



KDA Today

Spring 2008

Karate Do Academy, Westlake, Ohio

[www. Karatedo.net](http://www.Karatedo.net)

"To win one hundred victories in one hundred battles is not the highest skill. To subdue the enemy without fighting is the highest skill." ~ Sun-Tsu ~The Art of War



Shugyo

February 16 we celebrated our annual test of endurance known as "Shugyo."

As repeat participants know, Shugyo is not really a one-day event, but rather, the culmination of weeks and months of constant practice during which each dedicated karateka recognizes his or her strengths and weaknesses.

Shugyo presents several challenges. The first is simply the commitment to set aside a full day to the study of karate--no school,

no work, no personal commitments--just karate. The second is to push one's mind to stay focused and one's body to make crisp and powerful movements despite pressure and fatigue. This is especially true during the line drills we do during the course of the day. The third challenge is when junior belts participate in a technique or self defense series for the first time and the senior belts are required to instruct. A final challenge, I think, is to take what was learned and build on it during the year.

So did we meet these challenges on February 16? I think the answer is a resounding "yes." From the 6 a.m. start time to the obstacle course, Sanchin kata and closing remarks, it was a day of hard work and a lot of fun. It was a day when we were able to put everything aside and concentrate on nothing but our art form. Let's take what we've learned and improve on our strengths and weaknesses during the course of this year so that next year's Shugyo is even better.

~Chris Bator

Recent Promotions

Congratulations to these students for their recent achievements:

Nathaniel Durkovic- Orange

Christopher Boardman- Yellow

Maddie Boardman- Yellow

Jerry Bradnan- Yellow

Seamus Bradnad- Yellow

Jim Pavlism- Yellow

Navi Baskar- Green

Suji Baskar- Green

Steven Boddy- Green

Nicolas Motta- Green

Cameron Stewart- Green

Pablo Motta- Blue

Gina Slater- Purple

Chris Bator- Brown 3

Sara Waddell- Brown 3

Genevieve Lyons- Brown 1



Styling

No Martial Art is fully understood until you explore Zen. Zen is a root part of Buddhism and although it is spiritual, it is best described as mindful acceptance of being in the moment.



Mushin no shin literally means "Mind of no mind" and is a

fundamental part or Zen. It takes many years of practice and thought/meditation to enter into this state. It is why we practice the same move, the same kata a thousand times-until we can perform it without thought.

Until you can perform the move correctly-without a moment's thought you need to continue to practice. The fight is won by a "mindless response" to an attack. Speed, accuracy and power can only be achieved when you no longer have to think about it.

When was the last time you thought about taking a drink of water from a bottle? You have done it so many times it has become second nature- you truly have no thought when you do it. **That is the goal of *Mushin no shin* -to perform your *te waza*, *geri waza*, or *uke waza* without thought-until it becomes a mindless response.**

~Kerwin

Bob's Corner



In this edition of KDA Today, I'll cover the first blocking series of our system.

First Blocking Series

1. Start in a forward balance stance with the right leg back.
2. Upper Block
 - a) Step the right leg forward (remember your "C-steps"!) into a forward balance stance.
 - b) As you step forward, perform an upper block with the right arm (remember that the leg that steps forward is also the side of the blocking arm).
3. Middle Outward Block
 - a) Step the left leg forward into a forward balance stance and at the same time perform a left middle outward block (start your left fist near your right hip and pretend to draw a sword).

Your fist should be no higher than your shoulder, your bicep and forearm form a 90 degree angle, and elbow should be one fist's distance from your ribs.

b) Draw your right fist to your hip with palm facing up.

4. Low Block

a) Step the right leg forward into a forward balance stance and at the same time prepare the low block. The palm of your right fist should be facing your left ear and your left arm extended downward and parallel to the prepared arm to protect the mid section.

b) Draw your left fist to your hip as your right fist travels to just inside your knee. Remember to pivot your fist as it descends (thumb rotates downward and pinkie finger rotates upward).

5. Inward Block

a) Begin to step the left leg forward into a horse stance. At the same time, prepare your left fist (elbow pointing outward, thumb side down, with knuckles facing your left temple). *Imagine you're throwing a football.*

b) As you step down, bring the left inward block forward past the left shoulder. The right hand should be open as a secondary

guard located between your blocking fist and head.

6. Knife Hand Block

a) Step the right leg forward into a forward balance stance. At the same time, extend your left arm with hand open, palm facing the right knee, and fingers pointing toward your right knee. Place your right open hand along side your left temple with your palm facing the left ear.

b) Shift your stance from a forward to a backward balance stance. At the same time bring your left hand to your naval (open palm facing up) and pivoting your right hand as it moves from your left ear to stopping the imaginary round house punch. Remember to keep your right elbow down to protect the ribs!

c) Kia!



What I Do To Practice for Class

First I set aside time to practice. Next, I mentally prepare myself by thinking about techniques and kata's. Some stretching and some strength training come next. Since kata's are the language of martial arts, I practice them first. After the kata's I work on escapes and fall techniques. Last a short cool down period of stretching to finish of my session. ~Jake Pavlisin

Karate and Nutrition

Karate and Nutrition:

Karate as any other sport is based in three pillars training (physical and mental), resting (recovering) and nutrition (eating). In this article we are going to tackle the nutritional aspects of Karate and life. As Sensei Jim says Karate is a way of life that we practice in and outside the Dojo. Next time you are at the dinner table think about a few tips how to stay healthy living the Martial Way.

America now faces an obesity epidemic

(<http://www.obesityinamerica.org/trends.html>) with more than 15 percent of the population under 18 years old classified as overweight. *Physical activity like Karate and healthy eating habits are the solution for this problem.*

Nutrition and the human body are not as complex as you may think. Picture your body as an engine and food as fuel. The better fuel you put in the engine the smoother it runs and the longer the engine (you!) is going to last. The main difference between them is that the excess fuel intake (Calories) in our body accumulates as fat, which does not happen in engines. To maintain body weight in a healthy range, balance calories from foods and beverages with calories expended. To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity

The first thing evaluating nutritional needs of a person is to calculate the caloric (fuel) needs. Below is an example of caloric (fuel) needs for a child. If you want to check you fuel (caloric) needs check this web site <http://walking.about.com/cs/calories/l/blcalcalc.htm> for a free calculator.

Age: 9-13 years old

Gender: Male

Activity Level: Active

Estimated Calorie Requirements:
2,000-2,600 kilocalories per day

Children require more fuel (calories) than adults because they are growing and they are usually more active unless they spend too much time on the screen (TV or video games). Preschool children 2 years and older should spend *less than two* hours a day watching television and/or using the computer. Bored, nothing to do? Work on you katas instead! Challenge your brother / mom or dad in push up / chin up / sit up competition.

Once you know the *amount of fuel* (calories) you need you have to find the good fuels to make your engine work efficiently. There are three basic types of fuel that you can fill (feed) your engine (body): **protein** (e.g. meat, poultry, fish, milk, eggs etc.), **carbohydrates** (rice, pasta, sugar etc) and **fat** (whole milk, cheese, and butter etc).

Protein is necessary for tissue growth and repair. They should make up **10-15%** of your daily fuel (calories). Choose high

protein foods carefully, because high protein often equals high fat (e.g. cheeseburger!). Low fat milk, egg whites, and grilled fish or chicken breasts are usually a better choice for protein if you want to avoid the fat. Wheat, rye, beans and green vegetables are usually a good source of protein if you want to stay on the vegetarian side.

Carbohydrates function is to provide a continuous supply of energy to cells. They should make up **50-60%** of daily fuel (calories). There are two types of carbohydrates: simple and complex. Simple carbohydrates have only one or two sugar molecules and are found in fresh fruit, soda, candy and cookies. *With the exception of fresh fruit, it is best to avoid these sugary foods before exercise because high sugar foods lead to feelings of fatigue and heaviness.* Complex carbohydrates have many sugar molecules and are found in vegetables, brown rice, whole grain breads, cereals, beans and dry nuts. Most of your daily carbohydrate intake should come from complex ones. Choose fiber-rich fruits, vegetables, and whole grains often. Choose and prepare foods and beverages with little added sugars or caloric sweeteners. Reduce the incidence

of dental caries by practicing good oral hygiene and consuming sugar- and starch-containing foods and beverages less frequently.

Fats provide energy to muscles during prolonged periods of exercise. You should not, however, eat fatty foods just before exercising because it takes a *long time to digest* and will give you a sense of lethargy (siesta time!). Fat should make the rest of your calories around **25%** of your daily fuel. As many things in life they are good and bad fats. Consume less than 10 % of calories from saturated fatty acids and less than 300 mg/day of cholesterol, and keep *trans* fatty acid consumption as low as possible

Vitamins and minerals are used by cells in small amounts to perform metabolic functions. A properly balanced diet provides all of the vitamins and minerals necessary for the average person. Supplements are not necessary unless a deficiency is evident.

Fiber is important to help reduce the risk of obesity, heart disease and bowel cancer. It can also reduce blood fat levels and improve blood pressure. The Recommended Dietary Intake of fiber is 25-30 grams per day.

Water is very important since we are made up of approximately 50-60% water. An

adult should drink 1.5 to 2.5 liters of water per day. This amount should increase with warmer weather and with exercise

Food labels are a useful resource to make the right choice when you are doing groceries shopping. Check this web site for useful information regarding how to understand food labels (<http://www.cfsan.fda.gov/~dms/foodlab.html>). As a rule of thumb **avoid high caloric food** (>400 calories per serving), **high fat content** (>30% of total calories, especially if saturated fat and/or trans fat), **salty food** (>20% or more of daily value or daily needs) and **added sugars** (sugars and syrups added to foods and beverages in processing or preparation, not the naturally occurring sugars in fruits or milk).

Food Groups To Encourage from the Dietary Guidelines for Americans 2005
(<http://www.health.gov/dietaryguidelines/>):

- Consume a sufficient amount of fruits and vegetables while staying within energy needs. Two cups of fruit and 2½ cups of vegetables per day are recommended for a reference 2,000-calorie intake, with

higher or lower amounts depending on the calorie level.

- Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.
- Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.
- Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.
- ***Children and adolescents.*** Consume whole-grain products often; at least half the grains should be whole grains. Children 2 to 8 years should consume 2 cups per day of fat-free or low-fat milk or equivalent milk products. Children 9 years of age and older should consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

Finally check this link for cool animation regarding your nutrition

<http://www.mypyramid.gov/pyramid/index.html>

~Pablo Motta

What Karate Means To Me

We all know the book definition of karate: empty hand. We've had to define it in tests, it's mentioned in class, and most of us have probably seen a t-shirt defining karate at some point in our life. Of course, karate means so much more than that. A literal translation or a description only scratches the surface. What karate means is different for each person, but it certainly includes what it has taught us and how it has impacted us as individuals, both in the dojo and in our daily lives. Karate has taught me to be disciplined, hardworking, and focused, and has made me stronger both physically and mentally. These valuable lessons have improved my performance in karate, of course, but have also affected many other areas in my life. These lessons, and the will to improve upon and add to them, are what karate means to me.

~Lynn Orphali

From Sensei Jim.....

My remarks this issue will concern the KDA schedule of classes during the spring and coming summer months. Now that the weather has broken, we hope to conduct more of our classes outdoors. The weekly schedule will be as follows:

Wednesdays: At the Westlake YMCA from 6:30PM to 8:00 PM. This is an informal workout to get extra work or replace missed classes. We will have at least 1 brown or black belt present to help all levels with their requirements. You do NOT need to enroll in this class. It is open to all active KDA students to attend for their benefit. Take advantage of it!

Thursdays: At the Westlake Community Center located at Crocker & Center Ridge. This is a NEW class just started by Sensei Bert and I offered to senior citizens who would like to learn the benefits of low impact Karatedo and Tai Chi. It is held on Thursday morning from 9AM to 10:30AM. If you have any older friends or relatives you feel would like to participate, have them call the community center at 440-899-3544 or just come and join us.

Fridays: At the Westlake Rec Center from 5:30PM to 7:00PM. This class is open to all Westlake residence of any age. This class is geared for students of all skill levels and is conducted in the gym by KDA black and brown belts. Call the rec at 440-808-5700 to enroll.

Saturdays: At the Westlake YMCA from 10:30AM to 12 noon. This class is open only to advanced students in our school from purple belt to black. Blue belts may attend with invitation only. Students in this class have demonstrated a dedication to the martial arts and train in earnest at the highest level possible.

Saturdays: At the Westlake YMCA from 12 noon to 1:30PM. This class is open to students of all levels and all ages. You do not need to be a Westlake resident to enroll. Black and brown belts conduct this class and students will receive as much individual attention as possible.

As you can see, this is a busy schedule of classes and it is only possible because of the time, effort, and expertise provided by our dedicated group brown and black belts. Please express your appreciation to them at every possible opportunity.