "You can either think X, or you can think Y." The world is a complex place full of possibilities beyond our comprehension and boiling it down to a "this or that" type statement is oversimplifying to say the least, and presenting you with a false dichotomy. Being able to recognize this you may choose to express that you feel there are other options, possibilities, reasons, steps, and so forth that are being left out and might justify further examination.



## APPEAL TO IGNORANCE

When someone uses the Appeal to Ignorance Fallacy they are assuming something is true simply because there is not conclusive evidence proving it is not true. It is a tactic meant to shift the burden of proof and undermine the other party rather than provide evidence to support one's own case. For example a politician is accused of fraudulent activities before taking office when certain documents are leaked. To which he refutes, "Are you kidding me? The documents you are referring to are obviously fraudulent and meant to make me look bad. How can you prove that they aren't forged?"

You can see how quickly the conversation gets killed when the focus gets shifted to proving that the documents were valid, and assuming this can even be done, the topic will be so far in the rearview by then that the impact is minimal at best. Of course a sharp person could have used the same tactic back to the politician and claimed, "Well of course you'd say they're forged, they expose you. There's no proof they are forged, though, so until you prove they are we can assume they are legitimate." However, the fact that this tactic can be used as effectively on either side should show us it further polarizes the conversation and is not a good tactic for getting to the heart of the matter.

Another form of this fallacy is referred to as Personal Incredulity Variant. If you can assume anything can be true simply because it has not been disproven yet, it becomes dangerously easy to justify believing whatever you currently believe without ever questioning it. Allow someone to argue from this false platform and you'll find that you don't have the collective knowledge of the history of humanity to draw from. All you have now is what seems reasonable to this one person at this moment. "Really, you want me to believe the Earth is a sphere? Even though when I drive down the street it's flat. When I look out the window it's flat. When I row across the lake it's flat. The flat Earth is my Earth!" However, absence of evidence is not evidence of absence. In other words it is a fallacy to assume a thing not true, simply because it is difficult to understand.

***"If 50 million believe in a fallacy, it is still a fallacy."***

- Professor Samuel Warren Carey







## ARGUMENT FROM AUTHORITY

This fallacy is sort of the counterpart to the ad hominem. Where an ad hominem looks to discredit a source, the Argument from Authority Fallacy looks to bolster the reputation of the source in such a way that its support alone is enough to validate the conclusion. In other words regardless of what the message is, because it came from the cited authority it must be assumed to be true without further scrutiny. Watch out for statements citing “this lab” or “this celebrity” or “this company” being the source as the only evidence given to support the conclusion.

I like the example of statements that start out, “You know my dad always used to say...” I love my father, and he taught me a lot of valuable lessons, but he’s a human and like all other humans he’s not perfect nor is he always right. How many of you believed growing up that if you swallowed gum it sat in your stomach for seven years? Yeah, me too! And if he’s not always right then it is illogical to conclude that everything he says is true simply because he said it, even if it’s something he used to say a lot.

Many do this in regard to their source of news and current events. “Who has time to filter through all the gatekeeping and fake news out there?” People say, “That’s why I get my news from the network that offers me the most straight-shooting unbiased news around.” You’ve got to admit, though, there are a lot of news sources out there today. Further, most are for-profit organizations looking to maximize your time on their site, app, or station. Is it reasonable to expect any of them are completely accurate 100% of the time and that they are nobly giving us the straight scoop, even if it may affect their bottom line? It’s not to say we don’t look to our authorities for guidance and education, but a reputable source in and of itself is not sufficient reason to validate a conclusion without further scrutiny, and you do not have to accept that it is.



## AFFIRMING THE CONSEQUENT

This is what I call putting the cart before the horse. Typically a premise or antecedent leads to a conclusion. Affirming the Consequent Fallacy flip flops this and applies the conclusion as evidence to affirm an antecedent. For example, your friend works in sales and if she landed a big account she would be happy. You see your friend and she is happy. She must have landed a big account. Now you can see how it just doesn’t make sense to immediately assume she sold a big account solely based on her appearing to be happy when you see her. She could be happy because she found a \$20 bill at the gas pump, she was complimented on her hard work, she just helped out someone in need and she’s feeling grateful, or because of countless other possible reasons.

Another example might be, “The stock market is doing great, the economy is certainly booming.” We may have been guilty of assuming this at some point in our own lives, but we know it’s not true. The stock market can surely do great in a booming economy, but evidence shows the stock market can also do great in a recession. Just because something could be the reason leading to a conclusion, does not alone mean it is the reason for the conclusion.



## FALSE EQUIVALENTS

The False Equivalents Fallacy is a sneaky approach to an argument where someone tries to make two separate things appear to be the same simply because they share a similar trait. A common example is, “Dogs and cats are fluffy, so dogs and cats are the same.” Obviously we wouldn’t make this claim, yet this tactic is used all the time. Consider, “One can read a lot of evidence about the Earth being a sphere; One can read a lot of evidence about the Earth being flat. Therefore these two must both be valid arguments.” One is verified by virtually the entire scientific community and can be observed in several ways by any individual. The other is either refusing to use any information further than the eye can literally see or just wants to chalk it up to a conspiracy, and they are absolutely not the same and should not both be given the same amount of airtime.

There is also a potential risk of complacency when wielding this fallacy. “There have been a lot of studies showing humans affect climate change. There have been a lot of studies showing humans don’t affect climate change. I guess it’s a wash.” Despite your opinions on the topic itself, you have to acknowledge the error in this thinking. If we refuse to accept the logical jump made by false equivalents we must look at other reasons for our conclusion, and by pushing the conversation further we typically find which side of the argument is likely to endure. Having similarities is not alone sufficient evidence to assume that two things are in fact equal.



## APPEAL TO FORCE

On the surface the Appeal to Force Fallacy might appear like the Argument from Authority mentioned above, but it is not just propping up a source to support a claim. An Appeal to Force is essentially a threat. You are meant to be threatened by something that is being held over you in order to go along. It can happen at home, “I don’t know if the kids will go to bed, hon.” “Oh they’ll go to bed alright, because they don’t want the alternative.” It can happen at work, “Sir I’m not sure I agree with our current policy.” “Well I can pick any number of names out of a stack who are willing to get on board if you aren’t.” As you can see the Appeal to Force is employed with varying levels of severity. A parent threatening a child with a grounding is one thing, telling a subordinate to do something that makes them uncomfortable “because I said so” is another and obviously an abuse of power.

An appeal to force is what prompted many acts leading to the #metoo movement and, while anyone can be a victim, has been used to prey on women in the workforce, and in general, for a very long time. We can benefit from understanding this fallacy clearly and knowing that we do not need to become victims of it. Just remember, whether you are a kid on the playground or an adult in the world it is okay to ask for help and support when confronted with a bully. It is ok to disagree with someone who is an authority if the only support they have for their claim is that s/he is the one in charge. It’s ok to stand up to bullies and not let them move you, and it’s ok to question something that someone says without providing further evidence beyond an appeal to force.



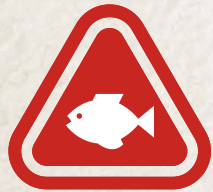




## STRAW MAN

The Straw Man Fallacy is not only a tactic used by someone attempting to avoid confronting the issue head on, but often also attempting to deceive others by mischaracterizing the opposing position. A person will paint the opposing position in a sort of cartoonish light, trying to discredit or misrepresent elements of it in order to make it into an easier version for them to argue against. You see, an argument made of straw is easier to beat.

Take the example of someone stating they believe in God. The person arguing against them might retort with, "Oh wow, so you just chalk our existence up to this guy in the clouds with a big beard who sees everything and knows everything, c'mon are you even serious? Sounds like Santa Claus." Or consider a person who says, "I'm not sure building a wall along the entire US/Canadian border is the best use of funds." To which their compatriot replies, "Oh sure, I guess you don't care if Canadians just flood our country with their kindness and amazing maple syrup. Next thing you know our national pastime will be hockey!" Here you see examples of attempting to discredit the other position by belittling it, rather than making an actual attempt to meet the other position head on and dispute it with their own counter argument. Perhaps you also noticed the Slippery Slope fallacy in the second example, in case the Straw Man wasn't enough. Fallacies aren't always single shots, they can be combined to further dilute an otherwise cogent argument.



## RED HERRING

You might watch for the Red Herring Fallacy, along with the previous Straw Man Fallacy, when you find yourself winning in a debate with someone. A Red Herring is when someone extracts something only partially related to the topic in mid-argument so as to steer the subject away from their original point. In other words they try to shift the focus to something you can both agree on rather than face the burden of truly defending the position they are proclaiming.

Let's say you are having another conversation with your flat-Earther friend when he inevitably starts with the assertions that the Earth is flat. You respond to his arguments, politely pointing out the evidence proving that the Earth is actually a sphere. Seeing the conspiracy theory argument is not enough to win you over, but not wanting to admit defeat, he cunningly says, "You know what else, I was at the Fair and saw pizza shaped like a cone, can you believe that? I'll take my ice cream in a cone and my pizza flat! Don't you agree?" Next thing you know you're talking about your favorite kind of ice cream but feeling like you left something very unfinished. Or consider a CEO accused of taking a large bonus directly after her company took bailout money while also laying off a large number of employees. When asked to justify this she replies, "Well at this company we believe in creating the best possible customer experience and our whole focus is on striving for excellence in serving our customers." Attention is diverted from the original topic by focusing on some ambiguous surface relevance rather than truly addressing the original topic.



## HASTY GENERALIZATION

A Hasty Generalization Fallacy is when one arrives at a conclusion from limited and/or flawed information or sample data. In this case a person applies a belief to a much larger scope than they should based on the information they have. I made a hasty generalization not long ago when finding a few morel mushrooms right by the truck when a friend and I were mushroom hunting. After congratulating me my friend walked off, head down, looking for more morels. I knew this was the spot, though, and didn't wander further than fifteen yards for over an hour. After finding only one more mushroom that whole time I called out to my friend who was just over the ridge. I quickly realized the fallacy in my thinking as I saw him with a large bucket almost full of fresh morels.

Consider another example when someone claims, "I used to walk past these Italian kids on my way to school and they would always pick on me. All Italians are bullies!" Or, "People on unemployment are lazy and take advantage of the system! I'm serious! I once knew someone on unemployment and she never even looked for another job like she was supposed to, she just milked it for a whole year." This way of thinking can lead to unjust stereotypes. Further, it is not sufficient to take a small sampling or personal experience and apply it universally.

Along with being anecdotal in nature another thing to look out for is the use of universal terms like "all," "everyone," "always," or "every time." Nobody can truly say that everyone on the other side of the isle is wrong and bad, or even that the sun will always come up tomorrow. In order to counter this fallacy it is good to look for and use qualifiers like "sometimes," "maybe," "it could be the case," or "it seems like." These qualifiers can be useful in keeping awareness on the issue itself.



## BEGGING THE QUESTION

Also the closely related Circular Reasoning Fallacy, the Begging the Question Fallacy virtually ignores the need to prove its position all together by simply assuming a claim as self-evident. One might seem put off if ever asked to even question it. Take for example the person in the metal encased elevator descending to the basement floor who is experiencing poor cell reception that says, "I'm having a hard time hearing you, I think our connection is bad. I have an Apple phone and they make the best phones available, your phone must be the problem." Assuming something is self-evident, no matter how much you believe it, is not by itself enough to prove your position.

The phrase "begging the question" is typically used today in reference to suggesting or proposing the question. However, it originally came into existence as a mistranslation of the Latin phrase, which itself was a mistranslation of the Greek phrase for "assuming the conclusion." Not to say that assuming certain conclusions in a discussion is always a bad thing, you just want to make those assumptions consciously if you do, and hopefully with both sides in agreement of these assumptions. Watch out for statements like "it just is," "they just are," and "I just do." It is okay to question something if you don't agree that it is something that should simply be assumed.





On a personal level this sort of thinking can potentially lead to being trapped in your own isolated world. Opinions and preferences are okay to have, but if Apple being the best phones made is just self-evident to you, when someone asks you “why?” you might feel they are being fussy or abstruse. You could find yourself surrounded only by people who think and believe the way you do, annoyed at those others who think and believe differently. If we are honest with ourselves we will not shrink from questioning our own assumptions. If we are involved in an honest conversation we should not shrink from asking the other person to coherently explain assumptions that we don’t see as being self-evident before proceeding.

## YOU MADE IT!

You got through all twelve of the fallacies we set out to better understand. And if you’re still awake and reading, then you undoubtedly have a healthy dose of discipline. With that discipline and an understanding of the above fallacies you may start to look at conversations and arguments a bit differently, hopefully with greater understanding and perspective.

There are most likely readers out there who might question if this is even that important. It might sound like I would have us confine everything to logic and at best minimize things like faith, emotions, and culture. This is not true, though, and I don’t believe that if we were completely logical we would necessarily be happier. But consider the long history of humans and how ideas grow support. Several hunter/gatherers had to be convinced that stopping their incessant movement long enough to stay in one place and raise crops was a good idea. Several ancient Greeks had to be convinced that a Democracy was worth a shot and it would work a certain way. People from several countries had to be persuaded to take part in the Crusades. Over 900 people died in Jonestown after many were seduced into following Jim Jones and his order of mass murder-suicide. Every day you are being enticed into buying a certain product, supporting a certain position, voting for a certain person, policy or party. When considering all the things affected through arguments and persuasions, the scope of what fallacies can influence is immense.

Imagine if everyone was versed in logical fallacies. If this was the case then fallacies would be so much less effective. I can think back to a time when I would hear an argument and be moved, despite it being propped up on a fallacy. I might hear one politician say about another, “You can’t trust this guy to have good economic policies, he claimed bankruptcy 10 years ago!” I might find myself agreeing with this, maybe even believing this person was a more fit candidate as I felt the emotions rise, which helped justify the belief. Now, however, upon hearing a similar statement the emotion is virtually non-existent and the ad hominem is immediately recognized. Like the rest of my training it remains a work in progress but the progress is notable. Perhaps if fallacies were better understood people wouldn’t be led as easily by emotions and thus support people or issues they fundamentally disagree with, or accept faulty reasoning as evidence for why they should get on board with a certain idea or argument.

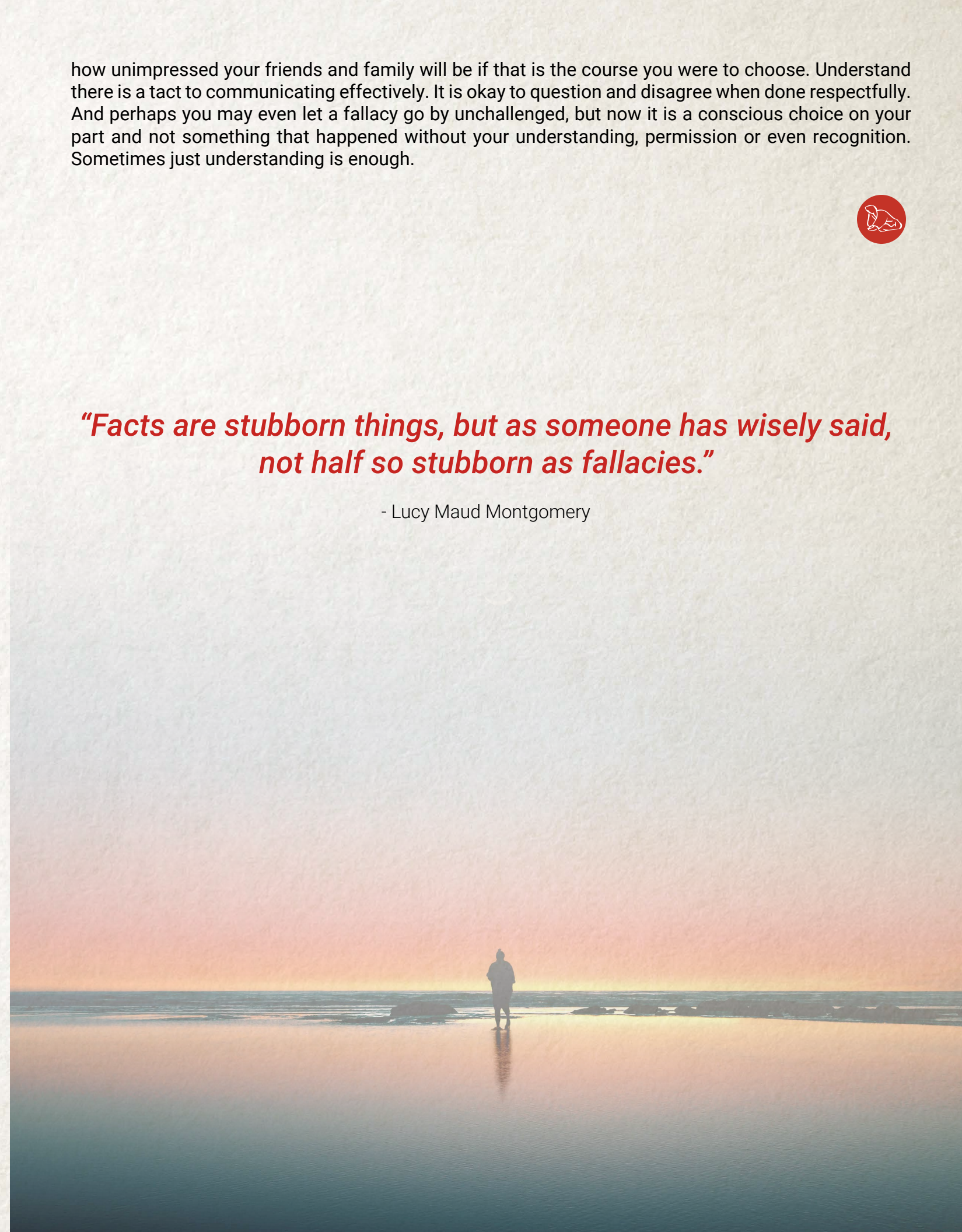
As I mentioned before this is not an exhaustive list of logical fallacies. The above is what I might consider the Dirty Dozen of the bunch, but there are more and you have likely encountered them too. You don’t have to remember every single fallacy spoken of here, but imagine how much more fortified you might feel if you did become familiar and learn to recognize them all, how better centered you might be and less likely to react out of emotion. You would have the knowledge to call out a fallacy, to put the burden of proof on the other party who is trying to influence you or arouse an emotion. The idea is not to learn about fallacies just so you can go around calling people out, and hopefully you can see

how unimpressed your friends and family will be if that is the course you were to choose. Understand there is a tact to communicating effectively. It is okay to question and disagree when done respectfully. And perhaps you may even let a fallacy go by unchallenged, but now it is a conscious choice on your part and not something that happened without your understanding, permission or even recognition. Sometimes just understanding is enough.



***“Facts are stubborn things, but as someone has wisely said, not half so stubborn as fallacies.”***

- Lucy Maud Montgomery







# SELF DEFENSE

## Seated Self Defense: Two Options



1

**VERSION #1:** Tori sitting next to uke minding his own business.



2

Uke becomes a threat and grasps tori and initiates punch to the face.



3

Tori covers and strikes uke in face with cover elbow.



4

Tori then executes a groin strike.



5

Tori then grasps back of uke's head and slides right arm under chin of uke.



6

Tori securely places controlling choke on uke.



A

**VERSION #2:** Uke becomes a threat and initiates punch to the face, tori covers with one arm.



B

Uke becomes a threat and initiates punch to the face, tori covers with one arm.



C

Tori controls uke's arm and begins arm bar technique.



D

Tori executes arm bar.



E

Tori stands up while transitioning from arm bar to nikkyo.



F

Tori strikes uke in face with knee while retaining nikkyo.



# 10 TRAINING TIPS: WHAT NOT TO DO

Here are a few things you might want to steer clear of as you grow your skills and understanding of Shoshin Ryu and the martial arts.

## DON'T WING IT

Some students don't adequately prepare for class. What? I don't just show up? Nope, there is homework. If you really want to excel and improve then train at least 10 minutes a day at home. Drill your basics every day and perhaps review what was covered in the most recent class.

Learn how to learn better, more efficiently. The Kokoro Series can help you with that. Read them, learn them, internalize them and then put them to work for you. Your mind is where it all begins. If you consider that your bones hold you up and give you form. Your muscles move your bones. Your nerves tell you muscles when to relax or contract. Your mind tells your nerves how to move. So, it really is our minds that we are training.

*Focus your mind and prepare.*

## DON'T NEGLECT YOU

One needs to care for their car, so it runs reliably. Get the oil changed, etc. The same applies to ourselves and our bodies. We need to take care of our nutrition and our health. Exercise and eating healthy makes all the difference in long term abilities and availability to train, but also affects how well we perform on a daily basis. For example, if you eat a lot of carbs and sugar at lunch - you likely will get sleepy in the afternoon. If you eat a low carb and near sugar free diet regularly, then you will no longer be tired and sleepy in the afternoon.

*Nutrition, exercise and meditation are just a few things you can do for you.*

## GOALS: DON'T SET THEM WILLY-NILLY

Set some long-term goals - making nidan (second degree blackbelt). Set some shorter-term goals - learn the curriculum for the rank you are at, make 86% of your dojo classes, or train at home five times a week for at least 10 minutes. Have goals but focus on the process as well. If you have one eye on the prize that leaves only one eye on the path. Focus both eyes on the path and occasionally look at your goals (prize). How do we keep goals from being unhelpful? Make them SMART: Goals should be...

- Specific: what is it you exactly want to do?
- Measurable: 'I want to be good'. Is that measurable? Focus on what you can objectively verify such as 'I will make 86% of classes in the next 6 months.'
- Attainable: work to make it so. Training once a week to be an Olympic champion isn't attainable under our current understanding.
- Realistic: If you can dream it then you can do it. But you will likely have to work for it.
- Time: some goals have time limits - others are less driven by time. Voting in an election has a time frame. Making blackbelt is much more open ended. Some folks take 10 years to make it - which is longer than most, but if they still have 20 years to use the skills then it is just fine.

*Set Goals according to SMART and learn to enjoy the process.*

## DON'T DO IT ALL ALONE

Set Training on your own is important and much quality motion requires this. That said, never be afraid to ask you Sensei or a SR Sempai for some help or guidance. Asking questions doesn't show ignorance, but someone who is committed to learning and growing.

*Ask for help when need. SR is a supportive group of individuals all here to help you if you are willing to do the work.*

## DON'T STOP LEARNING

People who are highly motivated and successful understand that one needs to continue learning and raising their 'game' and their skillset. They continue to enjoy the process of improving themselves and their skills so they can be more effective and more efficient in their undertakings.

*Keep a learning mindset.*





## DON'T TAKE THE EASY WAY OUT

Never be afraid to put the effort in. Don't bail when things get tough or you make a mistake - this is when you learn the most - though most of us don't realize it at the time. Be open to challenges (problems which need solving) or things outside your comfort zone. Have confidence in your ability and train to improve your skills and abilities.

*Never, ever quit.*

## DON'T WASTE TIME

If you waste time on nonproductive, meaningless tasks then you have less motivation and effort to put into your passion, work or family. Distribute your time effectively. Make conscious choices of how you spend your time. Don't waste it on negative people who bring you down or social media that contributes nothing to your personal growth.

*Use your time effectively.*

## DON'T LIVE WITH REGRETS

Making mistakes is part of being human. Learn from them and then let them go. Reliving old mistakes once you have learned from them is just punishing yourself with no good outcome. Many of us have been told this is how we should live - in fear and shame of our mistakes. Rather, let us move forward by learning and growing. There is no place for regrets in such a mind.

*Learn from your mistakes and then let them go to focus on making good things happen.*

## DON'T GO A DAY WITHOUT BEING APPRECIATIVE & SHOWING GRATITUDE

Being grateful and appreciative of the things around you leads to more happiness and greater inner peace. Some believe there is a slippery slope of being too appreciative or grateful; that if you are appreciative of the things around you then you won't work hard to make things better since you are 'satisfied'. Of course, this isn't true. In fact, when you appreciate the things around you, you are more likely to strive to expand them. You see what needs to change and what is good as-is. You have more personal power since your appreciation gives you strength.

*Appreciation and gratitude are the makings of inner peace and happiness.*

## DON'T TRY TO BE PERFECT

Let go of the idea of doing this or that perfectly - it can't be done. Even if you were able to, what you think is perfect form might be limited in usage since form follows function. Each supposed perfect form is dependent on what the particular person understands as perfect. A white belt doesn't understand form very well, thus the white belt's form cannot be perfect. The shodan doesn't understand form perfectly so the shodan can't do a perfect form. You get the idea. Strive not for some fixed form but rather strive for excellence in your art. Strive to keep improving the quality of your motion and your understanding of the principles. So when you go slow, try to embrace all the precision of the motion. When you go medium, start letting go of monitoring for perfection and relax, learning to move through the motion more naturally. When you go fast - let it go without monitoring. In order to go fast and try to be perfect, your mind is working on the very littlest of things to be perfect, which messes up the overall technique. This gives you multiples minds - see Isshin = one mind.

*Focus on enjoying the process and finding ways to get better by pursuing excellence, not perfection.*







# NAGE

## Deashi Harai with Application



1

Tori and uke begin in formal position.



2

Tori initiates slight kazushi by pulling down on uke's right sleeve.



3

Uke works to rebalance and tori adds a small push with left hand & pull with right hand to unweight uke's right leg. Tori then initiates deashi harai.



4

Tori finishes throw with good posture and control.



A

**APPLICATION:** Uke faces off with tori and presents a threat.



B

Uke throws a roundhouse punch and tori blocks.



C1

Tori executes a mawashi geri to uke's floating ribs. This moves weight to uke's left leg.



C2

As an alternative, tori can also execute mawashi geri to the IT band (or both in combination kick).



D

Tori executes deashi harai.

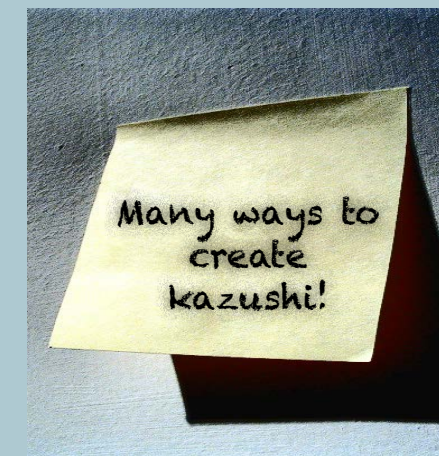


E

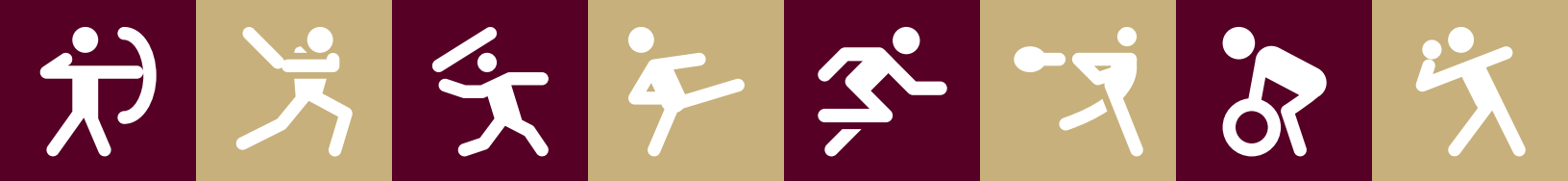
Tori finishes throw with good posture and control.

### QUICK NOTE!

There are many ways to create kazushi (off balancing) as one sets up a throw. In this case the kick is the kazushi. It moves the weight to the left leg of uke thereby allowing the right foot to be swept.







# KINETIC LINKING & PUNCHING BETTER

STEPHEN CONIARIS | SCOTTSDALE, ARIZONA

In classical Japanese martial arts there has always been a strong sense of using science to progress martial skills. From medicine – how to attack various body parts. From the Portuguese Navy – how to warm-up for training and how to run faster. The rear elbow strike seen in many of the karate basics was introduced to karate in about 1922 after the Okinawans learned about Newton's Third Law of Motion – "For every action there is an equal and opposite reaction."

So it should not be surprising that in Shoshin Ryu we strive to use science to help us in our quest for efficiency and efficacy in self-defense. In this article we will be talking about efficiency of motion and we shall apply it to our punch. The concepts described will show how can we improve technique/body mechanics and utilize cross training to better to improve speed/power. Hopefully you will find this helpful, exciting and in the end, note – "Wow, I got better."

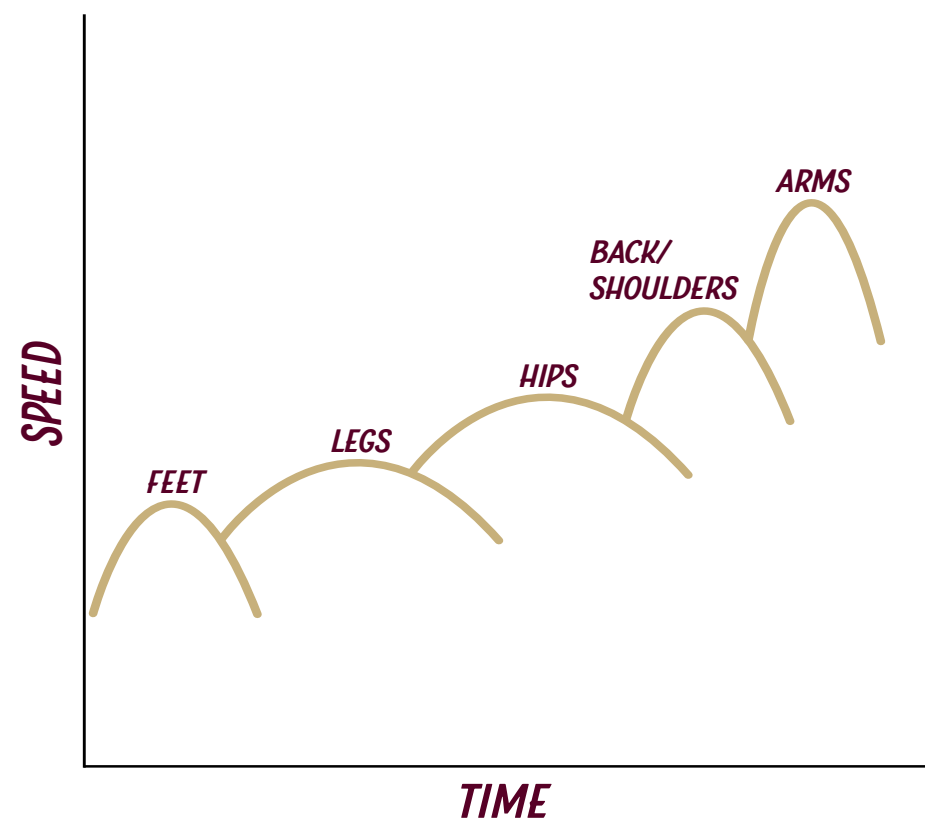
*I do want to say this article in full is for the yudansha (black belts) but I encourage the mudansha (non-black belts) to use what they can as they build their foundation step by step. So for mudansha focus on the using the kinetic link from hip to shoulders to hand at this point.*

## THE KINETIC LINK PRINCIPLE

This equates to improved performance for any given daily task or sporting activity. For example, in throwing a baseball or football: the hip and trunk accelerate the entire system and sequentially transfer momentum to the next distal segment, along the upper limb to accelerate the hand for ball release.

- Many activities of daily living and most athletic pursuits require integrated full-body movements with loading spread across multiple joints and muscles. The more joints one can include in the motion (as long as they add in the correct direction) the more power/ speed one will have.
- Sporting activity requires neuromuscular co-ordination. Functional training, for all levels of martial artists, should explore sequential movement of body segments to transfer muscle energy and generate optimal force. That is, good technique. A poor example would be a new white belt steps forward in zenkutsu dachi (front stance) while simultaneously firing all the muscles in their arms and legs to punch and step at once. Thus the arm moves only as fast as the legs step (which is slow). The beginner fires all their muscles at once without coordination. The yudansha, however, when doing the same move allows the legs to step forward, the hands waiting till the front foot hits the ground and as the weight is being transferred – only then releasing a very fast punch being driven by the hips. The more you train the more you notice – one part of your body is in motion while another part is waiting to move. To the beginner it is only about everything moving fast and at once – the action is very rushed and excited. The more skilled practitioner notes how the waza unfolds slowly, with a calm patience.
- Consider an excerpt from Neuromuscular System by Jared Lauziere, Journal #93: Sensei Brain to the body: "Use just enough force here, here, and here and you get a nice punch." White Belt Brain to body: **"EVERYTHING! FIRE EVERYTHING AND DO IT FAST!!!"**

If we look at the chart below we can see that the final speed of the punch goes up as the 'pieces' add up. Consider if I throw a ball at 50 mph. Then I stand in the back of a pickup truck going 10 mph and throw the ball 50 mph – the ball now travels at 50+10 = 60 mph. If I take the truck and put it on a flatbed railroad car going 10 mph while the truck also goes 10 mph along the flatbed and then I throw the ball 50 mph – the ball will be going 50 + 10 + 10 = 70 mph. This is what it is like when you add one body part's (or think joint's) speed to another's – they add up. They add up in a whip like manner – each piece being accelerated by the parts behind it. Coordination is important. Start the next part too soon and the previous part is not yet up to speed (thus only passes on part of what is possible). Start too late and the speed has already dissipated and less than optimal speed is passed on. This is why coordination and kinesthetic sense are so important. It isn't just who has the biggest, strongest muscles but the best coordination/ best technique (see graph below).



So if I punch with just my arms – I may just punch at say 4 m/s (meters per second). But if I rotate my shoulders as I punch then I might get up to 6 m/s. If I rotate my hips as I rotate my shoulders and punch then I might get up to 9 m/s. If I drive with my legs as I rotate my hips and my shoulders as I throw the punch I can get up to 12 m/s (this is for a speed elite strikers reach). In the case of the punch – it starts in the feet, then adds the legs, hips, shoulders and arms in a coordinated manner to maximize speed/power.

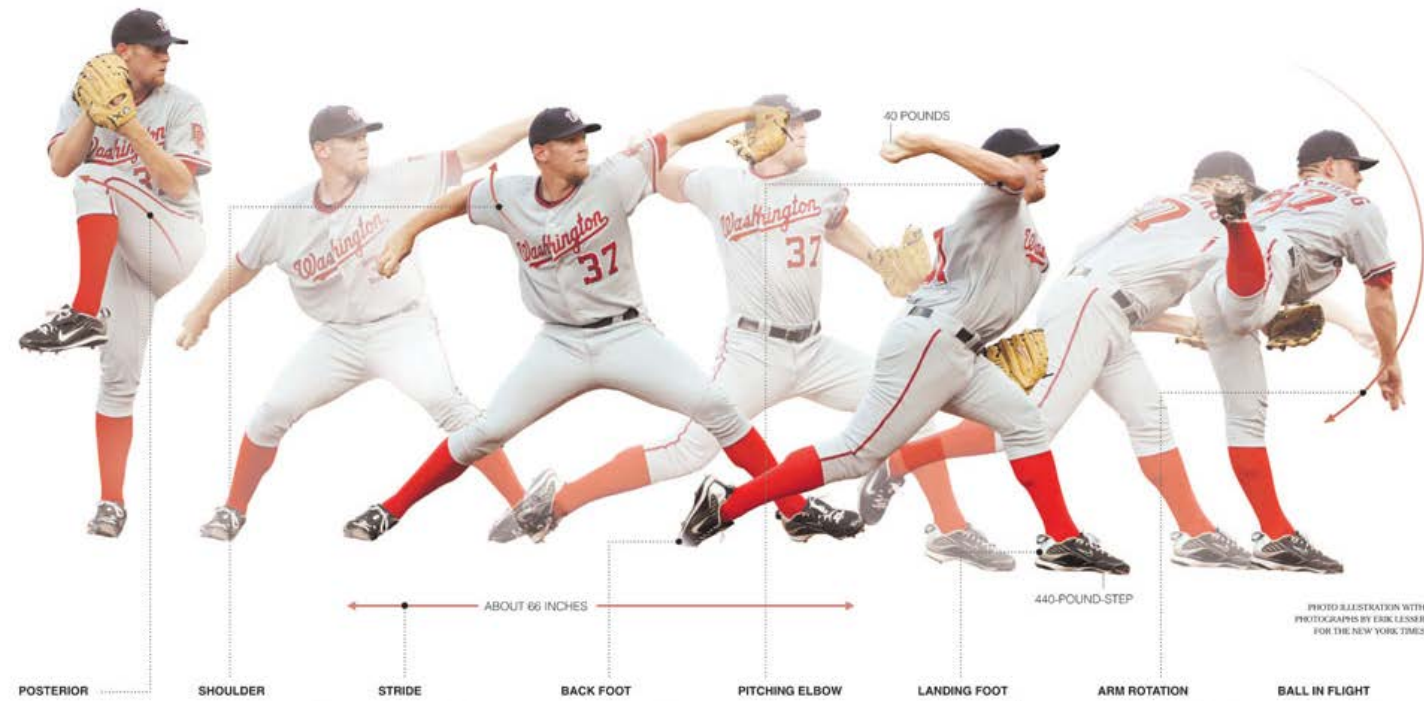
The same is true for a quarterback in football, a javelin thrower, or a pitcher in baseball (see photos next page). The legs accelerate the hips which then rotate and accelerate the shoulders, etc. By the time the energy gets to the ball or javelin – the back foot is already sliding forward or off the ground. There

is dynamic energy in play – not a static structure, where every link in the chain must be strong/stable so the structure doesn't collapse. Think steel beams in a skyscraper – good for structure but bad for motion. The dynamics of throwing or punching are very different than the static 'testing' with someone pushing on you to try to uproot you. The physics of each are very different.

While SR mudansha – do keep their foot flat on the floor to start – yudansha refine their technique to include more joints. Why do we teach in this manner? Why don't we teach everything at once? Because this is how the students gain a great foundation to build on. Our mudansha learn one step at a time. At first they learn to punch correctly with their arms from a good base (think how you learned punches in kiba dachi). Then they add hip rotation (in moving in zenkutsu dachi) and then shoulder rotation once the student learns to keep from overreaching. Why is that? Well functionally when you rotate your hips and your shoulders while not being centered – you put yourself in a very body weight forward situation and if you miss your target – you fall forward or stumble – which is very bad in self-defense situations. It is better to punch with less power than to fall on the ground. In a similar manner a finger to the eye is a very effective strike. Why don't we teach that to mudansha? Because the mudansha ability to hit the eye on a moving head under stress with adrenaline flowing



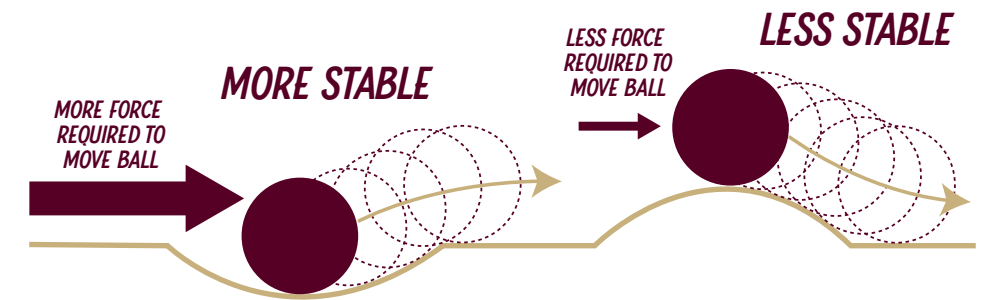




is very unlikely (adrenaline causes one to lose manual dexterity among other things). And should they miss – they will likely break a finger which now limits their ability to make a fist and strike. So SR is always concerned about functionality, not just power. Self-defense is more than such simple, one dimensional thinking.

In martial arts, there is historically some misunderstanding of what constitutes a good punch. For a long time both karate and tai chi thought stability was important. The feeling was that you needed to be stable and have every link in the chain strong. They 'knew' this by pushing on each other. I push better when I am stable and each joint is structurally sound. Unfortunately while this is very true in stationary structures – it doesn't apply to the dynamics of punching or throwing an object. Consider when is a ball most stable? On a hill top or in a slight depression? When it is in a slight depression. But can that ball move? No, it is difficult – you have to push it up the depression's little hill first. But if a ball is on top of a hill (and thus unstable) then a little push and it is easily moved – slight push and it rolls down the hill (see figure next page). Thus we really don't want to be very stable in self-defense or we can't move well, but we do need to be centered. Similarly, if we are in a very stable stance then should we get hit then we will absorb all of the impact and incur more damage.

Next consider a brook you want to cross with a variety of rocks jutting above the waterline. To get across you might have to jump then jump again to the left then right then right then straight – to get across. If you emphasized stability – you would jump to first rock and stop until you found stability, then you would jump to a second rock and again find stability. This is how a novice moves across the rock path (trying to be safe and stable) and inevitably falls in. The more advanced practitioner moves fluidly from rock to rock (flowing) – never stopping, never being stable but rather keeping his/her momentum going fluidly from rock to rock. Linking each move to the next. Not focused on being stable but being fluid & centered (balanced). As one of SR's best Nage Waza practitioners said when asked how often he was stable during randori with judo players at the Kodokan in Tokyo – he said 'perhaps 10% of the time'. One attempts to never let the kazushi die and have to start over. Hopefully these analogies are helpful.



Now let's look at a punch in terms of kinetic linking. We will look at motion about joints and then see what muscles are involved. Be patient with yourself if you don't understand everything the first time through – get the big picture first. Lastly we will put it into a few simply things you can think of as you train.

## THE ANATOMY OF A PUNCH

Throwing a punch is usually thought of as an upper body movement but it is actually full body movement that starts from the ground up. The force used to deliver a powerful punch begins from the feet – when we push into the ground, the ground pushes back into us, followed by a sequence of muscular contractions that transfers force up our kinetic chain until our fist hits our target. The transfer of force happens quickly through a series of rotations and torques from the foot, up the legs and thighs, through the trunk and core, and finally out through the shoulders and arms. Every type of punch, whether it is a straight, reverse or hook punch is delivered much the same way, only with slightly different emphasis on different muscle groups.

### The Lower Body

This highlights the importance of training the lower body, even if your chosen discipline employs striking with the hands. If you analyze the technique of the right reverse punch, the movement begins with a drive from the rear leg, with the most powerful driver of the movement being rear leg hip extension (driven by contraction primarily of the gluteus maximus muscle), where the rear leg is pushing the hips forward. The initial drive is begun by ankle plantar flexion of the same leg (the pushing of the foot). This is the most critical point in the development of power in the punch, as the leg must exert a huge amount of force into the ground to overcome inertia, and allow for the force to be distributed up the kinetic chain. Coordination between external rotation of the rear hip and internal rotation of the front hip is required to allow smooth rotation through the pelvis (rotate your hips). The quads and hamstrings help transfer force from the knee to the hips. The hamstrings will also help in controlling rotation through stability of the lower leg. The muscles of the lower leg, particularly the calf, begin the chain of muscular contractions that end up in a good punch.

### Core

The core or trunk muscles are a key segment between the upper and lower body. The rectus abdominis, the muscles that appear as the "six pack" muscles, keep the ribs and pelvis stacked (with the gluteus maximus) like a barrel. The internal and external obliques are responsible for transferring rotational force without any energy leaks by having the rib cage and pelvis turn as a unit.





As the force is transferred from the lower body, the abdominals provide a tight unit of tension to allow the force to be further transmitted to the upper body. At the same time, the abdominals (particularly the obliques) also perform a braking action, to prevent excess rotation at the lower back, further allowing efficient transfer to the upper back and shoulders. At the same time as force is transmitted vertically into the upper body, it is simultaneously transferred horizontally from the rear foot onto the front foot (which is in front of the athlete's center of gravity), to provide effective braking. This allows the force to be transmitted back up the body. This same transfer of energy through a stiff front leg has been demonstrated in biomechanically similar movements, such as the javelin throw.

### Upper Body

The shoulders rotate about the spine. The muscles of the shoulder are not only key players that deliver the punch, but also for taking the brunt of the impact. The anterior deltoid along with the pectoralis major, the muscles of your chest and shoulder, project your arm out towards your target. The smaller muscles behind your shoulder, the rotator cuff and scapular stabilizers such as the serratus anterior, help dampen the impact forces that act on your shoulder. Adequate shoulder strength and health is key for delivering repeated strikes without injury and wear and tear. The triceps brachii is the main muscle involved in extending the elbow straight out. The biceps brachii performs the opposite motion of bending the elbow. In conjunction with these two muscles, the middle trapezius, rhomboids, and latissimus dorsi are used to pull your arm back to get ready for another strike.

The muscles of the forearm are primarily used to make a fist and also to act as stabilizers during a punch to keep the wrist straight. The wrist flexors are on the palm side of the forearm close the fist and stabilize the wrist. The extensors are on the back side of the forearm and also stabilize the wrist. Keeping a straight wrist is important for efficient delivery of force but even more important for staying healthy. Impact without a straight wrist can quickly injure the small ligaments of the wrist.

As the force is transmitted to the upper body, a powerful contraction of the chest, shoulder and upper arm (triceps) muscles is coupled by a contraction of the pulling muscles on the opposite side to create shoulder flexion and internal rotation to deliver the impact. Think of it as in order to rotate your hips one leg must drive forward while the other holds the hip still.

This understanding of the movement may not always be necessarily helpful to the athlete. By that I mean it is not necessarily helpful for the martial artist to think of pushing back with lead leg – it will happen naturally as long as you properly strengthen your legs and have proper technique. What is important however is finding ways to keep all the joints linking efficiently.



## TRAIN MOVEMENTS NOT MUSCLES

A popular adage in motor control theory is that "the body and brain know movement not muscles". Therefore in kinetic linking one should focus on training movement patterns not individual muscles groups. It is most useful to explore and then fully implement a movement pattern focus in training. One way to do this is take a movement in kata or self-defense – do at moderate speed without effort or strain – effortlessly. See the points and move from point to point smoothly being aware of how you are moving. Start with your legs and work up. As you go slightly fast but still light – think whip. Continue to build on this as you strike a heavy bag or BOB.

In traditional strength training exercise such as the bench press the focus is typically on the strengthening of the pectoral muscles and triceps. In kinetic linking the focus is on the development of strength and control in the anterior pushing action. One might consider replacing the Bench Press with the Anterior Push using cables. This isn't to say you should never work on strengthening a single muscle group – however it does emphasize the need to train the body to link each part of the motion in which you seek to increase power or speed. If you are lacking the more advanced cable machines, then doing push-ups and punching a bag are a reasonable substitute.

### Breakdown:

The concept of kinetic linking can be summarized by remembering two concepts: economy of motion and order of recruitment. Both are obtained through good technique. Your sensei has most likely told you many tips in your martial arts training on what constitutes good technique. Essentially it involves doing the technique without unnecessary motion (economy of motion) and without unnecessary tension (conservation of momentum). Any time you create tension in a kinetic link, you will lose velocity, thus adversely affecting kinetic energy and momentum. Any time you fire a muscle too early, you affecting the order of recruitment. Firing muscles or rotating at the wrong time minimizes the effectiveness of the links to create energy and power. Note that links within your body come in different sizes, therefore a lack of rotational link at your hips will have a greater effect on a strike when compared to a smaller link between your ankle and your knee.

## So what things can I think about to help improve my punching speed and power?

### Mudansha:

- Long low stances – gives you better support. If you are standing up feet together then your leg can't support the horizontal punch. If however your back leg is in zenkutsu dachi and thus a 45 degree angle – it can push with a lot of forward horizontal energy.
- Let your punching hand's hip roll forward with a snap. Think your fist is a marble in a cup on your hip – snap the hip forward and throw the marble (fist) out fast. This also helps you to pulse your initial muscle contraction and to relax.
- Roll your shoulders around your spine. Don't just push one shoulder forward but also pull other shoulder back. Pull back fast on retracting hand as well. [Newton's Third Law of Motion – for every action there is an equal and opposite reaction.]
- Rub your forearms against your ribs – both punching and retracting arms. This helps make sure you are punching straight and keeps your elbows in so you can keep mass behind your punch. Economy of motion.
- Do not lock the elbow. Forearm parallel to the ground. Fist at 45 degree angle.
- Review the curriculum video on punching.

### Yudansha

- Start with a stance that you can explode from. Think you are a coiled spring ready to strike out.
- Work rolling your hips by dropping one heel and feeling it pull your hip which pulls your shoulder which pulls your arm. Then roll your hips by pushing with other foot which pushes your hip which pushes your shoulder which pushes your arm. Now do them together. This will help you find the relaxed kinetic linking motion.





- Relax your arms and let them be thrown out by your hips which throw your shoulder which throw your hand out. Relax and go faster. Get full rotation of shoulders on reverse punch.
- Punch through a target – aim small/ miss small.

### Top 10 Exercises to Increase Punching Power

- Strengthen Your Legs. Most of the power in your punches comes from your legs. ...
  - Lunges/ SR leg workout (<https://youtu.be/lk4priAmQCA>)
- Strengthen Your Core, especially the obliques.
  - See SR core workout (<https://youtu.be/e2rbAxZjgM>)
- Strengthen your arms.
  - Push-ups
  - Hitting heavy bag
- Improve Your Upper Body Rotation
  - Trunk twistors (stretch) and lunges with 90 degree shoulder turns
- Punch Through the Target. Keep your mind striking through the object to the far wall.
  - Visualize not striking the solar plexus but the spine or the far wall.
- Snap your hips – drill just this.
- Use as many joints as possible.
  - Training hitting the Wavemaster focusing on one joint at a time.
  - Punch with your elbow or your knee or your hip.
  - Then put them all together adding one more joint each time into a kinetic linking action.
- Think of your strikes and blocks as whip – coming from your legs and hips.
- You don't want to be tense the whole time – be relaxed. Stop trying and just do.
- Use only the muscles that cause the motion you want (agonists) and relax the antagonists. This gives you more power by decreasing internal resistance – keeps you from working against yourself. Consider if you think you have to lift this heavy weight with your biceps. You try really hard. What you might find if we measured the tension in your muscles is that your biceps generated 100lbs of forces BUT your triceps (the antagonist) generated 30 lbs. of force in the opposite direction – so you lifted only 70 lbs. You try again to lift the same weight but this time relaxed your mind and focused on only closing the angle between your forearm and your biceps. If we again measured the muscles we might find that you again generated 100 lbs. of force with your biceps but only had the triceps (tension) at 10 lbs. – so you lifted 90 lbs.! This is the importance of technique. Think on this and put this to use.

Shoshin Ryu in AZ has recently invested in a high-quality monitor (PowerKube) that measures your striking and can help give you feedback and refine your punches even more.

That is a lot of information about how to punch – it will take time to understand it and put it to use. Take the information that helps you grow and improve your punch. Then train it! I hope you are reminded that technique is important, cross training is important and your mind is important. Get the pieces down then slowly build them up until it is just a punch. The punch, like any technique, needs to be like your signature or tying your shoe – your subconscious does it.

For some of you this is just a jumping off point. A place to start reading more about anatomy, biomechanics and Kinetic Linking.

For some of you – you will learn this and then start applying Kinetic linking to your other motions as well. And Shoshin Ryu will grow and as everyone contributes. Thank you for your attention.



1. punch 2. block 3. yoko geri 4. kata 5. newaza 6. nage 7. mae geri 8. wrist technique 9. mawashi geri 10. monkey roll 11. hip rocker 12. osoto gari 13. mitsubi dachi 14. jodan uke 15. gedan barai 16. shuto oroshi 17. nukite 18. jiji gatame 19. bear hug 20. headlock

# Kids' Corner



## Let's Get Ready to Train Martial Arts!

Unscramble training methods so you can begin your training (answers on page 32).

- |                     |                   |
|---------------------|-------------------|
| 1. uchnp            | 11. pih ckeror    |
| 2. cbolk            | 12. tooos irag    |
| 3. ooky grei        | 13. tusibim cihad |
| 4. atak             | 14. njado eku     |
| 5. zanaew           | 15. nedga aarbi   |
| 6. enag             | 16. tuohs oorih   |
| 7. ema rige         | 17. kitune        |
| 8. tsirw entscqhiue | 18. ijuj aatemg   |
| 9. amwaihs iegr     | 19. earb guh      |
| 10. oknemy lolr     | 20. eacdlkho      |







\$112 ALL SIZES



SHOSHIN RYU  
— MARTIAL ARTS —

# GEAR



\$22

\$27

\$22

VARIETY OF HAT STYLES



\$18 PRACTICE QUICK DRAW KNIFE - BLACK



\$22 ALL SIZES - BLACK ONLY



\$25 STICKS



\$25 UNISEX LONG SLEEVE



\$85 + \$5 SHIPPING - SR DUFFLE BAG



\$16 YOUTH - BLACK



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AVAILABLE ONLINE!

<https://squareup.com/store/shoshin-ryu>



*“If you want to live a happy life, tie it to a goal,  
not to people or things.”*

*- Albert Einstein*

