

March 2016 Newsletter  
**Goju-Ryu Karate-Do Kyokai**

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**GKK Annual Dues**

By Ed Myers

Hello GKK members, Dojo Leaders and National Directors. It is once again time to collect the annual dues and update the active member list. Dan ranks are \$25 and Kyu ranks are \$15. Dojo Leaders are to send this to your National Director. For example, Frank Matt (Dojo Leader) of the Corinth Goju Dojo in New York will send their dues and active member list to the USA Director, Dwight Scales. The National Directors are to send the active member list (in Excel or word) and dues to Ed Myers (CEO). This is all due by April 1st.”

**Upcoming Black Belt Testing and Seminar**

By Dwight Scales

The weekend of May 13th, 14th and 15th will be very exciting. Black belt testing will be held Friday, May 13th starting at 6:30 PM. Saturday, May 14th will be our Spring seminar with Shihan Yamakura. Black belt testing and seminar will be held at the Imagine Community School, 1030 Clay Avenue, Toledo Ohio 43608. Specific times are yet to be determined.

We are exploring the idea of holding a small tournament on Sunday, May 15th. During the weekend we will also hold our annual business meeting. Again, specific time and location of the meeting is TBD.

We are looking forward to seeing all of you in Toledo!

**Michigan Ryusyokai Karate Club Seminars**

By Paul Babladelis



The Michigan Ryusyokai Karate Club is proud to announce the arrival of Senaha Shigetoshi Ryusyokai Kaicho to Kalamazoo, Michigan, May 6th and 7th, 2016. Senaha Sensei was senior student to Dai Sensei Meitoku Yagi and is widely considered on Okinawa and abroad to be one of the leading experts on Goju-Ryu karate.

Senaha Sensei will be leading seminars on Friday, May 6th from 6:30 to 8:30 and on Saturday, May 7th from 10:00 a.m. to 12:00 (noon) and then from 1:00 p.m. to 4:00 p.m. with the last hour reserved for individual questions.

The seminars will be conducted at Kalamazoo Athletic Club inside the Radisson Hotel downtown Kalamazoo, MI. and include use of hot tub and pool at facility plus social gathering Saturday evening.

**Cost for entire seminar:** \$125.00 for Ryusyokai members.  
\$150.00 for non-members.

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# USA-NKF REGIONAL CHAMPIONSHIPS



**Sanctioned by**  
**USA National Karate Federation**  
**Member: United States Olympic Committee**  
**National Governing Body for Karate**

Franklin, Ohio, Saturday March 5, 2016

Ritter's Family Martial Arts is pleased to invite participants to the 15th annual USA-NKF National Qualifying Championship.

For information regarding the tournament, Referee Course, entry forms, accommodations, please visit;

<http://www.rittermartialarts.com/index.html>

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## **Training Karate is History in Motion**

By Matt Loiseau

Training karate teaches us some history. That history can be very recent, such as the background of your sensei, or your sensei's sensei. Farther back in time are Ryū Ryū Ko, Higaonna Kanryō, and Chōjun Miyagi.

Miyagi sensei was the founder of karate as we know it. He was born in Naha, Okinawa (沖縄) in 1888, shortly after Japan conquered the formerly independent chain of islands in 1879. The Okinawa Islands were previously known as the Ryukyu Islands and they had their own unique language called Uchina Guchi or Hogen, which some people still speak. We can try to preserve some of that history and keep our roots in mind by learning a little Hogen. Next time you're counting during practice, try counting in Uchina Guchi.

Here's another bit of Hogen that often applies when we meet new people to train karate together: Icha ri ba cho de. Once we meet we are family.

<b>Hogen</b>	<b>Japanese</b>	<b>English</b>
tichi	ichi	one
tachi	ni	two
michi	san	three
yuchi	yon / shi	four
ichichi	go	five
muchi	roku	six
nanachi	nana / shichi	seven
yachi	hachi	eight
kukunuchi	ku	nine
tu	ju	ten

## Wrists of Fury

Strong wrists and forearms won't prevent a sprained wrist if a punch's alignment is off. But forearm and wrist strength is invaluable to any martial artist. Being clumsy, I rely on my hands every time I find myself headed toward the floor. The ability to grab and hold has saved me many times. Strength athlete Joe Kinney is able to explode an unopened soda can by squeezing it. Imagine what he could do to a human throat. There are several tools that can increase grip and forearm strength;



**Hand Grippers;** The gripper on the far left is the Ivanko Super Gripper, long a favorite among strength trainees. The two springs allow the user to adjust the tension from around seventy pounds to over three hundred. Charts can be found on the internet showing the placement for each spring and its corresponding tension.

The other gripper is a very old one made by Whitley. It came with six springs one of which I mis-placed. One could find a used Whitley on Ebay.

The big disadvantage to hand grippers is the lack of thumb work.

**Wrist Roller;** The wrist roller is a piece of pipe with a hole drilled in the center to fasten a cord. A weight is then added to the cord and the user rolls the pipe in his hands to raise the weight. Holding the hands outstretched is a terrible way to do the exercise so I added a pulley and suspended it overhead. This method also gives a very long stroke from the floor to the pulley.



The wrist roller in the first two photos is from Ironmind Enterprises. The pulley is from CMI. Both items are pricey but you get what you pay for. The weights are stacked on what is called a loading pin which has a hole at the top for attaching a carabineer.

Bottom right picture shows a homemade wrist roller using two inch ID PVC pipe.

While the wrist roller will build large forearms, it too does not involve the thumb very much.

**A note of caution;** The hook which suspends the pulley will be handling three or more times the weight load. This is because an equal force on the lifting side is required just to be in balance and jerking the weight creates an additional dynamic load.







**The Twist Yo' Wrist;** Again from Ironmind, the TYW is a variation of the wrist roller. It is held in both hands and the weight is rolled up and down. This has more thumb involvement than the regular wrist roller.

Again, I prefer to use a pulley to get the maximum stroke. Otherwise one has to stand on something high to lower the weight for a good range of motion.



**Pinch Grip;** To the left we have a 2x4 style pinch grip and two hub style grips. Basically one loads up a loading pin and attaches the pinch gripper to it. Go for the heaviest weight you can hold for a chosen time.

**Lever Bar;** The tool at the bottom of the left picture is a lever bar. Hold in one hand and manipulate. Very hard on teeth if you are not careful.



**Titan's Telegraph Key;** Again, from Ironmind Enterprises. This tool may be the best all around hand strengthener since the thumb is heavily involved.

Regardless of which tools one uses, there is no such thing as hands which are too strong.



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