



Goju-Ryu Karate-Do

Kyo Kai

NEWSLETTER

September 2003

INTERNATIONAL NEWS

Sri Lanka — Mr. D. K. Withanage has been selected as Karate Instructor by the Sri Lanka School Karate Do Association under the Ministry of Human Resource Development Education & Cultural Affairs to train students in Sri Lankan schools. Students trained by Mr. Withanage will be treated as members of the GKK Sri Lanka. Congratulations Mr. Withanage.

India — We are proud to announce our newest member schools. Mr. Bhadresh Dave and Mr. Vipool Dasani of Maharashtra, India, operate two programs. These schools are known as Global Martial Arts Academy and have thirty Dan rank members. Both gentlemen have Go Dan certification and many years of experience teaching Goju-Ryu Karate. If you wish to send along a welcome, they can be contacted at gma9academs@yahoo.co.in

PRESS RELEASE

SURPRISE UPSET AT KARATE ONTARIO ANNUAL GENERAL ELECTION

Toronto, Ontario Canada 6/1/03
Elections were recently held for the position of President of the provincial sport governing body, the Karate Association of Ontario (Karate Ontario). Considered an underdog entering the election for the position of President, Sebastian Pirrone of LaSalle, Ontario garnered 51% of the black belt votes at the recent

election held at the Sports Alliance Centre in Toronto Ontario.

Pirrone states, "I am ready to take on the challenge that is involved in representing this organization and I am proud to belong to a Board that shares my vision of a responsible, accountable, and inclusive organization, dedicated to serving all of its membership throughout the province." Also elected on the Pirrone election platform were instructors Tim Kett of Kingsville, and Huy Nguyen of Windsor, both longtime students of Pirrone and black belt holders themselves.

Pirrone began his martial arts training in 1978 and presently holds the rank of 6th degree black belt in the classical martial art style of Goju-Ryu and is the national chief instructor in Canada of the Goju-Ryu Karate-Do Kyo Kai organization. He Holds national and international referee qualifications and has represented Canada as an official in the recent Pan American Karate Championships held in Venezuela.

Karate Ontario is the only amateur sport governing body of Karate in the Province of Ontario that is recognized by both the Ontario Ministry of Tourism and Recreation, and the national sport governing body, namely the National Karate Association of Canada which in turn is recognized by Sports Canada. Information regarding Karate Ontario can be acquired at www.karateontario.org

MARY MEADE IS INDUCTED INTO THE HALL OF FAME

Akron, Ohio — Hall of Fame Banquet 8/16/03
Mary Meade was inducted into the USA Karate Federation Hall of Fame as the Junior Female Competitor of the Year. This is Mary's fourth year of competition, and during that period, she has successfully competed in kata, mandatory kata, kobudo, and kumite.

Among those in attendance at the induction were John Fonseca, the two time Pan American Gold Medalist, Cheryl Murphy, the recent Pan American Bronze Medalist, and Dustin Baldish and Doug Selchen, both former Pan American Gold Medalists.

After her induction, when she was asked to say a few words to the audience, Mary stated, "I would just like to thank my parents and my coach, Mr. Cramer."

Mary became the second GKK member to be bestowed with the honor of being inducted into the USA Karate Hall of Fame.

MID-STATE AREA DAN RANK PROMOTIONS

Promotional testing was held on May 10, 2003 for Dan rank GKK members in the Mid-State area. As a result, we are pleased to announce that Mr. Mark Cramer, our Competition Team leader, was promoted to Go Dan; Mr. Mike-Chadan Galose, our Director, was promoted to Yon

Dan; and Mrs. Ann Manning, Mr. Jay Lewis, and Mr. Ken Klaf were promoted to Ni Dan. This event covered all aspects of our training and each performance was inspiring. Congratulations to these fine representatives of the GKK.

GKK KARATE-DO TEAM IS SUCCESSFUL AT THE USAKF NATIONAL TOURNAMENT

Akron, Ohio — 8/17/03

On August 17th, the GKK Karate-do Team competed at the USA Karate Federation National Championship Tournament in Akron, Ohio. Competitors from across the United States, Eastern Europe, and Southern Asia came to compete and forge friendships based on their common interest in karate-do.

The GKK Team members were quite successful in all of the divisions that they entered at the tournament. Here are their impressive results:

Dawn Dopp –Female 35+ Years Intermediate and Advanced
Kata—3rd, Kumite —3rd

Kevin Forsythe—Male Masters (4th Dan and Above)
Kata—3rd; Kumite—2nd

Mike Galose –Male Masters (4th Dan and Above)
Kumite—3rd

Jeff Jackson—Male 18 to 34 yr.
Advanced Kumite—2nd;
Kumite (Kilo)—2nd

Anne Manning—Female 18 to 34
Advance Kumite (Open Wt.)—2nd
Kumite (Kilo) —2nd

Ben Meade—Male 13 years
Advance Kata—2nd; Kata—2nd

Mary Meade—Female 16 years
Advanced Kata (Open)—2nd
Kata (Mandatory)—2nd; Kata (Weapons)—2nd; Kumite —2nd

Neil Warner—Male 18 to 34
Advanced Kumite (Open)—5th;
Kumite (Kilo)—5th

After all of the events had been completed, the team took the time to thank their coaches, Mark Cramer and Shawn Kidwell for their efforts for the GKK.

FIVE STARS

Yamakura Shihan's books have been rated FIVE STARS by Amazon.com. This is the highest rating they give. What an honor this is for Yamakura Shihan and for the GKK.

CHAIRMAN'S AWARDS

The prestigious GKK Chairman's Award was presented to three of our members this year at the awards banquet held in conjunction with our annual meeting. The award is presented to individuals who provide significant contributions to the GKK.

The recipients were Eric Naujock, Ed Boyd, and Roger Bartnick. Mr. Naujock has completely redesigned our web site (Goju.com) and continues to provide enhancements. Mr. Boyd has provided us with our e-group (GKK_Goju@yahoo.com) and serves as moderator. Mr. Bartnick has created a line of GKK merchandise and provides his services at our tournaments.

Congratulations to these dedicated, hard working members on this well deserved recognition.

KARATE SPIRIT AND LIMITATIONS **By Zak Zaklad**

I've been a student of Goju for 18 years, and all through this time, there has been one question that has surfaced again and again for me—"Can the karate spirit help me to deal with the inevitable limitation and loss that is part of living?" Today, the answer is a resounding, "YES!" I want to tell you what I have learned about dealing with limitations, in the hope that my experiences will help others.

In addition to my dojo, I am involved with another spiritual community. I am a psychologist

and I facilitate support groups for people living with HIV/AIDs and their caregivers. Until recently, I saw little overlap in these diverse communities. However, the common element is now clear to me: it is that our mental state determines how we deal with loss; whether we suffer needlessly, or whether we make the most of what has been provided to us. I've seen people with end-stage AIDS fighting to live every day, and finding meaning in their lives, even if that life is made more difficult by the ravages of disease. I've learned that these people display true karate spirit.

When I first began my goju studies, I was older than most beginners. I was over 40, flabby, and out of shape. I turned to karate out of disgust with my physical condition. Of course, karate has helped me become more physically fit, but the mental and spiritual benefits were unclear to me in the beginning. For the first few years, as I slowly advanced, I would often look at the younger, more athletic karateka and think to myself, "What am I doing here? I will never be able to perform as well as those others. Therefore, I am a failure in karate." What's even harder to own up to is my envy of my more athletic colleagues; I've wished over and over that I could be more like them. Over the years, by confronting myself, I've developed a stronger sense of my own value and kept the envy at bay. I now know that many other karateka suffer with that kind of self-negating thinking; most of them just quit rather than confront themselves.

My first big lesson in the dojo was to understand that karate is not about beating others or gaining external praise or acclamation; it's about a personal, internal journey to make oneself a better person. My first Sensei, Jim Hagen, had

a valuable policy—no student was promoted until Sensei Hagan perceived that student to be working to get better, *not* for promotion. And I gradually realized that while I may not have great athletic ability, I have the perseverance to stick with something as long as it takes. In fact, it took me a dozen years to reach Sho-Dan, a longer journey than anyone else in our dojo's history. I now feel good about this, rather than ashamed. From Sensei Bill Kane I learned this lesson: the true spirit of karate is to make the best of the cards you have been dealt, to find a path to self-development no matter what obstacles lie in your path. And thereby help others by example

Our dojo joined the GKK 7 or 8 years ago, and this was another major step forward for me. Kiyoshi Brad Smith visited us regularly, and helped to reinforce the idea that karate spirit is what it is all about, and each student has to find his/her own path to development, powered by the karate spirit. One of the most treasured compliments I have ever received was a GKK award for the "Most Improved Student", which I took to mean respect for my commitment to karate. I strongly resonate with the GKK principle of helping others; this principle helps to guide me in my role as instructor within the dojo, and in my life outside the dojo. To me, helping others is not just to show them the correct techniques, but just as important is to help them understand the karate spirit.

Two years ago, I was diagnosed with a severe arthritic condition in my hip, which prevents me from executing strong kicking techniques. My first reaction was to feel sorry for myself, and that my karate career was over. Sensei Bill Kane reminded me of the Chinese wisdom that every disaster brings opportunity. Feeling supported, I have become more of a teacher and

less of a performer. It's not that I don't have feelings of inadequacy because of my performance limitations; I *do* have these feelings and also pain, but I press on anyway. I have come to accept and even embrace my changed role. I realize that because of my own physical limitations, I may be in an even better position to understand and help other students with limitations.

WHY, OH WHY, DO WE WORK SO HARD!!!

The following is an ad through which you can receive a blackbelt in Kung Fu without any effort on your part. No hard training sessions or sweat. Names and phone numbers have been blocked out. We just thought you might enjoy seeing this:

Become a Certified Kung Fu Blackbelt in Five Easy Lessons for just \$499.00

Do you want the prestige of becoming a Certified Kung Fu Blackbelt?

Call (3##)-3##3####

Can you handle the respect that comes with the rank of Blackbelt?

IF YOU ANSWERED, "YES" TO BOTH OF THESE QUESTIONS, YOU ARE ONLY ONE PHONE CALL AWAY FROM ACHIEVING THE RANK OF KUNG FU BLACKBELT.

Call (3##)-3##3####

Hi, my name is Sifu E——, and I am a 3rd degree Blackbelt Sifu Instructor. I have been a martial arts instructor my entire adult life.

I am a decorated combat VietNam Veteran and I received a purple heart for wounds received in combat. I currently own and operate a professional bodyguard agency for wealthy clients outside Orlando, Florida.

After years of study, I have developed a unique, easy to learn home study program. All you need to perform are the following stances:

1. Crane

2. Leopard
3. Praying Mantis
4. Dragon
5. Serpent

After performing the five stances and your fees processed, you will be awarded:

1. A 1st degree Blackbelt in Kung Fu
2. An official Blackbelt Certificate with authentic seal with my original signature and the original signatures of two other blackbelts.
3. A notarized certificate of authenticity.
4. A copy of my 3rd degree Blackbelt Sifu Instructor Certificate, signed by a World Champion Grand Master, authorizing me, to certify you.

Simply purchase my course, learn five moves, and verify you can perform these stances by emailing me(ON YOUR HONOR) that you have completed the course and I WILL CERTIFY YOU AS 1ST DEGREE BLACKBELT...

For more information call (3##)-3##-3####. We will answer any questions you have personally; we also offer Kung Fu uniforms, Blackbelt sashes, dragon patches and other martial arts supplies. Our web page will be up soon. Hopefully when you call, we will have the site available for you to view. YOU ARE ONLY ONE CALL AWAY FROM BEING A KUNG FU BLACKBELT—

"I never seek to defeat the man I am fighting, I seek to defeat his confidence. A mind troubled by doubt cannot focus on the course to victory.

Two men are equals-true equals-only when they both have equal confidence.

Arthur Golden

THE GKK SAYS THANKS

By Rich Stamper, Director

The Newsletter is vital to the GKK. It is our primary link for maintaining contact on an organizational basis. It is sometimes the only GKK contact some students have. It tells us of special events, training tips, news, opinions and much more. It is a forum for many and various topics and for sharing our accomplishments.

More than ten years ago, we were fortunate enough to have Mr. Ken Field volunteer to be our Newsletter Editor. Now, he is turning over that very important and significant position to Mr. John Herrmann.

I was thinking about the improvements Mr. Field has made to our Newsletter over the years and that prompted me to look at some of the many issues of the past. One of the things most apparent was the sheer volume of information and material that he has provided for us. Not so obvious at first was that the selection of articles and content was flowing and consistent, and the consideration that went into general format and design. Viewed a single Newsletter at a time, these things are not so obvious, but when considered in totality his effort and ability become readily observable. We have been most fortunate to have had the Newsletter brought to us by Mr. Ken Field.

It takes about three to four hours each month to prepare the Newsletter. That's about 42 hours a year and about 420 hours in ten years. Mr. Field has given us more than ten weeks of full time work during his tenure as Editor! What a great contribution on our behalf by Mr. Field. We are most grateful to Mr. Field for his dedication, extraordinary effort, and kindness in providing the

Newsletter for us all these years. All we can say is "GREAT JOB" Mr. Field. Please feel free to send along your thoughts and thanks to Mr. Field at Fieldkenneth@hotmail.com.

We are fortunate that Mr. John Herrmann is now in charge of our Newsletter. Please welcome him at pherrman@bowlinggreen.net. Also, be sure to send along your items for the Newsletter to Mr. Herrmann.

THANKS AGAIN MR. FIELD

What a great organization we have.

*To the mature mind,
what is important is not
what is useful or use-
less, but how one may
use one's skill and
knowledge in a timely
manner.*

Master Lam

JFK GOJUKAI MASTER SEMINAR GOODWILL PAN-AMERICAN GOJU-RYU

TOURNAMENT

February 20, 21, 22, 2004

Houston, Texas

Guest Instructors From Japan

Akira Shiomi, 8th Dan, Anshi

Masataka Muramatsu, 8th Dan

**To receive a formal invitation and more
information please contact**

RAMON VERGAS

rveras@houston.rr.com

A NOTE FROM THE NEW EDITOR

Allow me to introduce my self. My name is John Herrmann and I am San-Dan and head instructor in Nippon Dojo in Franklin, KY. I have been a member of the GKK for approximately 4 years. My family (Wife, 2 children, 3 grand-children and 1 future son-in-law) all train together, as well as approximately

25 other students. I have taken this job on because I feel it is important to the organization that the fine tradition of this Newsletter be continued. I will try to rise to the challenge and continue the high standards Mr. Field has set. I ask each and every one of you to please help to continue this high standard by contributing articles and news events of interest to all. Please send then to pherrman@bowlinggreen.net

SEPTEMBER 2003

<i>DATE</i>	<i>FUNCTION</i>	<i>TIME</i>	<i>LOCATION</i>
3	KENJUTSU	5PM-6:30PM	BELLINGHAM ACADEMY
6	NAT'L GKK TEAM	12PM	OHIO
	JUJITSU	1PM-3PM	BELLINGHAM ACADEMY
	KENDO	3PM-4PM	BELLINGHAM ACADEMY
	KENJUTSU	4PM-5PM	BELLINGHAM ACADEMY
10	KENJUTSU	5PM-6:30PM	BELLINGHAM ACADEMY
13	NAT'L GKK TEAM	12PM	OHIO
	JUJITSU	1PM-3PM	BELLINGHAM ACADEMY
	KENDO	3PM-4PM	BELLINGHAM ACADEMY
	KENJUTSU	4PM-5PM	BELLINGHAM ACADEMY
17	KENJUTSU	5PM-6:30PM	BELLINGHAM ACADEMY
20	NAT'L GKK TEAM	12PM	OHIO
	JUJITSU	1PM-3PM	BELLINGHAM ACADEMY
	KENDO	3PM-4PM	BELLINGHAM ACADEMY
	KENJUTSU	4PM-5PM	BELLINGHAM ACADEMY
24	KENJUTSU	5PM-6:30PM	BELLINGHAM ACADEMY
27	NAT'L GKK TEAM	12PM	OHIO
	JUJITSU	1PM-3PM	BELLINGHAM ACADEMY
	ADVANCE	1PM-3PM	BELLINGHAM ACADEMY
	KENDO	3PM-4PM	BELLINGHAM ACADEMY
	KENJUTSU	4PM-5PM	BELLINGHAM ACADEMY

Mr. M. Yamakura, Chairman
Goju-Ryu Karate-Do-Kyokai
P.O. Box 32509
Oklahoma City, OK 73123

Mr. Rich Stamper,
Director
4450 Luann
Toledo, OH 43623
(419)473-9997

GKK Newsletter
c/o John Herrmann
3762 Gold City Road
Franklin, KY 42134
270-586-3566

pherrman@bowlinggreen.net