

November 2012 Newsletter
Goju-Ryu Karate-Do Kyokai

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Thank You

by Pastor Fred Prince, Springfield First Church of the Nazarene

It was our privilege as a church to host a special event for our karate ministry, led by Sensei Kim Barrington. Our school, Springfield GoJu Ryu Karate Club, hosted a special event that brought a number of black belts from across the country, to take place in special workouts and demonstrations on October 19 and 20. When those attending heard that we were collecting non-perishable food items for the needy of Springfield, they decided to participate by contributing over \$175 toward the purchase of food items. Their generosity will help meet the needs of many that Contact Ministries has the opportunity to minister to in Springfield. We are so appreciative of these men and women who wanted to help meet the need of people in our community. They have set a great example of generosity, and sacrifice for the good of others, as they offered a hand up to people in need. We thank them for expressing their concern for the people of Springfield.

Springfield Goju Ryu Hosts Training Event

by Bill Handren



On October 19th. and 20th. the Springfield GKK hosted another training event. GKK members from Ohio, Tennessee and Illinois attended.

Friday evening was an advanced grade session, with emphasis on Seiunchin and Saifa kata and its bunkai.

Mr. Dave Shaneman and Mr. Ken Maunz led the class. Each member offered critiques, evaluations and observations.

Next, lines were formed and partner bunkai was practiced.

Saturday's session included Trish Ballweg, Kim Barrington, Ed Boyd, Xavier Camp, Daniel Collier, Jon Hallberg, Andy Herrmann, John Herrmann, Ross Holmes, Diane Jackson, Jim Jackson, Matt Loiselle, Ken Maunz, Gary Mazzotti, Angie Monday, Dave Shaneman, Ray Walter and Ray Wildhaber.

The day started by breaking up into three groups. Mr. Gary Mazzotti led the Shisochin group, Mr. Dave Shaneman led the Sepai group and Mr. Maunz led the Seiunchin group. Kata and bunkai were practiced, with each member discussing the applications of the movements. Although the groups each had a leader, the atmosphere was one of sharing. The groups rotated with each group leader so everyone had a chance to work different kata.

Mr. Maunz and Ms. Angie Monday taught a children's class later that morning. When they taught the kids their copyrighted "scream as loud as you can" self-defense technique, Mr. Shaneman's group adjourned to the racquetball court to continue practice until lunch.

After lunch, the group worked on controlled kumite, which allowed the use of more self-defense like techniques. Group Sanchin and Tensho followed, with observations and thoughts from several members on the kata's applications and purpose.

The day's session closed with the dan grades working on Superunpei and Kururunfa while Ms. Monday led the kyu grades through Geki Sai, Saifa and Seiunchin. Mr. Maunz sums up the event;

The weekend was great. With 5 people, each with over 40 years experience, we all left with a lot to think about. Just the short discussion on how to tighten the back muscles in Sanchin took a depth that quickly showed the knowledge on the floor of posture, form, purpose, thought, control, and how the deep muscles hold the spine in place. The seminar was like that the whole time with good input from a lot of people. We split into groups to take advantage of the people there, so no one was able to get everything. Yet like me, I've got a lot to think about and practice.



Foolishness; Repeating the same thing over and over even though it hasn't worked.

The two previous articles demonstrated what hard work is and how the human body adapts. Sanchin is a good example. Mr. Yamakura once remarked if you can only perform the first movement, but have given it your all, it has been done correctly. If one can do fifty Sanchin, it is obvious the performer is pacing himself. Scrunched-up faces and lion-like breathing may look impressive, but only distract from the exercise's goal.

One may be able to walk several hours, jog for an hour, sprint for a few minutes or run flat out for a few seconds. As intensity increases, duration must decrease. Don, the squatter in part two, demonstrated the concept of truly hard work; high intensity for a relatively short time. The article's author, Mr. Toohey, didn't grasp the concept at first. He assumed more of the same, relatively low intensity work, will force an adaptation. Don demonstrated it is the level of intensity, not how many times you repeat the exercise, which produces gains in strength and size.

When we talk about strength - whether building or maintaining it - intensity is the overriding consideration. Pushups will build strength until one reaches a certain level. Past that level, more pushups will build endurance. A hundred pushups will not build any more strength than a dozen will. The exercise's intensity, relative to one's ability, has become too low. That is why the repetition guidelines I wrote about were established; at some point we cross the line from strength building to endurance development. No one would argue marathon running isn't extremely difficult. But, there are no muscular marathon runners and I would imagine their leg strength isn't very high.

Many confuse the concept of intense and hard. Performing Seiunchin is hard. Doing it with wide, deep stances, while wearing nylon socks on a slippery floor and wearing a forty pound weight vest is intense. The little used hamstrings are now activated. Using floor friction to hold shiko dachi eliminates the hamstrings. If one wants to keep their feet from sliding out on a slippery surface, the stance must become more difficult to hold through increased involvement of the hamstrings. Repeating the kata over and over will not increase stance strength, only endurance. Simple adjustments like these increase the stance's difficulty and therefore, its intensity. The biggest consideration in shiko dachi is maintaining position on any surface.

Part of the reason the squat is so effective is it violates the law of reciprocal inhibition - which states an opposing muscle will relax, rather than work against the opposite muscle. The squat is unique since one must push the hips to the rear while the scapulae area maintains the bar over the feet. The gluteals and hamstrings are activated as the torso's angle increases. Thighs push the squatter up and down and the gluteals/hamstrings prevent falling forward. The squat is referred to as "the king of exercises" with good reason.

The problem with determining what is one's current strength level is their failure point. Many cut an exercise's repetitions far short of what they are capable of. It takes many years to really know when there isn't another rep inside you. Most stop well before they reach that point. A simple rule is when the weight's movement not only stalls, but goes the other way, you are done. I have had squats stall on the way up for several seconds but managed to push through. I believed I was done, but I mis-judged. There were several more repetitions inside me and it was most likely a slight technique error which caused the stall.

So, we should all go out, buy a barbell set and strain until our blood pressure causes an aneurism? No, not hardly. I have a background in weight training, so it is my preferred route. A hundred pound weight is always a hundred pound weight and a strict curl is always a strict curl. I like the high level of repeatability and accuracy. Judgment is removed from the equation in determining how I am doing. Intensity is tightly controlled. Progress can be quantified. Record keeping tells me where I have been, compared to where I am now, and what areas need work.

It is well within the reach of any untrained man or woman to double or triple their strength. But for me, at sixty-three and having done this for a very long time, I am near my peak. I have gotten stronger lately since my recovery is better, but the risk of snapping, dislocating, wrenching or tearing a body part has tempered my enthusiasm. Rather than trying to lift heavier and heavier, form emphasis and total control of the weight are now my primary concerns.

When all is said and done, one cannot keep their strength or fitness forever. All training will do is allow one to keep it for the maximum amount of time.

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