



Harmony By Karate

Sensei John P. Mirrione



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Sensei John P. Mirrione
harmonybykarate.com

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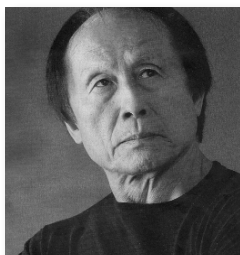
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FOREWORD

By Leo Fong

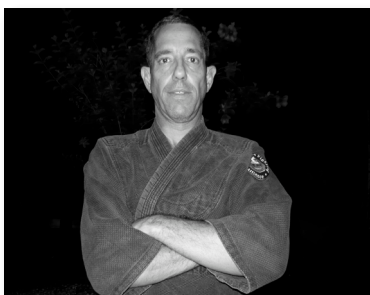
It is a privilege to write this foreword for Master John Mirrione's latest book, *Harmony By Karate*. *Harmony By Karate* is a unique program designed by Master John Mirrione. It is a system based on simplicity, practicality, reality, longevity and spirituality. The art of *Harmony By Karate* is not only a no-nonsense approach to self protection; it is also a strong metaphor for living. There is a saying; "Action always follows thoughts and images." Our action is strongly influenced by what we think and believe. Philosophy and concepts are the basic foundation for *Harmony By Karate*. Simplicity is the key to learning and comprehending the dynamics of the martial arts spirit. Simplicity is also the key to proficiency. Years ago, Marilyn Monroe, known as the most sensuous woman of the 20th century, was being interviewed by a new reporter. Apparently, the reporter asked a question Monre did not understand and she made a comment, "Your responsibility is to make things simple enough for people like me to understand." Speaking in the abstract may inflate the intellectual ego, but it is wasted knowledge when no one understands or finds it difficult to implement into action. We in the martial arts community appreciate simplicity. In a life or death situation, there is no place for complicated techniques. Life and death is divided by a thin line and is determined in a fraction of seconds. This is also true in our life journey. A simple life is less stressful and more enjoyable. If there is a single factor that leads to longevity, it is the ability to simplify. There is a reason why the turtle is capable of living to a hundred years, while a rabbit's longevity is less than ten years. Simplicity makes for peace and serenity. Simplicity leads to harmony. When we are one with the Universal Force, there is greater inner peace and the stress factor no longer affects us negatively. When we cease trying to "push the river," inner peace will be our pathway.

- Leo T. Fong

Endorsements

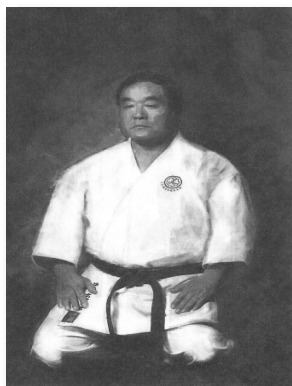
“Sensei John Mirrione has dedicated most of his life to learning and teaching Martial Arts, always striving for more knowledge . I know in this book you’ll find inspiration and guidance for your life. It will no doubt help you find HARMONY.”

-Marcos G. Martinez



Shihan Fumio Demura has known Sensei John for several years and finds him unique as a karateka for his sense of humor. Shihan feels Sensei John has put a great deal of thought and effort into putting this book together and that there are many good ideas in this book for people to think about. Shihan feels Sensei John will continue to explore new approaches to teaching martial arts.

-Shihan Fumio Demura



Testimonials



As the dark clouds of violence spread across America and the world, children are more and more subjected to them. There are some forces being fought against these evil disasters. To uncloud their minds, we must reach them and demonstrate that there is nothing clever in the viciousness of fighting or killing.

One very special young man is fighting this battle and instead of violence is teaching them to combat it within them selves and find the beauty of life.

As one enters John's studio, one discovers an incredible energy of peace, impregnating the air. One not only feels an excitement as you watch the children practice their strength of inner power in each move they make.

Not an attitude of force against each other, but the beauty of the strength of building character that fends off the energy of destruction and hate and activates a feeling of inner strength that wells up within themselves.

There is an air of excitement and air of achievement filling the air. Not one of competition or jealousy, but one of personal achievement. John has harnessed a wonder of experiencing a consciousness and respect for each other.

It is the same union of Yoga which brings about another level of the consciousness, of "I can do." Not one of "If I can't do it, then no one else should be able to." It seemed to open up their minds and as I sat at the end of my class with them, I wondered at the interest and incredible questions and intelligence coming from such young children.

John inspires the children to use their energy to create a healthy body and mind to face this world, instead of destroying it, to make life flower into something beautiful, instead of having no value of keeping nature and man at peace. To feel the oneness between it. What a wonderful offering he has given to future lives. I thank him with all my heart and what he stands for. Bravo John!

-Tao Porchon-Lynch

Lineage

Harmony By Karate was founded in 1994 by Sensei John P. Mirrione. The school's lineage traces its origin to the beginning of karate in 1733.

John P. Mirrione (1994-present)
Founded Chowakai Karatedo/Harmony By Karate



John A. Mirrionne (1979-present)
Founded Shorinjiryu Kenkokai Shorinjiryu Karatedo



Minoru Morita
Brought Shorinjiryu Kenkokan Karatedo to the US



Kori Hisataka (1907-1988)
Founded Shorinjiryu Kenkokan Karatedo



Chotoku Kyan (1870-1945)
Founded Shorinjiryu Karatedo



Bushi Matsumura (1797-1889)
Founded Shuri-Te Karatedo



Tote Sakugawa (1733-1815)
Founded Okinawa-Te





Method

Sensei John P. Mirrione began studying Shorinjiryu karate at the age of two. His early studies didn't last long, but when he was 8 he was severely bullied on the streets of Brooklyn, NY. Learning to defend himself was a matter of survival, so for about 6 months he practiced karate intensively. But it was only when he was 14 that he started to immerse himself in the serious study of karate. And he has done so for the past 34 years.

Shorinjiryu is a strictly traditional style of karate developed by Kori Hisataka in 1946. This style emphasizes individuality more than most other styles of traditional karate. Building on this understanding, Sensei John believed that there was even more room for individual interpretation and he took the philosophy to a different level by encouraging more natural movement. For example, students stand in natural postures as opposed to the traditional stances of the past, and their hands are kept softly in front of them as opposed to the more rigid hand postures. These changes enable students to move their bodies naturally, and because the posture is more relaxed, the hand and foot techniques can be executed more swiftly.

Harmony By Karate emphasizes individuality, and completely honors the individual and their natural way of moving. People punch, kick, and move the way they want to move within the confines of the form.

In 2006, Sensei John was introduced to Leo Fong by Adam James, his top student. This was one of Sensei John's greatest influences was Leo Fong. Leo Fong has studied and mastered many styles of fighting and martial arts, and has developed his own style - Wei Kun Do - which integrates many of them. Fong's movement is very mindful and he integrates a lot

of breathing and relaxation into his style.

Leo Fong was also a close friend and sparring partner to Bruce Lee. They influenced each other's styles and approaches. In one famous incident, Bruce Lee had a fight with the top Kung Fu master in Chinatown. Although Bruce Lee won, he was dissatisfied with his performance. He told Leo Fong, who then suggested that he incorporate angles of attack into his style – just like a boxer would use. Together they studied tapes of Mohammed Ali and within two weeks after the fight, Lee had installed a boxing apparatus in his home.

One day Bruce Lee asked Leo Fong why he studied so many different martial art forms, and Leo responded:

“I am looking for the ultimate” to which Bruce replied,
“There is no ultimate, the ultimate is in you.”

That idea profoundly influenced Leo Fong. And he, in turn, has influenced Sensei John.

When Sensei John parted ways with traditional Shorinjiryu, he wondered whether to describe his style as Shorinjiryu, or Harmony By Karate. To answer, Fong said “You’re Harmony By Karate. You have to be what you are.”



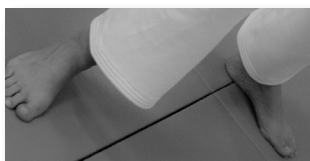


Coming Full Circle

In simplifying his system, Sensei John was also influenced by Marcos Martinez - a martial artist who developed an appreciation for the real-life applications of martial arts by fighting in the war in Venezuela for 12 years. Marcos learned that the mastery of a few powerful techniques is more efficient than the knowledge of many. If combatants get caught up in traditional postures or the application of too many movements, they can get hurt. He believes that learning a few gross motor skills makes for a better fighter. The peril of studying Martial Arts is that kata can become about memorization rather than functionality. Traditional kata develop muscle memory. Martinez's influence helped Sensei John realize that the memorization of movements isn't helpful, and can be dangerous because they don't mimic real battle scenarios. In real battle, you're dependent on using simple tools of striking and or grabbing - movements that go efficiently from point A to point B. The mastery of those simple movements is what determines your survival in the moment, should you find yourself in a real fight situation. Taking a few movements and learning to apply them to any situation is a hallmark of the Harmony By Karate approach.

In his transformation to Harmony By Karate, Sensei John adopted the philosophy to make things simpler, and more natural. In this shift, he moved closer to how the Okinawans trained. They would spend more time working on fewer moves. This teaching of learning a few movements and applying them to any situation was most famously applied by one of the greatest Samurai swordsmen of all time, best known as the author of the Book of Five Rings, Miyamoto Musashi. Musashi is known for achieving mastery over just 3 strokes of the sword. By adapting those to all situations, he was equipped to conquer all enemies.

Sensei John believes that it's important to respect tradition, but places emphasis on evolving new traditions to move forward. Even as he's made substantial changes, he has preserved the traditional aspects that he perceives to be simple, practical, and direct. The positive influences that form the essence of karate have been maintained, and elements like bowing, wearing white uniforms, using Japanese terminology, and doing meditation are an integral part of the Harmony By Karate training.



Stance

In traditional styles, there could be as many as 20 different stances. Sensei John believes that applying the mechanics of so many positions can be difficult and unrealistic in live combat.

So there are only three stances in HBK – all of which enable the natural fluid motion that comes from the individual.

Natural Stance: Face forward, feet a little wider than shoulder width apart, feet pointing in the direction that's most comfortable for the person.

Side Stance: Step back from the natural stance, twist the body at an angle, and stand sideways. Either the right or the left foot is in front, the hands are in the on guard position or down by sides.

Sumo Stance: Squatting down low, hands forward for grappling.



Natural Stance



Sumo Stance



Side Stance



Movement

Traditional karate style favors short, rigid movement, snapping and thrusting. Movement in HBK is different – it's more moving like water. In practice that means relaxation as opposed to rigidity. Speed of movement can only come from the body being in its most relaxed state. Allowing the body to move at its most optimal state means the fastest speed, and the most power. Rather than *pushing* your body, it's about *listening* to your body.

The theory behind this philosophy comes from the fact that the body is 80% water. When water moves at a fast pace, electric power can be generated. The body has an electromagnetic field - and when moving like water, the human electromagnetic field is magnified and enhanced. Movement generates the key energy force that can be directed towards an object, or used on an attacker. Thus, flow with speed generates electricity, amplifying natural power.

If you squeeze your fist and hit an object with your arm strong, that's physical power. But if you keep your arm relaxed and tense your fist only at the moment of impact, you'll strike with greater power, because a relaxed body generates a stronger electromagnetic field. This strength translates into more qi (chi), or spiritual energy.

Fluidity is the essence of what HBK is. It's the core of the HBK being that projects and directs energy, yields intuition and takes control of mere instinct. If someone is attacking and their target moves like water, the attacker's technique dissolves. As a student of karate, in a relaxed state, we can gently evade or deflect movement from the attacker. When training in this fluid, relaxed way, we'll be more prepared to avoid poten-

tial danger. More importantly, a relaxed person may be able to deflect conflict verbally, avoiding physical contact altogether.

The cultivation of reflexes is a natural thing. The more in tune with their own movements a student is, the more they can connect with their peers. They come more from feeling than from thinking. It is intuitive, instinctive, and natural. Reflexes arise from nerve impulses. Like so much else in Harmony By Karate, it's believed that the more relaxed the movement, the more naturally the reflexes will flow.



Punching

HBK punches are defined by the natural angle of the shoulder.

To find the position, from standing, let your hands fall naturally. Then lift your arms in front of you. That's the angle at which your punch will arise naturally. This natural angle enables us to strike with the most force and also makes it possible to strike with the top two knuckles, which are the biggest and most powerful knuckles.

Traditionally the punching hand is either vertical or horizontal or both depending on the style, but HBK punches are delivered from the natural stance, either with hands down by your side, or with the hands up in the front guard position.



Letting hands fall naturally to find natural punch



Finding the natural angle to strike a punch



Kicking

Kicking is done from the student's natural hip position. The way you stand is the way you should kick. When a student is in a life-or-death battle, there's no time to assume a posture before executing a kick. Therefore there's tremendous value in kicking from our natural position/posture.

Also, it's critical that you kick how you stand naturally, so as not to destroy the hips and knees through rigid postures and unnecessary pivoting.

Traditionally, karate teachers taught movements mechanically. Theory states that through repetition, the movement becomes fluid. In reality though, it's hard for us to break from the way we've originally learned. Therefore, it's very important that we learn in a fluid, natural way.

Traditionally, there are three main kicks used in karate: front, side, and round kicks.

Jump kicks and spinning kicks are not taught in HBK, even though they were used in the past against mounted warriors, delivered to knock the enemy off the horse. In today's times they would have little or no use in self-defense. These kicks look elegant, but destroy the skeletal system over time, due to the high impact of the movement. In combat, jump kicks and spinning kicks make us more vulnerable to being grappled to the ground.

Rear leg kicking is only effective when your opponent moves to the side. To deliver a rear-leg kick from the rear to the front can take too long. It also destroys the knees due to the constant pivot of the front leg. In Harmony By Karate, the rear-leg kick is taught so we can use it if we need to, but it's not a primary kick.

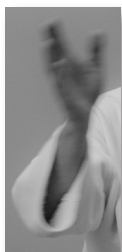
Lead leg kicking, front, side and round, is most useful in combat because that's the leg that's closest to the opponent. It can be used in attack, defense, and hand-to-hand combat. It's especially useful for defense against knives and other weapons.



Lead Front Leg Kick



Lead Round Kick



Blocking

Blocking is movements of the hands downward, and movements of the hand upward. It is about the deflection of movement. It is important to move the head and body out of way of attack. Blocking is used when you are moving. It is a “touch and move” concept.



Inside and Outside Blocking-
Similar to the “Wax on and wax off” best known
from Karate Kid



Conditioning

The basic yoga positions, as well as various plyometric and static drills, are done for balance, speed and power.

On this page are just a few examples of conditioning exercises. Showing all examples of conditioning exercises could comprise an entire book.



Left: Lead Front leg kick

Right: One arm push up
down slowly with one leg off
the ground develops power





Grappling

Grappling is integrated minimally so that the student develops ground sense. They need to understand how to engage with a person who is grappling them. Students must learn three basic grappling movements:

Tackling

The leg tackle is performed by bending down, leaning in to lift one or both legs up off the ground then throwing the opponent to the floor. When the opponent is on the ground, the defender follows up using striking techniques. It is important for a student to learn to evade someone tackling them by using simple escapes and striking tools.



Throwing

The hip throw is done if someone grabs from behind. The attacker grabs a part of the body from behind. The defender shifts their hip sideways and throws the opponent to the floor, and follows up with striking techniques.



Choking

The **choke** is only taught to advanced students, for safety reasons.



Falling

The practice of falling in slow motion is critical for self- protection and for overall safety.



Rolling

When a person is thrown to the floor, learning to roll helps one to go with the flow.



Kata

Kata means “form.” In Japanese, the term refers to “way of doing things,” with an emphasis on the technique or order. In karate, kata are detailed, choreographed patterns of movements, practiced either solo or in pairs. The kata offers a structural base, and becomes an encyclopedia of techniques specific to our particular style. Kata also convey the sensibility or feeling particular to each style.



Bowing is done before and after each kata.



Front stance is done after each bow by taking a small step back in preparation to protect oneself.

In Harmony By karate, each kata is a moving meditation of a sort, comprised of pre-arranged moves that are designed to prepare us to be fluid in any self-defense situation.

At Harmony By Karate we have 7 katas. Five are structured by the school, the last two are created by the student.

The 6th form is created by the student based on their understanding and experience and is individual and personal. The 7th form is spontaneous and unstructured, and reflects the student's ability to move in a freestyle fashion with no choreography.

There is a philosophy behind each kata in HBK, utilized to give us a deeper understanding of who we are through the experience of movement. We like to have both an animal and an element associated with each kata, because this confers focus and connection with the form. When students think of an animal, the animal becomes an example of who they can become or how they can be within the construct of the kata.

The Harmony By Karate kata are as follows:



First Kata: Kata Sanzai

Sanzai means **Presence**

Element – Earth

Animal – Turtle

When we think of presence, we think of being grounded, rooted in the earth, and centered in who we are. When we're centered, we can learn focus, discipline, and respect, affording us the chance to experience personal transformation as well as physical agility.

The turtle is the animal associated with this first kata, because of its stillness and ability to be steady and calm.



Kate Sanzai



1. Lead Front Kick



2. Lead Front Punch



3. Rear Twist Punch



4. Lead Front Punch



Second Kata: Kata Hiraku

Hiraku means Openness

Element – Air

Animal – Dove

Once we become present, we can begin to open our minds and hearts more to teachings. It's important that we see both the movement and our lives with an open heart. With an open heart and mind, we learn tolerance. From tolerance emerges an acceptance of who we are. This acceptance expands to include others, deepening our connection to humanity.

The dove is a symbol of love and peace, open and free.

Air represents space, room to move, without constriction.

When at 40 years of age, Sensei John developed a life-threatening case of pneumonia, he spent 8 days in the hospital. While there he spoke to his teacher Master Leo Fong, who told him that the only way to really recover was through breathing. Sensei John began conscious, deep breathing. He recovered so strongly that his lungs feel even stronger than before the pneumonia. Breathing practice has become an integral part of his life and deep breathing is integrated into all training sessions at HBK.



Kate Hiraku



1. Lead Side Kick



2. Lead Side Punch



3. Rear Twist Punch



4. Lead Front Punch



Third Kata: Kata Ageru

Ageru means Giving

Element – Water

Animal – Dolphin

It's important for us to be giving, both in our movements and in every aspect of our lives. When someone is attacking, the student gives way – exactly like water yields around an object - then closes back around the attacker. The attack can be physical or emotional. Water is an extremely powerful element and is of utmost importance in Harmony by Karate. This form teaches us how to move like water.

A dolphin is known for peacefulness and fluidity in motion.



Kate Ageru



1. Lead Round Kick



2. Lead Front Palm



3. Rear Twist Palm



4. Lead Cross Palm



Fourth Kata: Kata Yuki

Yuki menas Courage

Element – Fire

Animal – Horse

Courage is the one quality that is absolutely required for our transformation. In order to change, we must have courage enough to face our fear. Developing courage is a three step process.

The first step is to face the fear – to see it, look at it, and acknowledge it.

The second step is to embrace the fear – to accept it, and acknowledge that it's real.

The third step is to conquer the fear - either by taking a small step or a bounding leap. If a student is sparring with another student who seems bigger, first, the student must experience this massive force. Then, to acknowledge and accept the anxiety is crucial, and finally, the choice to conquer it. Either by one small step, one move – a punch, or a kick - or a bounding leap using several hand or foot techniques in one burst.

The fire horse is a loving creature, but is also fearless and passionate.



Kate Yuki



1. Lead Side Edge



2. Rear Cross Edge



3. Lead Round Kick



4. Lead Side Kick



Fifth Kata: Kata Chowa

Chowa means Harmony

Element – Spirit

Animal – Butterfly

Harmony is the ability to balance all things. When we're present, we can be open. When we're open, we can give. And giving is the most courageous act, and inspires more courage. When we're present, open and can give with courage, we can source balance and harmony within ourselves and in our world. There's no peace to achieve, there is only a deepening of peace. Peace and harmony are not destinations, they are journeys. Harmony is deepened and discovered only through dealing with our challenges with relationships – particularly within ourselves.

Spirit represents our life energy, and the butterfly embodies harmony. It flies, lands, and interacts with other beings as a harmonious, beautiful, flowing, free being. It has courage enough to land fearlessly on a much bigger creature, such as a human. The way of the butterfly is gentle.



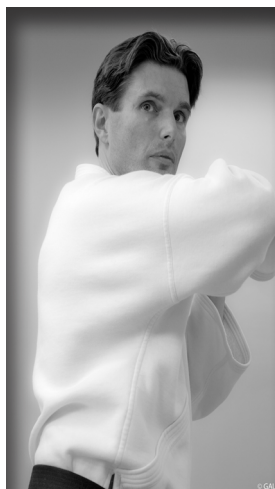
Kate Chowa



1. Lead Knee



2. Rear Knee



3. Lead Cross Elbow



4. Rear Cross Elbow



Sixth Kata: Kata Chikara

Chikara means Power.

Jiyu means Freedom.

In **Kata Chikara**, the student choreographs moves to create their own kata, which they can then repeat as their personal kata. Here we discover our power of creativity, the power of freedom within the form.

Seventh Kata: Kata Jiyu

In **Kata Jiyu**, the student creates movement spontaneously and unpredictably. We improvise a kata with no choreography, in response to what we'd do if attacked. In creating this kata, we are free and only constrained by our own imagination and ability.

Together, these last two kata represent the power of freedom, and standing alone. There are no animals or elements associated with these kata, and no set movements. The goal is for the students of HBK to make up their own moves and to discover the more creative aspects of who we are.

The ultimate in HBK is for the student to be able to do these kata spontaneously yet precisely. To make the moves in a way that looks directed and clear, and which makes us feel powerful and free simultaneously. It is critical for the moves and movements to be simple, direct, natural, and adaptable to any situation. It's only through freedom that a karateka can fully express our greater power in a life-or-death crisis.



Kumite

Traditionally, kumite are kata performed in pairs – a pre-arranged fighting sequence between two or more practitioners. When kumite are pre-arranged and choreographed, so that each participant knows exactly which move to execute, and which move is done in response, there is much to be learned from the experience. Sensei John values the traditional forms and appreciates all he's learned from them, and he's evolved his own kumite for Harmony By Karate.

The HBK kumite are comprised of choreography without choreography. In HBK, we use all kata as kumite. Each kata has 4 moves, and the student knows the movement to execute to the other student, but doesn't know how or when the moves are executed. So the person responding in defense will throw one move before these series of events are executed, and will simply “touch and move” by escaping and deflecting the other person's kata. This is a distinctly simplistic approach that duplicates most life-or-death situations. Therefore, drilling the kata as kumite in a natural, unpredictable way, the student is better prepared for survival, and it's safe. Attack and defense are learned simultaneously, in a dance of responses that are fun and healing for both.



The Sensei-Student Relationship

Sensei in Japanese means ‘born first,’ which means that the person teaching has the experience to teach the student because they’ve been doing it for some time before the student was introduced to the art.

In some traditions, there is a concept known as ‘giri’ that imposes obligation on the student with regards to the teacher. In those traditions, the student owes the teacher service and self-sacrificing devotion. While Harmony By Karate respects all traditions, our tradition is that nobody is owed anything. The relationship of student to teacher is mutually binding, and the true gift of the practice.

Sensei John feels that teachers shouldn’t control their students through fear. Rather, it is the Sensei’s love and respect for the students that keeps them engaged. If the student decides to cease training, they should not be made to feel a sense of guilt or fear. Rather, the experience the student and teacher have shared should last throughout time, and be remembered as a positive and healing one. Senseis are expected to be highly sensitive to the way the students see them, and to model appropriate behavior. The Sensei’s obligation is to make sure that the student feels safe. We believe that great success comes to teachers who unconditionally love their students.



Meditation

At HBK there are four simple techniques to remember:

Affirming- To affirm the goal in mind by repeating positive mental thoughts such as “I’m powerful”

Visualizing- To have a mental image by seeing yourself achieving the goal

Believing- To integrate one’s belief system/faith into their meditation

Breathing- Breathe in deeply through the nose and out through the mouth





Traditions at Harmony By Karate

There are several events that have been instituted at the HBK dojo, which have become part of the HBK yearly cycle. These traditions are one of the ways that the HBK philosophy is integrated into the school.

Philosophy of the Week

The philosophy of the week is a custom that is unique to the Harmony By Karate program. Each week, Sensei John offers his students an idea to contemplate in the form of a simple quote or phrase. Students are expected to consider this idea, and be prepared to discuss their own interpretations in class. Sensei John uses the philosophy of the week as a tool to lead people out of their everyday frame of mind, and give the students a chance to reflect honestly about themselves, their environment, and their impact on the world around them.

Learning from Guest Masters

Sensei John regularly invites guest masters to offer classes, lessons and seminars at the HBK dojo. He believes that when students experience different approaches to martial arts, the students experience the moves in a new way, different from their usual way of doing things. The difference unfolds as a rediscovery of what each movement means. This enables us to more fully discover our own truth. The spirit of the visiting Sensei inspires and empowers. Invariably, the visit influences not only those students in attendance, but positively impacts the school as a whole.

Tea Ceremony

The Tea Ceremony at Harmony By Karate is based on the traditional Japanese ceremony. The ceremony is conducted in an atmosphere of tranquility and harmony, so students are able to live in the moment and to experience being fully present – an important aspect of martial arts training.

At HBK, the ceremony also becomes a forum for discussion and sharing of ideas. Taking inspiration from the ancient Japanese tradition of philosophical dialogue between student and teacher, Sensei John offers an idea that is the theme for the ceremony. As students share their thoughts and listen to those of their classmates, they gain insights into themselves and others. These discussions help foster personal growth, mutual respect, understanding, tolerance and compassion for the views of others. This, in turn, creates a sense of harmony within the community. Students become more aware of who they are and what they've accomplished, and get more clarity on future goals.



Black Belt

The attainment of black belt is a journey, not a destination. There are no degrees of black belt at Harmony By Karate. The black belt is a beginning of a life long journey.



Randori

Randori, a Japanese term which means “grasping freedom,” is about a harmonious exchange of movement between two karatekas. In randori, it is critical to find a balance between safety and reality. The practice has to be simultaneously very safe and very real. As Sensei John says, “If it is too safe, it is not real. If it too real, it is not safe.”



In young children and lower ranks, there is no head contact, techniques are practiced to the body. Higher belts and older more experienced students experience controlled head contact with safety gear because in a life or death situation, most contact is to the head. Once students have a sense of control over their hands and feet, they can direct it to the head.

This event is held annually. There are two aspects to the event. The first aspect is for our students to demonstrate their karate skills and accomplishments through “randori”, which is the ultimate expression of a student’s training.

The second aspect of our event is the idea of ‘giving to humanity’. Students are encouraged to appreciate what they have, and express that appreciation by doing something extraordinarily kind for someone in the world. Students have the opportunity to share their personal experiences of ‘giving to humanity’ during this Randori Event.

Weapons

At HBK, we use the dull edge knife and short stick “Jo” as part of our training. These are weapons that are used for street survival. Once the student has become proficient in the basics of HBK, weapons become an extension of the body.





Harmony Power Movement

The Harmony Power Movement was created to empower people to take a stand against bullying and embrace human differences.

The movement began in 1991 with t-shirts, created by Sensei John Mirione, using the words “Universal Harmony.” As a returning Gulf War Air Force veteran, he gave the shirts out as a way to spread a positive message of human equality. At that same time, Sensei John met MC Hammer at the Vertical Club in New York City. After spending some time with him, MC Hammer became a supporter of the “Universal Harmony” message and embracing humanity.

While serving in the Air Force, Sensei John developed a martial arts breakdancing act to music. Upon his return, he continued to perform this martial arts breakdance, and did so at the famous Apollo Theater in Harlem, NY. He was embracing the culture in Harlem and showcasing his talents to people from different demographics. He performed several more times at that theater, giving his talents in the hope of creating human equality amongst different cultures.

In 1997, Sensei John produced the “Universal Harmony Day” event in New York City, to raise awareness and money for the fight against child abuse. He hoped to share his respect for others and create a more giving society.

In 2010, the “Stop Bullying Campaign” was designed to help the national public realize the extent of the bullying crisis take a stand against it. Launched in 2010, Sensei John gave his time and has traveled to 17 cities to share his inspiring story with children and help them believe in them-

selves and to know anything is possible.

Now, as the Harmony Power Movement continues, Sensei John hopes to further empower others to believe in oneself. This Movement aims to create awareness that there are differences in people worldwide, and embracing these differences in each other can prevent hatred and violence.

The Harmony Power Movement creates a platform to believe in oneself and take a stand against hatred and intolerance to embrace humanity and give to others.