

## May 2011 Newsletter

# Goju-Ryu Karate-Do Kyokai



### 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 was all due by April 1 2011.”

### Indomitable

by Rich Stamper

I met Teruo Chinen Sensei in the mid-1980s. He was our guest at GKK Headquarters in Toledo and provided a series of seminars. I was very impressed with him at that time.

Over the years of our acquaintance I have practiced with him on several occasions and each time my admiration for his skill and his strength of character have grown. He was always very gracious.

As the years passed he seemed even more energetic, full of life and his passion for karate. In my mind he was indestructible – a true force of nature.

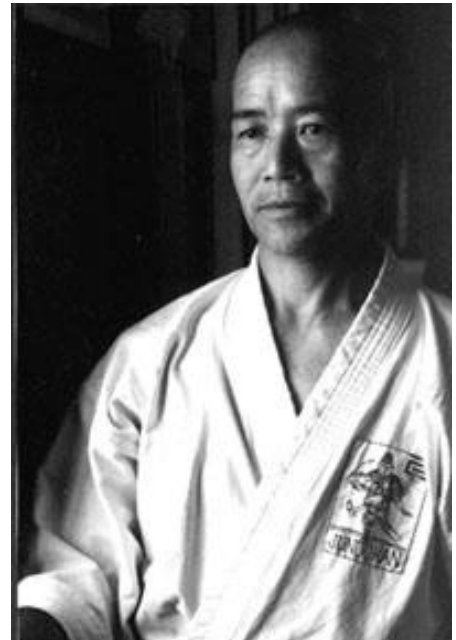
He has shared his knowledge worldwide through the Jundokan International which he founded in 1984. A huge amount of information exists on the web describing his travels and the admiration of those who have had the pleasure of training with him. He wrote a wonderful book titled Forty Years of Chamber. He has been around.

Recently it came to my attention that in 2009 his house caught fire and for more than a year he was without a primary residence. He continued to travel and teach. Then, last year, his leg was amputated just below the knee.

While in the hospital bed subsequent to the operation he practiced round kicks, sit ups and other exercises when no one was watching. He reflected on his life past and future, and contemplated his next book.

He continues to teach – and practice. He continues to travel and share. He decided to establish a garden dojo behind his residence. He is who he is.

Indomitable. An example of strength of spirit for us all.



### Corinth, New York Promotions

by Frank Matt

Brandon Bennett was promoted to 5th kyu, Beth Julia and Stephanie Spelter were promoted to 9th kyu.

All three worked very hard and by the smiles on their faces are kind of proud of themselves. I know I'm proud of them.

Each and every class they come to learn ,and it shows.

# 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

All events will be at Smith Rd. Elementary School, 1135 Smith Road, Temperance, MI 48182-1002

If you have any questions, call Mark Cramer 419-517-3835.

<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

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## I Can Still Find My Butt With Both Hands

by Ken Maunz

I came in from class the other night and told my wife my stomach was a little upset. She said "what did you eat to cause that?" I said, "no, it wasn't that." I'm pretty sure I had my butt over my head a few too many times. I was teaching the snake form to some of the more bouncy students, and a lot younger. I hit 62 in May. The snake form has 2 cartwheels, 2 forward rolls, 3sideways rolls, plus the regular stuff.

So, after a few times I really do know how old I am. And I'm not sure if after class I did really use both hands to find my butt or got it with one the first time. Yet I'm pretty happy I was still able to do the thing.

A few weeks later I was practicing with some of our black belts and Ron Henderson was one of them. And thinking about it and looking around, the light bulb kinda flickered. I've known Ron a looong time! Ron is going to be 68 in June! What's he doing out here jumping around? Am I going to be like Ron in 6 years? Well, I hope the Lord gives me that and longer. I once read some martial artists thought a man became a true master at 70. I would think it's true because he has passed the hardest test of all - the test of time!

So hey! You can all be masters. Just fill in the blank: I've got \_\_\_\_\_ more years to practice. And I can truly think I am a master. If not, at least you know you're old.

Have fun.

## Did You Know?

by Rich Stamper

Did you know that some of us have been GKK members for more than forty years?

Did you know that you are the future of the GKK?

**You.**

Deserves serious consideration.

*"....and if there is a second attacker, you're done, once you go down with the first"..... Bradley J. Steiner*

I am sort of amused. The Gracie Brothers brought their brand of jujitsu to the United States about twenty years ago and the martial arts world accepted it as the supreme fighting system. Sorry, but the thinking is flawed.

I first learned of the argument about which is better, grappling or karate, from an episode of "Ozzie and Harriet" almost fifty years ago. Ricky Nelson was a student of Bruce Tegner. David Nelson, his brother, was a wrestler. Ricky and David argued about which is the better martial art. The answer was obvious. What does an inferior boxer do when he is being overwhelmed? Simple, he goes into a clinch and ties up the superior boxer's hands. So, match a striker and grappler in the ring and who will win? Easy, the grappler will win. Why? Because, unless you are handicapped and block with your face, it is very hard to be beaten with a single strike. The grappler will take a shot or two and once he grabs his opponent, the fight is his.

So, the grappler reigns supreme - as long as it is in the ring or on the mat. Outside of the ring or dojo, grappling becomes dubious, even suicidal if your art is focused on going to the mat. Fighting is not a fair contest. The object of an assault is to hurt the other guy and there are no rules in violence.

First, the opponent may be armed. Assuming the mount while the opponent is shoving a blade in your spine or leg isn't a very clever tactic. Second, the opponent's friends or passersby may use your head as a football while you are applying ground fighting techniques. The goal of ground fighting should be to escape and get back up as fast possible.

The Gracie Brothers didn't defeat all comers because their art is superior. Rather, they won because the tactic is superior as long as the environment is one which favors the grappler. The street does not. That's not to say standing grappling techniques aren't a very good thing to learn. Throws, trips and reaps are some of the most street effective movements one can learn. Few things cause more trauma than being slammed to the concrete. I'm saying that an art whose emphasis is going to the ground is one I would run, not walk away from.

This is one of the problems when one studies an art and doesn't see the bigger picture. I started in taekwondo. I thought kicking would be a devastating way to deal with an opponent. Yet, after a few years, I saw the flaw in my thinking. Kicking is slower, balance is precarious, kicking above the hip plane is weak and having the leg grabbed is disastrous. Yet my former art stressed throwing the foot to where the opponent naturally kept his hands. It is almost like playing catch.

But, taekwondo looked soooooo devastating. And, yes, I throw several hundred high kicks every workout and can make them work - I just think I would be choosing a very risky movement in place of a more practical one. Donn Draeger, in writing about muay thai many years ago, wrote the Thai boxer would be quickly undone if grappling were allowed against high kicks.

This is one of the bad things about contests. If I pit a Corvette against a rickety four wheel drive truck, the outcome of the race will depend on the terrain. An asphalt track; the Corvette will win easily. A muddy back road and the Corvette will end up being towed to the garage by the truck. The winner will be determined by which is best suited for the particular environment. Your choice of vehicles must be determined by how you intend to use it.

I have a book on boxing as a street art. The author went to great lengths to discredit karate until I read the last chapter. There, he described "special" street techniques which read like a list from Goju kata. In a book on muay thai, a different author shows "self-defense" techniques in the last chapter which again could have been taken from our kata.

There is a lesson here and that lesson is be very careful about what is currently in vogue. Right now MMA is very popular and it would seem logical that an art which embraces all elements of combat is superior. But those elements are sport combat, and that is a very different thing. A few years back, I watched a documentary about what was being taught to the military. I was stunned to see the instructor applying an arm bar against his downed opponent. Doesn't he know the enemy has two arms and carries a blade? Yet, contest has influenced even the most martial of all organizations.

Contest does improve competitors. I regard boxing's hand techniques as far superior to karate's - in the ring and with the hands padded. Boxing is a discipline honed in competition and tested in a more realistic setting. But, when looked at from a street perspective, flaws emerge. A simple lead hand grab will pretty much tilt things in the karateka's favor. Easy to say perhaps, but any karateka who doesn't take what he or she studies and then apply it to defending against other disciplines, is asleep at the wheel. Of course, you may have no idea what the other person is skilled in, but some fair judgments can be quickly made by how the opponent presents himself.

You will hear many complaints that kata has little resemblance to sparring, but it was never designed with this in mind. And to approach it from a competition standpoint just confuses the subject. Take the simple appearing age tsuki from Seiunchin, only do it at grappling range. Grab your partner's hair with the rear hand, twist your torso to torque the other elbow into your partner's ribs and drive the fist straight up into his throat while pulling his head down. It isn't as sophisticated as the boxer's uppercut, but was designed not only as a clinch breaker, but an absolutely ruthless fight ender.

Over the years, many have left karate for other arts. They feel their karate isn't as effective as, say, MMA or jujitsu. I have come close many times. But then, I see something which disturbs me about the new art and in turn come to understand why the kata techniques are done the way they are. And that is when I smile.

# USA-NKF Events, Cincinnati, Ohio

by Mike Ritter

**Kumite and Kata Class;** Saturday May 21, 2011  
**Regional Qualifying Competition;** Sunday May 22, 2011

Mark your calendar, the USA-NKF Regional is fast approaching! From entertaining kinders to the most elite athletes, we're looking forward to seeing you there.

The Referee Kata & Kumite Class will be conducted by Sensei Scott Stukenberg, USA-NKF Referee PKF (Sat May 21st)

For registration forms, map and the most up-to-date information go to: [www.RitterMartialArts.com](http://www.RitterMartialArts.com).  
[http://www.rittermartialarts.com/html/Tournament\\_Flyer.html](http://www.rittermartialarts.com/html/Tournament_Flyer.html)

**Accommodations:** Make reservations early. Kings Island Park is open, rooms will sell out fast and prices will go up. This event will qualify you to compete at the USA-NKF National Championships and Team Trials selection July 14 – 17 Arlington, Tx.

## 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)

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*Occasionally someone will ask what keeps me going after all these years.*

*My first reaction is, duh, like, this rugged and powerful body, dude. Whadaya think?*

*However, my smooth and savvy character insists I offer a more motivational and instructional answer, one spiced with inspiration and wisdom.*

*I start with something lyrical, like the iron is part of me.*

*It's my purpose, it's my center; it's my blood, flesh and bone.*

*It's the very breath I take. It's my soul.*

*I come to the fields of steel to think, to sense, to be; to settle disputes and solve problems and prevent wrongs from happening.*

*The gym is my sanctuary, my refuge, that private place where I dwell fully and express myself completely.*

*The painful exertion of each desperate rep, the unnerving cacophony of clanking plates, the tedium of repetitious movements, the vanishing egocentric presence of me:*

*They are strange and elaborate reprieves from the convention of daily living.*

*Training is transcendental.....*

Dave Draper....Athlete, Actor, Author, Mr. America, Mr. World, Mr. Universe

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