# Springfield Goju Ryu Seminar and Promotional

by Deb Crawford

The Springfield Goju Ryu celebrated it's fifth anniversary with a promotional and seminar on October 10 and 11. Sensei Ken Maunz provided insight and worked with the brown and black belts on Friday evening. Sanchin kata, proper breathing during kata and the building of power and endurance were emphasized. Mr Maunz also discussed the influences and origins of Goju Ryu. After class, everyone enjoyed wings at Show Me's Restaurant

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Saturday morning, Sensei Maunz worked with the children on Kihon kata. He also worked with them on building endurance and speed, and how to escape from a kidnapper. The children enjoyed working out with Mr. Maunz.

Sensei Maunz then led the adult classes. They worked on speed, endurance , power and various kata. Sensei Maunz expressed the importance of endurance and power in Goju Ryu. The club provided a light lunch for all.

After lunch, Mr. Maunz had each member perform their favorite kata while he and the other black belts critiqued each one. This provided insight to the students on where they need to improve.

Promotion testing followed. Those receiving a promotion were; Trish Ballweg and Shelia Leggett to Shodan, Zach Barrington and Deb Crawford to San kyu. Nolan Burkhart, who is in the children's class, received 9th kyu. After the promotions, Sensei Maunz worked a bit with the other black belts on kata before dismissing for the day.

The group gathered for dinner at the Barrelhead Restaurant and had cake to celebrate our club's fifth anniversary. Sensei Barrington and Deb Crawford are working on a presentation representing the last five years at the First Church of the Nazarene, where classes are held. Pastor Fred Prince attended the promotion and really enjoyed seeing the work our students do. He didn't realize there was so much to Goju-Ryu karate.

We thank Mr. Maunz for spending the weekend with us. We learned a great deal and everyone had a nice time.