



Goju-Ryu Karate-Do

KyoKai

NEWSLETTER

December 2005

GKK'S NEWEST BLACK-BELTS

by Jean Stamper

Mr. Robert Huebner and Mr. Marty Babiuch were awarded their Black-belts at the recent promotional in Toledo.



Mr. Huebner received his Ni-dan and Mr. Babiuch received his Sho-dan. Mr. Babiuch (shown in the photograph with Yamakura Sensei to his right and Stamper Sensei to his left) has been working especially hard for several years to accomplish this. He has faced many challenges on his way to black-belt and was diligent in his efforts. He is one of the most polite and dedicated of our members. The training has helped him in many areas of his life.

This is a real accomplishment for Mr. Babiuch and Mr. Huebner. We want to congratulate them both for their diligence and accomplishment.

NIPPON DOJO TAKES ON SERVICE PROJECT

by Andrew Herrmann

Please allow me to introduce myself to everyone. My name is Andrew Herrmann and I train and teach at Nippon Dojo in Franklin, Kentucky, U.S.A. under the tutelage of John Herrmann Sensei.

Here at Nippon Dojo we have undertaken a great service project! The pursuit of the martial arts is not just about learning a bunch of moves but, rather, to become a better person through diligent training. A more "enlightened" person if you will. This translates into a higher regard for the welfare of those around you.

We are constantly reminded in the news media about the "War on Terror", and, in particular, Iraq. Regardless of whether you support the war or not; we should always support our troops who risk their lives everyday.

To demonstrate our support; all practitioners in our dojo have joined together to donate clothing, toys, personal hygiene items, etc. These items were boxed up and sent to Iraq to a soldier who is an

older brother of one of our students. The entire dojo wrote letters to the soldiers and these too were sent in the boxes. Our friend in Iraq gave us a list of things that the children over there needed. We also sent over bags of hard candy for the troops to hand out while on their patrols.

The second phase of our project will be to gather things for the soldiers themselves. Christmas is fast approaching and many of them will not get to come home. We will endeavor to send some gifts and reminders of home so they know that they are not forgotten.

This service project has been great for our dojo! Our students are proud that they have been able to actively help the soldiers in Iraq. I highly recommend this project to all GKK dojos.

If you do not know anyone in Iraq, please contact myself or John Herrmann Sensei and we will be glad to send you the address of the soldier we know. My email address is kytenor@direcway.com.

Remember, as we continue to train, more responsibility is

placed upon us. As we progress in our training, we are called to a higher standard of conduct. Think of this as you contemplate this service project.

THANK-YOU

by Mark Cramer

“Work is done, and credit is not taken. Therefore it lasts forever.” Lao Tzu

There are not a lot of people left who still remember, but I can recall back in the mid 1970’s when the Midwest Goju-Kai organization of Mr. Coleman had fallen into a sorry state of disarray. Schools closed; students dropped out; and the state of karate-do was on the decline in the Midwest.

Someone emerged to resurrect the closed clubs, bring the students back to the dojos, and build one of the largest and finest karate-do organizations in the county. To my knowledge, this person has never publicly taken credit for these weighty accomplishments, and has frequently given credit to others. However, I remember, and I am certain that our organization would not exist today if it were not for the efforts of Mr. Richard Stamper.

Thank you, Mr. Stamper, for all of your efforts and I hope that you look at the GKK today and smile.

GKK PHOTOS

by Ed Boyd

I have received requests from some of the Ohio area

teachers to make these photos available for viewing. If the attached address below does not come through, just copy the following into your browser’s address line:

<http://www.snapfish.com/share/p=529141132000271667/l=67321411/otsc=SYE/otsl=SALB>

You may have to register on snapfish.com to view these. It is free.

MORE BEGINNINGS

Mark Cramer Sensei:

I began to train for very different reasons. I wasn’t bullied, teased, or harassed in school. At age fourteen, I stood 6 feet tall and weighed 165 lbs. (I am still 6 feet tall and weigh about 172 pounds.) I played three sports and wrestling was my favorite. However, I too saw myself as a pacifist. I didn’t get into fights; I didn’t harass others.

After a sports injury to my shoulder and corrective surgery in 1968, I had a couple of years of physical inactivity. Then in 1971 while attending Kent State University, I decided that I wanted to take Judo. It was a lot like wrestling, and it was good exercise. However, my girlfriend wanted us to take karate-do, and her wishes prevailed.

After my first practice, I was “hooked” and I’ve been training ever since. I didn’t ever really feel cocky. Very early on in my training, I saw several karate-do “experts” get their skulls crushed and ears bitten off by acting cocky in

front of people who didn’t care if someone knew karate-do.

I guess that ever since my first practice, I’ve trained to train. I am still amazed with the intricacies of bunkai; I still have fun; and I am still learning.

John Herrmann Sensei:

Integrity, perseverance, indomitable spirit, self-discipline, humility. These are some of the many key factors that ought to drive or steer ones’ life regardless of what he or she decides to do in that life. Most of these virtues are learned even from the earliest moments of our lives, or at least as far back as we can remember. They are given to us by our parents. They are given to us by those we come in contact with each day of our lives. And, we can choose to learn from and benefit from them, or we can simply ignore them. These virtues are the things that will help us to succeed in life, and the lack of them will also cause us to fail in life. It is all about choice, and responsibility.

What does this have to do with teaching Goju-Ryu? Everything!

I think that first and foremost, we need to understand that Kara-te, in general, and Goju in particular is not just about training to fight, learning kata, and becoming physically stronger. It goes much deeper. It is about life, it is about character, and it is about decency, discipline, and humility. It is not about flying through the air, it is not about

breaking boards, it is not about beating someone's brains in just because you can, and it is not about the movies we see today. People laugh sometimes when I give them my response as to what are some of the best martial arts movies around. I tell them to go watch the Karate Kid movies, and look into the deeper meanings behind them. Try to understand the teaching they give.

What most of us gain and learn from the martial arts is rooted in what our instructors have given us, how they act, how they treat others and how they treat us as students. Most of what we learn is directly given to us from our first instructor. If we are lucky enough to find one who tries to understand the deeper meanings of the martial arts and tries to practice them, we come away with a better understanding of what the art is about. On the other hand, if we are unlucky enough to have our first instructor be one of aggression, then that is what we will learn. Many times students raise their instructors high up on a pedestal, they look up to and admire them, and they want to be just like them. If the proper teaching is not present, you wind up missing the truth of the martial art way. I was one of those who found an instructor dedicated to teaching what I would call the truer way of the martial arts.

I started my training in 1972 at the Bronx Goju Kai. My instructor, San-dan Arturo

Aviles, had studied directly under Yamaguchi Gogan Sensei and had been greatly influenced by his ways. He in turn was able to pass on what he was taught to his students.

I started in karate because of a very bad ulcer and the doctors told me I needed to find a way to relieve stress. I had no experience with karate and had no idea what Goju was, but the school was convenient, and so my experience began.

Aviles Sensei was a traditionalist in his teaching ways and his outlook on life with regard to the martial arts. He trained hard, he trained with discipline and respect and he taught his students to do the same. It was all about doing your personal best, physically, mentally, and spiritually.

Over the years, I have attended a few different styles of schools because of leaving New York, however, Goju was always my primary art. There was always something that drew me back to it, whether it was the physical portion, the exercise, the fighting, etc. or the tension relief I got from doing slow kata. I don't know that I can even put my finger on what keeps me involved in it today, I just know that I always returned to it time and time again.

THOUGHTS ON BUNKAI

by Mark Cramer

When I began my karate do training in the early 1970's,

most of my instructors were quite young and inexperienced. They were all in their early twenties and possessed only about three or four years of experience. Practices were quite energetic and focused on kihon, kumite, and kata.

Bunkai applications to kata were rarely taught. When we would query about the bunkai of a particular section of a kata, we were most often told "Do it; don't ask." This curt response wasn't always caused by the rudeness of youthful instructors; more often, it was due to the fact that they had little idea of what the bunkai actually was.

Furthermore, these young and inexperienced teachers had little way of learning the traditional applications of a kata's techniques and fighting strategies. Experienced instructors in Japanese/Okinawan systems were quite rare, and when they were available they were not always willing to share their knowledge.

When we did get an explanation of bunkai, it was frequently a ludicrous explanation. For instance, I was told that the Kyan version of Kusanku was designed for fighting in the dark and that the application of shuto-uke was actually groping in the dark for one's opponent. This explanation of bunkai was the only thing that was actually groping in the dark.

Today, quality Japanese/Okinawan instructors are more readily available than they were thirty-five years ago. Additionally, many of these instructors are now more willing to share the “inner secrets” of their systems’ katas at seminars, and in videos and books. Consequently the level of bunkai instruction in this country has greatly improved.

Today I do not teach as I was taught in my early years of karate do. Whenever a student inquires about a kata’s application, I never curtly reply “Do it; don’t ask.” I answer the inquiry and teach at least one level of bunkai with each kata.

When I am teaching kata there is a quote that I keep in mind. “Kata is the heart of karate do, and bunkai is its soul.” Put some heart and soul into your kata workout.

SEIPAI BUNKAI

submitted by Mark Cramer

Below are the JKF Goju Ryu bunkai applications for Seipaigata.

I do not contend that they are the only or the best applications; I have included them as an example of how readily available kata bunkai is in today’s world.

Sepai:

Similar to many of the katas having Chinese origins, Sepai has a numerical designation. Sepai reflects the number of eighteen. Sepai is “calculated” as three times six with each factor representing the cumulative information of two Goju-ryu katas. The number

six is said to represent the (second) six of another Goju-ryu kata, Senseru, with its numerical value standing for Buddhist concepts of: color, taste, voice, smell, touch and justice. The “three” value represents the Buddhist concepts of good, bad and peace.

Literally referred to as “eighteen hands”.

Techniques and fundamentals incorporated include:

- 1 Musubidachi
- 2 Hachijidachi
- 3 Shikodachi
- 4 Kaisho
- 5 Breath Tandon
- 6 Breath Choto
- 7 Han-Zenkutsudachi
- 8 Gassho Nigiri
- 9 Gassho
- 10 Kokustudachi
- 11 Gedan Shotei Haraiuke
- 12 Chudan Mae-Geri
- 13 Chudan Empi
- 14 Jyodan Urauchi
- 15 Gedan Uke
- 16 Kakeuke
- 17 Chudan Yokouke
- 18 Nekoashidachi
- 19 Sansendachi
- 20 Shotei
- 21 Ashibarai
- 22 Gedan Tsuki
- 23 Jyodan Nagashiuke
- 24 Jyodan Furiuchi
- 25 Han-Kokutsudachi
- 26 Gedan Uchi
- 27 Jyodan Urauchi
- 28 Chudan Maegeri
- 29 Chudan UraTsuki
- 30 Uchiken
- 31 Gedan Mawashiuchi

Applications:

#1

Attack: Chudan oi Tsuki with right the arm and leg.

Defense: As the attacker approaches, his attacking had is

blocked (Kasha) and secured while adjusting the distance backwards and laterally to the opponent. The following counter move is a strike to the attacker’s floating rib section while securing and/ or pulling the opponent into the technique (may be ippon-ken or Tsuki). Followed by an immediate Chudan Tsuki with the left fist.

#2

Attack: In a continuation, the attacker moves inwards grabbing the hands and wrists.

Defense: With the right arm secured by the opponent, the defensive action is initiated by the left hand and arm underneath while the attacker maintains the strong grasp. Using both arms and wrists with a strong movement forward into the opponent. (Gassho Nigiri) the attacker’s hold is loosened and broken with the two simultaneous actions: twisting the hands to the outside while turning the wrists backwards and inwards. In order to complete the disengagement, the elbow is used to block and distance from the opponent.

#3

Attack: Opponent attacks from behind with a Chudan Oi Tsuki.

Defense: Shifting into a Kokusudachi in order to avoid (the stance may also be used as a tool for following up with a sweeping action from the center) the attack, the right arm of the attacker is secured, pulled upwards and away from the center-line at least shoulder height, while simultaneously striking to the opponent’s groin. Techniques used are: Gedan Shotei Haraiuke, with the (unseen) follow up of Chudan Urauke.

#4

Attack: Chudan io Tsuki with the left arm and leg.

Defense: Blocking and trapping the incoming attacking left arm with the left hand, and adjusting the position, the counter techniques are executed with power generated from the shifting/pivoting of the body toward the opponent. Techniques include: Chudan Urauke, Haitouke, Kaisho, Zenkutsudachi. Using the right leg, a mid section kick (Chudan Mae Geri) is delivered to the opponent.

#5

Attack: The oncoming attack comes from behind. The double-armed grab is at the "victim's" midsection level in order to secure the arms and body.

Defense: The defensive action requires the two stepped movement of raising the elbows above the shoulder level in order to loosen the hold, while dropping the weight, slightly sliding the body down and to the side, and executing an elbow strike to the opponent's midsection.

#6

Attack: Attack is a midsection kick (Chudan Mae Geri) coupled with a punch toward the head (Jyodan Tsuki).

Defense: Adjusting the distance to accommodate for the encroaching attack into a cat stance (Nekoashi Dachi) while simultaneously protecting the lower and upper body with Gedan and Chudan Yokouke. While securing the attacker with the Kakeuke while pivoting 135 degrees into a Sansendachi, the attacker is "caught" as the arm is twisted and the body level rises. The stance and armpit secures the attacker while the arm is being manipulated downwards against the joint. While the attacker loses balance with the ensuing pivot, his groin is struck with the free hand.

#7

Attack: Chudan Mae Geri (midsection front kick) followed by a Jyodan Tsuki (punch to the head).

Defense: Lower block to the kicking leg with a palm heel (Shotei), sweeping/kicking (Ashi-barai) the opponent to the ground by simultaneously lifting the leg/body higher and to an angle away from the centerline of balance. Opponent is thrown to the ground as the follow up technique comes down toward the ground with the full weight of the hips and body. Techniques: Gedan Tsuki and (both) Seiken.

#8

Attack: Mid-section moving straight punch with the right arm and leg.

Defense: Pivot to adjust distance and to avoid the straight line of the attack while simultaneously blocking the attacking arm and punching to the opponent's head. Techniques include: Bensokudachi and/or Nekoashidachi, Jyodan Nagashiuke and Jyodan Furiuchi.

#9

Attack: Attack with the left arm and leg toward the head. (Jyodan Tsuki)

Defense: Adjusting distance with a step back with the left leg (Sensendachi) the evasion happens while blocking the oncoming attack with the right hand (Kakeuke) followed by a pivot into a half Kokutsudachi accompanied by the Gedan Uchi that is targeted to the groin area. Followed by securing the opponent's attacking arm and moving forward with a back-fist to the head. This series may represent three different target areas. Techniques may include: Jyodan Urauchi, Uchiken, Kaisho.

#10

Attack: Attacker tries to attack to the back with a Chudan Tsuki.

Defense: Evading attack by distancing laterally back into the left (Shikodachi) out of the line of attack. Holding the attacker's arm/ hand, unbalancing while pulling him into the midsection strike (Chudan

Uratsuki/Gyakuken) The arm is held to the abdomen (Osaeuke).

#11

Attack: Moving mid section punch with an attempt to add a strike to the head.

Defense: Adjustment of distance backwards simultaneously trapping the punching (left) hand/arm of the opponent and blocking the right attack as well. Securing both arms, the opponent is then turned off balance and pulled simultaneously backwards as the distance is adjusted in order to maneuver the attacker to the mid/center line control. The body is secured against the knee so that there is no loss of control of the body or arms and the head could be properly positioned. Strike to the temple of the opponent's head (Gedan Mawashiuchi)

These are just some of the applications for Sepai Kata.

December 2005

<u>6</u> Nat'l Comp. Team	8PM	Smith Rd. Elem.Sch.	Temperance, MI
<u>13</u> Nat'l Comp. Team	8PM	Smith Rd. Elem.Sch.	Temperance, M
<u>20</u> Nat'l Comp. Team	8PM	Smith Rd. Elem.Sch.	Temperance, MI
<u>27</u> Nat'l Comp. Team	8PM	Smith Rd. Elem.Sch.	Temperance, MI

Please contact individual schools for class schedules.

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