



Goju-Ryu

Karate Lessons



Sensei Roy McGriff, 6th Degree Black Belt

Roy has studied Goju-Ryu karate for more than 25 years. He is the sitting President of the Black & Golden Knight Karate Association.

Roy competed in numerous National Championships from 1985-2003, including placing 2nd at the Battle of Atlanta in the Men's Forms & Fighting, and was National Champion at the US Open Karate Tournament in 1993 & 1994. In 2003, he placed 1st in fighting at the Treasure Coast Karate Classic.

Roy conducted off-season training programs for Major League Baseball players Charles Johnson, catcher for the Florida Marlins & 4-time Golden Glove Winner, and Clifford Floyd, outfielder for the New York Mets.

Roy is an educator with Palm Beach County Schools. He holds a Bachelors in Communicative Disorders and a Masters in Education. He is presently completing his Doctorate Special Education.



Karate will improve:

- Self Confidence
- Self Esteem
- Discipline
- Motivation
- Respect & Courtesy
- Coordination
- Flexibility



Black & Golden Knight Karate
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Black & Golden Knight
Karate Association

Sensei Roy McGriff
6th Degree Black Belt

The History of Goju-Ryu Karate

(Goju-Ryu means" the hard-soft style")

The Okinawan martial art of Goju-Ryu has its roots in the rich world of Chinese martial arts. However, it was in Okinawa that the Okinawan masters Kanryo Higaonna and Chojun Miyagi completed and systematized it to the degree of a fully comprehensive martial art. The particular style taught by Ryu Ryuko to Kanryo Higaonna has existed and flourished because it was taken out of the troubled land of China to the Ryuku kingdom (today known as Okinawa).

The most fundamental training in Goju-Ryu is the form called Sanchin. It is a breathing kata through which one cultivates internal power or Ki. It is a form by which Goju-Ryu practitioners develop harmony between movement and breathing, a harmony that is the key to martial arts power. It also is a form by which one develops concentration and spirit. To complement the kata Sanchin, Chojun Miyagi created an advanced breathing kata which he called Tensho. Tensho demonstrates the soft aspect of Goju-Ryu, whereas Sanchin demonstrates the hard aspects.

True martial arts contain elements of kindness and compassion that complement the rigorous training and demanding regimen required of martial artists. Goju-Ryu is a style that can be taught to girls and boys as young as four years of age and can be taught to the strongest of fighters.

**TRY OUR
INTRODUCTORY CLASS!
FOR ONLY \$15!**



Schedule & Information

Enrollment at the Clubhouse

Monday August 8th

5:30 – 6:30pm &

Saturday August 13th

7:00 – 8:00pm

Classes begin August 15th

Monday and Wednesday

5:30pm – 6:30pm

Training fees:

\$60 per month**

One-time registration fee:

\$30 per child

(Includes one uniform)

There are no contracts. Fees are paid on a monthly basis.

**For Girls & Boys age 4 and up.*

***Siblings receive 10% discount*



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