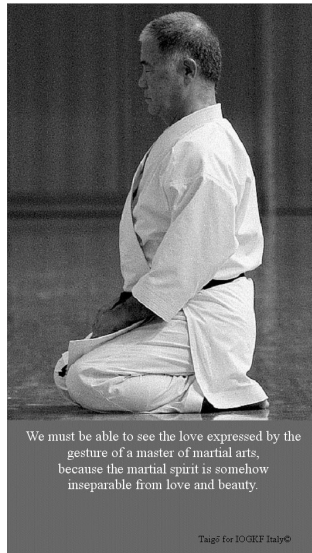


IOGKF - USA
MICHIGAN/OHIO AREA
GASSHUKU



Conducted by ***Sensei Ernie Brennecke***
5th Dan Okinawan Goju-Ryu Karate
December 7, 8 & 9 2012

Event Site:

Ohana Dojo
1070 W. Highland Road
Howell, MI 48843



Contact: Sam Larioza
517.586.1001
sensei@ohanakarate.com

Information floating around in your head? Turn it to functional action.

WHAT WILL YOU LEARN AT THIS GASSHUKU?

“IT IS MORE IMPORTANT THAT YOU ARE ASKING ALL THE RIGHT QUESTIONS, THAN TRYING TO HAVE ALL THE RIGHT ANSWERS.”

**WHAT IS THE LITERAL MEANING OF: KARATE? GOJU? SENSEI?
DOJO? KATA? GEKISAI DAI ICHI?**

**POWER CENTER? POWER LINE? HORIZONTAL GANKA LINE? SOLID
STRUCTURE?**

What is a functional/anatomical definition of tanden?

Can you offer a functional definition of kiai?

Where does the power for a punch originate? For a kick ?

What is the key to a tight, open or closed, hand?

Is a tightly closed hand necessary during punching?

Why rotate the punch?

**Can you give at least 3 reasons to hold the arm close to the chest during
a punch or block?**

Why circular, rather than linear blocks?

**Besides equal and opposite action, why is the pull-back hand
emphasized?**

**What types of impact are there? How do I produce the various types of
impact?**

**Which way should I rotate my pelvis to perform a “shocking impact”
during yoko uraken uchi? __ Away from or __ Toward the opponent
upon extension of the arm? Why?**

How do I measure force? Kinetic energy?

**How can I make-up for the difference in my size, compared to a larger
opponent?**

What is the difference between real and perceived speed?

What is the difference in “knowing” kata and “owning” kata?

What is the difference between “practicing” and “drilling?”

Featured Instructor
Sensei Ernie Brennecke
5th Dan Okinawan Goju Ryu
USA Northwest Regional Coordinator



A retired Sports Physical Therapist who, while in the Air Force, received his first of five Black Belts in Japan in 1965. In 1966, Sensei opened this nation's first Okinawan Goju-ryu Karate school in Spokane, Washington. Since that time, Sensei has taken part in numerous national and international events-giving him a well deserved reputation world-wide.

After selling his Physical Therapy practice in 1996, Sensei Brennecke has pursued a full-time career in martial arts.

Sensei Brennecke is a highly qualified and Certified Professional Martial Arts Instructor who effectively conveys his knowledge in a way that encourages and motivates students of all ages and ethnicities to do their best.

He was inducted into the United States Martial Arts Hall of Fame on September 11, 2004.

Sensei Brennecke is currently the Northwest Regional Coordinator for the IOGKF, in close association with Sensei Gene Villa (Chief Instructor USA)

Training Schedule

- All sessions are lead by Brennecke Sensei unless otherwise noted
- All students are encouraged to attend all sessions, since each session will be stacked onto the previous session.
 - Bring a smile, sharp pencil & mind – a clean towel & water
 - * Brief breaks will be provided exactly on each “Goju hour”

Friday December 7th

6 - 9:00pm - All Adults (all ranks)

*Dinner/Drinks at “Moe’s” after

Saturday December 8th

8 - 8:45am – Optional Beginner Zen Meditation Session
Instructor – Sensei Sam Larioza

9am - Noon – All Adults (all ranks)

1 - 4:00pm – All Adults (all ranks)

4:00pm – Group Photo

4:30 - 6:00pm – BLACK BELT MOCK GRADING & REVIEW (by invitation).

* All Brown Belts are encouraged to observe.

7:00pm - ? - Dinner at “O’Malley’s” Hartland (Old 23 & M-59)

Sunday December 9th

9 - 9:45am – Optional Zen Meditation Session
Instructor – Sensei Sam Larioza

10 -1:00pm – ALL ADULTS & RANKS

BLACK BELT SAYONARA DEMONSTRATION – “CASCADING KATA”

Registration Form

Register by mail to:

Ohana Dojo
PO Box 511
Fowlerville, MI 48836

Name _____
Age _____
Address _____
City _____ State _____ ZipCode _____
Phone Number _____ Email _____
Dojo Name _____
Rank _____
Instructors Name _____

Gasshuku Rates:

(* teens may participate in this event if they normally train with the adults in their dojo)

Adult Training \$40 (before November 30th) \$50 for late registration

Number of adults ____ -training cost **\$40/\$50** = _____
(must fill out an individual waiver for each person training)

Family Rate (max rate for any family) \$70 (before November 30th)
\$80 for late registration

Number in Family ____ -training cost **\$70/\$90** = _____
(must fill out an individual waiver for each person training)

Total Fees: \$ _____

Check, Credit or Cash (mail or call in, registration form must be received by 11/30/2012 to get early registration rate)

Please make checks payable to: **Ohana Karate**

Waiver:

I, the undersigned, do hereby voluntarily submit my application for the attendance and participation in the IOGKF-USA Area Gasshuku on December 7-9, 2012. I do hereby assume full responsibility for any and all damages, injuries or losses, I may sustain or incur, if any while attending or participating and hereby waive any and all claims against the directors of said Gasshuku: Ernie Brennecke, Sam Larioza, any and all directors, agents or employees of Ohana Karate individually, in full or otherwise for any claim of injuries that I may sustain. I also state that I have no medical problems including but not limited to heart conditions, epilepsy, hernias, etc. I fully understand that any medical treatment given to me will be of First Aid type only, and I fully waive all claims for injuries or damages that may result from such treatment, whether given with or without my express consent. I consent that any photographs or video recordings furnished by me or taken of me in connection with IOGKF-USA Area Gasshuku can be used for any publicity, promotion, or television showing, and waive any compensation in regards hereto. I have read and understand the statements in the preceding waiver and acknowledge the complete acceptance of same.

Student Signature or Parent/Guardian (if under 18)

____/____/____
Date

Printed Name

Gasshuku Rules / Guidelines

- All participants must wear a clean gi. No exceptions to this rule will be allowed.
- Participants must be on time for training, arrive at least 15 minutes before the beginning of each training session.
- All participants are expected to conduct themselves in the tradition of true karate with proper etiquette at all times.
- Participants may want to bring a water bottle and a hand towel
- Spectators must stay off the training floor and be respectfully quiet during the training.
- All junior students who attend must try to maintain a level of concentration appropriate to the training.

Accommodations
Distance in miles from Dojo

Holiday Inn and Suites - \$89.99 standard/\$109.99 suite (1.6 miles)
1397 North Burkhart Road
Howell, MI 48843
(517) 548-0100

Baymont Inn - \$64.00 king/doubles (1.9 miles)
4120 Lambert Drive
Howell, MI 48843
(517) 546-0712