

May 2012 Newsletter  
**Goju-Ryu Karate-Do Kyokai**  
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**May 2012 GKK Area-wide Black Belt Promotion,  
Yamakura Seminars, and Annual Meeting**

by Dwight A. Scales, Sr., GKK USA Director

GKK Headquarters will be conducting its area-wide black belt promotion, Yamakura Shihan seminars (open to all ranks), and annual organizational meeting in May 2012.

**Area-wide Black Belt Promotion;** The black belt promotion will be on May 18th at Imagine Clay Elementary School, 1030 Clay St., Toledo Ohio starting at 6:30pm. Applications for testing must be sent to Ken Maunz at 6524 Whiteford Rd., Ottawa Lake, MI 49267, or e-mailed to [kenmaunz@bex.net](mailto:kenmaunz@bex.net), prior to the promotion.

**Yamakura Shihan Seminars:** The seminars will be the following day, May 19th at the same location.  
Times for the seminars: White belt thru green belt - 10:30am to 11:50am  
Green belt thru brown belt - 12 noon to 1:20pm  
Black belt - 1:30pm to 3:30pm.  
All participants must be wearing a GKK patch.

**Seminar Costs:** \$10 per session, \$30 Family Maximum

**Annual Meeting:** The organization meeting held on May 19, from 5:30 - 7:00 PM at the :  
Ocean Garden, 821 W. Alexis, Toledo, Oh 419 269-9288

**Directions & Location:** [See Google Maps for directions to Imagine Clay Elementary School](#)

We look forward to seeing you in May for a fantastic turnout.

**Contact Information;** Dwight A. Scales, Sr., GKK USA Director, [tol scales@toast.net](mailto:tol scales@toast.net) or [GKKDirector@toast2.net](mailto:GKKDirector@toast2.net)

**Training Event, Cumberland National Park, Kentucky**

by Ken Maunz

We will be having a camping, vacation, and training event at Cumberland Gap National Park, KY. The target date is Wednesday June 13th to Sunday June 17th.. Cost, guess about \$50. Hope to have 2 practices a day. Instructors will be myself and whoever else maybe talked into it. There is great hiking at the park, 15 miles of bike trails, mostly paved. There are also 125 miles of trails very close for ATV, 4 wheel, dirt bikes and the other stuff you can find to get dirty with. There is also a cave tour in the park. Also a lot of historical interest. The campground is a nice one with electric and non-electric sites about \$14 to \$18 per night. Several motels close.

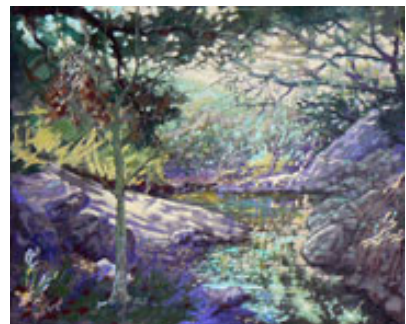
Things could change a little depending on group interest. At this time it is a guideline. We currently have enough members interested to go ahead with plans, but we have room for any more who would like to attend.

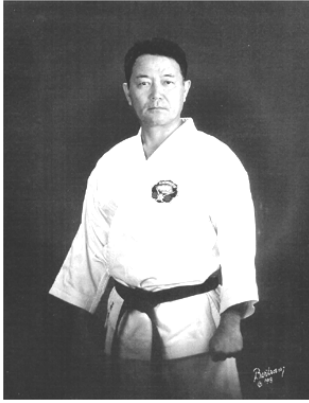
Contact me at [kenmaunz@bex.net](mailto:kenmaunz@bex.net)

**Did You Know?**

by Rich Stamper

Did you know that Mr. Bob Engel (who created our GKK insignia) is venturing into a new career? He is pursuing his first love of art and has embarked into the world of fine art as a representational colorist and artist-inventor. I am the proud owner of one of his works - Glimmer Morning. Check it out at [bobengelartist.com](http://bobengelartist.com).





## Soke Takayoshi Nagamine 1945 - 2012

by Mark Cramer

I just received word that Soke Takayoshi Nagamine, head of Matsubayashi Shorin-Ryu, passed away. This is indeed a sad day for traditional karate-do.

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The following is a biography of Takayoshi Nagamine from Wikipedia:

Takayoshi Nagamine (長嶺 高兆 Nagamine Takayoshi born August 12, 1945, was a prominent Okinawan karate master and also at times a Naha City Councilman and a Criminal Investigator for the United States Marine Corps. Takayoshi was born in Naha, Okinawa as the only son of Shoshin Nagamine and commenced training in Matsubayashi-ryu under his father's tutelage at the age of six years old.

Takayoshi was the second generation headmaster and successor to the World Matsubayashi-ryu Karate-do Association and the Matsubayashi-ryu system as founded by his father, Shoshin Nagamine. He was also the Chief Instructor of the Kodokan Nagamine Karate Dojo located in Kumoji, Naha, Okinawa, Japan from 1997 to 2012. At the direction of his father, and in order to help the development of Matsubayashi-ryu Karate-do, Takayoshi went to the United States in his early 20s (c. 1960), opened a dojo and taught in the Ohio region and around the United States for approximately 10 years.

Takayoshi returned to Okinawa in order to assist his father, Shoshin Nagamine with the running of the World Honbu Dojo and the World Matsubayashi-ryu Karate-do Association.

In 1991, Shoshin Nagamine retired from running the World Matsubayashi-ryu Karate-do Association and in a speech passed the leadership on to his son, Takayoshi Nagamine.

In 1997, after his father's passing, Takayoshi took the position as Soke (head) of the Matsubayashi-ryu Karate-do system. In October 2008, Takayoshi was promoted to the rank of Hanshisei 10th Dan in Matsubayashi-ryu. Takayoshi has helped with the development, establishment and teaching of some of the most senior instructors throughout the world including, but not limited to Australia, United States, Germany, Norway, Ireland and Canada.

## A Thank You Note

*Editor's Note; I asked Mr. Stamper if I could share this note with our members.*

Greetings Stamper Sensei,

I just wanted to let you know how touched I was to receive your gift (The Character of GoJu-Ryu - Kata Implications for Experienced Practitioners). It's a wonderful book, very engaging, and written in a style that grabs the reader and makes them feel like they can't stop reading it; just ask my wife, she gets on me for staying up too late reading your book ever since I got it.

I'm a bit embarrassed and have to confess that I'm not an active duty Soldier anymore. I retired four years ago, finishing a 22 year career in the Cavalry which included several tours to Iraq. I now work for the US Army as a Civilian employee here in Germany. I manage all the Improvised Explosive Device (IED) training for all of Europe and our partner nations. I ensure that our Soldiers receive the best training they can get to help protect them from IEDs in Afghanistan. I get a lot of satisfaction knowing that I still contribute to the war effort. Sometimes my email or APO address gives the wrong impression.

Please let me know when your next book comes out. I truly appreciate your gift and will treasure it always.

In the Warrior Path,

Roger Lewis, 1SG (ret) US Army.....SCOUTS OUT!

## Updating the Newsletter Mailing List

by Bill Handren

I will be updating the Active Member Newsletter Mailing List next month. If you receive the paper version of the Newsletter, please make sure I have your current address. If you wish to go paperless, please let me know via email.

*"Before you try anything else in the way of attempting to improve your results from exercise, try doing 'less' exercise; not more, less. If and when that simple point worms itself into your brain, then I have probably taught you the most important thing that you will ever learn about exercise.".....Arthur Jones*

Last month's seminar notes by Mr. Zak Zaklad reminded me of something I learned a few years back; movement, not exercise is the key to feeling well. I can honestly say I have never once felt better after a workout. Relieved I have finished perhaps. Pleased I did not back away from the hard work. But better? Never. Slamming a few hundred full power kicks into a heavy bag will make me feel well? Placing a crushing weight across my shoulders and squatting rock bottom will energize me? I used to jog three miles every morning and if you have ever experienced an Illinois winter you will appreciate the dedication it took. And despite visions of Rocky Balboa as I plodded along, the "benefits" of running never quite happened. Hard exercise wasn't what the doctor ordered.

Dr. Mel Siff was a world renowned sports scientist and author of *Supertraining* and *Facts and Fallacies of Fitness*. He wrote exercise has never been proven to make a person live longer. To prove his point, he died fairly young. Jim Fixx, noted author on running, didn't live long enough to collect his first Social Security check. Yet, most of us exercise because it is supposed to make us healthier. We somehow ignore the wrecked spines, shoulders, elbows, hips and knees we gather along the road of well-being through exercise.

About four years ago I was at an all-time physical low. One day, after playing with my granddaughter on a large exercise mat we bought for her, I felt better. Much like a trained circus bear, she had me lying, sitting, reaching and fetching as we played. I had an epiphany; the movement was therapeutic not strenuous. No bone jarring punches and kicks, no cardiovascular meltdowns, no stroke inducing barbell exercises. Afterward, I felt something I rarely felt - healthy. I had missed a key point in my training - exercise improves capacity, but movement aids recovery.

Don't misunderstand. Without heavy strength training muscle will be lost. Without hitting a heavy bag, power will diminish. Without breathing hard fitness will go down. But, none of these will make you say to yourself, "wow, that felt good." It is just like banging your head against a wall - it only feels better when you stop.

People misuse the term "stretching" when they sort of extend their limbs and contract as you might do when you first wake up or after sitting for an extended period of time. A more apt term may be "squishing." It is a natural action to help push blood in and out of the muscles. There isn't really any stretching involved, just a total body, pleasurable contraction. It feels good. It wakes up the muscles and energizes them. It is an "aahh" feeling rather than an "aargh." Try doing Sanchin at about a third power and notice how it feels energizing rather than tiring. I sometimes do this when I take a break from my computer. The goal isn't to strain. The goal is to move blood around the body. It's like squishing a submerged sponge in a bucket of water - the contraction forces water out and the relaxation draws water back in. Last year, during a hospital procedure, the doctor had me fitted with leg wraps which inflated and released every couple of minutes to move leg blood.

I'm guessing there is nothing magical about Tai Chi. It makes one feel better because it isn't strenuous. Movement is light and relaxed. But, I suppose light housekeeping or working in a vegetable garden would accomplish the same thing. As long as the activity has varied movement without strain, all three will produce the same result - a feeling of well being.

In the eighties, I started to rethink my training, mostly due to a man named Arthur Jones. He wrote about recovery being finite rather than infinite. He was referring to strength training when he wrote a reduction in training is the key to overcoming plateaus. As we get stronger and lift heavier, we tap further into our ability to recover. Most weight trainees respond to a plateau by adding more exercises - the exact opposite of what is needed. In his example, as one lifted heavier and heavier weights, recovery time lengthened. Either add more recovery days between workouts, reduce the number of exercises, alternate heavy workouts with lighter ones or some combination of the three.

But, the main point is simple movement rather than additional exercise may be better at increasing your athleticism and well-being because it helps recovery. If, for example you are now hitting a heavy bag with twice the punching power you started with, it may be too much to do it every day. Rather than add more bag work to build greater power, alternating training with days of simple movement may bring greater results.

If you train very hard, you must allow adequate recovery. Exercise does not build the body, it tears it down. Recovery is when the re-building takes place. There is a fine line between exercise improving the quality of life and having a chiropractor on speed-dial.

And few things help recovery and improve the quality of life as much as simple movement..especially with a granddaughter.

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