



KDA Today March 2006

Karate Do Academy, Westlake, Ohio

Karatedo.net

"Those things in life that we find the hardest to do, are the things we are the most thankful we did." ~ Annette Ueckert

Shugyo 2006

As Sensei Jim says, "The hardest part of Shugyo is waking up." Nowhere is this more apparent than in the torturous routine of the Shugyo picture. At six o' clock in the morning, the last thing people want to do is get their picture taken, let alone begin an 11-hour workout. But when tradition calls, we, the students of KDA, must answer, however reluctantly.

Yet it's amazing how spirited a group can be so early on a Saturday. People laughing, cracking jokes, and playfully sparring before dawn is even on the horizon is like a story from 'Chicken Soup for the Soul' —the sorrowful part is that we are all crazy enough to do this, and the gratifying part is the spirit shown in every set of eyes, regardless of their waking hour. So whether you got up at 4:30, or 15 minutes before you left, congratulate yourself on the supreme accomplishment demonstrated through making the effort to attend.

The Torboli family's workout jolted most of us to some level of consciousness. Although it did not include Elvis, Sensei Jim appreciated the music selection as well as the effort put forth by the students.

Sensei Jim's Uechiryu and Sensei Ken, Adam, and Jeff's ground techniques brought a new perspective to our view of the martial arts. And after a good 6-hour workout, Bert's Tai Chi was a welcome respite.

Whether you're focusing your energy into a ball or holding a crane stance for what seems like an eternity, making sure to put your heel down first, nothing is better suited to relax you before a long-awaited lunch.

After lunch and another *dazzling* performance by the lovely Kelsey, Haley, Genevieve, and Isabelle, we launched full force into another heart-pounding session—this time involving kumite. During the sparring bouts, Sensei Greg, after a long hiatus, graced us with his outlandish presence.

One of the more peculiar aspects of the early afternoon sessions was the behavior of the adults. While normally the upper belts had to reprimand the younger students, they instead turned their attention towards a surprising number of adults!

However, there was one part of the day where childishness and having too much fun was sanctioned — the ever-exciting obstacle course! Tensions rose and



insults were exchanged, bantering between the two teams ran unchecked as one-by-one each student kicked bags, jumped rope, balanced books and tumbled down mats, ending up with a crab walk to the finish. And to the captain of the winning team, on this day of days Sensei Adam, goes the coveted karate hamster.

And finally, the students of KDA offer their sincere thanks to Sensei Jim. He put forth his maximum effort to get this annual event organized and carry it out — ordering the prize gi tops, reserving the workout room, and facilitating the entire day — this is a tiresome feat for one man. So allow us to extend our most heartfelt thank you, Sensei Jim, for putting together another exhilarating Shugyo. Ya done good. ~JH, DS, KT

Karate Hamster R.I.P.

In my eleven years at KDA, I have never received a more magnificently trivial honor. Winning this hamster is the fulfillment of my rarest of dreams. I would like to complement my younger team members for disproving—through their erratic crabwalk patterns—the age-old geometric fallacy that the quickest distance between two points is a straight line. I must commend my older team members' triumphant last-minute efforts, despite cramping muscles, stiffening joints, and deteriorating ~~minds~~...~~hairlines~~...patience. I would especially like to thank Jeff for not putting up much of a fight, and Randy for promising to not bring jump ropes next year. It should have been the happiest weekend of my life.

Unfortunately, joy quickly turned to grief as I returned home and realized that our beloved KDA hamster was merely an empty husk of what he once was. Exploratory surgery revealed that his circuitry had (continued on page 2)

previously been damaged. As we all know, serious injury to Chinese-made electronics is permanent and leaves the victim in a persistent vegetative state. Exercising my right as guardian of the hamster, I then made the difficult choice of removing the hamster's power source so he could die with dignity...while providing batteries to my disc-man. As we mourn our loss, we must remember the hamster, as he would have wanted— dancing and singing and...nunchucking. It reminds me of a song from my days at the academy that said, "Old hamsters never die, they just...help you recycle empty shoe boxes." ~Sensei Adam

Testing Tips

Wear a clean white gee with a school patch.
Bring appropriate gear (sparring, etc).
Come prepared to perform to your utmost.
No talking unless answering a sensei's questions.
Follow instructions precisely.
Focus on the moment.
Show strong spirit.
Do not lose form to attain speed.
Show respect to your ukes.
You are only competing against yourself.
Stay Calm.
Do your best.
Do not hold back anything.
If you make a mistake, keep going.
Show up on time!
Enjoy the challenge!

Things to Demonstrate

Power and Control
Tension and Relaxation
Speed and Rhythm
Attitude and Spirit
Focus and Intensity
Understanding the kata techniques
Posture
Good form
Awareness
Proper timing
Correct distance

Shops and Websites

Eastern Genuines. 401 Euclid Av. Cleveland phone:
216 687 1202
www.awma.com email Kerwin your order and he will
get it for you.
For gis and sparring gear, talk to Sensei Jim. ~CN

Training Tips

"Pain is the best instructor, but no one wants to go to his class." Choi, Hong Hi, Founder of Taekwon-Do

Always remember to warm and cool down. You should always stretch yourself out and do light calisthenics before doing a hard workout. After you are finished with your workout, always cool down by walking around or just relaxing your muscles by breathing deeply. This is a great way to avoid injury. ~GL

Best exercises for strengthening the rectus abdominus:
Bicycle maneuver
Captain's chair
Crunches on exercise ball

Best exercises for strengthening the obliques:
Captain's chair
Bicycle maneuver
Reverse crunch

Sparring Tips

Do not telegraph your attack.
Relax the body before you strike. Tension slows movement.
Don't block unnecessary attacks.
Never underestimate your opponent.
If you do get hit, never lose your temper and go after your opponent; your rage will make you more venerable for a counter.



Our Senseis: Phil, Adam, Jim, Jeff, Burt, and Ken



This & That

Twenty Precepts of Karate-Do

Gichin Funakoshi's Twenty Precepts

- 二十訓
- 一、空手道は礼にはじまり、礼に終ることを忘るな。
 - 二、空手に先手なし。
 - 三、空手は義の補け。
 - 四、先づ自己を知れ、而して他を知れ。
 - 五、技術より心術。
 - 六、心は放たん事を要す。
 - 七、禍は懈怠に生ず。
 - 八、道場のみの空手と思ふな。
 - 九、空手の修業は一生である。
 - 十、凡ゆるものを空手化せよ、其趣に於味あり。
 - 十一、空手は湯の如し、絶えず熱度を与えざれば元の水に還る。
 - 十二、勝つ考へはもつな、負けぬ考へは必要。
 - 十三、敵に因つて新化せよ。
 - 十四、戦は虚実の探察如何に在り。
 - 十五、人の手足を剣と思へ。
 - 十六、男子門を出づれば百万の敵あり。
 - 十七、構は初心者に、後は自然体。
 - 十八、形は正しく、実戦は別物。
 - 十九、力の強弱体の伸縮技の疑念を忘るな。
 - 二十、常に思念工夫せよ。

Gichin Funakoshi wrote twenty precepts of karate do to help karate students transform their art into a way of life. This is the first of twenty precepts.

Karate-do wa rei ni hajimari, rei ni owaru koto wo wasuruna.

Karate begins and ends in courtesy. Show respect to your sensei and fellow students with a bow when entering and exiting the dojo. And not just at the beginning and ending of class, this includes all temporary resting periods like water or bathroom breaks. ~DS

Resolution Tips

Have you ever become so angry that you started a fight? Or have you been tempted, by your anger, to hit someone. The first thing you should do is take a deep breathe and count to ten.

A lot of the time, the reason for our anger is because of a problem at home or at school. For example if you are in a fight with your friend, you could bring that frustration home and take it out on your family.

To resolve your problem you should try to talk to your friend calmly. Or you could speak with a parent or another friend about your feelings and how to resolve the problem. ~GL

Bob's Corner

You Know You're Hooked on Karate When...

1. You know you're hooked when the first word out of your parrot's mouth is KIAI! and you teach your cat how to slow spar.
2. You know you're hooked when you have more bruises than a roller derby queen, and you still go back for more.
3. You know you're hooked when you shut the refrigerator door with a thrusting side kick.
4. You know you're hooked when you shop for clothes based on whether you can kick in them.
5. You know you're hooked when the only clothes you'll wear are gis.
6. You know you're hooked when you actually crave a beach workout.
7. You know you're hooked when the books on your nightstand are by authors like Gichin Funakoshi.
8. You know you're hooked when the Twelve Days of Christmas becomes: one boxing bag, two boxing gloves, three shin pads (includes an extra pad for the one you'll inevitably lose), four brand new gi's, five rolls of adhesive tape....twelve cases of Tiger Balm.
9. You know you're hooked when you look for a place to live based on the amount of practice space it provides.
10. You know you're hooked when you refuse to wear shoes.



Did you know...

Less than one hundred years ago, martial artists purposely broke their fingers to increase the area of their knuckles to be used as a punching surface. Ouch!

Book Review

Attack Proof: The Ultimate Guide to Personal Protection, by: John Perkins, Al Ridenhour, and Matt Kovsky.

I found this book to be extremely interesting. It discusses unique views on personal safety. The authors discuss human kinetics, real world situations, and ways to anticipate even the most brutal of attacks. The most surprising point is that a groin strike might not be as effective as one would hope. ~KT

From Sensei Jim...

Congratulations are certainly in order in many directions at this time. First, I would like to congratulate all the KDA students who participated in Shugyo 2006, especially those who made the special effort to be there from beginning to end. This is a demonstration of your dedication to the art you have chosen as well as an accomplishment in endurance. Well done karateka!!

Second, congratulations to those students who have recently been promoted. I would like to remind you that your promotion is based not only on the physical skills you have acquired to this point, but also on the conduct and attitude you have displayed while training in the dojo. It is essential to remember that you are an example to the lower belts and that is a weighty responsibility. In everything you do, please always be mindful of this.

Thirdly, I would like to congratulate the newsletter staff on taking on the task of creating this KDA newsletter and doing such a magnificent job. These young brown belts have demonstrated great organizational and creative skills in getting this project started. They have donated their time and effort for the benefit of all of us here at KDA and we thank them. I'm sure you'll all agree, this debut issue is witty, funny, and very informative. I encourage all KDA students to join in and submit their thoughts and articles to the committee for their consideration in future issues. This is an excellent way for you to share your interest with the rest of the students in a way that is not possible during formal class time.

Before closing, I would also like to acknowledge Sensei Mello who has been with our school for the past several years and earned his black belt a few years ago. He has decided to travel a new road on his martial arts journey and is devoting his time now to a study of meditation. This has been an interest of his for some time and has made a profound impression on his life. We hope he visits our dojo often in the future, as it will always be his home. Sensei Mello, we have learned much from you both as a karateka and your example as a man. Good luck.

Until the next issue may I leave you with the most significant words of Gichin Funakoshi, which are a reminder on the back of your Shugyo 2005 shirts "The ultimate aim of karate lies not in victory or defeat, but in the perfection of the character of its participants".

Recent Promotions

These students have shown their dedication to KDA and have achieved an additional belt on their journey.

~HT

Orange Belt

Lisa R
Roger R
Sarah R
Nick T

Yellow Belt

Iliya B
Han K
Wan K
Samra K
Pablo M
Amy Z

Green Belt

Jacob P
Sara W

Blue Belt

Chris B

Brown Belt

Sandy O- 2nd degree

Terms of the Month

Hajime- Begin. A command given to start a given drill, kata or kumite.

Karateka- A practitioner of Karate.

Mawatte- Turn

Yamae- Stop. A command given to stop a given drill, kata, or kumite.

Karate Art



Every issue, we would like to publish artwork from the class. Students, please submit artwork related to your karate experience. Any sketches, cartoons, paintings, or crayon drawings would be much appreciated. Thanks!!

Interview with a Black Belt Sensei Jeff

Q- When did you start taking karate classes? Why?

A- I started taking Karate classes when I was 6. I told my parents I wanted to do something and they suggested gymnastics or karate - I chose the latter, obviously.

Q- When you first started, did you have any goals? Did you think you would become a black belt one day?

A- I didn't really have any goals when I first started. I barely knew what a black belts was. My Dad started about three years after I did, and we kept going together and taking the summers off for the baseball season.

Q- Since I know you started when you were younger, at what age did you "get serious"?

A-I probably didn't get serious until the seventh or eighth grade when I was a low brown belt. I remember my first-degree brown belt test in eighth grade was an eye opener for me because it was then I knew that I should be better than I was.

Q- What is your favorite aspect of the martial arts?

A- My favorite aspect of the martial arts is probably how it ties into daily life. How to relax when I'm just sitting at my desk doing homework or having a conversation with a friend. How to move quickly to avoid a shove or a playful punch. I remember a friend pushing me in high school in the hallway and I just sank my weight into my legs and he flew back b/c he was so tense.

Q- What is the most important lesson you have learned from karate?

A- The most important lesson I learned in karate was probably to avoid fights at all possible - I have never gotten in a fight before. Fights are stupid unless they are defending a good cause or someone's physical person - self-defense is always a good reason. I've ALMOST gotten in numerous fights defending my friends, but have always found a way to calm the situation down. Another very important lesson I've learned is humility. I sincerely believe that is one of the most important aspects of the martial arts - realizing that you truly know absolutely nothing.

Q- Any great karate memories?

A-One of the best karate memories I have is the workouts we used to have in the upper room of the Fitness Center, back before the school got moved to the Y. I remember doing the first and second series

(back when the first series was actually the second and vice versa) and pretending like I was actually getting hit. Then Sensei Dave would pretend like he was getting hit, too. Ah, good times.

Favorite Series: Inside Series

Favorite Kata: Taihokyu

Favorite Quote: "The superior man has dignified ease without pride. The common man has pride without dignified ease." Confucius

Favorite Karate Book: Classical Budo by Donn Draegar

Other Hobbies: HUGE writer. Also love reading. Exercise a lot.

Favorite Movie: Shrek....not kidding

Favorite Song: Lonestar - You're like coming home (for now)



Sensei Jeff and a student work with Boxing Bob at Shugyo

Suggestions on How to Live a Happy and Rewarding Life

Take time to smell the roses.

Take a nap on Sunday afternoons.

Drink eight glasses of water every day.

Never deprive someone of hope; it might be all they have.

Be thankful for every meal.

Our Staff

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