



WELCOME TO OUR NEWEST SCHOOL

by Rich Stamper

We are pleased to announce our newest school, the Aum Dojo, in Givat Shmuel, Israel. The chief instructor is Mr. Nimrod Astel, Ni-Dan.

Mr. Astel comes highly recommended to us and a review of his history and performance is impressive. He will be our Regional Representative in Israel.

Welcome to Astel Sensei and the Aum Dojo.

KYOSHI CERTIFICATION

by Rich Stamper

We are pleased to announce that Ms. Carol Gittins has been awarded Kyoshi Certification. Ms. Gittins has continuously served the GKK in several capacities and offices during her years of membership. She has provided a guide for teaching that we provide to new member schools, organized a variety of learning opportunities for our members, and generally demonstrated teaching excellence.

Congratulations to Ms. Gittins for this prestigious recognition.

Goju-Ryu Karate-Do

KyoKai

NEWSLETTER

October 2005

VISITOR FROM INDIA

by Rich Stamper

We are expecting a visitor from India ~ one of our members ~ around October 1st. Mr. Konda, a former student of Mr. Badu, wishes to practice here with us and needs a place to stay for about two weeks. He will go to any place in the USA.

If anyone is interested in helping out, please contact GKK Headquarters for more information.

FALL SEMINAR AND AREA WIDE PROMOTIONS FOR THE MID~WEST

by Kevin Forsythe

Yamakura Shihan will be visiting this area on November 11~13. We will be planning several seminars as well as an area wide promotion for that weekend. Please try to keep that weekend free on your calendar and try to join us.

SPRINGFIELD GOJU-RYU DOJO TO HOST SEMINARS AND TRAINING

by Ed Boyd

All GKK members are invited to come to Springfield Illinois Friday, November 25, and Saturday, November 26, for two days of fellowship and training under the guidance of

Kyoshi Richard Stamper. Friday evening will be a black belt only class. Saturday morning from 9 AM till 12 Noon there will be a class for all ranks. Lunch will be provided on Saturday afternoon. Following lunch, there will be another class from approximately 1 PM until 4PM. At 6 PM we will go to dinner at Shakey's. You will have to provide for your own meal on Saturday night. (Meals cost under \$10.00) There will be no charge for any of the seminars. The Springfield Dojo will cover the cost of putting on the gathering. The gathering will be held in the gymnasium of the Springfield First Church of the Nazarene. The address is: **Springfield First Church of the Nazarene
5200 South 6th Street
Springfield, IL 62703**

Driving instructions can be found on the church website:
www.springfieldfirst.com

For nearby lodging you may contact:
Baymont Inn & Suites
Springfield
5871 South 6th Street
Frontage Road
Springfield, IL 62703
Phone: 217-529-6655
Fax: 217-529-6510
www.baymontinns.com

There is also some other nearby lodging establishments.

Anyone who wants to attend, please contact us ahead of time so we can get a head-count for the Saturday night banquet.

For more information please contact:

Ed Boyd:

ceboyd@ameritech.net

or

Kim Barrington:

217-522-9743

KATA AND ENLIGHTENMENT

by Chadan*

Reprinted with the gracious permission of Chadan and Mr. Rich Stamper, Director of Goju-Ryu Karate-do Kyokai International where this work was originally published.

“One never knows when an evil deed will bear its fruit.”

-Bodhidharma

In his second book, Yamakura Shihan tells us that the ultimate source of Goju-Ryu is Shorin-Ji Ryu. At first blush it would appear that this is a reference to the Shorin systems native to Okinawa. However, “Shorin-Ji Ryu” is not to be confused with “Shorin Ryu.” Shorin-Ji Ryu is the Shaolin Temple Style. Tremendous insight, therefore, can be acquired in observing past and current practices at the Shaolin Temple because ultimately these practices have substantially influenced the development of the kata and bushido that serve as the heart, body and soul of Goju-Ryu Karate-Do.

The monks at the Shaolin Temple in China practiced Chan Buddhism. In Chan Buddhism there are 108 virtues to be cultivated and 108 types of defilement to be avoided. The highest kata in Goju-Ryu is Suparunpai, the Master’s Kata. “Suparunpai” is sometimes translated as 108 movements. The number “108” represents a master who strives to overcome all defilement and to seek only virtue. Thus he/she is in total control of any situation that shall unfold in life, and by avoiding bad actions, skilled conduct in thought and action is obtained.

One can wholeheartedly avoid the murky web of unskilled conduct, which produces imprudent consequences because through kata, which was and currently is viewed as a form of meditation at the Shaolin Temple, wisdom is obtained. This wisdom is as vast as the ocean. It should be noted that to this day in the parallel sect of Zen Buddhism, monks in Japan and Korea frequently perform 108 prostrations before morning meditation. It is no coincidence that Suparunpai refers to the number “108”.

The number “36” is of significance is Goju-Ryu kata – specifically in Sanseiru. It is frequently said that a master has acquired superb ability with 18 skilled movements. Seipai kata refers to 18 movements or skills. Someone who has acquired skill with 36 movements is twice the

master. One hundred eight is three times 36.

Bodhidharma is the patriarch who brought Chan Buddhism from India to China 1500 years ago. After meditating 9 years in a cave by the Shaolin Temple, Bodhidharma emerged with three precious gems to teach to the monks at the temple. These were Chan (Zen) meditation, an energy flowing exercise known as Chi Kung, and the rudiments of Shaolin Kung Fu. The early Kung Fu of Bodhidharma consisted of 18 moves, and these were known as the 18 hand techniques of Lo Han. Bodhidharma was considered a master using just these 18 movements. What evolved from this is a gift to us.

The next time you perform your kata, exist solely in the moment, your mind and body as one. Seek to obtain nothing, yet be mindful of all your movements and their implications. Kata will defeat duality.

Remember that the lineage predates your birth by 1500 years. The Shaolin monks sought to cultivate wisdom, generosity, clarity of mind, love of nature, respect for all sentient beings, and skillful thought and speech. A common theme that is eternal to one’s nature is that both the kata and these virtues are still true today.

Perhaps through kata practice, you will find enlightenment.

*Chadan is the Zen name for Mr. Mike Galose. This article is the first in a series, published at Goju-Ryu Karate-Do Kyokai International, intended to help us become more aware of the philosophical underpinnings of Goju-Ryu. ~ kef, ed.

A TALENTED SENSEI'S VIEWS ON THE MEANING OF BEING A TEACHER

This is an untitled piece written by
Mrs. Jean Stamper

When I was first approached about teaching a Karate Class I'd never considered a teaching style, what my emphasis would be, or where my passions would lie. I brushed up on my terms, and used the basic format from my previous instructors.

Initially, all went well. I was maintaining better than 60% of my beginning students. As the class grew and students were promoted I began spending more time with the upper kyu ranks, and assigned either the dan ranks or higher kyu ranks to teach the lower ranks. Within a couple of years the dojo was getting top heavy, with very few 9,8, or 7 kyu students. I looked over the membership records and noticed I was maintaining only about 5% of my beginners.

After careful consideration, and trial and error, I reached a number of conclusions as to why I wasn't keeping by beginners. They were getting lost in the shuffle ~ not identifying with any one person in particular. They weren't physically or mentally able to deal with the rigorous pace of the dojo.

To address some of these issues, I rearranged my teaching schedule so I was the first person the new students talked to. I sent them off with a "beginner instructor" (my most mature black belt) for the first 3 classes. Before sending them off I assured them they would return to join the whole group on their fourth lesson. On their first lesson they stayed with the whole group during junbi undo before sending them off for special instruction. I instructed my 10 kyu that they were not allowed to do anything that was harmful to their physical well-being. For example, if they have knee pain during jumping jacks, stop and do windmills. If they could only do one pushup, that was fine, try for two the next class. I assured them they would build up their stamina and would be able to keep pace with the rest of the class in a few weeks. On their second lesson they stayed for junbi undo and the first half of standing basics. Again, they had special instruction. I pointed out how the yellow belts looked just like them when they started just 12 weeks earlier. The third lesson they stayed for junbi undo, standing basics, and moving basics. By the fourth lesson they stayed with the whole group until we separated for kata. By then I had established good rapport.

I instructed the yudansha that any student below green belt is "off limits" to any disciplinary action that might single them out. If they want to give push ups to a specific kyu rank student, they must give push-

ups to the whole group without reference to a particular individual. They are not allowed to yell at, humiliate, single out, or push a below green belt student too hard. Due to lack of maturity and wisdom, upper kyu rank children (under 18) were at no time allowed to discipline an adult or another child. I warn my beginners that when they put on a green belt they better be ready for it, because they are "open season" to the black belts, and no longer under my wing.

This allows beginner students about 9 months to a year to get into good shape both physically and mentally. They also observe from upper rank students what is expected of them and the proper response. As the beginner student grows so do my expectations and demands. My plan is that by green belt the student is grounded and able to be pushed to achieve without being pushed out the door. By then even when as instructor may be overly demanding or "out of line" the student has been there long enough to understand what is happening and has the ability both physically and mentally to deal with it. They have developed the capability to push their own limits and experience the joy of a demanding session.

I compare my strategy with an orphaned puppy. Initially he can't open his eyes, feed himself, or get out of his box. As caretaker you feed him milk, keep him warm, and give him affection. As he grows his eyes open, he begins to eat

soft food, and then meat. Soon he's running, jumping, and holding his own, always looking to you for reassurance and praise.

My yardstick for success has been my Sho-dan students. Primarily I use the area wide promotions to see how they measure up. I also compare them to other dojos, and use local tournaments as a guide.

I call myself a kyu rank instructor because that's where my interests lie. I love teaching the kyu rank students, preparing them for what's to come. When they put on that green belt I start pulling back and the black belts zone in on them. I continue to critique their katas and give advice until they achieve Sho-dan, but for the most part I've returned to work with the beginners who "need" me. Like the puppy out of the box, the green belt student will continue to mature and learn with more independence. He cannot only handle the rough and tumble, but can't get enough of it.

I've heard Mr. Rich on many occasions talking to other black belts. He repeatedly asks, "What's the goal? If it's to build gladiators then put them in a room and the last man standing gets promoted. If the goal is character development, then we have to find a more productive way." My goal is to keep every student that walks through the dojo door, no matter what physical or mental condition they're in or what the reason they came. My goal is to find a

way to help them meet their full potential, to raise self-esteem, be more confident, have good demeanor, a positive attitude, and be able to defend themselves should the need arise.

I'm proud of every one of my students, and stand behind their hard earned rank.

WHAT ARE WE TRAINING FOR?

Last month we had a couple of stories why people started and continue to stay with Goju-Ryu. Here are some other interesting stories.

Nancy Ault Sensei's Story:

I was a 40-year-old wife and mother of three boys and one girl. I had always been athletic. It helped being married to a tall skinny runner. I wanted something for me (mid-life crisis). A girl friend in another town had begun Kempo and finally convinced me to try. I signed up at our local Y where there was a Goju-Ryu program. The Sensei was a 24-year-old female. There was one other female student (college age) and about 30 guys. It was hard. I thought I would die the first night despite my running and weight training past. The workouts were brutal but I loved it right away.

As the years ticked by much change happened in our dojo and we had many different instructors. Our membership with the GKK waned until one day our last instructor moved and I was the highest rank left

as an ichi kyu. Through the help and guidance of Brad Smith I became a Sho-dan and we got back with the GKK. I never thought when I joined that I'd ever be teaching but I absolutely love that aspect of it. Our dojo is more like an extended family for all of us. I enjoy practicing as much today at 50 as I did ten years ago; perhaps, except for the aches and pains.....

Rich Stamper Sensei's Story:

My introduction to karate came via a TV show called "I Spy". One of the main characters had boxing experience and the other had karate experience. I had boxing experience and the karate stuff looked neat. So I signed up at a Shotokan school. Keep in mind that karate schools were very hard to find in the ancient times of my youth so I took whatever was available ~ the only school listed in the phone book at the time. It was a good school and great training. Later, I discovered a karate program at the University of Toledo. It was held in the Armory where I was involved in ROTC. It was convenient for me so I investigated and found a Goju-Ryu school lead by Mr. Jack Coleman. I knew a little from my experience in Shotokan and liked the technical options offered by Goju-Ryu. I practiced both styles for a few years but eventually concentrated on Goju-Ryu. Of interest is that my first Goju class was spend practicing front stance ~ by myself ~ up and down the

floor. Subsequent classes were very basic, with one technique shown and then being left alone to practice it. This went on for several months before I was accepted. After some time I served as the instructor at UT as well as for other locations of the organization. MORE LATER.

Jeff Sullens Sensei's Story:

I started training in Tae Kwon Do at age 10 fueled by the Kung-Fu movies that I watched every Sunday. I started in Goju-Ryu when I was 14 under my uncle and kept training just to train. I just loved it. It's still the same for me today. I only wish I had more time to give to my training and teaching.

*The GKK is
dedicated to
providing our
members with*

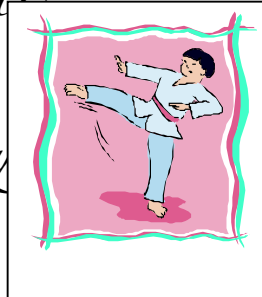
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<u>October 2005</u>			
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Please contact individual schools for class schedules.

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Goju-Ryu



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<p>Mr. M. Yamakura Chairman P.O. Box 470446 Tulsa, OK 74147-0446 chairman@goju.com</p>	<p>Mr. Rich Stamper Asst. Chairman/CEO 4450 Luann Avenue Toledo, OH 43623 1-419-473-9997 ceo@goju.com</p>
<p>Mr. Kevin Forsythe GKK Director USA 160 Taylor Road Oregon, OH 43616 director.us@goju.com</p>	<p>Mr. John Herrmann GKK Newsletter Editor 3762 Gold City Road Franklin, KY 42134 herrmann@direcway.com editor@goju.com</p>