

June 2016 Newsletter
Goju-Ryu Karate-Do Kyokai

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Gasshuku

By Ed Myers

Gasshuku originally meant something like “meeting at the inn”. It was (and is) a chance for like-minded individuals to gather and share experiences, develop and/or strengthen friendships, enjoy good company, and practice together. It is as much about camaraderie as about karate.

Yamakura Shihan has agreed to hold a Gasshuku in the Toledo Ohio area in 2016. This event will be held during the month of September and will be open to the brown (with instructor’s approval) and black belt members of the GKK. Training will be Monday through Friday for 3 hours each day.

The final dates and location is yet to be determined. Please contact Mr. Ed Myers if interested.

Thank You

By Dwight Scales,Sr., USA-GKK Director

I want to take this time to thank everyone who made the journey to Toledo for the Spring Seminar and Tournament. We know that many sacrifices and a lot of planning has to happen for our annual get-together and I believe we can all agree that it was all worth it!

Just to give you an idea of our numbers for the seminar and tournament: fifty people signed in at the door to attend Shihan’s seminars and to participate in one or more parts of the tournament. That number does not include those who attended as spectators. Each session of Shihan’s seminars from the White Belt portion through the Black Belt piece was well attended. I counted twenty-one Black Belts on the floor for the final two-and-a-half hour workout with Shihan! A very decent turnout. As we grow, I hope all of these numbers will grow as well.



We are a strong, traditional Goju family. We are extremely fortunate to have Shihan Yamakura as the head of our family. Anytime that the occasion allows for one to learn from and study with him we should try to the best of our ability to be there to grow from his wisdom and knowledge.

Again, thank you.

2016 Spring Seminar Goju-Ryu Karate-Do Kyokai

By Greg Sturdivant, Golden Dragon Dojo

Spring is a time for a new beginning and this year the GKK Spring Seminar was one of the best. It was held in Toledo Ohio. Members from all around the country and Canada came. It was more like a family reunion, with old friends and new friends coming together to learn and to teach. This year more young people came which shows that we are still growing.



Testing on Friday night was something to see. The skill of the young members testing for dan rank show we are all teaching on a very high level. What was so wonderful was even at testing one of the young members helped his fellow GKK member, teaching him. We know testing is to see what each student knows. (What a selfless act. That is what GKK is all about; teaching). Everyone who tested passed. What a great job done by all.



Then, with all the testing over it was tournament time. We all had a part in the tournament. Being an official and judging is harder than doing any kata or being in the kumite. It takes everything you think you know to be one of the officials. You have to see everything; two people throwing punches kicks, blocks and pick the punch or kick that scored. Judging Kata you have to tell what's right and what's wrong. Is it strong or weak is it soft or powerful. Sometime we get it Sometime we miss the mark.

Then, the teaching starts all over again.



We never stop learning. That's why it is called martial arts. It is like a painting; what you see is not the same thing that I see. The beauty is in the work of art. So we have to keep working on the Art of Goju Ryu , because if you think this year was good, just wait till Spring of 2017.



**Results of Spring Seminar
Black Belt Testing:**

- Paul Stetsko** – Yondan –
(Bill Kane - Ambler GKK)

- Anthony M. Lugo** promoted to Sandan,
(Frank Matt – sponsor)

- Steven Rusche** – Sandan –
(Bill Kane)

- Brent Peters** – Nidan –
(Nancy Ault – CLC YMCA GKK Dojo)

- Nekkai Porter** – Shodan –
(Gregory Sturdivant – Golden Dragon)

- Elizabeth Platonova** – Shodan –
(Bill Kane)

- Noah Vinogradov** – Shodan –
(Bill Kane.)

Israel Traditional Karate Championship – April 2016

By Nimrod Astel, GKK Director, Israel



On April 17th our home town, Givat Shmuel hosted the Israeli Traditional Karate Championship for Kids and Youth, which also included an international adult tournament. Our Dojo, The “Aum Dojo” organized and produced the event along with the Israeli Traditional Karate Federation and the municipality.

Over 250 competitors from about 20 Karate schools from all over the country, Jews and Arabs together, have all come in to give their best efforts.

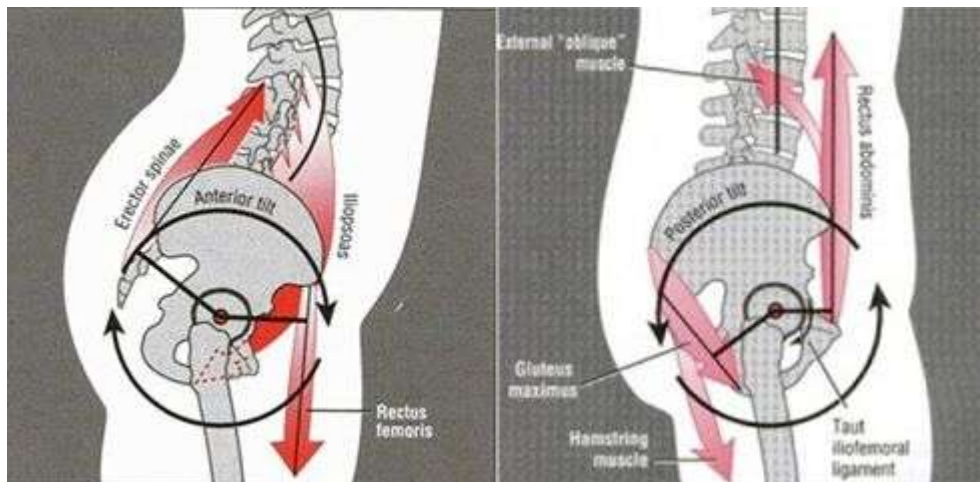
The event included some VIP from foreign embassies, sports officials and the media. The adult’s tournament included Kata and Kumite and competitors from Israel, the Czech Republic, Lithuania and Azerbaijan. The kids and youth delegation from our dojo included about 40 members, out of which 13 medalists who won first, second and third places in personal Kata, group Kata, Enbu and Kumite.

We are very proud of our kids who took this mission with devotion and personal responsibility for their progress and did a great job.

Correct Posture and the Development of Ki and Physical Power

By Carol Gittins

Proper posture is not just for models and ladies who lunch. It is essential for the transfer of energy from the lower body to the upper torso and arms, and for the collection and application of ki. When the body is aligned correctly, the skeleton supports the muscles and ligaments, the core is stabilized, and the lungs can work at full capacity.

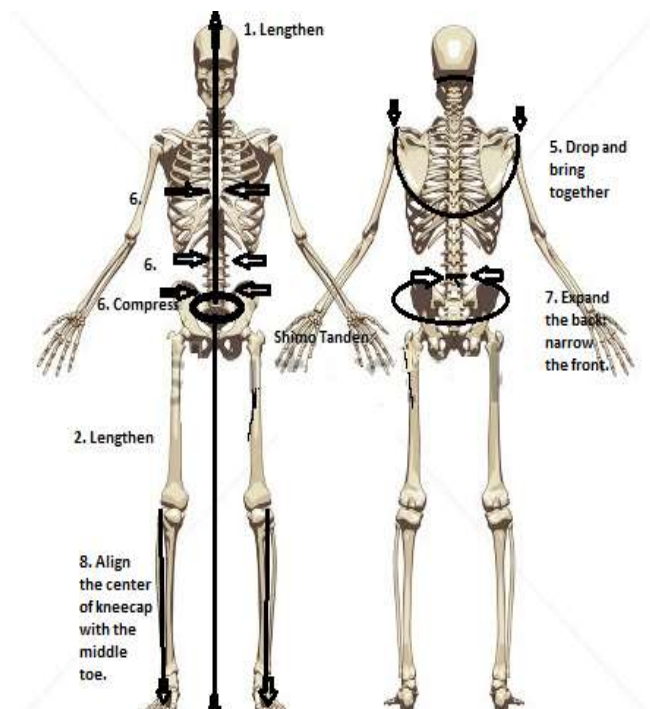
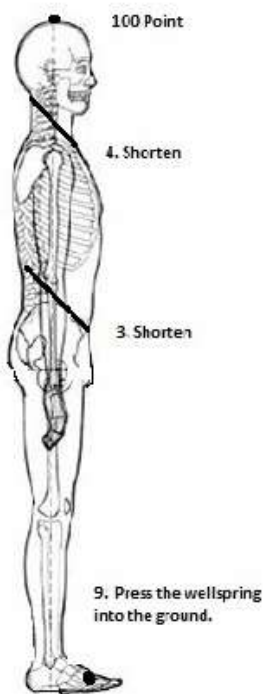


There are two keys to correct posture. One is keeping the bowl of the pelvis level. Imagine your pelvis is a bowl full of soup, the soup being the ki gathered in the shimo tanden. If you tip the bowl forward, the soup pours out. If you stand with a hip tipped up, the soup also spills. If you slump, the soup pours out the back. But if you keep your bowl level, the ki stays contained, and you can draw out portions of it to use. The second key is to keep the three tanden (jo tanden, chu tanden and shimo tanden) stacked in a column to allow ki application.

Here are nine guidelines for keeping the pelvic bowl level. Some involve expanding the body, and some rely on compressing the body. You need to apply all of them simultaneously.

1. Lengthen the column upward. Find the 100 Point by putting the tips of your forefingers on the flaps of your ears and moving them up until they meet at the top of your skull. This, the 100 Point, should be the highest point of your body. Imagine there is a cord attached to the 100 Point pulling your column upwards.
2. Lengthen the column downward. Visualize the column sinking into the earth like a support piling. Do this in combination with number 1.
3. Shorten the distance between the front of the pelvic bowl and the twelfth thoracic vertebra (the lowest ribcage vertebra). Imagine there is a cord that connects the rim of the bowl to this vertebra. Shorten this cord as much as possible while keeping the column stacked and expanded and the bowl level.
4. Shorten the distance between the top of the sternum (breastbone) and the base of the skull. Visualize a cord attached to the notch at the top of your sternum and to your skull where it joins the spine. As in movement 3, shorten the distance by lifting the sternum while maintaining the other posture guidelines.
5. Drop the shoulders. Let the tips of your shoulders drop toward the ground while pressing the bottom of the shoulder blades together. (This is also checked during Sanchin Kata testing.)
6. Compress the front of the body. Imagine bringing the collarbones, floating ribs and the tips of the pelvis together as if closing a clam shell. (In Chi Gung, this is start of ki holding exercises.)
7. Expand the back of the body. Picture the back pockets of your pants sliding around the hips to the front of the body as your upper back becomes broader. Do in conjunction with number 6 as you continue to maintain all of the other posture guidelines.
8. Align the legs. Rotate your hip joints so your knees are lined up with your middle toes.
9. Stabilize the feet. Press the wellspring (the base of the ball of the foot) into the ground. Maintain pressure balance between the wellspring, the heel, and the base of the small toe.

Together these guidelines create the posture used in Chi Gung. They also apply to the martial arts because they allow for quick movement, transference of energy (summation of force), and ibuki breathing.



Thanks for the Memories

Mr. Stamper stumbled across this 1983 issue of Kick Magazine with former GKK member Paul Okami on the cover.

Note the GKK emblem on his gi.

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