

Explanation of School Katas and System

Beginner Level – White thru Orange Belt

Twelve Point Blocking System – Designed to help the student learn the basic blocks of our system. They are performed out of a Sanchin Stance.

School Kata #1-Okinawan Punching Kata – Helps the student build strength and confidence.

USA GoJu-Ryu Series 1 thru 8 – These katas are linked back to my instructor in the military on the Army Karate Team, Grand Master Ed Brown who linked them back to the Japanese GoJu-Ryu system under Gosei Yamaguchi. These katas are based on basic blocks and kicks in an H form pattern. They help the student practice the beginnings of our karate system.

School Kata #3 – This kata was taught to me by Master David Williams. It teaches the student the basics with more of a Chinese influence. It helps the student to flow. There are no kicks in this kata.

Note: Basic stances, blocks, punches, and kicks are taught at this level to help build a foundation of the system for the student.

Intermediate Level – Green thru Purple Belt

Shifting Kata – This kata was taught to me by Grand Master Ulysses “Pop” Winn and Master David Williams. It is a traditional Nisei GoJu-Ryu kata. This kata consists of high, middle, and low blocks. It has four basic kicks. The kata works on 45-degree angles and shifts back and forth. This kata helps the student learn balance.

Ana Ku – This kata is a Chito-Ryu kata passed down by high-ranking Nisei GoJu-Ryu Masters in Florida. It has a lot of Chinese influence. This kata takes your basics and puts them into an advanced format. It introduces breathing, bamboo stances, double blocks, triple kicking, and is the start of advancement in the system. It is widely used in tournament competition and does very well.

Note: In 1990 after having a completely open Martial Arts system for several years, I decided to go back to my original traditional roots to give my school and karate system more of a solid foundation. I began training with Grand Masters John Pachivas, Grand Master Carl Stone, and Grand Master Andy Horne on traditional katas and kubudo.

Geki Sai Dai Ni and Sai Fa – Two traditional Okinawan GoJu-Ryu katas under Kanryo Higaonna and Chojun Miyagi taught to me by Grand Master Carl Stone.

Advanced Level – Brown thru Black Belt

The traditional katas taught at my school teach good basics, hard punching and kicking ability, and soft techniques for flowing movements. They give the school a sense of history and lineage. On a personal level it was more enjoyable for me to perform these katas as well as teach them.

Seiyunchin, Sansei Ryu and Sai Pi – Three traditional Okinawan GoJu-Ryu katas under Kanryo Higaonna and Chojun Miyagi taught to me by Grand Master Carl Stone.

Bassai Dai – A traditional Shotokan kata under Gichin Funakoshi taught to me by Grand Master Carl Stone. Originally I learned the Shuri-Ryu version taught to me by Grand Master John Pachivas but recently switched to the Shotokan version.

Danin Sho – A traditional Shuri-Ryu kata taught to me by Grand Master Carl Stone from the days when he trained with Grand Master John Pachivas.

Super Em Pai – A traditional Japanese GoJu-Ryu kata under Chojun Miyagi taught to me by Master Arturo Espina. This is the highest-ranking kata in the Japanese system.

The following are 5 advanced katas that I personally designed for my system. They are a combination of open and traditional mixed. I designed these katas for self-defense and competition. I personally know the bunkais of these katas and have been performing them for the past 20 years. They have seen the test of time with the students and have prevailed over the years.

Mugin No Ryu – This is a 50% Tae Kwon Do (over the years I studied with 3 different Tae Kwon Do Masters) and 50% Kung Fu kata. This is a difficult kata to perform because it has a lot of kicking and deep stances mixed along with a lot of side stepping movements. I designed this kata in mind with students that were gifted kickers and who enjoyed competition. Originally I designed this kata for Green and Purple Belt levels but over the years have come to realize that it is much too difficult to perform at that rank and belongs at a high Brown and Black Belt level.

Em Pai Ryu Chi – This kata has very strong GoJu-Ryu influence from my instructor in the Army, Grand Master Ed Brown and also from one of my Nisei instructors Master David Williams. This kata requires a lot of balance. It also has a mixture of my 10 basic self-defense routines I require my students to learn for self-defense fundamentals. It is a well-rounded kata and is very popular in tournament competition. It has won many Grand Championships.

Condu Sa Dai – This is a Nisei GoJu-Ryu kata I modified from Grand Master Frank Ruiz's system taught to me by Master David Williams. It has a lot of Jujitsu and Chinese influence with the hand movements. It is a difficult kata to perform due to the flying and spinning kicks. You must be a Black Belt training at least 6 to 8 years to perform this kata well.

Tension Kata – This is a Brown/Black Belt kata. It is taken from the traditional Okinawan and Japanese versions. Personally I felt that the Okinawan and Japanese versions of this kata were too short, so I designed this kata with more breathing for competition purposes. Its meaning is solely for strength and balance and is the most traditional kata in my system.

Mugin No Ryu Crane – This is the highest-ranking kata in my system. All of what my teachers have taught me over the years has been put into this kata. It has a lot of crane movements with fishtail blocks and requires more of an experienced higher-ranking black belt to perform due to its shifting and balancing movements as well as its length. Only a person with good Black Belt skills and memory can perform this kata at its highest level.

Judo Series

The Judo series in my system consists of traditional Judo and Jujitsu from Korean Hapkido and Japanese Aikido mixed with my wrestling skills from my youth. I learned a lot of rolls and falls when I was studying under Master Mark Juckett with the Karado Karate system. Not one person has taught me my Judo series. It consists of techniques I have picked up over the years and put into a format of takedowns, sweeps, rolls, falls, throws, and leg checks. My students start training with these techniques at Green Belt level so at Black Belt they know them all. I have also incorporated 15 self-defense routines that help the student learn the fundamentals of their self-defense.

Weaponry

In most of your traditional Okinawan and Japanese systems there is very little weaponry taught, so I decided to seek out weapon masters for training purposes and also attended various seminars to learn the weapons I teach in my system today. I have trained with such Weapon Masters as Grand Master Roy Williams, Grand Master Ed Brown, Grand Master John Pachivas and Grand Master Andy Horne from the U.S.K.A. Karate Association, and Grand Master Carl Stone. The following weapons are taught at my school:

1. Traditional Bo – White thru Black
2. Open Bo – Black Belt level
3. Traditional Kama – White thru Black
4. Open Kama – Black Belt level
5. Traditional Nunchaku – White thru Black
6. Open Nunchaku – Black Belt level
7. Kubaton – White thru Black
8. Traditional Sai – Green thru Black
9. Fans – Green thru Black
10. Traditional Jo – Green thru Black
11. Two Man Bo Kata – Green thru Black
12. Traditional Tonfa – Brown thru Black
13. Open Tonfa – Black Belt level

14. Traditional and Open Sword – Black Belt level
15. Butter Fly Knives – Black Belt level
16. Cane – Black Belt level
17. Deer Horne Knives – Black Belt level

Karate Demonstrations and Performances

I consider the performance end of the Martial Arts to have skill levels as well, such as promoting karate tournaments, putting on karate demonstrations for the general public, and performing for an audience at a Hall of Fame Banquet. Usually I let my students participate in a group play like demonstration, which has comedy, traditional self-defense, open techniques, and extreme (sport) martial arts. My most advanced students perform on a National level and compete in team competition. This is a big part of our advanced karate system.

Tournament Participation

One of the requirements for my Black Belts is to participate in judging at martial arts events weather its on a State or National level. They are also required to help out at my event that is run annually in June. I feel that making this part of their curriculum makes them a higher level of Black Belt.

Curriculum for making Black Belt at my school:

1. 6 to 8 years – Black Belt
2. Dan promotions – every 3 to 5 years (if active)

Seminars Attended Over the Past 25 Years

I have trained at seminars with the following Martial Artists:

Regie Able – U.S.K.A. – Kata
Alfa Stunt Team (Ninja Turtles) – Gymnastics – Camp Chat 1999
Rich Alford – Fighting / JuJitsu
Gary Alexander – Kata / Self-Defense
George Alexander – Kata / Weaponry
Master Boes – Tonfa – U.S.K.A.
Michael Bernardo - Bo
Keith Bryer - Karate
Phillip Chenique - JuJitsu
Mike Chaturantabut – Performing / Gymnastics / Kicks – Camp Chat 1999, 2001, and 2002
Fumio Demura - Karate
Michael DePasquale – Stunts / Acting
George Dillman – Pressure Points
Jerry Dooley - Judo
Mike Door - Fighting
Arturo Espina - Kata
Adam Faldetta – Sport Karate
Jerry Fontanez - Fighting
John Gabriel – Team Drills
Carley Gracie – Gracie JuJitsu
Rickson Gracie – Gracie JuJitsu - JuJitsu
Dave Hepler (Elvis Presleys Body Guard) – Point Karate
Mark Hermon – Self-Defense
Joe Hess – Knunchaku
Andy Horne - Weaponry
Cane Master - Cane
Vernon Jones – Fighting
Donna Judge – U.S.K.A. – Kata
Mark Juckett – Karado Karate
Kim Kahana – Stunts - present
Dale Kirby - Sword
Fred LaSala – Hapkido
James Sang Lee – Stunts - present
Rex Lee - Karate
Joe Lewis – Fighting Concepts
Ming Lu – Kung Fu – Camp Chat 1999
Chip Lutz – Tae Kwon Do
Lou Martinez – Kick Boxing
Robert Mason – Point Karate
Jim Mathews – Chito-Ryu
Chuck Merriman – Traditional Japanese Karate
Glenn Mehlman – Fighting
Jay-Scott Moylan – Kung Fu
Tony Palmore – Kick Boxing
Sifu Pan – Tiger Kun Fu
Ed Parker Jr. – Pressure Points
Rene Preston – Extreme Sticks
Mosses Powers - JuJitsu
Jhoon Rhee – Tae Kwon Do
Manny Reyes Jr. – Point Karate
Rick Riccardi – Self Defense
Ringling Brothers Stunt Team – Stunts – Camp Chat 1999
Udon Simon – Tai Kick Boxing
Steve Shepherd – Kick Boxing
Jeff Speakman – Kenpo Karate
David Stanely (Elvis Presleys Step Brother) – Kenpo Karate
Carl Stone – Kata / Weaponry
Reggie Toussaint – Fighting
Villaries Karate System – West Palm Beach, FL
Bill “Super Foot” Wallace – Kick Boxing / Point Karate
David Williams – Kung Fu
Roy Williams – Weaponry / Black Light
Don “The Dragon” Wilson – Kick Boxing
Ulysses “Pop” Winn - Karate
U.S.K.A. Organization – Clinics run under Grand Master John Pachivas on Weaponry and Kata
Master Visitation - JuJitsu
Pedro Xavier – Point Fighting