



**Soke Thomas Mitose and Hanshi Mark Barro Mitose Visit Mexico City, Mexico**

February 2012, Soke Thomas Mitose and Hanshi Mark Barro Mitose traveled to Mexico City, Mexico, to present (in spanish translation) Soke Thomas Mitose's new book "What Is The Real Defense?" which was also coordinated by Ali Sensei Lopez Castellanos.

- They arrived on February 23, Thursday evening and got settled in.
- On Friday February 24 Hanshi and Soke visited the Museum of Anthropology and learned about its history. The afternoon was used to prepare and organize our agenda and delivery of Kosho Ryu in Mexico.
- On Saturday 25 February 2012, we presented the book while Soke Thomas Mitose, Hanshi Mark Barro Mitose commentated and answered any questions with the presence of Gilberto Lopez and Jesus Eduardo Villanueva Jimenez.

In presenting the book, Gilberto Lopez commented:  
*"Following the ancient customs that pass - from generation to generation, the knowledge of the arts of self defense and yoga through the Honorable Grand Master, it is noted on the authorization to teach these arts and, above all, the loss of that power by the practice and misuse of learning. That is, if there is no consistency with the highly generous spirit, ethical and altruistic Mitose taught the arts, respect for oneself and for others it is not possible to be a disciple, much less a professor at the School of True Defense Personal Kosho-Shorei and Yoga."* Loyalty Mitose writes, is one of the best human qualities.



Since the beginning of the work and throughout all its pages, it is emphasized that unlike the first book, appeared in the atmosphere of war, it is presented here reflect deeply marked by a desire for peace, hence, in school of True Self Defense and Kosho-Shorei Yoga no physical contact or violence, that is, do not touch the opponent's body in any way. People who practice Kosho Shorei-not believe in violence, or injure or kill another human being This idea permeates the entire work and stresses above all known martial arts schools. Again and again, the Grand Master states that he does not use or teach martial arts and refers to "the reasons for the author to publish this book are world peace, happiness and humanity and especially to

*prevent crime;*” all of which, seen from the tragic story of what happens at the global and extreme violence in our country, ideas like those expressed take on a highly topical and relevant.

Specifically, the shield of “weapons” transpired this thought through six symbols taken from Japan:

1. - Kigan, in Japanese, which means the desire for peace and not fight with anyone.
2. - Kaishu, symbolizing “no arms over my hands or heart.”
3. - Hoken, cover or hide the fist, or “do not want to fight anybody.”
4. - Matsuba, pine branch, expresses the long lives, young and healthy.
5. - Take, bamboo, badge of honesty and openness.
6. - Baika, plum blossom, which represents beauty, nobility and courage.



The author gives the key to enter his teachings when he claims that his book should be read with an open mind, also, when advised that seeking wisdom, he should prioritize the similarities or coincidences with the thoughts of others, and ignore the minutiae or differences ; in orientation of listening to others, expressing humility and recognition of the knowledge of others, or when he emphasizes that humanity is both physically and spiritually, and you should not refuse a favor of another, all ideas -by the way - applicable to every facet of human activity creative and positive, and as an invaluable guide for socialization and educational training of children and youth.

For tips of outstanding universal value: avoid emotion that may affect the decision-making, “once the emotion is separated from the problem, the mind can find logical answers” is considered a matter of principle, but not hate crime the criminal, who should always be offered the chance to reform, ideas - indeed, along with repairing the damage, are the foundation of the regulatory system of community justice for indigenous peoples, giving always the first step towards friendship and peace, and to hate is self-destructive. Make every effort to avoid the complaint and self-pity, “the worst evils of the world, often begin with small seeds of complaint” holds that anger affects health, and that it is impossible to change the past, we must face the present in the best way.”

The Soke appreciated the efforts made to translate the book and those who participated in the presentation. Also the recognition of his father the Great Grand Master James Mitose.

The launch of the Book was a success. On their last day, Soke Thomas Mitose and Hanshi Mark Barro Mitose met with Sensei Ali Lopez and his family as they gathered at the square of Coyoacan to enjoy a delicious Argentine barbecue dinner



I want to thank Soke Thomas Mitose and Hanshi Mark Barro Mitose deeply, for honoring us with a visit to our country and for sharing their friendship and knowledge.

Sensei Ali Lopez



## The Head of Mexico representing MIKKA

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Eduardo Iniesta is no longer, as of March 2012, The Head of Mexico representing MIKKA. If you have MIKKA memberships through Eduardo Iniesta and do not have a membership card to validate your standing with MIKKA, signed and dated by Soke, your membership is invalid. All memberships must be obtained through Hanshi Mark and must be authorized by Soke. For further information you may contact Ali Lopez or Hanshi Mark directly.

We would like to Congratulate Ali Lopez on his promotion to 4th dan. We would also like to thank him for his perseverance and dedication to MIKKA. For his loyalty to the art, he has traveled to the United States every 4 months to further his studies with personal instruction by Soke. He has surpassed our expectations and is an asset to MIKKA

We would like to Congratulate Sensei Darrell Dobashi for his excellence and perseverance in becoming a champion instructor in MIKKA. For his humble acts of putting the Association first in his teachings. His focus being on his dedication to the art and not the grandeur of position.

Our Congratulations to Shihan Sergio Garcia for the recent success of his event. We would like to express our thanks to him for his dedication and support of MIKKA.

As of September 2012 all that apply for yearly or renewal of MIKKA Memberships will receive 2 lessons of private instruction a \$200 value from Hanshi Mark.

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**The Mitose Family of Kosho - Ryu Kenpo**

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