



KDA Today

Fall 2010

Karate Do Academy, Westlake and Bay Village

karatedo.net

"Karate-Do is a lifetime study." ~ Kenwa Mabuni



The annual Christmas party was as usual a big hit. This was the first year that the Christmas party was held at the Bay Village Youth Center and it was a blast. We all got a great workout with students from both classes and had some nice demonstrations. We even got some good laughs out of some of them. After all of us stuffed ourselves with delicious food, we got to break some boards. Not only did higher and lower belts break the boards, but so did some of the parents. I think it is time for some of them to join karate! Happy Holidays and a Happy New Year! - **GB**

Book Review: "Hidy Ochiai's Self-Defense For Kids"

If you're one of the parents that sit on the sidelines at karate classes and not quite sure if you'll ever join the class, I would recommend spending some time reading and then reviewing this book with your child. You'll gain knowledge of how to make a proper fist, how to punch, perform different stances, and proper kicking methods that would benefit your child. In addition, you and your son or daughter can learn and practice self-defense techniques that are different than those taught at KDA for common grabs or attacks.

I think this is a good book to review for students (child or adult) that are beginning students through intermediate rank. I believe students will benefit learning techniques that incorporate elbow strikes in the self-defense techniques.

This book is focused on the technical aspects of martial arts and self-defense throughout the majority of the text. Self-defense techniques are limited, but still worth the read. If an Avon Lake library card holder, you can find this book on the shelf there. **-RT**

What I Think of Karate

My name is Parker and I am seven years old. I am a white belt at the Bay Village karate class and I just started to learn karate. I like karate and my first impressions of karate was that it makes me feel good when I figure out how to do something, like the C-step. The hardest thing about karate is remembering all the moves and the positions. Karate will help me because if someone attacks me, then I can defend myself. I wanted to take karate in the first place because I want to be a ninja when I grow up! **-PP**



From Sensei Jim.....

"What you have been taught by listening to others' words, you will forget very quickly; what you have learned with your whole body, you will remember for the rest of your life." These words are part of Funakoshi's six rules of Karatedo and emphasize the absolute necessity of practice in order to progress in karate.

I would like to address this matter in this issue of KDA Today. It is so obvious to the instructors which students have a regular practice pattern and which do not. Not only are movements more mechanical in those who depend on memory and not practice, but a look of deep concentration or even confusion is on their face. In order to make these movements your own, they need to become natural and fluid. And to achieve this, repetition of movement is your only alternative. Repetition, repetition, repetition..... You get the idea!!

"But Sensei, repetition is boring, and isn't Karate supposed to be fun?" Unfortunately, many have gotten the idea today that unless an endeavor is fun, it is not worthy of our time. Although this is a popular thought, this idea will rob us of the great sense of accomplishment in achieving very worthy goals. Having completed something that was not always "fun" at the time will give us something much more. It will give us self confidence, a "can do" personality, and an ability to focus like a laser beam at the task at hand.

So I urge you to set aside practice time, stick to it, and stick to it whether it's fun or not. You will reap great rewards and be proud of your progress. Learn with your body through repetition and what you have learned you will remember the rest of your life. **-SJ**

Japanese Vocab

In KDA Kajukenpo, we are required to learn many Japanese words and terms. For some people this comes easy, but not so much for others. There are many reasons why it is difficult, maybe you are learning another foreign language,

or maybe, if you are very young, it is difficult to grasp the concept of one thing having two names. It also could be that you just have never been able to learn a foreign language. Whatever your trouble may be, you still need to learn Japanese to advance in our system and as hard as you try, it may still be a struggle. I myself have many reasons why I have trouble learning Japanese. So, being the lazy bum I am, I looked for an easier (and more fun) way of learning Japanese, rather than simply reading the various sheets of terms that my mom (for those of you who don't know who I am talking about, her name is Gina, and she is a brown belt) had in her binder and trying to memorize them.

I remembered a website that my German teacher told my class about, it's called Quizlet (<http://quizlet.com/>) and it is a free online flash card/game website that allows you to create sets of flash cards and study them, online. You also can play review games and take quizzes which I find are very useful and they make learning a lot more fun. I plan to create several sets of flashcards for all of us to use but I don't have all the belts done yet. I started with the lower belt requirements and below are the instructions for you to use to access the sets that I have created. Of course, if you want to, you can also create your own but to do that, you need to create a user name and password. To use the ones I have created, you only need to go to the website and search as indicated below.

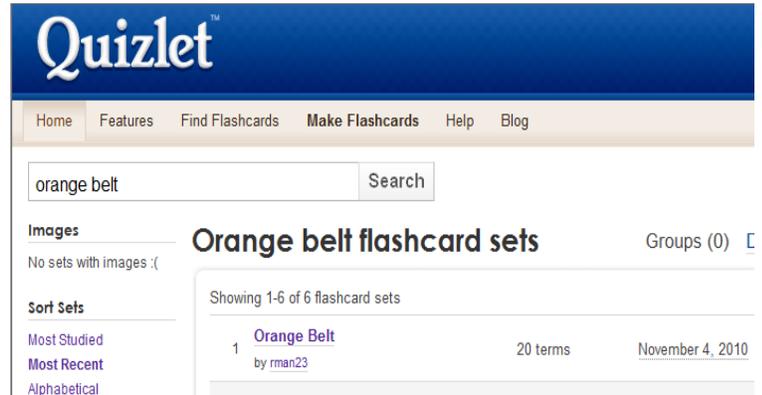
Accessing Instructions

Step 1: Use the hyperlink in this article (see above) or on the internet, go to quizlet.com

Step 2: Use the Search Box and enter the color belt you are advancing to, such as Orange Belt



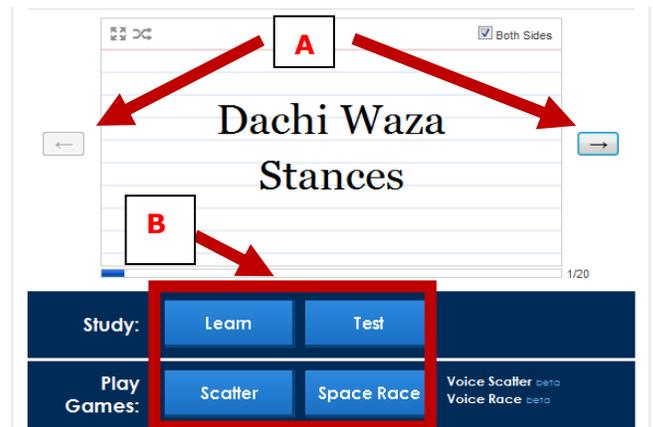
Step 3: Look for the sets created by "rman23" all dated November 2010 and after – the easiest way to do this is to use the link on the left and sort by most recent or alphabetical.



Step 4: Once you have found "rman23" requirements for the belt color that you are looking for, select it and it will bring you to a page as shown below. Once you get to that page, you can do several things. You can:

A: Go through the flash cards by clicking on the arrow keys next to the card or,

B: You can test yourself or play study games by using the links below the cards.



Disclaimer: Not all of my sets are of Japanese word, so don't expect to find Japanese camping vocabulary when you click on the set titled "camping vocab". If you feel that my sets are lacking or if you just want to do it yourself, feel free to create your own sets. I hope that I have helped some of you improve your Japanese vocabulary. - RS

Ask the Sensei

Question: What is your thought of age when it comes to karate?

Sensei's Answers:

When I think of age and karate, I think of limitations. If a karateka is very young, the limitation is one of focus and practice. Young ones are distracted easily, so it is important to keep instructions simple and with repetition but also variety. The probability of a young one staying committed will increase greatly if a parent or sibling also participates. This is especially important for daily and weekly practice outside of the dojo.

For adults, the limitations are more physical. Older students, for the most part, are not as flexible as young ones and must find ways to work within their physical limitations. The jump-kick series is a good example. Be aware of what works for you and what does not should a real-life situation arise.

For both young and old and in-between, there are scheduling issues. Work, school, family, social functions and other hobbies compete for our time. A serious karateka must schedule karate as an important commitment during the week in order to stay sharp and advance.

- Sensei Chris

My first thought of age, as it pertains to the martial arts, is the question as to when a child should begin. This is something asked of me by many parents, and my answer is usually the same, not before 5 or 6. With few exceptions (of which I have not personally seen) children younger than this do not have the motor skills necessary to perform the multiple and simultaneous body movements karatedo requires.

In addition to this, children younger than 5 or 6 do not understand the mental aspects of the art they are performing or the deadly results of the techniques they are learning. Without this understanding, or at least the beginnings of it, these young children should not be involved in martial arts training in my opinion.

Although many schools accept students prior to this age, and even award belt promotions to them, my feelings are that, sadly business considerations are put before traditional karatedo principles in these instances.

So although every child is different of course, training with KDA karatedo does not begin until this age, and moves VERY slowly though the early years as the child develops.

- Sensei Jim

When it comes to age for karate, there are no restrictions. It all comes down to your passion for it and your drive to practice. Whether you're 6 or 60, if you want to do karate, you should do karate. Obviously the individual needs to take into account physical restrictions - a 6-year-old won't be hip-throwing a 16-year-old anytime in the near future; however, like any karateka worth their salt, no matter your age and physical limitations you will find a way to adapt and overcome.

- Sensei Jeff

There is no preferred age when it comes to karate. Young children and teens can quickly lose interest and can be easily distracted. Adults often lack the time and physical fitness to excel in the martial arts.

The ideal martial arts student must be dedicated; age is much less important to successfully pursuing the martial arts. The dedication to our school can vary, dependent on one's schedule and health. The important thing is to continue coming back. Almost all of the current black belts have experienced a waning interest in the martial arts at some point. The common thread is a renewed interest; it may come as motivating kick from a senior student, the discovery of the calming effects of meditation, or reading a martial arts-related book.

Although there is no ideal age for martial artists, there is an ideal number. A team of people (parent-child, husband-wife, brother-sister, or friends) is more likely to thrive in our school. Some lone wolves have been known to survive, but oftentimes they drop out quickly. By attending classes and practicing together, students are reinforced by their peers. To anyone who is feeling disinterested, find a peer to work out with or check out your library's offerings on martial arts books or DVDs.

In my own journey in the martial arts, a fellow student and I had stagnated around our brown belts. We were losing interest quickly, mostly due to the homework, social scene, and other commitments a 16-year old often faces. Two black belts approached us and jump-started our motivation to achieve black belt some day. Although the other student dropped out soon after, I continued on to achieve black belt. The other student did not have a firm support system in the school; I was fortunate enough to have family members and some very good friends to kick my butt into going to class.

I challenge all parents, siblings, spouses, or friends of karateka to enroll in the class. It's amazing what peer reinforcement can do for a karateka's motivation. Karate will hopefully become a time commitment you schedule around,

instead of trying to squeeze it into your busy schedule.

- Sensei Kelsey

There is no right age for karate other than being able to know your right for left. Though true Karate is a hard style, you can train in it for life. Like all martial arts you adapt it and your abilities to maximize both.

I will never be able to kick someone in the head as quickly as someone in their 20's but through learning and maximizing my abilities I am able to react to the situation differently.

It takes discipline to earn a black belt only 1 or 2 students in 1000 will ever have the desire and discipline to work at it long enough to earn one. The rewards for all that work is that you realize how much of the martial arts there is still yet to know and to build upon.

It is a never ending process where you will learn new physical skills that you can use. Your mind though, is the most powerful tool you have and if you maximize it hopefully you will never have to utilize your fighting skills.

The life lessons you learn along the way- discipline, determination, coordination, and martial science- you will be able to apply to your other aspect of your life until you die.

- Sensei Kerwin

Bob's Corner



Northeast Martial Arts Academy offered a women's self defense class at my church. I discussed the program with a church member who participated. In a nut shell, an attacker wants an easy target. This would be someone the attacker feels can be defeated easily. Some simple tips offered to avoid being targeted is to keep a safe distance from a potential attacker, walk with confidence/proper body language, and use your voice to bring attention to the potential attacker (BACK AWAY!!!). The instructor indicated that the majority of the time, these simple steps would prevent the encounter from escalating into an attack.

Let's say that you've been singled out by an attacker. The simple steps aren't working and it's escalated into an attack. Let's review potential

targets and possible techniques. Due to fear and adrenaline, I won't propose you doing any complicated techniques here. I'll keep it simple.

1. Eyes – No matter how large or strong your opponent is, a strike to the eyes will slow them down. Flick your fingers into the opponent's face. Following the contours of the cheek, nose, and brow will lead you to your target.

2. Knee – Don't think this is a kick directly in line with the opponent's knee. Look at how your knee moves. The knee isn't designed to move to the side. Strike the knee from the side.

3. Foot - If we can find the shin, we all know that there is a foot beneath it. I would recommend raking the shin, stopping on a foot, and pushing the attacker so that they fall to the ground (while you're standing on their foot). This should result in your attacker damaging their ankles and permitting you to escape to safety.

4. Groin – Use an upward kicking motion and contact the groin with the top of the foot. A modification of this strike would be to kick upward into the groin and then with toes angled upward, bring your foot back. I'll refer to this as scooping. If you're in closer, bring a knee into the groin to disable your attacker.

5. Throat – A strike to the throat may cause the opponent to gasp for air permitting time to escape. I would use a palm to raise the opponent's head and follow through with an elbow to the throat. You could either use one hand for the lifting and the other arm to strike. It's possible to use the same side for both.

6. Nose – The nose can be struck with a fist, palm heel, or even a head butt to cause pain. For the head butt, you want to grab the opponent behind the neck forcing their head down. Use the top of your head and drive it upwards toward the opponent's nose. Note: If grabbed from behind, you can head butt by driving your head back and into the opponent's nose/face.

7. Ear - Grab and pull an ear of your opponent. Another technique you may use is to cup your hand and strike the opponent's ear. If both ears are within reach, strike both with this technique.

8. Hair – Pull the hair to control the head.

9. Solar plexus – I'm not a big advocate of using this as a potential strike zone. Not sure how many of us could strike the zone with confidence. If the target is available, use an elbow strike. Even if

you miss the solar plexus, an elbow strike to the body is devastating.

10. Biting – Be aware that you run the risk of contracting AIDS if your attacker is infected and you draw blood.

11. Fingers – Grab your attacker’s finger and bend it back. With both hands, grab two fingers on the same hand and bend away from one another.

We’ve discussed targets and your natural weapons. Let’s think about using improvised weapons. Do you have change in your pocket or carrying a hot cup of coffee that could be thrown into the eyes of an attacker? Are you wearing a belt, carrying a purse, or backpack, that could be used to strike the attacker at a distance? Do you have any pencils or keys that could be used to stab the attacker?

Think about the available targets depending upon how your attacker is dressed (heavy leather coat or boots). Targets on the head are many, but how can you take advantage of them if your opponent is a lot taller than you? Avoid over reaching and instead strike the groin causing your opponent to bend forward bringing the intended target areas of the head within your reach. Take Care...Bob.

Sarah – Green Belt

Greeshma – Green Belt

Jim – Blue Belt

Jerry – Blue Belt

Erin – Blue Belt

Great job you guys! Keep up the good work.

Note from the Editor

Happy Holidays! I hope everyone had a great holiday season. I am honored to be the new editor of the newsletter. If any of you have an idea for the newsletter please contact me.

The class at Bay Village Youth Center is picking up very fast and we had our first promotions there this October. Remember to check out our website for information on the karate classes at both the Westlake Recreation Center and the Bay Village Youth Center.

Thanks to everyone that helped make this newsletter possible. All of the articles are great. As you can see, I plan to start a new article called “Ask the Sensei”. This article is for students to choose a question that they have in mind and ask our senseis. If anyone has a question in mind, contact me. Thank you. - SB

KDA Promotions October 2010

Westlake Recreation Center

Daniel – Orange Belt

Sophia – Orange Belt

Lorenzo – Orange Belt

Dani – Orange Belt

Bay Village Youth Center

Bridget – Orange Belt



Contributors

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Robby (RS) – Japanese Words

Govin (GB) – Christmas Party

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