

April 2011 Newsletter  
**Goju-Ryu Karate-Do Kyokai**

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**Annual Dues 2011**

by Ed Myers

“It is once again time to collect the annual dues and generate an active member list. Dan ranks are \$25 and Kyu ranks are \$15. Dojo leaders are to send this to your national director. The national directors are to send the active member list to Ed Myers (CEO) and the monies to Jean Stamper (Treasurer). This is all due by April 1 2011.”

**Donations for Japan Disaster Relief**

by John Henderson

Hello fellow karateka and GKK members. As everyone has no doubt seen, Japan has recently been devastated with several disasters. There have been many stories of heroism and many stories of miraculous survival. Unfortunately there have also been many heartbreaking stories of loss. And many thousands have been left homeless. As we all practice Japanese Goju-Ryu, I felt we should offer our assistance even if it be only financially to help the people of Japan.

I have contacted the local Red Cross and they advised that if we would like to donate we could do so as follows: Everyone who would like to donate, whether it be as an individual or from their individual schools, send their checks (in any amount you are comfortable with) made out to the Red Cross to me and I will forward them to the Red Cross' office on behalf of the GKK. Please indicate of your checks that your donations are for Japan.

Thank you all for your support. John Henderson, 132 Long Rd., Lenhartsville, PA 19534

**GKK Promotion, Seminar and Annual Meeting 2011**

by Mark Cramer

Current GKK Membership required.

Please note that the GKK patch MUST be worn at both the promotion and the seminars

<b>Friday, May 13;</b>	6:30 to 8:30 -- Brown Belt and Black Belt Promotion
<b>Saturday, May 14, Classes;</b>	9:00 to 10:00 -- Combined Beginning Pee Wee and Returning Pee Wee 10:15 to 11:45-- Combined Beginner through Advanced
<b>Saturday, May 14, Seminars;</b>	12:00 to 1:15 (75 min.) -- All Ranks (regardless of age) 1:30 to 3:00 (90 Min.) -- Green Belt and Above 3:15 to 4:45 (90 min.) -- Black Belt and Brown Belts
	5:30 to ??:?--Annual Meeting and Banquet (Location TBD)
<b>Cost;</b>	\$5 per session , \$25 Family Maximum

**Did You Know?**

by Rich Stamper

Did you know we move the GKK forward by talking to each other? We're smarter collectively than we are individually. The GKK Annual Meeting is coming up soon. Share your thoughts. Send agenda items and suggestions to our CEO, Mr. Ed Myers. Or - better yet - attend and share in the conversations.

# 2011 Michigan Central Lakes Qualifying Tournament

by Mark Cramer

On Saturday, March 19 the Bedford GKK hosted the 2011 Michigan Central Lakes Qualifying Tournament to the USANKF National Championships and Team Trails. Nearly 100 competitors turned out for this event including two USA Team members and several national medalists. Competition was spirited and of a high quality in all of the divisions.

The divisions moved quickly as all four rings were in constant use. Twenty-two judges and referees (nine from the GKK) kept competition running smoothly and safely. The top eight competitors in each division qualified to compete at the USANKF National Championships and Team Trails which will be held in Arlington, Texas July 14 – 20.

## III Pan American Championships

by Patrick Hickey

Everyone will arrange their own transportation through one travel agency. Each person/family going will make their own arrangements though and pay the travel agency. Travel arrangements include air and hotel. Each person going who will compete, referee or coach will need to send a check to the USA Karate Federation 1550 Ritchie Road Stow, Ohio 44224 for \$125. This money will be used to pay the tournament registration fees and to get team paraphernalia. Those going who are not competing may also purchase team paraphernalia for \$100. Those attending may travel before or after the tournament, but everyone must arrive by the evening of August 2 at the delegated hotel and stay through August 7. Coaches will meet August 2.

Coaches must take the WUKF coaching course to be on the floor. Referees must take the WUKF referee course to officiate. This will be paid out of the funds paid the USA Karate Federation.

Sensei will be allowed to coach their own students in competition provided they take the WUKF course. Those whose sensei could not go will be helped by the coaching staff in present.

For more information contact USA Karate Federation at [usakarate@usakarate.us](mailto:usakarate@usakarate.us)

## Proper Kamae

by Michael Chadan Galose

**T**oo many young karateka do not hold their rear hand high enough when in a fighting posture. It is not a body shot, stomach hit, or even a hit the lower torso, that one needs to worry about when engaged a heated physical confrontation; a properly executed blow to the head or groin can, and frequently will, be fight enders! Particularly, when done in combination with one another. That said, the groin can be shielded by proper placement of the knees and not having an excessively wide stance. The head must be protected with the chin pointing slightly inward, and by holding the elbows of both arms about pectoral high with a good bend in them. The fists should angled towards the opponent, but high enough to easily shield the head. This must be done with proper footwork.

A street fighter will readily target the head with successive alternating roundhouse blows. In this situation, the defender must not get hit but move to a position that is not in the percussion zone. This can be done with tai sabaki and shielding the head with forearms, until one is able to get into the opponents' timing to land a decisive technique. A strategy which seems counterintuitive but works in this situation, is to get excessively close to the aggressor with both hands having a windshield wiper effect using the palms or, backhands (haishu uke) to deflect the blows. The head must be mobile to work with the hands to avoid being hit.

The back of the hands can be co joined when deflecting successive hits. This requires getting into the opponents' rhythm and timing to avoid being hit. Once inside you can spring upon the opponent to render their striking range ineffectual. To do this you must move in a nanosecond before your opponent realizes that you are no longer in striking zone. In fact, you are in his face. It is imperative that your footwork be mastered so that you can bridge the gap instantaneously, before your opponent regroups his strategy! Once inside, a knee to the groin and gyaku shuto uchi to the neck or head can be readily applied. (The haishu uke and palm blocks, come from a Naha Te Kata where there is a conflict in four directions, or all around us. Can you guess which one?).

Respectfully submitted, Michael Chadan Galose, Roku dan Tenshi Goju Kai.

## Suspicious Emails

Several members have received ads from spammers using our member's names as the sender. Please do not open emails which seem suspicious, such as those missing a subject line.

*"How come you let him talk like that to you, Joe? Why didn't you teach him a lesson?"  
"Listen, if I were an opera singer, would you expect me to sing him an aria?"...Joe Louis, The Brown Bomber*

**I**t was 1979. My town was having its first all town celebration, called Harvest Days. A 10 k race was being held and I was coerced to run in it. My nephew sort of looked up to me and had been telling everyone how his karate uncle was going to not only enter, but win. Yes, I ran three miles every morning, but I was a horrible runner. Gumby like. But, I thought, "what the heck".

I started way back at the end of the pack which was around 175 runners. Alongside me was a really butterball shaped guy. To my surprise he took off pretty fast and was soon way ahead. However, after about a quarter mile I caught up with him. He was leaning over with his hands on his knees about to lose his lunch. I felt better when I saw this. He was totally out of condition and I didn't want to be out-run by him.

Another half mile, and to my horror he passes me. He manages to lead ahead of me for another quarter mile and stops again. I pass him by. I am starting to get irked at this. He seems to have a plan; run a bit, walk a bit, get sick a bit. Trouble is, he is outdoing me. I had made up my mind I would run the whole thing without stopping but he has kept up the entire race so far.

Darn! He just did it again. He's become my nemesis. There is no way I am going to be out done by this guy.

It's been almost six miles. We are within a half mile of the finish line when he passes me. Oh no! No way! I ran as hard as I could and barely made it past him as we finished the race. Yay, I won.

Then, I felt bad. Why did beating him suddenly take on such importance? It was just a lousy race. I had no illusions about my running skill. I started to feel really small and ashamed. I allowed myself to get caught up in the moment. Ego.

We met as we were walking away from the finish line and I started a conversation with him. "Good race", I said. He agreed and eventually told me he made up his mind he would finish this thing no matter what. I told him about how I had made up my mind to run without stopping. Neither one of us had any illusions about ourselves winning - finishing was the goal. We had a common thread of sorts.

But, he was the better man. I had been training and he didn't appear to, unless he was jogging to Dunkin' Donuts every day. He had more heart than sense and probably didn't walk well for a few days afterward. I admired him. I was humbled.

The Japanese used to have a tradition of putting newly minted dan grades through a sort of hazing. It was supposed to remind the new shodan his ego needs to be kept in check. That learning stops where self begins. Nothing removes ego faster than being used like a Swiffer by your seniors.

I'm retired. I wake every morning and the first thing I see is my ceiling fan. At my feet is a nice High Def TV and a Blu Ray player. Decisions, decisions. Netflix now? Breakfast first? Call and get the grandbaby? Life is sweet. I could wake and the first thing I see is a bare light bulb with a protective shield over it. I could turn my head to see a 350 pound, tattooed cell mate looking at me as if I were his Prom date. And that could be the best part of my day.

One way to remain a free man is conflict avoidance. Consider the consequences before you act. Eliminate all gray areas. Walk away or give it your all. Drop the ego. There is no such thing as minimal force. Even a shove can cause someone to hit their head on an edge. The end result is prison.

Oh, I know how hard it is. If I hit everyone who deserved it I'd have Carpal Tunnel. But, I don't have a lofty code of conduct which keeps me in line. It is knowing how my idyllic life could be ruined in a burst of temper and I am not willing to pay the price. I am at life's finish line, hands on my knees, catching my breath and it is time to relax and enjoy.

So, for me, minimal force isn't part of karate. I reserve fighting for that moment when my life or the life of a loved one is on the table. Eliminating gray areas simplify life. The fool's parade I march in every day becomes less stressful when I understand my only task is to make it home and relax. The parade will be there tomorrow and I want to walk in it, not watch it through steel bars.

But, some will say "what if...?" and then come up with a hypothetical situation. "So, this guy is hitting on your girlfriend, being rude, etc., and I just let it go? Walk away?" No, you can beat the living Jesus out of him - if you are willing to do the prison time. "What would my girlfriend think, if I ignore a situation and we just walk away?" If she wants you to fight for her honor, it may be time to check out Match.com for a replacement. But, it is always that darn ego that whispers in your ear, "you gonna take that?"

Someone once wrote fighting should be viewed as a loaded gun. If you aren't willing to shoot someone over something, you shouldn't be willing to fight over it. The fish who doesn't bite the bait gets to swim another day.

I was given a tee shirt for finishing the Harvest Day's race. I found it the other day. Wearing it now, is like putting a rubber band around a marshmallow. Guess I should have kept up with the jogging. But, it is a reminder of how quickly one's ego can cloud judgment. How getting caught up in a moment can escalate. How the sweet life could turn bitter in a heartbeat.

The ultimate street tactic? Sometimes, it may be to just keep on walking down the street.

# GPS and Mobile Phone Security Tips

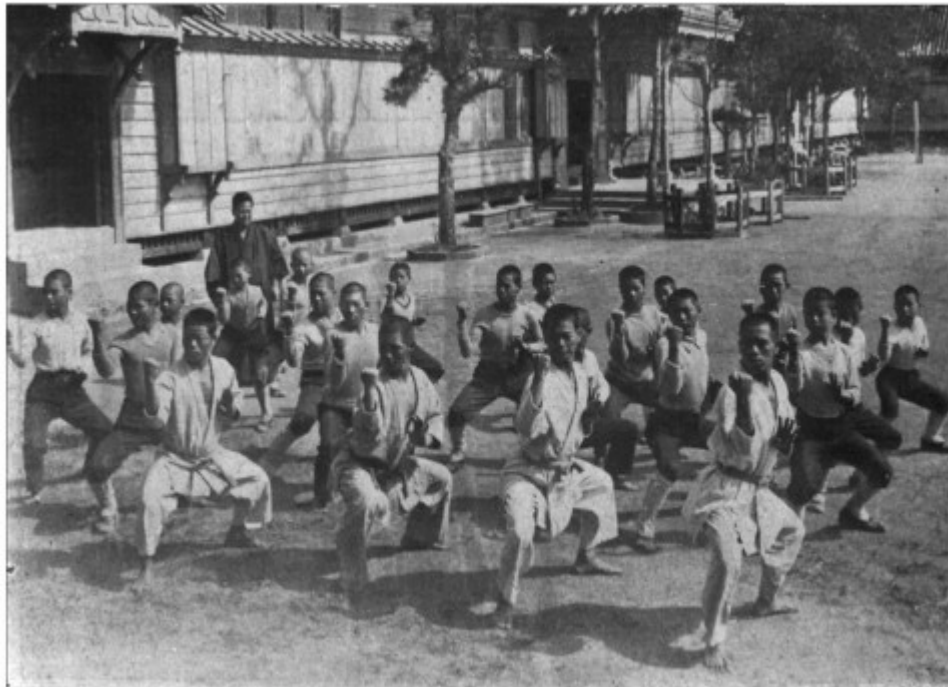
Author Unknown

GPS; A couple of weeks ago a friend told me that someone she knew had their car broken into while they were at a football game. Their car was parked on the green which was adjacent to the football stadium and specially allotted to football fans. Things stolen from the car included a garage door remote control, some money and a GPS which had been prominently mounted on the dashboard.

When the victims got home, they found that their house had been ransacked and just about everything worth anything had been stolen. The thieves had used the GPS to guide them to the house. They then used the garage remote control to open the garage door and gain entry to the house. The thieves knew the owners were at the football game, they knew what time the game was scheduled to finish and so they knew how much time they had to clean out the house. It would appear that they had brought a truck to empty the house of its contents. Something to consider if you have a GPS - don't put your home address in it. Put a nearby address (like a store or gas station) so you can still find your way home if you need to, but no one else would know where you live if your GPS were stolen.

MOBILE PHONES; I never thought of this.....This lady has now changed her habit of how she lists her names on her mobile phone after her handbag was stolen. Her handbag, which contained her cell phone, credit card, wallet... Etc...was stolen. 20 minutes later when she called her hubby, from a pay phone telling him what had happened, hubby says 'I received your text asking about our Pin number and I've replied a little while ago.' When they rushed down to the bank, the bank staff told them all the money was already withdrawn. The thief had actually used the stolen cell phone to text 'hubby' in the contact list and got hold of the pin number. Within 20 minutes he had withdrawn all the money from their bank account.

Moral of the lesson: Do not disclose the relationship between you and the people in your contact list. Avoid using names like Home, Honey, Hubby, Sweetheart, Dad, Mom, etc....And very importantly, when sensitive info is being asked through texts, CONFIRM by calling back. Also, when you're being text by friends or family to meet them somewhere, be sure to call back to confirm that the message came from them. If you don't reach them, be very careful about going places to meet 'family and friends' who text you.



*Chojun Miyagi teaching a group of students in 1933.*

Photo submitted by Dave Shaneman, Springfield Goju Ryu

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