

Matsubayashi Journal

2024
01

For WMKA Members from Okinawa : 沖縄よりWMKA会員の皆さまへ



New year greeting from Kaicho
会長より新年のご挨拶

新玉ぬ年に炭と昆布飾てい心から姿若くなりみそうち いいそうぐわちで一びる

To all of you, I wish you and your families a hopeful new year.

Last year, members of our Matsubayashi-ryu from Asia, North America, Europe, Oceania, and mainland Japan came to Okinawa from afar, and we were able to deepen our skills and friendship

As a major event related to karate this year, the second Okinawa Karate Junior and Youth World Championship will be held in August, hosted by Okinawa Prefecture. The purpose of this tournament is to create a venue for karate enthusiasts from all over the world to gather in Okinawa, the birthplace of karate, to deepen their exchanges, and to correctly preserve and inherit the techniques and spirit of Okinawa karate that have been systematized by the predecessors in Okinawa and passed down to this day. It is also intended to promote the future development of Okinawa traditional karate and Kobudo.

Well, this year marks the third anniversary of the establishment of the Shoshin Nagamine Memorial Monument. Last year's unveiling ceremony was held with a small number of people due to restrictions imposed by the COVID-19 pandemic. Despite this, we are deeply grateful for your generous support, and we are pleased that we were able to establish a beautiful monument. In November, we will be holding a memorial festival to commemorate the establishment of the monument. We are looking forward to welcoming many of you to Okinawa and meet you again. I wish 2024 will be brisk and vibrant year.

Yoshitaka Taira

President WMKA
Hanshi 10th Dan



Check & Review 「礼」 “Rei”



This article describes topics for WMKA members to share, check and review several fundamental skills or knowledges. All topics are based on Matsubayashi-Ryu Karate Study session with Taira-Kaicho and Okinawa members.

The First Topic is “Rei”. Karate starts with Rei, and end with Rei and, Keiko will start with Rei, and finish with Rei as well. Rei means to pose the respect. Though, it include more other meanings, “organize”, “concentrate” and “be ready”.

Therefore, Rei is important for Karate.

POINTS

Standing Rei:

Straighten your back and tilt your upper body 30 degrees. (In the case to perform Rei to human, 15 degree) And stop 1 second then Return to starting position.

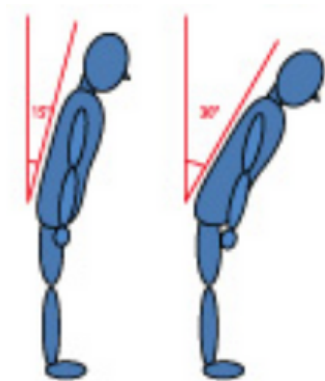
Seated Rei:

The finer postures differ between men and women. For men, the knees should be opened wide enough to fit two fists. For Women, knees should be closed.

Transition:

Standing position to Seating position, Step back and bend left leg first.

Seating to Standing, Step forward and stand from right leg first.



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