

"To win one hundred victories in one hundred battles is not the highest skill. To subdue the enemy without fighting is the highest skill."

-Sun-Tsu



OC International Goshin Kai

□ Quarterly Newsletter from the OC IGK □

November 2011

Issue IV, Volume VII

Irvine, California

949.724.6725

www.ocigk.com

Thoughts from Shihan Roy

Dear Students:

On the on the left breast of our gi jacket is a patch. Do you know why we wear it? Do you know the significance of the symbols on it? Let me answer this question for you.

The patch we wear depicts the emblem of our dojo (karate school); this is our “dojo patch.” Every dojo member, from me down to our most junior white belt, wears the patch as a symbol of solidarity. It is a symbol that we are a family, that we all understand its meaning, and we all believe in the principles that it encapsulates.

There are three main aspects of our patch: a fist, a wreath, and a globe.

- The FIST represents power and strength. It represents not only the physical strength that we gain from martial arts training but also inner strength that gives us the power to succeed in any situation.
- The WREATH represents harmony...harmony with oneself and with others. This reminds us that Goju Ryu is first a peaceful discipline.
- The GLOBE indicates that we are part of an international organization. As a Goju Ryu karateka, you are part of a universal tradition of study. The globe is also a reminder that no matter where you are in the world, you have an obligation to carry yourself in a manner that upholds the reputation of our dojo.

So each time you don your gi before practice, take a moment to look at your dojo patch. Remind yourself of the significance of that patch and the symbols within: the fist, the wreath, the globe. This will help prepare your mind for the training you are about to undertake.

Yours in Budo,
Shihan Roy Cadiente

For your information

Announcements

- Our End-of-Year celebration and demonstration will be on December 10th. Students from ALL CLASSES are encouraged to attend. Family and Friends are also invited. This will be a potluck with details to be passed out separately.
- 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 every month.
- Parents & Students are asked to be on time to class; if you arrive late, request permission from the instructor to join.
- Thursday classes will continue to be held at the Woodbury facility indefinitely.
- Holiday Schedule:
 - Wednesday 11/23/2011: Classes will be held
 - Thursday 11/24/2011: No Classes (Thanksgiving)
 - Saturday 11/26/2011: Classes will be held
 - Saturday 12/24/2011: No Classes (Christmas Eve)
 - Wednesday 12/28/2011: Classes will be held
 - Thursday 12/29/2011: No Classes (5th Thursday of month)
 - Saturday 12/31/2011: No Classes (5th Saturday of month)
 - Wednesday 1/4/2011: Regular class schedules resume

Upcoming Events

Date	Event	Description
12/10/2011	End-of-Year Celebration at Deerfield Park Community Center	This is our annual potluck and demonstration for all students from all classes and their families and friends. Details will be passed out separately
2/4/2012	Winter Tournament at Deerfield Park Community Center	Registration forms will be passed out in November. All students are encouraged to participate.

Did you know?

In its earliest stages, the martial art known as "karate" was developed in Okinawa and called Te, or 'hand'. Weapons bans, imposed on the Okinawans at various points in their history, encouraged the refinement of empty-hand techniques and, for this reason, was trained in secret until modern times.

Te continued to develop over the years, primarily in three Okinawan cities: Shuri, Naha and Tomari. Each of these towns was a centre to a different sect of society: kings and nobles, merchants and business people, and farmers and fishermen, respectively. For this reason, different forms of self-defense developed within each city and subsequently became known as Shuri-te, Naha-te and Tomari-te. Collectively they were called Okinawa-Te or Tode, 'Chinese hand'. There were three basic styles from which all karate originates.

Shuri-te

Hard techniques influenced by Kenpo, seen more as an offensive system.

Naha-te

Softer techniques of Kenpo, plus strong breath control and is regarded as more of a defensive system, with grappling, throws, and locks.

Tomari-te

The hard and soft techniques of Kenpo.

The art of Naha-te, founded by Kanryo Higaonna Sensei, forms the basis of Goju Ryu Karate.