

August 2018 Newsletter
Goju-Ryu Karate-Do Kyokai

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Northwest Region Gasshuku and Shinsa

By Carol Gittins

GKK members in the Northwest trained with Shihan Yamakura for four days in June. Besides the dreaded Seiunchin kata facing a corner, participants worked on moving, crisp movement, and kumite techniques that would create openings in an opponent's defense. Shihan Yamakura also reviewed energy work and applications.

During the gasshuku, Christian Sulit tested for his Sho-dan ranking. Throughout the sessions, Christian showed power and knowledge, asking relevant questions and immediately incorporating the answers in his performance. He received his black belt on the last day, and the KinNamiKan warmly welcomed him as a new yudansha. At the same time, Barbara Silang received her san kyu, demonstrating precision and strength in her kata.

The gasshuku ended with a communal dinner at the Gittins' home. After a round of kanpais, celebrating accomplishments and looking to the future, people told how they came to train in karate and what brought them to the KinNamiKan. Most answers revolved around movies, curiosity, and serendipity.

Everyone who trained with Shihan Yamakura thanks him for taking the time to travel to Washington state and for sharing his knowledge and wisdom with us.



Barbara Silang, Shihan Yamakura, Christian Sulit



Last day of training. Front: Christian Sulit, Linda Suyama, Yumi Berg, Barbara Silang, Shihan Yamakura, Carol Gittins, Steve Hampsten. Back: Chris Jordan, Tom Baldrige, Boyd Gittins, Andrew McLane.

Promotions in Glens Falls Goju

By Frank Matt

On July 19th Cassandra Harrington ,and John Erwin received their 8th kyu's they worked very hard and earned their new stripes,we have future leaders coming up.

On Saturday July 21st Linda and Chad Jawszki,and Theresa Arcuri received their 2nd kyu's .



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