

TENSHO GOJU HEADQUARTERS

Official Manual



Thomas L. Felder

Instructor Guide Book

TENSHO GOJU HEADQUARTERS

INSTRUCTOR GUIDE BOOK

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Table of Contents

Table of Contents	i	
Introduction	ii	i
 C H A P T E R 1		
The Tensho Goju System	1	C H A P T E R 4
About the “Patch”	2	Tensho Goju Techniques 30
The Virtues	3	The Courtesy 31
About Thomas Felder	4	Lateral Movements 32
Meaningful Definitions	5	Leg & Hand Techniques 33
 C H A P T E R 2		
Tensho Goju Development	6	C H A P T E R 5
History of Goju	7	Lesson Plan 35
Chronology of Events	9	Student Basic Knowledge 36
		Home Training Program (HTP) 46
		Basic Aiki Jitsu Drill (10 Pt.) 47
		Stretching and Warm Up 48
 C H A P T E R 3		
Establishing an Academy	14	C H A P T E R 6
International By-Laws	16	Muscle and Bone Chart 50
Belt Identification Chart	21	Phrases and Quotes 51
Academy Etiquette	22	Japanese – English Terminology 52
Enrollment Form	24	Photo Gallery 56
Certification & Registration	26	
Opening and Closing the Dojo	27	
Student Evaluation Worksheet	28	

INTRODUCTION

use of your skills for the



- **Purpose:** The following curriculum is a general guide for all instructors and assistant instructors in the Tensho Goju system.

- **Scope:** This manual will assist the new appointed instructor to deliver directives in class etiquette, student reception, student advancement procedures, enrollment, hand and leg techniques, to include supported material for knowledge and enhancement of skills.

Words from Thomas L. Felder:

Your initial training in Tensho Goju birthed from three essential areas of your personal being, which are physical attributes, mental awareness and spiritual nature. One does not preclude the other, as the three areas are all intricate attributes to your persona and your role as a seasoned martial artist. I can only assume throughout your many years of training in Tensho Goju that you will succumbed to a level of understanding your purpose and a vivid identity of who you are. This manifestation should bring forth purpose and direction on how you can make better

betterment of mankind. Understand it is your responsibility to maintain your level of proficiency with a training discipline in order to sharpen the three essential areas mentioned previously. Consequently, your teacher was solely responsible for your initial training in the Tensho Goju discipline, which required a great deal of effort on your part to remain focused, adapt, and take heed to the lessons given. For this reason, your teachers' primary goal is to share their skills by imparting mental, physical and spiritual knowledge in you that you can grow with focus in life and one day take the opportunity to give back to others. Never take your belt level for granted. You are charged to train hard, look sharp, feel sharp and be sharp.

Welcome to the Black Belt Ranks of the Tensho Goju family. I am very proud of your accomplishments that have repelled you this far and I expect you to continue to train hard for greater rewards in the future. God bless you and may He give you the strength to train, wisdom to teach and make the right decisions, and understanding to learn.

Chapter

1

Tensho Goju

An Eclectic Universal Martial Arts Discipline

Tensho Goju is an expression of the Felder's mental, physical and spiritual oneness combined with extensive martial arts training spanning over forty on (41) years. His interpretation of "Tensho Goju" is best described as, "Rotating Palms of Hard and Soft", to depict the combined energy of strength and gentleness at work in unison. The term "Tensho" maintains the semi-circular and circular movements of the hands and arms with rhythmic breathing to add gracefulness and power. Whereas "Go-Ju" represents the Hard and Soft controlled sequence of steady blocks and strikes in defense. This combination of strategic tactics and metaphysical ability is the primary structure of Tensho Goju karate. The Tensho Goju karate-ka (practitioner) adapts to skills beyond the basic of strikes, blocks, kicks and throws with advanced training in close-quarters combat with emphasis complimented with graceful movements of Aiki-Jitsu. The conservation of energy is the ultimate goal throughout the training forum, as this enables the Tensho Goju karate-ka to maintain a constant flow of motion with a meticulous discharge of energy at given times. Consistency in training will enable the student their set goal limitations to limitless bounds with enhancements in stamina, energy, and intestinal fortitude to reach their maximum potential without giving up. Tensho Goju is laced with mechanics of Chinese Goju, Aiki Jitsu, Wing Chun, Tae Kwon Do and Armed Forces Combative. The core of the Tensho Goju system is coupled with the close quarters fighting skills consisting of chokes, locks, bars, throws, short range and long range techniques and the manipulation and redirection of energy. The close-quarter attributes of Tensho Goju are commonly executed within the critical distance of an attack using short range weapons (hand, elbow, arms). Whereas, the long range weapons (legs) are used for closing the distance and delivering powerful blows that form from normal distance range, which is the distance beyond the extension of the arm's length.

The name "Tensho Goju" was not birth quickly, as in all things Felder addresses God for direction and believes that trusting in Him he cannot fail. Tensho Goju came with illumination, as well as the patch design, which Felder presented to Grandmaster Ron Van Clief. Without hesitation, Grandmaster Ron Van Clief replied, "Tensho Goju fits you!" Nevertheless, it was no easy tasks to except this honor and Grandmaster Ron Van Clief made it very clear that I was the second 9th degree to be promoted in the Chinese Goju system following Grandmaster Ralph V. Supportive of his decision, Grandmaster Van Clief explained how he received the same honor from Grandmaster Peter Urban to become the founder of Chinese Goju. At last, Shidoshi ended his convincing dialog stating, "I believe your faith will make your system a success", which these words ignited the motivation to accept the challenge in full. The feeling of nostalgia and intimidation no longer existed; it was time to put things in perspective on a journey that will have no end.

The Official Tensho Goju Patch

A summation of the patch can open the gate to better understand the direction of the system. The design correlates to the vision which began with the golden sun and the golden rays depicting success, increase of personal power, relaxation, good health, wealth, and enjoyment of life. Furthermore, the nine (9) red rays resemble the nine levels of maturity of the serious student, which is the first level black belt, to the senior



Executive Mastery level of 9th degree Red Belt. The gold path correlates to the scripture, "Small is the gate and narrow is the road that leads to life and only a few find it" (Mt.7:14).

Symbolically, the Tensho Goju patch is a representation of how we mature on the road to enlightenment. The path begins wide and gradually narrows as time elapse. The wide path identifies the many temptations and trials we encounter through life. Moreover, it also gives plenty of room for alternatives and opposition. Imagine a drain pipe that has a wide opening on one end and a small opening on the other end. The wide end will allow a greater volume of liquid and debris inside, as a result of the large opening. Whereas, the small end of the pipe will only allow smaller amount of liquid and debris to flow through at a much slower rate. A wide path has many alternatives and options, whereas a narrow path has very little. The broad path can easily lead to destruction, which the narrow path signifies maturity, experience, and knowledge to focus on the true values in life that drives towards righteous living and success.

It is crucial to stay focused on your mark and not lose sight... it is your destiny. Understand..., life will take its course and present you with many challenges. Therefore, be encouraged in knowing you have been equipped to overcome every obstacle successfully to reach your goal. You are encouraged to maintain your drive in developing your skills daily in order to excel and master the discipline of Tensho Goju.

Knowledge brings enlightenment to areas of confusion. TLF.

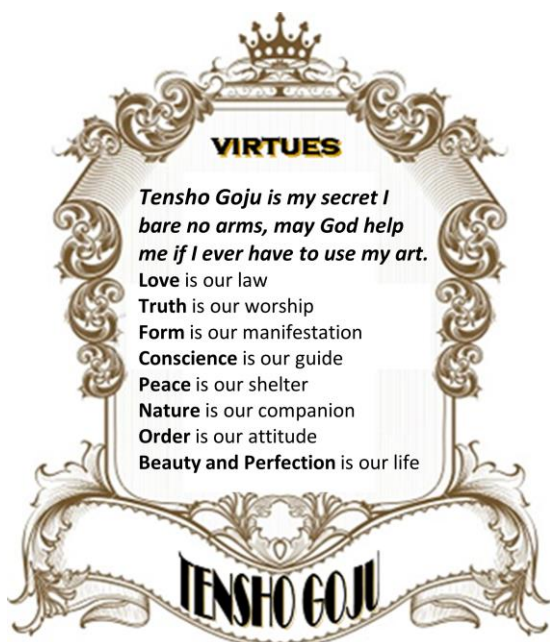


Virtues of Tensho Goju

The virtues are recited collectively prior to each training session and our principles are recited at the end of each training session. These are the basic elements to help each student maintain proper balance along their journey through life. Students are encouraged to meditate on the virtues and principles prior to and after training for peace of mind and focus. We, as growing martial artist should make tireless attempts to find harmony and balance in our everyday routines and environment. Meditation can be short periods or long periods dictated by you.

Our virtues are added ingredients to our everyday living for positive mental stimuli. Love is our first virtue as God is love and we should reflect this love towards others and our actions.

Our principles derive from the fruits of the Spirit recorded in the book of Galatians 5:22-23. **Tensho Goju is my art, may God help me to overcome all things with...**



All students must memorize and recite the virtues and principles as part of their Green belt evaluation. Students are encouraged to apply these virtues and principles in their daily living.

About Thomas L. Felder



Thomas Felder is a native of Queens, New York. He holds the level of 9th Degree Red Belt in Tensho Goju with the honored title of “Shidoshi” to be interpreted as “Model Expert” and Founder of the Tensho Goju system. Over forty one years of martial arts training and providing a variety of training programs to the military and civilian communities he has made a vital impact in the lives of thousands trained under his mentorship. His Christian background bares truth to his authority to defeat the movements of the enemy. Known for his standing motto, “Making a Difference One Day at a Time,” this personifies Felder’s projections viewed in his daily living, as well as expectations from his students. His motto has been the corner stone under lining his lectures and teaching methodology. In the year 2001, Felder was recognized for his committed excellence of over three decades of martial arts training and teachings, which resulted in the induction to the World Hall of Fame as "Master Instructor of the Year", by the World Head of Sokeship Council. Grandmaster Ron Van Clief nominated Felder for a second World Hall of Fame induction in recognition of the Tensho Goju karate system to the World of Martial Arts. Felder was inducted as “System Founder” on May 23, 2009 for Tensho Goju. In 2010, Felder was awarded the “35 year Martial Arts of Excellence Award” by Action Martial Arts Magazine Hall of Honors. Venturing out to gain a greater level of knowledge in Jui Jitsu, Felder began training annually with another living legend Soke Lil John Davis and senior Masters of great legends Grandmaster Moses Powell and Professor Florendo M. Visitation of the VSK Federation (Vee Jitsu, Sanuces and Kumite Ryu), which in 2011 Felder was inducted in the VSK Federation Hall of Fame. Felder was blessed to touch many lives by sharing his martial art skills in various locations in the United States and Overseas. He successfully opened academies and provided training in Germany, Korea, Panama, Turkey, Kosovo, Kuwait, Iraq and the United States. Felder served over twenty-three years of active military service and retired from the Army in 2005. He served his country honorably in several hostile conflicts such as, Operation Desert Storm, Provide Comfort (South West Asia), Operation Uphold Democracy (Haiti), Operation Joint Guardian (Kosovo) and Iraqi Freedom (Iraq). During each combat/hostile engagement tour Felder provided close engagement fighting tactics with and without weapons to combat troops. During a tour in Kosovo, he opened martial arts training camp for the Joint Task Forces sponsored by MWR and hosted a martial art open tournament as a morale builder. Felder gives credit to Master Freddie L. Giddens for providing guidance and instruction on directing martial art tournaments, which resulted in the success of Felder coordinating, hosting and directing three open German/American Tournaments in Germany and a Golden Dragon Championship with Kyoshi James E. McCall in North Carolina. Moreover, Felder was the director and hosts of a four-year Time Warner Cable show in North Carolina entitled, “Self Defense for All Ages”. Additionally, Felder appeared with Grandmaster Ron Van Clief in MMA magazine and a featured article in Martial Arts Illustrated magazine, to include many news articles and interviews, as well as appearance on nightly news in Korea and Germany as a featured guest.

Honored Appointments include:

- 1 Chinese Goju Regional Director in Germany
- 2 Served as Head “Soke” of Chinese Goju International Headquarters
- 3 “Tournament Director” for the Ron Van Clief 1st Annual Cup Martial Arts Classic (USVI)

Meaningful Definitions

Tensho Goju - is a universal martial arts discipline strategically designed to sharpen ones mental and physical abilities, by incorporating defensive and offensive applications in order to overcome practically any hostile situation. Coincidentally, it is a systematic approach of hard and soft applications that induce balance, peace and high levels of confidence applicable to all age groups. Felder Shidoshi interprets his Tensho Goju system as ‘Rotating Palms of Hard and Soft’, the many ways of escape. The system is conducive to the essential attributes for life combined with a prominent defense fighting system.

Karate can easily be defined by dividing the word into syllables to understand its root and purpose. Kara and te both have a meaning in itself, *kara* stands alone with the meaning of "empty," and *te* with various meanings, such as, "hand", "method", or "means". Combining the two to words produces the well-defined understanding of karate, which is translated as "the way of the empty hand". Prior to the existence of the word, or phrase "karate", Okinawa natives used the compound word "to-te," that denoted the fighting art. The Chinese also used the phrase “to-te” relating to karate. Additionally, the use of "do" was implicated to indicate, "way". Historically, around the fifth century era, empty hand combat was developed for self-defense by Zen Buddhist (Priest), which were experts in this form of fighting.

Chi is a biophysical energy generated through breathing techniques that was introduced mainly by practitioners of kung fu. Actually, Chi is combines spirit, will, air, breath, and energy. Chi can infuse a person with tremendous vitality and make him or her extremely powerful in action. It is intrinsic energy created by harmonious mental, physical and spiritual unity. The chi center is just below the belly button, called the tan-tien.

Zen Chu is zeal energy, which means now-ness. Students can develop zen chu through continuous training in the Tensho Goju discipline. Zen psychotherapy will allow students to reach and become aware of their human potential. Tensho Goju zen chu prepares the student to adjust to our ever-changing society and gain harmony within the cycle. It produces individual potential and maintains the mental, physical and spiritual flow of energy. Zen chu correlates to Ron Van Clief's words of physics, that change is constant. In this ever changing society the practitioner must train to a level that enables them to redirect negative energy and convert it to positive in order to maintain harmony and balance.

Chi'en (Chien) pronounced as “chan” is a Cantonese term of rendering respect honorably, as in a courteous gesture from one person to another, e.g. extending your hand forward to allow someone to enter an area ahead of you and saying, “chien”. Chien can best be described in relation to how we would use the word “please” in certain cases. The use of the word *Chien* has been inherited from the Chinese Goju system as in keeping the family bond of the two systems.

Chapter 2

Development of Tensho Goju

A brief description of Tensho Goju was presented at the beginning of chapter one. Now, we will expound a little on the “Goju” and mesh the two physical aspects as it works in the system. Subsequently, there are two contrasting terms that form the word "Goju". In which, the “Gō”, stands strong for "hard", and “Ju” compliments the "soft". Both elements are necessary for complete unity, and yet pose different prospects to produce certain effects for complete balance.

The graceful movements and controlled breathing pattern of the Tensho Goju practitioner support the consistency in which the student maintains their vigor to battle without getting weary. While Tensho Goju students seemingly appear aggressive in offense by using fast deliberate movements of controlled hand and leg combinations in circular and linear variations, it is still a system of defense as opposed to offense and not to be misconstrued as weak. The practitioner gains the mental confidence tied with physical skills and faith in one’s capability that the endured training will manifest in the time necessary to deploy the skills learned for survivability.

Tensho Goju should never be considered a sport, because of its intense rhythm in defensive tactics. It is a science that requires years of training along with the careful study of human behavior. This conglomeration skill will prove intensely beneficial for resolving an immediate response against a deliberate hostile attack. It is with this rehearsed concept and applied science that the students can carefully study the movements of their opponent in a short moment and create an open gate of attack within their opponent’s defenses. Moreover, the training instills each student with the level of confidence and ability to manipulate and launch multiple techniques to gain absolute control over a hostile situation. Aiki-Jitsu is an intricate layer within the Tensho Goju system. It stems from Chinese Goju Black Dragon Aiki-Jitsu, founded by Grandmaster Ron Van Clief. The Tensho Goju lateral and circular movement drills are performed to evade an approach and confuse the opponent by creating an opening path for a counter attack. Likewise, strategically delivering mental and physical arrays of tactics by use of long-range weapons (legs) to close the distance and setup for short-range weapons (hands) within the critical zone is the ultimate goal. A very distinct method of defense is Felder’s “Inner Core and Outer Core Methodologies”, which is achieved by extending both arms forward in order to form a horseshoe figure. The inside of the horseshoe configuration represents the inner-core, whereas the outside of the arms resemble the outer-core zone. Depending on the approach of the attacker, will determine which zone to embrace for manipulation of techniques. This is the fighting strategies of the Tensho Goju system.

History of Karate & Goju



When people hear the term "martial art" they generally think of Karate, Tae Kwon Do, or Kung Fu. However, one of the most popular martial arts systems ever created was that of "Karate".

The photo shows the founding fathers of Karate, Choki Motobu, Chotoku Kyan, Chojun Miyagi, and Gichin Funakoshi.

空手道

KARA
Empty

TE
Hand

DO
Way

The word Karate is formed by two characters as seen on the left. The first character "kara" meaning "empty" and the other "te" stands for hand. When combining the two characters together we have the term "Karate". Kara may be explained several ways. The first way is that through the practice of karate, self-defense techniques are learned, where no weapons are used, other than hands, feet, or other parts of the body. A second way, as explained by the honorable Master

Funakoshi, "Just as it is the clear mirror that reflects without distortion, or the quiet valley that echoes a sound, so must one who would study Karate-do purge himself of selfish and evil thoughts, for only with a clear mind and conscience can he/she understand that which he/she receives". Another meaning given by Funakoshi is "always striving to be inwardly humble and outwardly gentle". Finally, Funakoshi also talks about the elemental form of the universe, which is emptiness (kara ku), and thus, emptiness is form itself. The kara of Karate-do has this meaning. It is clear that Karate is much more than mere self-defense techniques.

Karate has since branched into several distinctive styles, which one primary style of popularity is that of "Goju". Here are a few of the Goju styles existing along with birth year and founding master(s). Here is the list of official Goju styles in existence: Okinawan Goju Ryu, Japanese Goju, USA Goju, Nisei Goju, Goju-Shorin, Goju-Kai USA, Shorei-Goju, Chinese Goju, African Goju, Tenshi Goju Kai, and Tensho Goju.



Goju-Ryu, which was founded by [Chojun Miyagi](#) (1888-1953), became very popular due to the success of his teacher Kanryo Higashionna (1853-1915). Higashionna opened a *dojo* in Naha using eight forms brought from China. His student, Chojun Miyagi founded *Goju-ryu*, 'hard soft way'. In 1929, there was a large martial arts convention in Kyoto, Japan. Master Miyagi could not attend so instead, he sent a student, Shinsato in his place. Each person at the convention was asked

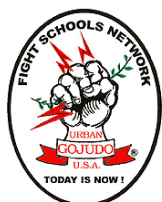
what style they trained in. At this time, there was no real distinctive name for *Nabe-t*, as it was just an inherited name of the city Nahe and "te" meaning (hand). Feeling his art would be looked down upon and given amateur status; he quickly picked Hankry-ryu, which means the Way of Half Hard. When Shinsato told Master Miyagi what had happened, Miyagi liked the idea. He then took this idea one step further. Quoting from the Chinese poem, Eight Poems of the Fist: "Everything in the universe is

breathing hard and soft." It is from this that the art Miyagi studied had a new name. **Goju-Ryu**, in term is the way of hard and soft. Indeed, the word Goju means hard-soft. Go is the Japanese word for hardness and Ju is the word for softness. Go-Ju is also the numbers "5 and 10", which could be interpreted as half and half (half hard and half soft). This system is based on the Oriental concept that all hardness and stiffness is not good. At the same time, all softness and too much gentleness can also be harmful. The two should complement each other. After Miyagi's death, Seiko Higa carried on as his immediate successor. In 1963, **Meitoku Yagi** received Miyagi's gi and belt from the Miyagi family along with the Menkyo Kaiden and was officially named the successor of Okinawan Goju-Ryu, while **Gogen Yamaguchi** was designated as Miyagi's successor in mainland Japan and head of Japanese Goju-Ryu. Two of Miyagi's other senior students opened their own schools as well; Seikichi Toguchi formed the Shoreikan and Eichi Miyazato the Jundokan.



Goju Kai: Also popular in Japan is Japanese Goju-Ryu, founded by **Gogen "The Cat" Yamaguchi**. The word kai means organization, thus Goju Kai refers to the Organization of Yamaguchi, or the Organization of Master Gogen Yamaguchi. Yamaguchi blended the Okinawan goju-ryu of Chojun Miyagi, with Chinese techniques, yogam and Shinto elements. His innovations created a typically Japanese style of karate-do. It was Yamaguchi who developed the "kyu-dan" (white to black

belt) ranking method and originated jiyu-kumite (free-sparring). In 1928 Gogen Yamaguchi became head of Japanese Goju Ryu and established an institute in Kyoto, Japan. While Yamaguchi's claims to seniority in the Goju worldwide organization. Among Yamaguchi's senior students were Shojo Ujita, Tomoharu Kizaka, Kenjo Uchiage, and Yamaguchi's three sons, Gosei, Gosen, and Goshi.



Japanese Goju-Ryu was introduced to the U.S in 1959 by **Peter Urban**, a student of Gogen Yamaguchi and Richard Kim. Grandmaster Urban founded the U.S.A. Goju Association in 1964. Later that same year **Gosei Yamaguchi**, the son of Gogen Yamaguchi, set up base in San Francisco, California to establish the Goju-Kai Karate-Do U.S.A.



Together, **Frank Ruiz, Harry Rosenstein and Ron Taganashi**, all students of Grandmaster Urban, founded the Nisei Goju Ryu system in 1969. Later, Rosenstein founded Kanzen Goju-Ryu and Taganashi creates the North American Heaven and Earth Society, both separating from the Nisei Goju system.



On January 25, 1971, **Ron Van Clief**, also a student of Peter Urban, founded the Chinese Goju System.



Thomas L. Felder, a disciple of Chinese Goju founded the Tensho Goju system on January 1, 2009, after accepting the honor from Grandmaster Ron Van Clief to develop a contemporary martial arts style.

Chronology of Events

1851

Kanryo Higaonna, founder of Naha-Te, is born on March 10th.

1866

Kanryo Higaonna sails to Fukien province in China, where he studies Chinese martial arts under Ryu Ryuko.

1888

Chojun Miyagi, founder of Goju Ryu, is born on April 25th.

1890

Kanryo Higaonna introduces Naha-Te and a breathing exercise called Sanchin.

1896

Yoshio Itokazu is born on October 2nd.

1898

Seiko Higa, founder of Shodokan Goju Ryu and Chojun Miyagi's early successor, is born.

1902

Chojun Miyagi begins his training with Kanryo Higaonna.

1908

Choboku Takamine is born on March 24th.

1909

Gogen Yamaguchi, founder of Japanese Goju Ryu, is born on January 21st.

1912

Meitoku Yagi, founder of Meibukan Goju Ryu and Chojun Miyagi's later successor, is born on March 6th.

1915

Kanryo Higaonna dies on December 23rd. Chojun Miyagi travels to Foochow province in China and trains in several local styles.

1917

Chojun Miyagi returns to Okinawa. Seikichi Toguchi, the founder of Shoreikan Goju Ryu, is born on May 20th.

1922

Eiichi Miyazato, founder of Jundokan Goju Ryu, is born on July 5th.

1927

Seikichi Higa is born on February 10th.

1927-1928

Chojun Miyagi founds Goju Ryu karate, also becoming the first to give his style a name other than that of the city from which it is practiced.

1928

Chojun Miyagi travels to Japan and teaches karate at universities.

1929

Gogen Yamaguchi invites Chojun Miyagi to Japan.

1930

Gogen Yamaguchi establishes Japanese Goju Ryu headquarters in Tokyo. Chojun Miyagi named Karate Division Chairman of the Okinawan Prefecture Athletic Association.

1931

An'ichi Miyagi is born on Feb. 9th.

1933

Anthony Mirakian is born on November 12th. Chuck Merriman is born on January 8th.

1934

Chojun Miyagi lectures and teaches karate in Hawaii. He also becomes a permanent officer of the Dai Nippon Butokukai (Great Japan Martial Virtues Association). Peter Urban is born on August 14th in Jersey City, New Jersey.

1935

All Japan Goju-Kai Karate-Do Association founded by Gogen Yamaguchi, who also originates jiyu-kumite (free sparring), the basis for sport karate as it is known today. Gosei Yamaguchi is born on January 15th in Kyoto.

1936

Chojun Miyagi receives a medal for "Excellence in the Martial Arts" from the Japanese Ministry of Education. He also travels to Shanghai and studies Chinese martial arts at the Seibu Dai Iku Kai (Great Gymnastic Association, Pure Martial Arts Spirit).

1937

Chojun Miyagi, along with other stylists, forms the Dai Nippon Butokukai Karate Jukkyoshi (Great Japan Martial Arts Karate Teachers Association). He also receives a Kyoshi degree from the Dai Nippon Butokukai.

1938

Masanobu Shinjo, founder of the Shobukan style, is born. Morio Higaonna, founder of the IOGKF, is born on December 25th.

1939

Gogen Yamaguchi is sent to Manchuria as an intelligence officer, where he is captured and held by the Russians.

1940

Chojun Miyagi creates the katas Gekisai Dai Ichi and Gekisai Dai Ni.

1943

Ron Van Clief, founder of the Chinese Goju System, is born on January 25.

1944

Meitatsu Yagi is born in June.

1946

Chojun Miyagi was made an official of the Okinawa Minsei Taiiku Kan (Okinawa Democratic Athletic Association).

1947

Gogen Yamaguchi is freed by the Russians and returns to Japan.

1950

Gogen Yamaguchi founds the Karate-Do Goju-Kai in Tokyo.

1951

Gogen Yamaguchi receives Shidoshi, tenth dan, from Miyagi.

1953

Chojun Miyagi dies on October 8th. Meitoku Yagi forms the Meibukan.

1955

Shikan Akimine (a student of Kanki Izumikawa) opens the first Goju Ryu dojo in Brazil. Seikichi Toguchi forms the Shoreikan.

1959

Peter Urban introduces Goju Ryu to the United States.

1960

Anthony Mirakian brings Okinawan Goju Ryu (Meibukan) to the United States.

1961

Lou Angel (a student of Peter Urban) leaves Brooklyn and starts first Goju Ryu dojo in midwest, US at Tulsa, OK

1962

Thomas L. Felder, founder of Tensho Goju, is born.

1963

Meitoku Yagi receives Chojun Miyagi's karate gi and belt, becoming his official successor. Goshi Yamaguchi begins teaching Goju Ryu in San Francisco. Lou Angel travels to Japan to study with Gogen Yamaguchi at Goju-Kai Headquarters--Ueno, Japan.

1964

Gogen Yamaguchi joins his brother Goshi in San Francisco. Gogen Yamaguchi helps form the All Japan Karate-Do Federation.

1965

Frank Ruiz, Harry Rosenstein and Ron Taganashi (students of Peter Urban) form the Nisei Goju System

1966

Peter Urban founds USA Goju. Seiko Higa dies.

1971

Ron Van Clief (student of Peter Urban) forms the Chinese Goju System

1974

Harry Rosenstein forms Kanzen Goju Ryu

1979

Morio Higaonna forms the International Okinawan Goju Ryu Karate-Do Federation (IOGKF)

1987

Lou Angel forms Tenshi-Goju Kai, in Joplin, Mo.

1989

On May 20th. Grandmaster Gogen Yamaguchi dies at the age of 80.

1991

Masafumi Suzuki dies on October 11th.

1993

Masanobu Shinjo dies on October 15th.

1994

Ron Van Clief Shidoshi, age 51, competes in the Ultimate Fighting Championships

1998

Seikichi Toguchi dies on Aug. 31st.

2004

Grandmaster Peter Urban dies on Sept. 7, 2004.

2006

Grandmaster Ron Van Clief appoints Thomas L. Felder as Soke of Chinese Goju International on May 20, 2006

2009

Tensho-Goju is founded by Thomas L. Felder on January 1, 2009 in Lawton, Oklahoma.



Sempai Sean Rooney and Sensei Christian Underwood

Establishing an Academy

Establishing a well-organized and prosperous academy requires focus, and a great deal of prior planning. Failure to apply yourself fully to your goals can result in your goals never being reached. Therefore, take the extra time to think things through and don't hesitate to take action. Here are some pointers to get you started.

When opening a new school you should be aware of neighboring competition. Although, your primary goal is to teach, others may feel threatened by your existence and desire to open a new martial arts school in a community they have served for years. Regardless of how juvenile this may sound, it is very real. Therefore, make plans to visit and pay respect to the local schools within your community. This should give them an idea of your intentions and eliminate the fear of taking over their turf. Next, search for a good location to open an academy without competition of nearby surrounding martial arts schools. Generally, search for a community that does not offer martial arts education. Areas with Schools, daycare centers and recreation centers are usually great locations for a growing academy and will not affect you financially if the economy should plunge. Generally, parents are on the lookout for after school programs that instill discipline. Therefore, martial art is one of the leading programs accepted by the general public for this very purpose. Also, be concerned of location, as this plays an intricate role in a parent's decision making process based on convenience. Try to avoid opening a school in an unpopulated area. Whenever possible keep schools in a well visible area. In the event of opening schools with adjoining martial arts classes, always establish a comfortable working relation with existing instructors and respect their equipment. It is good practice to follow your own pattern of teaching. If two instructors share a dojo consider facing your class in an opposite direction on the floor.

All Instructors should have liability insurance for your personal protection against injuries to students and possible damage to the facility. The cost for insurance varies, but you can start at a \$450 annual premium in most cases. Instructors teaching in established facilities are usually covered by the agency insurance, or the building insurance. However, take additional steps in securing a liability waiver between you and each student. The liability waiver statement should be given to each new arriving student for reading and signature. There is an example enrollment form with liability waiver statement in this manual for use. In addition, every instructor should have a general knowledge of CPR training. These classes are offered by the local Red Cross and usually cost \$25 - \$35.

Advertisement is the next step to get the word out in your community. How can your dojo grow in student participation unless the community is aware of your existence? Take the initiative and additional steps in promoting your school. Additionally, you can visit your local community channel and submit a request to advertise your school. Exhaust all your free advertising routes first then if needed take

additional steps in purchasing ads in the local newspapers. Websites and flyers are a great source for information flow, as well as decals on your automobile. Above all, participate in circulating tournaments, as this will present a view of your capabilities and develop a good repute.

Safety provisions must always be a prime incentive within your school. Be certain to have matting available to reduce the cause of injury during impact. If the entire floor can be padded with puzzle mats it would be ideal. However, covering an entire floor will be quite expensive. Therefore, folded mats that cover an area large enough for self-defense should be suitable. The use of sparring safety gear should be enforced for students under black belt. Every student should be required to purchase safety gear for personal protection.

Keep your records updated and ensure the students update their contact information as needed. All instructors should have an active email address for correspondence with the Tensho Goju Headquarters.

Spectator sitting areas should not interfere with the instructors' ability to disseminate information to the students. Therefore, if your area can separate parents and guest from viewing the training sessions make the adjustment. Students can be easily distracted by parent observation, as well as parent intervention.

Certificate and registration number are your official documents of verification. These documents of proof should be visible to the public as proof of who you are and the system represented.

Ensure your academy is equipped with all the essentials needed to facilitate any unnecessary changes. Your facility should have a working restroom and an area for students to change into their garments of choice. Always keep your academy clean and fresh smelling. There should be a special cleaning of the restrooms between classes.

Always pay your bills on time and keep a register of students paying each month, or by sessions.

Any additional questions can be directed to the Tensho Goju Headquarters at:

E-mail: masterfelder@yahoo.com

Telephone: 580.583.8580

Tensho Goju International By-Laws

1. Article I- Name and Location

The official name of the organization shall be “The Tensho Goju International Association of Martial Arts and Science”. The organization may also be referred to as the Tensho Goju System.

The organization's Honbu (Headquarters) dojo address shall be:

Tensho Goju International Headquarters
1003 SW E Ave. Lawton, OK 73501

2. Article II- Purpose

The purpose of the Tensho Goju System is to practice, teach, and perpetuate the historical, technical, philosophical, and social implications of the Tensho Goju System. The mission of this association is to propagate, and standardize the Tensho Goju System on a global level. This is to be accomplished through friendship and cooperation, while maintaining the highest standards as set down by the governing body.

3. Article III- Means

A. Practice: Endeavor to train as we have been taught.

B. Teach: Discipline ourselves to teach the techniques of The Tensho Goju System without arbitrary change and only with variations agreed to and not fundamentally erosive to the core of the system.

C. History and philosophy: These elements are key in developing the whole person. Without these most basic principles, our martial arts training would be only physical education.

4. Article IV- Guidelines

The Tensho Goju System shall be independent and governed by its own Guidelines and/or Bylaws. The organization shall abide by the provisions of these Guidelines and in accordance with the laws of the United States of America. Active members and registered dojos of the Tensho Goju System operating outside of the legal boundaries of the United States of America shall abide by the laws and regulations appropriate to their location. The structure of the Tensho Goju System shall consist of the following:

- 1) **Chairman** - The Chairman and founder of the Tensho Goju System is Thomas L. Felder. He shall remain Chairman of the Tensho Goju System and shall be the Chief Executive Officer of the Tensho Goju System, until such time as he retires or appoints a new Chairman.
- 2) **Ambassador** - The Ambassador of the Tensho Goju System will be those in the ranks of 8th Dan, with the title “Soke”. He shall remain in this position in the Tensho Goju System until such time as he retires or Grandmaster Felder appoints a new Ambassador. The Ambassador oversees the overall operation and administration of the association.
- 3) **Executive Committee** - The Executive Committee is appointed by the Chairman and the Ambassador and shall consist of active members in good standing, who hold a minimum rank of Rokudan (6th – 7th Dan). The Executive Committee discusses and provides input regarding organizational policies, standards, grading, events, schedules, and membership. Any vacancy of Executive Officers may be filled by appointment by the Chairman or the Ambassador at any time.

- 4) **General Secretary** - The Tensho Goju System shall have a General Secretary who is appointed by the Chairman or the Ambassador. The Secretary supports and assists with bulletins, memos, records, membership rosters, and the general administrative functions as requested by the Chairman, Ambassador or the Executive Committee. Any vacancy of a General Secretary may be filled by appointment by the Chairman or the Ambassador at any time.
- 5) **Grading Panel** - The Tensho Goju System shall have a Grading Panel to discourage favoritism, and ensure the quality and standards of the organization are upheld. Rank promotions of 4th and 5th dan require a Grading Panel consisting of any five (5) active members in good standing all holding a minimum rank of Godan Renshi (5th Degree Black Belt). Grading Panel candidates can be made up of any five (5) active members of the Tensho Goju System. Candidates going for promotion pass or fail based on majority vote. A written test is available from the Honbo dojo and is required at the rank of Godan. This test is not a pass or fail test, its purpose is to evaluate the applicants overall knowledge of the system. All promotional grading for 6th dan and above are to be done by the Honbo dojo (Headquarters).

5. Article V- Functions of the Ambassador

Reviewing membership applications and responding to the same; issuing membership cards to each member of the Tensho Goju International Association; issuing dojo membership certificates, conducting dan level promotional examinations; issuing of rank certification for dan levels; collecting membership dues by second week in January each year; creating and distributing a Quarterly Newsletter to all active member dojos; conducting association events as scheduled by the Chairman and/or the Executive Committee; researching and sharing information regarding and relevance to the martial arts. Hear and settle disputes or concerns from members and registered dojos, regarding the association or guidelines (personal matters notwithstanding). Provide training at Honbu Dojo, and any other dojo. Solicit and consider input from the membership. Advance the technical expertise and understanding of the membership.

6. Article VI- Membership

There are two types of membership in the Tensho Goju System, active registered black belt members and registered Academy/dojos within the Tensho Goju International. Each registered member academy/dojo shall be referred to as a Tensho Goju Academy/Dojo (Branch Dojo). Each Tensho Goju Dojo shall be required to register all black belts as members of Tensho Goju International by December 31st of each year. All registered black belts of an authorized Tensho Goju dojo shall be considered active members and shall receive individual membership I.D. cards.

Dues for black belts shall be \$ 50.00 per year. Each black belt member shall send their membership dues to the Tensho Goju Headquarters along with their name and the name of their instructor, to the Honbu Dojo each year by the second week in January.

Affiliated members shall be those members who do not have or belong to a Tensho Goju Dojo, but desire membership in the Tensho Goju International Association.

Candidates seeking membership in the Tensho Goju System who have a legitimate martial arts background but who live too far away to travel to Honbu Dojo, may submit a resume, copies of their certificates, and a video tape to the Chairman or the Ambassador for review. The above stated process may qualify one for acceptance into the Association.

Teaching Grades and Titles

It should be noted that because a person receives a rank it does not mean that they receive a title along with it. The rank is tested for and the title is bestowed upon a person via qualifications and ability. A 4th Dan is not necessarily a "Renshi". That is not to say that he or she does not deserve such a title however it is a separate certificate all together.

Each Tensho Goju dojo should have a Chief Instructor if his/her rank is 3rd degree or higher. All other dojo heads are considered designated instructors. All members within the Tensho Goju System are considered equal, although some may have higher rank. There shall be no other specific titles within the Tensho Goju System. For administrative purposes a Chief Instructor of a registered Tensho Goju dojo may be designated by Headquarters as Regional Director. His/her title shall be Regional Director.

7. Article VII- Regulations

Regulation 1- Location of Tensho Goju Dojos

No two Tensho Goju Dojos should be within 20 miles of one another, unless an agreement is made by the corresponding dojo leaders.

Regulation 2- Use of Tensho Goju Patches and Emblems

All Tensho Goju dojo shall purchase official Tensho Goju patches from the Headquarters and use them on all martial arts uniforms. Only current/active members shall be permitted to use the Tensho Goju patch or name. Students of direct lineage to Shidoshi Thomas L. Felder shall be required to wear the Tensho Goju patch on martial arts uniforms at all martial arts functions or events. All other affiliate (non Tensho Goju) members may wear their own dojo emblem. All Tensho Goju emblems shall be worn over the left breast.

All Tensho Goju dojo are required to display the official Tensho Goju emblem in a visible place in their dojo workout area.

Regulation 3- Training amongst Tensho Goju Dojo

Black belt students from one Tensho Goju dojo should not train with other Tensho Goju dojos without the permission of their Sensei. Whenever possible no two Tensho Goju dojos should be within 20 miles of one another, unless an agreement is made by the corresponding dojo leaders

Regulation 4- Grading Authorization

Tensho Goju dojo leaders shall be permitted to grade their own students up to two levels below their own rank. However, all grading of Godan (5th Dan) or higher shall be conducted by the Tensho Goju Association Grading Panel, Chairman or the Ambassador. In addition to any requirements made by individual dojos Headquarters requires that a written test be taken for the level of Godan and above. The test will be provided upon request by the Tensho Goju Headquarters. This test is not a pass or fail grade, it allows the student to make an evaluation of what he or she knows and help them make adjustments accordingly and continue their training and progress in martial arts.

Regulation 5- Tensho Goju Newsletters

All Tensho Goju dojo shall receive official Tensho Goju Newsletters - Newsletters are sent by the Association to the black belt members. Each school leader is to make the Newsletters available to all of the students in their school.

Regulation 6- Kata

No member of the Tensho Goju Association shall be permitted to alter Tensho Goju kata. In addition to the Tensho Goju Kihon kata, members are encouraged to be familiar with the traditional versions of Goju-Ryu kata and Chinese Goju kata (Higaonna, Miyagi, Miyazato, Shinjo, Toguchi, Yamaguchi, Urban, Ruiz and VanClief).

Regulation 7- Character Values

Character values at all events and in daily life, members of the Tensho Goju Association shall conduct themselves in a moral manner that sets a proper example for students and the general public. Members shall not engage in street fighting unless to protect themselves, their family, and/or their country. Members shall not engage in any form of harassment whether verbal, mental, emotional, sexual, or physical. Members shall not be intoxicated in public or at any Tensho Goju Association function. All members are expected to treat their Sempai, Sensei, and the general public with respect in and out of the dojo.

No Tensho Goju System member shall speak poorly of other members or other martial arts organizations. All members shall strive to develop positive relationships with other styles and organizations.

No Tensho Goju Association member shall complain or argue with any official, or engage in any form of disrespectful action at any event where the member is representing the Tensho Goju Association.

Regulation 8- Disciplinary Procedures

The Chairman and the Ambassador have the authority to discipline any Tensho Goju member for violation of the Guidelines. The Chairman and the Ambassador may ask the Executive Committee to hear the issues of an accusation and to make a recommendation regarding discipline. The Chairman or the Ambassador may also dispense disciplinary action to any of the members of the Executive Committee. All members accused of committing a violation of the Tensho Goju Association shall be entitled to be heard in full, prior to any decision or action being taken against them. Members may also be disciplined for instigating and taking part in negative, non-productive gossip, which is unfounded and intended to hurt the Association or its membership.

Regulation 9- Affiliation with organizations:

Members of the Tensho Goju System affiliated with any other martial arts organization should disclose this information at the time their membership application is filed with the Tensho Goju System. Members of Tensho Goju are free to affiliate with other organizations teaching other forms of martial arts.

Regulation 10- Training Materials: Guidebooks and Training Videos

All Tensho Goju Dojo Leaders are encouraged to train at Honbu Dojo at least once every three years (if distance and expense of travel is reasonable), or should have the Tensho Goju Chairman/ambassador visit their dojo. This ensures that Tensho Goju Dojo Leaders are up to date with the current standards and aware of changes in the system as they occur. This will also help Instructors progress as they continue to train in their respective dojos.

Shidoshi Felder's books and training DVD's are suggested material for maintaining undisputed meaning and terms of techniques and applications. All Black Belts are required to obtain a copy of the Tensho Goju Instructor Manual. Students of all ranks are encouraged to purchase home training DVD's for the belts levels they have earned, as well as access to the on-line training resource center available at www.tenshogoju.com.

Regulation 11- Tensho Goju Association Funds

Membership funds shall be kept in a separate account from Honbu Dojo funds. Tensho Goju Association funds shall only be used for expenses and functions that are directly related and specifically for Tensho Goju activities. In January and July of each year, the Ambassador shall disclose to the Executive Committee, a financial summary of the organization. By these means the Chairman, Ambassador, Secretary and the Executive committee can review and discuss the organizational finances to determine what improvements may be made, or whether or not there are available funds to create additional programs within the Association.

Tensho Goju black belts shall be to further advance the training of the membership, share information, techniques, and to develop positive relationships among the members. Open Invitational events posted in the Newsletter should ensure attendance from the membership. In this way, each host of a Tensho Goju event shall benefit by encouraging attendance at Association training opportunities, and it also helps offset the expenses for holding such events.

Promoters of Tensho Goju tournaments and events should openly invite all members of the Tensho Goju Association. Being a Tensho Goju event helps promote the System, ensure participation and attendance of the members, which also increases the profits for the promoter.

8. Article VIII- Ranks and Gradings

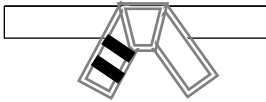


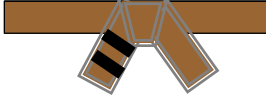










All Tensho Goju System Dojos shall use a Kyu-Dan ranking system. However, all color belt systems must include a White Belt representing a beginner, a Green Belt representing an intermediate student, and a Brown Belt representing an advanced student. Refer to belt chart in this manual. A minimum age of 21 (18 with explicit waiver) is required to attain Sandan level and there will be no distinction made between men and women.

Below are the recommended, not mandatory, time in grade requirements for black belt rank and grading

- 1 1st Degree Black Belt: Shodan** - 3 yrs training
- 2 2nd Degree Black Belt: Nidan** - over 2 yrs after 1st dan
- 3 3rd Degree Black Belt: Sandan** - over 3 yrs after 2nd dan
- 4 4th Degree Black Belt: Yondan** - over 4 yrs after 3rd dan
- 5 5th Degree Black Belt: Godan, Renshi** - over 4 yrs after 4th dan
- 6 6th Degree Black Belt: Rokudan, Shihan** - over 5 yrs after 5th dan (waiverable)
- 7 7th Degree Black Belt: Shichidan, Kyoshi** - over 5 yrs after 6th dan (waiverable)
- 8 8th Degree Black Belt: Hachidan, Kyoshi** - over 6 yrs after 7th dan (waiverable)

It should be noted, once again, that because a person receives a rank it does not necessarily mean they have received a title along with it. The rank is granted after successfully passing a test, whereas, a title is presented by the Master Instructor. A 3rd Dan is not necessarily a "Sensei (Teacher)". This is an earned title of respect and ability to deliver lecture and draft lesson plans.

Belt Identification Chart

		8 th KYU – 7 th KYU
		6 th KYU – 5 th KYU
		4 th KYU – 3 rd KYU
		2 nd KYU – 1 st KYU
		Black Belt – SHODAN HO
Mr. / Ms. - Assistant Instructor		1 st DAN - SHODAN
Mr. / Ms. - Assistant Instructor		2 nd DAN - NIDAN
SENSEI - Teacher		3 rd DAN - SANDAN
RENSHI - Chief Instructor Grading Panel		4 th DAN - YODAN
RENSHI - Master Instructor Grading Panel		5 th DAN - GODAN
SHIHAN – Master Instructor Executive Committee		6 th DAN - RUKUDAN
KYOSHI – Master Educator Executive Committee		7 th DAN - SHICHIDAN
KYOSHI – Master Educator Ambassador		8 th DAN - HACHIDAN
HANSHI – Chief Executive President (Chairman) SHIDOSHI – Leader/head of the System		9 th – 10 th KUDAN - JUDAN

Academy Etiquette

1. When entering the dojo the ranking student has the responsibility to assemble a team to clean the floor prior to the beginning of training.
2. When entering or leaving the Dojo, stand at the ready line or point of entry and present the traditional Tensho Goju courtesy. This action represents a mark or respect for the Dojo and the students in the dojo.
3. Late arrivals must approach the line of entry present the courtesy and assume the seiza position until the instructor motions the student to enter the class.
4. If students are on line do not break rank unless the instructor gives permission. Always enter and exit on the left side of the students on line. When leaving a rank take one step backward and move out to the left/right to clear the ranks then move to exit the dojo.
5. Always move quickly in class when instructed to move from one point to the other. Never turn your back when moving. Look over the right shoulder and run backwards to the next point and Yame'.
6. Always address the instructor and seniors by their proper title **Mr. /Ms., SENSEI, RENSHI, SHIHAN, KYOSHI, or SHIDOSHI** inside the Dojo. In public instructor's can be addressed as Mr. or Ms., unless otherwise directed.
7. Do not practice KUMITE, or fast movements of Aiki-Jitsu without the presence of an instructor.
8. Do not talk, play, eat, drink, chew gum, or bring anything in the dojo except for training articles.
9. All directions, by the instructor, should be obeyed in the Dojo, without question. You will not be asked to do anything that your instructor has not done him/herself already. If you cannot keep up, do the best you can without quickly giving up. Never Quit!
10. Water breaks will be announced by the instructor periodically depending on the level of training. When released return quickly to the training area without talking.
11. Keep fingernails and toenails short and clean.
12. During the free break period there will be no sitting, leaning against the wall, malingering or talking. The dojo is for training and not to waste time.
13. It is everyone's responsibility to ensure the Dojo is clean, tidy and safe at all times. Senior students must ensure the dojo is swept and presentable prior to training.
14. Your karate-gi must be neat and washed clean at all times. Your belt should NEVER be washed, only aired dry. It symbolically contains the spirit of your hard training. Black or white sleeveless T-shirts are the only authorized undergarment to be worn under the gi top. Females are encouraged to wear sports bra for support.
15. Do not wear jewelry or watches during training.
16. The official Tensho Goju patch will be awarded to wear at green belt level. This is the official acceptance in the system.
17. Floor assignments are given by the instructor based on belt level and ability. Students of the same rank can stand anywhere within their echelon of rank unless otherwise directed by the instructor. Never fight over a position. Order is our attitude.

18. Attendance is a key factor in the student's ability to learn and mature in the system. Try not to miss class sessions. However, if this is unavoidable ensure the instructor is made aware of the absence.

19. Safety will always be prevalent in the dojo. Students are required to purchase safety gear for extra protection, such as hand and feet safeties, groin cup and mouth piece. Additional items may be worn as needed. Everyone is a safety advocate, we ask parents and guest to help maintain safety in the visitors sitting area.



Tensho Goju Academy, Lawton OK 2015



TENSHO GOJU STUDENT ENROLLMENT & AGREEMENT FORM

SECTION A: Student Information

Last Name: _____ First Name: _____ MI: ____ Age: ____ Height: ____ Weight: ____ lbs.

Home Address: _____ City: _____ State: ____ Zip Code: _____ Cell or Home Phone: _____

Emergency Contact: _____ Emergency Phone: _____ Email Address: _____

SECTION B: Release and Waiver of Liability and Indemnity Agreement (Read Carefully Before Signing)

In consideration of being permitted to participate in any way in the Martial Arts Program indicated below and/or being permitted to enter for any purpose any restricted area (here in defined as any area where in admittance to the general public is prohibited), the parent(s) and/or legal guardian(s) of the minor participant named below agree:

1. The parent(s) and/or legal guardian(s) will instruct the minor participant that prior to participating in the below martial arts activity or event, he or she should inspect the facilities and equipment to be used, and if he or she believes anything is unsafe, the participant should immediately advise the officials of such condition and refuse to participate. I understand and agree that, if at any time, I feel anything to be UNSAFE; I will immediately take all precautions to avoid the unsafe area and REFUSE TO PARTICIPATE further.
2. I/We fully understand and acknowledge that:
 - a. There are risks and dangers associated with participation in martial arts events and activities which could result in bodily injury partial and/or total disability, paralysis and death.
 - b. The social and economic losses and/or damages, which could result from these risks and dangers described above, could be severe.
 - c. These risks and dangers may be caused by the action, inaction or negligence of the participant or the action, inaction or negligence of others, including, but not limited to, the Releasees named below.
 - d. There may be other risks not known to us or are not reasonably foreseeable at this time.
3. I/WE accept and assume such risks and responsibility for the losses and/or damages following such injury, disability, paralysis or death, however caused and whether caused in whole or in part by the negligence of the Releasees named below.
4. I/We HEREBY RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE the martial arts facility used by the participant, including it owners, managers, promoters, lessees of premises used to conduct the martial arts event or program, premises and event inspectors, underwriters, consultants and others who give recommendations, directions or instructions to engage in risk evaluation or loss control activities regarding the martial arts facility or events held at such facility and each of them, their directors, officers, agents, employees, all for the purpose herein referred to as "Releasee"...From all liability to the undersigned, my/our personal representatives, assigns, executors, heirs and next to kin For any and all claims, demands, losses or damages and any claims or demands therefore on account of any injury, including but not limited to the death of the participant or damage to property, arising out of or relating to the events(s) caused alleged to be caused in whole or in part by the negligence of the releasee or otherwise.
5. I/We HEREBY acknowledge that THE ACTIVITIES OF THE EVENT(S) ARE VERY DANGEROUS and involve the risk of serious injury and/or death and/or property damage. Each of THE UNDERSIGNED also expressly acknowledges that INJURIES RECEIVED MAY BE COMPOUNDED OR INCREASED BY NEGLIGENT RESCUE OPERATIONS OR PROCEDURES OF THE RELEASEES.
6. EACH OF THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the Province or State in which the event is conducted and that if any portion is held invalid, it is agreed that the balance shall, notwithstanding continue in full legal force and effect.
7. On behalf of the participant and individually, the undersigned partners(s) and/or legal guardian(s) for the minor participant executes this Waiver and Release. If, despite the release, the participant makes a claim against any of the Releasees, the parents(s) and/or legal guardian(s) will reimburse the Releasee for any money which they have paid to the participant, or on his behalf, and hold them harmless.
8. I also fully understand that a fee paid by me for children, or myself and any other family care member to participate in this martial arts activity is NOT REFUNDABLE, and hereby waive my rights for redemption of said fee.

Student Name

Today's Date

Parent/Guardian Signature

Today's Date

*** Do you receive Text Message on the listed phone? Yes / No

Tensho Goju Academy Incident Report Form



Name and role of person completing this form:

Signature of person completing this form:

Date:

Incident

Date and time of incident:

Name/s of person/s involved in the incident and their clubs/associations:

Description of incident:

Witnesses (include contact details):

Reporting of the incident to club/association

Incident Reported to:

Date:

How (this form, in person, email, phone):

Follow Up Action

Description of actions to be taken:

Certification and Registration

All students will be required to participate in an evaluation of skill and knowledge for advancement in belt color. There will not be an official evaluation for stripe advancements, such as the 1st and 2nd degree on each belt that indicates intermediate and senior level. The evaluation will be conducted by the head instructor of the academy with compliance to the two belts below rule.

The Official Tensho Goju Certificate for Under Belts (Kyu) and Black Belts (Dan) are shown in small scale below. Black Belts will receive two certificates, one in 8X10 size for transporting as proof of certification as an insert in their Instructor Manual and the other at 11X17 for hanging on the Dojo wall. In addition, Black Belts will be issued an official Tensho Goju Registration Card to be carried at all times.

All Black Belt Certificates will have an official Tensho Goju seal rendering an authentic origin of proof from the Headquarters (Honbu Dojo).

Black Belt certificates will be signed by the Founder or appointed Soke and embossed with the official seal of Tensho Goju. The official documents will be delivered to the lead director's for dissemination to Black Belt awardees. This standard procedure is to maintain order within the Tensho Goju system and maintain integrity of the Tensho Goju Black Belt directory.



Official Seal



Opening and Closing the Dojo

The proper positioning of students in the dojo helps maintain order. Students should **not** fight for a position, as with proper attendance their position will be identified.

Once the instructor enters the ready line the senior ranking student should assume their position on line and clap his/her hands twice loudly to signal all students to fall in position at attention (kyotsuke) and then call out “Courtesy” for all to render the courtesy simultaneously (ritsu - rei).

Class line Up



The instructor will move to their position on the floor and address the class; “Kyotsuke” followed with “Seiza (kneeling position)” and recites the virtues for the students to respond collectively.

Following the virtues the instructor commands the students to open their eyes (Mokuso Yame) and announce “Receive the courtesy - Za-rei! (kneeling bow).” The entire dojo will execute the za-rei. This procedure is done at the opening and closing of the dojo. If time is short, it should only be conducted at closing. Following, the instructor will have the class render respect to the system Founder. If the Founder is leading the courtesy the senior student will announce, “Courtesy to the Founder of the Tensho Goju System!”.

The instructor may opt to maintain a meditation session to establish a peaceful atmosphere. Meditation is vital to eliminate all negative forces and establish a harmonious atmosphere for the training session. Warm up and stretching should always be conducted to loosen the muscles and produce a steady flow of oxygen and blood to prevent stiffness and rigid movements. Some recommended stretches include: Neck rotations, shoulder and arm rotations, hip rotations, knee and ankle rotations, one arm side stretch, toe

touch, splits, hurdle stretch, butterfly stretch (no bouncing), hamstring stretch, calf stretch, quadriceps stretch, chest stretch. Moreover, warm up drills may include: Sunfist, abdominal slap, jumping jacks, Chinese push-ups, scissor sit-ups, weight training, leaping push-ups and jump rope.

A good training session involves both hand and leg techniques, while combining aiki-jitsu as to complete the application. Never become satisfied with a little, always give your best, as if that training period were your last. Remember what you went through to get where you are, use those same tactics and training aids to develop your students.

Don't hesitate with corrective training, if the student fails to adhere to the lesson be creative and implement ideas that will help the student to learn. The corrective training should build and strengthen the body as well as the mind; it should never be misused in humiliation. Keep in mind, redundancy causes boredom.

When addressing the Instructor there should be an order that students follow. A good method is to have students quickly raise their hand and wait to be called on. Instructors must always be addressed by title, except for assistant instructors. These are the ranks of Shodan and Nidan, 1st and 2nd Dan's, which will be addressed as, Mr., or Ms. unless a title has been given.

Depending on the size of the class and the various belt levels involved, introducing new kata may become a distracter for under levels. If possible set a special day to avoid confusion and envy.

Photographs of the chain of command should be visible for all students. The chain of command should be your immediate chain to the Founder.

Always share philosophies with the students to help them stay focused on the goodness of life and how they can attribute to making their community a better place.

As an appointed instructor, you are hereby charged with being a beacon in your community. Do not abuse your authority or position. Be confident in your teaching ability and ask questions when needed. Let your light shine! A seed can only produce good crops when properly cultivated. Your students are a product of you. Be sure to always set high standards and be a good example for students to follow. If you shall fall, get back up again and continue to drive forward.



Student Evaluation Worksheet

The evaluation worksheet is an automated Microsoft Excel spreadsheet created to automatically add all evaluated columns and provide a total score to ensure fair grading is achieved.

[illegible]

Tensho Goju Techniques



Generally speaking, hand techniques are separated into blocking, grabbing, punching, striking and hooking. By using the different parts of the hands, wrists, forearms and elbows in various ways it shows creativity and versatility. Also, hand and arm techniques are much easier to deliver than leg applications, because they are shorter and they are not part of our suspension system keeping up our body. The legs and knees also have a tendency to depreciate quicker as we get older.



Hand techniques (Short Range Weapons) should be used for moving closer to an attacker and the delivery of powerful blows. The distance from which an attacker can hit you with hands and arm applications is called "Critical Distance". We try to stay out of this range until a plan of action has been formulated. The Tensho Goju System uses 60 percent hand techniques and 40 percent leg techniques.



Leg techniques (Long range Weapons) can be divided into kicking, stomping, sweeping, and kneeing from ground level to aerial. A variety of techniques can be released with different parts of the foot and knee at close range. Kicking techniques are usually used to close the distance or when an opponent moves out of hand range. The distance out of hand arm range is called "Normal Distance". Fast combinations of powerful controlled leg techniques are great for penetrating injuries

until we finish them with a series of hand applications.



Stances can be divided into natural stances, in which the muscles are relaxed, stances where the legs are put under tension by forcing the knees outward and those where the legs are put under tension by forcing the legs inward. As these positions are adapted to specific purposes, they become specific kinds of stances and postures.

Good practice involved with adapting to stances is following the rules of weight distribution in order to obtain the proper poise. A prime example is the front stance as shown on the photo to the left with Mathew Underwood. There is a 60/40 split with weight distribution. 60% of the weight is applied on the front and 40% on the rear. Always practice the release of "Kiai" when moving into a particular stance.

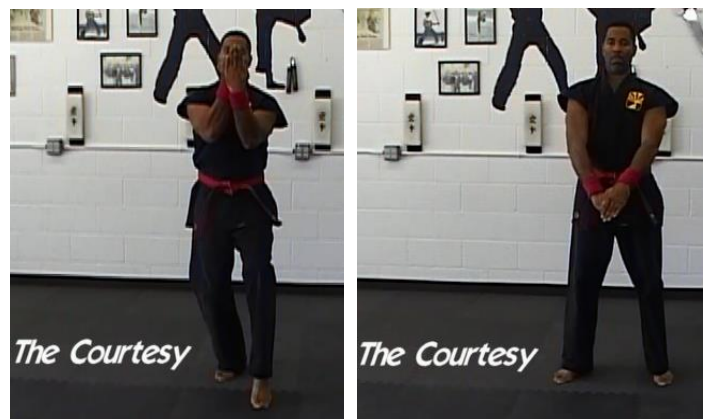
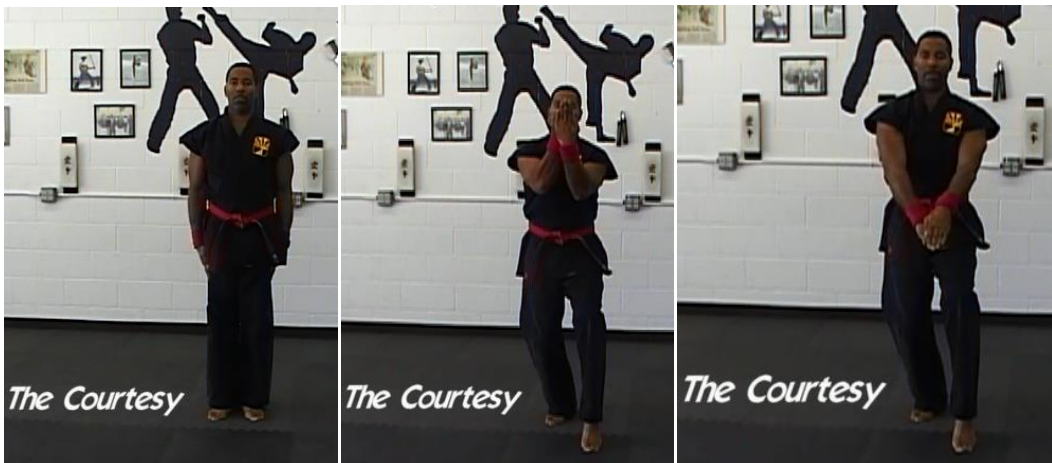
The Courtesy

The very first entry of the Tensho Goju system is the purpose and the proper execution of the courtesy. The courtesy represents respect in public form to the dojo, peers and instructor. Moreover, it instills values in teaching students how to be respectful to others and those in authority. We must always be humble and courteous to each other and presenting the courtesy signifies this order of respect.

Students will always deliver the courtesy prior to entering and exiting the floor of the dojo. Also, the courtesy will be presented when the instructor enters collectively and prior to students engaging in physical matches, such as kumite or self defense. The presentation of courtesy is expected to carry-on when visiting other schools, seminars and tournaments by all Tensho Goju karate-ka.

There are five basic movements of the courtesy as illustrated below.

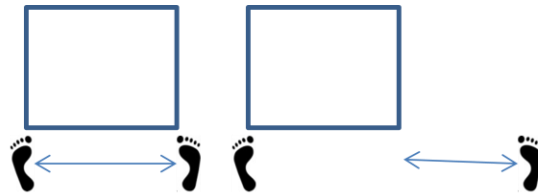
1. Kyotsuke – assume the position of attention by bringing the left leg in and hands to the sides simultaneously in a quick controlled movement.
2. Execute and back-fist to the left palm from a cat-stance.
3. Rotate fist and hand downwards.
4. Rotate fist and hand upwards with fingers no higher than eyebrows.
5. Return to Yoi (shoulder width stance) with feet shoulder width and hands rotated downwards.



Lateral Movements of the Tensho Goju System

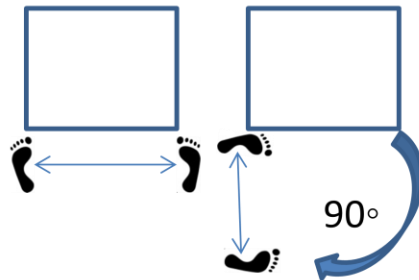
The core movements within Tensho Goju stem from the baseline of a square, which we refer to as lateral box movements. There are three basic positions obtained from the shoulder stance, which are the side step, rear lateral and cross step. The figure below illustrates the movements by foot.

Side Step



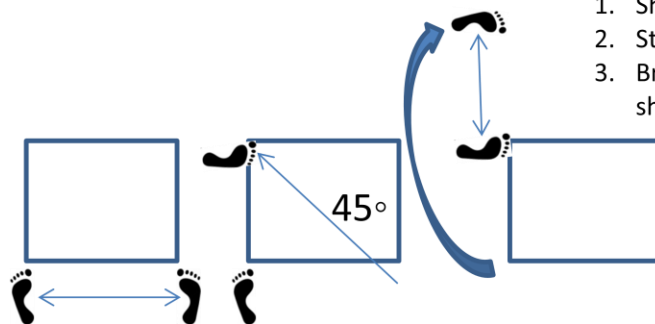
1. Shoulder stance
2. Step one foot out to the side with body shift.

Rear Lateral



1. Shoulder stance
2. Slide foot semi-circle to the rear 90 degrees.

Cross Step



1. Shoulder stance
2. Step foot across 45 degrees .
3. Bring up other foot to establish a shoulder stance.

Leg Applications

Ball of Foot	Foot Edge	Heel	Inside Arch	Instep (top)
Front Kick	Reverse Crescent Kick	Side Kick	Crescent Kick	Round Kick
Front Thrust Kick	Leaping Reverse Crescent Kick	Back Kick	Tornado Kick	Snap Kick
Leaping Front Kick	Leaping Spinning Reverse Crescent	Side Kick Front		Jumping Round Kick
Flying Front Kick	Shin Kick	Spinning Back Kick		Standing Sweep
Augmented Round Kick	Hurricane Kick	Hook Kick		Iron Broom Sweep
Side Thrust Kick		Flying Side Kick		
Leaping Spinning Front Kick		Flying Back Kick		
Drop kick		Rear Leg Sweep		
		Hurricane Kick		
		Axe Kick		
		Heel Kick		
		Dragon Tail Sweep		
		Hook Sweep Inside		
		Hook Sweep Outside		
		Crane Kick		



Hand Applications

Fist Strikes	Palm Strikes	Hand Edge Strikes	Back Hand Strikes	Finger Strikes	Blocks
Straight Punch Sun-fist	Iron Palm Palm Heel	Chop Reverse Chop	Back Hand Slap Butterfly Strike	Spear Hand Poison Snake (One Finger) Two Finger Four Finger	Down Block Head Block
Hook Punch Fore Fist	Slap Hollow Hands (Cupping)	Knife Hand Diagonal Chop			Inside Block Outside Block
Back Fist Hammer Fist				Tiger Claw	Downward Block Forearm Block Rising Block Low Palm Block Side Palm Block Palm Up Block Palm Down Block (Snakefist) Cross Block X-Block Bottom Fist Block Back Hand Block Palm Heel Block
Elbow Strikes					
Elbow Upper Elbow Side Elbow Dropping Elbow Monkey Elbow					



Chapter

5

Lesson Plan

A lesson plan is developed by the instructor as an implementation to guide the instruction. Planning the instruction is much more difficult than delivering the instruction. Planning is when you meditate on what you think is necessary for the students to learn at a particular period and develop lesson content that match those ideas. Luckily, this guide book was generated to give the instructors and assistant instructor some guidance for preparing a standard lesson plan. First, it's good practice to gather your ideas for training and write them down to assist in developing a smooth delivery of the content. The extent of the detail will vary depending on the different classes you hold and the students' adaptability or belt levels. Obviously a teacher with several or many years of experience may have plans that are much less detailed than beginning teachers. Keep in mind that this is just a basis for you to maintain a standard in your teaching structure. It is also a good way to keep you abreast of what you are teaching to avoid confusion. Moreover, if you have assistant instructors on the floor with you, it can be a great guide for them to know up front what is expected and what will be taught.

Example of a Simple Lesson Plan

Date	April 30, 2009
Topic	Long Range Weapons
Lesson Title	The Round Kick and Fighting Applications
Lesson Author	Sensei John Doe and assistant Mr. Carl Jones and Ms. Mary Sue
Belt Level / Class	Intermediate and Adult class
Time allotted for lesson	45 Minutes of work time
Short Description of Lesson	Students will learn Low, middle and high Round Kick, both front rear leg applications. Combine reverse punches and back fist follow on techniques. Apply floor drills with out aids, with focus mitts, stable target (heavy bag), and match fighting.
Class Assessment	This is your assessment after class to determine if the class is ready to move on, or if they should work more on this lesson title.

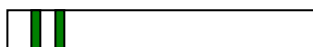
Next, we will cover some of the techniques and applications trained at each belt level. This will give you some better insight as to what students should beware of and what they should know as a basic at the identified belt levels. As instructors and assistant instructors it is very important that you maintain a

discipline to strive for order and high standards. A leader sets a good example; they take the lead and present a strong level of confidence for others to follow. A good leader take charge and does not back down from a task, but accepts tasks given and puts forth every effort to ensure it is accomplished to standard. A leader is one with the ability to lead others from one point to another successfully. A leader looks sharp, feels sharp and takes responsibility for their actions. A leader is not perfect, but they should have enough faith in God and in their ability to get back up if they have fallen. A good leader should always speak the truth. Leaders know how to ask questions when in doubt. And finally, a good leader takes initiative and does not have to wait for additional instructions. This is what is expected of every Black Belt and higher within the Tensho Goju system. Take charge!



Huston Dula, Shodan and Thomas Felder, Shidoshi

Students Basic Knowledge



White Belt 8th – 7th Kyu

1-6 Months

Hand Techniques	Leg Techniques	Floor Appl.	Blocks	Stance / Other
Straight Punch	Front Kick	Shoulder Roll	Head Block	Yoi
Sun-Fist	Snap Kick	Back Roll	Down Block	Peace
Shoulder Stance	Shin Kick	Break Falls 4	Inside Block	Shoulder Stance
Chop	Heel Kick		Outside Block	Kiba Dachi
Reverse Chop	Round Kick		Rising Block	Front Stance
Vertical (Knife) Chop	Side Kick		Low Palm Block	Fighting Stance
Diagonal Chop	Back Kick		Palm Up Block	Back Stance
			Snake-fist Block	
			Chicken head	
			Hook Block	

Philosophy: Recite Virtues & Principles

KATA: SUNRISE

WEAPONS: SUNRISE & SUNRISE RATTON ESCRIMA FORM

Self Defense: 25 Self Defense Applications

1. COURTESY DEFENSE: double wrist grab attack, move palms outward and raise arms in semi-circle above head bringing hands together and down to chest level in praying hands posture. Move left palm down and sunfist with opposite fist.
2. DOUBLE WRIST GRAB: Praying hands, double sun-fist to face, snap kick to groin, grab head and monkey knee to face and dropping elbow.
3. SINGLE WRIST GRAB: Reverse grab, Iron palm to face, cross body shoulder grab, monkey knee and dropping elbow.
4. DOUBLE HIGH WRIST GRAB: Clapping hands to ears grab back of head apply monkey knee and dropping elbow.
5. FRONT CHOKE: Interlock hands above head and perform a forearm smash, double knuckle strike, stepping elbow strike, aiki lever choke (5 second hold), step back with dropping elbow to spine.
6. DOUBLE WRIST GRAB: reverse grab and monkey knee and dropping elbow.
7. STRAIGHT PUNCH: Side step and block grab application, straight punch, snap kick, arm take down and break elbow.
8. CROSS BODY WRIST GRAB: Reverse grab, step back takedown and iron palm to break elbow.
9. DOUBLE HIGH WRIST GRAB: Clapping hands to ears, double straight punch, reverse crescent kick to face.

10. BEAR HUG: Heel stomp to instep, side step with hammer fist to groin, back-fist to face same hand and back crane kick to groin.
11. PUNCH: Side palm block, reverse chop to throat, pulls down head to monkey knee.
12. FRONT CHOKE: Head twist and take down, heel kick to face.
13. FRONT CHOKE: Double dragon palm to ribs, double cross block, double chop, pull head down applying monkey knee and dropping elbow.
14. HIGH WRIST GRAB: Clap release, palm strike to ears, grab head and double monkey knee.
15. STRAIGHT PUNCH: Inside snake fist grab, sun-fist, upper elbow, grab shoulder monkey knee, dropping elbow.
16. STRAIGHT PUNCH: Dragon two-step with side palm block, back fist, straight punch, and reverse punch.
17. REAR CHOKE: 180° twist double arm lock, step across and torso twist take down, atomic knee drop with reverse chop and chop.
18. FRONT CHOKE: Interlock hands above and bring down to double arm lock, step and elbow, aiki choke and drop.
19. FRONT CHOKE: Extended arm to double arm lock, side elbow, aiki choke, monkey knee and dropping elbow.
20. STRAIGHT PUNCH: Block grab, round kick low, middle and upper gate, spinning reverse crescent.
21. STRAIGHT PUNCH: Block grab, low side kick, reverse punch and elbow, spinning side kick.
22. STRAIGHT PUNCH: Block grab, back fist, straight punch, and reverse punch to groin.
23. STRAIGHT PUNCH: inner block grab, side elbow 2X, shin kick, hook sweep take down and heel stomp.
24. STRAIGHT PUNCH: inner block grab, twisting body drop and dropping elbow 2X.
25. STRAIGHT PUNCH: palm up block grab with side step, low side kick to outside knee, hook punch.



Green Belt 6th – 5th Kyu 7-12 Months

<u>Hand Techniques</u>	<u>Leg Techniques</u>	<u>Floor Appl.</u>	<u>Kata</u>	<u>Stance / Other</u>
Back Fist	Crescent Kick	Front Roll	Sunset	Cat Stance
Spear Hand	Reverse Crescent Kick	Back Roll Leapup	Sunset Escrima	
Hook Punch	Spinning Side Kick	Roll Drill	Bo Kyu	
Elbow	Heel Kick			
Side Elbow	Round Kick			
Dropping Elbow	Side Kick			
Upper Elbow	Back Kick			
Monkey Elbow	Front Thrust Kick			
Upper Cut				

Philosophy: Recite the parable of the student and the master.

Additional Training: Four Position Wrist Manipulation (Aiki Jitsu)

Kata: SUNSET

WEAPONS KATA: SUNRISE NUNCHAKA, SUNSET with KAMA

Self Defense: 25 Self Defense Applications

1. DOUBLE WRIST GRAB: Reverse grab, back wristlock, push and break.
2. DOUBLE WRIST GRAB: Rising grab, pressure point, step back twist, iron palm to elbow.
3. STRAIGHT PUNCH: Lock and roll take down, elbow strike to face, dropping elbow, eagle claw to throat and sun-fist.
4. KNIFE THRUST: Outside step and grab wrist, round house kick to abdomen, palm heel to elbow.
5. HAIR GRAB: Interlock hand on head and twist, snap kick to groin, spinning reverse crescent kick.
6. KNIFE JAB: Double palm block, snap kick, and spinning hook kick.
7. GUN ATTACK: Side palm block, back fist, straight punch, and reverse punch.
8. REAR CHOKE: Side step, tiger claw to groin, back fist to face, step back and ridge hand to nose.
9. BEAR HUG: Buttock thrust, back kick, spinning back fist, hook punch.
10. BEAR HUG: Buttock thrust, monkey elbow, monkey elbow, spinning thrust kick.
11. LAPEL GRAB: Step back snake lock, finger jab (thumb), pull head and monkey knee.

13. STRAIGHT PUNCH: Palm block with sun-fist to ribs, hook punch to face, back-fist and straight punch.
14. STRAIGHT PUNCH AND FRONT KICK: side palm block, low palm block, back-fist, spinning side kick
15. DOUBLE LAPEL GRAB: Double snake lock on chest, step back twist, eye jab.
16. FRONT CHOKE: Double arm lock, hip throw, knee drop and arm bar to break.
17. DOUBLE WRIST GRAB: Cross under arm forearm grab, elbow and leg sweep.
18. KNIFE THRUST: Grab wrist, sun-fist to solar plexus, hip throw, shuto to throat.
19. STEPPING STRIKE, OR KNIFE THRUST: Grab wrist, sun-fist to nose, shoulder throw, forearm strike to elbow breaking.
20. LAPEL GRAB: Wrist lock and heel kick, front kick, spinning reverse crescent.
21. KNIFE THRUST: Side palm block, opposite hand grab and two side elbows, hook sweep and heel stomp.
22. KNIFE THRUST: Block grab application, sun-fist and hip throw, chop to throat floor maneuver arm bar.
23. STRAIGHT PUNCH: Lateral step and grab wrist, hook kick, spinning hook kick
24. BEAR HUG (Below Elbow): Head bunt, double leg-pull, heel kick to groin, back kick to face.
25. HEADLOCK: Pressure point to shoulder, pressure point behind knee, rear take down, heel kick.



Purple Belt 4th – 3rd Kyu 13-19 Months

Hand Techniques	Leg Techniques	Floor Appl.	Kata	Stance / Other
Butterfly Strike	Spinning Crescent Kick	Leap Ups	Twisting Clouds	Hour Glass Stance
Snake Fist	Spinning Reverse Crescent Kick	Round Off	Butterfly	Crane Stance
Ridge Punch	Flying Side Kick	Cartwheel	Bo Kyu	
Back Fist	Hook Kick		Tensho	
Spinning Back Fist	Round House Kick	Iron Broom Sweep		
Basic Choke Holds	Spinning Back Kick			
Tiger Claw	Axe Kick			
Hammer Fist	Mule Kick			
Palm Heel Strike				
Double Forearm Block				

Philosophy: Recite the parable of the student and the master.

Special Techniques: Basic Chokes

Kata: TWISTING CLOUDS, BUTTERFLY, BO KYU

Weapons: STORM KAMA, STORM BUTTERFLY KNIVES

Self Defense: 25 Self Defense Applications

1. STRAIGHT PUNCH: Palm block with sun-fist to ribs, hook punch to face, back-fist and straight punch.
2. STRAIGHT PUNCH AND FRONT KICK: side palm block, low palm block, back-fist, spinning side kick
3. DOUBLE LAPEL GRAB: Double snake lock on chest, step back twist, eye jab.
4. FRONT CHOKE: Double arm lock, hip throw, knee drop and arm bar to break.
5. DOUBLE WRIST GRAB: Cross arm lever and side elbow.
6. KNIFE THRUST: Grab wrist, sun-fist to solar, plexus, hip throw, shuto to throat.
7. STEPPING STRIKE, OR KNIFE THRUST: Grab wrist, sun-fist to nose, shoulder throw, forearm strike to elbow breaking.
8. LAPEL GRAB: Wrist lock and heel kick, front kick, spinning reverse crescent.
9. KNIFE THRUST: Side palm block, opposite hand grab and two side elbows, hook sweep and heel stomp.
10. KNIFE THRUST: Block grab application, sun-fist and hip throw, chop to throat.

15. SINGLE LAPEL GRAB: Single forearm lock to chest, aiki choke.
16. ESCRIMA (STICK): Inside block, horizontal strike, neck lock, take down, reverse thrust.
17. SHOULDER GRAB: Arm lock, ridge hand to throat, dragon tail sweep.
18. DOUBLE SHOULDER GRAB: Double straight punch, grab, back roll throw, elbow strikes.
19. FRONT CHOKE: Snake-fist block, nose takedown and heel kick.
20. FRONT CHOKE: Poison snake tail to throat, nose take down, heel kick.
21. DOUBLE WRIST GRAB: Reverse grab, cross and takedown.
22. DOUBLE LAPEL GRAB: Double snake locks to chest, double eye jab, grab and monkey knee, hook aiki choke
23. DOUBLE WRIST GRAB: Reverse grab, 180 spin, pulls ankles, leg lock, and tiger claw to eyes pulling.
24. ADVANCE PUNCH: Upper palm block, 4 sun-fist, front kick, spinning hook kick.
25. FRONT KICK: Rising block, rotate and heel kick.
26. ROUNDHOUSE KICK: Elbow lock, hook sweep, heel kick to groin, break leg.
27. GUN ATTACK: Side palm block, knife hand to throat, elbow to temple, spinning monkey elbow to the nose.
28. FRONT CHOKE: Index finger takes down and heel kick to jaw.
29. FRONT CHOKE: Nose take down and heel stomp to ribs.



<u>Hand Techniques</u>	<u>Leg Techniques</u>	<u>Floor Appl.</u>	<u>Kata</u>	<u>Stance / Other</u>
Two Finger Strike	Axe Crescent Kick	Front Flip	Seiunchin	
Spinning Back Hand	Leaping Double Front	Back Flip	Seiunchin Sai	
Snake Tail	Flying Side Kick		Arashi	
Twin Fist	Hook Kick	Dragon tail Sweep		
Spinning Back Fist	Round Kick			
Advance Choke Holds	Side Kick			
Round House Punch	Back Kick			
Four Knuckle Punch				
One Knuckle Punch				
X-Block				
Wedge Block				
Hook Block				

Philosophy:

Special Requirements: Gain Knowledge of Original Goju-Ryu kata

Kata: SEIUNCHIN

Weapons: BUTTERFLY BROADSWORD, SEIUNCHIN SAI

Self Defense: 25 Self Defense Applications

1. LAPPEL GRAB: Interlock fingers and lock wrist to chest, gouge eyes with thumbs and monkey knee to solar plexus, hook arm choke and drop attackers head to ground.
2. STRAIGHT PUNCH: Side step and grab, round kick to solar plexus, hook kick to temple, round kick to face and jumping roundhouse to face.
3. STRAIGHT PUNCH: Side step and grab maintain hold, round kick to solar plexus, hook kick to temple and break elbow.
4. DOULBE WRIST GRAB: Double reverse grab twist and scissors take down with dropping heel kick to solar plexus.
5. STRAIGHT PUNCH: Snake grab and sun-fist punch to solar plexus, automatic back throw and spinning heel thrust to ribs.
6. KNIFE THRUST: Side palm block grab, reverse spin drop technique and dropping elbow to heart.
7. BEAR HUG: Heel stomp to instep, head butt, step back with reverse arm lock and break arm, heel kick to back of knee and rip nose.
8. HEADLOCK: Tiger claw to groin from rear and dragon tail sweep.
9. FRONT CHOKE: Snake tail strike under Adams apple on throat, roll finger forward and step to center of attacker, attacker falls choking, and apply a heel kick to groin

10. HAND GRAB: Place opposite hand on rear of attackers hand, step to the outside of the arm that grabbed, turn body 180 degrees and step other foot to the rear, push down on the back of the attackers grabbing hand while bending his wrist upward, this will cause the attacker to flip over, finish off the attacker by breaking the wrist and arm.
11. BEAR HUG: Head bunt to bridge of nose, buttock thrust, and drop to hands with a scissors takedown and ground ax kick.
12. LAPEL GRAB: Double slap to ears, grab attackers lapel, back roll and foot in attackers solar plexus forcing over, roll over the top and palm heel to nose.
13. LAPEL GRAB: Double arm lock, reverse head lock (aiki choke) break neck
14. FORWARD PUNCH: Side step wrist grab, Iron Palm to ribs, twisting wire application, dropping elbow breaking collar bone.
15. FORWARD PUNCH: Palm up block and elbow to jaw, side elbow to temple, aiki choke.
16. STRAIGHT PUNCH: Side palm block with sun-fist, wrist lock and arm take down; break elbow.
17. FRONT CHOKE: Double outside block, ear smash, body scissors take down, axe kick.
18. HAND GRAB: Handshake throw
19. OVER HEAD CHOP: Rising block arm lock take down.
20. REACHING ATTACK: Catch finger and apply finger throw.
21. KNIFE THRUST: Side step block grab, under arm and wrist to arm lock.
22. REAR CHOKE: Heel stomp, head bunt, double leg pull, back kick to groin and face.
23. STRAIGHT PUNCH: Side palm block with sun-fist, elbow, and three side elbows, monkey knee, arm choke, step back and body throw.
24. RIGHT SHOULDER GRAB: grab attackers hand at pressure point (left hand), motion right arm down and up counter clockwise, shift body to the left and kneel on right knee, grab attackers shoulder with right hand and return to upright position, sweep attackers left leg, and apply heel stomp.
25. STRAIGHT PUNCH: Palm up black and step in with a dragon palm to the rib cage, apply two side elbows to the attackers temple, drop the striking elbow arm over the attackers punching arm, shift front leg across the rear of the other leg and shift body to kneeling position; change hands and apply a wrist lock while shifting body and knee to the opposite side to dislocate shoulder.



Shodan Black Belt 1st Dan 3 – 5 Years

<u>Hand Techniques</u>	<u>Leg Techniques</u>	<u>Floor Appl.</u>	<u>Kata</u>	<u>Stance / Other</u>
Advanced Iron Palm	Tornado Kick	Advance Aiki Jitsu	Heavens Breath	
	Hurricane Kick		Rising Sun	
	Double Front Kick			
	Flip Kick			
	Leg Scissors			

Special Requirement: Center Block Breaking, Learn original Goju-Ryu Kata's

Kata: TENSHO (Heavens Breath)

Weapons: Rising Sun, Kama Dan

Self Defense: 100 Self Defense Applications and Aiki jitsu



Nidan Black Belt 2nd Dan 5 – 7 Years

<u>Hand Techniques</u>	<u>Leg Techniques</u>	<u>Floor Appl.</u>	<u>Kata</u>	<u>Stance / Other</u>
Combination	Advance Combinations	Advance Aiki Jitsu	Shisochin	
			Whispering Bo	
			Yo Lung	

Special Requirement: Center Block Breaking, Learn original Goju-Ryu Kata's

Kata: Shisochin

Weapons: Whispering Bo, Yo Lung

Self Defense: 125 Self Defense Applications & Aiki Jitsu



Sandan Black Belt 3rd Dan 7 - 8 Years

<u>Hand Techniques</u>	<u>Leg Techniques</u>	<u>Floor Appl.</u>	<u>Kata</u>	<u>Stance / Other</u>
Combination	Advance Combinations	Advance TG Aiki Jitsu	Kururunfa	
			Seisan	

Special Requirement: Teacher of Dojo

Kata: Kururunfa, Seisan

Self Defense: 150 Self Defense Applications & Aiki Jitsu

Master level kata include: Sepai, Suparinpei, and the Imperial 8 Form

Home Training Program



The Tensho Goju Headquarters has launched the Home Training Program (HTP) as an outsource implementation for students active in the dojo's and students in various locations around the globe to further their training in Tensho Goju. Video highlights from the Tensho Goju headquarter's with Shidoshi Felder are recorded twice weekly and loaded to the monthly training page on the Tensho Goju website. Each vide segment consist of step-by-step slow illustration and advances to the actual movement in combat.

All active students of Tensho Goju will receive a login and password for access to the Student Resource Center located on the main page of the Tensho Goju website. In addition, this program is offered to anyone wishing to learn Tensho Goju anywhere in the world. Newcomer's need only fill out the Enrollment Form at www.tenshogoju.com and select the Home Training Program option for enrollment. There will be a \$25 monthly access tuition for each students outside of the physical dojo locations. Moreover, as an extension of appreciation to deployed soldiers our on-line Home Training Program is offered to soldiers at no cost.

Accessing the Home Training Program:

First step is to enroll in Tensho Goju and login instructions will be delivered via email. Students can then enter the website at <http://www.tenshogoju.com> and click on the Students Resources button, which will prompt to a login and password screen for input for accessing the on-line training videos. The Monthly Home Training Program will be located at the bottom left of the page.

Evaluation for Promotion:

Each enrolled student will have the opportunity to be evaluated for advancement I rank. This will be accomplished by students posting a video and providing a link to hq@tenshogoju.com, or sending a DVD of their performance after each months training curriculum. This is a great opportunity for anyone that cannot attend classes regularly, or cannot offered the monthly tuition. However, students are encouraged to attend Seminars and workshops featuring Shidoshi Felder for some hand-on training and further guidance in Tensho Goju.

Basic Aiki Jitsu Drills

The Tensho Goju system uses a variety of main stream Aiki Jitsu applications within the critical distance as a method of restraint or detainment. These applications are primarily used against short range weapons for simple manipulation which will result in arm lock, bars and breaks. In addition, many of the Tensho Goju Aiki Jitsu techniques will follow through with choke holds on a single opponent. Although Aiki Jitsu may have some devastating results in the area of countering and controlling an attacker, it has the weakness of being very useful against multiple attackers. Therefore, Aiki-Jitsu is incorporated in the Tensho Goju system to maintain versatility and continual maturity of the systems defense mechanisms. Always use your biological processor to balance every situation. In a scenario involving four attackers advancing simultaneously, it would not be advantageous to apply an arm bar, or choke hold on one attacker with hopes that the remaining three will stand by and watch. This may work in the movie circuit; only in reality we must know how to apply a barrage of long range and short range weapons to subdue the situation.

There are many factors to keep in mind when using defensive countermeasures to avoid immediate danger physical threats, such as the delivery of enough force, excessive force or deadly force. How much is enough and is it enough? Death to a person regardless of what the situation can have some extended repercussions. Therefore, we should always avoid deadly force whenever possible. This is just mental stimuli.

The below illustrations depicts the Tensho Goju **10 Point Manipulation Drill**.



Trap Block



Wrist Lock



Arm Bar



Goose Neck



Goose Neck Lock



Arm Bar



Arm Bar



Arm Bar



Arm Lock



Goose Neck

Thomas Felder, Shidoshi and Christian Underwood, Nidan

Stretching and Warm Up Exercises

The warm up activities are a crucial part of any exercise regime or sports training. The importance of a structured warm up routine should not be underestimated when it comes to the prevention of sports injury. Warming up prior to any physical activity does a number of beneficial things, but primarily its main purpose is to prepare the body and mind for more strenuous activity. One of the ways it achieves this is by helping to increase the body's core temperature, while also increasing the body's muscle temperature. By increasing muscle temperature you're helping to make the muscles loose, flexible and workable. An effective warm up also has the effect of increasing both your heart rate and your respiratory rate. This increases blood flow, which in turn increases the delivery of oxygen and nutrients to the working muscles. All this helps to prepare the muscles, tendons and joints for more strenuous activity.

Finally, a correct warm up should finish with a series of stretches. However, this form of stretching can result in injury if performed incorrectly. Therefore, instructors should first introduce the stretch and explain the purpose prior to students stretching themselves.

Here are the basic warm up drills students are introduced to and required to perform prior to the instructor starting the class.

Warm Up Drills

**Makiwara Board Drills
Sun-fist
&
Straight Punches**



Upside Down Push Up



Abdominal Wheel



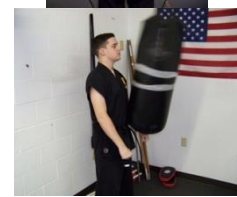
**Sun-fist Dumbbell
Drills**



Jump Rope



Iron Man



Below are stretching exercises conducted in the training session. Stretches should be held in place for a minimum of seven seconds, along with proper breathing for muscle relaxation.

Stretching Exercises

Front Kick Hamstring Stretch

Partner Assist



Training Aid



Stretch Machine

Seated Hamstring Stretch



Standing Hamstring Stretch



Quadriceps Stretch



Side Kick Hamstring & Groin Stretch

Partner Assist



Butterfly Groin Stretch



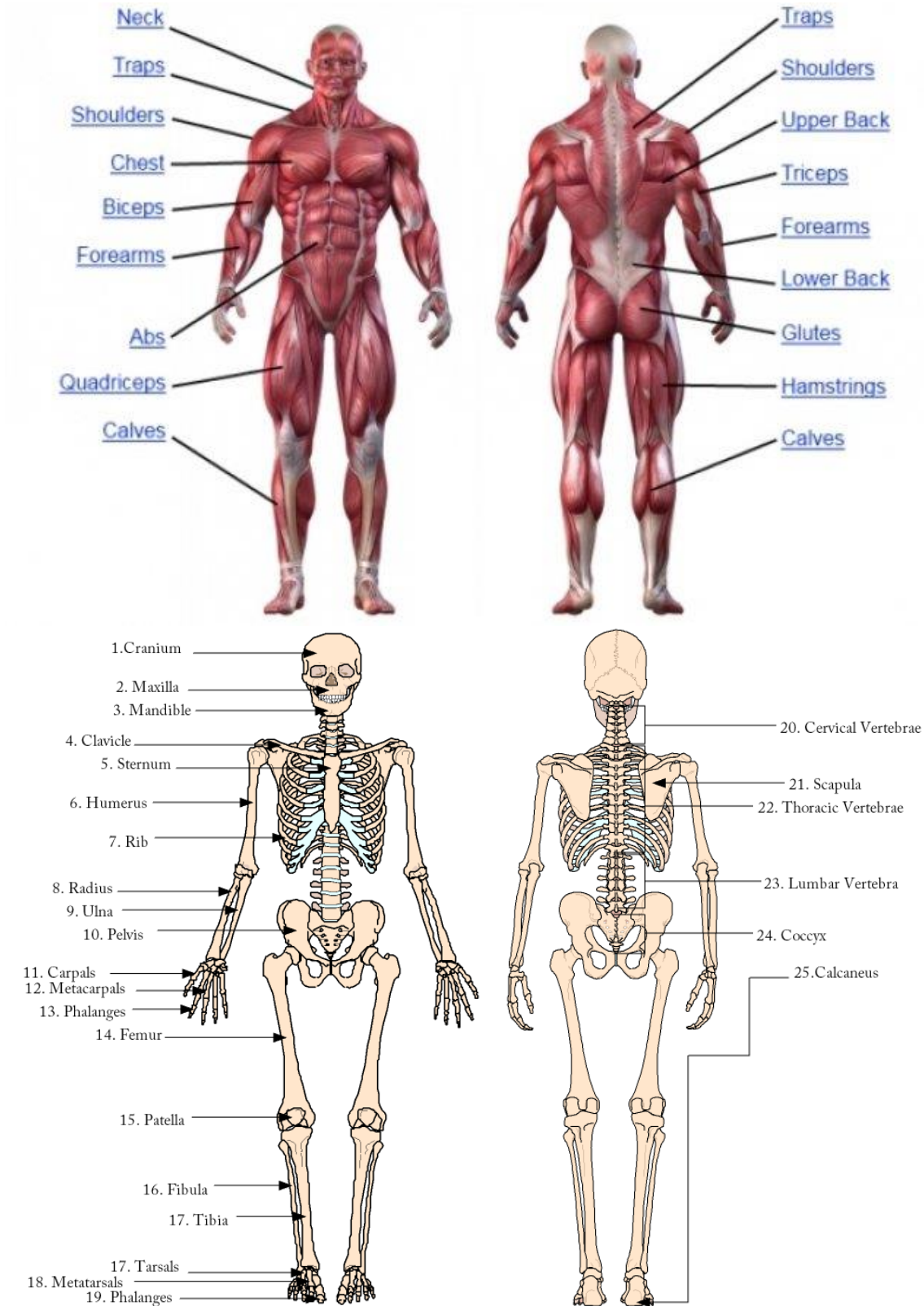
Hamstring Stretch Seated



Lateral Groin & Hamstring Stretch



Muscle and Bone Chart



Chapter

6

The Parable of the Student and Master

The student went to the Master and asked, “Master, how long will it take me to be good?” The Master said, “10 years”. The student replied, “Master I will train every day and the Master said, “20 years”. The student stated, “Master, I will train every day and every night!” and the Master responded, “30 years”. The student then asked, “Master... why is it when I say I will train longer and harder you add 10 additional years?” the Master responded, “Don’t rush through life... take your time and gain knowledge”.

Shidoshi’s Three Rules of Importance

- Pay Attention, Stay Focused, so you can Learn!
- Strike hard, Strike fast, Block Soft
- Feel Sharp, Look Sharp and Be Sharp!

Three Benefits of Proper Breathing

- Balance, Power and Control

Shidoshi’s Theory of Force

- Applied force generates momentum in a given direction.

Principles of Striking and Blocking

- Strike Hard, Strike Fast, Strike First and Block Soft

Shidoshi’s Mental Concepts

- Look Sharp, Feel Sharp and Be Sharp

MARTIAL ARTS TERMINOLOGY

JAPANESE - ENGLISH TRANSLATIONS

-A-

Age - Rising
 Age tsuki - Rising punch
 Age uke - Rising block
 Ago - Chin or jaw
 Agura - Informal sitting
 Aka - Red
 Aka Ippon - Red point (tournament sparring)
 Akiresu ken - Achilles tendon
 Ana ta - no catch (You are) Winner
 Arigato - Thank you
 Ashi or Ashibo - Leg or shin
 Ashi kubi - Ankle
 Ashi waza - Foot techniques
 Ashi ura - Sole of the foot
 Ashi yubi - Toes
 Ashi zoko - Bottom (bottom side) of foot
 Atemi - Striking
 Atemi waza - Striking techniques
 Awase uke - Combination blocks

-B-

Budo - Martial Arts Way
 Bujutsu - Martial arts techniques
 Bunkai - Application of a technique
 Bushi - Warrior class of Japan
 Bushido - Way of the warrior

-C-

Choku tsuki - Straight punch
 Chudan - Midsection of the body

-D-

Dachi - Stance
 Dan - Black belt rank
 De ashi barai - Forward foot sweep
 Denzook - No count
 Do - The way
 Dojo - Martial arts training hall, literally "Place of the Way"
 Dokko - Mastoids
 Domo Arigato - Thank you

-E-

Embusen - Floor pattern of Kata
 Empi - Elbow
 Empi Uchi - Elbow strike

-F-

Fukushin - Judge
 Fukuto - Outside, lower thigh
 Fumikomi - Stamping kick
 Fushi - Knuckle, joint

-G-

Ganmen - Face
 Gai wan - Outer arm
 Gan or Gansei - Eye
 Gankaku Dachi - Crane stance - also Tsuru
 ashi or Sagi ashi dachi
 Ganmen - Head, face
 Gasshuku - Special Training Camp
 Gatame - Hold, arm bar
 Geashi - Reversal
 Gedan - Lower part of the body
 Gedan barai - Low block
 Gen no sen - Allow one to attack, set up to counter-attack
 Geri - Kick
 Gi - Karate Uniform
 Go - Five
 Gyaku - Reverse, reversal
 Gyaku tsuki - Reverse punch

-H-

Ha - Tooth
 Hada - Skin
 Haguki - Gums
 Hae - Lungs
 Haibu - Back (back rib area)
 Haimen - Back or rear side
 Hana - Nose
 Hachi - Eight
 Hachiji dachi - Natural stance
 Hai - Yes
 Haishu - Back of the hand
 Haisoku - Instep
 Haito - Ridge hand, inner blade of hand
 Hai wan - Back of the arm
 Hajime - Begin
 Shidoshi - Master, Usually the highest ranking in the organization
 Hansoku - Foul
 Hantei - Decision

-H-

Hitai - Forehead
Hiza - Knee
Honbu – Headquarters

-I-

Ibuki - Controlled breathing
Ichi - One
Ippon - Point (as in scoring)
Ippon Kumite - One-step sparring
Iyeh - No

-J-

Jikan - Time, as in tournaments
Jinzo - Kidney
Jiu Kumite - Freestyle sparring
Jodan - Head or upper area
Jogai - Out of bounds (tournaments)
Ju - Ten
Ju Dachì - Free Fighting stance
Juji – Cross

-K-

Kache - Winner (Tournament)
Kagi - Hooking
Kakushin waza - Hidden technique
Kaisho - Open hand
Kakato - Heel
Kakuto - Bent wrist
Kake - Application of the technique
Kakiwake uke - Pushing through block
Kamae - Combative posture
Kami or Ke - Hair
Kansetsu - Joint lock
Kanzo - Liver
Kappo - Resuscitating (from knock out)
Kara - Empty
Karada - Body or physique
Karate - Empty hand, or weaponless
Karateka - One who practices karate
Kasumi - Temple (side of the head)
Kata - Pre-arranged form or techniques
Keage - Snap kick
Katame - Grappling
Keibu - Neck
Keito uke - Chicken head block
Kekome - Thrust kick
Kensei - Technique with silent kiai
Kentsui uke (tetsui uke) - Hammer fist block
Keri waza - Kicking techniques
Ketto - Blood
Ki - Life force, mind, spirit
Kiai - Shout of focus

-M-

Hara - Abdomen
Harai - Sweep
Hidari - Left
Hifu - Skin
Hiji - Elbow

Kihon - Basic technique
Kioskite - Attention
Kibadachi - Straddle (horse) stance
Kime - Focus
Kingeri - Groin kick
Kinniku - Muscles
Kinteki - Testicles
Kizami tsuki - Jab punch
Kohai - A student junior to one's self
Kokutsudachi - Backstance
Koken - Wrist, bent wrist
Kon bon wa - Good evening (after daylight)
Konnichi wa - Good evening (during daylight)
Kosa uke - Crossed block
Koshi - Ball of foot
Ku - Nine
Kuchi - Mouth
Kubodo - Weapons training
Kudasai - Please (if you please)
Kudurogu - Relax or rest
Kumiuchi - Grappling
Kumite - Sparring
Kyobu - Chest
Kyoshi - 6th and 7th degree black belt master
Kyu - Colored belt rank

-M-

Ma-ai - Distancing
Mae - Front
Mae geri - Front kick
Mae geri keage - Front snap kick
Mae geri kekomi - Front thrust kick
Mae tobi geri - Jump front kick
Makiwara - Striking board
Makoto - Absolute sincerity, from a pure open mind
Manabu - Learning by imitating
Matte - Wait
Mawashi geri - Roundhouse kick
Mawashi tsuki - Roundhouse punch, hook punch
Mawatte, mawri, mawaru - Turn
Me - Eye
Men - Face
Migi - Right (side)
Mikazuki - Crescent
Mikazuki geri - Crescent kick
Mimi - Ears
Mo Ichido - Once again
Mokuso - Contemplation, meditation

<p>Mushin - No mind - to act (or adapt) without thinking Musubi Dachì - Attention stance Myaku- Pulse</p> <p>-N-</p> <p>Naifanchi, Naihanchi Dachì - Straddle stance Nai wan - Inner arm Namiashi - Sweep avoidance Neko - Cat Nekoashidachi - Cat stance Ni - Two Nidan tobi geri - Double jump kick Nodo - Throat Nukite - Spear hand</p> <p>-O-</p> <p>Obi - Belt Ohiyo gozaimasu - Good Morning Oi tsuki - Lunge punch Okuri ashi barai - Foot sweep Onigaishimasu - Please teach me Osoto - Outside Osoto Uke - Outside (forearm) block Osu - Greetings Oswate - Sit down Otake - Stand up Oyasumi nasai - Good night (departure) Oyo waza - Application interpreted from kata techniques</p> <p>-R-</p> <p>Rei - Bow Reigi or reishiki - Etiquette Rensei - Practise tournament - critique Renshi - Expert instructor, one who has mastered himself Rokkotsu - Rib Roku - Six Ryu - School of martial arts</p>	<p>Morote uke - Augmented block Mudansha - Student without black belt rank Mune - Chest</p> <p>-S-</p> <p>Sakotsu - Collar bone San - Three Sanchin dachi - Hourglass stance Satori - Enlightenment Sebone - Backbone, spine Seiryuto - Base of the ridge hand Seiza - Kneeling/Sitting position Sempai - Senior Senaka - The back Sen no sen - Attack at the exact moment of your opponents attack Sensei - Teacher Seoi - Shoulder Seridsu - Line up Shiai - Tournament Shihan - Master Instructor Shikkaku - Disqualification Shin, Shinzo - Heart Shintai - Body Shiri - Buttocks Shita - Tongue Shizen dachi - Sparring stance Sho - Palm of hand Shomen - To the front Shofu - Side of neck Shuto- Knife hand Shuto uchi - Knife hand strike Shuto uke - Knife hand block Sokko - Top of the foot Sokuto - Edge of the foot Soru - Sit down (or kneel) Soto - Outside Soto ude uke (Osoto uke) - Outside forearm block Suigetsu - Solar-plexis Suwari - Sit</p>
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<p>-U- Uchi - Inner</p>	
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<p> Ude - Forearm Ude uki - Forearm block Uke - Block Ukemi waza - Breakfall techniques Uraken (reiken) uchi - Back fist strike Uratsuki - Close punch Ushiro - Rear Ushiro geri - Back kick -W- Wado - Way of Peace and Harmony Wan - Arm Waza - Technique Wazari - Half point -Y- Yama - Mountain Yamabushi - Mountain warriors Yawara - Control Yame - Stop Yasumi - Rest Yobo - Face Yodansha - One who is a black belt Yoi - Ready Yoko - Side Yoko geri - Side kick Yubi - Finger Yubisaki - Fingertip Yudansha - Black Belt -Z- Zanshin - Awareness Zazen - Sitting meditation Zenshin - Whole body Zenkutsudachi - Forward stance Zenwan - Forearm Zori - Japanese slippers Zuno - Head or brains </p>	
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Photo Gallery



Chinese Goju Masters participating at Master Ho's Martial Arts Championship NY
Thomas Felder, Glenn Perry, Taimak Guarriello, Ron Van Clief, David L. Wynn



Thomas Felder, Katana pic



Grandmasters - Anthony Muhammad, George Logan, Thomas Felder, John Davis



Tensho Goju Academy 2012



Grandmaster Aaron Banks and Thomas Felder



Ron Van Clief, Thomas Felder, Tayari Casel, Claude Myles, Glenn Perry



Thomas Felder & son Thomas – Master & Son



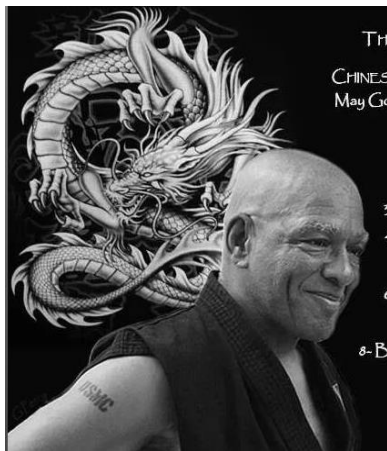
Thomas Felder Bo Kyu Taining



Tensho Goju - Bo Kyu Taining Seminar 2011



VSK Training Weekend – Florida 2011



Shidoshi Ron Van Clief



Hanshi's Thomas Felder & Luis Lopez Colon



Index

A

Index 1, 1
Index 1, 1
Index 1, 1
Index 2, 2
Index 3, 3
Index 1, 1
Index 1, 1

B

Index 1, 1
Index 1, 1
Index 1, 1
Index 2, 2

C

Index 1, 1
Index 1, 1
Index 1, 1
Index 2, 2
Index 1, 1
Index 1, 1
Index 1, 1

D

Index 1, 1
Index 1, 1
Index 1, 1
Index 1, 1

E

Index 1, 1
Index 1, 1
Index 1, 1
Index 2, 2
Index 1, 1
Index 1, 1
Index 1, 1

G

Index 1, 1
Index 1, 1
Index 1, 1
Index 1, 1
Index 1, 1
Index 1, 1

H

Index 1, 1
Index 1, 1
Index 1, 1
Index 1, 1
Index 2, 2
Index 1, 1
Index 1, 1
Index 1, 1
Index 1, 1
Index 1, 1
Index 1, 1

K

Index 1, 1

L

Index 1, 1
Index 2, 2
Index 1, 1
Index 1, 1
Index 2, 2
Index 1, 1
Index 1, 1
Index 1, 1
Index 1, 1
Index 1, 1
Index 1, 1

M

Index 1, 1
Index 1, 1
Index 1, 1
Index 2, 2

N

Index 1, 1
Index 1, 1
Index 1, 1
Index 2, 2
Index 1, 1
Index 1, 1
Index 1, 1

R

Index 1, 1
Index 1, 1

S

Index 1, 1
Index 1, 1
Index 1, 1
Index 2, 2
Index 1, 1
Index 1, 1
Index 1, 1

T

Index 1, 1
Index 1, 1
Index 1, 1
Index 1, 1
Index 2, 2

W

Index 1, 1
Index 1, 1
Index 1, 1
Index 2, 2
Index 1, 1
Index 1, 1
Index 1, 1
Index ,

