

October 2017 Newsletter
Goju-Ryu Karate-Do Kyokai

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**Goju-Ryu Karate-Do Kyokai Canada
Inner Dojo Youth Recreation Karate Tournament**

On Sunday October 29, 2017 at the
LEAMINGTON KINSMEN RECREATION COMPLEX
249 Sherk Street , Leamington, ON N8X 4X7

From: Motoo Yamakura, Chairman and Saiko Shihan of the Goju-Ryu Karate-Do Kyokai International.
"The future of Karate-Do is with our youth. I will attend this tournament."

From: Sebastian Pirrone , President and Founder of the GKK Canada Association
"I look forward to all our junior members coming together in the spirit of Competition and Karate-Do."

From: Fina Pirrone, GKK Canada: National Tournament Director
"The GKK Canada Karate Clubs are hosting an Inner Dojo Association Youth Recreation Tournament for our Karate students, age 17 years of age and under and is extending an open invitation to ALL GKK members that wish to have a constructive tournament learning experience. This purpose of this Tournament is to offer a positive, fun, competitive experience to the developing Karate Athlete and to introduce the Karate Athlete to legitimate tournament structure and processes in a safe and encouraging environment. We trust that this will be a valuable experience for all to enjoy and remember".

If further information is required please feel free to send an email to:

GKK Canada: National Tournament Director
Ms. Fina Pirrone
fina@pirrone.ca
Goju-Ryu Karate-Do Kyokai Canada
Serving its membership since 1984

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Tournament Summary:

- Tournament Fee: \$40.00 Canadian Funds or \$30.00 USA funds each participant (cash only)
- Dojo Summary should be submitted by email by the Dojo Leader by Sunday, October 22, 2017
- Venue Fee: Spectators, Friends and Parents are free to attend, but will sit apart from the competition area.

Location:

LEAMINGTON KINSMEN RECREATION COMPLEX ,249 Sherk Street Leamington, ON N8X 4X7

Tournament Day: Sunday October 29, 2017

- Check in: Begins at 8:30pm:
- Tournament Starts at 9:00am
- Kata Competition will use a Flag system
- Kumite Competition will be 1 minute running time or first person to reach a score of 6
- Personal Safety equipment is encouraged, but for those that do not have any, it will be provided
- Athletes must have their own mouth guards
- General eye glasses are not permitted, but, safety glasses with straps are permitted.
- This event will follow in principle the GKK Canada Rules of Competition.

If there are any questions or concerns, please contact, via email. GKK Canada National Tournament Director
Fina Pirrone at fina@pirrone.ca

“Stealing Fire”

By Rich Stamper

I recently read a book titled Stealing Fire with the subtitle How Silicon Valley, the Navy SEALs, and Maverick Scientists Are Revolutionizing the Way We Live and Work.

The book addressed an “optimal state of consciousness where we feel our best and perform our best”; which we sometimes refer to as ‘peak performance’ or being in ‘the zone’ or ‘flow’. Most of us have experienced such at one time or another. A sort of effortless expertise.

The book gave many examples of programs to artificially reproduce the state which it referred to as ecstasis and which involves selflessness, timelessness, effortlessness, and richness. This is not intended to be a book review and is not my purpose here.

In several places, the book referred to existing practices where one could achieve such a state and referenced mind altering drugs, severe types of training, meditation, religion, tai chi, karate, and yoga.

It lamented the decades of practice required for meditation, martial arts, yoga, and religion to be effective in reaching said state; and offered the latest and greatest methods for achieving optimal performance in a much shorter time.

One of the key points of the book is once developed the ability to ‘get in the zone’ becomes easier and it spills over to other areas of our lives. And that is the point of this epistle.

We often tout the many benefits of karate practice – character development, increased attention span, improved health, determination, self-confidence, respect and so on – but rarely, if ever, include the benefits usually attributed to long term practice of meditation, religion and similar endeavors. Perhaps the reason for that is it is long term and we are an instant gratification society.

So, are all of us “old timers” enlightened? Well, hardly, but the possibility exists and we have the tool and the context to get there.

Karate has sometimes been referred to as ‘moving meditation’ and ‘moving Zen’ and most of us have heard or even spoken those words. I wonder how many seriously strive to specifically develop the latent ability karate offers in that regard.

Most of us work diligently to perfect our form and the required single-minded concentration certainly promotes (but does not guarantee) a meditative state. It then becomes a matter of degree. And time. But how many have sought enlightenment specifically? How many even consider?

Traditional Karate-Do clearly promotes form over function. Good form is what wins tournaments and gets students promoted. The founders designed in the way to enlightenment but perhaps it was lost in translation or overlooked by many.

How often are we fully focused on the task at hand? How often is our mind free of intruding thoughts? That is meditation. We have a means at our disposal to promote the ability. Traditional Karate. A goal?



Corinth Dojo Promotions

By Frank Matt

Two of our newest 8kyus ,they worked hard and did awesome

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