



GOJU-RYU KARATE-DO KYOKAI

NEWSLETTER

February/March, 2003

YAMAKURA VISITS GKK CANADA

GKK Canada members were fortunate Monday December 11th when Mr. Yamakura visited for two seminars. In the seniors class (both Kyu and Black Belt) Mr. Yamakura ran us through stance movement with various combinations, Kata, Bunkai for Katas Sanseiru & Shisochin and Sanchin breathing. An excellent workout for all! All GKK Canada members would like to thank Mr. Yamakura and Sensei Pirrone for the kind gesture of bringing us all together for an enjoyable evening!

BASD HOLDS SAN SEN WAZA

The Bellingham Academy of Self Defense held its annual New Year's Dedication Practice, San Sen Waza, on January 4th, celebrating the New Year on the first Saturday of January. Twenty members participated in the event. The entire group performed three thousand techniques and followed with individual performance of a kata of choice (tokui gata). Each attendee received a group photo certificate of accomplishment. A traditional Bonenkai and sake Kampai closed the ceremony while affirming improved training resolutions for 2003.

This year, on behalf of Yamakura Hanshi, Shihan Stamper and the entire GKK, Sensei Duane Sammons was able to award Renshi Designation to Mr. Bill Carter, Godan. According to Sensei Sammons, "Mr. Carter has been a long- standing stalwart member of our dojo and of the GKK. This was an award that was well earned and well deserved."

SEATTLE DOJO WELCOMES NEW BLACK BELT PREPARES FOR TULSA VISIT

Following the winter shinsa of the Seattle dojo, Sharlamane Lilly received her shodan. Ms. Lilly is a dedicated practitioner who started a karate club at Seattle University, a prestigious institution. Ms. Lilly who has trained with Boyd and Carol Gittins, demonstrates the finest attributes of the karateka: dedication, perseverance,

fortitude and emotional equilibrium. The karate world and the GKK are fortunate to have Ms. Lilly as a member. Already, Seattle area karateka are preparing to travel to Tulsa from July 7-14. There they will train daily with Master Yamakura. For information, please contact Carol Gittins at gittinsfam@earthlink.net.

ANNUAL DUES ANNOUNCED

The Annual Renewal Fee is due by April 1, 2003. The dues are set at fifteen dollars US for kyu ranks, twenty-five dollars US for Dan ranks. Instructors, please collect these fees from your students and colleagues and send them to Mr. Rich Stamper at the address at the end of this newsletter. Don't let your membership expire by accident.

- “In this world it is not what we take up, but what we give up, that makes us rich.” – Henry Ward Beecher

REAL WORLD GOJU-RYU Mr. Rich Stamper, GKK Director

The Mid-States area advanced class this month featured Mr. Dave Drew teaching real world applications of Goju-Ryu. Mr. Dave has had experience in Kokushinkai so he certainly understands the hard aspect, and has had experience in the soft aspect of Chinese styles. He blends these into a smoothly flowing flurry of attacks and defenses that are deceptively effective. The eighteen Dan rank members in attendance learned concepts and philosophy of blending hard and soft as well as examples of techniques and applications. Mr. Dave's performance is an excellent example of the precepts of Goju-Ryu and we are most fortunate to have him in the GKK. Mr. Dave's from Australia by the way, mate.

- One-half of knowing what you want is knowing what you must give up before you get it.” – Sidney Howard

CYBER CONVERSATIONS

Mrs. Carol Gittins, Edmonds, WA --

The three reason women are easy targets for random acts of violence are:

(a) Lack of Awareness

You MUST know where you are & what's going on around you.

(b) Body Language

Keep your head up, swing your arms, stand straight up.

(c) Wrong Place, Wrong Time

DON'T walk alone in an alley, or drive in a bad neighborhood at night.

Women have a tendency to get into their cars after shopping, eating, working, etc, and just sit (doing their checkbook, or making a list, etc). DON'T DO THIS! The predator

will be watching you, and this is the perfect opportunity for him to get in the passenger side, put a gun to your head, and tell you where to go.

AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOORS AND LEAVE.

A few notes about getting into your car in a parking lot, or parking garage: Be aware: look around you, look into your car, at the passenger side floor, and in the back seat. If you are parked next to a big van, enter your car from the passenger door. Most serial killers attack their victims by pulling them into their vans while the women are attempting to get into their cars. Look at the car parked on the driver's side of your vehicle, and the passenger side. If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall, or work, and get a guard/policeman to walk you back out. **IT IS ALWAYS BETTER TO BE SAFE THAN SORRY.** (Better paranoid than dead.)

ALWAYS take the elevator instead of the stairs. (Stairwells are horrible places to be alone and the perfect crime spot). Do not get on an elevator if there is a weirdo already on there. (Of course bad men don't always look bad). Do not stand back in the corners of the elevator, be near the front, by the doors, ready to get off or on. If you get on the elevator on the 25th floor, and the BoogieMan gets on the 22nd, get off when he gets on.

If the predator has a gun and you are not under his control, **ALWAYS RUN!** Police make only 4 of 10 shots when they are in range of 3-9 feet. This is due to stress. The predator will only hit you (a running target) 4 in 100 times. And even then, it most likely **WILL NOT** be a vital organ. **RUN!**

As women, we are always trying to be sympathetic: **STOP IT!** It may get you raped, or killed. Ted Bundy, the serial killer, was a good looking, well-educated man, who **ALWAYS** played on the sympathies of unsuspecting women. He walked with a cane, or a limp, and often asked "for help" into his vehicle or with his vehicle, which is when he abducted his next victim.

Pat Malone told us the story of his daughter, who came out of the mall and was walking to her car when she noticed 2 older ladies in front of her. Then she saw a police car come towards her with cops who said hello. She also noticed that all 8-handicap spots in the area were empty. As she neared her car she saw a man a few rows over calling to her for help. He wanted her to close his passenger side door. He was sitting in the driver's side, and said he was handicapped. He continued calling, until she turned and headed back to the mall, and then he began cursing at her. In the meantime, she wondered why he didn't ask the 2 older ladies, or the policeman for help, and why he was not parked in any of the empty handicap spots. As she got back to the mall, two male friends of hers were exiting, and as she told them the story, and turned to point at the car, a man was getting out of the back seat into the front, and the car sped away. **DON'T GET CAUGHT IN THIS TRAP.**

Tips to saving your life, if you have gotten into a violent situation:

(a.) REACT IMMEDIATELY. If he abducts you in a parking lot, and is taking you to an abandoned area, DON'T LET HIM GET YOU TO THAT AREA. If you are driving, react immediately in the situation, and crash your car while still going 5 mph. If he's driving, find the right time, and stick your fingers in his eyes. He must watch the road, so choose an unsuspecting time, and gouge him. It is your ONLY defense. While he is in shock, GET OUT. (This sounds gross, but the alternative is your fault if you do not act.)

(b.) RESIST! Don't go along with him: run, if you are able: DON'T EVER GIVE UP! You DO NOT want to get to a crime scene.

Always keep your distance when walking past strangers on the street or in dark areas.

GET A CELL PHONE. There are packages for \$19.95 a month that allow you to program only 911 into the dialing out program.

BREAKDOWNS: Make every effort to avoid this by ALWAYS keeping your car in good working order. If your car breaks down: LOCK YOUR DOORS. You better have a cell phone to call for help. If you don't have a cell phone: (shame on you) keep a blanket, warm clothes, a pair of boots, and a flashlight in your car always, for emergencies. If it's noon on a business day, you may want to put your hazards on and walk to safety. If it's 2 a.m., put on your warm clothes, and walk to a lighted area. You are a perfect target if you are sitting in your car when it's broken down. Predators search the highways for easy targets like you. If you're on a desolate road: walk away from the car (in your warm clothes) and go to some bushes, or some area AWAY from your vehicles. It will be cold, and uncomfortable, but you DO NOT want to stay in your car, and there are no psycho bogeymen waiting in the bushes who knew you were going to break down there and then.

Physical defenses that we can use against the violent predator:

(a.) The EYES are the most vulnerable part of the body. Poke him there. HARD. It may be your, only window of opportunity.

(b.) The neck is also a vulnerable spot, but you MUST know where to grip, AND HAVE THE STRENGTH to cut off his breath.

(c.) The last place is the KNEES. Everyone's knees are very vulnerable, and a swift kick here will take anyone down.

-- A cautionary note about these things. If you do not do these things right the first time, you are in trouble, because it will only anger the individual, and that anger will be TAKEN OUT ON YOU. I'm not saying don't attempt them (it may be your only hope), but be forceful when you do.

If you are walking alone in the dark (which you shouldn't be) and you find him following/chasing you: Scream "FIRE!" and not "help". People don't want to get

involved when people yell "help", but "fire" draws attention because people are nosy. RUN! Find an obstacle, such as a parked car, and run around it, like "Ring Around the Rosie." This may sound silly, but over the years, 5 women have told Pat Malone that this SAVED THEIR LIVES. Your last hope is getting under the car. Once you are under there, there are tons of things to hold onto, and he will not be able to get you out and will not come under for you (most likely). Usually they give up by this point. The catch here is that YOU MUST PRACTICE GETTING UNDER THE CAR. You must have a plan (he will have one); know if you will be going on your back, front, from the side or back of the car. It must be practiced.

Never let yourself or anyone that you know be a "closer" in any type of business (bar, store, restaurant, gas station). Pat knew Danielle, who was a girl that just died from being shot point-blank by some kids while she was closing at the local gas station. He talked with her the night before she died, and asked whether it ever scared her to close alone. She said yes, but said, "I'll be alright, Pat. I'll be alright." She wasn't.

Our world is not as safe as we pretend that it is, and living in our fantasy worlds WILL get us in trouble, sooner or later. Pat Malone said, again and again, that the women who die EVERY MINUTE from violent crimes expected to go to bed tonight, and get up tomorrow. No one expects it, but we must be prepared and be aware so that we HAVE A PLAN. BE PREPARED TO ACT! AND ACT HARD! HAVE A PLAN! (At our public library, all the staff have to walk out of the building at the same time, in a group...for safety... at closing time.)

I would encourage you to pass this on to all the women you know, not just your friends and family. We all need to hear these things and learn to be safe.

Aarene Storms, Seattle

Interesting stuff...and familiar. I'm surprised I didn't write it. <G>

I do *say* a lot of this stuff to people (mostly women) fairly often, and at my public library the staff DOES all leave together (at my insistence) for safety reasons! Just because I'm now a librarian and not a karate instructor, I haven't lost all the knowledge I gained along the way!

The only thing I would add to this is the note that your "gut reaction" is ****ALWAYS**** right. Even if you have no tangible evidence for suspecting that something is wrong, there is a reason your neck hairs are prickling or your stomach feels odd in certain circumstances. Sometimes the only verification you will get that your guts were right is if you DISOBEY your gut reaction...and you enter the "sorry not safe" category! Intuition is a tool, and smart people will use it as well as all the other tools they can lay hands on to defend themselves.

There is a book that addresses this "gut reaction" thing, as well as our modern reluctance to pay attention to intuition. Take a look at *The gift of fear: survival signals that protect us from violence* by Gavin de Becker.

Nuff said, now back to your regular programming. This message brought to you by the safety council and your local public library (Isn't there a bond issue to support your library on the next election? Shouldn't you find out...and vote?)

This is a new feature of the Newsletter gleaned from conversations among GKK members posted at the new home page and on various email collection points. – kef, ed.

- “What a man thinks of himself, that it is which determines, or rather indicates, his fate.” – Henry David Thoreau

LETTERS TO THE EDITOR

Hello;

Due to renewed interest in having an area Advanced Class, we are re-instituting it, but with a different format from the recent past. A different instructor will teach the class each month. The instructors will be selected from the group that attends the Advanced Class on a regular basis, although no one will have to teach a class if he or she chooses not to.

This month's class will feature empty hand against weapons training, led by Rich Stamper. Next month's class will be taught by Mr. Dave Drew and feature effective techniques for actual confrontations. Mr. Lyn Gray will teach February's class. We will go from there based upon who attends.

The class will meet the second Saturday of each month at Judson Baptist Church, 2880 W. Laskey, from 10:00 A.M. to noon as in the past. The class is open to all Dan ranked members, and brown belt members with their instructor's permission.

Ideas for the class are welcome. We are fortunate to have a lot of experience in this part of the country and it makes a lot of sense to share that among ourselves.

Hope to see you there.

Rich Stamper, GKK Director

Hey everyone,

I would like for all GKK members to be experts in all aspects of Karate-do, not just the areas that interest them the most. So even if you are not fond of sport Karate, you should do your best to help promote the organization and to increase your awareness on the subject. Remember, our image in the public eye is important if we want to be successful. The easiest way to promote your school and organization is to go to public events and stand out, greet people, and outclass the competition.

If anyone has any questions, feel free to contact me, remember - the only dumb questions are the ones you don't ask.

Shawn Kidwell

Greetings everyone!

Mr. Stamper has asked me to compile a questionnaire referencing what the instructors and students of the GKK would like to see from our great organization. This would include any and all suggestions and criticisms that would make our great Kai even better! Mr. Stamper would like both the questionnaire and the responses to be posted in the GKK newsletter. Now that we have so many here in this "e-group", I thought it might be a good time to ask you all for suggestions for the questionnaire. Also, I would like to ask Mr. Field to post a similar "advertisement" (for lack of a better word), in the newsletter in the hopes of getting input from those who aren't "on-line".

Please ask your students and instructors for input and have them emailed directly to me at taylorpd@yahoo.com or snail mail them to me at P.O. Box 3412, Visalia, CA 93278.

Thank you so much for your help and assistance.
In Budo,
Dan Taylor
Visalia, California

- “Fear is a kind of bell ... it is the soul’s signal for rallying.” – Henry Ward Beecher

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.

EDITOR’S COMMENTS **Kenneth Field, GKK Editor**

I take my lunch out to the harbor near where I work and watch the boats and ships come and go. There is a statue of a woman and child watching the entry to the harbor, as though looking for someone to come home. So many of them haven’t. Nearby is a monument listing the names of the lost, and atop this monument is a flag pole, its flag flying at half-mast by executive order, mourning the loss of the shuttle Columbia and her crew of brave souls.

There is no comparison between the shattering loss of the World Trade Center and a shuttle disaster. That is not how we measure loss, by the number of persons taken from us. The loss of a single man or woman is no different from the loss of thousands. Each loss diminishes us.

Perhaps the main difference between the two catastrophes is that the Columbia Seven were doing what they loved, what they’d trained to do. There are people who would diminish their sacrifice by denying us the stars, saying there is more than enough

to do here on the ground than to waste our people in the sky. They do this from fear, not from love. That monument beside the harbor reminds us that reaching out for something more exacts a price. From time to time we will pay that price.

But we will reach the stars.

KARATE CALENDAR

March 1, 8, 15, 22, 29, 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.

March 1, 5, 8, 12, 15, 19, 22, 26, 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.

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

March 8, Saturday: Mid-States Area Advanced Class, every second Saturday of each Month at Judson Baptist Church, 2880 W. Laskey, from 10:00 A.M. to Noon.

March 29, 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.

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. Duane Sammons, Mrs. Carol Gittins, Ms. Aarene Storms, Mr. Dan Taylor, Mr. Shawn Kidwell and harveybombaytiger@hotmail.com .

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BE READY