



GOJU-RYU KARATE-DO KYOKAI

NEWSLETTER

December, 2002 – January, 2003

GKK TOURNAMENT SUCCESS by Mr. Mark Cramer

The 2002 GKK International Invitational Tournament, which was held in Toledo, Ohio on November 9th, proved to be a tremendous success. Seventy-eight competitors from the USA and Canada turned out to match their skills in kata, kobudo, and kumite.

More importantly, many of these individuals discovered the primary purpose of sport karate-do; they expanded their knowledge of the martial arts and forged new friendships. Shihan Yamakura's presence at the event provided everyone with the opportunity to meet and converse with one of North America's most respected and knowledgeable martial artists. Shihan is wonderful in this respect; he is accessible to all karate-ka from the highest-ranking black belt to the youngest white belt.

Kamikaze, the martial arts attire and equipment company, was present, and set up a booth to display and sell their wares. They exhibited the finest gis and martial arts equipment currently on the market. Additionally, Kamikaze honored Shihan Yamakura with the gift of a gi, which he will certainly put to good use. (If you are interested in viewing their products, see their web site at www.kamikazeusa.com)

The tournament referees and judges were some of the finest in North America. David Ames from the USA Karate Federation, Sebastian Pirrone from GKK Canada, Shawn Kidwell from the GKK in Toledo, and nine other individuals with refereeing credentials ensured that all events ran smoothly. (Please note that Mr. Ames is licensed by the WKF as an international referee, and Mr. Pirrone is licensed by the WKF as a continental referee.) The competitors were fortunate to have this cadre of qualified referees on hand to ensure that all competitors received fair and equal treatment.

It must be noted that every tournament is made possible only by the hard work of those individuals who are not seen. The GKK students and their family members who volunteered their time to work behind the scenes insured that the tournament ran smoothly and provided an indispensable role in the success of the 2002 GKK International Invitational Tournament.

SHO YO KAN TOURNAMENT RESULTS

by Mrs. Jean Stamper

In Toledo on October 9, 2002, a GKK Tournament was held. The Sho Yo Kan dojo had 32 spectators and volunteers with 11 competitors participating. The competitors included Hunter Parlette, Robert Huebner, Alexandra Huebner, Alyssa Huebner, Kathryn Maria, Martin Babiuch, Savanna Dotts, Francesca Cherry, Bill Borgelt, Todd Borgelt, and Michael Knight. Out of 28 medals awarded to these competitors 15 were gold, 5 were silver, and 8 were bronze.

Thanks to those that donated their time and resources to make this tournament a success. Special thanks to Mr. Bill Borgelt for providing his truck and storage locker for the mats.

With or without a medal the competitors are winners. Everyone gave their best, and displayed true sportsmanship and courage.

TOLEDO AREA WIDE SHODAN TESTING

by Mrs. Jean Stamper

We're pleased to announce that on 11-10-02, eleven ichi kyu's were promoted to Sho-dan. Presiding were Yamakura Shihan, and Rich Stamper Kyoshi accompanied by thirteen area dan rank members.

Those promoted from Mark Cramer Sensei's dojo were Brad Gemer, Ben Meade, Mary Meade, and Neil Warner. Promoted from Jean Stamper Sensei's dojo were Bill Borgelt, Todd Borgelt, Steven Hahn, Robert Huebner, and Tamara Rockwell-Huebner. Promoted from Ed Myers Sensei's dojo were Jeannine Dotts, and Savanna Dotts.

Those testing are to be congratulated on an excellent job and are deserving of their new rank.

Special thanks go to Mr. Yamakura for taking the time to attend, assess, and share his knowledge with the group, and for his patience in signing gi's, belts, books, etc. His presence made the event extra special.

KARATE FOR BOYS ONLY?

by Ms. Ruthe Jones

Most people who learn I practice martial arts and karate in particular say something along the following lines: You're a girl. Karate is a boy thing. You could get hurt. You should learn to cook and sew. My friends from around the time I first began karate said them. My relatives who have heard of my training from my mother say them. Co-workers who have caught me practicing kata during my lunchtime or newly hired co-workers when told by someone else say them. Every time Kathy, my doctor's receptionist, sees me walk or crutch in the door she shakes her head and tells me I should take up knitting or needlepoint. My usual reply is "That needle is real big, Kathy. I'd probably stab myself." "You probably would," she'll reply.

Since age ten, I've wanted to learn karate. A gentleman who worked for my stepfather when I was ten, would practice kata during his lunchtime. Now I know his style was Shotokan, but at the time all I saw was the beautiful movement. I asked him to teach me, but he felt he was not qualified to teach. He gave me his instructor's name and address. Of course, I went to my mother and begged her to allow me to take lessons. I was told "No!" I was a girl and might get hurt.

Long before my first Karate class, I had on four separate occasions been attacked. Twice by different male cousins in my teens, once by a high school friend's brother, and once by a man I did not know while I was waiting for the high school bus. While struggling with the first two, each one got a knee to the groin. I was able to get away from the third and the bus drove up during the last. Never again will I be caught so unaware and unprepared. Never again.

After I graduated from college I began seriously looking at different martial arts programs. Most I could not afford. Of the ones I could afford, ALL had male instructors who felt it was beneath them to teach a girl. Not discouraged, I continued to search. Five years ago, I was coming home from work and saw a church lawn sign advertising a beginner karate class. I signed up for my first class and have never looked back. Thank you Jean and Rich Stamper!

The past five years have seen me collecting various bumps, bruises, sprains and strains. I have broken toes, my nose, my right collarbone, my right ulna, and a few ribs. I have also incurred meniscal damage, torn one MCL, and completely blew out the ACL in my right knee. Every once in while, I'll be x-rayed for a fresh injury and the x-ray technicians will find a bone I hadn't realized was broken. Sure it hurt or ached for a few weeks, but if a bone isn't showing I don't bother my doctor.

During my training time, I have run across males who feel females have no business taking karate or any martial art. I have been told and it has also been implied that "feminine" females do not take martial arts classes. Someday one of their loved may be attacked and these same males may not be around. Some of them I know have wives and daughters. Due to a belief held by a husband or father who feels karate is "unfeminine", those daughters or wives are left without knowledge that they could use someday to help themselves. What a shame.

Yes, I am a girl. No, karate is not a "boy" thing. I do get hurt and know how to cook and sew. Maybe someday if it suits me, I'll learn needlepoint.

LETTERS TO THE EDITOR

Greetings to all web site visitors.

First I would like to thank Mr. Kevin Cullen for all of his work over the past years on the web site, and for making it what it is.

I would like to introduce myself as your new web master for the goju.com web site. As such I would like to welcome you to visit the site and see what it has to offer. I have recently been charged with managing and taking care of the web site and have already started with some minor changes and modifications. You may have already seen the new appearance of the newsletter on the site. The newsletter is now in PDF format. This allows for fast distribution and ease of printing. The site is now fully html

compliant. This should make the site render reliably and properly in all web browsers that follow the standards as defined by the W3C.

Let me tell you a little about myself. I have been involved in the computer industry since 1980, and have been doing web site development work since 1994. I am a strong believer in being standards complaint in web sites and their design. I have been a GoJu student for a little over 2 years and for many who live in the Toledo area or have visited, you may have seen me around. I have visited a few of the dojos in the area and can regularly be found at either Mr. Greg Dodges of Mrs. Jean Stamper's Dojo.

But there is much more to do, and here is where I invite you to help out. Whether you are a guest who is just looking at the web site for the first time or a reader of the newsletter I would invite suggestions. Ways that you could see the web site improving and getting better. Also changes that can be made to offer services that you may feel you would like to see, I want to hear about it. Also if you do send in something please tell me if you're a member. This way I can be sure to attempt to address your needs in the areas that they are needed.

Additionally I am looking for volunteers. To help with the development of the new GoJu web site. This site should have much more information and dynamic capabilities to allow people to communicate and see those things that are most valuable to them. The new site is being developed using open source technologies and uses MySql as its database and PHP as a dynamic page language. I have already received an excellent basic look and feel from Mr. Greg Dodge. if you would like to take a peek at the proof of concept site you can see it at <http://goju.abacusii.com/> .

Some features I am looking to add in the future. Include an complete archive of all the newsletters that have been published, Going Back to 1983.

Multilingual support. We have many groups now that are in countries that do not speak English as their primary language. I would like to have the site available in those languages. Hence I would need people who can read both English and the language that is local. Other features include making some of our archives searchable. And making it easy for a dojo to order GKK product online. Additionally I am looking to have a members' section with calendaring and the ability to have individuals update news articles on the site and to allow schools to post articles to the site.

Sincerely,
Eric Naujock
naujocke@buckeye-express.com

Eric, welcome to the communications division of the GKK! The Newsletter wholly supports the groundbreaking work Mr. Naujock is doing for the organization and will assist in any way possible to insure that members receive accurate information in a timely manner. – kef, ed.

Dear Editor:

This poem is submitted as a tribute to all those who judged, attended and participated in the Mid-states area wide promotion which was held in Toledo, Ohio during the month of November, 2002. The poem is an original work and has not been previously published anywhere.

The poem exemplifies the Zen underpinnings that are a major component of Japanese karate-do. It is submitted with the hope that the individual who is about to read this poem will remember that Gichin Funakoshi noted: "A true karate man strengthens his hands to lift those who have fallen, no matter how low". Therefore, I believe that a practitioner of karate must always remember that the practice of karate is not about glorifying one's self solely with keen physical abilities that are ultimately developed after many years of practicing the art. Rather, a true karate-ka practices the art for the sake of the world. The skill and discipline of body/mind does not end when class ends and the individual karate-ka walks off the floor. Rather, the skill and discipline acquired on the dojo floor are to be used as a method of fostering wisdom, compassion, tolerance, harmony and peace throughout the karate-ka's daily life.

This is the spirit of Shaolin, which is the ultimate source of GoJu-Ryu. It is exemplified in the following poem.

Best holiday wishes to everyone.

Respectfully submitted;
Ch'adan (the morning fresh mind)

A Dove's Message At Christmas

There came a dove with a season's greeting,
Once upon a midnight fleeting,
It was Christmas time on this place called Earth,
Where all of life had been given birth,
From the girth of mankind there is still hope,
If only we can teach our children to cope,
To have faith that they will not be forlorn,
To the lessons that their parents have scorned,
Despite being around those with a poisoned heart,
To always be nonviolent and pure,
That is the lesson to be learned,
If mankind is to endure!

By Michael C. Galose, III, Esquire
Created September 27, 2002

E-MAIL ADDRESS MASTER LIST SOUGHT

As many members may be aware, considerable discussion is being held concerning the Organization and its future goals and direction. It is the leadership's firm commitment to involve as many of the Yudansha as possible in this discussion. To that end, we would like to build an e-mail master list of martial artists who hold membership in the GKK, to establish a base for quick communication in matters of concern and interest to the members of the GKK. If you are interested in having a voice, if you are honorable and knowledgeable, we would appreciate hearing from you. Please send your e-dress to fieldkenneth@hotmail.com

CYBER CONVERSATIONS

Four Poisons, Four Cures

We're probably all familiar with the "four poisons" that Japanese kendo-ka strive to avoid: fear, doubt, surprise, and hesitation. I've spent the bits and pieces of free time I have wondering how I can train to understand and overcome these foibles.

It struck me the other day that, along with looking for ways to subdue my own poisonous tendencies, I should look for effective ways to CAUSE them if the need arose. I'm curious to see what anyone has to say on the topic, and I'd love to hear any thoughts or musings along this line. Thanks for your time, everyone. – Mr. Brook Kill

?? My research has shown me time and again that these are weaknesses (fear, doubt, surprise, and hesitation) that arise in the novice karate-ka. When we are at a learning stage, we think about what we are doing as we are doing it, before we do it, and after we do it. Disturb a combination of a novice, and he or she will certainly start to hesitate and second-guess themselves. This is Yushin. As an advanced martial artist, it is my goal daily to strive for Mushin. I practice katas, kihon, and kumite with the focus of never thinking. If I only react, then I can express myself honestly. Many know that I have yet to master such an idea, yet I feel that this is the number one way to rid yourself of the "four poisons." – Shawn Kidwell

?? Clearly, all martial artists strive to eliminate these poisons from their own minds. However, the question as to how to elicit these poisons in others is an interesting topic.

If my students strive to eliminate these poisons, then I can aid them in their training by evoking them, and thereby providing them with the opportunity to deal with them. Fear could be generated in a novice by something as simple as a fierce facial expression or loud kiai. At more advanced levels something more real is required. Perhaps strong techniques delivered to the body, or well controlled, but powerful strikes at the head. I have often been told that in kumite matches, some competitors will consciously commit an excessive contact foul early in the match to cause both fear and hesitation in their opponent.

Surprise can be generated by acting in a way that is inconsistent with the image that you have presented. By appearing passive and then attacking without warning. By consistently throwing hand techniques, then suddenly delivering a kick.

I believe that doubt would most easily be generated by exhibiting a calm confidence, of showing absolutely no doubt of your own. In any sparring match, beneath the surface of the physical techniques, there is a clash of confidence. If you doubt, you loose.

Having discussed ways to generate these four poisons, let me also ask the question... SHOULD we attempt to inspire these poisons in others?

For example, the competitor that consciously violates the rules of kumite to gain advantage in the match, engenders fear in their opponent. But are they also violating Karate-do? I follow karate-do in order to perfect my character. I struggle to attempt to do what is right in all situations. I consistently fall short, but I struggle on. In my mind, willfully attempting to cause fear in another person, and consciously violating

any law is not consistent with karate-do. I admit I do break the speed limit on a regular basis, and have heard more than one man, wiser than me, speak of the perils of doing so. When we allow ourselves to choose which rules to follow and which to disobey, we set ourselves apart from and above the rest of society, and we make all laws and rules subjective to our personal approval. In time we may find ourselves justifying many other transgressions.

If the goal of the martial artist is to remove the four poisons in ourselves, then it must also be to remove it from society as a whole. If eliciting those poisons has some value in training and assists the students in learning to overcome those poisons, then I agree it has merit. If it is done in self-preservation, it has merit. If it is being done for self-advancement, then it does not. – Kevin Forsythe

?? Mr. Forsythe has made some extremely good points. I agree the easiest way to inflict the four poisons in a kumite match is to cheat. I also agree that this is contradicting to one's growth in karate-do. In the street, it only matters that you and your loved ones are safe and your attacker is still alive. In the ring, we are demonstrating the ability to control our techniques and our pride. Here would be some strategies to inflict these poisons onto the opponent, while showing respect.

Defenses

1. (go no sen) Block and counter on different beats.
2. (sen no sen) Intercept opponent's attack.
3. (sasoi waza) Invite the opponent in with a open guard or lame technique to counter strongly.
4. (sen sen no sen) Initiate an attack, as the opponent attempts to intercept your attack intercept him first. (most difficult)

Offenses

5. SDA - Single direct attack
6. ABC - attack by combination
7. ABD - attack by drawing
8. PIA - progressive indirect attack
9. HIA - hand immobilization attack

By constantly changing your strategy you make the opponent think, that is the cause of the four poisons - thought. – Shawn Kidwell

?? I do appreciate that the notion of inspiring poisons opens a Pandora's box. When I suggested thinking of ways to cause these poisons, I meant that they, like punches, kicks, or, better still, a calm demeanor, are tools that serve a purpose. Munenori wrote that weapons are not the way of heaven right before writing at great lengths on how to use weapons. I think to disregard the mental and emotional tools that we may need would be lacking, somehow. Also, I didn't particularly mean this to be taken in the context of kumite as much as I meant it to be something to think about if the need should truly arise. My thinking is that any tool that can be used to "unnerve the opponent at the outset" deserves some thought. And I do agree that instinctive

application of strategy will cause significant mental turmoil in an opponent, perhaps enough to make him think twice about engaging or committing again. I think this points toward something we all believe as budo-ka; we find ways to survive, be it sen no sen or knowing when to withdraw. – Brook Kill

This is a new feature of the Newsletter gleaned from conversations among GKK members posted at the new home page. – kef, ed.

KARATE CALENDAR

January 4, 11, 18, 25, Saturdays: Seattle Area Advanced Class for study of kata, bunkai, energy generation and application, and teaching, Greenlake Community Center, 10:30 a.m. – 12:40 p.m.

January 4, 8, 11, 15, 18, 22, 25, 29, Kenjutsu Class, every Wednesday of each month 5-6:30 p.m. and every Saturday 4-5:30 p.m. at Bellingham Academy of Self Defense, 519 E. Maple, Bellingham, WA (360)-733-2550.

The Mid-states Area advanced class usually held in Toledo the second Saturday of each month has been canceled due to lack of interest.

January 25, Saturday: Northwest Area Advanced Class, every last Saturday of each month at BASD. Advanced Class will combine Grappling, Pressure Points and Jujitsu for kata and street applications, 1-3:00 p.m.

March 3, 2003, Saturday: 30th Steveston Invitational International Karate Championships in Richmond, British Columbia, Canada.

THANKS

Special thanks to the many people who contributed to this month's GKK NEWSLETTER: Mr. Motoo Yamakura, Mr. Rich Stamper, Mrs. Jean Stamper, Mr. Mark Cramer, Ms. Ruthe Jones, Mr. Eric Naujock, Mr. Mike Galose, Mr. Brook Kill, Mr. Kevin Forsythe, Mr. Shawn Kidwell.

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BE HOPEFUL