

**GO & JU**

The importance of balance

**PRESERVING OUR ART**

Goju-ryu as an intangible cultural treasure

# I O G K F

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**EXCLUSIVE**

*New Dojos of the World  
Series Begins*

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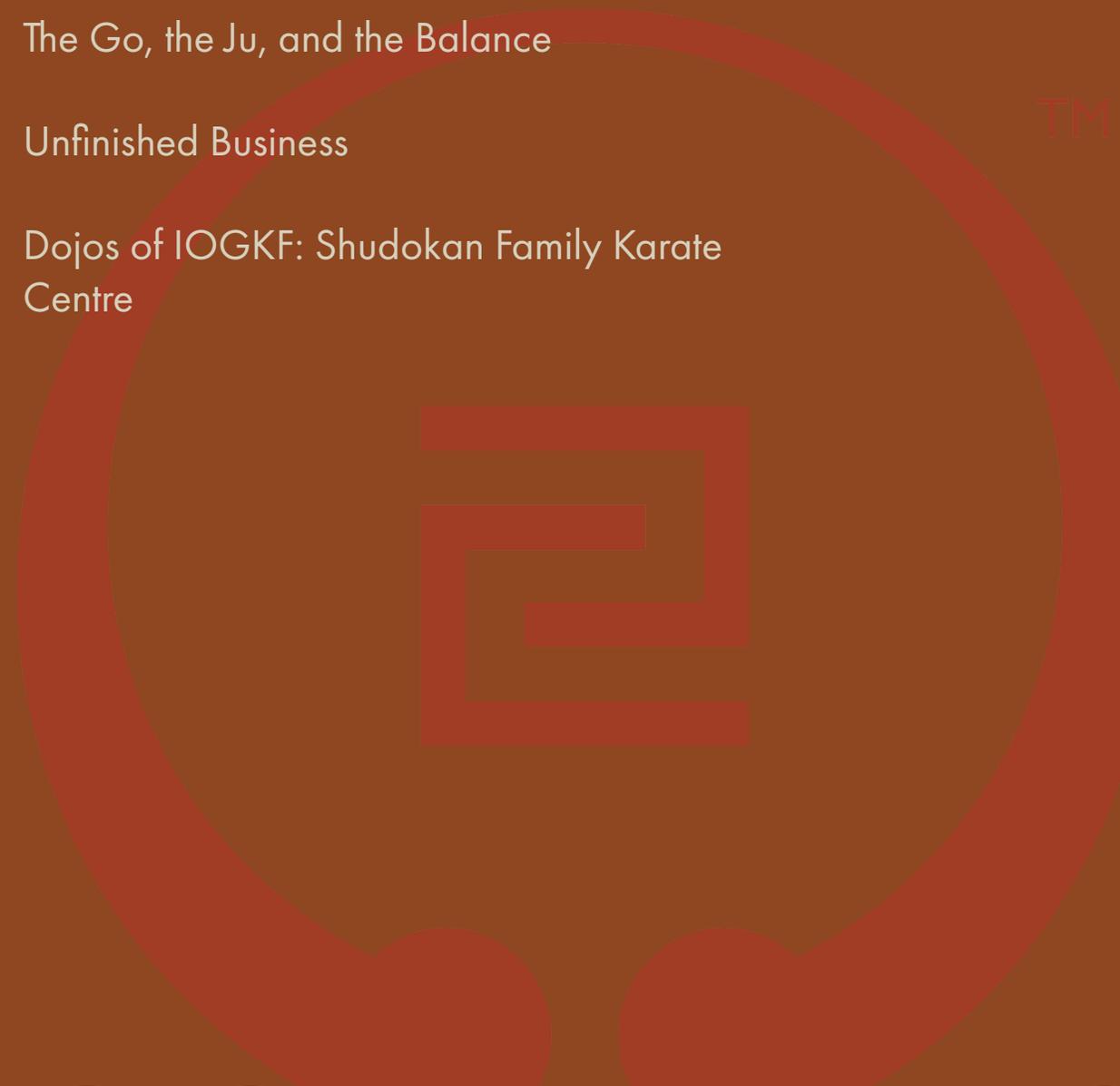
DAVID LAMBERT  
TETSUJI NAKAMURA  
SITA GANESAN

### DESIGN & LAYOUT

SITA GANESAN

### PHOTOGRAPHY

ROMAN BOLDYREV  
TETSUJI NAKAMURA

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Address from

# SENSEI JORGE MONTEIRO

## *IOGKF INTERNATIONAL ADVISOR*

My whole childhood took place in a city area where all the kids were naughty most of the time and fights were constant. Only when I was 14 years old did my father decided to enroll me in a karate school, so that I could get away from bad influences.

It was at the beginning of 1977 that I met Sensei Morio Higaonna for the first time, I was 15 years old then. Since then, I never stopped training and following his teachings both from a technical and philosophical standpoint.

At that time, the teaching of martial arts was very hard and only those who had passion for the art did not give up.

From the first training I had, I was surrendered to the discipline that was breathed in the Dojo. It was a dojo with a huge training space, where more than 100 students trained simultaneously. I remember the Saturday afternoon classes that were hours in a row only of Kumite, and it was very "natural" for students to get hurt to the point of going to the hospital for plaster or various stitches. Higaonna Sensei arrived at the dojo in early 1977 and it was the turning of a new page in my Karate journey.

The Master showed us what real karate was, no 'fancy techniques of' 'movie tricks'. The workouts were intense and without breaks to rest or even drink water.

In the 70's, training was so hard and strenuous, that many times, after training, my father

had to take me to medical clinics to heal my body ailments.

This was the way I learned Karate.

The World is always changing and evolving, and we all have to adapt to new situations and challenges to keep the flame and motivation of our students alive.

The essence of Karate is very well expressed in the Kata's. Training constantly without ever giving up is the biggest challenge we can have for ourselves.

The message I leave to all young karateka is to never give up training and take advantage of all the teachings you have in the dojo, and apply them in everyday life.

With this new virus, wars and the state of the climate, we have had to adapt and never give up.

As an example, we had Sensei Nakamura starting online classes.

What seemed impossible (to transmit karate by computer), became a reality and the way to keep the Karate family together.

Never giving up and adapting to new realities without losing the essence is only possible with the spirit of a karate-ka.

I could tell many stories that happened during these 47 years of Karate practice, but I can say that I had many experiences, some positive and some negative. So, the conclusion I draw from all these experiences is that we must learn not to repeat the same mistakes and take advantage of good examples so that the future of IOGKF can be guaranteed for future generations. This is what Sensei Morio Higaonna set out to do, and asks us to preserve the true Traditional Okinawan Karate that has been passed on from generation to generation.

During the journey of a karate-ka, there are several things you can do that can help your future in this art. The most important thing is to understand that Karate should be reflected in our lives making us stronger physically and spiritually. 🍷



# THE GO, THE JU, & THE BALANCE

WRITTEN BY TETSUJI NAKAMURA  
SENSEI, IOGKF 8TH DAN



For me, the most important characteristics of the essence of our style are the Go (hard) and Ju (soft) aspects.

When we start Goju-Ryu training as a beginner, we focus on the Go (hard) part of the training. We practice Hojo Undo to make our body strong and Ude Tanren to make our body like a steel. We train basic skills (mainly close fist techniques) to make our techniques fast and strong. Sanchin training also teaches us how to lock our joints and tighten muscle to make our body like a solid rock (chinkuchi kakin). Then we work hard on our Kata with a focus on speed and power at this stage. Go is very important aspect of our style.

When students reach black belt level, we also start learning more of the Ju (soft)



part of our style. We teach students to relax and make techniques smoother, to use Muchimi (heavy sticky feeling). We learn more open hand techniques both for blocking and striking. Instead of the hard blocking techniques to damage your attacker, we learn to use soft blocking to redirect attacks and use attackers' movement and power against them. As you reach a more senior level, we perform kata with Muchimi, with a focus on the Ju movements co-ordinated with breathing techniques. The more

senior we become; the more we must focus on the Ju part of training.

From the mental point of view, we must teach our students respect and proper manners from day one. Students will be taught to control their skills and response according to their partner's level. At the beginning, we make sure that new students will be challenged physically, according to their level, and little by little we add more intensity to their training. After many years of intense practice, students develop a strong and indomitable spirit. When the student is faced with a very difficult time in their lives, they can get through it without giving up by using the strong spirit they have forged. The mental side of our discipline starts with Ju (soft) learning "Respect, gentleness" and through correct training you achieve Go, the "Indomitable Spirit".

To connect the mind and body we need the breath. Breathing is the key element to connect and control all the above physical, technical and mental aspects. We learn Tanden breathing on both hard and soft ways. In Sanchin kata, we learn hard and strong Tanden breathing, and in meditation, we learn soft and quiet Tanden breathing. Through various breathing training, we learn to use our breathing to control our skills and mental status.

These two aspects of our style, Go and Ju, are completely opposite for each other. However, in our training and lives, we must make a balance between them. This is also how we learn that there are always different viewpoints and important values in our lives. We must recognize these and try to make a good balance between. 🍵





# *UNFINISHED* BUSINESS

WRITTEN BY DAVID  
LAMBERT (AUSTRALIA)

*Chojun Miyagi Sensei was a man of foresight and future thinking when it came to preserving the art of Karate. When war hit Okinawa in a way that no one could have predicted and his health began to fail, Chojun Sensei's approach to teaching Karate and protecting it for the next generation through An'ichi Miyagi Sensei is the reason any of us are reading this article right now.*



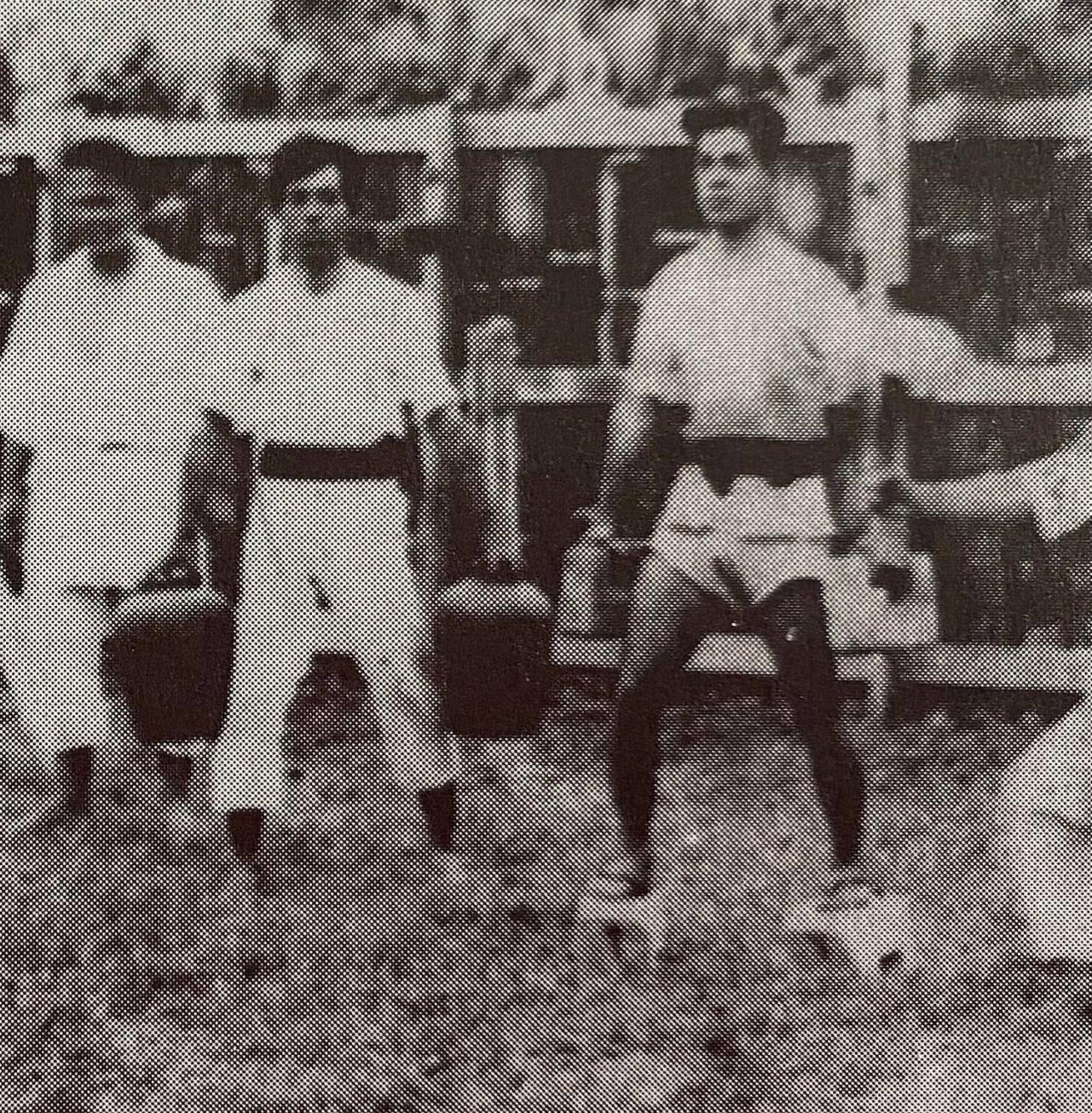


But what about before the war, before Chojun Sensei had to think about what Karate would be like after him? What were his goals for our art and what was he trying to accomplish?

Chojun Miyagi felt Karate was a special art and that it should be recognised as an intangible cultural treasure. He felt Karate should be on the same footing as other martial arts like Judo and Kendo, which were seen as a valuable part of Japanese culture. Chojun Sensei also believed that the art of Karate should spread

further than Okinawa and Japan as its benefits were universal and would suit all the citizens of the world.

To accomplish these goals, Chojun Sensei knew he would need to unite the various Karate styles of Okinawa. Many of the Masters of the other major Karate styles were aligned with the goals our founder had put forth. Chojun Sensei approached them all about starting the 'Karate Kenkyu (research) club'. The instructors who came together were Chojun Miyagi (the



chief instructor), Chomo Hanashiro, Choyu Motobu and Kenwa Mabuni.

The club was founded in 1926 and operated well until its eventual demise in 1929. Financial and ethical issues saw the club house bank loan fall behind and Chojun Sensei had to pay off entire loan by selling his own property.

This didn't sway Chojun Sensei from his goal and he made several trips to the mainland of Japan and even to Hawaii, USA during his lifetime

to promote and bring attention to Karate. He became renowned and demonstrated for the crown prince of Japan on his visit to Okinawa.

As WWII decimated Okinawa, Chojun Sensei's priorities had to change from promoting and spreading Goju-ryu Karate, to now ensuring it would survive after him.

A short time after Chojun Sensei passed away, a young Morio Higaonna Sensei entered the garden dojo. Over the next 60 years,

Higaonna Sensei has picked up the 'unfinished business' of Chojun Miyagi Sensei.

Through his dedication to hard training and his refusal to change the Kata and conform to others, his Yoyogi Dojo became legendary. Later through the formation of the IOGKF in 1979, Higaonna Sensei has spread Okinawan Goju-ryu Karate-do to over 80 countries and has taught hundreds of thousands of people, spanning several generations. Higaonna Sensei, with the help of his many senior students across the globe have accomplished what Chojun Sensei not only dreamed of, but also knew was possible. Goju-ryu is practiced on the four corners of the globe.

In 2019 at the IOGKF Gishiki event, Higaonna Sensei gave a speech where he recalled four decades of travelling on an almost weekly basis to spread the art. He sacrificed time with his family to give to the world like no other martial artist has. This, during a time a slow air travel, long stop overs and more.

Despite now being 85, Higaonna Sensei has not slowed down in picking up where Chojun Sensei left off.

In the 1920's Karate may not have been ready for a cohesive approach to protect and preserve itself... A century later, things have changed.

Higaonna Sensei and masters from other styles are working together with great effort in a cohesive approach, as they try to accomplish another one of Chojun Sensei's goals – having traditional Karate be recognised as an intangible cultural treasure.

UNESCO (United Nations Educational, Scientific and Cultural Organization) is the group responsible for recognising such treasures. The group of masters in Okinawa are working daily to achieve recognition and secure traditional Karate as an art of cultural significance, so that it may be protected in it's purest form for generations to come.

Achieving this status is not an easy task. Events like the Gishiki held in Okinawa, help to promote and strengthen the case of Higaonna Sensei and his fellow masters. IOGKF are still hoping to hold a Gishiki event during the Okinawan summer of 2023 (confirmation will be made in the coming months). The biggest question now? Will you be there to help with Chojun Sensei's unfinished business and to support traditional Karate receiving the recognition it deserves? We have a chance to make world history. 🇲🇵







IOGKF DOJOS

AROUND THE WORLD

SHUDOKAN FAMILY

KARATE CENTRE



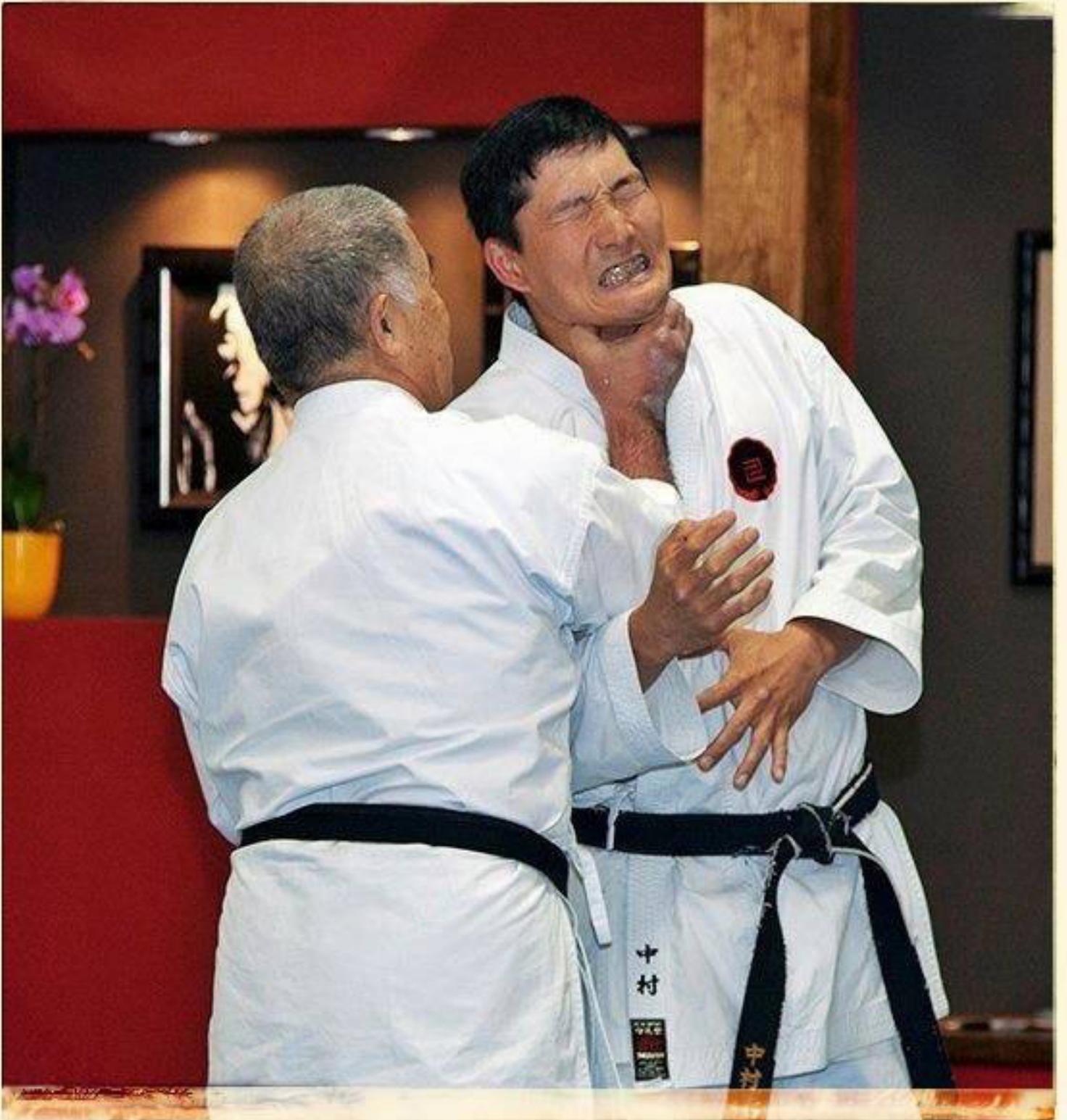
WRITTEN BY THEODOR TETZ  
(DENMARK/CANADA)

*Over the next few issues, IOGKF Magazine will cover various dojos across the world and their history. What better place to start than IOGKF headquarters and IOGKF Canada Honbu Dojo, Shudokan Family Karate Centre in Burlington, Canada.*

Shudokan shares much of its history with IOGKF Canada, both of which were established by Sensei Jim Marinow in 1993. Back then, the dojo was called Okinawa Karate Club and shared space with a ballet school. Nakamura Sensei joined IOGKF Canada in 1997 as its Technical Advisor after staying with Higaonna Sensei as an instructor and private student for several years. He was appointed Chief Instructor of IOGKF Canada in 2003 and took over the dojo from Sensei Victor Mangialardo, who had run it since Sensei Marinow's resignation in 2001. Nakamura Sensei moved the location of the dojo and changed the name to Shudokan Family Karate Centre.

The name "Shudokan" has a double meaning: Shu translates to learning, and the full name literally means "school where you learn the way of life". The character for Shu is also taken from Aragaki Sensei's first name, Shuichi, and pays tribute to Nakamura Sensei's first master and mentor.

Shudokan moved location for the final time in 2011 to its current location on Harvester Road. The opening ceremony in May of that year was attended by Higaonna Sensei, who



demonstrated kakie and hand conditioning. Over the years since then, several other top instructors from IOGKF have visited and taught the students at Shudokan.

When COVID-19 forced dojos across the world to suspend in-person training in early 2020, Nakamura Sensei led the charge in quickly pivoting to online training. Within a very short span of time, a system had been created for dojo members to access live online classes as well as pre-recorded classes, with a new class format that maximized the benefits of online training. This strategy allowed Shudokan to remain open throughout the pandemic at a time when, sadly, many other martial arts schools in the area were forced to close.

Nakamura Sensei's fast transition extended to IOGKF International; over the past two years, countless national and international gasshukus and seminars have been held and well-attended onZoom, the latest being this April, as occasional online Gasshukus have proven to be an opportunity that might last beyond the need for social distancing. The new format closes some doors for training, such as partner work, while opening others, such as screen sharing and more in depth analysis and presentation of katas, application and more.

In this way, the dojo and our organisation has embraced the necessary development, rather than being limited by it and will continue to do so in the annual gatherings and seminars that usually take place in Shudokan Family Karate Centre.





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國際沖繩剛柔流空手道連盟  
IOGKF INTERNATIONAL INC.