



KDA Today Summer 07

Karate Do Academy, Westlake, Ohio

www. Karatedo.net

Happy Milestone Birthday to Our Sensei Jim!!!



Sensei Ken Hirz is pictured with Shihan Joe Panaccione (center) and Sensei Paul Kasayka (right).

Sensei Ken Hirz was awarded his black belt in Shorin-ryu Karate on April 22, 2007, by Grandmaster “Shihan” Joe Panaccione. Shihan Panaccione is a 9th Dan in Shorin-ryu Karate. He began his training in 1960 in Shobayashi Shorin-ryu karate under Sensei Emil Martinick, a former student of 10th Dan Grandmaster Eizo Shimabukuro of Okinawa. Sensei Ken’s black belt certification was also awarded by Sensei Paul Kasayka. Sensei Kasayka has over 25 years of martial arts training including Tae Kwon-Do, Hung Gar Kung Fu, Toy Gar Kung Fu and Indonesian Pentjak Silat. He

is a 4th degree black belt in Shorin-ryu karate training under Shihan Panaccione for almost 20 years. In order to achieve the rank of black belt, Sensei Ken was required to demonstrate proficiency in over a dozen forms from Shorin Ryu Chito Ryu, Toy Koon, T’ai Chi Chu’uan/Yang Style and a Sai weapons form. Sensei Ken’s continued training will grow to include additional forms in Shorin Ryu, Chito Ryu and Toy Gar. He is training with Sensei Kasayka in Pentjak Silat, which is a fighting form of Indonesian descent.

From Sensei Jim.....

Each issue of KDA Today gives me an opportunity to express what I think is important in martial arts training. This issue I would like to switch from the "karate" part of karatedo, to the "do" part. In his book "Living the Martial Way" Forest Morgan presents the question to all martial artists "What are we doing to make the world a better and more honorable place?" So the question of what is honorable should be THE primary factor in all our actions and speech.

Honor can be divided into essentially 5 categories:

- Truthfulness
- Courtesy
- Restraint
- Loyalty
- Service

It would be impossible to go into detail in this article, but I would like to comment on each of the above for your consideration: Truthfulness is usually easy when there are no consequences. But, when there are consequences, people become fearful and take refuge in lies. A karateka must be brave enough to face the truth and stand by it no matter what the consequences.

Courtesy is a discipline that needs daily practice to master. Above all it must be practiced to all, no matter what there station in life may be.

Most people would crumble with shock when faced with a physical attack. But a martial artist is trained to destroy his enemy when attacked. This means a karateka MUST exercise restraint and use only enough force necessary to defuse a situation. Restraint is a crucial component of honor. Loyalty is the most respected virtue among warriors. It grows from an obligation to repay a great service or sacrifice someone has made for you. It certainly starts with your own parents and extends to those in your life who have given to you the priceless gifts of their knowledge and experience. If

your conduct and speech reflects disloyalty, that can be one of the darkest stains on a karatekas honor.

There are many ways to serve. You can serve your community as a volunteer, through charities, through your church, or through political organizations. Military service for your country is the ultimate form of warrior service. But of course, every karateka can serve society just by being the best student or employee you can be.

So remember when training your body as a karateka, karateDO also requires we train our character....training ourselves to be an honorable person.

Suggestions on how to live a happy and rewarding life

Don't rain on other people's parade.
Don't postpone joy.
Marry only for love.
Do more than is expected.
Be there when people need you.
Be someone's hero.
Support your community, support it generously with your time and money.

Terms of the month

1. Ko-Shi, ball of the foot
 2. Kiba-Dachi, horse stance
 3. Kekomi, thrust kick
 4. Empi- Uchi, elbow strike
 5. Gedan-Uke, downwards block
 6. Geri, kicks
 7. Gi, uniform
 8. Mae-Geri, front kick
 9. Oi-zuki, lunge punch
 10. Mikazuri-Geri, crescent kick
- ~IL





Advice for Exercise in Outdoor Summer Weather

Sunburn is excessive exposure to the ultraviolet waves of the sun which leads to redness and tenderness, then blistering of the skin. Significant sunburn in younger years can lead to wrinkles, premature aging of the skin, and skin cancer.

Prevention is achieved by avoiding exercise during the peak hours of sunshine, by wearing light-colored, loose-fitting clothing with long-sleeves, wide-brim hat, and sunscreen of UV (ultraviolet) protection of SPF 30. This should be applied liberally and more frequently particularly if perspiration or exposure to water is present. Sunglasses with UV protection are important to prevent solar injury to the eyes.

Treatment begins with getting out of the sun. Next cool (but not frigid) compresses and cool bath/shower are indicated. Gentle application of aloe lotion, Burow's solution (which you can get at drugstore) or soaking with a mixture of milk and water in a 1:1 ratio. Non-steroidal anti-inflammatory medications (such as ibuprofen, naprosyn, etc) can be helpful. If blisters occur, they should be gently covered and left to resolve progressively. Do not open them! A person who has significant sunburn should take good hydration.

Dehydration can commonly occur in conjunction with sunburn. Together they can lead to heat cramps, heat exhaustion, and potentially fatal heat stroke. Dehydration is the excessive loss of body water and body salts (sodium, potassium, magnesium, calcium) which leads to impaired metabolism and worsening physical and mental function.

Symptoms of dehydration are thirst, dry mouth and tongue, weakness, fatigue, dizziness, increased heart rate, faintness, sluggishness, fever, headache, passing out.

Factors which can worsen dehydration are sunburn, caffeine or alcohol intake, vomiting, diarrhea, fever, and decreased fluid intake. Factors that can prevent dehydration are planning ahead by taking good amounts of water and sports drinks, using loose fitting, light-colored clothing, spray mister, exercising in shady areas, plenty of rest breaks, and avoiding exercise during the hottest, sunniest parts of the day.

Treatment of dehydration is by progressive hydration (avoid guzzling as this may cause cramps) with water and sports drinks, getting into a cool environment such an air-conditioned area, using spray misters, cool compresses and cool (but not frigid) external application of water.

Sunburn and dehydration are two hazards of exercising outdoors during summer weather that are related. Both are preventable and treatable with simple prudent measures that will allow for productive and enjoyable athletic endeavors in the good old summer time.

~Sean L



Bob's Corner: Elementary Escapes



In this edition of KDA Today, I'll cover elementary escapes that aren't part of our system. These are effective techniques that I make a habit of introducing to new students.

For the benefit of all the belt ranks, I've also thrown in a Chin Na that may be new to many.

Front Choke – a) Shoot your right arm straight up, trapping the left hand of the attacker between your bicep and throat. b1) Step your left foot back about 45 degrees into a horse stance, pointing both feet in the direction of the new angle. b2) While performing step b1, bring your right elbow to your belly button with your right fist pointing up. *This will force you opponent off balance and bend over toward you.* d) Place your open left hand over your right fist. e) Raise your right elbow up, pointing toward the attacker's face. f1) Staying in a horse stance, take a right step toward the attacker. f2) Drive the right elbow into the point of the chin of the attacker and *kia!* g) Recover.

Choke From Behind(1) - a) Shoot your right arm straight up, trapping the right hand of the attacker between your bicep and throat. b) Step your right foot behind your left foot into a crossed leg stance. *Note: With your left foot pointing forward, step your right foot back so the left heel is touching the*

middle of the right foot. Your right toes should be pointing to the right.

c) Pivot to your right, moving your right arm in a wide clockwise movement over the attacker's arms. d) Continue the clockwise movement of your right arm until you come up below the attacker's elbows. *Note: Your arm should be bent at less than a 90 degree angle at the conclusion of the wrap and trap. Raising your right elbow up will cause discomfort to the attacker's elbows.*

e) With the attacker trapped, finish off the technique with a left punch to the tip of the chin and *kia!*

Choke From Behind(2) – a) Grab the pinkie finger on both the left and right hand of the attacker. Grab the right pinkie finger of the attacker with your right hand and the left pinkie finger of the attacker with your left hand. *Note: Grabbing any single finger on each of the attacker's hands will still be effective.* b) Step your right foot behind your left foot into a crossed leg stance. c) Still holding onto the attacker's fingers, pivot to your right causing the attacker's arms to cross and continue to apply pressure to the pinkies.

Choke From Behind(3) – a) Don't use your hands or arms at all in this version of the technique. Step your right foot behind your left foot into a crossed leg stance. b) Pivot to your right and lower your head to break the attacker's grip. c) Once the attacker's grip is broken, run away. If you have the opportunity or need to deter the attacker from pursuit, kick the shin, groin, or knee of the attacker.

Chin Na: The Tiger Bites – This is a defense against a right side wrist grab with the attacker's left thumb pointing down. a) Use your left hand to sandwich the attacker's fingers against your right wrist. b) Step your right foot in front of the attacker. c) Place your right elbow on top of the attacker's arm forming an "X". d) Keeping your back and head erect, bend your knees to your body and the attacker.

Krav Maga

It is important to understand that there are many forms of martial arts that have developed from different countries. Almost all the forms developed from the need to protect people against others and to develop physical fitness. There is not one perfect style and as you grow with your art, it is important to investigate other styles and hopefully use techniques you find helpful.

One style that I have been working with for about two years is Krav Maga. Krav Maga means *Contact Combat* or *Close Combat* in Hebrew. Krav was developed in the ghetto streets of Hungary and Czechoslovakia in the 1930s by Imi Lichtenfeld. Imi perfected this style from protecting himself and others during WWII. He eventually became Chief Instructor for the Israel Defense Forces and this style of fighting is taught to both the military and civilians to this day.

This style has no katas or forms as we know them. It is designed for quick dramatic reaction to force. The techniques have several different levels of complexity to allow the student to learn more advanced techniques to handle different situations.

The guiding principles of Krav are

- Neutralizing the threat
- Avoid injury
- Go from defending to attacking as quickly as possible
- Use the body's natural reflexes
- Strike at any vulnerable point
- Use any tool or object nearby

Connor and I have demonstrated some of these techniques at Shugyo and have taught some in the Advance Class. They are powerful and useful techniques to add to your skills in become a better martial artist.

As you grow as a student please learn about other styles and hopefully you can bring

new techniques to our class to improve everyone's abilities.

~Kerwin N

Black Belt Interview



Sensei Jim

What is your favorite kata?

My favorite kata is one developed by two KDA students and black belts many years ago. Jason Qualkinbush and Brian Golden took all twelve katas in our kajukenpo system and blended them into one kata they named "kata of all katas". They performed the kata many times, but they left for college before I had a chance to learn it completely. It was very ingenious and someday I would love to have them come back and teach it to our current advanced students

What is your favorite technique or series?

My favorite techniques are those that mix soft movements with hard, focused ones. The perfect balance of power and grace is the beauty of karate and neither should be predominate. Since every technique we learn in every series and all the modifications contain this mix, this what I enjoy trying to apply. A wise sensei once told me "remember, performed correctly, there is magic in these movements."

Black Belt Interview (continued)

What were your goals when you started karate?

My goals today in karate today are the same as when I began... to make it through this next workout!!

Seriously speaking though, I consider it a privilege and an honor to be able to participate in this noble art that has been past down through the centuries for our great benefit. I feel that I should do no less than the best I can in each and every class, whether it's teaching or learning. So, really this is my continuing goal.

Who did you train with when you were a student?

I was first introduced to karate as a college student as a form of winter training preparing for the college baseball season. A friend took me to classes at Ohio University and I found it was fantastic for learning how to generate power with the hips which is the essence of hitting a baseball. It helped me quite a bit and was much more effective than the general off season program. Many years passed (not saying how many) and my youngest son Justin, asked to learn karate. The Well Aware program of St John's Westshore Hospital offered karate lessons at their fitness center and it was nearby. About a year after my son started, several of the parents decided to join the adult classes. The instructor was Don Polevasik. He had been a student of a karate master by the name of Algene Caraulia. Sensei Caraulia was originally from Hawaii and after becoming a nationally known champion in karate and Judo, came to the Cleveland area and started the Karate Institute. His son Algene Caraulia Jr, who I have had the pleasure of meeting, is now in charge of the Karate Institute. So, in taking the opportunity to explain the history of OUR school, it was Don Polevasik who started our school in Westlake in 1985. By the mid 1990's Sensei Polevasik transferred jobs which took him to the Portland, Oregon area. He then asked 3

black belts, Dave Qualkinbush, Harry Finkbone, and myself to continue the classes after he left. In 1995, the school was moved to the Westshore YMCA and in 1999, shortly after it's construction, classes began at the Westlake Rec Center. Harry and Dave, who had much experience in other systems, added to kajukempo their knowledge of Chinese kenpo, China', and much more. Through the years, many student black belts including our current ones, Ken, Bert, Adam, and Jeff have added more to enrich our school and create a unique training system called KDA kajukempo. It fills me with excitement to think what future black belts will bring to our school.

Graduation!!!

This year, Kelsey, David, and Isaac graduated from high school and are going on to college. Kelsey and Isaac are going to Ohio State University, and David is going to Miami University. We will miss them, and we wish them good luck!

Shops and Websites

Eastern Genuines. 401 Euclid Av. Cleveland
phone:
216 687 1202
www.awma.com email Kerwin your order and he will get it for you.
For gis and sparring gear, talk to Sensei Jim.
~CN

Our Staff

Under New Management!

Connor- Editor ~CN

Genevieve- Editor ~GL

Haley- Feature Storywriter ~HT

Isabelle- Field Reporter ~IL

Jeff- Part-time Storywriter ~JH

Kerwin- Chief Designer