

武术大师

MASTER CLASS

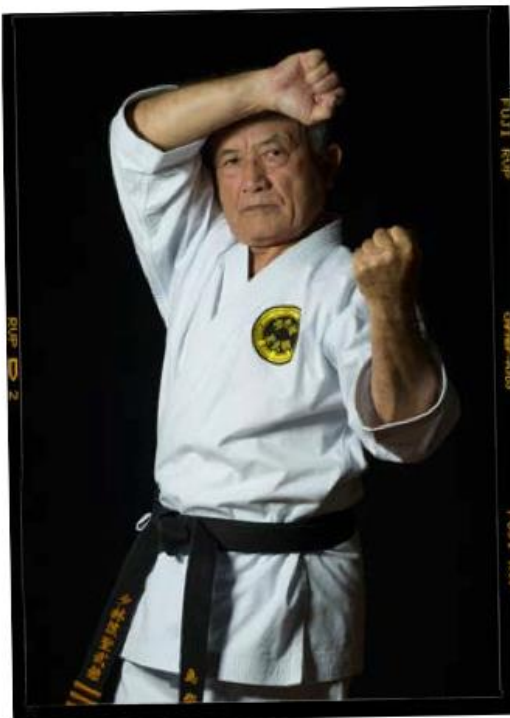
As the spiritual home of karate, Okinawa's experts maintain the highest standards to ensure traditional skills are preserved

冲绳作为空手道的发源地，当地的宗师们均致力维持这项传统武术的最高水平

Words and Photos/撰文及摄影 Chris Willson

Masaji Talra's calloused knuckles are testament to the thousands of hours spent in the dojo punching wooden boards

平良正次结茧的指节，正是他苦练击打木板数以千小时后的明证



Okinawa is famous for the longevity of its people and the ferocity of battles fought during World War II. It is also the birthplace of karate, a form of self-defence now practised by millions across the world.

In the 15th and 16th century, Okinawa, then known as the Ryukyu Kingdom, was a nation of traders that had strong connections with both China and Japan. Okinawans had a traditional fighting style known as *te*, but they also learned Chinese *kenpo* from visiting merchants, emissaries and their bodyguards. The hybrid fighting style produced was called *karate*. Although in recent years 'kara-te' has been translated as 'empty hand', the original meaning of the word - 'Chinese hand' - reveals its origins.

In 1609, the Satsuma clan of southern Japan invaded Okinawa. Once in control, the samurai banned the locals from carrying weapons or practising martial arts. Okinawans learned how to defend themselves behind the cloak of everyday life - farming equipment became weapons and martial arts training was hidden in folk dances.

Karate made the jump to mainland Japan in the

Terrific speed and power earned Kiyohide Shinjo (left) the nickname "The Okinawan Superman"; Hidemi Tamayose (right), demonstrates how to use a *nunchaku* shaped after a common horse's bridle

新城清秀(左图)的速度及气力惊人,因此有「冲绳超人」的绰号;玉寄英典(右图)示范形状从马缰演变而来的双节棍技巧

1920s and then, in the latter part of the 20th century, its popularity spread across the world. The internationalisation and commercialisation of karate has led some to believe that it is little more than a sport, or worse, a business opportunity. On Okinawa, however, karate remains in its traditional form: a method of self-defence and a way of life. There are four main styles of Okinawan karate: Uechi-ryu, Goju-ryu, Shorin-ryu and Matsubayashi-ryu. Many karate students on Okinawa also study *budo*, the use of traditional weapons such as the *bo staff* and *nunchaku*.

Chuck Norris and Jean-Claude Van Damme may be the most famous proponents of karate, but the true masters of the art are based on Okinawa. It is on this small group of subtropical islands that they continue to train, passing down their wisdom to locals and international students who have made a pilgrimage to karate's spiritual heart.

Kiyohide Shinjo was the nine-time Okinawa Karate Champion in both *kumite* (sparring) and *kata* (set forms). His skill and power gained him the nickname "The Okinawan Superman". In 1979, when his father died, he retired from competition undefeated and took over the family dojo.

Now at age 62, Shinjo sensei travels around the

冲绳以居民长寿而举世知名,而冲绳在第二次世界大战中成为惨烈的战场也广为人知。其实,全球数以百万人练习的自卫术空手道,发源地也是冲绳。

于15及16世纪时的冲绳称为琉球王国,许多国民从事对外贸易工作,与中国及日本往来密切。琉球的传统武术名为「手」道,但当当地人向到访琉球的中国商人、使节及随行的保镖学习中国拳法,糅合为自成一派的「karate」。虽然近年所有人都称这种武术为「空手道」,但其古名「唐手」却道出了它的源头。

1609年,日本南部的萨摩藩攻占冲绳,并实施严苛管治,萨摩武士禁止当地人携带武器和练习武术,冲绳人的对策是以日常用品作为掩饰,偷偷学习自卫术,例如将农耕工具用作武器,并将武术练习融入民间舞蹈中。

空手道在1920年代传至日本本土,并在20世纪后期在国际间掀起热潮。空手道迈向国际化及商业化后,不少人以为空手道仅是一种运动而已,更甚者被利用作为生财的商机。不过,冲绳的空手道仍然保持传统形式:以自卫为主,并代表一种生活态度。冲绳空手道分为四个

Both Zenpo Shimabukuro (left) and Takehiro Gaja (right), posing with a *bo staff*, continue to train the next generation in their dojos in Okinawa

手持棍棒的鹿谢孟弘(右图)及岛袋善保(左图)在冲绳的道场向新一代弟子传授武艺

主要流派:上地流、刚柔流、小林流、松林流。冲绳不少空手道学生更同时修习古武道,使用传统的棒和双节棍为武器。

动作明星罗礼士和高格云顿或许是全球最出名的空手道高手,但真正的大师却身处冲绳。他们在这个细小的亚热带群岛传授空手道,将智慧传承给当地弟子,以及远渡重洋到空手道中心朝圣的外地学生。

新城清秀是九届冲绳空手道「组手」(即对打)及「型」(即招式)的冠军;他的武艺炉火纯青,力拔山河,因此有人称他为「冲绳超人」。1979年,新城的父亲逝世,他便以不败战绩引退,继承家族道场。

现年62岁的新城师傅经常穿梭全球各地,担任空手道大赛裁判,并监察外国道场教导的空手道是否正统。他表示:「空手道就像一棵植根于冲绳的榕树,枝干从主干往外伸展,我的工作是将生长过快的枝叶修剪整理,令上地流保持最原始面貌,不让更多武术或体操方式渗入。我的使命是确保上地流的传统武术能代代相传。」

习武这么多年,新城大师是否会觉得自己已臻于完美?他回答说:「人永远不可能完美,必须不断练习,维持身

“ On Okinawa, karate remains a method of self-defence and a way of life. 在冲绳,空手道既是自卫术,也代表一种生活态度

world judging competitions and checking that overseas dojos are not diverging from traditional techniques. "Karate is like a banyan tree with its roots based in Okinawa," says Shinjo. "Sometimes branches grow from the main trunk and it is my job to prune these outgrowths back so that Uechi-ryu remains in its pure form and is not mixed with other styles of martial arts or even gymnastics. It is my calling to make sure the traditional skills of Uechi-ryu are handed down to future generations."

When asked if after a lifetime of training there is any more he can learn, Shinjo sensei replies: "You can never achieve perfection; you just keep on training, staying fit, staying strong. Karate allows you to protect your family, maintain your health and gives you pride in your abilities."

Masaji Taira sensei is renowned for the level of conditioning he puts his body through. His calloused knuckles are testament to the fact he has spent thousands of hours punching wooden boards. His deep understanding of karate comes from the analysis of techniques so that he can see how best to apply each strike, block or kick with maximum efficiency.

Brutal methods are used by Takehiro Gaja sensei to condition himself for open-hand techniques using fingertips to jab an attacker. He places a bucket of sand on the floor and then drives his fingers down into the sand like a spear. He says once your fingers can take this you can move on to the next stage. He strides over to a second bucket filled with small stones. He thrusts his hand into the bucket so hard that rocks bounce out onto the dojo floor. Some of the small stones have cracked and splintered, Gaja sensei's hand is unscathed.

Hidemi Tamayose sensei is a master of kobudo and has filled his dojo with different types of traditional weapons. Some were designed specifically for fighting, but many had once been farm tools that were repurposed. He holds an unusually shaped nunchaku then explains that it is shaped after a horse's bridle. Likewise the kama, a small



SuperStar Aquarius calls in to the Okinawa prefecture from its home port of Keelung. Three-night cruises call at Penghu or Ishigaki and Naha, and two-night cruises call in to Ishigaki.

如何前往
富丽星号由基隆港出发至冲绳县，提供四日一夜行程到访那霸列岛或石垣岛及那霸；而三日两夜的行程则前往石垣岛。



Long-life lunch
Karate is a strenuous route to the lengthy Okinawan lifespan but diet is believed to play a big part too. Follow the Japanese principle of *hara nchi bu* and only eat until you are 80 percent full.

延年益寿 冲绳人长寿，苦练空手道或许是保健方法之一，但饮食之道也非常重要。不妨效法日本崇尚的“腹八分”饮食法，即每次只吃八成饱。

hand sickle, could be used to cut grass in the fields or to deadly effect on an aggressor.

At 72 years old, Kensho Tokumura sensei shows no signs of slowing down. Also a master of kobudo, he shows how an Okinawan woman could use a seven-centimetre steel rod as both a hairpin and a means of self-defence. He gestures how, if someone grabbed the woman's shoulder, with one fluid movement the hairpin would be removed from the hair and placed firmly in the attacker's arm.

Karate master Masakazu Kinjo has taught Uechi-ryu karate and kobudo for decades. Unsurprisingly, his two sons, Satoshi and Kenta, have become exceptionally talented in each discipline. What is surprising is the contrast between the brutal training the masters put themselves through and the calm, gregarious nature they have with others. Kinjo sensei laughs and smiles as he demonstrates the *sansetsukon*, a small three-piece nunchaku, whirling it around his body. He explains how nunchaku can be used for striking or to trap and immobilise limbs. He demonstrates the technique with his younger son. Kenta lunges forward to punch. Kinjo clamps his son's outstretched arm with the nunchaku, then with a twist and a sidestep he has completely taken control of the encounter. Once again he flashes his beaming smile.

On many levels, a balance between hard and soft is at the very heart of karate. In combat, the body is soft, supple and fast until the final moment when muscles lock tight. The masters are formidable combatants capable of delivering devastating blows, but their greatest power is as respected members of the community teaching new generations the importance of discipline, hard work and strength in both mind and body.

Toshimitsu Arakaki sensei has spent his whole life training. Each day, he hones his skills in Matsubayashi-ryu karate practising movements he's done many thousands of times. I ask him on how many occasions he has had to fight to defend himself outside the dojo. He smiles, then answers: "Never"



身体状况和力气。空手道让你能保护家人、强身健体，使你时刻为自己的能力而自豪。

平良正次大师最受人敬重之处，是他时刻保持最佳体格。他拳头上结茧的指节，正是他苦练击打木板数千小时后的明证。他对空手道的认识，源于他对各种技术的深入分析，领悟出如何以最高效率出拳、防守及踢腿。

我谢孟弘大师以严苛的方法，来锻炼用手剑刺向对手的空手道招式。他会将一桶沙放在地上，然后以手拍为矛，猛力插进沙中。他说练习至手指能插进沙中，就可以进入下一阶段。然后他跨步到旁边一桶小石子旁边，将手掌插入桶中。由于力度凌厉，小石子也被震离水桶，掉到道场地面。部分小石子甚至裂成碎片，我谢师傅的手掌却丝毫无损。

王寄美师傅是古武道的一代宗师，他的道场内各式传统的武器，部分专门为格斗而设计，但大部分均由农耕工具演变而来。他拿起一双造型独特的双节棍，并解释这个形状是从马鞭演变而来。至于古武道中的小型镰刀，既可以在田里除草，也可以手刃侵略者。

德村贤昌大师虽然年届72岁，拳脚功夫仍不减当年。他是古武道大师，亲身示范冲绳妇女如何使用一根七厘

Clockwise from top: Sokuichi Gibu trains at his dojo in Urasoe, Okinawa; Hiroshi Akamine's prowess with weaponry includes turtle shell *tinbe* and a *rochin* short spear; Masaji Taira and Katsuhiko Yogi demonstrate a strike-and-block technique

量上图起顺时针方向：仅休息一冲绳道场开场的道场摆武；赤崎清运用以龟壳作盾及矛等武器已达炉火纯青；平良正次及Katsuhiko Yogi示范对拆

米长的钢制发钗自卫——在被歹徒抓住肩膀时，只消一个流利的动作，就能抽出发钗，狠狠刺进对方手臂。

空手道大师金城政和已经传授上地流空手道和古武道数十年，他的两位儿子金城智和金城健太也顺理成章在这两方面大展潜能。让人意想不到的，虽然这些大师们在训练时都非常严苛，但他们待人接物却是心平气和、平易近人。金城师傅在示范三节棍技术时，更是一边微笑，一边将三节棍围绕身板旋转。此外，他并且解释如何使用双节棍攻击和防守，以至封杀对手的动作。示范过程中，他的儿子健太上前挥拳，金城师傅则用双节棍结实紧系于手伸出的前臂，然后用力一扭，向旁踏开一步，便马上化解了对手的攻击，然后他又再次展展温和的笑容。

空手道讲究刚柔并济。对拆时，身体要柔软灵敏，在决胜时刻却要尽用每寸肌肉的力量。这些大师全都是勇猛的对手，拳拳有力，不过他们最伟大之处，是教导新一代弟子修心养性，努力练武，锻炼身体。

新垣敏光师傅毕生都在练武。每天他都会磨磨松林流空手道招式，数十年来风雨不改。我们问他人生中曾在道场外施展空手道保卫自己，他微笑说：“从未试过。”

MEET THE MASTERS 拜会大师

The Karate Masters Portrait Project began in March 2012, with the goal of photographing the highest ranking karate masters living in Okinawa, the birthplace of karate. James Pankiewicz, owner of the Dojo Bar in Naha, discussed with photographer Chris Willson how there were few, if any,

good pictures of certain karate masters, so together they set out to visit the numerous dojos and photograph these living legends. The portraits produced will hopefully become a historical record of the grand masters of Okinawan karate alive and kicking at the start of the 21st century.

空手道大师肖像摄影计划在2012年3月展开，于空手道发源地冲绳记录当世空手道宗师的武艺。那霸市的The Dojo Bar店主James Pankiewicz向摄影师Chris Willson表示，目前传世的空手道大师优秀照片少之又少，因此他们决定走访各大道场，拍摄这些传奇宗师的肖像。这些照片将会成为21世纪冲绳空手道大师的历史记录。