

April 2017 Newsletter
Goju-Ryu Karate-Do Kyokai

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Hello GKK members, Dojo Leaders and National Directors

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."

Springfield, Illinois 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 31st. at 6:30 PM will be a brown and black belt class

Saturday, April 1st. classes will start at 9:00 AM.

Sessions will be held at the First Church of the Nazarene, Springfield, Illinois. Contact Kim Barrington; 1-217-891-6242

Ju Seminar

By Bill Kane

A seminar to address the Ju (soft, gentle) aspect of Goju-Ryu will be presented by Rich Stamper on Saturday, April 29 and Sunday, April 30, 2017 at the Ambler, PA YMCA. Attendance will be for dan rank practitioners only and limited to 20 attendees.

The seminar will be in four sessions, each approximately three hours in duration. The fundamental concepts of the Ju aspect for both controlling and attacking will be the basis of the introductory seminar on Saturday and an intermediate seminar building on that will be presented on Sunday.

The seminar is not about mawashi-uke or kaki-uke. It is not block and counter training. It is about the energy available through the use of the Ju aspect and its effectiveness. It is about concepts not usually taught. An open, receptive, beginner's mind is required to grasp and utilize this often neglected and seldom demonstrated fundamental aspect of Goju-Ryu.

The sessions on both days will be held from 9:00 A.M. to noon and from 1:00 P.M. to 4:00 P.M. It is mandatory to have attended the Introductory Sessions to be Eligible for the Intermediate Seminar. The fee is \$50 for one day and \$100 for both days. Out of town students will be charged half price to help defer their cost of travel and hotels. It will be required for all participants to sign a liability waiver to participate.

The Ambler YMCA is located at 1325 McKean Road Ambler, PA 19002 (215)628-9950.

There are many local lodging facilities in the area. Please contact Mr. Vic Lim at victorlim@gmail.com or Mr. Bill Kane at (215)272-4334 for more information.

Note: Those who attended the seminar in Whitehouse have met the requirement for attending the Sunday sessions.

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!

Argentina GKK Visits Toledo

By Gustavo Munoz

We are very happy with the experience we had in Ohio. Motoo Yamakura Sensei is a true master. Without a doubt, we enjoyed your teachings and what we shared with all of you. You made us feel like we were in our own home. I am eternally grateful for your hospitality. Thank you very much.

Now we are closing the year. We attended an OGKK Gasshuku in Argentina under Ryoichi Onaga Sensei. He is an Okinawan who settled many years ago in Spain and works the whole area of Europe.

In addition, we held our own GKK Gasshuku and did very well. We are going to prepare a grading for December and if we have time, another Gasshuku.





Chi-Ishi

By Modesto Anthony Lugo

Excited about using our new Chi-Ishi! My students, Jake Cole, took the task of making them and Rebecca Steele added her touch by painting the GKK patch. Their next project, Ishi-Sashi. Very proud of them. They are very talented and creative.



How I use my Karate

By Ken Klaft

Prologue: A recent injury presented a lifetime first: an opportunity to get an MRI scan. Prior to admission into "MRI-land" and gaining access to their feature attraction ride, I was given a questionnaire. It contained topics such as did I have any metal implants, did I have a pacemaker, was I claustrophobic, did I have any replacement joints, did I have any metal piercings, etc. Meh. Easy stuff. "No. No. No..." (In retrospect I see what they did and it was dirty pool. Which of those questions was on an "intangible" topic? I should have taken that as a warning sign.)

After breezing over the two page survey, changing into the obligatory - and quite drafty - hospital gown I was ushered into the room with the machine. It was rather small and unassuming at first glance; a tube with a gurney sticking out of it. Then I lay on the extended bed and realized "small and unassuming" was exactly right. There was probably an inch of clearance on either side of my shoulders and maybe 6-8 inches of clearance between my nose and the top of the tube. Now, dear readers, your intrepid author Mr. Karateka is not a claustrophobic man but when that bed started rolling into the tube and my elbows dragged along the sides, I deeply considered converting to claustrophobism - hey, there are no atheists in foxholes, right? Sadly, the lovely Mrs. Karateka was not present to offer her usual eyeroll and sage advice of "Stop acting stupid. Just get this over with so we can go out to dinner." Tangent: For quite some time Mrs. Karateka has been considering the possibility I'm not acting and it's the real thing, but I like to keep a little mystery in the relationship.

Anyway, as my world disappears and I roll into this horizontal tunnel that seriously invades my personal space I have an inspiration. Kiotsuke. My arms tighten against my sides. Mokuso. I closed my eyes and start breathing in through my nose and out through my mouth. My breathing exercises turned the next 30 minutes of learning what it's like to be rolled up in a carpet into a stress free break and truly helped me deal with the situation gracefully. Domo arigato gozaimasu, Karate training.

Epilogue: Advice from my experience if you ever need an MRI: 1.) They give you headphones. Listening to music is great but they didn't warn me - while the scan is active the music changes from relaxing to "fax machine" - the "M" in "MRI" stands for "magnetic" and doesn't play well with the headphones. 2.) They offer a blanket. Pass on that. They didn't mention the bed you lay on [dramatically] increases in temperature while the scan is active. Dear readers, that tidbit of information would have been valuable particularly before the first scan, although after completing the scans my comment to the technician regarding "smelling bacon cooking" seemed to entertain her immensely.

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.

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