



KDA Today

Winter 06-07

Karate Do Academy, Westlake, Ohio

Karatedo.net

"Don't hit at all if it honorably possible to avoid hitting; but never hit soft." ~Teddy Roosevelt

The Christmas party was a *smashing* success...After an energetic workout of line drills, the audience of parents and siblings was treated to many excellent demonstrations showing creativity and enthusiasm. We then feasted on a potluck lunch, followed by board and brick

breaking fun for all ages. Here is a collage of pictures from the party.....



From Sensei Jim.....

With the start of each year comes the natural inclination to make new resolves, goals, and resolutions. I believe this self-examination is good and indeed essential for progress in any endeavor including the martial arts. I encourage every one of us at this time to contemplate what achievements 2007 can hold. It is said that development is commensurate with demand. With no demand, there is no development, with small demand there is small development, with improper demand there is improper development. Our success depends on the demands we are willing to make on ourselves. So, what demands will you be making of yourself as a karateka?

Along with this goal setting however, let's not forget to enjoy the journey. If we enjoy the process of striving for our goals, we are more likely to achieve them. Realize that progress is gradual; that if you practice something with attention and commitment, over time you WILL improve. Do not doubt your eventual success. Your body language and the look in your eye will convey your determination to reach your ultimate goals.

I encourage you to stretch your comfort zone as part of your goals and work toward accomplishing that which is most difficult for you. Realize that you will experience the "little failures" along the way. But handle them lightheartedly and see them as stepping stones, not setbacks. Rely on your instructors to help you improve. Get to class early or stay late. They are eager to help and will respect your eagerness to learn. Also, getting a regular training partner is an excellent way to progress. Share your knowledge with them and build a bond of mutual encouragement.

2007 will be what our efforts make it. Like a racehorse, we should set our sights straight ahead and run the race undistracted and with the confidence that we can do what we set out to do. See you in the dojo!!!

Terms of the Month- II

Bunkai - A study of techniques and applications in *kata*

Dojo -Training Gym, "Place of the Way" or "Place of Enlightenment"

Student Spotlight- JH

Haley, a freshman at Westlake High School, has been a dedicated *karateka* since April of '99. Now a second-degree brown belt, she has steadily been advancing through the ranks alongside her family. Not more than a couple years ago Haley was entrusted to begin teaching lower ranks – some younger, some older – every Friday and Saturday class. She has done an exemplary job guiding the younger generation of *karateka* as they follow in her footsteps down the path that too few people venture to take.

Haley involves herself not only in the martial arts, but in the fine arts as well. She plays the clarinet as a member of the high school marching and concert bands. Being extensively involved in Latin Club, Haley is traveling to a convention in Columbus in March to compete in numerous events that will test her skill with the ancient language. She must memorize a passage in Latin within 15 minutes and recite it accurately. She will perform skits in Latin and English, and she is participating in a Latin form of Jeopardy known as Certamen.

In late August, Haley began practicing a Shaolin sword kata known as *Kun Wu Jian*. With her favorite aspect of the martial arts learning new *kata*, it did not take her long to develop the form needed to perform it at this year's Christmas party. She impressed the crowd with her fluid form and balance as she executed each technique with power and precision.



After high school, Haley plans to attend college and go into a field that involves writing, possibly along the lines of editing or an agent for writers. Young students should look up to her as a high-achieving, goal-oriented role model.

Book Review by Ken Hirz

Complete Shotokan Karate

Robin L. Rielly

1985, 238 pages

This martial arts book blends an historic account of karate with the philosophy of the arts. It addresses the origins of karate and provides an excellent perspective on how the martial arts developed and grew throughout time. It also focuses on Okinawan and Japanese Karate systems. Our *kenpo* system of karate is derived from Okinawa and specifically from the influences of Okinawan karate master Gichin Funakoshi (1868-1957). The name of *Shotokan* Karate was derived from Gichin Funakoshi's practice of calligraphy in which he signed using his pen name "Shoto." The school where he taught came to be known as *Shotokan*. Master Gichin Funakoshi organized the Japan Karate Association in 1948 and the system entered the United States around 1955. Preparation, etiquette, ethos, sparring techniques, kata and more are demonstrated in this book with more than 600 photos that prove quite instructional. One interested in purchasing this book will find the cost ranges between \$6.00 and \$16.50 plus shipping on e-bay and amazon.com.

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 goals will help to build confidence in yourself and help you to become more physically fit. -GL

Friday classes... Westlake Recreation Center...



Ginchin Funakoshi's Twenty Precepts

- 二十訓
- 一、空手道は礼にはじまり、礼に終ることを忘るな。
 - 一、空手に先手なし。
 - 一、空手は義の補け。
 - 一、先づ自己を知れ、而して他を知れ。
 - 一、技術より心術。
 - 一、心は放たん事を要す。
 - 一、福は懈怠に生ず。
 - 一、道場のみの空手と思ふな。
 - 一、空手の修業は一途である。
 - 一、凡ゆるものを空手化せよ、其然に妙味あり。
 - 一、空手は海を知し、絶えず於處を与えざれば元の水に還る。
 - 一、勝つ者へはもつな、負けぬ者えは必要。
 - 一、敵に因つて転化せよ。
 - 一、戦は虚実の操縦如何に在り。
 - 一、人の手足を對と思へ。
 - 一、男手門を出づれば百万の敵あり。
 - 一、構は初心者に、獲は自然体。
 - 一、形は正しく、實戦は別物。
 - 一、力の強弱体の伸縮級の緩急を忘るな。
 - 一、常に忠念工夫せよ。

PRECEPT 4. Mazu jiko wo shire, shikoshite tao wo shire. Know yourself before you know others. Before you learn to fight against others, you must know how to control yourself. Know how strong you are, how long your reach is, and your speed. Once you know these, you may then try to learn the movements of others and how to control them. -DS

Resolution Tips

Whenever you are 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. Staring 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 the stress and frustration. If you're at work and someone or something is giving you trouble, take a deep breathe. 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. -GL

Saturday classes... Westlake YMCA.....



Black Belt Interview

Sensei Ken Hirz, Nidan

Q: *When did you start taking karate classes? Why?*

A: I was first exposed to judo at the age of 12 by my best friend and neighbor. His older brother was a black belt instructor for Kim's Martial Art's School in Fairview. I have always had an interest in the martial arts but did not pursue it in any formal way until my early 30's through Tracy's *Kenpo*. I attained the rank of *Nikkyu* before dropping out to pursue an MBA. I joined KDA in 1994 following Jeff who started in 1993. I thought this would be a great father-son activity, particularly since I always had an attraction to the art and I hoped Jeff would share this interest. I began instruction in the *Shorin Ryu* system since one of the requirements of testing for *Shodan* in KDA was to perform a *kata* from another system. I've been a student of Grandmaster Joe Panaccione Sr., Founder and Chief Instructor of the Universal Martial Arts Federation, since January 2001.

Q: *When you first started did you have any goals? Did you think you would become a black belt one day?*

A: I believed I could have reached the rank of *Shodan* in *Kenpo*. However, I joined the KDA system more for the enjoyment of karate and the physical training and conditioning required to perform at a high level. It really wasn't until reaching the brown belt level at KDA that I began to realize earning a black belt was at all possible. However, I've come to learn that it really wasn't about the goal as much as the journey. Now, I enjoy training, teaching and learning from others.

Q: *What is your favorite aspect of the martial arts?*

A: I have a coffee mug that was inscribed with the saying: "A black belt is more than something you wear! It's more than something you earn. A black belt is something you become." As I have travel on this journey I've come to appreciate the philosophy and training in karate more each year. Learning other martial arts systems, weapons, *kata* and *T'ai Chi* have helped to shape and improve my form and philosophy. The journey has become a life-long pursuit.

Q: *What is the most important lesson you have learned from karate?*

A: Humility. Also, over the years I've seen a number of students that initially lack in coordination and attitude, yet succeed in advancing through the KDA system. It never ceases to amaze me that as young students grow both physically and mentally, through time and perseverance, they are able to achieve at such high levels of performance.



Q: *Any great karate memories?*

A: My fondest memories include training and testing with my son Jeff, especially when we received our Black Belts on August 25, 2001. I also have good memories of the early years training, sweating, throwing and being thrown by other black belts including our head instructor, Sensei Jim Petitto. Other instructors that I've had a privilege to train

with include Sensei Dave Qualkenbush, Sensei Harry Finkbone, Sensei Jason Qualkenbush, Sensei Brian Golden and Sensei Mike Schuster. I knew our founder, Sensei Don Polevacik, through our careers in social work in the 1980s. Sensei Polevacik kept trying to convince me to join the school. I am pleased that I did so before he moved on to the west coast in 1995.

Favorite Series: 2nd Series. It has basic defense and attack techniques that can be used in a multitude of settings and at different ranges.

Favorite Kata: *Pinan 4*. It has strong and effective techniques that when practiced individually form a good basis for self-defense. This kata is particularly impressive when performed by two or more karateka.

Favorite Quote: The first of Ginchin Funakoshi's Six Rules of *Karate-Do* is "Be deadly serious in training." You should always envision an opponent in training in the martial arts. As Ginchin Funakoshi says, "Your opponent must always be present in your mind, whether you sit or stand or walk or raise your arms." He goes on to say that..."If you have made an error, you will be the one who falls." If one trains following this simple precept, improvement in many aspects of martial arts will be forthcoming.

Favorite Karate Book: *Living the Martial Way*, by Forrest E. Morgan. This is a must-read book by anyone studying or thinking of studying in the martial arts. It introduces the reader to the basic concepts of *karate-do*.



Bob's Corner

Escapes Part 2- RT

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

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 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 *kiai!* 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 your opponent off balance. d) Deliver a front *kin geri* with your rear leg to the opponent's face and *kiai!* e) Recover.

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 *kiai!* 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 *kiai!* 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 swiftly to break the hold. d) Reach down between legs and grab the left foot of the attacker.

e) Lift 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.

In the next newsletter, I'll cover elementary escapes that aren't part of our system. If you would like share an escape, please email them to KTorboli@aol.com.

Shops and Websites

Eastern Genuines. 401 Euclid Av. Cleveland phone:
216 687 1202

www.awma.com email Kerwin your order; he will order it.
For *gis* and sparring gear, talk to Sensei Jim. ~CN

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.

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