Worth Reading

We all learn in a variety of ways and modalities. We watch, listen, practice, formulate pictures in our mind how techniques need to be preformed. And, we listen to instruction suggestions and criticism as we move along the path. We watch other instructors, their students and learn. Beyond our experiences in the dojo we go to other GoJu dojos to see "if they are doing it right." I have truly been blessed as I have had the opportunity to listen to and practice with Mr. MotooYamakura, Mr. Gogen Yamaguchi, Mr. Gosei Yamaguchi, Mr. Goshi Yamaguchi, Mr. Richard Stamper, Mr. Bill Reuter, and Mr. Duane Sammons. Their examples were inspirational. We also learn from reading. The Journal of Asian martial Arts over the years has printed innumerable articles on GoJu Ryu. The latest publication, Volume 18 - Number 4-2009, has a dandy article titled "Kata and Bunkai: A Study in Theme and Variations in Karate's Solo Practice Routines" by Giles Hopkins, M.A. I would have scanned the article but that would breach copyright laws. So I picked up my copy of The Journal of Martial Arts at a Border's book store. I also went on line and the Journal of Martial Arts is available with the above article. We all learn in a variety of ways and modalities. I hope that you can find the article and explore the bunkai. It's worth reading.

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