



## Upcoming Dates:

### ◆ November

28-30<sup>th</sup> - Thanksgiving Break  
(Dojo Closed)



### ◆ December

14<sup>th</sup> - Christmas Demo  
(details on page 4)

6<sup>th</sup> - Parents Night Out  
(see page ???)

24-31<sup>st</sup> - Christmas / New  
Years Break  
(Dojo Closed)



### ◆ January

1<sup>st</sup> - New Years Day  
(Dojo Closed)

13<sup>th</sup> & 14<sup>th</sup> - Testing/  
Promotions (during class-time)

14<sup>th</sup> - KK Testing

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**Orlando  
Okinawan  
Shorin ryu  
Karate-do**

# The Shuri Gate

Okinawan Shorin-ryu Karate-do  
3340 Curry Ford Road, Orlando, FL 32806  
407-897-3642, [OkinawanShorinRyu.com](http://OkinawanShorinRyu.com)



November 2024



## Big Announcement!!

We are proud to announce that BOTH  
Shihan Geoffrey Gaudoin & Sensei Mike Barnes  
have been promoted!



Shihan Geoff Gaudoin, 8th Dan

Hanshi Mike Ritter

Sensei Mike Barnes, 5th Dan

With this promotion comes a title change!  
Sensei Geoffrey Gaudoin is now referred to as Shihan, which  
means Expert Instructor. Congratulations, Shihan!

## STUDENTS OF THE MONTH

### KinderKarate

*John Pastrana*

### Children's Class

*Michael Wilkes*

### Adult Class

*Irwin Firpo*

## Welcome New Students

*Sebastian DeSalvo*

*Zachary Conser*

*Gabriel Ruiz*

*Joe Mirza*

*Wilder Brady*

## October Testing

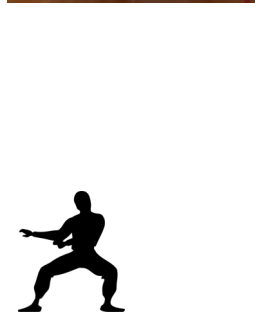
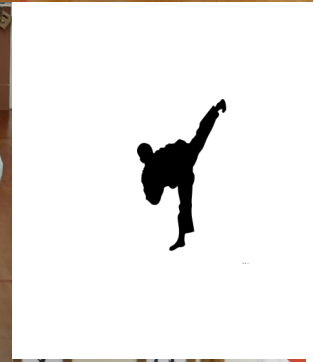
### KinderKarate Class

Riley McKinnon orange stripe belt blue tip  
Jack Dierdorff orange stripe belt  
John Pastrana yellow stripe belt  
Sebastian DeSalvo white belt yellow tip



### Children's Class

Zachary Conser white 1 tip  
Reeve Stephens white 2 tips  
Charlotte DaCunha yellow belt  
Remi Spicer yellow belt  
Ariely Araujo yellow 2 tips  
Elliot Boxley yellow 2 tips  
August Boxley yellow 3 tips  
Taylor Hardisty yellow 3 tips  
Alexander Orsaeo yellow 3 tips  
Nicholas Poulos yellow 3 tips  
Lemon Ronda yellow 3 tips  
Michael Wilkes yellow 3 tips  
Filippo Raimondo orange belt  
Annabelle Wilkes orange 1 tip  
Amelia Webster orange 2 tips  
Bella Manzano orange 3 tips  
Charleston Hayes red 2 tips  
Harrison Hayes red 2 tips  
Essex Dunham red 3 tips  
Theon Spicer blue 3 tips  
Lillian Dukes purple 2 tips



### Adult Class

Irwin Firpo 6th kyu  
Riley Firpo 6th kyu  
Thomas Poore 6th kyu  
Elijah Dukes 5th kyu  
Scott Ramsey 1st kyu



*Support your dojo  
by writing a  
review on Yelp!*



## Shorin-Ryu and Goju-Ryu by Dawn Moncrief, 1st Kyu

Inspired by the touching story of how Shoshin Nagamine adopted Chojun Miyagi's Gekisai Dai Ichi (Goju's first kata) to be Fukyugata Ni (Matsubayashi's second kata)—and because I'm more generally curious based on my own background in Goju-ryu—I've taken this opportunity to explore the special relationship between Goju-ryu and Shorin-ryu (Matsubayashi, in particular).

Shorin-ryu (forest\* style) and Goju-ryu (hard-soft style) are two of four traditional Okinawan karate styles that share some core philosophies and priorities around respect, discipline, humility, and using martial arts as a means of personal and community betterment. Some of the differences can be traced to them being developed in different regions of Okinawa. Though small, the island of Okinawa has different terrains in the north and south that makes some types of stances and techniques more beneficial than others.

In broad terms, Shorin-ryu developed in the north (Shuri) uses fast, more linear techniques and higher, more natural stances that allow for quicker, more agile movements that prioritize precision. Goju-ryu, by contrast, developed in the south (Naha) uses circular movements (hands and feet) with more focus on breathing, power and close-range applications. While less directly practical, these are good for strength and conditioning. The circular movements of Goju stances can function to destabilize the stances of opponents. The circular hand movements allow for redirection into grappling or jiu jitsu style applications.

In both systems, like many other martial arts, techniques evolve as students advance. Many advanced interpretations have multiple strikes and function as take-downs. What is taught as a block might also be a strike with multiple interpretations depending on context. They share the core focus on empty hand techniques and basic kicks (just performed a bit differently). They also share the Okinawan kobudo (weapons) system (bo, nunchaku, sais, and tonfas). The weapons are traditional farming tools because weapons like the sword were banned in 1470. Just one of the ways in which Okinawa is unique with its long and complicated history with internal and external military invasions and occupations.

*\* There are multiple interpretations about what type of forest: sho's, small. shining, young, pine, etc.*





## PARENTS NIGHT-OUT!

**Who Can Attend:**  
Children, ages 5 and up

**When:** Friday,  
December 6th, 2024  
7:00pm-10:00pm

**Cost:** \$15 per child,  
\$10 per additional child from the  
same family. Friends are  
welcome, \$15 each.

Your children will have a night  
of fun and games at the dojo  
while you go out!  
The dojo will provide snacks,  
drinks, the movie and all the fun!

Kids will need to bring a  
blanket or sleeping bag and  
pillow for movie time.

Please find the permission slips  
to complete and turn in to office  
staff on the dojo ledge.

空手道

## **Birthdays**

### November

Sensei Frank Stone 12th  
Sensei Jeremy West 16th  
Sensei John Darin 20th  
Sensei Krista Harvey 25th



### December

Filippo Raimondo 7th  
Thomas Poore 8th  
Sensei Fabio Zavagnini 16th  
Sensei Austin Gordon 20th  
Dawn Moncrief 20th  
Reeve Stephens 23rd  
Renshi Trish Gaudoin 29th  
Amelia Webster 29th

### January

Lillian Dukes 17th  
Essex Dunham 27th  
Sensei David Wells 30th



Many thanks to all  
of our students who  
participated in  
Hanshi Ritter's Seminar  
on October 26th this year.  
It's always an honor  
to have you at our dojo,  
Hanshi!



Enter his gates with thanksgiving,  
and his courts with praise.  
**Psalm 100 : 4**

## 2024 CHRISTMAS DEMO

**When:** *Saturday December 14th, 2024*

**Time:** *10:00AM (Students, please  
arrive by 9:30AM)*

**Where:** *Real Life Christian Church  
2565 E. Kaley Avenue  
Orlando, FL 32806*

*Each family brings a dish to share for our potluck lunch.  
Look for a sign-up sheet on the ledge soon.  
We look forward to seeing you and your family there!*

