

Okinawan Goju Ryu Karate Kenkyu Kai

SUMMER NEWSLETTER – 2017



COMPARISON OF MAJOR GOJU RYU SCHOOLS

Curriculum	Miyagi	Jundokan	Meibukan	Shoreikan	Goju Kai	OGRKK (Us)
Junbi Undo	X	X	X	X (Taiso)	X	X
Hojo Undo	X	X	X			X
Kakie	X	X	X			X
Body Conditioning	X	X	X			X
Kihon	X	X	X	X	X	X
Kihon Ido					X	X
Kata	X (12)	X (12)	X (17)	X (19)	X (24)	X (13)
Standard Bunkai		X	X	X	X	
Oyo Bunkai	X	X				X
Yakusoku Kumite	X	X	X	X (Kiso)	X	X
Jiyu Kumite					X	X
Iri Kumi						X
TOTAL	8	9	12	24	31	11

What determined whether or not a curriculum box was marked, was based on whether or not that curriculum was “required” and taught to all students as part of the “standard” curriculum within that specific school. Most everyone does some form of body conditioning (i.e. via Yakusoku, etc.), but the box was only marked if the school has specific standardized body conditioning where two partners participate in prescribed body toughening.

As can be seen from the above chart, Miyagi had the smallest most focused curriculum. Jundokan has the second smallest most focused curriculum. The Goju Kai has the largest curriculum. Meibukan and Shoreikan have very large curriculums. Toguchi (Shoreikan) added seven kata to the system plus many Kiso Kumite (although counted as one in the chart), and systemized/required two person sets for each

kata. Of the Goju schools, Shoreikan and Goju Kai, focus the least on Hojo Undo and body conditioning. The Goju Kai has the most focus on Jiyu kumite of any of the schools. The Goju Kai is the only school that focuses on competition.

It is my opinion that Goju Kai and Shoreikan are the two most “modern” and altered Goju schools as they have added the most to the original curriculum and are the most “systemized” or formal, in regards to curriculum taught. Many practitioners of Shoreikan like to consider their school as “old school”, when in actuality they are the least similar to “old school” training, in regards to curriculum and primary focus of the school. Where I feel they are similar to “old school” training is in their technique. The way they perform their technique is more similar to the Higaonna/Higa lineage and Pre WW 2 that gives their technique more of the “old school” look. Toguchi and Yamaguchi added A LOT to Miyagi’s curriculum and they did so because they tried to create systemized structured curriculum that they felt developed the student’s karate skill sets in whole.

Toguchi and Yamaguchi were the two Goju practitioners who made teaching Goju Ryu their full time living. No Okinawan taught Goju Ryu professionally longer than Toguchi. Through their extensive full time experience, we can assume that they felt the additional curriculum that they created was needed and beneficial. As karate became public and more popular, class sizes became much larger. As a result of being taught to the public and having large class sizes, such as universities and formal commercial dojo, Toguchi and Yamaguchi, significantly added to the original curriculum. There is no formal research to indicate whether or not the larger curriculums produce better Goju Ryu practitioners in regards to skill or understanding. From a membership standpoint the Shoreikan is one of the smallest organizations, but that may be due to leadership and not curriculum. Yoshio Kuba (former senior student of Toguchi) is working hard to grow the Shoreikan lineage, although his organization is not called Shoreikan (Sakura-kai). Goju Kai has always been and is still the largest Goju organization on the competitive front.

It’s interesting that the Higa lineage is one of the oldest and with a direct to Higaonna Kanryo; but due in part, to how private Higa’s son kept their training and dojo, the Higa school almost died out. The Goju-ryu International Karate Kobudo Federation is the organization of Higa Seko’s Shodokan Goju Ryu. The current President is Kurashita Eiki, is working hard to promulgate Higa’s lineage and the organization. However, in comparison to the other organizations they are still relatively small.

The Jundokan most resembles the teaching methods of Miyagi, which was primarily focused on personal practice and not formal group lessons. The Jundokan has produced at least three students who have greatly helped to grow Goju Ryu Karate worldwide. Those students are the famous Morio Higaonna who formed the International Goju Ryu Karate Federation in 1979, Teruo Chinen who formed the Jundokan International (small organization), and Masaji Taira Sensei who developed the continuous flow (Renzoku) bunkai to kata. The three largest Goju organizations in the world today are Higaonna’s IOGKF, Yamaguchi’s Goju Kai, and the Okinawan Goju Ryu Karate-Do Kyokai - Yoshio Hichiya. All of the other branches of Goju Ryu are small in comparison to these three giants of Goju. The person most responsible for having spread Goju Ryu worldwide was Gogen Yamaguchi. The person second most responsible for popularizing and spreading Goju Ryu is Morio Higaonna.

KI EXERCISE

Pushing – Projecting Ki

This is a ki flow exercise. Here you use your ki flow for a physical action.

1. Stand steadily about half an arm's length from the object you want to push. A door that opens away from you is a good object to use.
2. Aim past the object.
3. Place the palm of your hand on the object.
4. Commence a good ki breathing, where you focus on the spirit of breathing in your center, not on the air entering and exiting your lungs.
5. Start a long exhalation through your nose.
6. Extend your hand and push the object away. It should feel like you exhale through your hand.
7. Before the exhalation weakens, you should have pushed the object away.
8. Repeat.
9. Continue as long as it gives you something.

BASIC MEDITATION



1. **Sit on your cushion or chair with a straight back.** The upright posture helps you to concentrate on your breathing as you purposefully inhale and exhale. If you're sitting in a chair with a back, try not to lean back against it or slouch. Stay as erect as possible. Position your legs in whichever manner is comfortable to you.
2. **Don't worry about what to do with your hands.** We often see people holding their hands at their knees when meditating, but if that's uncomfortable for you, don't worry about it. You can fold them in your lap, let them hang at your sides — whatever is comfortable.
3. **Tilt your chin as though you're looking downward.** It doesn't matter if your eyes are opened or closed when you meditate, though many people find it easier to block out visual distractions with closed eyes. Either way, tilting your head as though you're looking down helps open up the chest and ease your breathing.
4. **Set your timer.** When you're in a comfortable position and are ready to get started, set your timer for however long you'd like to meditate. Start small with 3-5 minute sessions, and work your way up to half an hour over time.
5. **Keep your mouth lightly closed as you breathe.** You should both inhale and exhale through your nose when meditating. However, make sure your jaw muscles are relaxed, even though your mouth is closed. Don't clench your jaws or grind your teeth; simply relax.

HELPFUL HINTS FOR TRAINING WHEN YOU ARE OLDER



(Kanazawa Sensei 86 years of age)

- a. Don't go as deep in stances
- b. Use less body tension
- c. Utilize softer breathing
- d. Give yourself more time in-between repetitions or kata
- e. Slow down, don't move so fast
- f. Warm up by walking, moderate squats, low kicks without tension or power, then stretch
- g. If you feel light headed or weak, stop
- h. Be sure to drink plenty of water
- i. Reduce the length of your training sessions – A little frequently is better than a lot infrequently
- j. Don't stop training – the older you are the harder it is to resume training after you quit
- k. Don't train on a full stomach – you should be a little hungry when you begin training
- l. Don't be thrown or throw others if you are over 60 or out of shape
- m. Don't put undue pressure on yourself – don't let others pressure you beyond what you can do
- n. Use your Ki more than your physicality (e.g. breath, projecting, extending, hip utilization, etc.)
- o. Train smarter not necessarily harder!

ADVANCED FALL GASSHUKU

The Annual Advanced Gasshuku for Brown and Black Belt students only, is scheduled for October 12-15, 2017, in Colorado Springs, CO. It is four days long this year so we can do more kobudo. Please see flyer and registration form on our webpage <http://www.ogrkk.com>

I sincerely hope to see all of our brown and black belt members here in Colorado. By sharing, training, and learning together we all get better as an individual and as a group.