

June 2018 Newsletter
Goju-Ryu Karate-Do Kyokai

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2018 Northwest Gasshuku! Train with Shihan Yamakura!

By Carol Gittins

Class Schedule: at Meadowbrook Community Center, 10517 35th Ave. NE, Seattle WA, 98125
Thursday, May 31: 7-9 pm
Friday, June 1: 6-8 pm
Saturday June 2: 10 am-12:30, general instruction.
Sunday, June 3: 10am-12.

Potluck dinner at the Gittins' home (7205 173rd St SW, Edmonds WA 98026). Dinner is around 6, but come earlier (after 3), if you want to hang out with Mr. Yamakura.

Cost for each class will be \$20 for underbelts (\$75 for all 4 classes); \$40 for yudansha (\$150 for all four classes). There may also be a facility fee, though the director of Meadowbrook Community Center is trying to avoid charging us. If there is a fee, it will be about \$10-15 per person.

If there is any subject you particularly wish Shihan Yamakura to cover, please let us know as soon as you can.



Aleojin Rios Promotion

By Ed Myers

When Aleojin Rios Sensei told me he wanted to come to the Toledo area in February to train, I told him he was visiting in the coldest month of the year. His native Panama has a year round temperature of 70 to 86 degree F. He still wanted to come and visit. For some reason the air fares to Toledo are low during the coldest month of the year. Imagine that.

While he was here he was tested and received his Go-Dan. As many of you know during a promotional testing you have both the physical and mental stress. Aleojin had one more stress to deal with. If you have ever trained in my dojo in the winter, you know that the room is not heated. I do have an electric heater that may raise the room temperature a few tenths of a degree. Some have said it is only a colored light bulb that gives the illusion of heat.

Well, Aleojin did fine and after he came back in the house he could move his toes again after about an hour.

Please extend congratulations to Rios Sensei.



Annual Seminar and Promotional

By Dwight Scales



We thank everyone who made the trip to Toledo for our Spring Seminar with Yamakura Shihan and annual organization meeting. For those of you who were not able to attend you were sorely missed.

Our weekend activities began Friday evening with an informal workout at Sensei Myers' house. We would like to thank Sensei Myers and his wife Cyndi for their hospitality. The "informal" workout turned into a fantastic teaching and learning session that was enjoyed by all.

Saturday Yamakura Shihan conducted a series of seminars that was, as always is, amazing. Each session, from the kyu rank seminar to the dan rank group, was full of the insight that can only come from someone who has a superior wealth of knowledge of our art. For those of you who have had the opportunity to attend one of Shihan's seminars you know how great an experience that can be. If you have not had such opportunity, make the time to do so. We are extremely fortunate to have Yamakura Shihan as the Chairman of the GKK. Thank you Shihan!

The weekend's activities concluded with dinner and our organization meeting at The Ocean Garden Restaurant and Buffet. Sensei Myers began the meeting portion by giving the state of the GKK which included highlights from our international and national clubs and looks back to yearly trends. Sensei Stamper gave the treasurer's report which included comparison's from previous years. Following these reports the winners of the Chairman's Award were announced.

For those of you who were not able to attend you missed a fantastic weekend full of fun, knowledge and incredible teaching. Mark your calendars for next year to make 2019's Spring Seminar and Organization Meeting the best yet!

The GKK is not one person or group. We are a family. As Mrs. Muth from our Ambler club put it, "(The GKK) belongs to us all".

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