

TENSHO GOJU Academy Times

MAKING A DIFFERENCE...ONE DAY AT A TIME

4401 NW Gore Blvd. Lawton, OK 73505

Tel: 580.583.8580



▶ CIRCUIT TRAINING1



▶ STREET SMART SELF DEFENSE SEMINAR PART II...2



▶ COMBAT CIRCLE3

Circuit Training – Physical Conditioning & Self Defense

We will run a second round of Circuit Training this month that will involve drills to perfect our short range and long range techniques, as well as engagement in multiple self defense study. In addition, student will learn and perfect the Tensho Goju roll drill comprised of shoulder roll (right and left), front roll, 5 pushups from the break fall, back roll and shoulder rolls to end. Also, students will train Twisting Clouds kata with Bunkai and Sunrise for the White belts.

The circuit will comprise of 8 stations with assorted routines for students to perform in small groups. Each station will run for 1 minute and given the command to rotate to the next station.



2012 Street Smart Self Defense Seminar, Part II

The Fort Sill MWR will host the second phase of the Street Smart Self Defense Seminar with Thomas Felder with focus on wall attacks.

Training Focus:

- Wall Attacks and Counters
- Psychological Toughness
- Hand to Hand Engagement
- Joint Locks and Vital Points
- Practical Assessment

Seminar will be opened to Soldiers, Dependants and War-Fighter Support Workers.

Contact gym in advance to be placed on the participant list at 580.442.5912

STREET SMART SELF DEFENSE SEMINAR PT II

Featuring Thomas L. Felder
9th Degree Black Belt

- 2X World Hall of Fame
- Seasoned Self Defense Seminar Director
- Seen on Screen & Magazines
- Close Engagement Tactics Instructor
- Combat Veteran

APRIL 21, 2012
12 - 3 PM
HONEYCUTT GYM
FORT SILL, OK

Introducing

- Live Demonstration of Skill
- Wall Assaults & Defense Illustrations
- Practical Exercise

PEACEMAKER

CONTACT STAFF FOR EARLY SIGN UP AT (580)442-5912



UPCOMING EVENTS

- **STREET SMART SELF DEFENSE Part II**
April 21, 2012 Ft Sill, Oklahoma
- **United School of Survival 17 Annual International Martial Arts Seminar**
July 20-22, 2012 Hyatt Regency McCormick Place, Chicago, IL
- **CARDIO FITNESS KICK BOXING**
Wednesday's at 11:40 am
Honeycutt Gym, Ft Sill, Oklahoma

Ft Sill MWR will sponsor the Street Smart Self Defense Part II Seminar, featuring Hanshi Felder at Honeycutt Gym, Fort Sill.

ACADEMIC ACHIEVEMENT "A" STUDENT

Anthony Nguyen	
Ardrae Cook	





Tensho Goju Combat Circle

Plan your Work and Work your Plan!

Close Engagement Tactics

The Combat Circle is a traditional method of close engagement fighting against four opponents staged at the four cardinal directions. The attacks will be deliberate and executed towards any target location of the body as the student in the circle engages the attacks in a circular pattern using inner core and outer core defense applications. This progressive training series will help students to react swiftly to hostile situations.

NEW!!! Fighting Tigers II Class

Directed by Sempai Tracy Ellis

A second edition of the youth Fighting Tigers will start on March 30, 2012 for newly arriving students in the ages of 6 – 12 years. This class will help facilitate the amount of new enrollees to our academy and maintain a comfortable training environment to better accommodate those that wish to learn. In addition, our goal is to keep our class sizes at a small group level for more one on one interaction with the instructor. Parents have been and will be informed of those students attending the Fighting Tigers II. Thank you.

Friday's – 6:00 pm
Saturday's – 12:00 pm



Cardio Fitness Kick Boxing



Location: Honeycutt Gym
Time: Wednesday's 11:40 – 12:25



Tensho Goju
"Tiny Kickers"
Fort Sill, OK
Ages 3 - 16

Instructor
Sempai Nettie Felder

Practice Makes Perfect!

Most of us have heard the phrase, "Practice makes perfect", which in my case was drilled into my head by my parents during my adolescent years. This mantra holds bearing to the very things we encounter daily in life e.g. work proficiency, school academics, athletic activities and development in martial arts. It is imperative we make time in our schedule to practice the things we have learned in order to become better at them. When the instructor's present techniques and kata the students work repetitiously to gain an understanding of what was illustrated by applying confidence and control in order to execute the applications correctly. Similarly, if we wish to enhance our skill levels we must practice a little each day outside the class environment. Adapting to this method of practice will inevitably sharpen our skills towards perfection. Our training in Tensho Goju is more than learning how to survive a hostile attack, it provide the necessary antidote for success and positive living. (Thomas Felder)



Zen Talk from Hanshi

Tensho Goju Headquarters

4401 NW Gore Blvd. Lawton, OK 73505

Tel: (580) 583-8580 Email: info@tenshogoju.com

Website: www.tenshogoju.com



Our Academy Etiquette

Without order there's no structure; without structure we accept chaos (TLF).

"For all students, no excuses"

- Be on time for training
- If late, student must sit in kneeling position until instructor allows entry
- Respect everyone
- Train hard, no lingering
- No playing in the Dojo
- No talking in the Dojo
- No eating in the Dojo
- No use of Profanity
- Keep uniforms clean
- Only wear black or white sleeveless T-shirts under top
- Pay monthly tuition on time

Training Schedule

* Closed on Federal Holidays

FIGHTING TIGERS

(Youth Ages 8-15)

TUE & THURS 5:45 – 6:45 pm

Cost: \$45 Monthly

FIGHTING TIGERS II

(Youth Ages 6-12)

FRI - 6:00 pm & SAT -12:00 pm

Cost: \$45 Monthly

THE DEFENDERS

(Advanced Class Adults/Teens)

TUE & THURS 6:45 – 8:00 pm

Cost: \$55 Monthly

See [Calendar](#) for details

<http://www.tenshogoju.com/calendar.html>