

July 2011 Newsletter
Goju-Ryu Karate-Do Kyokai



Changes in the USA Director Position

by Ed Myers

After four years of dedicated service to the GKK, Mr. Ed Boyd has stepped down as the USA Director as of 5/14/11. In the time that Mr. Boyd has served in this position, he has performed

admirably. He has put in many volunteer hours over the years especially around the Annual Renewal time. Please take the time to thank Mr. Boyd for his service.

On June 1st Mr. Dwight Scales accepted appointment as the new USA Director. Mr. Scales is a Go-Dan, holds a Renshi (teaching) certificate, and is the head instructor at the Shindo-Kan in Toledo. Please welcome Mr. Scales to this new position.



Mr. Dwight Scales

The Dai Nippon Butoku Kai

by Mark Cramer

A discussion arose at the GKK annual meeting regarding the Dai Nippon Butoku Kai. From this initial discussion and from subsequent e-mail discussions, I realized that there was some misunderstanding regarding this very old and extremely prestigious organization. In the following article, I would like to offer some clarification about the Dai Nippon Butoku Kai and its relationship to GojuRyu Karatedo.

The Dai Nippon Butoku Kai was originally established in Kyoto Japan 1895 by Japan's Ministry of Education. Its purpose was to promote and standardize martial disciplines and systems throughout Japan. Moreover, the DNBK was officially sanctioned with the full endorsement of Japan's Meiji Emperor. To this day, it is required that the Governor of the Dai Nippon Butoku Kai is a member of Japan's royal family. Presently, the Governor of the Dai Nippon Butoku Kai is the brother-in-law of the late Emperor Hirohito.

The Dai Nippon Butoku Kai is the oldest officially sanctioned martial arts institution Japan. Consequently, it is the center for the heritage of Japanese budo. It stresses the virtues of the martial arts as well as physical excellence in the martial disciplines. The disciplines that the Dai Nippon Butoku Kai sanctions and offers credentials in include kendo, iaido, judo, karatedo, aikido, and kobudo.

The official headquarters of the Dai Nippon Butoku Kai is the Butokuden. This martial arts hall was built in the eighth century on the grounds of the Heian shrine in the old capital of Kyoto. This building and its grounds have become the symbol for the traditional Japanese/Okinawan martial arts. A number of prominent Japanese martial practitioners have been officially recognized by Dai Nippon Butoku Kai. Some of the most well-known karatedo practitioners recognized by the DNBK include Gichin Funakoshi, Kenwa Mabuni, and Chojun Miyagi.

GojuRyu Karatedo has a longstanding relationship with the Dai Nippon Butoku Kai. Karate was officially recognized by the DNBK in April 1933. In that same year, Chojun Miyagi registered GojuRyu Karate as an official style of karatedo. In 1934, Mr. Miyagi was appointed as the Chief of Karate for the Okinawan branch of the DNBK. Since that time both the style of GojuRyu and Goju practitioners have been members of this organization and have promoted the goals of this organization.

At the end of the Second World War, the allied command in Japan ordered the dissolution of the Dai Nippon Butoku Kai because it was associated with the militarism which had led Japan into the world conflict. The Dai Nippon Butoku Kai was reestablished in 1953 with the goal of improving international understanding through the study of the traditional Japanese martial arts and their virtues. To this end, the Dai Nippon Butoku Kai supports the research and instruction in the traditional Japanese martial arts throughout the world.

"When you have your morning eggs and coffee, be sure to add some cayenne pepper"..... Bottom Line Health Magazine.

And some wonder why I have such contempt for experts. You mean eggs weren't going to kill us all? Coffee doesn't cause pancreatic cancer? Cayenne pepper won't eat my esophagus like a bottle of paint remover? The largest and longest heart study, the Framingham, found that anytime people made "healthier" diet choices, their mortality rate increased. Lessons to be learned here.

I dislike teaching. My views today are far different from twenty years ago and will be far different twenty from now. The thing is, instinct has been far and away my finest teacher. The nagging suspicion that something just isn't right. It seems the more I think, the more I question.

Long slow aerobics are best for the heart? I doubt it. Increase the load and shorten the duration. Grind out a set of twenty repetition barbell full squats with a weight that was meant for ten. When you realize your heart didn't explode during that six minute long ordeal, jogging seems silly. I used to shovel snow to exhaustion, but I knew if the squats didn't kill me the day before, the snow shoveling won't.

My urologist wanted me to take a drug called Ciprofloxacin. Rather than jump right in to a biopsy, he wanted to rule out infection. When I found out Ciprofloxacin may cause tendon rupture, I called back for a different drug. On a return visit he explained how the tendon rupturing was highly unlikely. I explained I still strength trained and was not willing to risk it. "Oh, do you have a personal trainer?" he asked. Sorry, I have a problem with twenty-one year old personal trainers whose certification was signed by someone in spandex. When I answered his question as to how much weight I was using, his chin hit the floor. He explained how I was doing this all wrong and I should use light weights with lots of repetitions. I don't believe in arguing with a man who will eventually sedate me and have a scalpel in his hand. But, thinking light weights will keep your strength level, is like thinking jogging will maintain sprint speeds. One must train close to, but not at, the maximum. The maximum is reserved for competition performances. If you can curl a hundred pounds for a maximum effort of ten times at the age thirty, you have to do that about once a week every week if you want to do it at sixty years of age. A light weight is an oxymoron. This isn't complex, just logical. Maybe too logical for many.

But, as a man with a medical degree, he is an expert on all things about the human body. He explained all about keeping muscle tone. I didn't have the heart to tell him a man named Vic Tanny started the toning myth sixty years ago. Tanny owned a string of gyms on the east coast and wanted to attract women to the gyms. He hit on the idea of selling the "toning" concept - use light weights to develop the feminine form. Women won't develop excessive muscle by lifting hard and heavy. They lack enough testosterone. Even a young, healthy male will have to train very hard to gain twenty pounds of muscle in a year. But, I kept telling myself "scalpel, scalpel."

He mentioned aerobics. I could have told him Dr. Kenneth Cooper, the Air Force doctor who started the aerobics craze never advocated running more than a mile. But, by now I had chewed a hole in my lip

The reason I'm writing about this is because there is so much mis-information floating around. It is a daunting task to find good, solid information. Steroid pumped weight lifters, emaciated nutritionists, blood doped endurance athletes and peer reviewed athletic journals in which each "expert" reviews his buddy's work then take turns writing and "reviewing." And, when one takes steps to augment his or her karate with better nutrition or strength training or conditioning, these "facts" lead you astray.

With a few exceptions, I pretty much disregard any training or nutrition advice authored after 1960. No, I am not a dinosaur locked into the past. It is more like the truth became distorted around that time. The Russian weightlifters used synthetic testosterone in the 1953 World Championships, so in co-operation with Ciba Pharmaceuticals, John Ziegler developed Dianabol in 1956 for the US athletes. This steroid tainted all later training information. Logic should tell anyone that if a high school gym rat looks better than Steve Reeves did, something is seriously suspect.

The funny thing is, I don't learn anything new when I research training. I learn old. I could write a three volume set on all the different protocols that have been invented since the sixties, but the truth is - train hard, allow adequate recovery time, eat wholesome foods, drink lots of water and gets lots of sleep. If your training isn't taking you where you want it to, check the basic five and adjust accordingly. No, you won't become the next Bruce, Arnold or Ali. But, you should be able to reach eighty percent of your genetic potential in a few years, not a lifetime. Think about it - are you five times better at godan than you were at tenth kyu? Not even close.

Truths are usually simple but rarely easy to follow. Most need "experts" to guide and motivate, to hold their hands and encourage, to allow themselves to shut down thinking and follow the expert's learned advice. The latest and easiest is the rule of the day. The hard and simple have been tossed into the trash can.

In the eighties, I was about to pour a concrete driveway. To make a solid bed, I used sand which I wet down and compressed using a homemade tamper with thirty pounds of barbell plates added. After forty-five minutes of tamping, my eighteen year old nephew stopped by and wanted to try the thing. He lifted and dropped it a few times and promptly stated "oh, f--- that!". Yet, he was built like a personal trainer. All that was missing was the spandex.

Time for an omelet.

Fun and Fellowship in Philly

by Ray Walter

On May 20 & 21, the Ambler Area Goju Ryu club hosted a weekend workout. We were blessed to have multiple clubs in attendance from Maine, New York, Ohio, Illinois and Missouri. The host for the weekend, Sensei Bill Kane, started us off Friday night with an introduction of the two men who would become our trainers and tormentors as they ran us through katas and kata concepts that tweaked our minds and pushed our bodies to the limit.

Friday night started off with katas Seiunchin and Saifa. We worked extensively on these two katas as they are pretty much the two extremes of Goju Ryu. This also gave Sensei Shaneman and Sensei Maunz the chance to evaluate our abilities and gave us a taste of what was to come. Everyone worked hard and at the end, Sensei Shaneman gave everyone a homework assignment; to come up with a bunkai to Seiunchin from a grappling perspective. We all met at a local restaurant after the workout, and after much pizza, beer and getting acquainted, we were ready for a good night's sleep with the anticipation of what tomorrow would bring intruding on our minds.



Mr. Dave Shaneman

(archived photo)

The next day began with Sensei Maunz taking one group, while Sensei Shaneman led another. This carried throughout the rest of the day. I have had the very great pleasure of training under both men before, but it never ceases to amaze me how each man can totally captivate the attention and imagination of a diverse group of people the way they can. Sensei Maunz is the consummate technician while Sensei Shaneman is a virtual encyclopedia of kata bunkai. I trained in the morning session with Sensei Maunz on Suparunpai, where some students were just learning the kata for the first time, others needed to refine their technique. Sensei Maunz was adeptly able to switch gears according to both sets of needs to give everyone the training that they required.



Mr. Ken Maunz

(archived photo)

The second session was training with Sensei Shaneman on Sansseiru. When you train with Sensei Shaneman, you can't help but get the sense of how his years in law enforcement have colored his interpretation of kata. Every move has to prepare you for the next. He never lets you move on until you are in the best position to execute the following steps. The words "think, prepare, execute" are forever burned into my brain. I also instinctively retract my foot at the thought of someone screaming SNAKE!

After the last session, we all came together for the closing ceremonies and the end of the nearly flawless day of training. I say nearly flawless because we did need a little knuckle time to remind us to line up promptly, but only once.

After the Saturday training, we all met at Sensei Kane's home for elk burgers and fellowship. It was great to be able to connect with everyone on a more personal level while sharing stories and battle scars from the weekend. On a personal note, speaking as one who has spent a great deal of years training on my own, it is wonderful to be able to connect with people of like minds and open hearts and to be a part of an organization where honest training is the goal of everyone without all the egos.

Ambler GKK Seminars

by Frank Matt

What a great weekend. Sensei Maunz and Sensei Dave ,brought a great energy with them, plus all the other folks that came with them.

Miss Angie set up her store and she worked like a shop keeper.

What I experienced while listening and training with them is the passion and love for their art, which made it even more fun and educational for me.

Thanks Sensei Kane for hosting such a great seminar. I always have a great time going to train with the people in Ambler. I learn a lot and enjoy everyone there.

I also want to thank Miss Angie and Mr. Jim and Diane Jackson for the time they spent sharing their knowledge with us. I'm looking forward to the next seminar.

Ambler GKK Seminars

by Angie Monday

Recently, some of Mr. Ken's class went on a weekend trip to Philly to visit Mr. Bill Kane's class. Mr. Dave Shaneman and Ray Walter, a fairly new member of the GKK, went with us.

I was hoping to sell some merchandise for our karate club, and also learn some new things. I did sell quite a few shirts, books, and other merchandise. I would like to thank everyone who purchased merchandise. I really appreciate it! Hope you enjoy wearing your shirts. Wear them with pride!

Our weekend was very busy. After as we arrived at the hotel, we dropped off our belongings in our rooms, got our karate gear, and left for Mr. Bill Kane's dojo, which was a beautiful YMCA. He has a lot of students, probably half of them black belts. Everyone we met was so nice to all of us. We started class with some kata as Mr. Ken Maunz and Mr. Dave Shaneman corrected us and showed us bunkai from the kata. Both have different ideas of what the application of a move is, but everyone has to go with what works for themselves anyway. After the workout, Mr. Kane's class took us to a local pizza place and treated us to pizza, pop, beer or whatever we wanted. We talked about our lives and had a good time.

The next morning, it was up and off to the dojo again. We started class with everyone together then broke into groups according to rank. Each group worked on the kata they were learning. We had lunch outside at a covered shelter on the grounds of the YMCA. After lunch, our class taught. Hope I wasn't too hard on them! Someone from my class told their class my nickname is "The Junkyard Dog", so I had to live up to my name....Right!? But I tell you what they all came up to me after class and said "Bye Junkyard Dog," with smiles on their faces. They could have kicked me or something I guess.

When the lower belts left, Mr. Kane brought in some x-ray films, then we practiced punching 2" into it, punch but no touch, and punch with eyes closed without touching. It was interesting and fun. Mr. Maunz showed Mr. Zack how he could become heavier with out gaining any weight, simply by focusing. Mr. Shaneman was telling us how we need to move faster, and he definitely got people moving. It reminded me of what Mr. Maunz always says...there are two kinds of people, the quick and the dead.

We all left about five o'clock. Mr. Kane invited us to a cookout at his house to enjoy some elk burgers, which were quite delicious and do not taste like chicken. After dinner we were treated to sake. I tried to drink it in all one gulp, not knowing it was a hot, strong drink, almost gagged, and then felt good for awhile! The sound of bag pipes filled the air. I wasn't sure if it was real or if it was the sake! It was real. He was a good bagpipe player and played happy birthday to Mr. Maunz, which I think he really enjoyed. We stayed and talked 'till about eleven. Good times. The next morning we left bright and early to go back home. I had a really good time, would do it again in a minute!

I want to say thank-you Mr. Bill Kane and your students for the hospitality!

Did You Know?

by Rich Stamper

Did you know that "the best advertisement is a satisfied customer"? Know that? Are you sharing your GKK experience with others? Just means we might have more satisfied members. Tell your friends.

"Good judgment comes from experience...and a lot of that comes from bad judgment".....The Mechanic

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