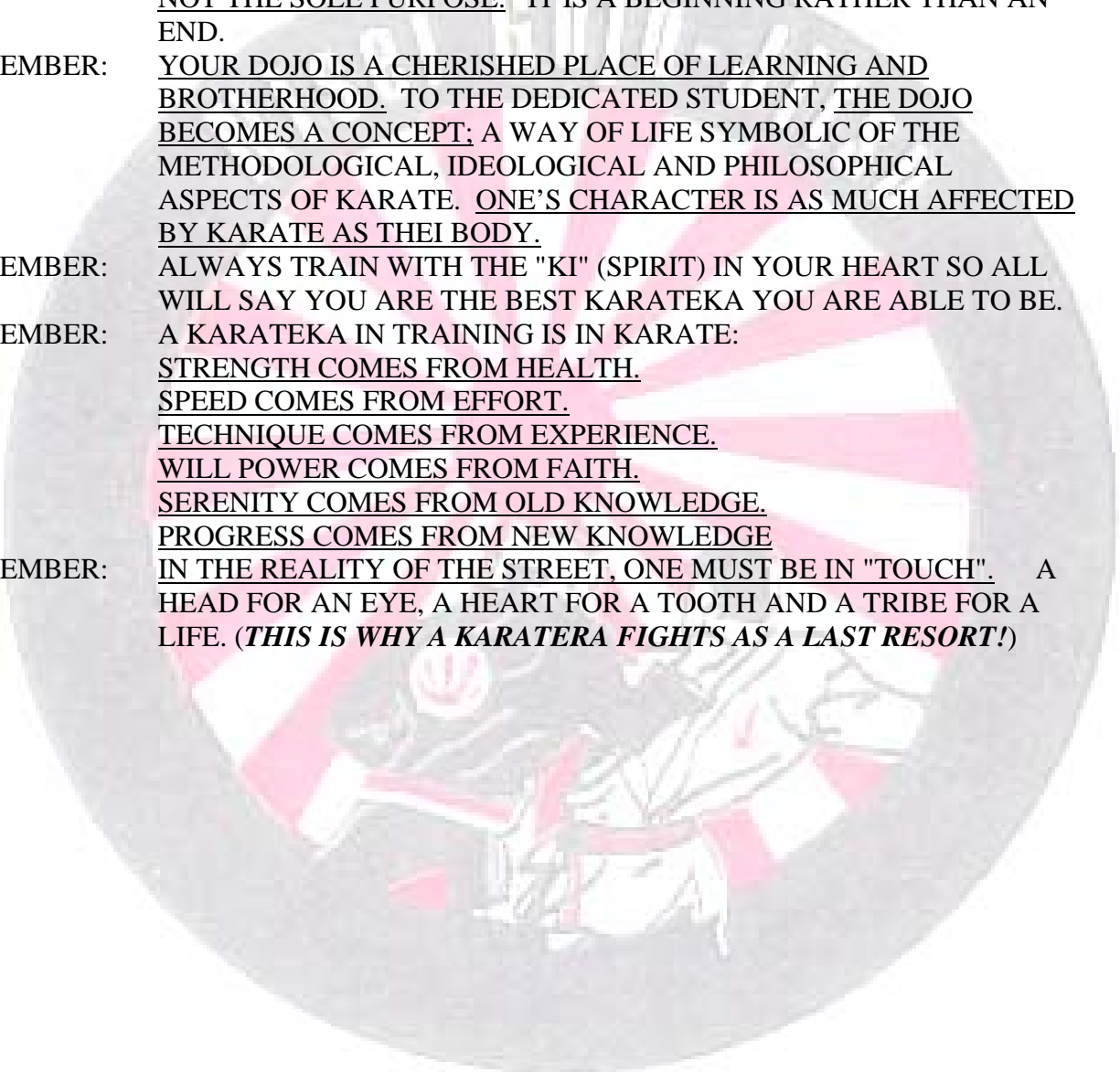




Nisei Goju-Jitsu

Goju Hall #804 of New Rochelle, N.Y.
Founder: Raymond A. Fitzpatrick

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- REMEMBER: THE MARTIAL ARTS ORIGINATED AS A MEANS OF ATTAINING PHYSICAL GOOD HEALTH AND LONGEVITY AS WELL AS A PHILOSOPHICAL OR SPIRITUAL GOAL. COMBATIVE TRAINING IS NOT THE SOLE PURPOSE. IT IS A BEGINNING RATHER THAN AN END.
- REMEMBER: YOUR DOJO IS A CHERISHED PLACE OF LEARNING AND BROTHERHOOD. TO THE DEDICATED STUDENT, THE DOJO BECOMES A CONCEPT; A WAY OF LIFE SYMBOLIC OF THE METHODOLOGICAL, IDEOLOGICAL AND PHILOSOPHICAL ASPECTS OF KARATE. ONE'S CHARACTER IS AS MUCH AFFECTED BY KARATE AS THEI BODY.
- REMEMBER: ALWAYS TRAIN WITH THE "KI" (SPIRIT) IN YOUR HEART SO ALL WILL SAY YOU ARE THE BEST KARATEKA YOU ARE ABLE TO BE.
- REMEMBER: A KARATEKA IN TRAINING IS IN KARATE:
STRENGTH COMES FROM HEALTH.
SPEED COMES FROM EFFORT.
TECHNIQUE COMES FROM EXPERIENCE.
WILL POWER COMES FROM FAITH.
SERENITY COMES FROM OLD KNOWLEDGE.
PROGRESS COMES FROM NEW KNOWLEDGE
- REMEMBER: IN THE REALITY OF THE STREET, ONE MUST BE IN "TOUCH". A HEAD FOR AN EYE, A HEART FOR A TOOTH AND A TRIBE FOR A LIFE. ***(THIS IS WHY A KARATERA FIGHTS AS A LAST RESORT!)***





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THE HISTORY OF GOJU KARATE

-FROM CHINA TO WESTCHESTER, NEW YORK, USA-

THE "HARD AND SOFT" SYSTEM TRACES ITS ORIGIN TO THE EXTERNAL SHOA (CHI-CHI) STYLE AND THE INTERNAL PA KUA CHANG SYSTEMS OF CHINA. THE GREAT KARATE MASTER, KANRYO HIGASHIONNA SAILED FROM OKINAWA TO CHINA TO LEARN THESE SYSTEMS OF INSTRUCTION. WITH OVER TWENTY YEARS OF TRAINING HE RETURNED TO OKINAWA AND INTRODUCED A NEW SCHOOL OF KARATE THERE. THE NEW STYLE, CALLED NAHA-TE, INCORPORATED HARD AND SOFT, SLOW AND FAST MOVEMENTS. IN 1915, MASTER HIGASHIONNA DIED, LEAVING MANY DEVOTED STUDENTS. CHOJUN MIYAGI, HIGASHIONNA'S TOP STUDENT, BECAME HIS SUCCESSOR AS HEAD OF NAHA-TE.

MIYAGI TRAVELED SEVERAL TIMES TO CHINA AFTER HIGASHIONNA'S DEATH AND REMAINED EACH TIME TO TRAIN IN CHINESE KEMPO. HE FURTHER IMPROVED AND DEVELOPED THE THEORY AND TECHNIQUES OF NAHA-TE AND SCRUTINIZED IT SCIENTIFICALLY FOR MARTIAL ARTS TRAINING IN OKINAWA.

IN 1929 CHOJUN MIYAGI WAS INVITED TO JAPAN BY GOGEN YAMAGUCHI, FOUNDER AND CHIEF INSTRUCTOR OF THE RITSUMEI-KAN UNIVERSITY KARATE CLUB. YAMAGUCHI BECAME MIYAGI'S PRINCIPAL DISCIPLE AND LATER THE SUCCESSOR OF THE GOJU SYSTEM IN JAPAN. IN 1950, HE REORGANIZED HIS ORGANIZATION CALLING IT THE KARATE-DO GOJU-KAI.

GOJU-KAI WAS INTRODUCED TO THE U.S. IN 1959 BY PETER URBAN, A STUDENT OF YAMAGUCHI, MAS. OYAMA AND RICHARD KIM. IN 1965, HE RESTRUCTURED HIS ORGANIZATION AND CREATED U.S.A. GOJU (URBAN SYSTEMS OF AMERICA) OR AMERICAN GOJU. HE COMBINED THE TRADITIONS OF YAMAGUCHI, THE FIGHTING SPIRIT OF OYAMA AND THE PHILOSOPHY OF KIM WITH HIS OWN TECHNIQUE PERSONALITY TO CREATE U.S.A. GOJU.

NISEI GOJU-RYU WAS FOUNDED BY GRAND MASTERS FRANK RUIZ, HARRY ROSENSTEIN AND RONALD TAGANASHI IN 1969. NISEI GOJU-RYU MEANS: SECOND GENERATION, THE WAY OF HARD AND SOFT. NISEI IS A SYNTHESIS OF THE EDUCATION, TRAINING AND EXPERIENCES OF THESE YUDANSHAS (BLACK BELTS) AND THE TRADITIONS OF THE GOJU-KAI SYSTEM. THE MAJOR TENET OF NISEI GOJU RYU IS CIRCULAR MOTION. GOJU IS "THE ART OF IN CLOSE FIGHTING." IT EMPHASIZES MULTIPLE HAND TECHNIQUES.

THE THREE FOUNDERS OF NISEI GOJU WERE ALL STUDENTS OF PETER URBAN. KYOSHI SENSEI EARL MONROE, A DIRECT STUDENT OF FRANK RUIZ, WAS THE CHIEF INSTRUCTOR OF THE WESTCHESTER CHAPTER OF NISEI GOJU. HANSHI R.A. FITZPATRICK IS A DIRECT STUDENT OF PETER URBAN FRANK RUIZ AND EARL MONROE.



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The Virtues

We who study the art of Nisei Goju-Jitsu do aspire to these virtues

1. We are proud to be warriors of Nisei Goju-Jitsu.
2. We shall always practice and study humility and kindness.
3. We shall be quick to seize opportunities.
4. We shall always practice patience.
5. We shall always keep the warrior spirit of Goju-Jitsu.
6. We shall block soft and hit hard.
7. We shall believe nothing is impossible.
8. What I have conquered shall never conquer me.
9. What I grasp shall not go free; what I throw shall go to earth.
10. We shall be loyal to ourselves, Bushido and Goju-Jitsu
11. We shall always be aware.
12. Tactics are the nuts and bolts of fighting.
13. Strategy is the essence of warriorship.
14. Love is our Law.
Truth is our Worship.
Form is our Manifestation.
Conscience is our Guide.
Peace is our Shelter.
Nature is our Companion.
Order is our Attitude.
Beauty and Perfection is our Life.
15. I respect my art as myself; to disgrace one is to dishonor the other.



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Goju-Jitsu Fact Sheets

Dojo Motto:

A Karateka Must Be Gentle in Life
 and Ferocious in Combat

Rules in a Karate Dojo:

1. Everyone works
2. Nothing is free
3. All start at bottom

COMMANDS

HAJIME OR YOO'I
 YAME
 HONTI
 MAWATE
 KIUSKAY
 GAMAE
 HIDARI
 MIGI
 USHIRO
 ZENSHIN SURU
 KIAY

BEGIN
 STOP
 SWITCH OR CHANGE
 TURN
 ATTENTION POSITION
 READY POSITION
 LEFT SIDE
 RIGHT SIDE
 BACK
 FORWARD
 SPIRIT YELL

Counting in Japanese

Ichi	One	Ju Ichi	Eleven	Ni Ju Ichi	Twenty One
Ni	Two	Ju Ni	Twelve	Ni Ju Ni	Twenty Two
San	Three	Ju San	Thirteen	Ni Ju San	Twenty Three
Shi	Four	Ju Shi	Fourteen	Ni Ju Shi	Twenty Four
Go	Five	Ju Go	Fifteen	Ni Ju Go	Twenty Five
Roku	Six	Ju Roku	Sixteen	Ni Ju Roku	Twenty Six
Sichi	Seven	Ju Sichi	Seventeen	Ni Ju Sichi	Twenty Seven
Hachi	Eight	Ju Haichi	Eighteen	Ni Ju Haichi	Twenty Eight
Ku	Nine	Ju Ku	Nineteen	Ni Ju Ku	Twenty Nine
Ju	Ten	Ni Ju	Twenty	San Ju	Thirty



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Kihon - Basics

1. Satori Enlightenment
2. Warm-up
3. Stretching
4. Kihon (Hand and Leg Basics)
5. Daily Lesson
6. Gosin Jitsu (Self Defense)
7. Kata (Form Exercise)
8. Jiu-Kumite (Soft Sparring)
9. Satori (Enlightenment)

Kata:

*Mandatory Katas are listed in **BOLD**. All others are at the discretion of the instructor.*

White to Yellow

Empi

Taikyoku Jodan

Yellow to Green

Taikyoku Chudan

Taikyoku Gedan

Gosan Ichi

Gosan Ni

Empigo

Mawashu Uke

Green to Purple

Gekisai Ichi

Gekisai Ni

Ginchoy

Sanchin

Tenshoa

Purple to Brown

Saifa

Geisakusho

Geissakudai

Brown to Black

Sanseiru

Ja



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Karate Terminology

Hand Techniques

Punches Tsuki

Seiken	Forward Fist
Ura Tsuki	Inverted Punch
Mawashu Tsuki	Round Punch
Oi Tsuki	Lunge Punch
Gyaka Tsuki	Reverse Punch
Jodan Tsuki	High Punch
Chudan Tsuki	Middle Punch
Gedan Tsuki	Low Punch
Tate Tsuki	Vertical Punch

Strikes (Uchi)

Riken	Back Fist
Shuto Uchi	Knife Hand
Haito Uchi	Ridge Hand
Teisho Uschi	Palm Heel
Nukite Uchi	Spear Hand
Empi Uchi	Elbow
Nihon Nukite	Eye Gouge
Ren Ruken	Jabbing
Furi Uchi	Temple Smasher

Block (Uke)

Jodan Uke	High Block
Chudan Uke	Middle Block
Gedan Uke	Low Block
Uchi Ude Uke	Deflection Block
Shuto Uke	Knife Hand Block
Teisho Uke	Palm Heel Block
Kakuto Uke	Bent Wrist Block
Kake Uke	Hooking Block
Juji Uke	X-Shaped Block
Mawashu Uke	Round Block
Hari Uke	Archer's Block
Soe Uke	Union Block
Sukui Uke	Sweeping Block

Kicking Techniques

Kick Geri

Mae Geri Keage	Front Snap Kick
Mae Geri Kikomi	Front Thrust Kick
Kensetsu Geri	Join Kick (Knee)
Mawashu Geri	Round Kick
Yoko Geri	Side Kick
Kin Geri	Groin Kick
Ushiro Geri	Back Kick
Kake Geri	Hooking Kick
Mikasuki Geri	Crescent Kick
Fumikomi	Stomping Kick
Tobi Geri	Flying Kick
Ashi Geri	Leg Sweep

Parts of the Foot

Koshi	The "Ball"
Kakato	The "Heel"
Teisoku	The "Sole"
Sokuto	The "Knife Edge"
Haisoku	The "Instep"

Stances (Dachi)

Zenkutsu Dachi	Front Stance
Kiba Dachi	Horse Stance
Sanchin Dachi	Boxer Stance
Neko Ashi Dachi	Cat Leg Stance
Kokutso Dachi	Back Stance
Kumite Gamae	Fighting Stance
Kosa Dachi	Cross Leg Stance
Hachiji Dachi	Natural Stance



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Founder: Raymond A. Fitzpatrick

Raymond A. Fitzpatrick

Mr. Fitzpatrick was born in Queens, N.Y. on May 3, 1954, when he was 2 years old the family moved to Spanish Harlem, a neighborhood in Manhattan. His college educated, professional parents had high expectations for him and he was enrolled in Irish-Christian brothers schools. While attending high school a teacher began discussing the benefits of martial arts training with him. It fell on deaf ears, as his interests laid elsewhere. After two years of conversations, Mr. Fitzpatrick, dragged by his cousin, stumbled onto the Bronx, N.Y. Nisei Goju-Ryu dojo of Kyoshi Earl Monroe in 1970.

Kyoshi Monroe, by now a triple black belt in Judo, Jiu-Jitsu and Goju-Ryu, was a hard nosed, no nonsense instructor. A student of Master Frank Ruiz (deceased), Monroe believed in long workouts and strong kumite. You had no choice but to improve.

The move to Iona College in New Rochelle separated Mr. Fitzpatrick from Kyoshi Monroe; fortunately, his Goju journey continued. He joined the U.S.A. Goju Karate Club supervised by Master Albert Gotay. Mr. Fitzpatrick came up through the ranks as an Urban Goju-Ryu karateka. Upon graduating from Iona in 1975, he asked Master Gotay, a direct student of Chief Grand Master Peter Urban, for permission to work with the Chief Grand Master. Master Gotay directed him to Goju Hall (the Honbu Dojo), NYC.

Training at the Honbu dojo was truly an enlightening experience for the young karateka. Masters of Goju-Ryu would stop in and train on a regular basis; but most fascinating of all were the classes of the Chief Grand Master. Mr. Fitzpatrick was promoted to black belt by Chief Grand Master Urban in 1976. Lacking a place to train in his home town, he asked permission to open a dojo in New Rochelle and it was granted. Goju Hall II was opened that same year.

In 1977, Mr. Fitzpatrick began working with Master Frank Ruiz at The University of the Streets, NYC and Kyoshi Earl Monroe at Nisei Ni, Mt. Vernon, N.Y. He founded the New Rochelle Karate Institute in 1978 and reconnected with the Nisei System.

In 1978, at Kyoshi Monroe's suggestion, Mr. Fitzpatrick began training with Prof. Albert Dandridge; a member of the Kyudan Jiu-Jitsu Federation and a Jiu-Jitsu dojo brother of Kyoshi Monroe. Mr. Fitzpatrick traveled through the ranks eventually being promoted to black belt in 1988, 2nd degree in 1993 and 3rd Dan in 2003. Prof. Dandridge maintains weekly contact with Mr. Fitzpatrick as chief Jiu-Jitsu instructor of the New Rochelle Karate Institute.

From 1982 until 1988, Mr. Fitzpatrick was an adjunct professor of Physical Education at Concordia College in Westchester, NY; where he inaugurated and instructed a martial arts Physical Education course. He did the same at the City College of the City University of New



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York in 1990. From 1992 - 1998, he created and instructed the martial arts after-school programs at The Daniel Webster Magnet School, The William B. Ward Elementary School and The George M. Davis Elementary School all in New Rochelle. As of 1998 to the present, he is teaching for the New Rochelle High School's after school program. He established the New Rochelle High School Self Defense Club. His dojo, the New Rochelle Karate Institute, is now located in the New Rochelle High School wrestling room. In 2001, he began instructing a martial arts course for the Athletics and Physical Education department of Sarah Lawrence College located in Bronxville, NY.

From 1984 to 1994, Mr. Fitzpatrick taught at the Metrofit Athletic Club in Pelham Manor, NY. Additionally, he sponsored five open karate tournaments from 1984 until 1988 hosted by the Metrofit Athletic Club.

A tournament competitor and referee, he began competing in 1974. Included in his tournament record are 1st place fighting wins in 1974, 1975, 1978, 1981, 1986 and 1988. He was also the Grand Champion of the 1981 tournament. Mr. Fitzpatrick retired from tournament competition as a 4th degree in 1988.

In 1980, Master Ruiz relocated to Florida and in 1985, Kyoshi Monroe left for Arizona. Mr. Fitzpatrick worked briefly with Master Chaka Zulu, but spent his time primarily in his dojo creating black belt students. With the unexpected death of Master Ruiz in 1995, the Nisei system began to fractionalize.

By 1999, Mr. Fitzpatrick realized that it was time to self-incorporate his own organization. Again with Chief Grand Master Peter Urban's consent, Mr. Fitzpatrick began Nisei Goju-Jitsu. "Nisei" is in honor of Master Ruiz and Kyoshi Monroe; "Goju-Jitsu" translates as the hard and soft combat method, an eclectic synthesis of Mr. Fitzpatrick's Goju-Ryu and Jiu-Jitsu experiences.

Fitzpatrick, Hanshi has recently obtained his fourth black belt rank in Shodan of the Bujinkan Dojo, International directed by Dr. Masaaki Hatsumi, Soke. Warren Young, Shidoshi, Hanshi's instructor, has trained in Nippon Tia Jutsu and Goju-Ryu.

Mr. Fitzpatrick was promoted to 10th degree black belt by Seiko Hanshi Peter Urban and awarded the title of direct student of Seiko Hanshi. To date, Mr. Fitzpatrick continues on his quest for new knowledge and strives to impart on his students his love and respect for the Martial Arts.