



KDA Today Fall 2014

Karate Do Academy of Westlake and Bay Village

karatedo.net

From Sensei Jim.....

Quotations are short thoughts that carry much meaning in a few words. There is great wisdom in succinctness which cannot be matched by lengthy prose. I would like to share a few with you in this issue of KDA Today that perhaps will have special meaning for you.

- ❖ "What counts is not how many hours you put in, but what you put in those hours"
- ❖ "Great works are performed not by strength, but by perseverance"
- ❖ " A chain breaks at its weakest link, and so do we"
- ❖ " Exercise is only as beneficial as the posture in which we perform it"
- ❖ "Obstacles are those frightful things we see when we take our eyes off the goal"
- ❖ "Those who believe they can and those who believe they can't are both right"
- ❖ "When we quiet the mind, the symphony begins"
- ❖ "Everyone has talent, but rare is the courage to follow the talent to the places it leads"
- ❖ "How we play the game reveals some our character, how we lose shows all of it"
- ❖ "Most problems precisely defined are already partially solved"
- ❖ "Champions in any field have made a habit of doing what others find boring or uncomfortable"

These are only a few quotations I have collected from many sources over the years. I hope you read them over several times, enjoy them, ponder them, and maybe discuss them with a parent or friend. After you do, apply the wisdom to your karate training and to your life in general. See you at the dojo. KIAI!!

KDA Promotions

May/June/July/August
2014

Ani – Orange Belt

Caid - Yellow Belt

Wendi - Green Belt

Jerry - Brown 3

Alex - Brown 2

Helen - Yellow Belt

James T. - Blue

Tami – Blue

THE SUMMER PICNIC 2014

As always the summer picnic was a blast!!! We started with our normal workout, then we had so much fun playing games, eating delicious food and had a great time. ThAnK YoU Sensei Jim for keeping the tradition!!!





Finding Your Way

How do you assess your progress in karate-do (the Way of the Empty Hand)? Is it by the color of the belt you wear? Do you compare yourself to those at your rank to establish a mental hierarchy?

How do you follow your path? Do you plod along until it is testing time, and then sprint? After a successful promotion, do you coast? Karate-do is not a race, but a journey. Are you so focused on the destination that you miss all the insights to be gained along the way?

Fellow students help us on our path, but each person's path is unique because each person has their own obligations to family, work, school, etc. Each person must deal with his or her own strengths, weaknesses, illnesses and injuries. So it is not useful to make comparisons with other students – each student is walking a separate path from yours, and not all paths are straight.

A karateka is like a sword being made. The "mettle" must be repeatedly heated, hammered, bent, and quenched in order to make a strong, well-tempered weapon. Your heart, mind and spirit are what truly make you who you are.

Take some time every day to reflect on your journey. Conquer your own discord and you will find your way.

Suggestions on How to Live a Happy and Rewarding Life

- ✓ Don't be afraid to say, "I'm sorry."
- ✓ Don't take good health for granted.
- ✓ Don't interrupt.
- ✓ Don't tailgate.
- ✓ Improve your performance by improving your attitude.

Fitness/Training Tips

Have you ever had problems with your balance? Well, here are some ways that you can improve it. If you are at a standstill, a good way to stay balanced is to have good posture. When you are moving, you should try to keep a slight bend in your knees and instead of using long steps you should try to use shorter and quicker steps. When you're against an opponent you should always have good stances. When you are having trouble in a kata or defense series, you should take out the power and speed and practice it slowly until you are ready to put the power and speed back into the technique.

Resolution Tips

When you get angry or are in a bad situation, you should always breathe deeply in and out. You should think over the situation before you make a choice on how you are going to resolve the problem. If time allows, it may be helpful to talk things over with a close friend or parent. One way to prevent your anger from building up is to let your feelings out instead of bottling them up inside and then exploding with all your negative feelings. If you do have a problem, you should talk it over calmly with the person you are having a problem with. When you talk to that person you may find that you now understand them better and have a deeper relationship with them.

Flexibility Tips

The advantages of flexibility are boundless, not only in the world of martial arts but in each and every day of our lives. A flexible person is not only less prone to injury due to a greater range of motion in muscles and joints, but also is able to muster and deliver power more efficiently at a greater variety of angles and positions. Royce Gracie explains in a few of his books that three types of flexibility exist: static,

functional, and ballistic. Static flexibility is the ability to get the most out of your range of motion in a slow, steady stretch. Functional flexibility involves stretching in one continuous motion while performing a task, such as raising your leg to mimic a high kick. Ballistic flexibility involves one's ability to reach the apex of the stretch in an explosive situation, such as delivering a high kick, performing a throw, or even pitching a baseball. Keep these concepts in mind throughout your stretching routine.

Sparring Tips

1. Don't turn your back on an opponent.
2. The most common technique used in sparring is round house kick. Learn various counters for the roundhouse kick. Such as back kicks and spin heel kick.
3. When you have them cornered, jam your opponent's attack before they can fully extend their leg or hand and slip out to the side.
4. Do not use high jump kicks for sparring. Low jump kicks are okay at a higher level.
5. Sparring has 3 principles. RELEASE energy. RESERVE energy and REGENERATE energy.
6. Close the gap between your thought and action. Don't think too long or the opportunity is lost.
7. The moment to strike an opponent is when he is about to launch an attack or as he is landing from his attack.
8. No two people fight the same. Quickly adapt and assess an opponent's weakness.
9. Always be loose—never tighten up.
10. Keep your eyes on your opponent's upper chest. Do not watch your opponent's eyes or head. It's easy to fake with eye movements and head bobs

Remember: From white belt to black belt you shape the tool, at black belt you start to learn how to use it.