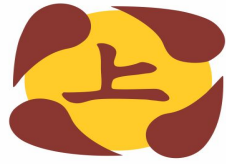




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Instituto Uechi Ryu Kanshukai Brasil

The GUARDIAN

**Kanshukai Quarterly Newsletter
Year 2- Feb/April/2026 - No. 2**



4th OKK International Seminar

Editorial

Kanshukai Activities

Article by Sensei Justin Testa

Editorial board:

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The GUARDIAN



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EDITORIAL

Kata Sanchin means three conflicts or three battles. These conflicts are internal battles that we wage against our true adversaries, ourselves.

Traditionally, Kata Sanchin is considered very ancient, probably practiced long before Christ, but it is believed that the objective has always been the same: to forge the mind, body, and spirit as a single living element. Sanchin represents the eternal search for balance, harmony, and peace.

The first conflict, the conflict of the body, is the conflict or doubt between having a very strong body that is not very mobile, not very balanced, not very useful, or having a fragile body that is extremely light and agile. The balance between strength and lightness is where the conflict ends. With the body perfectly balanced between strength and lightness, between hard and soft, all the conflict of the body will be overcome.

The second conflict, the conflict of the mind, is the mind disturbed by fears, afflictions, doubts, anguish, and anxieties that cannot concentrate its action, nor can it even achieve balance. A peaceful, tranquil mind, free from fear, can guide the body to an efficient result.

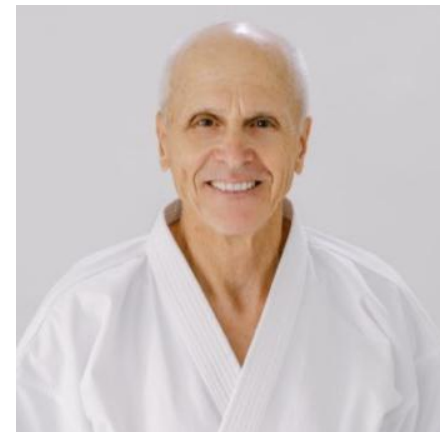
However, without overcoming the conflict of the spirit that cannot perceive its own perennial and continuous nature, it cannot guide them on their journey. This spirit, when pacified, unites the body and mind under its power, transforming them into a single entity. The spirit has no form, it has no limits, it can go beyond and surpass all things, for it is part of the divine nature of the Universe. Sanchin is, in fact, the quest of every martial artist to overcome conflicts, pacify and unite the body, mind, and spirit into one being, united with the very spirit of the martial art.

Three Okinawan Words by Justin Testa



Recently, I discovered three words from the Okinawan (Uchinaaguchi) language that are new to me. The three words are “chinkuchi,” “muchimi,” and “gamaku.” First, what is the Okinawan or Uchinaaguchi language? Uchinaaguchi is the native language of the Okinawa Islands. It has unique characteristics that distinguish it from standard Japanese, although many people mistakenly perceive it as a dialect. This language is endangered, with most fluent speakers being elderly. While standard Japanese is primarily used in most martial arts, including those practiced in Okinawa, some karate schools incorporate Uchinaaguchi terms to preserve the original concepts and maintain the language. This article explores words that reflect the wonderful qualities of the Okinawan people, their rich culture, and martial arts traditions. We will take a closer look at these Okinawan words and how they relate to our journey in studying Uechi-Ryu karate.

Chinkuchi: Chinkuchi doesn’t have a direct English equivalent, but literally, “chin” means muscle or power, and “kuchi” means mouth or opening. Symbolically, it reflects the ability to apply maximum strength by effectively using body mechanics and tension at just the right moment. It’s important to note that chinkuchi isn’t the same as kime, although kime is a part of chinkuchi. Kime is a Japanese word that describes the focus of power, referring to a sharp, precise delivery of energy at the moment of impact—like during hojo undo and kata. While they share some similarities, chinkuchi is a broader concept that highlights body mechanics, relaxation, breathing, and the natural use of muscles. An experienced practitioner who uses chinkuchi starts movement from the lower body and core, ensuring everything is aligned from the ground up—feet, legs, hips, spine, shoulders, and arms. At the moment of impact, they tighten the relevant muscles, such as the fist, forearm, and core, then quickly release the tension to keep movements smooth and flowing.



Justin Testa
-Hanshi-
President of the
IUKF



Three Okinawan Words by Justin Testa

Muchimi: Muchimi means 'sticky' or 'heavy.' It comes from the Okinawan word 'muchi,' meaning 'mochi' (a sticky rice cake), combined with 'mi,' which means body, referring to 'mochi body.' This concept describes a controlled softness and weight in movement that connects with the opponent, maintains balance, and boosts strength through smooth, flowing motions. Culturally, Muchimi reflects resilience and adaptability; Okinawans often use it metaphorically to describe someone who is strong yet flexible. When Okinawans move with muchimi, it typically signifies a smooth, grounded, and deliberate style, as if each action has natural, fluid strength. Martial artists aim to develop muchimi in techniques like close-range grappling, strikes, and kata, highlighting internal strength and efficient energy transfer without unnecessary motion. Movements are intentional and fluid, not abrupt. When blocking or grabbing, you connect, absorb, and redirect with power rather than just pushing away. The whole body is involved, not just the arms. Movements should be grounded and interconnected, with relaxed but engaged muscles. It combines softness and hardness, ensuring actions are controlled, smooth, and convey weight rather than stiffness or mechanical movement.

Three Okinawan Words by Justin Testa



Gamaku: The term "gamaku" doesn't have a straightforward English equivalent. Literally, it's made up of two parts: "ga," meaning body or trunk, and "maku," which means to wrap or coil. So, it can be understood as "body wrapping." Physically, it refers to the lower abdomen (hara or dantien) and the front and sides of the waist. More generally, gamaku is about using and engaging the hips and lower abdominal area (the core) to create power, stability, and smooth movement. Additionally, it helps maintain a strong foundation and allows for easy weight shifts during stances or attacks by controlling the core, moving the hips, integrating the upper and lower body, and focusing on balance and rooting. In practice, we often use Japanese terminology to refer to techniques, weapons, kata, terms of respect, exercises, and numerical expressions. However, the Okinawan terms chinkuchi, muchimi, and gamaku are seldom used today. I found no references to these terms in my collection of Uechi-Ryu books, including the translated sections of the Uechi-Ryu Master Text or other Okinawan karate books. All references used to create this article came from articles or videos sourced online. During my discussion with Sensei George Mattson about these Okinawan words, he noted that he does not recall Masters Uechi and Tomoyose using them in Okinawa or afterward. Sensei Mattson continued, "They all describe similar concepts through different physical and mental lenses. These terms represent a collective understanding that has evolved for me over many years of practice and teaching Uechi-ryu, which I've called "the OldWay." It's really meaningful to see that the heart of these words isn't just about their definitions but also about the experiences and insights you gather through dedicated practice. Remember, true mastery of any martial art goes beyond

4°Gasshuku Internacional da Okinawa Kokubudô Kazokukai

The 4th International Gasshuku of the Okinawa Kokubudô Kazokukai took place from March 18th to 22nd, 2026. Led by the president of the Okinawa Kobudo Kazokukai, Sensei Noslem Torres, and with the technical support of Sensei Tierry Booms, the organization's Technical Vice President, it was held in Cali, Colombia. It was a grand festival of martial arts, culture, and fraternal celebration.



4°Gasshuku Internacional da Okinawa Kokubudô Kazokukai

For five days, Kobudo workshops were held using a wide variety of weapons from the Matayoshi school, in addition to karate workshops where the expertise and experiences of all the practitioners gathered there were utilized. This Gasshuku brought together representatives from eight countries in a great martial arts celebration, where respect and fraternity were paramount.



4°Gasshuku Internacional da Okinawa Kokubudô Kazokukai

The Gasshuku culminated on Sunday, March 22nd, with an International Karate and Kobudo competition. The technical development and refinement of the systems was enormous. New knowledge, new techniques, and new details were implemented into the already acquired knowledge, allowing for extraordinary gains.



4°Gasshuku Internacional da Okinawa Kokubudô Kazokukai

But beyond the martial aspects, Sensei Noslem's team in Colombia treated the participants to an extensive cultural and social program, marking a unique opportunity to experience the wonderful culture of Colombia.



4ºGasshuku Internacional da Okinawa Kokubudô Kazokukai

In this regard, we are deeply grateful to Sensei Noslem, Sensei Walter, and Mrs. Yamilet for providing us with this unique and unforgettable experience.



4°Gasshuku Internacional da Okinawa Kokubudô Kazokukai

Nine countries were represented at this wonderful event, a unique opportunity for fellowship, the dissemination of martial arts, and the strengthening of bonds of fraternal friendship.

1. Sensei **Noslem Torres** - Presidente de Okinawa Kobudo Kazokukai- Cuba.
2. Sensei **Thierry Booms**- Vice Presidente Tecnico de Okinawa Kobudo Kazokukai - Francia
3. Sensei **Paulo Vitor Cabral Monteiro** - Vice Presidente Administrativo de Okinawa Kobudo Kazokukai - Brasil
4. Sensei **Walter Yule Perez**- Secretário de Okinawa Kobudo Kazokukai- Colombia
5. Sensei **Jonny Arcel** - Representante para Uruguay de la Asociación Shimbukan Goju Ryu y de la Seibukan Karate Do Uruguay
6. Sensei **Roberto Fernández** -Representante Panamá
7. Sensei **Sensei Ricardo Ruiz** - Shotokan Gendai Budo -Panama.
8. Sensei **Diogenes Godoy**- Representante en Honduras
9. Sensei **Omar Javier Albino Albarran** representante para Mexico de Tora no tamashii Dojo karate Shotokan Kenjutsu Niten ichi Ryu



4°Gasshuku Internacional da Okinawa Kokubudô Kazokukai



10. **Sensei Marcelo Vera** Director técnico Dojo Kamae Uruguay estilo Shotokan representante Kazokukai, árbitro nacional
11. **Sensei Bryan Nunta** del dojo Agatsu representante de Perú.



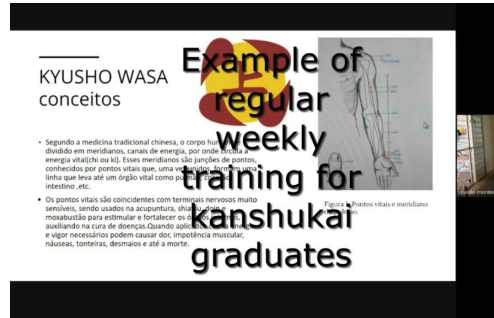
Kanshukai Activities

With the goal of maintaining standardization and alignment with that important international body, it follows the same black belt evaluation parameters outlined in the Black Belt Text Guide, authored by Sensei George Matson and constantly updated by the IUKF. Therefore, monthly leveling training sessions are conducted in coordination with the FKEO, the Federation of Okinawan Karate Styles and Associated Martial Arts, culminating in the evaluation in December 2026.



Atividades da Kanshukai no primeiro Trimestre 2026

Furthermore, it offers technical assistance and guidance to various associated organizations interested in practicing the original Uechi Ryu path. The online training courses are aimed at practitioners who do not live in the Federal District and need to stay updated and in constant training.



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Example of regular weekly training for Kanshukai graduates

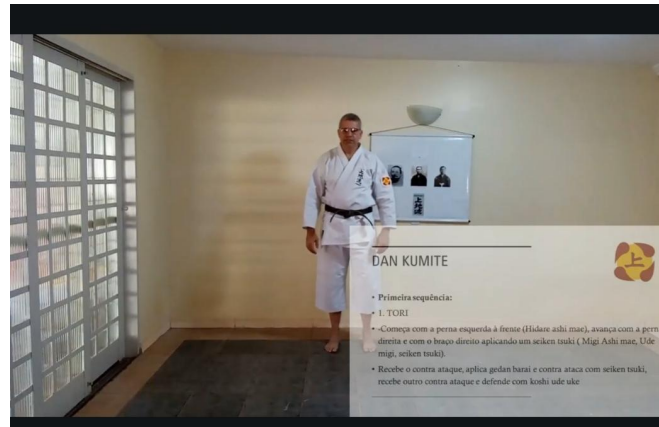
- Segundo a medicina tradicional chinesa, o corpo humano é dividido em meridianos, canais de energia, por onde flui a energia vital/ki ou Qi. Estes meridianos são junções de pontos conhecidos por pontos vitais que, uma vez atingidos, se tornam letais que leva até um órgão vital como pulmão, coração, intestino, etc.
- Os pontos vitais são coincidentes com terminais nervosos muito sensíveis, sendo usados na acupuntura, shiatsu, reflexologia, massagem para estimular e fortalecer o sistema imunológico auxiliando na cura de doenças. Quando aplicados com força e vigor necessários podem causar dor, insensibilidade, náuseas, tonturas, desmaios e até a morte.

Figura: Pontos vitais e meridianos



KATA BUNKAI
KYUSHO
APLICACIONES

KANSHUKAI WORKOUTS



DAN KUMITE

- Primeira sequência:
- 1. TORI
- Começa com a perna esquerda à frente (Hidare ashi mae), avança com a perna direita e com o braço direito aplicando um seiken tsuki (Migi Ashi mae, Ude migi, seiken tsuki).
- Recbe o contra ataque, aplica godan harai e contra ataca com seiken tsuki, recbe outro contra ataque e defende com koshi ude uke