



KDA Today

Spring 2017

Karate Do Academy, Westlake, Ohio

Karatedo.net

"The ultimate aim of Karate lies not in victory or defeat, but in the perfection of the character of its participants." ~ Gichin Funakoshi



I hope everyone who attended our 6th Kime had a great time meeting and working out with students from KDA's three dojos in Bay Village, Westlake, and Medina.

From Sensei Jim.....

A few words in this issue of KDA Today about dojo etiquette and conduct. First lets discuss one of Funacoshi's rules for karatedo. It states "As a karateka, you will of course often watch others practice. • When you do and you see strong points in the performance of others, try to incorporate them into your own technique. • At the same time, if the trainee you are watching seems to be doing less than his best, ask yourself whether you too may not be failing to practice with diligence. • Each of us has good qualities and bad; the wise man seeks to emulate the good he perceives in others and avoid the bad."

Whether during formal instruction or class demonstrations, when a student is not watching or paying attention, it shows both bad manners and a lack of appreciation for what is being presented. It doesn't matter if it is white belt or a black belt presenting, watch and learn. We will insist on this at KDA.

Another important point comes from the KDA etiquette list. "A loud kiai is the perfect display of powerful spirit. The choice of sound and/or word is yours. Don't be afraid to kiai loudly as this displays good spirit and will motivate everyone in the class, but never do it half-heartedly. When counting, count in whatever language you feel comfortable with, but make sure the counts are short, sharp, and spirited. " Too often the Senseis need to remind students to kiai or kiai louder. This should not be. Bring your best kai to class and do your part to lift the spirit of all your fellow students. Also SPEAK UP when answering in class and doing your introductions. There is no excuse for anything less in this regard.

The last point I would like to make in this issue also comes from our etiquette list. "Come to class prepared to focus, listen, and learn. It is critical to enter into training with the proper frame of mind. This would include getting a good night's sleep and a proper breakfast before coming to class." Most students only attend one class per week, so it is vitally important that you get the most you possible can from that class. Yawning is not acceptable during class.! Have your mind and

body ready to go full out while you're there and leave with a sense of satisfaction and accomplishment.

In addition to the comments I have made here. I would like every student to review all KDA etiquette and Funakoshi rules for karateka. I believe it is important that we all do so and do our best to follow these while in the dojo. Many of the positive directives will also follow us out of the dojo and in our daily lives. And that is the ultimate goal of karatedo. Work hard students and an extra loud KIAI to you this issue!!!!

Promotions from February 2017 through May 2017:

Ty - Orange Belt
Jana - Orange Belt
Youssef - Orange Belt
Trevor - Orange Belt
Patricia - Orange Belt
Jennifer - Orange Belt
Bode - Orange Belt
Lily - Orange Belt
Jacob - Yellow Belt
Henry - Yellow Belt
Alanya - Green Belt
Myles - Blue Belt
Dylan - Blue Belt

If you are currently attending classes at the Karate Do Academy, learning KDA, you probably know quite a lot about Kajukenpo. You have probably have an orange or yellow belt or higher, and have learned many Kata forms and self defense techniques, probably far more than I have depending on your rank or belt level, or how long you have been in the school. However, have you ever stopped to wonder what "Karate" actually means?

You probably know that it is a Japanese term, but probably know nothing

about its actual translation. You see, the term “karate” is derived from two separate words: “kara”, meaning “empty”, and “te”, meaning “hand”. “Karate” translates literally to “empty hand”. It is called this not because you literally use only your empty hands in Karate (which wouldn’t be very effective), but because karate avoids using weapons, and is a method used to teach students of self-defense how to use their own innate abilities in combat situations. But what is the definition of “kajukenpo”, the specific form of karate that KDA teaches? Kajukenpo combines karate with elements of Judo and Kenpo (the name combines “karate,” “judo,” and “kenpo” into one word). It takes karate, which focuses on katas, and adds takedowns (judo), and a focus on self defense/sparring and less rigid techniques (kenpo). *Article by Seamus.*

How To Efficiently Learn Japanese

Some people struggle with learning their Japanese for a test or just everyday classes. This is something no one should be ashamed of. It is natural to have trouble learning a foreign language. Here are a few pointers for students who want to get better with their Japanese.

- Quiz yourself every few days. Science has proven one of the best ways to learn is through quizzing yourself or having others quiz you.
- Have others quiz you once every 1-2 weeks. This is a part of quizzing and is like a teacher giving you a quiz in school.

- Study the sheet. In between quizzing sessions, repeat each word to yourself in both Japanese and English. This will put the words into your short-term memory. It is the quizzes that help convert these words into your long-term memory. If you don’t have the sheet for the belt requirements, you may get one from karatedo.net under “enter the dojo”, then “belt requirements”.

Using these techniques, students may be able to have more success in remembering their Japanese. *Article by Dylan.*

Testing for Belt Promotion

Before testing for my first belt promotion I was really nervous. Memorizing Japanese terms and all of the requirements can be challenging! When I looked at my requirements I knew that I could complete the movements. I wasn’t so sure about the Japanese!

I studied every night in weeks leading up to the test. I also practiced the movements in my mind and for my parents in real life at night until I knew I was ready.

When I got my orange belt I was so happy. I was on task and focused every Saturday during class. My goal was to get my yellow belt in the spring. Then my focus started to decrease. I started fooling around with other kids during class. Eventually I realized that I might not be ready to earn my yellow belt. As the testing date grew closer and closer I knew

that I needed to pick up my game. About a month before the test I started studying the Japanese terms required for promotion. My dad helped me create rhymes and sayings to make it easier for me to remember the Japanese.

The day of the pretest came. I struggled on the Japanese terms that were required for my previous orange belt test. I had spent so much time learning the yellow belt terms that I forgot the terms that I learned in the beginning. The next two weeks I made sure to study both yellow and orange belt requirements just to make sure I was ready. The day of the test came really fast. I was SUPER nervous. I was the first student to test. I performed my yellow belt kata and answered the questions correctly. At the end of class, I received my yellow belt and bowed out.

I am practicing my requirements and am working hard toward earning my green belt!
Article by Jacob.

What To Expect In Karate Class

Hi, I am a yellow belt in karate. I am eight years old and I started karate when I was 6. I really enjoy martial arts because you get to learn how to defend yourself. You learn different katas at different belts. The first belt is white then orange, yellow, green, blue, purple, brown 3, brown 2, brown 1, then black.

When you learn how to defend yourself you do escapes, katas, blocks, hand techniques, and, wrist grabs. In karate class you are standing in a dojo and there are 3 teachers known as sensei. The sensei's are Sensei Jim, Sensei Randy, and

Sensei Kelsey. A senpei is a student that is almost a black belt so he is like a kid teacher. If you want to be promoted to the next belt they don't just give it to you, you have to work for it. You have to know your hammer locks, choke escapes, kata, wrist grab, back choke and everything on your requirement sheet to earn your next belt. At the end of class we show what we worked on in class. I like karate because it is fun to learn together. *Article by Quentin.*

Becoming An Orange Belt

If you're testing for your Orange Belt, you may think it is really hard, especially since it's your first belt you will earn. But it's really not. I tested on May 19, 2017, and earned my first belt! Even though you test from the beginning to end, try not to think about it. Just do the things right. If you don't earn your Orange Belt, don't quit, try harder. You aren't the only one. Be confident in yourself. Everything is possible if you believe, but first believe everything is possible.

When you are testing for your Orange Belt, you are required to know: 1. two katas (forms), 2. two kicking techniques, 3. six stances, 4. four blocking techniques, 5. nine hand techniques, 6. first self defense series, 7. and three escapes. It may seem like a lot to you, but you will learn fast, like I did! The two katas are the Seven Hand Kata and Taihokyu Kata, both take time to learn, but are one of the easiest katas in my opinion. The two kicks you need to know are front kick and roundhouse kick. The stances are horse stance, forward stance, ready stance, attention stance, cat stance, and crane stance. These stances are pretty easy. The first self defence series are simple. You

step back with your right foot into a forward stance and do a high block. Then, step forward and do a front kick. After that, you do a knife hand, hammer fist, flat fist, short punch or bear claw. Then, you do two short punches, and recover. The blocking techniques are a high block, inward block, outward block, and a down block. The punch, knife hand, hammer fist, flat fist, short punch, bear claw, and backfist are the hand techniques you need to memorize. The three escapes are front choke, cross wrist grab, and parallel wrist. Memorize these requirements, and good luck testing! *Article by Jennifer.*

Give me a firm place to stand, and I will move the Earth.

-Archimedes

“Bend your knees,” “Back leg straight,” “Don’t stand like you are on a tightrope,” “Back straight.” Many times during class we hear the Sensei continually say these phrases to us about our stances. We constantly hear about our stances and how important they are to keep us grounded and strong. Our stances are the foundation of everything we do in karate. Whether we are starting a kata in a horse stance or practicing our self defense series in a forward balance stance.

Not only do our stances give a firm place to stand – our Sensei and our school KDA give us a firm place to stand. Each week Gianna and I come to class to grow, improve our skills, and in general try to become better karateka students. Our Sensei, fellow students and dedication give us a firm place to stand each week and help us become better. One way we can make sure to continue to improve is to be strong in all of our stances. KDA has given

Gianna and I a firm place to stand for the last 5 years. Now when I look at Gianna I believe given a firm place to stand we can move the Earth.

Article by Patti



Bob's Corner

A few years ago Sensei Sandy did research into the katas of KDA. I would like to share some of what she found with you.

Kata: Taihokyu

Origins and Meaning: Gichin Funakoshi, "First Cause", one of three Taihokyu.

Features/Bunkai: Only forward balance stance, down blocks, and lunge punches. Emphasis on basic movements, I-form, devised for children to learn simple kata, 2 kias at top and bottom of I.

Kata: Pinan One

Origins and Meaning: Itosu developed series/ Funakoshi modified and switched 1 and 2, "Peaceful Mind", shotokan, wado-ryu, and shito-ryu systems, not goju-ru.

Features/Bunkai: Maintains I form adds high rise block, knife hands (4 corners), back balance stance. Also break, 2 kias top and bottom of I.

Kata: Pinan Two

Origins and Meaning: Same as above.

Features/Bunkai: Adds a tricky balance back kick simultaneous with strike into knife, avoiding a sweep, front kicks, and new hand techniques (nukite, middle out

block, short punch), but some do 2nd kiai on last break.

Kata: Karaumpha

Origins and Meaning: Higaonna brought from China, literally "Long Stay, Sudden Tearing, "To Hold One's Ground, "17 Hands", to destroy with ancient mantis techniques.

Features/Bunkai: Very quick evasive movements, variety of open hand techniques, hand/hip coordination, yin-yang, and go-ju emphasized in slow-fast and hard-soft moves. (Push-elbow).

In the next newsletter, I'll include our next katas through Pinan Five.

Lastly, take advantage of the weather we're having and practice karate outside. It's good to train on something different from the smooth, flat gym floors. Be sure to use sun block, drink plenty of water, take breaks, wear a hat/sunglasses, Gi bottoms and a tee shirt.....shoes may be optional depending on where you train.



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