

April 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 Seminar, Testing and Organizational Meeting

By Dwight Scales

The weekend of May 13th and 14th will be very special for the GKK so *Save the Date!*

Friday, May 13th starting at 6:30 PM, will be Black belt testing. Dojo leaders please remember to send to Mr. Myers and myself the pertinent information for your students who are eligible to test as soon as possible.

Saturday, May 14th, Yamakura Shihan, will hold a series of seminars covering all ranks.

9:00 a.m – 10:00 a.m.	White belts
10:15 – 11:45	Green/Brown belts
12:30 p.m. – 3:00 p.m.	Black belts

A small tournament will be held following the Black belt seminar. Our organizational meeting will be held after the tournament. We are working on an appropriate location for this and will let you know in the next newsletter. Black belt testing, seminars and tournament will be held at the Imagine Community School, 1030 Clay Avenue, Toledo Ohio 43608.

We are looking forward to seeing all of you soon!

From Ken Maunz; I am available to practice the Thursday and Friday before the May seminar that does not conflict with the planned events. ph # 734 347 9280 or for the older people BR 549

GKK Argentina to Visit the Toledo Area

By Ed Myers

In early May four members of the Argentina GKK will visit the Toledo area for training and site seeing. Argentina joined the GKK in 2009 and this is their first visit. Gustavo Muñoz (Dojo leader and National director) along with Horacio Vitale Mancebo Leonardo Néstor Arce will make the trip. They are scheduled to meet and train with Yamakura Shihan, Stamper Kyoshi, Maunz Kyoshi, Scales Renshi, Sturdivant Renshi and Myers Renshi.

GKK Yearbook

By Matt Loiselle

Mr. Ken Maunz loaned me his copy of the 1991 GKK Yearbook a few months ago. I scanned it and made a PDF to share. Here's a link to the book:

http://www.rashynullplanet.com/GKKyearbook/GKK_Yearbook_1991.pdf

Ambler GKK Seminar with Ed Myers – March 11-13, 2016

By Howard Blum and Victor Lim

Members of the Ambler GKK dojo were honored and delighted by the March 11th weekend visit of Sensei Ed Myers and his team from Toledo. Along with Sensei Ed were Sensei Angie Monday, Greg Sturdivant and Matt Loiselle. It was also great to see Sensei Frank Matt from the Glens Falls dojo able to make the trip.

The Toledo group arrived Friday night for some stretching and prep for the next day's seminar. Saturday, the day of the seminar started early, with the unloading of various GKK paraphernalia and setting up the venue.

Before beginning the formal seminar, we ran our regular Saturday morning classes – a beginners and then advanced class. Sensei Ed and his team were there for both, but let the Ambler instructors run the classes, moving through various kihon ido drills and kata. With regards to the beginner's class, Sensei Ed had a very positive comment, "I have not seen a beginners class run like you run yours, with a new instructor leading every ten minutes - high energy!"

Sensei Vic ran the advanced Class, working on attacker/defender exercises emphasizing Saifa-like deflection blocks and using hips to change the blocking angle. Students were instructed to shift from one Renoji dachi stance to another. This however indirectly caused them to pivot hips by first moving foot position. Rather, Sensei Ed suggested that the students focused on pivoting hips first and the feet will follow since the key is pivoting hips. Later he added, "I really like the fact that you are doing saifa Ido during your advanced class. Vic did a nice job".

Following lunch, the formal seminar began, divided by belt levels:



White Belt Seminar:

Sensei Ed totally engaged the young white belts and did a great job of explaining how stretches (i.e. toes pulled back) relate to kicks.

Sensei Ed demonstrated a great stretch for the lower back (lay on back, extend arms straight out perpendicular to body and feet straight out, have right foot touch left hand and vice-versa)

Green/Brown Belt Seminar:

Sensei Ed demonstrated a multitude of applications for Saifa and emphasized that we should look for "attacking" applications and not just "block/counter" applications.





Black Belt Seminar:

Sensei Ed demonstrated a multitude of applications for Seiunchin and emphasized that we should look for “attacking” applications and not just “block/counter” applications.

We also worked on various ‘grappling’ techniques, extracting bunkai from kata. Sensei Ed led the group in a session on “Ju” movement (reading an attack, moving out of the way of an attack), using soft-touch finger tips to sense the opponents intentions. Sensei Ed mentioned that this drill is done for the first three months of ju training. Unlike kata, the drill is not a performance of form skills. Rather it is a way to train the subconscious to recognize or see what a front kick, punch, etc. looks like at its inception. Also unlike kata, we all can do the drill the first time.



Some additional takeaways from Sensei Ed:

Move the body first and let the feet catch up. Every step taken is a fall, but your body will take care of you by putting your feet under you.

Weight needs to be on the balls of your feet - not the heels.

Don't take mini steps for moves in the kata – make the step obvious and rotating on the balls of the feet.

Make the kata look like a fight.

However, not everything is a defensive move. The kata needs to be examined for attacking moves also. When reviewing a kata, see how a move is a defense, then how it also could be used as an offensive move.

Katas teach different lessons (fighting styles). During the seminar, advanced students reviewed Saifa and Seiunchin to demonstrate this, noting the differences between katas.

Not everything is block and counter. This is the first three years of training. The application should fit the theme of the kata.

The seminar ended around 5:30pm and many reconvened at a local Japanese restaurant to recount events of the day and partake in informal philosophical debate.

On behalf of the Ambler GKK dojo, we want to thank Sensei Ed and his team, and all our students and guests for a fun and highly enlightening seminar, as well as the very positive sense of camaraderie shared by all.

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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Springfield First Nazarene Goju Ryu Karate Club Promotions

By Kim Barrington



Here are the results of our recent promotional;

Kristoffer Barrington	5 th kyu to 4 th kyu
Patrick Conner	5 th kyu to 4 th kyu
Jeremy Watson	7 th kyu to 6 th kyu
Joey Bacon	7 th kyu to 6 th kyu
Ashley Watson	8 th kyu to 7 th kyu
Wyatt Watson	9 th kyu to 7 th kyu
Landyn Barrington	8 th kyu to 7 th kyu
Joe Ridder	10 th kyu to 7 th kyu
Dalton Embree	9 th kyu to 7 th kyu
Chastity Embree	9 th kyu to 7 th kyu

I am so proud of each and every one of my students. Great job. Keep up all the hard work. I would just like to remind everyone; with more rank comes more responsibility.

M. Yamakura
Ed Myers
Dwight Scales
Eric Naujock
Bill Kane
Deb Crawford
Angie Monday
Bill Handren

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