



Goju-Ryu Karate-Do

KyoKai

NEWSLETTER

June 2005

DID YOU KNOW?

by Rich Stamper

Did you know that membership forms for new members should be sent to Mr. Kevin Forsythe and/or Mrs. Dawn Forsythe? Yep, that's where they should go. And, did you know that promotion results should be sent to Mrs. Dawn Forsythe and to our Newsletter? Well, that's where they should go. Addresses are shown on our Newsletter.

GKK PROMOTIONAL TOURNAMENT

by Rich Stamper

A promotional tournament was held on May 7th, 2005 for the mid-states area students. I was fortunate to be in attendance. The event was for those seeking higher rank and also for those just interested in having a panel evaluate their performance. Each participant was judged for two kata and two kumite sessions. Afterward, the officials gave brief verbal assessments directly to the individual students.

There was a large turnout and everyone had a good time. Especially important was the fact that several area schools were represented and the students could get to know

more of our members from other schools.

It was also decided to schedule a monthly practice to include all area schools and practice additional target areas, (groin, legs) and takedowns and follow-ups.

This is a different format than typical, harking back to the old promotional tournaments and was a great event for those in attendance.

My congratulations to Mr. Kevin Forsythe and Mr. Ken Maunz for orchestrating this event. Hopefully, we'll have more in the future.

Please let us know how you feel about this type of training session and promotional vehicle for the GKK. With some advance notice, maybe some of our member schools farther away will be able to attend.

MR. PAT MCCARTHY SEMINARS

by Jeffrey Sullens

I know a few of you said you would like to attend a seminar with Mr. McCarthy, so here are a few dates.

June 17~19 Lebanon, Pa.
jad1222@aol.com

July 7th Queens, NY
loudag@modernsamurai.com

July 8~9 Queens, NY
oikdojo@aol.com

July 13-17 Toronto, Canada
sensei@karatejutsu.ca

July 30-31 NJ
Phooey3587@aol.com

August 2 Frederick, MD
dalong65@hotmail.com

You can find more at
Koryu-uchinadi.com

WINDSOR OPEN KARATE CHAMPIONSHIPS

Saturday, June 25th
at
University of Windsor
St. Denis Sports Centre
2555 College Avenue
Windsor, Ontario

Sponsored by

COPELAND'S MARTIAL ARTS
& FITNESS CENTRE

2557 Dougall Avenue
Unit 5
Windsor, On N8X 1T5

PH. 1-519-973-1578

Fax 1-519-973-5737

WITH REGRETS

by Rich Stamper

It is with regret that we inform you that two of our schools have been expelled from the GKK for violating our rules. The NWBC Goju-Ryu school of Mr. Keith Williams and the Skaneateles Goju-Ryu program of Mr. Randal Stetson are no longer GKK members.

AMBLER DOJO

submitted by Allen Zaklad

The following are two items that we give to prospective/new students, which gives a bit of information about us and our instruction methods and about the GKK and why we joined this organization.

Item #1

A Traditional Karate Dojo in Ambler

Written by the Dojo Instructional Staff

January 2005

One of the best-kept secrets in Ambler is our traditional *Goju-Ryu* Karate program located in the Ambler Area YMCA. We'd like to tell you about it and welcome any of you to come to a class and see for yourself. Our contact information is at the end of the article.

Goju-Ryu is a traditional martial art, originating in the 1870's in Okinawa before moving to Japan, and is characterized by a combination of hard (*go*) and soft (*ju*) components. It has many aspects, including exercise of the body, mind, and spirit, and is appropriate for people from age 6 to 80.

A Brief History

The Ambler Dojo was begun in the early 1980's at the Y by Sensei (*sensei* is a Japanese word for teacher) Jim Hagan and senior student Bill Kane. After ten years as a successful ongoing program, Sensei Hagan resigned due to professional commitments abroad, and Sensei Bill Kane took over as Chief Instructor. We then searched for and joined a national Goju-Ryu organization, called GKK (Goju-Ryu Karate-do Kyokai). Joining GKK enabled us to gain the wisdom and instruction of national masters, and meet and train with other Goju-Ryu practitioners in the US and abroad. Now, ten years later, the program is continuing to thrive; at any given time, we have 40-50 active students of all ages and levels. Currently, the instructional staff (all black belts) includes Chief Instructor Kane, Senior Instructor Zak Zaklad, and Assistant Instructors Jon Rook, Vic Lim, George Connaghan, and numerous other regular and visiting black belts.

In the twenty years of our existence, we have awarded more than 30 people the rank of *shodan*, or first-degree black belt. *Shodan* represents to us not an ending point but a beginning point; it's the point where a student has mastered the basics and is ready to really learn.

What we believe – our values

In the movies karate (and other martial arts) practitioners leap into the air, delivering killing blows to evildoers without

hesitation. Reality is different; we train the body and mind slowly and consistently over time to be able to deal with aggression and attack. Karate is often seen just as a method of combat, and this may be true for some karate dojos (*dojo* is a Japanese word for training room). Some dojos emphasize only self-defense; others emphasize purely sport and competition. Goju-ryu Karate includes those aspects, and it is also a way of life, a path to becoming a better person both physically and mentally. Karate can become a path that encompasses one's entire life, not just working out in the dojo.

Our values are well-articulated by the following "dojo maxims", from Mr. M. Yamakura, national chairman of GKK and 8th degree black belt:

1. All of life is sacred and I will always respect the sanctity of life.
2. I will use karate only to defend myself and others and only use the amount of force necessary to preserve my life and that of others.
3. The ultimate goal of karate is to achieve balance and harmony with the universe and to realize one's fullest potential to contribute to humankind through the development of mind, body and spirit.
4. True karate practitioners will strengthen their hands to lift those who have fallen, no matter how low.
5. As a karateka I will always strive to have an open mind and realize that toleration and diversity form the seedbed where creative intelligence and genius will thrive.

6. As a karateka I will apply the lessons learned on the dojo floor to my daily life and always strive to treat every person I meet with decency and respect, irrespective of their views or positions in life.

7. As a martial artist I will strive to always be aware of what is good and what is right, and to use my skills to promote peace and respect for all of humankind.

What is studied in class?

Each class varies but includes:

1. Warm up exercises for conditioning, strength & flexibility, including yoga.
2. *Kihon* – Basic forms of stances, punches, kicks blocks.
3. *Kihon ido* – basic forms with movement
4. *Kata* – preset combinations of basic forms, combat with “imaginary” opponents
5. *Kumite* – Self-defense, combat, sparring – both free and prearranged

Each class includes all levels of students (black belts, brown belts, green belts, white belts). In some parts, all levels participate; in other parts, levels are divided for instruction.

How students advance

Several times each year, we hold a promotional ceremony, in which students demonstrate what they have learned, and the black belts collectively decide the appropriate rank for each student. We call it “testing”, but it’s more like a celebration of each student’s progress.

When we began, Sensei Hagan had the policy that no student

was promoted to a higher rank until Sensei Hagan perceived that student to be working to get better, *not* for promotion. You had to put promotion out of your mind in order to advance. When this happened, the student was awarded the new rank at the end of class, with no fanfare, just a brief announcement.

Now, we have a more formal testing ceremony, but the spirit is the same; learning is more important than rank. The founder of Goju-Ryu Chojun Miyagi Sensei didn’t believe in ranks or belts at all, and finally agreed to award ranks and use belt to signify rank, only as a way to help spread karate. So we want our students to not take rank too seriously. What we want our students to take seriously is his/her own development as a karate student.

We look for more than technique to promote. Since karate is about the integration of body, mind, and spirit, we look for good conditioning and techniques; but also we look for knowledge of karate; and most importantly, we look for character (spirit), as shown in a student’s effort, willingness to learn, showing up regularly, working hard, giving 100%, helping others.

We look for improvement in each student. Each student is unique, with his/her own strengths and challenges. Some of us need to work more on the go, the explosive, hard side. Others need to work more on the ju, the soft, flowing side.

Each of us needs to take charge of our own learning.

Contact Information

This dojo is located in Ambler (a western suburb of Philadelphia), Pennsylvania, USA.

Ambler YMCA
215-628-9950
P.O. Box 428, Bethlehem Pike
Ambler, PA 19002

Dojo Information

Website:

<http://amblergkk.tripod.com/>
BKane@cntus.inj.com
AZaklad@craftech.com

Item #2 (flyer)

GOJU-RYU KARATE

Ambler Area YMCA

401 N. Bethlehem Pike
Ambler, PA

Welcomes New Students to Join Our Dojo

What are the characteristics of Goju-Ryu karate?

This traditional martial art, originating in the 1870’s in Okinawa before moving to Japan, is characterized by a combination of hard (“go”) and soft (“ju”) components. It has many aspects, including exercise of the body, mind, and spirit, and sport and is appropriate for men, women, and children of all ages (children younger than 6 may participate with Instructor permission). We have been at the Ambler Y for more than 20 years.

What is studied in class?

Each class varies but includes:
1. Warm up exercises, including yoga.

2. *Kihon* – basic forms of stances, punches, kicks, blocks
3. *Kihon ido* – basic forms with movement
4. *Kata* – choreographed combinations of basic forms
5. *Kumite* – self-defense, sparring both free and prearranged

Each class includes all levels of students (black belts, brown belts, green belts, white belts). In some parts, all levels participate; in other parts, levels are divided for instruction. Uniforms (“gi”) are not required for beginners.

Weekly Class Schedule:

Monday (all students)
7:30-9:15PM Y Annex
Wednesday (all students)
7:30-9:15PM Y Annex
Saturday(beginners,white belts)
9:00-10:30AM Upper Dublin FC
Saturday(green/brown/black)
10:30-11:30AMUpperDublin FC

For Further Information, come to see a class or call:

Chief Instructor Bill Kane
215-641-9005

Senior Instructor
Allen “Zak” Zaklad
215-848-4380

Web site:
<http://amblergkk.tripod.com/>

SEMPAI MANUAL **INTRODUCTION** by Eugene A. Mitchell

The job of a Sempai or Assistant Instructor is not always clear or consistent. The Advanced student is awarded

the honor of more responsibilities and opportunities to learn and grow as a person under the tutelage of the Sensei or Senior Instructor. Some use this as an opportunity to bully others or otherwise inflate their egos or to take it as a sign that the Sensei wants to “hang out” and be friends. In the traditional sense, this is not true. American Sensei may not mind, but a traditional oriental Sensei would be uncomfortable with this sudden change of interaction and relationship with sempai. They may become more harsh or strict with them in order to discourage this change of relationship.

The junior students may also have some adjustments to make. A peer now has the status of not only someone with a higher rank (usually) but now operates as what would appear to be a favored position in the dojo. This is not true. If anything, more is expected of the Sempai and it is not favoritism but giving the student a chance to develop character and maturity.

There is generally no “job description” for a Sempai, and a lot of times the Sensei and Sempai fall into the game of “good-instructor/bad-instructor”. Here are some of the types of tasks that a typical Sempai will perform (and more):

*Observe the comings and goings of students and visitors to the dojo and direct people to where they need to be.

*Assist in individual instruction for slower, quicker, or special

students that would interfere with a group class session.

*Make certain the dojo is prepared for the arrival of students or guests in terms of cleanliness, the safety equipment, first aid kit, protective equipment, and uniforms that are required, and recruit others to assist in the cleaning of the dojo before and after classes.

*Keep an eye on supplies, equipment, the locker room, and parking lot when possible for signs of intruders, thieves, etc.

*Make sure that students are performing techniques and drills properly, and that students are paired up with practice partners correctly, and that no bullying occurs at any time, so that the respect for one another, the dojo, and the art are preserved.

*Maintain current announcements on the dojo bulletin board.

*Assist in the promotion of the dojo and the art, the demonstrations and lessons, being alert to the need for first aid or other assistance, and screening out of new students.

*Anything else within reason the Sensei asks of you.

The Sempai will, above all, try to maintain their level of competence and study and skills, as well as proper protocol and etiquette in the dojo. Such a position is an honor, and also an opportunity, and should be approached with respect. Tasks will be assigned gradually so that one will learn thoroughly and one’s ego will not expand to gigantic levels.

June 2005

<u>7</u>	Nat'l Comp. Team	8PM	Smith Rd. Elem.Sch.	Temperance, MI
<u>14</u>	Nat'l Comp. Team	8PM	Smith Rd. Elem.Sch.	Temperance, MI
<u>17-19</u>	Mr. Pat McCarthy Seminar		Lebanon, PA	jad1222@aol.com
<u>21</u>	Nat'l Comp. Team	8PM	Smith Rd. Elem.Sch.	Temperance, MI
<u>25</u>	Windsor Open	9AM	St. Denis Sports Centre	Windsor, Ontario
<u>28</u>	Nat'l Comp. Team	8PM	Smith Rd. Elem.Sch.	Temperance, MI

Please contact individual schools for class schedules.

Better to remain silent and be thought a fool,

Than to speak and leave no doubt.

Abraham Lincoln

Mr. M. Yamakura

Chairman
P.O. Box 470446
Tulsa, OK 74147-0446
chairman@goju.com

Mr. Rich Stamper

Asst. Chairman/CEO
4450 Luann Avenue
Toledo, OH 43623
1-419-473-9997
ceo@goju.com

Mr. Kevin Forsythe

GKK Director USA
160 Taylor Road
Oregon, OH 43616
director.us@goju.com

Mr. John Herrmann

GKK Newsletter Editor
3762 Gold City Road
Franklin, KY 42134
herrmann@direcway.com
editor@goju.com