



# KDA Today

Fall 2015

Karate Do Academy, Westlake, Ohio

Karatedo.net

QUOTE "What can you possibly add to a mind that's full, especially one that is full of itself?" - Joubert

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The Summer picnic was a success and rain free...After warm-ups and line drills, the students were divided in groups to work on rank requirements. We then feasted on hamburgers, hotdogs, and other goodies. Here are some pictures from the picnic.....



### **From Sensei Jim.....**

It is hard to believe, but Karatedo Academy here in Westlake is 30 years old this year. Some of the young students we have had over the years are adults now with their own children. I have many great memories of students and instructors from the past and sometimes wonder where they are and how they are doing. Perhaps some of them will read this and contact KDA and let us know. It would be wonderful to hear from them. Wherever they are, I hope they still carry the spirit of karatedo in their hearts and perhaps it has helped them throughout their lives.

The spirit of karatedo mentioned above is necessary for every advanced karateka, but must be cultivated over time. It is a warrior mindset which affects every facet of life. If you study the great master Gichin Funakoshi, it becomes so obvious that the martial way is not a sport, hobby, or occasional pastime. It is indeed a way of life. It calls to you to perfect your character, pursue internal objectives, and achieve personal excellence. You think, feel, and conduct yourself at the highest level. You are not just a karateka on Friday or Saturday when you attend class, but in everything you do. You set your standards high and strive to maintain them.

To be sure, physical prowess is not the determining factor in cultivating this spirit. Funakoshi himself was only five feet tall as an adult. Many were faster, stronger, and more skilled than he. The source of Funakoshi's greatness, however, was his unwavering devotion to his training principles, ethics, and the lifestyle that embodies the martial way. When he was a young man in the late 1800's, the study of karate was forbidden in Japan. He had to study in secret at night and would walk several miles to his instructors home to study kata. (Would you be willing to do that?). Sometimes he would spend the entire night training by the moon's light and not return home until dawn. He was committed to the study of karate despite the risk and long

hours. For Funakoshi, karate was a part of his daily existence as important as eating and sleeping. Are you now getting a sense of the spirit of karatedo? Even while in his 80's during the last years of his life, his day would begin with practicing several kata before taking his morning tea.

A word here about belt rankings would be fitting since many of you will be testing after the new year. Testing is one of the most difficult tasks of an instructor. The goal is to provide the student a yard stick, that is, a measurement of their development. At KDA you can never purchase belt advancement. There are no testing fees. You must earn your ranking through hard work and practice. The lower ranks will find their requirements rather simple. As you continue through intermediate to advanced, the requirements become more difficult and the necessity to improve earlier techniques come into play. This is where many students fall short. Bad habits never rectified and poor fundamentals prevent your advancement. This is partly why we require time to pass between testing, especially for advanced students (purple and brown belt). ...to allow for a review and correcting of techniques, and most importantly to develop an appreciation and understanding of the spirit and mental aspects of karatedo.

The study of karatedo is a long, but very rewarding journey that may last a lifetime. It is not to be rushed from belt to belt just for outward gratification. Develop the spirit of karatedo as did Funakoshi and carry it with you always. See you in the dojo....KIAI !!!

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## **Promotions from May 2015 through November 2015:**

Jack - Orange Belt  
Olivia - Orange Belt  
James - Orange Belt  
Magnolia - Orange Belt  
Mia - Orange Belt  
Dylan - Yellow Belt  
Lavinia - Yellow Belt  
Anne - Yellow Belt  
Caid - Green Belt  
Michelle - Green Belt  
Myles - Green Belt  
Soriayan - Green Belt  
Austin - Blue Belt  
Dustin - Blue Belt  
Gianna - Blue Belt  
Patti - Blue Belt  
John - Blue Belt  
Anthony - Blue Belt  
Gavin - Blue Belt  
Zeylen - Blue Belt  
Wendi - Blue Belt  
Jerry - Brown 2  
Alex - Brown 1

### **Advanced Class**

Once you earn your blue belt, you should plan to attend the advanced class (9:30 AM on Saturday). For the blue belts and above this class is a great place to practice, improve, and challenge yourself with KDA material. The workout isn't easy. Many different workout routines with fewer water breaks. In the long run, it's worth it when Sensei Jim hands you your next belt. It makes you feel like you accomplished something great.

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### **Workout Tips**

Before you start to workout, make a goal for yourself. One of your goals could be to do fifty sit

ups in a row or to do 180 total sit ups throughout your entire workout. As you keep making goals for yourself you will find that your endurance has become stronger. Instead of doing fifty sit ups in a row you will be able to do eighty or do 250 throughout the entire workout. Making a goal for yourself will help to build confidence in yourself and help you become more physically fit.



On March 21st, 2015, KDA added Al Worcester as the 26th black belt of our club. Pictured from left to right are Jerry, Sensei Randy, Sensei Phil, Sensei Al, Sensei Bert, Sensei Sandy, Rich and Sensei Harry.

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### **Resolution Tips**

Whenever you get frustrated or stressed because of work or school try to take a break. If you are having trouble with homework don't just sit there and try to figure it out because starting at the problem for twenty minutes isn't going to make the problem easier. Take a break and call a friend or go the computer for twenty minutes just do something to take your mind off of the stress and frustration. If you're at work and someone or something is giving you trouble, take a deep breath. Yelling and becoming angry isn't going to help the situation it'll just build tension and you'll become even angrier. Just remember that things could be worse and try to look at the positive things even in the worst of situations.



## **Bob's Corner**

### **Escapes Part 2**

In this edition of KDA Today, I'll review the balance of the escapes needed through Shichi Kyu.

**Cross Wrist (1)** – a) Step into the weak (grabbed) side into a forward balance stance. b) Bring the fist from your weak side to the opposite ear with palm

facing the toward the ear. c) Strike the web of the uke's grabbing hand to break the grip, pulling your grabbed hand away. d) Shift into a back balance stance, forming a hammer fist with the hand that was freed. e) Shift into a forward balance stance and strike with the hammer fist to the uke's temple and kia! f) Recover.

**Cross Wrist (2)** - a) Step into the weak (grabbed) side into a forward balance stance. b) Counter grab the hand with your free hand, pushing the uke's hand away from you. c) Reverse the push into a pull/loop into an arm bar as you step back, pulling you opponent off balance. d) Deliver a front kin geri with your rear leg to the opponent's face and kia!

**Hammer Lock (opponent's grabbing hand is thumb up)** – a) Counter grab the opponent's grabbing hand. b) Use the free arm to simultaneously elbow the attacker in the chin/face and using the foot on the same side, rake the shin and stomp the uke's foot. c) If your right wrist was grabbed spin clockwise or if your left wrist was grabbed spin counter-clockwise.

d) Holding the opponent's wrist, step back to pull them off balance and into an arm bar. e) Kin geri to the face with your rear leg and kia! f) Recover.

**Hammer Lock (opponent's grabbing hand is thumb down)** – a) You can't grab you opponent's hand in this scenario. b) Use the free arm to simultaneously elbow the attacker in the chin/face and using the foot on the same side, rake the shin and stomp the uke's foot. c) If your right wrist was grabbed spin clockwise or if your left wrist was grabbed spin counter-clockwise. d) As you spin, paint the fence (up and down motion) with the hand that was grabbed. e) You should be in a forward balance stance at the end of the spin. f) Back fist (grabbed side) to the uke's temple and reverse punch to the tip of the chin and kia! g) Recover.

**Bear Hug (normal stance)** – a) Counter grab their hands with your left hand to gain control. b) Step out left into a low horse stance and deliver a right knife hand to the groin. c) Step right foot behind attacker's left side and pick them up pant legs. d) Fall back on top of them, driving your right elbow into their solar plexus. e) Recover.

**Bear Hug (wide stance)** – a) Counter grab their hands with your left hand to gain control. b) Step out left into a low horse stance and deliver a right knife hand to the groin. c) Since you cannot step behind your opponent, position your right foot behind opponent's right foot and sweep the foot. d) Fall back on top of them, driving the right elbow into their solar plexus. e) Recover.

**Modified Bear Hug (wide stance)** – a) Counter grab their hands with your left hand to gain control. b) Step out left into a low horse stance and deliver a right knife hand to the groin. c) Pop up, raising arms violently to break the hold. d) Reach down between legs and grab the left foot of the attacker.

e) Left that leg off the ground and spin left to face the attacker, stepping left leg over the held leg. f) Roll the attacker onto their stomach and deliver a kick to the groin. g) Recover.

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## **Suggestions on How to Live a Happy and Rewarding Life**

Keep your promise.

Be kinder than necessary.

Take good care of those you love.

Make it a habit to do nice things for people who will never find out.

Vote.

### **Our Staff**

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