



For Immediate Release 8/15/2013

RE: SUN 8/11/2013 Eibu Kan Goju Ryu Karate Dojo – ESGVJCC  
2013 Eibu Kan Goju Ryu Karate Dojo Summer Gasshuku

Sunday August 11<sup>th</sup>, 2013 the Eibu Kan Goju Ryu Karate Dojo held their Annual Summer Gasshuku in the George Sugimoto Social Hall. The main focus this year was to have an understanding of your own heart rate and how it translates to your everyday training. Not something you would think of if you think of traditional Karate training. One would think of the endless punching, blocking, kicking and maybe the occasional hankering to break a board or two but not to figure if you are within 80% of your active heart rate. The gasshuku was led by current Chief Instructor Takafumi Hamabata along with Senseis Katasuhide Kinjo, Albert Ige, Donny Takemoto, and Kay Sakaue.

To peak the interests of the students attending this year, Hamabata Sensei wanted to concentrate on areas of Karate that are not usually focused on such as, body hardening training using the Chiishi (traditional Okinawan Karate implement to help build muscles), Kobudo – another form of Martial Art that works in conjunction with Karate however teaches the art of using traditional weaponry created from farm tools such as the Bo (staff), Nunchaku, Eku (Boat Oar), and Tonfa. With the current popularization of Mixed Martial Arts, Hamabata Sensei also invited his son, Corey Hamabata (Wrestling Junior National Champion and Cornell graduate) to work with Eibu Kan students on defending against modern techniques like the Single Leg/Double Leg Takedown and even as far as popular submission techniques such as the Armbar.

If you are interested to see a local Karate dojo training in both the traditional and modern arts, the Eibu Kan Goju Ryu Karate Dojo currently meets on Wednesday nights in the ESGVJCC Gymnasium at 7:00pm. For any questions please feel free to visit and ask any black belt or contact the ESGVJCC Office for details.

Kay Sakaue