

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

[www.goju.com](http://www.goju.com)



## Did You Know?

By Ed Myers

We have just completed the Gasshuku with Yamakura Shihan. After working all day, he drove two hours, taught for three hours then drove two hours home. He did this for the five days of the Gasshuku. He asked no pay for doing all of this. We are very fortunate to have Shihan as our Chairman.



## Yamakura Shihan Gasshuku September 2016

By Matt Loiseau

Yamakura shihan briefly discussed Japanese language and pronunciation during one of the gasshuku sessions last month. One of my favorite sites to search for Japanese words is Jim Breen's WWWJDIC:

<http://nihongo.monash.edu/cgi-bin/wwwjdic?1C>

Try it out using the option to "Search using Romanized Japanese" or "Romaji" on the search results page. Here are a few examples: gasshuku, shoumen, tagai ni (note this is missing the honorific "O" at the beginning), onegaishimasu doumo arigato gozaimasu, dou itashimashite

Many of the dictionary listings have audio of native speakers that you can hear by clicking the little icons with the white arrow in a blue circle next to an item.

As for the rest of the gasshuku, there were so many topics presented and discussed, demonstrated, tried with partners and on and on that I can't even begin to offer an adequate summary of the entire week so I'm not even going to try.

Thanks to everyone who travelled from out of town to attend. It was great to see you all, visit, and train together. Thank you Ed sensei for hosting the event, and for teaching a session on Saifa bunkai which I unfortunately had to miss. Thanks also to Ed sensei's family for tolerating so many people at their house for an entire week. Thanks also to Ken Maunz and Dave Shanemen senseis for also teaching a segment. Your insights are invaluable.

Most of all, thanks very much to Yamakura shihan for dedicating so much time to planning lessons, travelling so far from home each day, teaching, and then travelling home again for five days straight. I truly appreciate your dedication and your sharing so much knowledge and wisdom with all of us.

Doumo arigato gozaimasu shihan!



## **Gasshuku 2016**

By Angie Monday

I was glad I was able to attend all 5 sessions of the gasshuku. Some of the people were not able to attend all the classes.

The class went through each kata starting with Kihon kata. We did the kata many, many, many times! 'till we got it right. We also did kata bunkai' Everyday we did different kata and bunkai.

We were also asked to perform a kata chosen for us. My kata was Saifa. I did the kata and was told "I lost my integrity" because I did it too fast and everything kinda blended together. The good news is at the end of class we were asked to do a kata of our choice. I did Saifa kata and retained my integrity !!

I'm so glad that Mr. Yamakura taught the classes for us!

There were so many more things we learned

## **2016 USA Goju-Ryu Karate-do Seiwakai Annual Training Seminar**

with JKF Gojukai & Seiwakai Shinsa Santa Monica, CA, USA

Friday-Sunday, Nov. 4, 5, & 6, 2016

Open to all Karate Practitioners.

Three days of training in sunny Santa Monica, California with Seiichi Fujiwara Hanshi, 8th Dan -- President and Head Instructor of Goju-Ryu Seiwakai and Head of the JKF Gojukai Overseas Committee;

Vassie Naidoo Shihan, 7th Dan -- President of Seiwakai USA;

Desmond Tuck Shihan, 7th Dan -- Vice-President of Seiwakai USA; and other Senior Instructors from the USA, Canada, Mexico, and Australia. The emphasis will be on kihon waza, kata, and practical applications of Goju-Ryu Karate-do.

You will leave this seminar with significant improvement of your kata performance, kata bunkai, Goju-Ryu style kumite, and a deeper understanding of Karatedo.

Please plan on joining us for insightful instruction, sweat, beach training, and camaraderie, at the Rustic Canyon Recreation Center - 601 Latimer Road Santa Monica, CA 90402 Special room rates are available (under KICK) at the Travelodge Santa Monica 3102 Pico Blvd., Santa Monica, CA 90405 (310) 450-5766

For registration forms please visit; <http://www.greatlakesseiwakai.com/tournaments-and-seminars.html>

## **USA Karate Federation 42<sup>nd</sup> Consecutive National Championship**

Saturday November 12<sup>th</sup> 2016

**Event location:** Pinnacle Sports 9550 Ravenna Rd. Twinsburg, OH 44087  
330-388-3115 for more information

## New Location Windsor Canada YMCA Class

By John Roath

On Oct. 8/16, we had our last GKK Karate class at the Downtown Windsor YMCA and I can't help but feel a bit nostalgic given there has been an ongoing program at this site for a very, very long time. The YMCA has actually built a new facility and our program is being moved there due to repurposing but the downtown site holds many memories for us and has served the GKK well.

Just for sake of perspective on what the "Downtown Y" has meant to members of the GKK Canada,,, This site is located in the downtown core and the class was primarily comprised of students who might not have had the opportunity to train if not for this program. I truly believe it has had a positive influence on many. As a result, the program itself was beneficial to the students and rewarding to the instructors.

There has been a continuous class at this location for what I found out to be somewhere between 25 and 30 years. In fact, it had been in operation so long that it was only during a walk through at the new facility, after talking to a YMCA staff member who was there when it started up that we confirmed the start date/year. I knew it had been in operation prior to my start with the GKK and was impressed to hear how many years it was actually there.

The program was originally started there by Pirrone Sensei who ran it himself until it produced students capable of helping out on their own. Over the years, there were more students and more people who helped out while Pirrone Sensei kept a watchful eye, providing guidance and whatever else was required to keep the program ongoing. In addition to the weekly classes, we've had GKK seminars, guest instructors, tournaments and even some social events. As a result, many have shared that dojo floor and may remember it fondly or like me may be very thankful for the opportunity.

The attached pictures were taken on the day of the last class. Pirrone Sensei stopped by to ensure students who had missed the last promotion exercise received their belts. Although he had not intended to teach this day as he had other commitments I asked him to and he gave an impromptu seminar on sparring drills and self-defense techniques. It was a good day for all there and I thought a fitting way to bring the class at this location full circle to some extent.

As mentioned above over the years there have been many who have contributed to the students and program at this location. Given I haven't been there from the start I hesitate to name specific people as I wouldn't want to overlook anyone. However, I do wish to thank all who over these many years gave freely of themselves to make this site a great place to train and for the benefit it gave to the people on that floor. In my mind, it was a true reflection of what the GKK is all about.



## **Chairman Awards 2016**

### **In Support of John Roath as a Recipient of the GKK Chairperson's Award**

By Sebastian Pirrone

I was not surprised that this award would be considered for Mr. John Roath. He has been a stalwart supporter of the principles of the GKK on a consistent and ongoing basis for a very long time.

This is not so much for his international travel, but more so for his volunteer efforts of sharing of Goju Ryu knowledge to the public at large.

Mr. John Roath, aside from obtaining a Yon Dan level as well as supported for his Renshi Certification (which I consider a feat unto itself) has accomplished so much more for society at large as opposed to personal benefit

John has sacrificed his time and energy to share his knowledge of Goju-Ryu, to the underprivileged and hard to serve population groups uninterrupted for nearly 20 years. All while continuing to keep a full time job, family obligations and some semblance of sanity.

He is also very proud in keeping his legacy moving forward having mentored his son future M.D. Dr. Adam Roath to Nidan rank.

### **Kim Barrington Chairman's Award**

By Dave Shaneman

Kim began karate in 1973 at the Springfield Illinois YMCA under Jim Weinhoef and Dave Shaneman. Kim began with his several other brothers but he was the only one to keep with it.

Kim obtained his Shodan Rank about 1980.

He ran the karate program at the YMCA with Mr. Weinhoef while continuing his studies at the Springfield Goju Kai under Senseis Weinhoef and Shaneman.

After Mr. Weinhoef moved to Indiana, Kim took over teaching the children's classes while helping with the adult program.

Around 1985 Kim moved to California and worked at Disney World until he was involved in a traffic accident while riding his motorcycle. He almost lost his leg.

He returned to Springfield around 2000 and joined the First Church of the Nazarene. As his health improved, he began to teach karate classes at the church. Kim ran children's, adult's and women's self-defense programs. This fall he will celebrate running the Springfield dojo for the last 13 years.

He has restricted and reduced vision in one eye, and had coordination issues when he began karate. Kim's success in overcoming his physical challenges is a testament to hard work and perseverance. His continued dedication and hard work has paid off. It shows how hard work can lead to success and that karate is for everyone.

Kim has always been willing to offer a hand to those in need and has been a good friend to all.

### **Ken Maunz Fifty Year Celebration**

By Ken Maunz

I am celebrating 50 years in the art June 3rd thru 11th. It will be at Cumberland Gap NP. First goal is to do 5000 techniques in one class. Did 4000 at my 40 year practice. Hope to use different instructors during the week depending on who's there. The other goals are have fun, learn from each other, and spend time together.

The area has hiking, backpacking, 4 wheeling, biking, historic sites, and horseback riding. Training is not planned for everyday, but will try for 2 to 3 hours most days.

Come a few days or the week. Please let me know if you are interested. On Facebook, kenmaunz@hotmail.com, or call me 734 347 9280 .

I hope to get a group camp site or individual sites as you like. Motels are close for those who don't camp. Plans will develop as I find who is coming and the interest of what you like to do. I like the 4 wheeling and hiking. 4 wheel park is free and open to anything with wheels but the family car would be a bad choice.

I will answer any questions or give free bad advice on my hot line BR549. Thanks.



## Hammerists

*“Never consider yourself unarmed even if confronted by an armed man, for almost anything can be made into a weapon if properly used”.....Colonel Thomas Hoyer Monstery, “Self-Defense for Gentlemen and Ladies.”*

I was shocked. An often used weapon in homicides? The hammer. I went to the local police demanding to know why these implements of death weren't banned or regulated. The police chief explained it wouldn't matter; “As long as a person has intent, that person will find a way to commit the crime.” I argued back; “No. If hammers were banned, all those people would be alive today.” After several minutes, he threw his hands up in the air and walked away. Probably returning to the back room where he was beating a confession out of a poor innocent.

To expose this hammer thing, I would travel to under-educated, un-sophisticated small town America. Once there, I would go where no city slicker dare to venture; The heart of the hammerist's lair.....the home of the Carhart gang, who brazenly wore their cardboard colored gang colors to intimidate.....the Farm Store.

To blend in, I would need a disguise. Something casual. I opted for a golf cap, white Ralph Lauren polo, plaid shorts and sox. I debated on sandals or penny loafers, but felt the sandals were more bon vivant.

I steeled myself, swaggered through the doors of the Farm Store and was greeted by a member of the gang. “How may we help you sir?” I noticed how polite he was. I suspect the gang members would suffer at the hands of their capo if they did not keep an air of respectability about themselves. “I'm here to buy a hammer”, I said, trying not to sound too much like Richard Simmons. He smiled. “What kind of hammer, sir?” Uh-oh, I did not know. I suddenly felt like the village idiot applicant who was told he was over-qualified for the job. Regaining my cool, I said, “Let's see what you've got.” He grinned, glanced at my sandals and walked me toward the hammers. I should have gone with the penny loafers.

He motioned to a fellow gang member to join us. We walked past all sorts of life taking tools. I spotted the infamous box cutter; the airplane hijacker's tool of choice. Anyone could buy these. Weapons of mayhem surrounded me. Gasoline cans for Molotov Cocktails, diesel and fertilizer for bombs. It was a jihadist's one stop shopping center.

We reached the hammer aisle. “How about a Claw hammer?” he asked. My stomach churned as I held this tool of terror. One end is for bludgeoning, the other end has a claw. I assume the claw is for dragging the body away after the crime. I had to admit the claw end was a back saver since one would not bend over as far. I shook my head and handed it back.

“A Dead Blow hammer perhaps? The head is filled with lead shot so it won't bounce back at you.” I get it, probably a government safety regulation because a thug hurt himself while committing mayhem. I kind of liked the thing, but said “No.”

Next was the Ball Peen hammer. Being a male, I resisted the urge to drop into a tight sanchin when he said the name. He started to explain, but I waved him off. I got the idea although I was confused about how its design helped hit the targets.

He showed me a Framer's hammer. A skilled hammerist could drop a water buffalo with this brute.

“We also have a nice wooden Mallet. Molded from reclaimed wood shavings.” Seriously? An environmentally conscious thug's tool? I thought I had seen it all now, but the show continued.

The nastiest hammer so far was next. He called it a Shingler's hammer. My god! I have never seen a more savage weapon; a bludgeoning head on one end and – believe it or not – a hatchet on the other end. I believe Yakov Shingler was the weapons designer for Attila the Hun. If so, this was his masterpiece. My faith in mankind was at a new low.

Then I saw it. The granddaddy of all hammers. Eight pounds of drop-forged steel with a three foot fiberglass handle attached to it. Thor himself would have admired it. I envisioned my friends huddled in their panic rooms dialing 911 for the police to save them as a criminal bashed down their reinforced door. The salesman called it the Sledge. “Sell many of these?”, I asked. “Mostly contractors”, he replied. I knew it!! Only professional contract killers would need a tool of this caliber. I had seen enough. I was overwhelmed by all the tools of violence which surrounded me.

Suddenly, out of the corner of my eye, I saw it. A cute little hammer. Almost delicate compared to the other hammers. I pointed to it. “A Tack hammer”, the salesman said. I understood. Attack hammer. Small, concealable, lightweight. A gentleman's weapon. I liked the way it felt in my hand. I held it against my hip. “What do you think?” I asked. “Definitely you, sir”, he replied as the two gang members grinned at each other. Damn sandals. Penny loafers next time.

He suggested I get a “holster” if I planned on carrying it. I asked if they carried those little metal thingys I see the hammerists pounding into wood to develop skill. “Those are called nails, sir”. The other gang member bent over, turned away and walked off. Guess he was feeling ill. “For this hammer, you use ‘tacks.” He gave me a box of ‘tacks and rang up my purchases. I waved at the small group of gang members who were all smiling at me as I left. I felt an odd connection at their friendliness.

I practiced with my ‘tacks every evening and started developing skill once I figured they wouldn't fall over if I tapped them into place first. Through the summer I made several trips back to the Farm Store for more practice ‘tacks. They knew me by my first name now and tended to gather around when I shopped. I confided in one of the sales girls I felt more

confident when I go out carrying my hammer. A sense of being able to defend myself and my family if need be. “Sounds like you’re growing a set”, she commented, whatever that meant.

Early fall, one of them suggested it may be time for me to move up to a more challenging hammer. He suggested a claw style and a box of number 8 thingys. “With practice, sir, someday you will be ready for the Sixteen Penny.” I told him I don’t plan on entering any competitions. They howled with laughter. They were unsure if I was ignorant or a comic.

Winter was setting in and by then I had run through several boxes of number 8’s. On one of the trips for more supplies, the gang manager asked if I would be interested in something special. He walked me to the clothing section, pulled down a set of the cardboard colored gang coveralls and handed them to me.”See if these fit.” I was touched. I was being offered membership in their gang. I had made my bones. Or nails. Or whatever you call those thingys. “Notice the hammer loop on the pants leg”, he pointed out.

I had come to realize the Carhart Crew wasn’t a bad gang. They were hardworking men and women who lead honest lives. They were law abiding, self-reliant citizens, not subjects of a king or queen. I am sure if someone tried to hurt them or their families, they would use their hammers in self-defense. Good people don’t lead lives of crime and shouldn’t have their hammers taken away because others use them for violence. And evil people will always find an alternative tool to hurt others if hammers were eliminated. I changed my mind about hammers.

I decided to “Cowboy Up” as they would say. I re-visited the police chief to apologize for my previous visit. He rolled his eyes as I walked through the doors of the police station. He exploded with anger; “Did you hear 80 people were run over and killed by a semi-trailer in France? Want to ban semis too? Should we all have psychological evaluations before getting a driver’s license? You gonna be the one who decides who will and who won’t ?!!!!!!”

I explained I had changed my mind. I could see the doubt in his eyes. To convince him, I pulled back my jacket and whipped out my hammer.....

My arraignment is tomorrow morning.

## **Ask Not What the GKK Can Do for You, Ask What You Can Do for the GKK**

By Bill Handren

Our art is dying. The magical and mystical attraction it once held for the masses is no longer there. Yet karate has so much to offer. Anything you can do to keep the practice of karate alive helps.

I was asked awhile back if karate is better than MMA. The gentleman was asking for his son. I asked if he loved his son. “Of course!” he answered. I explained that fifteen years from now he may attend his son’s college graduation or his parole hearing. Which path he takes depends on what he is taught now.

At sixty-seven, I no longer care which is better. I am tired of the arguing I see people engaging in. I don’t participate in social media. I have become weary and withdrawn.

It has taken a lifetime to finally grasp the character development karate offers. And the GKK offers a sterling example of what still is.

### **Rich Stamper New Address**

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