

5/19/12

# Sensei Mitchell Remembrance Marathon

*"Did you know that Sensei Mitchell created the Ninja kata as a favor to Sensei Mastin?"*



*Thank you for all of your dedication and respect that was demonstrated.*

## **Sensei John Mitchell 5/30/1960-9/13/2011**

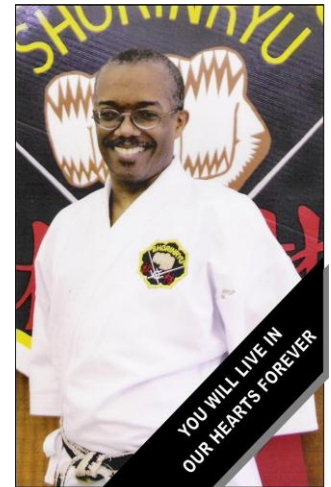
*Sensei John Edward Mitchell was born May 30<sup>th</sup> 1960 in Cincinnati, Ohio. He had 2 sisters and 2 brothers. He graduated from Taft High School in 1978. After that, he attended classes at Xavier University and U.C.*

*One of his first jobs was in a print shop until he was able to find employment with the Children's Hospital.*

*He was a part of the Mastin's School of Martial Arts from the beginning. He had achieved the*

*rank of Godan during his visit to Okinawa in 2010. He was Sensei Mastin's right hand man, top student and best friend.*

*On this day, May 19<sup>th</sup> 2012, we honor the memory of this amazing individual!*



**During his funeral, I was given the opportunity to speak.**

### **Here are a few memories:**

John was a man who was proof that the sayings: "never judge a book by its cover" could never be truer.

As a shorter, thinner, quiet man who wore glasses and in class he wore those funny little sports goggles that sometimes would get knocked off. Sensei John could pack a punch. He had a saint's heart and a demon's hand.

The retooled proverb by Teddy Roosevelt in the early 1900's was "Speak softly and carry a big stick." And if any of you have been hit by one of Sensei Mitchell's Roundhouse kicks ... you would know what I mean.

We always discussed our dream of someday going to Okinawa. We shared a love for all of the arts and many common interests. He and I both had a Bruce Lee Collection from our youth. We had an opportunity to meet Bruce Lee's daughter Shannon.

He loved to laugh and his laugh made you laugh harder. Sometimes we laugh so hard we would cry.

I feel honored to have known such a great individual.

I can truly say without a doubt, that I learned more from him than I could have ever taught him.

In closing I would say: John was a friend to all ...

A friend is one that knows you as you are, understands where you have been, accepts what you have become, and still, gently allows you to grow.

I didn't find my friend John Edward Mitchell; the good Lord gave him to me.



"We create champion Individual"

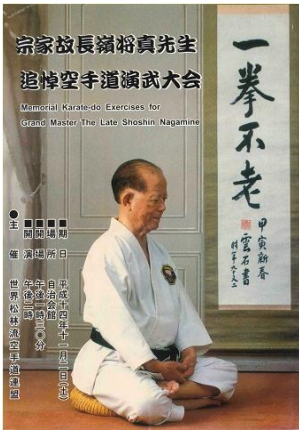
## Karate-do Sanka by Nagamine Shoshin

### Japanese original:

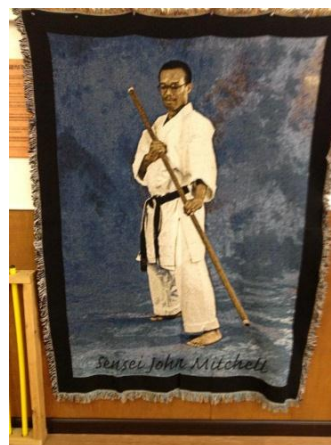
<i>Aa sanjento hi no hikari</i>	<i>Aa ware osou tekki araba</i>	<i>Hewa no kane wa naritsutau</i>
<i>Myo gunjorno umi no iro</i>	<i>Shurei no kuni ni shingiari</i>	<i>Semeru ni arazu fusegu waza</i>
<i>Saekeki shima no tokonga</i>	<i>Tetsu no kobushi wa kanzento</i>	<i>Gotai ga bukizo kono karate</i>
<i>Saegigaumishi mute no ken.</i>	<i>Niku o kirasete, hone no utsu</i>	<i>Kokoro o tadasu, mi o tadasu</i>
<i>Kokoro o Kitau, mi o kitau</i>	<i>Kokoro o mamaru, Mi o mamaru.</i>	<i>Aa Okinawa no Karate-do!</i>
<i>Aa, Okinawa no, Karate-do!</i>	<i>Aa, Okinawa no, Karate-do!</i>	<i>Aa tensenshi kodai yori</i>

### English Translation

<i>Ah, beautiful islands of sunlight,</i>	<i>to attack us,</i>	<i>O! Ever since the mythical ancestry of Japan,</i>
<i>And the color of the sea,</i>	<i>and the method of courtesy prove to no avail,</i>	<i>the bell of peace has been ringing continually in Okinawa.</i>
<i>The proud fighting spirit of the Islanders</i>	<i>if he should cut our flesh with his iron weapon,</i>	<i>The way of courtesy and the five bodily weapons of Karate together,</i>
<i>and the empty handed Sword of Justice.</i>	<i>even then we will punch through to his bones.</i>	<i>Clears our heart, straightens our body,</i>
<i>Hardening both spirit and body</i>	<i>Defending the soul, protecting the body,</i>	<i>This is Okinawan Karate-do!</i>
<i>Ah, this is Okinawan Karate-do!</i>	<i>This is Okinawan Karate-do!</i>	
<i>O, but if an enemy should happen</i>		



Pictured are Sensei John Mitchells Blackbelt, Tonfa, Nunchukas, and Promotion Certificate from Okinawa rank is Godan, hand pads, Karate Team jacket and Bo. To the right: is the blanket that draped his coffin at his funeral.



## The marathon: Morning Session

We began the day with a quick lesson in etiquette on bowing. The song written by O'Sensei Nagamine was played for the class. We had a talk about the purpose of the day and who Sensei Mitchell was and the type of character that he had.

Following the discussion: warm-ups, 11 moving basics across the floor, standing basics and Fukyugata Ichi. We had a demonstration of Traditional Bunkai. We had a lesson on the meaning of **Bunkai**. (*Interpretation of kata*) We

moved onto **Oyo Bunkai** (*Application of Interpretation*)

After a short break we practiced the Nunchaku version of Fukugata Ichi.

We moved to Fukyugata Ni through the Pinan Kata with much of the same format. We finished the morning session by performing each kata beginning with Kusanku working backwards and finishing with Fukyugata Ichi.

Sensei Mastin showed the class the timeline of history that he had been working on. All participants received a certificate.

Morning Session: Adam, Azyah, Zack, Sarah, Leighton, Aelwen, Nick, Darrin, Aaron, Lora, Bill Wands, Bill Palmer, Ryan, Don, Brandon Katelynn, Kayla, Will, Jessan, Asa, Jet, Aurelia, Carter, Noah, Josh, Dave, Toby



## The marathon: Afternoon Session

The afternoon session began with Mr. Wands teaching so finer points of kicking. We continued with some of the bunkai Oyo techniques from the morning session.

Following the break we worked on sparring techniques. The class spent over 45 minutes sparring.

We finished with Sai basics, Fukyugata Ichi with the Sai, Sai kata Ni and a demonstration of the Sai Kata the Soke had taught Sensei Mastin last year.

Afternoon Session: Azyah, Zack, Nick, Darrin, Lora, Bill Wands, Ryan, Brandon, Katelynn, Kayla, Will, Jessan, Asa, Josh, Toby, James, John



To all attendees,

I would like to thank everyone for the support in honoring Sensei John Mitchell. I am please and humbled to be able to teach in honor of his memory. If we continue to grow as individuals, his memory will live forever.

Thank you,

Scott R. Mastin

Scott Mastin  
6<sup>th</sup> Dan, Renshi  
WMKA Ohio Director

