

"Calligraphy and swordplay both rely
on the merging of the power of the
wrist with the spirit of the heart."

Hero



IGK

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Thoughts from Shihan Roy

Dear Students

Next month we will have a tournament. Most of you will be working toward performing a kata better than ever before. A tournament is a great tool to drive us to focus on every little detail of our kata. I hope you will do that for this coming tournament.

But what might also help you excel in the tournament is to consider the meaning behind the kata. Kata is not just moves that we put together to exercise. And just like anything that you do, the more you know about it, the better you will perform.

For instance, Jodan is not just 'turn-block-punch.' Jodan provides new students of Goju Ryu with a mix of foot movement with a basic combination of blocking and punching. This combination can be used in self defense, in sparring, and to improve physical coordination. Kata Geki sai dai ichi incorporates the importance synchronizing eye contact with our techniques; it is also the first time you attack from front to back with the spin-chop combination. And it doesn't end with the junior kata.

Kata Nahangi is known as the "monkey dance" in Kenpo (which I have incorporated into our teaching); this kata utilizes powerful short and low moves. Finally, Shisochin --a post-black belt kata --is like a tiger slowly creeping up on its prey. The tiger utilizes the inner strength of the slow yet defined move. Then, midway through the kata, there is a quick, explosive attack as it pounces on its target unleashing its powerful breaking strike. Your instructors can help you to develop the mindset for your kata.

Remember, if you do not train for a tournament and you win, you probably only won because you got lucky. But if you train hard for a tournament, you are a winner no matter what the outcome is.

Best,
Shihan Roy

For your information

Announcements

- Black belts are reminded to attend the Monthly Black Belt Workout at 7pm, Deerfield, on the first Wednesday of each month.
- IGK Dojo patches are an important and mandatory part of our uniforms. Please see Renshi Matt to purchase one.
- A reminder to students and parents: please enroll/pay dues online or at the office by the first class of each month.
- **Congratulations** to David Cloutier, JC Khoury, and Ed Uy for their promotion to San Kyu (1st degree brown belt).
- **Congratulations** to Instructor Andre Escalante who, in February, earned the title of Champion Varsity Wrestler of all Irvine High Schools and for the Pacific Coast League in his weight class.
- Parents & Students are asked to be on time to class; if you arrive late, request permission from the instructor to join.

Upcoming Events

Date	Event	Description
April 23 rd 9 AM to 1 PM	Black Belt Testing • Deerfield Park	Anyone is welcome to come and see all or part of the intense test for black belt.
May 14th 9:30 AM to 3 PM	Spring Tournament • Deerfield Park	All students who have been with us for 1-month or more should participate in the tournament. Registration forms have been passed out. See your instructor if you need one.
July 2011	Black Belt Workshop • Deerfield Park	Black Belt Instructors meet

Did you know?

Japanese swords used for combat have specific names and are relevant to our martial arts knowledge.

Katana: The katana is the sword most often associated with the samurai. The katana gets its gentle curve from quenching during forming; it is actually straight prior to quenching. The katana was the main weapon of the Samurai and was often carried with a companion sword called the makawashi.



Katana

Wakizashi: is a traditional Japanese sword with a blade similar to, but shorter than, a katana, yet longer than the tanto. The wakizashi was usually worn together with the katana by the samurai or swordsmen of feudal Japan. The wakizashi is often called the “companion sword.”

Tanto: A tantō, or "short sword" is a common Japanese single- or double-edged knife or dagger with a blade length between 6-12 inches. The tantō was designed primarily as a stabbing weapon, but the edge can be used for slashing as well.

Samurai carried both the katana and the makawashi in their obi (belt). When worn together the pair of swords were called Daisho, which translates literally as "large (katana) and small (wakazashi)".

This concept of having several size weapons is often applied to the martial arts where we have our kicks for longer range, powerful attacks and our hands for quicker, yet less powerful techniques. In a sense we need to consider our hands and feet together as daisho, just as the swords of the samurai.