

Sogo-Goshin-Do

WKDA Kai Winter Newsletter Issue 7, Vol. 5

Karate Students are Champions

by Sensei Marion Whaley

The Edisto Beach Association of Sogo Goshin-do Martial Arts competed in the Lowcountry Traditional Karate Championship tournament in Walterboro on Saturday October 21st.

Ashley Whaley won second in weapons, second in kata and second in fighting in 10-year-old advanced division. Melissa Whaley won first in weapons, third in kata and second in fighting. Quinn Camp was second in kata and fighting; Evan Camp, second in kata, third in fighting; Robert Donnelly, second in kata, third in fighting; and Richard Donnelly, first in Kata, second in fighting.

Ashley Whaley was also awarded the overall the title of Youth Grand Champion of the tournament.

Wearing the Right Protection

By Sensei Daniel Schwerin, RN

Wear a cup or not to wear a cup, that is the question? All too often in the martial arts arena the upper belts are challenged by the under belts as to why they should wear a sports cup (i.e. protective equipment for the groin used in most sports). The simple reason for this is protection. But the truth of the matter is being struck in the groin region can have some pretty serious consequences.

The first and most common would be a bruise or even worse a hematoma. A hematoma is a collection of blood (very similar to a bruise), but deeper than the layer of skin. The concern here is that

having a hematoma can cause constriction to the blood vessels going to the testes and the end result would be testicular death. A similar event called testicular torsion can also occur. Basically what happens is that the testicle twists upon the spermatic cord and kinks the blood vessels. Once again the end result is death to the testicle. Except for either of these being very painful, severe enough damage to the testes can cause other complications which can include loss of both testicles or damage to the urethra causing problems urinating.

So needless to say the end result is something that any male does not want. You never know what is going to happen in the dojo and should always protect yourself. One of the easiest ways is by wearing the proper protective equipment.

15th Anniversary

by Sensei Daniel

Well if you are not aware or haven't been paying attention this coming year is a big one for Sogo Goshin-Do. It is our 15th anniversary since Kyoshi Earle Marvin started the system. February 12th, 2006 will mark the date that our system was founded.

This information along with 2006 Advanced Training dates can be found on the web at www.sogogoshindo.org. If there are other dates that you know of for 2006 then please let me know so that I can update them accordingly.

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Goshin-Do Ryu Kempo-Karate

By Shihan Sean

Have you ever seen this style name before? *Goshin-Do Ryu Kempo-karate*? Since we are planning to celebrate the 15th anniversary of the system then some other trivia surrounding the founding of Sogo-Goshin-Do also seems to be in order. When Kyoshi Marvin first forged out on his own around 1987-88 he and Shihan Miller began the workings of an independent system that was to be called Goshin-Do Ryu Kempo-karate. Diplomas were made and some of the black belts received rank in the art. You may even see these smaller gray diplomas on the wall in the hombu dojo.

However, very soon after Soke Kuniba invited Kyoshi to join the Seishin Kai system, which was a huge honor and so Kyoshi's independent art was put on hold for about 4 years. After leaving the Seishin Kai a new name for Kyoshi's art was developed to honor the teachings of Soke Kuniba and his own Kuniba-ryu Goshin-Do. Kyoshi and several of his higher ranking black belts had countless meetings to put the new art together and the name Sogo-Goshin-Do was finally selected. Renshi Todd and Shihan Sherry were 2 of those on that first board for the system.

It is merely a coincidence that both of Kyoshi's arts had the name "*goshin-do*" in them. Remember that this word simply means self-defense and could be attached to any fighting art.

Traditional Training

By Shihan Sean

In November we did some very traditional training during the brown-black belt session. Earlier in the day Shihan Collins was nice enough to stop in and show some traditional samurai sword drawing from the art Iaido as some enrichment for Shihan Will and myself. We hope to continue with the form as this beautiful art certainly compliments the traditional approach we take in some areas. Hopefully he can stop by again soon.

Later in the day Shihan Will and myself spoke with the black belts in attendance about them possibly testing for a black belt in *karate-do* at some point. Since all the Shihans in our group have black belts in traditional karate it seems to be a part of our heritage to pass on this info at some point. It is interesting to note that we have saved it for advanced training rather than teaching it to our white belts. Much of the info was new to those in the class and we covered stances, blocks, and chambered punches, as well as five traditional kata. Hopefully in the near future we can design a test for anyone that has reached *shodan* and some of our most dedicated students can receive the honor of earning a black belt in karate – do. This could even become a requirement for reaching the higher levels in the system. Time will tell.

If you would like to write an article e-mail it to Shihan Sean at shihansean@sogogogoshindo.org