

May 2016 Newsletter
Goju-Ryu Karate-Do Kyokai

www.goju.com



Upcoming Seminar, Testing and Organizational Meeting

By Dwight Scales

I hope all have made plans to join us in Toledo the weekend of May 13 and 14th. The weekend will begin with Black Belt testing Friday, May 13th. This will start at 6:30 PM. This will be held at the Imagine Community School, 1030 Clay Avenue, Toledo Ohio 43608. Dojo leaders please send the necessary information about your students who will be testing to Ed Myers and Dwight Scales no later than May 6th.

Saturday, May 14th, Yamakura Shihan will hold a series of seminars. The times will be as follows:

9 AM – 10 AM.....	White Belts
10:15 AM – 11:45 AM.....	Green/Brown Belts
12:30 PM – 3:00 PM.....	Black Belts.

Following shortly after the end of the Black Belt seminar we will hold a small tournament.

Prices - One Seminar - \$15, Two - \$20, all three sessions - \$25.
Tournament: One event - \$5, Both kata and kumite - \$7.

Yamakura Shihan's seminars as well as the tournament will also be held at the Imagine Community School.

Our weekend's events will culminate with dinner and our annual business meeting. This year these will be held at Club 300, 3304 Collingwood Blvd., Toledo Ohio 43610.

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 and 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.



Joint Promotional

By Dwight Scales

On March, 17th a joint promotional was held at the Shindo Kan Dojo for kyu rank students. Combining for the promotional were the Black Swamp Dojo - Ed Myers Sensei, Golden Dragon Dojo - Greg Sturdivant Sensei and the Shindo Kan Dojo - Dwight Scales Sensei.

The judging panel consisted of Ed Myers, Greg Sturdivant, Matt Loiselle and Dwight Scales. Results are:

Black Swamp Dojo---Kate Donaldson, Ken Massie and Sam Massie promoted to 9 kyu. Zack Schacht promoted to 8 kyu.

Golden Dragon Dojo---Ne'Kaiya Porter promoted to 9 kyu. Aaron Mars promoted to 8 kyu.

Shindo Kan Dojo---Cor'sha Wyse and Amari Wyse promoted to 7 kyu.

Look for great things from these students in the future!



Confidence

By Anthony Lugo

"We gain strength, and courage, and confidence by experience in which we stop to look at fear in the face...we must do that which we think we cannot." Eleanor Roosevelt

Confidence is gained through experience and we gain experience by taking action in spite of doubt. For example, one would not be able to learn a kata until he/she physically does the kata, continues to do it repeatedly, and explores it continuously. In order to be confident about something or confident in doing something, you must prepare and then take action. Experience in essence becomes knowledge, and when knowledge turns into experience, that is powerful.

New students, during the first few weeks, lack the assurance of just simply doing a uke waza or tzuki waza. I can see the insecurity in their faces. Which is normal, but as they continue to come to class, watch the other students and practice, their confidence develops in stages. Confidence is developed by facing our fears. Confidence is the quality of mind or spirit that enables a person to face difficulty, danger and pain without fear. As these new students progress in their karate training, I see their self-confidence develop. This is due to the power of practice and repetition (preparation and action). In other words, they gain the experience by watching others and then take action. As students continue to come to class regularly and practice the repetitions of our basics, those basics become ingrained in their minds. In other words, becomes muscle memory. After some time, instead of looking around at other students, they can focus their eyes forward and do the techniques with that confident "I can do it" spirit.

After repetitious sessions of kumite, which we do often (yaku-soku kumite, ippon kihon kumite and jiyu kumite), I also notice that their confidence and courage levels increase substantially. Another way to help students develop confidence, which I've experienced first-hand, is through tournament competition and demonstrations. Some of the green belt students participated in the Northeast Karate Tournament last year. Through this experience, I notice it allowed them to face the unpredictable which boosted their courage. After facing an unknown opponent in tournament semi-contact sparring, not knowing what to expect, they undoubtedly developed a spirit that allows them to face their fears, outside of their comfort zone.

It's amazing how an art, that was originally developed to incapacitate an opponent, can also develop our confidence and courage to achieve all of our dreams and goals, and the courage to face difficulty, danger, pain without fear. No matter how successful someone is, remember they started somewhere without any past success. My personal goal as an instructor or a guide to the way is to help students develop these traits and virtues to deal with real-life situations in and outside the dojo

Close-Quarters Combat

By Akira Shiomi Shihan, Ninth Dan JKF Goju Kai
Article submitted by Mark Cramer

Ken Maunz Sensei recently stopped by my Bedford Goju Ryu Karatedo Seiwa Kai Dojo. During an enjoyable conversation on breathing with Ken Sensei and my students, I was reminded of a lecture that I had the pleasure of attending while I was training in Japan in 2012. The lecture provided a brief respite from nine days of arduous training, and was given by Akira Shiomi Shihan who is a ninth Dan with the JKF Goju Kai. Prior to the lecture, we were presented with an English translation copy of his lecture which I still possess.

Below is a translation of the same lecture which was published in the Japanese publication JKFan, 2004/2 No. 13. Within the article, there are many martial arts terms that are difficult to explain in layman's terms. There are also many Japanese words and ideas that do not translate well into English. An additional explanation of these terms and ideas has been added to this translation from direct conversation with Sensei Shiomi (as translated by Sensei Nomada).

In combat at close quarters, a circle, Muchimii, and breathing will be set to one.

"Close-quarters combat techniques from which there is little distance to strike a person."

If Goju-Ryu karate can be characterized in a word, it might be described as the broadly-outlined circle made by Sumiii with a thick full calligraphy brush. I will describe some fundamental techniques which are the key characteristics of Goju-Ryu here.



1. Motion of a Circle.

Goju-Ryu karate might be thought of as the arc of the circle compared to a line. The arc of a circle is like an arched dome, it is strong against any external pressure applied, and much stronger than a straight line or a flat surface when placed under external pressure. The motion and operation of a circle in training is important in order to master the effective "connection between the waist and an arm" (that is, effectively combining the circular torquing motion of the waist with the moving of the arm). The best motion for generating power in martial arts is natural and not broken. In Goju-Ryu when the circle receives (e.g., blocks are made with a circling motion), and when there is no attack an attack is immediately made also using a circling motion. Thus, conceptually, in Goju-Ryu karate, the motion of a circle can respond to all combat situations.

Akira Shomi Shihan

2. Combat at Close Quarters

Goju-Ryu features many combat-at-close quarters techniques which are reflected in its kumite and kata. When talking about generating power in a straight line, in physics $\text{Power} = \text{mass} \times \text{acceleration}$. Fundamentally, since humans are limited by their body mass, the only area where power can be increased is through increasing acceleration. However, where the distance for acceleration is short (as is the case where striking at close quarters), the amount of power that can be produced is thereby strictly limited. In order to generate more power, the pioneers of Goju-Ryu karate had to innovate to find other solutions to increase power beyond the limitations of basic straight-line physics. Therefore, for in-close combat, Goju-Ryu uses several other forces that combine into one instantaneous explosion of directed power.



Goju-Ryu uses the following forces together:

- the inertial power of the body moving forward rapidly but stopping sharply (like the snap of a bull whip which concentrates the power of the strike into the small area at the tip of the whip)—the knee is bent forward to access this extra power of body inertia but the upper body remains straight with the hips being pushed forward first.
- the power of the twisting torque of the hips is used, with the motion of the sinking body that also harnesses the strong opposing force of rising and thrusting up from the ground ("ground power").
- Such forces, however, are not enough. In addition, respiratory power is required which further harnesses the body's internal power in tandem with releasing ki energy (learning proper breathing is thought to crucial to generating power in Goju-Ryu).

"Ki power is stored in the inside of the body and can be harnessed and released by training the mind."

3. Abdominal Breathing

Typically people breathe using the muscles of their upper chest, neck and shoulders. Most people tend to breathe in a slightly abnormal way, they tend to hold in their stomachs, making little use of their diaphragm[iii]. This is not the most effective way to get the needed oxygen to our brain and muscles. If you watch babies or animals breathe, you will notice that they breathe with their whole bodies, their bellies rise and fall with each breath[iv]. Goju Ryu emphasizes abdominal breathing utilizing both the diaphragm and other stomach muscles.

When it contracts it is forced downward causing the abdomen to expand. This causes a negative pressure within the chest forcing air into the lungs. The negative pressure also pulls blood into the chest improving the venous return to the heart.

Since the belly originally swells with abdominal breathing, this must be controlled since such movement in Bushido (i.e., combat situations) can telegraph your weakest moment to opponents (i.e., when you are breathing in). Therefore, pressure is applied to the belly by tensing the both the diaphragm and the general muscles in the stomach area. This type of isometric training has the general beneficial health effect of tending to massage the organs (such as the intestines and stomach) resulting in the stagnant blood being forced from the organs and being replaced by a fresh supply of oxygen-rich blood from the heart. It is key to understanding Sanchin and Tenshou that the abdominal breathing practiced has this (and ordinary breathing does not have this) effect.

Goju-Ryu has two kata that are training katas for breathing that are intended to train for this kind of healthy longer breathing technique: Sanchin and Tenshou. Sanchin and Tenshou are a type of training kata and are referred to as the “heishu” (literally means “closed hand”—even though

Tenshou uses the open hand) kata of Goju-Ryu. All other Goju-Ryu kata are not intended to be training kata but to show technique and are referred to as “kaishu” (literally means “open hand”) kata.

In Bushido a shorter breath is desirable when attacking to release explosive power. However, long breathes are used when performing Sanchin and breathing is natural. Training for the use of a long breath stabilizes mind and body (promoting good health generally) whereas a short breath raises energy for the explosive release of power when fighting. To practice all the time using the shorter breath used for fighting might be very harmful for your long-term health. When inhaling in Sanchin, the mind must be used to also bring ki in through the Jo Tanden [v] which is taken down to the point in the pit of stomach known as the Tanden [vi]. Sanchin is valuable for learning how to create and direct ki for purposes of combat. It is like learning how to charge a battery whose stored energy can be instantaneously discharged upon striking an opponent. The ki energy taken into and stored in the Tanden is compressed until finally it is released in an explosion and directed at the target. Goju-Ryu fighting is like the operation of a combustion engine: on the intake stroke you bring in air and fuel supply (ki), and combine it with several other forces for an explosive energy stroke that generates power for combat.

When ki is released in this manner, it is like flipping a switch that instantaneously redirects ki from the Tanden to the target in a way that energizes the rapid rotation of each interlocking bodily joint as well, and sinks the body (lowering the centre of gravity) and uses “ground power” (i.e, the power of lowering your centre of gravity and rising up pushing off the ground). This is performed with the breathing method described above. In order to master such a technique, Sanchin and Tenshou training are needed. For this reason, it is said that Goju-Ryu starts with Sanchin and finishes with Sanchin. Particularly, it is said that Sanchin synchronizes "the body; breathing, and the mind". It is important not to forget that it is the heishu which promotes and supports the emotional, and tough physical strength characteristic of serious Goju-Ryu practitioners.[vii]

[I] In Japanese Muchimi literally refers to sticky rice that can be pounded into a sticky paste. It is dense and heavy. When touched it sticks to you, and when you pull away it sticks to you. In Goju-Ryu karate muchimi refers to the heavy sticky movements used for blocking (eg., kake uke--hooking hand block) and attacking, and to the notion that you stay close to your opponent in blocking or attacking.

[ii] India ink

[iii] The diaphragm is large muscle located between the chest and the abdomen (that separates the chest (thoracic) cavity from the abdomen). It is the main muscle of respiration.

[iv] For some reason, we stop doing this when we outgrow diapers.

[v] The area located in the middle of the between and slightly above the eyes.

[vi] Refers specifically to the physical center of gravity located in the abdomen three finger widths below and two finger widths behind the navel.

[vii] In conversation, Sensei Shiomi also said the object of Sanchin are to: (1) develop “eye power” by learning to focus in the distance with widened eyes and to create power from the Jo Tanden you have to have your eyes wide open; (2) to develop “muscle power” through isometric training; (3) to develop “proper breathing technique and power”; and (4) to develop “mind power” to learn to direct ki, to develop proper fighting spirit so your mind is not frightened when you enter combat.



In this photo, Shiomi Sensei is giving a lecture on a revised edition of this article at the JKF Headquarters in Japan in July of 2012. Sensei Mark Cramer can be seen in right side of this photo.

Bi-Laws

By Ed Myers

The following has been added to the Bi-Laws as a result of the 2015 organization meeting. If there are any questions, please contact Ed Myers

8. Annual renewal fees will be sent to International Headquarters by April 1 of each year.
 - C. Roku-Dan and above is considered a lifetime member and there is no cost.
9. Initial membership fee will be \$15.00 for kyu ranks and \$25 for dan.
 - A. All members of each school must join the G.K.K.
 - B. The Membership Application is to be completed as soon as the student begins training.
 - C. The application and fee are to be sent to H.Q. within two months of the first session.
 - D. The student will receive a membership card and a patch through their instructor

Newsletter Signup

Please remind all GKK students that they can sign up for our Newsletter by visiting our website at; www.goju.com
The sign up block is at the bottom right of the main page



GKK Family

By Bill Handren

I was overwhelmed when I opened the package from Kim and Trish. My wife and I were unable to attend the last seminar in Springfield. The picture above was formatted and framed by Kim and Trish, then signed by the seminar attendees and mailed to us.

It is a reminder that the GKK is more than a karate organization. Thank you, everyone.

M. Yamakura	Chairman	3763 Old Creek Road, Troy, MI 48084	chairman@goju.com
Ed Myers	CEO	11568 Reed Road, Whitehouse, OH 43571	ceo@goju.com
Dwight Scales	USA Director	1940 Bobolink Lane, Toledo, OH 43615	dwight.scales@imageschools.com
Eric Naujock	Webmaster	2146 Queensdale Ct., Maumee, OH 43537	webmaster@goju.com
Bill Kane	Program Development	7 Shalimar Lane, Maple Glen, PA 19002	wmkane@comcast.net
Deb Crawford	USA Business Manager	5705 Northlake Road, Springfield, IL 62711	sharpda71@msn.com
Angie Monday	Merchandise Administrator	6030 Davida, Toledo, OH 43612	angie.monday@yahoo.com
Bill Handren	Newsletter Editor	115 West North Street, Dwight, IL 60420	yokagawa2002@yahoo.com

All articles and photographs are the copyright property of the authors / photographers and do not necessarily represent the views or opinions of the Goju-Ryu Karate-Do Kyokai. Consult your physician before beginning any exercise program and always train under the direct supervision of a qualified instructor. Neither the authors nor the Goju -Ryu Karate-Do Kyokai assume any liability for information contained in this Newsletter.