

January 2017 Newsletter Goju-Ryu Karate-Do Kyokai

www.goju.com



Happy Holidays

From Motoo Yamakura

I wish all of our GKK members and their families happy holidays and a prosperous New Year. Thanks to our officers who spend a great deal of their time and effort for the GKK. I appreciate all of you.

2015 / 2016 Country Recap

(Edited for the Newsletter. Goals / projections for 2016 may have already occurred)

Canada

There are 10 programs ongoing in Ontario an increase from 9 with two more programs pending with a start date of September 2016. This was a major recoup from 2 programs in 2012, in the midst of a major recession in an area that held the record for the highest unemployment and welfare figures in the entire country of Canada. Dojo/Clubs are all in Province of Ontario

Black belt promotions that took place in 2015:

2015 saw two sets of black belt promotions It was also quite a family affair, as noted below.



Two Candidates to shodan; Sean Cerkaskas (son of black belt Ray Cerkaskas), Finalba (Fina) Pirrone (daughter of black belt Sebastian Pirrone Shihan)

Three Candidates to nidan; Adam Roath (son of black belt John Roath), Bob Tellier, Robert Petro



Projection; 2016 will see potentially 4 new shodan ranks by the December 2016 Promotion Exercise if the current ichi-kyu remain and maintain standards and stay on track.

Participation in Regional, National International Tournaments and Clinics;

The GKK Canada was represented at: Ontario Summer Games (Karate Division)

Attended Pan American Karate Federation Tournament

(Met Alex Sternberg and Tokey Hill)

Attended Pan American Games (Karate Division)

Attended 70th anniversary Seigokan Friendship Tournament (Japan) Attended 3 Provincial Grand Prix Tournaments

Attended National Karate Canada Tournament Karate Canada (Vancouver BC) Attended 43 Annual Uchiage Kai

Tournament Vancouver BC. Aside from the extensive representation at regional, national and international events.

Attended 3 karate clinics on rule interpretation

Sponsored and taught referee clinic on competition rules

Maintained Full PKF Referee A Officials License

Maintained Full Karate Canada Referee A Officials License Appointed Chief Karate Official for the province of Ontario

Sponsored Two Yamakura Shihan clinics

Sponsored 3 skill development clinics Upcoming Events and Clinics NCCP Clinic April 16/17

Recreation Tournament May 29

A Bansan celebration took place in February to celebrate two occasions;

- 1) The promotion of Yamakura Shihan to 9th Dan
- 2) To celebrate the over 33 years of existence of the GKK Canada.



The celebration saw over a hundred people came to together with greetings from Karate Ontario, Karate Canada, Mayor of Windsor, the Premier of Ontario and the Prime Minister of Canada.

PowerPoint presentation illustrating nostalgic pictures and over 33 years of GKK Canada history in Canada

India Annual Report 2015/2016

GMAA India : Vipool Dasani

We conducted two graduations; First in August 2015 and second in Feb. 2016. Junior and senior dan graduations were held in the month of March. We conducted 2 day camps where 120 school children attended. An outdoor camp of 3 nights 4 days was also organised where 72 students participated .

My group students also participated in state tournament , mayor cup, and school games . We received 2 bronze and one silver .

Go Ju Ryu Karate Do Kyo Kai - India. City – Mumbai, State Maharashtra Institute Activity Report for the Year of 2015-16.

Besides regular training in dojos,

Kyu level exams - two in 2015 and one in 2016 .

In February 2016 - dan level examination conducted in Mumbai.

Between 24th to 28th December 2015 National Gasshuku training camp held at Bordi. About 150+ students attended this camp from Maharashtra and Gujarat States. In the camp, like every year we held kata, push-ups and rope skipping competition. Medals & certificate are also given to winners.

Self Defense seminar given in Johnson & Johnson Co by Sensei Bhadresh Dave in May 2015.

India (City – Surat, State of Gujarat) Institute Activity Report for the Year of 2015-16.

Month	Activity
	<p>Besides regular karate training class conducted in dojos and schools, other activities given below :</p> <p>Instructors In-charge :</p> <ul style="list-style-type: none"> - Sensei Satya Dave - Sensei Dhaval Adhvaryu - Sensei Amitsinh Patel - Sensei Yusuf Multani - Sensei Vikas Jariwala - Sensei Jagrut Acharya - Sensei Pranav Patel - Sensei Aziz Zaveri - Sensei Inftezam Shaikh - Sensei Kaushal Dave - Sensei Mrs. Devyani Acharya – Sensei Disha Trivedi

	<p>Besides regular karate training class conducted in dojos and schools, other activities given below :</p> <p>Instructors In-charge :</p> <p>Adhvaryu - Sensei Satya Dave - Sensei Dhaval</p> <p>Multani - Sensei Amitsinh Patel - Sensei Yusuf</p> <p>Acharya - Sensei Vikas Jariwala - Sensei Jagrut</p> <p>- Sensei Pranav Patel - Sensei Aziz Zaveri</p> <p>- Sensei Inftezam Shaikh - Sensei Kaushal Dave</p> <p>- Sensei Mrs. Devyani Acharya – Sensei Disha Trivedi</p>
April 2015	Self Defense Training for 2000 Girl in College (Vanita Vishram College, Surat.) as a part of Civil Defense Workshop (Indian Govt.)
May 2015	<p>Training Camp of Karate, Fitness & Nutrition Training for Girls (ESSAR township, Surat.)</p> <p>Summer Camp for Children at : (15 Days - 2 Hrs/Day)</p> <p>a. Ramlal Bagadiya School, Surat.</p> <p>b. Shri Satya Sai School, Althan, Surat.</p> <p>c. Jivanbharti Pravrutti Vidhyalaya, Surat.</p> <p>Self Defence, Yoga, Aerobics, Fitness & Nutrition workshop for Student Police Cadet (SPC) Annual Camp, under guidance of Surat City Police.</p>
June 2015	<p>Karate & Self Defense Workshop for NCC (National Cadet Corps)_ - 6th Battalion (Girls) All Gujarat Annual Training Camp.</p> <p>2 Day Special Basic Self defense Training for Prashanti Security Force.</p> <p>Seminar of Yoga for World Yoga Day in Govt. Engg. College, Surat and Civil Defence Members, Surat.</p>
July 2015	<p>Kyu Grading Examinations for All Students of Gujarat state.</p> <p>Self Defense Workshop of (4 Hrs x 5Days) in Govt. Civil Defense Department, Surat. (Union School, Surat.)</p>
August 2015	Special Kata & Bunkai Training Seminar By Rensi Bhadresh Dave.
September 2015	<p>Basic Self Defense Weekend Training Workshop (3 Hrs x 2 Day) for L&T company staff</p> <p>Seminar on Importance Self Defense for Defense in Govt. School , Surat.</p> <p>Our students took part in District Level Yoga Competition.</p>
October 2015	<p>Organized Inter School Kata, Push-ups & Rope Skipping Competition for Junior & Senior Grade Student.</p> <p>Our students participated in District and State Level Karate (Kata, Kumite) competition.</p>
November 2015	Kyu Grading Examinations for All Students of Gujarat state.
December 2015	Annual National Gassaku Training Camp with Gradation exams
January	Karate & Self Defense Workshop for NCC – 6th Battalion (Girls) All

2016	Gujarat State Annual Training Camp.
February 2016	Kyu Grading Examinations for All Students of Gujarat.
March 2016	Karate & Self-Defense Workshop for NCC – 5th Battalion (Boys) All Gujarat state Annual Training Camp.



Womens' Self Defence Training Program - initiative of govt. of Gujarat state, with the help of Surat city police. Special Self Defense Training for Girls/Women Program for the Year of 2015-16.

“Suraksha Setu” is a state-wide public outreach programme of the State’s Home Department aimed at taking the role of Police beyond solving crimes by bridging the gap with the society and by creating a feeling of trust among residents with their proactive and prompt actions. The project intends to give a human face to the police force and minimize incidents of crime in the society.

<http://surakshasetu.org/suraksha-setu-project/>

Events & Program Photos of 2015-16

Receiving award from Commissioner of Police - Surat City. Outstanding Support for “Suraksha Setu” Program in Surat.

Self Girl Training in Civil Defense Workshop - Indian Govt.



Training Workshop in Essar Township.



Training Workshop in SPC Camp



Training Workshop in National Cadet Corps (NCC) Annual Camp.



Training Workshop Prashanti Security Force.



“Yoga Day” Training.



Karate Seminar in Schools & Colleges



Israel Summary for 2015 – our 10th year of operation

By the end of 2015 we have reached over 130 active members, training in 10 separate karate groups:

Pre karate – ages 4-6 – 4 separate groups

Kids Karate Group 1 – ages 6-8

Kids Karate Group 2 – ages 8-10

Kids Karate Group 3 – ages 10-13

Youth Karate – ages 13-18

Adults – over 18 years of age – Kyu Ranks group and Dan Ranks group

We are now a team of 4 karate instructors + 2 Instructors in internship (Mr. David Halperin & Mr. Matan Lachtshiver)

The adults group is making good progress. During the last year 2 members of this group were promoted to black belt.

Additionally, 1 member was promoted to san kyu, 6 made progress to and within green belt and 1 progressed within white.

During the passing year we have had 3 Park Gasshuku– all about 4 hours workout + kids promotions...

Our Main event of the year was our summer Gasshuku, which included the Black Belts Promotions.

The Kids groups are showing serious work and making excellent progress as well. We now have 5 teen agers with san kyu rank + 7 in 6 kyu and above.

We have additional supplementary and complementary classes – yoga, combat fitness, and a street “Self Protection” program, under the name “Otzma Syatem”.

We also have an occasional black belts class.

On Dec 2015, our karate kids participated in the Israeli Traditional Karate Championship under the ITKF. Amikam Weiss (8 years old) won the Gold medal in kata and Eitan Berkowitz (10 years old) won the Bronze medal.

During the summer of 2015, the undersigned was a part of another TV series production in charge of Action and Tactical Coordination. The show “Hostages” is an original Israeli show, which was also sold and run in the US for one season. It is an action drama presenting tactical teams operations. I have trained the actors in hand to hand combat and done the tactical consulting and action choreography. The show is now running here in Israel!

Our goals for the year 2016 are:

On April 17th our dojo hosted in our home town Givat Shmuel the Israeli National Traditional Karate Championship for Children and Youth + an international competition for adults which opens the event. Annual Black belt promotions and Summer Gasshuku with Yamakura Shihan – 3 Dan ranks promoted.

Panama

GKK Panama is going well. We have been working a lot on proper mechanics of basic blocks and kicks. We have also paid close attention to the kata performance from Geki Sai Ichi and Ni, Saifa, Seyunchin, Ukeno, and Kihon Gata.

Roberto (Ni Dan) has been working on Tensho and Sanseiru while Felipe (Sho Dan) has been working on Tensho. We have also worked on kata analysis and possible applications from kata. We have explored and discussed the derivation of take-downs and grappling techniques from Goju kata.

There was a recent promotion in the month of March where Fernando Alvarado (Father) was promoted to sho dan, Fernando Alvarado (Jr) was promoted to yon kyu, and Emmanuel Quiel to roku kyu. There are two former students of my father who just started training with me this month of April, Christian Rivas (roku kyu) and David Diaz (hachi kyu).

Sri Lanka Summary for the year 2015

Improved the training facilities in new dojo.

Two outside training camps were held.

Participated in domestic tournaments.

Extended the training in government schools.

I was awarded with the “Rokudan” (6th Dan) by Sri Lanka Karate Do Federation. (see attached certificate)

Goals for the year 2016

Further improve training facilities of the new dojo.

Organize at least two outside training camps.

Improve participation in domestic tournaments.

Increase the number of GKK Sri Lanka memberships.

Organize a training camp with the participation of a Master from GKK International-USA. (by end 2016 or early 2017)

USA

We have had 15 dojos and individuals report. I have counted 70 black belt members and 114 kyu ranks. We potentially will have a dojo in Florida soon as Mr. Roger Lewis has moved there.

There have been seminars conducted by Ken Maunz (Kentucky) and Ed Myers (Indiana and Pennsylvania). Shihan has a seminar planned for the Washington area.

We are still in the process of updating our black belt list. We have made progress in this area. This year during Shihan’s Spring seminar, we tested 10 students. This is a significant increase from what we have seen in the past. We will continue our efforts to ensure that everyone who is eligible for promotion has the opportunity to advance.

This was the third year in a row for the resurgence of our Spring tournament. We will continue to grow this piece of our organization.

Concluding:

We have remained somewhat steady in our numbers

There is potential for new members in Florida

Seminars continue conducted by our CEO and technical director

A larger number of students tested for promotion in dan ranks than has been seen in a while

The Spring Tournament continues (Perhaps invite other Goju organizations in the area?).

Have You Ever Used Your Karate?

By Steven Rusche

The Ambler, PA dojo is located at the local YMCA, a large facility with several thousand members. These people come from all walks of life and are there for a variety of activities. When they see one of us in a gi, they sometimes want to ask about karate, what we do, etc. We often use this as an opportunity to discuss our program, encourage people to try it out, or even just spread understanding of what karate is all about.

In the locker room after a recent Saturday morning class, a man started talking to me as I was changing. He has done this before, telling me about his daughter's experiences taking martial arts. On this occasion, he asked if I have ever had to use my karate. I took the question in the way I'm sure he meant it, whether I had needed to use it for self-defense against an attacker, so I said I had not and hoped I never would.

As I was thinking about it, I realized that self-defense is the thing most people think karate is all about, but it is really only one of many reasons we study it. Many of the things I have learned or gotten better at in our karate classes apply to many areas of my life, and I use those skills every day.

We train to use our hips rather than our arms to generate power and using the whole body for maximum strength; I use that when lifting heavy objects, or when shoveling snow. We learn about efficiency of motion and not wasting any motion; I use that when cooking, cleaning, making repairs, or doing any number of other tasks around the house. We work on integrating the mind and body, so that our actions reflect our intent; I use that in any number of fine motor tasks. We strive to use the minimum force necessary and to deliver it accurately; I use that when my daughter wants to wrestle, so I don't hurt her. Saifa teaches us to turn our bodies and get out of the way to minimize the impact of an attack; I use that when large, friendly dogs are so happy to see me that they want to jump up on me or are running around the yard and about to crash into me (yes, this happens pretty regularly in my life). Engaging the core helps me avoid problems with my lower back.

I could go on and on, but the bottom line is that, even though I've never had to use my martial arts skills to defend my life or the lives of my loved ones, I use karate all the time. What are some ways you use the skills you've learned in the dojo?

It's Time to Join the Online GKK Community

By Zorri Eliraz

We live in different countries all around the world. We have different lives, religions, political views etc. BUT: there's one thing we all have in common: we train goju-ryu Karate and are part of the GKK.

Wouldn't it be wonderful to get to know each other from all around the world? To share our knowledge? To support each other in our growth? To ask questions and receive answers from everyone's experience?

Yes, there's the annual convention. But many of us just can't make it... That's exactly what the internet is for...

So: Come and join us in the closed Facebook GKK Community Group;

<https://www.facebook.com/groups/219902838024910/>

(just click on the "join group" button).

If you have any problem joining the group, feel free to mail me at: zorri@aum-doj.com

Looking forward to meet everyone there...

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