



MEIBUKAN NEWMARKET KARATE

FALL 2012

WELCOME!

Lots of things have happened over the past 10 months so we decided to write up a newsletter to share these events with you.

Please feel free to contact us with any ideas for future newsletter.

For More information on Okinawan Goju-Ryu Karate please visit the IMGKA main site www.imgka.com

CHECK OUT OUR NEW WEBSITE AT
WWW.NEWMARKETKARATE.COM

MEIBUKAN NEWMARKET KARATE ON FACEBOOK

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SCHEDULE

TUESDAY

6:15-7PM
Beginners

6:45-8pm
Advanced

WEDNESDAY

6:15-7PM
Beginners

6:45-8pm
Advanced

THURSDAY

6:15-7PM
Beginners

6:45-8pm
Advanced

REMEMBER TO SIGN YOUR NAME IN THE SIGN-IN BOOK FOR EACH CLASS YOU ATTEND SO WE CAN TRACK YOUR ATTENDANCE

SUMMER OF KATAS

Here are some of the things we have been working on over the summer to improve our katas.

1. Imagine that the kata is a real fight
2. Pretend that your attacker really means you harm
3. Give your imaginary attacker a name. (I call mine Adolf)
4. When you step and punch, block or kick try to place your foot down and end your punch, block or kick, at the same time together as one. This puts you in the proper stance, it helps with your balance and creates a powerful weight shift on punches and kicks.

By: John T.

TRAINING IN OKINAWA, JAPAN

I was there with my dad (Sensei Miles) for a month from Feb. to Mar. 2012.

My experience training there was excellent.

It helped me improve a lot in my katas and I also gained more self confidence in myself.

We trained for a couple of hours or more per day.

Went to several seminars while we were there and I found them very informative which I learned a lot.

Got to train with the Grand Master of Karate, Master Yagi and his 2 sons (Sensei Akihiro & Sensei Akihito).



It was extraordinary to train with them because they are outstanding teachers (Sensei's).

The more you train/practice, the better you get.

IT WAS AN EXPERIENCE OF A LIFETIME.

By: Zach S.

INTRO TO MEIBUKAN

Goju-Ryu History

History of Goju-Ryu Karate

Karate is an ancient discipline designed to teach its followers not only how to defend themselves, but also how to improve your character and increase your awareness of the world around you.

Many people take Karate for different reasons. Some people are interested in increasing their personal ability, others are interested in self defense, while others are interested in an exciting way to get fit and to stay in shape. Karate offers all of this, plus more. Often, new Karate students begin their training with only basic expectations, and are shocked to find out just how far reaching the benefits of the martial arts can be. Like any worthwhile activity, the more you put into your training, the more you will get out of it.

Contrary to popular belief, Karate is not a fighting sport. In fact, it is an art of self defense. The objective of Karate is not to learn how to fight, but to learn how not to fight. In the event of a fight, the objective is not to learn how to win, but to learn how not to lose. As the master Dai Sensei Meitoku Yagi said:

"Do not put your main purpose in mastering Karate technique itself. You should study the way of life through Karate. This is our goal."

A Brief History of Okinawan Karate

When looking at the development of the traditional Okinawan styles of Karate, we can gain a valuable insight into the art by illuminating some of the surrounding influences that played a significant part in shaping the culture of the Okinawan people.

Okinawa is a small island off of the southern tip of Japan. It was practiced throughout the land. In 1392, 36 families from China immigrated to Kume village in Naha, Okinawa. Each of these families were specialized in such a way as to cultivate the development of this tiny island. As they settled and their culture combined with the people of Okinawa, a new culture was born. The Okinawans, or Uchinanchu, grew into a courteous and peaceful race, distinct from both China and Japan. The settling of these families is undoubtedly how the Chinese fighting traditions were initially transmitted to Okinawa. Dai Sensei Meitoku Yagi can actually trace back his family's ancestral roots to this Kume settlement.

In 1609, the members of the Satsuma Clan invaded and conquered Okinawa for the Japanese empire. After this time, a ban on the possession of weapons by the Okinawan people was put into effect. This did a lot to encourage the development of an unarmed fighting art in Okinawa, which eventually turned into the different styles of traditional Karate we see today. However, since the Satsuma also banned martial arts training, students had to train in secret, often in the middle of the night in the back yards of their Sensei's home.

The Satsuma military occupation lasted nearly three centuries until 1879, when Okinawa became an official part of the Japanese empire. With time, Karate became a more openly practiced art. It was no longer necessary to train in secret, and around the turn of the twentieth century the martial arts were introduced into the island's school system as a form of physical exercise, due to the influence of Karate enthusiasts led by Itosu Anko. The Japanese felt that young men who acquired healthy bodies and good moral character through martial arts training would be more productive in the Japanese military culture.

Miyagi Sensei & Goju-Ryu Karate

Miyagi Chogun Sensei is the founder of Goju Ryu Karate Do. He was born April 28th, 1888 to a wealthy Okinawan family. He began his Karate training under Aragaki Ryuko Sensei in 1900, at the age of 12. In 1902, when Miyagi Sensei was 14 years old, Aragaki Sensei introduced him to Higashionna Kanryo Sensei, master of Naha Te Karate. Higashionna Sensei accepted him as a student, and the two trained together until the death of Higashionna Sensei in 1915. From here, Miyagi Sensei travelled to China to increase his knowledge of the martial arts. He studied the principles and philosophies of many Chinese styles in order to increase his knowledge and understanding. Eventually he formulated his own style of Karate which combined the hard external fighting styles with the soft internal styles into a close range, highly efficient method of self defense. The brutal efficiency of the style was designed strictly for health and self defense, and not for sport. In 1930, Miyagi Sensei named his style Goju-Ryu Karate-Do, meaning hard and soft style.

This name was taken from one of his favourite poems, the Kempo Hakku, or the eight laws of the fist. "HO WA GOJYU WO TONDO SU." "The way of inhaling and exhaling is both hardness and softness." Miyagi Sensei died on October 8th, 1953. After his death, his teachings were carried on by Dai Sensei Meitoku Yagi and three other senior students of his.

Goju-Ryu after Miyagi Sensei Grand Master Meitoku Yagi

Yagi Meitoku Sensei was born on March 6th, 1912. He was a direct descendant of the original 36 families of Okinawa. He began his Karate training with Miyagi Sensei in 1926, at the age of 14. By the time of Miyagi Sensei's death in 1953, Yagi Meitoku Sensei was the only student of Goju Ryu Karate to learn all of the kata from Miyagi Sensei. In 1963, Miyagi Sensei's family presented Yagi Sensei with his teacher's gi and belt, and gave him the Menkyo Kaiden, naming him the official successor to the Goju Ryu Karate system. Until his death on February 7th 2003, Yagi Sensei continued to teach and enrich Goju Ryu Karate Do, creating new kata and adding weapons training to the school.

Master Meitatsu Yagi Sensei

Until very recently Goju Ryu Karate Do was presided over by Yagi Meitatsu Sensei, the oldest son of Yagi Meitoku Sensei. He began his Karate training in 1949 at the age of 5, and trained under his father for over 50 years.

Yagi Meitatsu Sensei travelled the world to teach Meibukan Karate Do practitioners, including visits to Canada, the United States, India, Israel, Italy, England, France, Czech Rep, Slovenia and South America. He is also a founding member of The Okinawan Traditional Karate Do Kobudo International Study Center, located in Yomitan, Okinawa. Here martial arts students have a chance to practice Karate Do in the place of its birth. Yagi Meitatsu Sensei's two sons, Akihito Yagi Sensei, Akihiro Yagi Sensei, are now President and Vice President of IMGKA.

Source: www.kwkarate.ca

FAQ

Q: Why don't you spar? I thought that sparring helps you fight to defend yourself.

A: Traditional Karate does not involve free sparring for several reasons. Free sparring trains ones body to "hold back" on the techniques or requires the use of protective equipment. In addition, you are usually restricted from striking vulnerable areas such as the eyes, nose, groin and knees. Free sparring is great for sport karate but self-defense is a different matter.

Q: If you don't spar, how do you defend yourself?

A: Traditional Meibukan Karate uses a three tiered approach.

First, we train our mind and actions to avoid the confrontation, this can be as simple as avoiding troublesome people/situations. If trouble arises with an individual, simply be calm and say "SORRY" is usually enough to defuse the situation.

Second, we train in various drills, these prearranged drills train muscle memory to react automatically without thinking.

Third, Kata. Kata or forms are a predetermined sequence of techniques that also assist in muscle memory to the proper posture as proven over the centuries. As the student learns these ancient katas, they start to visualize invisible opponents, this is the ultimate goal.

BELT REQUIREMENTS

Kyu	Basic Form	Kaishu	Meibuten	Kobudo	Renzoku Kumite Form	Kakomi Kumite Form	Kumite	Classes @ Kyu	Grading Expectations
White 10th	Sanchin	Geki Sai Ichi	Tenchi		Jo Chu Ge	Jo Chu Ge	Renzoku Jo Chu Ge	24	Proper execution of basic techniques and performance of kata Tenchi.
Yellow 9th	Sanchin	Geki Sai Ni	Seiryu		Chu Shuto Ge	Chu Shuto Ge	Renzoku & Kakomi Chu Shuto Ge	24	Proper execution of basic techniques and performance of kata Geki Sai Ichi & Geki Sai Ni.
Orange 8th	Sanchin	Safa			Chu Geri Ge	Chu Geri Ge	Renzoku & Kakomi Chu Geri Ge	24	Performance & execution of all techniques and kata to advance to Intermediate Level.
Green 7th	Sanchin Tersho	Shienchin	Byakko	Kakomi Sai	Ge Shuto Chu	Ge Shuto Chu	Renzoku & Kakomi Ge Shuto Chu	48	
Green 6th	Sanchin Tersho			Geki Sai Ichi Sai / Bo	Kakete Jo Chu Ge	Kakete Jo Chu Ge	Renzoku & Kakomi Kakete Jo Chu Ge	48	
Blue 5th	Sanchin Tersho		Shujaku	Geki Sai Ni Sai / Bo			Renzoku & Kakomi Free x 3	48	
Blue 4th	Sanchin Tersho						Ippan Kumite 5's	48	
Brown 3rd	Sanchin Tersho	Sanseiryu	Genbu				Nihon Kumite Free x 5	100 Classes	
Brown 2nd	Sanchin Tersho			Saifu Sai / Bo				Ability	
Brown 1st	Sanchin Tersho			Shisochin Sai / Bo				Min 1 Year	
Black Shodan	Sanchin Tersho	Sanseiryu Seisan						Min 2 Year 200 Classes Assist	
Nidan		Seisan Seierchin						Min 3 Year 300 Classes Assist	
Sandan		Seierchin Seipal						Min 4 Year 400 Classes Assist	
Yondan									

MAY GRADING 2012



During the last week of May, we had a senior belt grading. Congratulations go out to Juan, John and Zach for a job well done!

SEMINAR OF SEPTEMBER 2012

Akihito Yagi Seminar

All I can say is "WOW, what a weekend!!", but I know you want details. The seminar started on Friday night at 7pm. We started like a traditional Okinawan class. After the bow, we lined up for single basics, quickly followed by partner basics. Kotekitai and Kake Te, these drills condition the arm and build upper body strength. A good long set of the Renzos and now I am in a full sweat. A couple rounds of the Kakomi and we were all ready for Katas. The weekend focused on both the classical and Meibukan katas. Each of the five classes was focused on two kata with focus on correct stances, block and biomechanics. All karateka went through the entire kata system including Suparinpe as a special treat. John T, Zach S, Farley C, Pat G and Miles S all left the Dojo with sweat-drenched Gi.

We will be training on this content over the next several months.

Sensei's Training Tips

In order to advance to your next belt level, it is important to attend at least two classes per week. While it is possible to attend only one class per week, it will take much longer to get to your next level. At higher levels such as brown, it is possible to actually lose ground! If you find it difficult to attend more than one class per week, you can supplement this by training on your katas at home. Practicing all your katas, even only once per week, will help tremendously. I find that practicing your katas in your mind makes a huge difference and I personally mostly use this form of training when I am on the road. Remind me to tell the story when I screamed "KEEEEEIIIIIIIIII" on a crowded airplane!!!!



Sensei Miles, Akihito Sensei,
Sensei Farley & Sensei Pat during the seminar.



Sensei Miles, Zach, Akihito Sensei, John, Sensei Farley & Sensei Pat at the seminar.