

March 2017 Newsletter  
**Goju-Ryu Karate-Do Kyokai**

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



## **GKK members, Dojo Leaders and National Directors**

By Ed Myers

It is once again time to collect the annual dues and update the active member list. Dan ranks are \$25 and Kyu ranks are \$15.

Dojo Leaders are to send this to your National Director. For example, Frank Matt (Dojo Leader) of the Corinth Goju Dojo in New York will send their dues and active member list to the USA Director, Dwight Scales. The National Directors are to send the active member list (in Excel or Word) and dues to Ed Myers (CEO) This is all due by April 1st."

## **GKK Annual Spring Seminar**

### **Save the Date!**

By Dwight Scales

Our annual Spring Seminar with Yamakura Shihan will be held in Toledo Ohio the weekend of May 19th and 20th. As we have done previously, Friday evening will be Black Belt testing. Saturday, May 20th, Yamakura Shihan will hold a series of seminars followed by a tournament. Our annual business meeting and dinner will be held after the tournament.

We are working on specific times and locations.

Dojo leaders: please submit the names and desired rank of your candidates for Black Belt testing to Mr. Ed Myers and Mr. Scales as soon as possible.

We look forward to seeing you in Toledo in May!

Thank you.

## **Springfield Goju Ryu Upcoming Seminar**

By Kim Barrington

On the weekend of April First, the Springfield Goju Ryu Karate Club will be hosting a seminar. Mr. Ed Myers will be leading the sessions.

Friday evening, March 31<sup>st</sup>. at 6:30 PM will be a brown and black belt class

Saturday, April 1<sup>st</sup>. classes will start at 9:00 AM.

Sessions will be held at the First Church of the Nazarene, Springfield, Illinois

For additional information contact Kim Barrington; 1-217-891-6242

## **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.

## Shodan Promotion Argentina

By Gustavo Munoz

I am pleased to inform you that on December 17th, after a hard examination, students Néstor Arce and Leonardo Mancebo were promoted to shodan.







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**Article Link from Matt Loiselle** <http://users.iafrica.com/a/as/ashihara/articles6.htm>

## Doraiba Kata

By Rich Stamper© 2017

**T**he kata Doraiba (turning wrist) focuses on specific movements of the forearm, wrist, and fingers. It teaches hand position, finger and thumb positions and relationships, proper tension, rotation, appropriate breathing, stance, and much more.

The Doraiba kata teaches how to use a screwdriver, but you knew that. Right?

Of prime importance is learning that to drive a screw in, turn clockwise; and to remove a screw, turn counter clockwise. (Righty tighty, lefty loosey). Once that is practiced extensively and is committed to memory, the proper grasping method, stance, breathing and so on are taught. The screwdriver should be gripped by the handle and the sharp part pointed away from the body. This and other important aspects are required when performing the kata, with excruciating attention to detail throughout for proper execution. Focus and concentration are of supreme importance - same as with any other kata don't you know. How you are doing it, not what you are doing.

The palm should be in intimate contact with the handle, the fingers wrapped around at a thirty-seven-degree angle to the long direction, and the thumb directly opposite the second joint of the first (pointer) finger and parallel to the long direction of the screwdriver. The pad of the thumb should be in intimate contact with the screwdriver and should exert between seventeen and fifty-one pounds of pressure per square inch. The wrist should be bent approximately forty-five degrees so that the screwdriver is in perfect alignment with the medial side of the forearm. The upper arm should be vertical and the forearm horizontal with the elbow firmly touching the hip. Note that in the actual performance of the kata there is no screwdriver, just the form on the hand.

The stance should position the foot on the opposite side of the body of the gripping hand forward and the rear of the heel of the front foot should align precisely with the end of the big toe of the rear foot. There should be exactly one shoulder's width between the feet with the front foot pointing straight to the front and the rear foot pointed out at forty-five degrees. Only then does rotation take place. First inhale through the nose and rotate the hand counter-clock-wise to the maximum range of movement without moving the elbow, and then exhale through the mouth while rotating the hand clock-wise to the maximum range of movement without moving the elbow.

At this point, take one step forward, establish the stance and hand position with the opposite side, and repeat. Finally, take one more step forward and perform the movements with both hands simultaneously.

There is much more detail to be learned to perform the kata correctly and about three years of dedicated practice is necessary. Please refer to the Doraiba Kata video and accompanying book.

Is all of that pretty stupid? Well, maybe. Why? Because some significant aspects are left out in the typical performance of the kata since it focuses on just the turning wrist part. First, the kata assumes one has positioned one's self appropriately in relation to the screw. Now it may be that one has to be to the side rather than right in front of the screw, the screw might be down low or up high, it might be straight above or directly below, or one of many other screw placement options to be encountered in a real life-or-death screw confrontation. Most versions do not show the augmented grip where both hands are grasping the screwdriver simultaneously and the detail encountered therein, although some do. Only the Tibetan version includes the movement where the screw head strips out, the screwdriver is thrown forcefully to the floor, and a loud kiai (\$#!^!) issues forth. The current version of the kata has been modified from the original as is typical of Traditional Karate. Okay, so why waste all the time and ink to present this thing? To make a point. Well, several points actually. Actually?? Consider the kata Tensho. Like Doraiba kata, Tensho only teaches one aspect. The lesson of Tensho is to be applied to and in other kata. Tensho focuses on the 'rotating palm' concept that is used in joint locks and escapes from joint locks. Joint locks and escapes appear in many Goju kata, we just don't see them most of the time. We tend to discover the gross movements of the kata and overlook the fine movements when considering applications.

So Doraiba teaches just the use of a screwdriver anticipating its use in other kata such as the door hanging kata, the car fixing kata, the bracket installing kata, and many more. It is not intended to be a stand-alone kata in the battlefield sense but rather is intended to be applied where called for.

Further, Doraiba is taught and practiced with great attention to detail. This is typical of kata in Traditional Karate. Think back to the first time you used a screwdriver to turn a screw. Did you need instruction other than which way to turn it? No, you didn't. You didn't need the Doraiba kata then and you don't need it now. Yet, Doraiba kata is exquisite in fine detail and takes years of dedicated practice to perform correctly. Form over function by golly. Traditional kata. A point there, dad gummit. Think about that.....

Back to Tensho. We learn certain movements in Tensho. The fact that we practice for perfect form notwithstanding, those movements can and should be used when appropriate in other kata and in real life events when needed. Again, just the rotating palms part is shown, the body movements are not shown - just as in Doraiba kata where the body movements are not shown. Ya get wherever ya have to to do what ya gotta do.

Also, as with Doraiba, Tensho works just great using natural body movements and no training is necessary other than the rotating palm part. You could use a screwdriver with natural body movement and you can use Tensho with natural body movement. For Doraiba you just need to know which direction to turn and for Tensho you just need to know which

direction to turn. In both cases, all of that intricate detail encountered in the formal kata presentation is just that gol-dern Traditional Karate dogma. Oops, the jury will ignore that last statement. So, the Doraiba kata nonsense above might make sense if'n you're willing to consider it. In many cases nature gave us what we need and, with just a little added instruction, we can perform amazing feats like driving a screw or doing joint locks and escapes. If'n that is.....

## What Karate Means to Me

By Kim Barrington

I started my training in 1972 at the Springfield YMCA. My instructor was Sensei Jim Weinhoff. If it wasn't for Mr. Weinhoff, I might have dropped out all together. I started with 3 other brothers. They all had something I didn't have: coordination and balance. These didn't come to me naturally. Mr. Weinhoff said to me one day "Kim, I am sorry but I wish you would drop out". Normally this would have been enough for me to give up.

When I tried to play baseball, they asked me to quit because I was always getting hit with the ball in the outfield. So when Mr. Weinhoff asked me to think about not coming to classes, I said to myself, "I am not letting anyone stop me doing anything I don't want to do." I was even more determined to stick it out.

Was it easy? No! Not by a long shot. But I wasn't about to give in. Even if it killed me, LOL. Karate gave me something no one can take away from me. You may think being a black belt is all there is. But it is so much more. Karate became the tool that brought me out of the shadows and into the light. It sounds like just another cliché, but before my involvement in karate I hated the human race, especially myself. The only exception, is I always looked after little kids. Karate became the means for me to begin caring for others. It was the one place I could be helpful in teaching others and learning to grow stronger as a person.

As I grew stronger physically and mentally, I could see the impact it was having on the others I was teaching. My sister, Caroline, also saw the improvement in my attitude toward others and asked me to promise her to never give up on karate. It was the one thing that made me feel I had something worthwhile to pass on to others.

## Upcoming Events

From Patrick Hickey  
The USA Karate Federation  
米国空手連盟宗家

National Office 1550 Ritchie Road Stow, Ohio 44224 USA  
330-388-3115

Here is information on a few of our tournaments and our National Championships coming up in the near future. Contact emails for each event are given below.

**April 1-** Mountain State Martial Arts Championships Saturday at St Albans HS St. Albans, WV – contact Roger Jarrett rjarrett@usmaf.com for information

**April 8** – Contact Sam Justice 1shotokan.sj@gmail.com for information Richmond, VA on his tournament

**April 30** North Coast Karate Championships Sunday at Medina High School, Medina, Ohio – Contact Jeff Ellis ikc4karate@roadrunner.com for information

**July 29** – National Championships Saturday in Richmond, VA – Organizer Sam Justice email – 1shotokan.sj@gmail.com for information.

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