

July 2017 Newsletter
Goju-Ryu Karate-Do Kyokai

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Northwest Region Gasshuku with Yamakura Shihan

By Carol Gittins

Shihan Yamakura led a four-day workshop for GKK students and their guests at the KinNamiKan in Seattle, Washington. Dojos represented included the KinNamiKan, the BASD, Skagit Valley, and the Aum Dojo of Israel, as well as karateka from other GojuRyu organizations in the region.

In addition to stance work and basics, the training included Yakusoku Kumite, all of the kata, and instruction in generating and applying ki. For the latter, Shihan Yamakura introduced the concept of opening the gates through correct posture and breathing. At the request of Tom McKeon of the BASD, Shihan Yamakura demonstrated bunkai for kata Kururunfa. (If you are a member of Goju Ryu Karate on Facebook, Zorri Eliraz posted the video there. Contact Zorri if you wish to join the group.)

“Now I understand mawashi uke,” Barbara Silang, who received her green belt on the gasshuku’s final day. “Mr. Yamakura showed how both hands push then pull. He made it so clear.” Other comments from the seminar included a collective “Whoa!” at the throw in Kururunfa, and “I have enough to work on for the next year,” from ni-dan Chris Jordan.

After being evaluated throughout the gasshuku and answering questions from Mr. Yamakura and Sensei Carol Gittins, Matt Stockbridge received his san-dan. Stockbridge, who came to the KinNamiKan when he moved to Seattle after years of training in Sensei Chinen’s organization in eastern Washington, brings insight into applying throws and whipping power. He is currently developing a kumite training series based on a drill he learned from Sensei Chinen. His promotion to san-dan is well deserved.



Thursday participants. Front: Linda Suyama, Barbara Silang, Yumi Burg, Shihan Yamakura, Zorri Eliraz, Carol Gittins, Steve Hampsten. Back: Christian Sulit, Chris Jordan, Scott Schweizer, Tom Baldrige, Matt Stockbridge, Boyd Gittins.



Shihan Yamakura tests Steve Hampsten's Sanchin kata as Matt Stockbridge, Tom Baldrige and Scott Schweizer watch.



Yumi Berg and Bill Giller complete yama uke at the end of Seiunchin kata.



Gekisai Kata, by the numbers.



Matt Stockbridge and the class perform Seiunchin kata.



Shihan Yamakura watches Zorri Eliraz during Seiunchin kata.



Matt Stockbridge, Chris Jordan and Christian Sulit prepare for the turn in Sanchin Kata.



Zorri Eliraz and Bill Carter do a high sho-te strike in Tensho kata.



Barbara Silang prepares to snap the band on her green belt.

Heartfelt thanks to Shihan Yamakura for his wisdom and instruction. Also, thank you to Zorri Eliraz for making the long trip from Israel to train with the KinNamiKan.

Alaska

By Jim Bridenbaugh

Here I am in Haines, AK with my friend Joe Ordonez, another long time GKK Sensei and member. Joe has a tour service, Rainbow Glacier Adventures, and he is very busy this time of year with his company.

While here, Joe and I discussed kata and practiced kata in different ways.

As you see, at 7:45am, we are waiting for the river rafts to show up from another drop zone and started practicing kata in our "Alaskan gis. " Then, when we stopped at an island in the middle of the Chilkat River, we discussed kata aspects over lunch.

Lastly, at one of Joe's Swan View Cabins overlooking Mosquito Lake, we had an opportunity to practice Kururunfa, Uke no Kata, and others.

It was a great visit, saw lots of wildlife and scenery and learned more about nature from Joe's extensive knowledge.



Rafting on the Chilkat



Trumpeter Swans on Mosquito Lake

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