



# Goju-Ryu Karate-Do Kyokai NEWSLETTER October 2003

*Editors Note: Last month this article was printed incorrectly. I have reprinted it with corrections. Please accept my apology:*

## Mid-States Area Dan Rank Promotions

Promotional testing was held on May 10, 2003 for Dan rank GKK members in the Mid-States area. As a result, we are pleased to announce that Mr. Mark Cramer, our Competition Team leader, was promoted to Roku-Dan; Mr. Mike-Chadan Galose, our Philosophical Advisor, was promoted to Go-Dan; Mr. Kevin Forsythe, an assistant Director, was promoted to Yon-Dan; Mrs. Ann Manning, Mr. Jay Lewis, and Mr. Ken Klafit were promoted to Ni-Dan.

The two and a half hour event covered all aspects of our training and the participants' performance was inspiring. Congratulations to these fine representatives of the GKK.

## International News NEW MEMBER SCHOOLS IN INDIA

We are pleased to announce that we have three new GKK schools in India. The Vellore District, Tamil Nadu instructor is M. Swaminathan; the Arcot District, Tamil Nadu instructor is S. Balaji; and the Pondicherry State instructor is M. Govindaraj.

These three programs join our growing membership in India under the guidance of our India National Director, Mr. M. Badu.

These fine additions to the GKK bring many sincere and talented students and their dedicated instructors into our organization.

Congratulations and welcome to our three new schools.

## GKK AFFILIATE ACCOUNT WITH KAMIKAZE USA

An affiliate account has been set up with Kamikaze USA. This account is set up to pay the GKK Headquarters a 15% commission on purchases made when you go to the Kamikaze site from our link on our Goju.com website. The commission money goes directly to the GKK organization and has no effect on the purchase price of merchandise. If you are a Webmaster for your local group website, this may be an ideal way to raise funds for your school. Just check into the affiliate program.

## 2004 Kwanmukan Symposium

The Kwanmukan will host its annual symposium January 16-18, 2004 at the Holiday Inn Holidome in Sandusky, Ohio. This three-day event will have over 29 different sessions to choose from including such things as karate, judo, ju jitsu, kobudo and other martial arts. Special sessions will be held for dojo owners only. Please register early as we expect a sell-out event. If you can register by October 1, the seminar fees are the same as last year. Registration received after October 1 will pay an additional fee. For additional

information email Patrick Hickey at [PatrickHickey@HickeyKarateCenter.com](mailto:PatrickHickey@HickeyKarateCenter.com). He will email you registration forms in Adobe PDF format. Otherwise include your mailing address and he will put a brochure in the mail to you.

### Note from Mr. Mark Cramer

I encourage all who are interested in expanding their knowledge of karate-do and the martial arts to attend this weekend seminar. You will not only increase your knowledge of karate-do, you will also have a fun filled weekend with family and friends.

The symposium is structured to make it a family/friendship mini-vacation with karate instruction. It is located in Sandusky, Ohio at a Holiday Inn, which has a large indoor pool, game room, putt-putt and Jacuzzi rooms.

The price of the weekend package is quite reasonable and I think that we might be able to get about twenty local people to commit themselves to a weekend of fun, entertainment, and karate.

You are able to attend a variety of karate-do/martial arts classes each day of the seminar, and the instructors will be some of the most qualified in the country. It is my understanding that at least one and perhaps two of the classes will be in Goju-Ryu instruction. However, there will be classes in kumite strategy, kata, kobudo, ju jitsu, etc. In other words there is something for everyone each day.

Let's see if we can get a goodly group of us to attend, learn, and

have some fun during the doldrums of winter.

**SEATTLE CENTRAL CLUB**  
**TAKES HONORS AT**  
**TOURNAMENT**

Sensei Carlos Aviado Receives  
Top Instructor Award

Seattle, WA – June 14, 2003  
The Shawn Denton Memorial Friendship Tournament was held on June 14, 2003 in Seattle. This tournament honors Shawn Denton, an outstanding national karate champion who was killed last year while sightseeing after a tournament. Shawn was a victim of a gang-related drive-by shooting. This year many new competitors came in the spirit of friendship.

Among the new competitors were Sensei Carlos Aviado and members of his dojo, the Seattle Central Community College Karate Club. Because every member of the club who competed won medals, Sensei Aviado received the Shawn Denton Instructor's Appreciation Award.

Here are the tournament results;  
Advanced/Black Belt Division:  
**Carlos Aviado** 1<sup>st</sup> Men's Red/Brown Belt Kata; 1<sup>st</sup> Men's 16-34 Black Belt Kata; 2<sup>nd</sup> Men's Black Belt Sparring  
Intermediate Division:  
**Daniel Condrea** 1<sup>st</sup> Men's 18-34 Intermediate Kata; 1<sup>st</sup> Open Weapons Division; 3<sup>rd</sup> Intermediate Sparring  
**Ian Gauger Wilkerson** 2<sup>nd</sup> Men's 18-34 Intermediate Kata  
**Anders Zwartsjez** 3<sup>rd</sup> Men's 18-34 Intermediate Kata; 2<sup>nd</sup> Intermediate Sparring  
**Suzy Duvall** 1<sup>st</sup> Female 16-17 Intermediate Kata  
Beginner Division:  
**Damon McCullen** 1<sup>st</sup> Men's 18-34 Beginner Kata; 1<sup>st</sup> Men's 18-34 Beginner Sparring  
**Chris Sharp** 2<sup>nd</sup> Men's 18-34 Beginner Kata; 3<sup>rd</sup> Men's 18-34 Beginner Sparring.

Congratulations to Sensei Aviado and his dojo for their fine

performance at this tournament. Sensei Aviado has created an excellent website:

[SCCCTraditional.JapaneseKarate-DoClub.htm](http://SCCCTraditional.JapaneseKarate-DoClub.htm).

Please check it out.

**SUMMER SHINSA RESULTS**  
**FROM KINNAMIKAN**

Seattle, WA – July 2003  
KinNamiKan, formerly known as the Greenlake Karate Club or the Seattle-area Dojo, after the summer promotional testing, has two more San-Dan and one more Sho-Dan members.

In the shinsa tests held in Seattle, Christopher Rouse received his Sho-Dan. Rouse, who works for the Seattle Mariners organization, is a diligent student who trains with both Boyd and Carol Gittins.

In July five members of KinNamiKan trained with Shihan Yamakura in Tulsa, OK for five days. On the fourth day, Boyd, Carol and Renee Gittins watched Andrew McLane and Klayton Kuzminski test for their San-Dan, displaying their kihon, ido, kata, bunkai and kumite skills. At the end of the test, Shihan Yamakura awarded their new ranks to them.

Andrew McLane is the sempai of KinNamiKan. Besides his solid foundation in the GKK, McLane also has trained extensively in aikido and studied the use of weapons. Currently, he is constructing a website for KinNamiKan, so members can stay informed on dojo events and schedules. McLane displays the dedication and mindfulness to which true martial artists aspire.

Klayton Kuzminski served as co-instructor of the North Kitsap Karate Club until a new job made continuing that role impossible. In addition to his years studying Goju-Ryu karate, Kuzminski has trained in ground fighting, jujitsu and in various armed combat forms. He is

intense and trains both on his own and with the KinNamiKan.

Also this summer, Renee Gittins, Jillian Rood and Jonathan Sabo promoted to Ichi-Kyu. Instructors Boyd and Carol Gittins extend their congratulations to the people named in the article as well as all the other students who successfully tested. All of them are worthy members of Goju-Ryu and the GKK.

**E-NEWSLETTER**

As Editor, I want the distribution of this newsletter to be as efficient as possible, as well as convenient to all members. In this spirit, I would like to know if there are any members who would prefer to receive their copy of the Newsletter via e-mail.

If you are interested, please forward your e-mail address to me at  
[psherrman@bowlinggreen.net](mailto:psherrman@bowlinggreen.net)

The benefits would be many fold. You will receive it sooner. You can print it if you wish to have a hard copy. You can forward it along to others. E-mailing the Newsletter will also help the GKK. It will save paper, postage and time. Please consider this method as an alternative to a mailed copy. Those of you without e-mail will continue to receive your copy each month via regular mail. Whichever method you choose, I hope to bring the Newsletter to you in as timely a manner as possible. I also ask that you please send any and all news items that you feel will be of interest to other GKK members.

**ONE STUDENTS TEST FOR**  
**SAN-KYU**

By Paul Bagwell

I am a student at the Nippon Dojo in Franklin, KY and my Sensei is John Herrmann. I have been his student for about 4 years.

It was 6:00AM on Saturday, August 30, 2003, when I realized that there were only 3 hours left until my test for San-Kyu would begin. Instead of pounding on the panic button, as usual, my day started with an unexpected confidence; no butterflies. On this day the best I had was to be shown, and it was.

I arrived at the dojo around 7:15AM after having breakfast. Once inside, I turned on the lights, radio, and of course the air-conditioner. Next I changed into my gi and tied on my green belt for what I hoped was the last time and began my final preparations. Alone and without judging, I completed the entire test, short of sparring, as it would be done later that morning. My gi was soaked from head to toe, dehydration was displaying its' ugly face and I had to do it again.

Saturday morning class starts at 9:00AM. My Sensei and the few students who actually attend the early morning class arrived within the next few minutes. I was asked if there were any questions about the upcoming test. Honestly, I don't remember if there were or not. A few moments later my test began.

The tests for rank usually go as follows; Name, style of karate, name of school, Sensei's name, current rank testing for next rank. Then basics, kata, sparring and then waiting for test results/recovery time. Part one had to be the easiest. The only thing I remember about part two and three was that my heels hurt after SaiFa and that I was very dizzy during SanChin. The basics were a blur, nothing stands out about them. The sparring however, stands out like a sore thumb. As rank increases, so does the level of intensity and difficulty presented to you. Never in any test, including this one, have I ever lost more than a spoonful of blood or broken any bones,

other than toes. This one was different. Sooner or later I will learn that you can't block what you can't see. What I didn't see, I felt. I needed to work more on my defensive abilities. This was the most exhausting part of the test.

My test was now over. The waiting began. The only thing I could think about was that I needed desperately to breath. My recovery was slow.

My judges returned to the room with the results of the test. I stood before them waiting to receive what I hoped was mine. When I was presented with my brown belt, emotional control lapsed for a brief period of time. Achieving the rank of San-Kyu was one I thought would never be reached by me. I did it and will continue to do so as long as my health allows.

For those of you, who haven't taken this test, keep working and you will achieve this goal. For those of you who have, I'm coming to join you.

### **REQUIREMENTS FOR 11<sup>TH</sup> DEGREE BLACK BELT** Master of Karate

Well before testing for this rank any experienced Karate teacher should have already learned these basic techniques:

**Escape from dojo:** the quick exit to avoid clean up and helping with the mats.

**Sleeper stance:** standing at the corner of the dojo pretending to be observing the students as they sweat with exhaustion.

**Sign of wisdom:** sudden, forceful exhalation when a beginning student unexpectedly survives a dangerous body slam without injury.

**Crossing fingers:** a hopeful posture used when uke has been choked unconscious.

**Gift of instruction:** the act of taking credit whenever a student wins a tournament or performs a technique correctly.

**Seeing without seeing:** the dazed look of amazement given to the student who asks a stupid question.

**Kuchi Waza:** (mouth technique) using an hour of class time to answer the stupid question while students sit on their knees in seiza.

**Mugger's defense:** offering to lighten the student's wallet to reduce the risk of confrontation.

**Sensei's downfall:** failing to ask for enough money to keep the dojo open.

### **Further requirements:**

Must be able to walk on water (while in liquid form).

Must be able to disable a man using only a Kleenex tissue as a weapon.

Must be able to make up meaningless Zen koans on the spot.

Must be able to catch a fly with chopsticks.

Must be able to defeat multiple masked ninja movie warriors after they disclose their evil plans to you and leave you to die in an easily escapable situation.

Must be able to voice over a Godzilla movie properly (i.e. coordination between the movement of lips and the voice).

Must be able to take a bullet (not in the chest of course, but maybe in the foot or something).

Must be able to make your own nuclear device with a piece of bubble gum, a pencil, some coconuts, and an alarm clock.

Must be able to change into a judogi in a phone booth at any given moment.

Must be able to sing Karaoke.

Must be able to use nature to your advantage (i.e. sic a dog on the enemy, throw stones at him, climb a tree and hide...).

Must be able to fight blindfolded and win (against blind competitors, of course).

Must have completed a course in "Basic Samurai Sushi".

Must be able to choreograph street fights for Jackie Chan movies.

Must be able to keep all bleeding internal.

Must be able to trim an entire forest into a bonsai garden in 25 minutes or less.

**GKK, CHILE,**  
**ONE YEAR OF HISTORY**

By Ramon Suazo

To write about GKK, Chile, is to write about me and the GKK.

**Chapter 1**

My beginnings in Karate Do

At the age of 16, in February 1972, I started my training in Shotokan Karate Do. From March 1975 to March 1977, during my military service, I practiced Karate Do Goju-Ryu. In March 1977, my first year in the university, I retook my training in Shotokan. In December 1978 I received my 1 Dan and in December 1980 I received my 2 Dan.

During my first years of university, I practiced karate and judo. Afterwards, I became interested in other like disciplines such as Aikido, Kobudo, Tae Kwon Do, Ti Chi Chuan, and boxing. In the year 1984 I returned only to karate and this time I decided it would be last.

I got caught by Goju-Ryu Karate Do. But, because of the local market conditions: The promulgation of the Law of Control of the Practice of Martial Arts and The moral deterioration of those who formed the leaders' class (read instructors) made me withdraw completely. The emphasis is of my exclusive responsibility.

Since 1984, just like the old inhabitants of Okinawa, I dedicated myself to train in secret. To teach in the most absolutely clandestinely and to participate furtively in some national and international competitions. Anyhow, there nobody cares for your personal situation, nobody will ask if you have or not the legal authorization to practice karate.

The only important thing is the money you have to pay to enter the tournament. Is there anything else more important for businessmen?

Disappointed by the precarious morality of those who should be a living example of virtuosity and frustrated by the scarce benefits obtained is when I decided never again to participate or train in any of these organizations lead by these so called "masters".

I trained alone and only for me. For me to train is a way to search to become a better person. Now I only train for Zensho (self control of mind and body). I have done it for ten long years.

**Chapter 2**

The biggest love

Love is a great need that must be satisfied.

Love for karate is a need that goes with you everyday and as such must be satisfied. In the years 1993 – 1994 I visited again some of the old instructors I had once, to normalize my legal situation.

Three of my five children, by then under 15, and some of their friends, also their parents, were asking me to teach them karate. But, looking at my past experiences I refused to teach them several times, maybe hundreds of times, but love is stronger. I wore my old kaikogi (karate gi). I knew that legally I couldn't open a school, that technically I was obsolete, that I had no organization to protect me under their wings. I called for help; I asked it honestly. **HORROR!!!** Going back on my own steps, once again I was able to confirm that the technical and moral conditions of those who said to be "masters" were not getting better after these ten years. **Definitely, good or bad, human characteristics, only gain in perfection with time.**

The exception confirms the rule. Every rule has an exception, as mathematics teaches and I was able to find the exception, partially, in the person of two instructors that had met me previously and that would help me in the new step of my long journey.

I trained goju kai and the line Okinawense. I obtained 4<sup>th</sup> Dan. Happiness does not last forever! The economical demands were too far from my own reality. I couldn't satisfy this hunger for money. I do not live off karate. I am not a professional teacher.

Almost always I have taught karate to a lower class of people to whom I can ask a very low fee. A price mostly symbolic: U.S. \$8.00 average. If I ask little money is not because I'm a rich person or that I don't need it but mainly because I want to be consequent with my believes and the reality of those who are around me. Reality that is also my own. I have a job and a decent salary that helps me and my family to live a good life. I would like very much to ask about U.S. \$25.00 a month per student.

But, those who pay great amounts of money also **DEMAND** great reward. And, generally consider their instructor as a personal employee who is not allowed to ask one more sweat drop than the one they are willing to shed. Or simply consider the learning of karate as another goody they can afford to buy.

Besides, I do not have an adequate gymnasium-DOJO-with wide and luxurious installations that can allow me to save lots of money with which to pay the excesses some "masters" demand. Exigencies that generally are not fulfilled with the "services" they have to offer.

I decided to ask for help out of the Chileans frontiers. I had faith that in some place of the world

there were persons, naturals and judiciaries that would think and act in a similar way to my own thinking. It was the year 2000 when I found Goju-Ryu Karate-Do Kyokai.

### **Chapter 3**

September 23<sup>rd</sup>, 2001:  
Goju-Ryu Karate-Do Kyokai  
Chile is born

#### **The Founders:**

- 1)Richardo Antimanque**
- 2)Gonzalo Moreno**
- 3)Pedro Venegas**
- 4)Ramon Suazo**

I remember that midst 2000 I wrote to Sensei Stamper, a letter (e-mail) asking for his help to know about Goju-Ryu Karate-Do Kyokai.

From the first letter I told Sensei Stamper directly that I was searching for sponsoring, that I was looking for his help to enter in this international organization of karate-do Goju-Ryu. After a couple of protocol letters to Sensei Stamper, he had the kindness to inform me in a finished way about Goju-Ryu Karate-Do Kyokai.

That is how in the month of May 2001 I had to fulfill a series of requirements to apply as a member of the organization. I tried to fulfill them in the shortest time possible. By then I had undergone surgery and was in the post-operative time when I had to answer to all the exigencies, but it was worth it.

After a long time (too long for me) it was hard to wait. I started to get impatient. I thought that all the effort had been insufficient. It was then that I received all the documentation that confirmed me as a member of GKK. It was the month of October 2001, when it reached me (**AT LAST**) I had the documents accrediting me as a member of the Goju-Ryu Karate-Do Kyokai.

**I REACHED MY GOAL!!!!**

But, how far I was from all the difficulties I had to face in my country to be able to become the Director of the Goju-Ryu Karate-Do Kyokai, Chile. Until today, I don't count with the local authorities recognition to act freely in my activities. I am in the same situation as ever.

### **Chapter 4**

Our present

We have taken our official date of constitution as Goju-Ryu Karate-Do Kyokai Chile, September 23<sup>rd</sup>, 2001. The same date as the documents that certified me as a member of Goju-Ryu Karate-Do Kyokai.

During this year we have worked so hard and as constantly as possible (at the end of December 2001 I had another surgery on my spine). We haven't reached all the goals set at the beginning of our road. Despite all this, we have four achievements worth sharing with you all:

- 1) Three seminaries in different towns of the country.
- 2) Four new working groups.
- 3) Seven new students graduated recently of 8<sup>th</sup> and 9<sup>th</sup> kyu (I am waiting for their decisions to ask you for their international recognitions)
- 4) I have named my three oldest students as Assistant Instructors (Sempai). I must grant them the Sho-Dan grade.

Also, we have two new applicants for our organization:

- 1) Cesar Oyarzun (Shotokan Karate/Light Contact) and
- 2) Julio...(Tae Kwon Do).

### **Chapter 5**

The hopes never end

"There are only good winds if you know the harbor you are going to". SENECA

The goals for 2003 are:

- 1) To obtain the authorizations the law demands
- 2) Regularization of the legal person as sport club (Fudoshin Karate).
- 3) Regularization of the legal person as association (GKK Chile).
- 4) Open two new branches
- 5) Recruit fifty new students during the year
- 6) To raise enough funds to travel for the Annual Reunion in the U.S.A. 2003 (the hardest of all)

Written by Ramon Suazo  
Goju-Ryu Karate-Do Kyokai  
Santiago de Chile, 9/16/02

Noticia: El sabado 4 de Octubre han rendido examen los siguientes alumnos:

**Claudio Lazaro Ibarra Valdivia** Edad 9 Anos 8kyu  
**Cristofer Ponce Ejivaja** Edad 17 Anos 9kyu  
**Jorge Marcos Medel Galaz** Edad 17 Anos 9kyu  
**Marco Antonio Salgado Parra** Edad 15 Anos 8kyu  
**Ramon Hernan Ibanez Espindola** Edad 17 Anos 9kyu  
**Rodrigo Sabastian Gonzalez Arara** Edad 12 Anos 8 kyu  
**Yerko Elias Salinas Celedon** Edad 16 Anos 8 kyu  
**IA cada uno .....**  
**Felicitaciones!**

Ramon Arnaldo Suazo Mellado, C.N. 4<sup>th</sup> Dan  
Instructor Jefe  
FUDOSHIN KARATE  
National Director-GKK Chile

- 1) All this was perfect until December 14<sup>th</sup>. After then the only thing we got was the Reason Fudoshin Karate.

2) At present I'm as at the beginning. I must re-start from zero. There are no students and no dojo. Without all this, no money. Rich asked me in his last e-mail what I need: **EVERYTHING!**

**BETTER TO REMAIN  
SILENT AND BE  
THOUGHT A FOOL,  
THAN TO SPEAK  
OUT AND REMOVE  
ALL DOUBT.**

**INSPIRATION**

By Shawn Kidwell

August, 2003 – A particular competitor at this year's National Championship has been an inspiration to me this week. You might not expect who this person would be if you read the medals list. Of all the competitors from the GKK Team, this guy received NO medals. That's right, NO MEDALS.

He had the largest division, the toughest division, and the strictest referees. First he lost his balance in kata competition and placed 5<sup>th</sup> out of 8. Then he fights, his first match he was on fire, defeating a former opponent without being scored on. He then fights an international champion from the Ukraine, at his first national championship, and nearly beats him too! Then he goes on to fight an international champion in both karate and ju jitsu. Once again, he is defeated by his opponent. While receiving injuries, overcoming one-sided referee calls, two losses, he places fifth in kumite.

He left the ring remaining professional to everyone. This was admirable, to accept defeat as a gentleman, congratulating his competitors. He doesn't know this because he didn't stay long, but his competition, who had been competing in these events for over half a decade were asking questions about him: "Who is this guy?" "Man, that guy is a brawler." "What style was he from?" "Who is his coach?"

Even though he did not medal, his presence demanded respect from all that witnessed him that day. The other members of our team did an awesome job, but they were left standing in awe, cheering, when they saw the perseverance of **NEIL WARNER**. Thanks for your hard work, my friend.

1 m

Lincoln

**October 2003**

<u>DATE</u>	<u>FUNCTION</u>	<u>TIME</u>	<u>LOCATION</u>
1	KENJUTSU	5PM-6:30PM	BELLINGHAM ACADEMY
4	NAT'L GKK TEAM	12PM	OHIO
	JUJITSU	1PM-3PM	BELLINGHAM ACADEMY
	KENDO	3PM-4PM	BELLINGHAM ACADEMY
5	Javier Mantilla Seminar		
	KENJUTSU	4PM-5PM	BELLINGHAM ACADEMY
8	KENJUTSU	5PM-6:30PM	BELLINGHAM ACADEMY
11	NAT'L GKK TEAM	12PM	OHIO
	JUJITSU	1PM-3PM	BELLINGHAM ACADEMY
	KENDO	3PM-4PM	BELLINGHAM ACADEMY
	KENJUTSU	4PM-5PM	BELLINGHAM ACADEMY
15	KENJUTSU	5PM-6:30PM	BELLINGHAM ACADEMY
16-18	Kwanmukan Symposium		Sandusky, Ohio
18	NAT'L GKK TEAM	12PM	OHIO
	JUJITSU	1PM-3PM	BELLINGHAM ACADEMY
	KENDO	3PM-4PM	BELLINGHAM ACADEMY
	KENJUTSU	4PM-5PM	BELLINGHAM ACADEMY
22	KENJUTSU	5PM-6:30PM	BELLINGHAM ACADEMY
25	NAT'L GKK TEAM	12PM	OHIO
	JUJITSU	1PM-3PM	BELLINGHAM ACADEMY
	ADVANCE	1PM-3PM	BELLINGHAM ACADEMY
	KENDO	3PM-4PM	BELLINGHAM ACADEMY
	KENJUTSU	4PM-5PM	BELLINGHAM ACADEMY
29	KENJUTSU	5PM-6:30PM	BELLINGHAM ACADEMY

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