

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

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## Toledo Spring Seminar

By Dwight Scales

Photos courtesy of Matt Loiselle

Thank you to everyone that was able to attend our Spring Seminar in Toledo. I know everyone had a great time. The seminars taught by Yamakura Shihan were fantastic. We are truly blessed to have someone with the talent and skill as Yamakura Shihan as our leader. Thank you, sir!



The weekend began with a black belt promotion Friday night. I am pleased to announce that Ms. Helen Muth was promoted to Yon Dan. Congratulations Ms. Helen!

After Shihan's seminars, Saturday, a kata tournament was held. Thank you to all that participated. You all showed remarkable skill and talent.

Our weekend activities ended with a very enjoyable banquet followed by our annual business meeting. At the business meeting the Chairman's Award was presented to Vic Lim and Paul Wentzlaff. Well deserved, gentlemen.

To those of you who were not able to make the past weekend's events please know that you were missed. Look for next year's Spring Seminars, Annual Business Meeting and tournament to be the best ever.





## Ju Seminar at the Ambler YMCA, April 29th and 30th, 2017

By Howard Blum



During the weekend April 29th & 30th the Ambler YMCA GKK organization hosted a “Ju seminar” taught by Sensei Rich Stamper and Sensei Ed Myers. The seminar was open to only dan-level, with participants coming from Maine, NY State, and Pennsylvania. In addition to the great presentations by Mr. Rich and Mr. Ed, it was a welcomed chance to ‘reconnect’ with old friends from the other dojos.

The seminar was designed to help us better understand and experience the Ju aspect (soft aspect) of GoJu, but not necessarily to ‘learn’ it. Actual learnings of the Ju aspect are difficult, if not impossible to verbalize; rather experiencing the Ju aspect is far more powerful.

Mr. Rich explains the Ju aspect as, “Being able to recognize an opponent’s intention the instant it occurs, even before the opponent himself knows and to neutralize him, without meeting force with force, but rather using natural energy and no strength or effort”.

We attempted to apply this theme using both Ju striking and kicking techniques. We also incorporated other Ju aspects that include, but were not limited to relaxing, using the opponent’s energy, sticky hands exercise, evasion and ducking, focus gaze on opponent’s chest while using peripheral vision, feel the opponent’s intentions and other aspects.



If all of this sounds a little different from our typical Goju training, you would be right. As we learned, most of our Goju training involves mostly “Go” (hard) techniques. “Go” techniques look and feel strong, and includes some spectacular katas that attract and keep students involved. “Go” is also easy to learn; just repeat the patterns the instructor has shown and you will learn.

The Ju aspect on the other hand looks softer, less regimented and perhaps a bit wishy-washy; it really can’t be taught to the student. Remember, learning the Ju aspect is something you can only do yourself by experiencing it, due to its more internalized nature. But, when you are struck by one of those so-called soft Ju techniques, the results are anything but soft. Struck in the shoulder by a relatively slow Ju technique sent my 200+ pound body careening right

into a wall. Had the strike been to a more sensitive body part, the results could have been devastating. This is another reason why most Ju techniques are not used in class – they can be very dangerous. Nevertheless, at the end of the two day weekend, everyone went home in one piece and perhaps a bit wiser about what GoJu really is.

In celebration of our taking the seminar we were awarded the highest order of the Ju aspect with a pink “Little Softie” diploma and a pink belt that we proudly displayed at our next open class.



## 2017 Chairman Awards

**Vic Lim :** Mr. Lim began his martial arts training in 1980 at the Shorei Kan Okinawan GoJu Ryu dojo in Peekskill, NY and received his Shodan in 1984. In 1985 Mr. Lim moved to Philadelphia and stopped formal training until January 1998 when he joined the Ambler GKK dojo. He received a GKK Shodan in August 1998 under Sensei Bill Kane and Renshi Brad Smith. In October 2000 Mr. Lim received his Nidan from Sensei Kane. Mr. Lim attended the annual black belt seminars taught by Shihan Motoo Yamakura in 2000, 2001 and 2002 in Tulsa, OK and received his Sandan in October 2002, Yondan in June 2006, and Godan by Shihan Yamakura in September 2013. He was awarded Renshi by the GKK in May 2015 and regularly leads the Monday classes at Ambler YMCA.

Vic is the consummate GoJu technician and focuses a large amount of his efforts fine tuning the skills of the Ambler YMCA blackbelts. He has been very effective in the continued development of many of our blackbelts. He is well respected within the GKK community and often called out for his technical accuracy and insightful bunkai.

For the last 19 years, he has been an integral and contributing factor in the continued success of the Ambler YMCA program and a valuable asset of the GKK.....Bill Kane

**Paul Wentzlaff:** Mr. Paul Wentzlaff brought his 8 year old son Nathan approximately 11 years ago to one of our outreach programs in Amherstburg Ontario Canada. About a week later, he himself joined. He immediately immersed himself into this art, and began attending every clinic, seminar and private training that was offered. In the eleven short years he has been in training he has extended himself beyond the Dojo floor.

He is a trained Karate Coach continuing to fill his requirement in the Competition/Development Stream in the National Coaching Program. He holds a Provincial Karate Ontario License.

Presently he is working towards his Kobudo certification in classical weapons.

He is striving towards his SanDan. He is responsible for two Dojo's and assists at two other locations. He is also the 2016 Recipient of the GKK Canada Budo Award While still maintaining his marriage of 26 years (he says first and only) with his two sons, he now has taken on more administrative roles within the GKK Canada.

As his life was not complicated enough with his day Job as a Cost Estimator at Crest Mold Technology, he just acquired another Dalmatian puppy to keep his present Dalmatian dog ---friendly company.

Known affectionately as our "Gentleman Giant", Paul, at 6 ft. 6 inches is one of the favorite instructors amongst our 3 to 5 year old members.

Therefore in my opinion I do believe that Mr. Paul Wentzlaff is most deserving of this recognition as a Recipient of the Chairperson's Award as recognized by the GKK International.....Sebastian Pirrone

## 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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