



MŌ ICHI DO

IOGKF-USA NEWSLETTER

February 2009

IOGKF-USA

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From the Editor's Desk

During the semester that I recently spent in Japan, I noticed that budo culture was everywhere. The university where I taught had student clubs & teams for judo, kendo, kyudo, karate, shorinji kempo, iaido, aikido, and jodo. One could also find sumo, wrestling, western archery, western fencing, and K-1 style kickboxing.

At the same time, as many of you may be aware, Japan is perhaps the safest country in the world. I could walk anywhere at any time and not worry about my safety. Bouncers are almost non-existent, and the karateka I trained with could not think of one person their age who had actually been in a street fight. (I asked a few guys in their 30's.)

All of this gives the lie to those who argue that training in a fighting art will make a person more prone to violence. Japan is the perfect counter-example; it may be the country with the highest level of participation in martial arts as well as being the place where you would be least likely to encounter violence on the street.

I suspect there is a correlation here. And I believe a lot of it has to do with the tradition of respecting one's teacher in budo culture. When students observe that their teacher is both a person of great martial skill as well as being an individual dedicated to the promotion of peace, it cannot help but influence the kind of person they want to be, and will indeed become.

As students, we should not deify our teachers, but seek to emulate the best in their character. As teachers we must always remember that we are being watched and imitated, especially when we find ourselves in difficult situations.

P.S. Another thing I learned after living in another country for nearly half a year is that it takes a while to reorganize and readjust to life in America. Please forgive the brevity of this newsletter.

IOGKF-USA Regional Gasshuku Report Varnell, GA January, 2009



Han Sensei flew into the Chattanooga Airport at noon on Friday, January 16, just a few hours before Friday night's training began. Schipp Sensei and a few of his students from Nashville participated in the gasshuku as well with the Tenchi karateka. It was great to have Schipp Sensei and his students and Han Sensei to be a part of this awesome Southeast Regional Gasshuku! Everyone learned something and everyone was like family. The sense of

family and togetherness is very special and the IOGKF has really made that an important aspect of karate training.

Training on Friday night began with an intense session of *junbi undo*. Han Sensei wanted us to be ready for the trainings on Saturday and Sunday. After *junbi undo*, we had kata training. Then it was home to rest to prepare for the next days of training. Saturday was great as well! We started with *junbi undo* and then moved to *sandan gi*.

There were seven different sequences of *sandan gi* that Han Sensei had us practice. We also did *bunkai* for *Gekisai Dai Ichi* in a group of five where one person was in the middle of a circle performing the *bunkai* as the other four people acted as *semete*. Han Sensei also had some great *kakie* moves for us to practice with a partner. Han Sensei told us many times that the importance of Goju is touch, being in close with your partner, and circular movements. The *kakie* session emphasized what he had told us because we had to be against our partner to make the move correctly and to execute the *nage waza* (throwing techniques). After training, the Friendship dinner was held. The dinner was at a nice restaurant, The Kani House, which served great Japanese style food. Everyone had a great time and

fellowship with one another. Sunday's training was full of *Sanchin* training. It was so great to focus on this great kata! Han Sensei had each of us practice keeping our *tanden* tight. He also had us get into groups of three to practice *Sanchin* using our *obi* to intensify the training. The training was great with this *gasshuku* and many things were learned that helped all the karateka there to strengthen their training and their commitment to karate and perfection. The *gasshuku* was a very positive experience for everyone there, and it sparked the desire to have more *gasshuku* in the region to help bring everyone together as we train karate and make the IOGKF bonds stronger in keeping with traditional Okinawan karate training.

- Laura Tolliver

Supplemental Strength Training

Finding time to train amidst our busy lives can be difficult enough. Even when we do, there are often aspects of strength training which are neglected because of limited time or resources. As a result, our bodies often do not meet the level of conditioning and strength we would like. There is also the concern that our bodies may develop unevenly due to over-emphasis on one area and neglect of another. For example, pushups are an easy drill that can be performed nearly anywhere. However, while they do a good job of developing our chests and triceps, it is much less convenient to train the compensating muscles in our backs and biceps. The resulting disparity can create other health problems, most noticeably a bad back.

This section of the newsletter will be devoted to presenting supplemental strength training exercises that can be practiced easily, in many places, and with minimal investment. Whether at home or in the dojo, we can often find a little more time to tend to these often neglected areas of our bodies.

Reverse Flies

Many of us spend our days hunched over desks, computer keyboards, books, or notebooks. The result is bad posture. When we get a chance to exercise, we often do a bunch of pushups. This is a good thing, but if practiced without developing complementary muscles, the result can be even worse posture and great strain placed on one's back. Conditioning the back muscles by doing pull-ups or various "rows" (e.g. seated, bent-over) is important, but we should not forget the posterior (rear) deltoid. These muscles aren't worked as easily as the other parts of the deltoid, and aren't as impressive on the beach. As a result, they are often overlooked. However, for posture, health, and functional strength, especially in Goju-ryu, they are very important. And so, without further ado, the reverse fly:

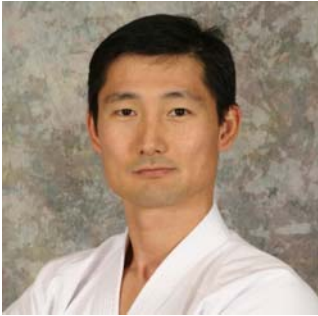
Step 1: You will need a pair of light weights (dumbbells, weight-plates, kettlebells, pets, small children of equal size). The point is not to bulk up, so starting with 5-10 pounds is probably a good idea.

Step 2: Hold the weights in your hands, standing straight up.

Step 3: Bend forward at the waist until you create a 90-degree angle, arms hanging straight down, palms facing in.

Step 4: Raise your arms slowly to the side until your hands are shoulder level. Arms should be straight but not locked at the elbows. Abdominals and back muscles should remain tight throughout the exercise.

Step 5: It is wise to hold the arms at shoulder level for a second or two before slowly returning to the starting position.



Notes from the North America
Chief Instructor

– Sensei Nakamura

Happy New Year!! I hope that you and your families are in good health and spirits at this beginning of 2009. In January I visited Warriors of Grace Karate (Sensei Tony Ferrer) in Millersville, MD for a weekend seminar. The *gasshuku* was very successful. I had a wonderful time. About 70 IOGKF USA members got together. Sensei Chris de Wet and his family, Sensei Michael Gardner with his family and students, and students of Sensei Herbert Allen came together to join the *gasshuku*. This was the first time that I really got to know Sensei Tony Ferrer, and now I have a lot of respect for him. His commitment

toward traditional *karate* and his passion to train and to teach *karate* is very high. All of the students trained very hard. During the first two days, we focused on *kata* and details. On the last day, we did some *bunkai*, and ended with 2009 punches. I appreciate Sensei Tony and his staff for their warm hospitality. One of the benefits of going to a *gasshuku* is to meet new and old friends. *Karate* training brings people together regardless of their background, occupation, race, religion, color of skin, etc. Once we step into the *dojo* we are all equal as students. We respect each other and sweat together.

Sensei Michael Han also visited Tenchi Goju-Ryu Budokai at Varnell, GA (Sensei Mickey Brock) and had a seminar in January. I am glad to see that the IOGKF-USA has started to have more local events and become more active. I encourage each *dojo* to start planning to have local events (seminars, lectures, tournaments, etc.) and invite other members to your *dojo*.

We have so many talented people within our organization. You will find out when you come to any IOGKF event.

This year's biggest event is coming up at the end of April, the Miyagi Chojun Festival (MCF 2009). This is the only time this year for North American members to learn directly from Sensei Morio Higaonna (10th *dan*, IOGKF Chief Instructor). Sensei Morio Higaonna is definitely one of the best living martial artists on this planet today. I always tell my students that if you play music, you must hear the music of Mozart, Bach and Beethoven. If you play golf, you have to see how Tiger Woods plays. If you practice *karate*, you must see and learn from the best master. Do not miss this opportunity. Please visit our website www.iogkf-usa.com for more information. I am looking forward to seeing you at MCF.

Upcoming Events

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| February 19 – 21 | Mexico Gasshuku Guadalajara, Mexico by T. Nakamura |
| April 4-5 | Susquehanna Martial Arts Symposium Selinsgrove, PA http://www.susqu.edu/karate_club/karate2.pdf |
| April 30 – May 3 | Miyagi Chojun Festival Burlington, Ontario, Canada by Sensei M. Higaonna http://www.iogkf.ca/event.2009%20MCF%20POSTER.jpg |
| July 3 – 5 Nakamura | Qualicum Beach Gasshuku Qualicum Beach, BC, Canada by T. |
| Oct 17 | IOGKF North America Friendship Tournament Burlington, Ontario, Canada (Tentative) |
| Nov 20 – 22 | North America Black Belt Gasshuku |

Hand Crafted Oak Makiwara

Makiwara training has been emphasized as one of the most beneficial forms of conditioning throughout the ages by many Karate Masters. Made with attention to detail, one at a time, these Hand Crafted Engraved Oak Makiwara are being made available to all individuals and Dojos. They proudly bear the Mon of the IOGKF.



To order a Makiwara for yourself or your dojo, please send an email request to thenryx4@bellsouth.net. Please specify type 1 (outdoor) or 2 (indoor). For type 2 makiwara please indicate the desired height. (mounting brackets not included). Please consult with your Sensei prior to beginning makiwara training. User assumes all liability.

(leather striking surface not provided)

cost: \$75 each plus shipping
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orders of 2 or more)

