



KDA Today

Winter 2011

Karate Do Academy, Westlake and Bay Village

karatedo.net

"Teachers open the door, but you must enter yourself." ~ Unknown



Shugyo

Shugyo this year was just splendid. I hope everyone had fun and enjoyed waking up at 6 am and starting the 12 hour karate work out. I know for sure I did. I would like to thank all the upper belts and Sensei Jim for making such a great event possible. The new tops look great and they represent our dojo very well. As the day went on I know that many of us got very tired but we for sure pushed ourselves and made it through. We might have gone home and slept for 14 hours but I mean look at the bright side, we all survived Jeff's and Adam's line drills! This shugyo for sure was a very memorable one. - NB

Book Review: Solo Training by Loren W. Christensen

We all know that to get better in martial arts you need to practice. It may be hard to stay motivated doing the same workout over and over. If you're looking to change up your workout routine during the week, Solo Training may be of use. Loren Christensen provides over 300 hundred solo drills and routines for practicing a wide variety of martial arts skills.

Some of these drills may be familiar, but I found the majority adding new ways for me to practice. I believe that everybody will find lots of new ways to improve their training, or ways to make their training more interesting.

If you're not doing extra training on your own outside of your classes, start with practicing the katas, escapes, and defense series for your rank. If you're already working out during the week, this book may help to keep you motivated.

If a Westlake library card holder, you can find this book on the shelf at Porter Library. I found it a worthwhile book to own and added it to my library. - RT

Karate: A Family Commitment

When my husband, Ken, joined our family in 2007, he was excited about the prospect of being a father for the first time to my daughter, Alex. They enjoy each other's company, and in time decided to get involved in something together – just the two of them – and Ken signed them up for Karate. Unfortunately, wrist injury prevented him from continuing, so I stepped in, happy for the time with my daughter.

That was September 2010, and Alex and I are not proud orange belts. We survived the mid-winter Shugyo! We can count to 10 in Japanese, and we know how to defend ourselves against a gun attack. We are discovering Karate together, not only as a weekend mother-daughter activity, but every day. Whether we are counting in Japanese at the dinner table, or teaching our 2 year old son, Mitchell, a knife hand block (which we now realize was a bad idea), Karate has become an important part of our lives. For Alex, Karate helps her to focus and listen as she works toward achievable goals, individually, with me, and with a group. She is developing self-confidence and respect for others as she learns an art that is at one beautiful and functional.

Through the years, I taught Alex to be aware of her surroundings – that if she pays attention she will go far. Karate gives new meaning to this concept of awareness – of one's surroundings, of others, of oneself.

For me, Karate is a physical and mental challenge, and a truly humbling experience. I have developed a deep respect for the people committed to this school. At Karate, the black belts and upper belts are excellent instructors and fine role models, for Alex and for me, and we respect the many family members who are loyal to the program. Together, Alex and I understand that we have only just begun our Karate journey. But, already I feel more confident today that if we ever find ourselves in a bad situation, we may have a fighting chance. Although Karate didn't pan out for Ken and Alex, our family is committed to it, and Alex and I look forward to many years of learning Karate together. - KF + AF

Bob's Corner: Wing Chung/Silat

During Shugyo we were introduced to Wing Chung and Pencak Silat. I would like to review a few of the concepts taught during the sessions.



Wing Chung - Sensei Bert guided us through the form Sil Lim Tao and then introduced us to applications from the kata. The first application was hand checking. Checking is just using your hand to contact the opponent's body. Usually the check is done on the opponent's hand, forearm, or elbow. It permits you to feel the movement of the opponent without needing to look at it. The checking hand may clear a path for your strike.

Exercise 1: Uke Punches Right

1A: Step left, Parry the strike with your left hand, bring right hand clockwise below the opponent's right arm then circle above and press down on the opponent's forearm with your hand.

1B: Replace your right hand with your left on opponent's arm and strike right.

Trapping is similar to checking, but it immobilizes one or both of the opponent's arms to permit you to strike.

Exercise 2: Uke Punches Right
Repeat step **1A** above. **2A:** Use your left hand and press the opponent's forearm/bicep/elbow against their body. Follow with a right punch.

Both of these drills can have steps added with your opponent blocking your punch and you employing checking or trapping a second time. If you have questions, ask one of the black belts during class. For those interested in learning more about Wing Chung, sign out "Bruce Lee's Fighting Concepts: The Complete Edition" from Porter Library. In addition, I would recommend searching YouTube for Master Michael Wong performing Sil Lim Tao and its applications.

Pencak Silat - Sensei Sandy provided the following article and exercises on "Defanging the Snake".

Defanging the Snake is an attack philosophy. It is essentially a disarm and/or limb destruction. If you take the opponent's weapon away, you have "defanged" the "snake". Now, would you rather pull fangs out of a snake's mouth, or whack it in the head a couple times until the fangs fall out?

What is the snake? What are the fangs? The snake is simply the bad guy. The fangs

are his primary weapons. Think of sparring. Some people have actual weapons in their hands, or primarily use their fists, so their 'fangs' are their arms. Some people use their kicking ability therefore his primary fangs are his feet. So, you must familiarize yourself with all the "fangs" that can be a threat to you, and slowly train your counters for each one.

In Silat, many of these techniques are called a "gunting." "Gunting" means "scissors". Basically, you are shearing the joint in a way it isn't supposed to bend, causing it to break, thus 'defanging the snake'. A gunting is where one hand parries an attack and your other hand attacks the limb which attacked you.

Let's focus on the upper limbs, with arm destruction drills. There are three common empty hand tools for arm destruction; the hand, the elbow, and the shoulder. The choice depends on the desired destructive power and the distancing. The elbow is by far the more potent weapon in terms of destructive power, but you need to be closer than with the hand. If they are very close, the shoulder might be the best choice. The hand can be interchanged with a knife or a stick.

Inside Technique

Concepts: shearing, adhesion, taking the space, limb destruction

Uke: right punch

Step right, right parry and strike with left back fist to bicep (bicep destruction)

Right step in, brace their arm above the elbow with left hand and right elbow strike to bicep (shearing bicep)

Use right elbow to oarlock their arm and twist them for a follow-up takedown

Outside technique

Concepts: adhesion, shearing, limb destruction

Uke: right punch

Step to the left, parry with left hand and raise right elbow and forearm to protect head

Grab their wrist/forearm with right hand

Use left shoulder to break arm (follow up with a clothesline takedown)

For further information on Pentcak Silat, visit Bob Orlando's website Orlandokuntao.com. In addition, I would recommend searching YouTube for Pak Herman Suwanda.

Train Hard.....Bob -RT

Ask the Sensei

Question: What is your definition of self defense and when is the right time to use it?

Sensei's Answers:

I think an important thing to note about self-defense is the presence of restraint. Self-defense is ONLY self-defense when appropriate amounts of restraint are observed. For example, breaking someone's arm in a fight at a bar or on a playground is not exercising appropriate restraint. There's no need to do permanent damage to someone in a case like that. Now if someone attacks me with a weapon in a dark alleyway, the bounds of restraint widen quite a bit. This is a necessary observation both for living honorably and, as Chris will surely tell you, for legal purposes.

For the record (and feel free to not include this at all), I think 95% of fights are absolutely ridiculous and stem from a combination of pride and insecurity. I've

seen people get in fights because they shoulder bump each other on a sidewalk. I mean, really?! I firmly believe pride and ego are the source of all fights. If we can learn to balance those with humility and a larger sense of self-awareness, the world would be a much better place.

-Sensei Jeff

There is no simple right or wrong answer to when the use of self defense is appropriate.

Most times, your decision to use it will have to be made in a very quick moment.

You must understand there are always consequences to any decision to use self defense. There are cameras everywhere in our society and you must be aware that your actions will be scrutinized by attorneys and jurors. You have a right to defend yourself within reasonable limits- exceed those or what others perceive as exceeding those, and there are direr consequences.

Having a higher rank in a martial art only adds to the responsibility. You are training in a combative art and this will be taken in consideration after the incident. You are expected to have greater control and restraint than the "average" person.

There are many articles on the web regarding "the force continuum" which applies to police and security groups. These give excellent examples of what is considered appropriate even to civilians.

It is always best to follow some simple rules regarding safety:

1. Keep yourself and those you love in a safe environment. Most fights or defensive situations occur by having yourself in a

dangerous place- high crime area, late at night, etc.

2. Be aware of your surroundings. Place yourself in an alert state, being aware of the world around you. Most conflict happens when you are unaware. Being aware allows you to avoid the situation to begin with.

3. Make yourself a "hard target" Soft target have no knowledge of the world around them and are distracted (on cell phone, listening to music with head phones etc). Aggressive people tend to prey on the soft targets.

4. Be prepared- mentally, physically, emotionally. If you are forced into a defensive situation there can only be one outcome in your mind- you must defeat the aggressor. If you do not have the proper mindset or attitude you will be defeated.

Study, learn, and understand the warrior mind and spirit. Living the Marital Way describes this very well and is required reading in our school for upper belts. There are many good books that the Black Belts can offer in regards to your training.

Martial arts are about discipline- a disciplined mind, body and spirit. You are responsible to use the skills you acquire in an appropriate way.

-Sensei Kerwin

Self defense: a constant awareness of one's situation as prevention from potentially dangerous things. Oftentimes, young people put themselves in bad situations by irresponsible behavior or simply not thinking far enough ahead. For example, if one sees a suspicious looking person walking toward you on the sidewalk, cross to the other side of the street. If one needs to travel through a bad area of town, consider a different route.

Crime does happen, even to people you know: I attend Ohio State University, a very

safety conscious college. Sadly, college students can easily become victims through drinking excessive amounts of alcohol or behaving irresponsibly. Men and women alike can be victims of crime, especially when inebriated and alone. The offenders of the crime are certainly guilty of wrongdoing; hopefully proactive behavior will keep you safe.

Ideal situation: Don't give offenders the chance to commit a crime. If you're leaving library at 2 A.M., walk home with a friend or call Student Safety Services to give you a ride home. If going out to a party, sticks with your friends and limit your alcohol consumption. In college, no one is looking out for you; lookout for yourself!

-Sensei Kelsey

Self-defense is a set of psychological awareness, assertiveness, and verbal confrontation skills and strategies backed up with physical techniques that enable someone to successfully escape, resist and survive violent attacks.

Preemptive Self Defense

If you have to resort to violence, there are a few steps you have missed. To avoid having to resort to violence, you need to be aware of dangerous situations. . A criminal wants an easy target, not one who is alert, aware, and self-confident. Do not walk with your head down, shuffling along. Much better to walk with your head up, eyes direct, with a confident stride. As you are more aware of your surroundings, you will have more time to evaluate potential dangers. If your instincts tell you something is off, listen to them and act on them. Body language conveys up to 60-70% of human communication, the remainder being facial expression and verbal communication. Learn to read body language. Try to always maintain safe

distances, project confidence and use your voice to convey your assertiveness.

De-escalating Self Defense

If you do enter a situation where the next level of self-defense is needed, the first thing to try is to de-escalate. This means to open a dialog to calm them down and get them to change their course of action. Some de-escalation tactics:

- Listening sympathetically, "I can see why you are upset about..."
- Distracting the other person
- Re-focusing them on something positive
- Motivating the other person (especially useful with students)
- Giving choices, Setting limits
- Controlling one's own emotions

Physical Self Defense

If you do have to resort to violent self-defense, you have to be mentally willing to inflict harm and willing to deal with the consequences.

- Acknowledge that escape, "hit and run," and choosing to survive are viable options
- Use your weapons and targets that don't require precise execution to be effective
- Make clear choices between strikes, holds, and sweeps that cause serious damage versus distract/control without lasting harm

-Sensei Sandy

*For more information please look at a great article about self - defense written by Sensei Chris in the Spring 2007 newsletter.

-SB

From Sensei Jim.....

Winter is thankfully almost over, and as we approach spring I would like to outline our KDA schedule for the coming months:

Westlake Recreation Center Fridays 5:30 to 7PM

This class is mainly for beginners and intermediates. Advanced students are encouraged to attend to work together and also help teach the lower ranks. There will be no class on April 1st due to spring break and April 22nd which is Good Friday. Registration is through the Westlake Rec center. 440-808-5700

Bay Village Youth Center Saturdays 9:30 to 11AM

This class is for advanced students only. Blue belts who are working toward purple are invited to register for this class and attend when possible. Attendance is mandatory for purple belts and above who are serious karateka. Also when possible, advanced students should remain for the following class to work on their teaching skills.

Bay Village Youth Center Saturdays 11:00 to 12:30

This class is geared for all levels from beginner on up. Students will work in groups at their own level and age. Classes will be held at the Bay Middle School from June through August and outdoors when weather permits. There will be no class April 23rd (day before Easter). Students should register through Bay Rec Dept. 440-899-3441 or www.bayrec.org

Westlake Community Center Thursday 5:30 to 7PM

Tai Chi classes conducted by Sensei Bert. These classes are geared for adults of all ages including seniors. We experienced Tai Chi at Shugyo and it is an excellent low impact martial art. Register with City of Westlake at 440-899-3544

In addition to these formal classes, informal workouts are held regularly during the week where students can work on belt requirements and other martial arts systems. Check with Blackbelts for times and locations.

Students, I urge you to take advantage of the above classes to train with your fellow karateka. Prioritize your time so you can be there on a regular basis. Chinese proverb states " Training is like pulling a cart up a hill, you will either move forward or fall back. You cannot stand still" It is up to you. See you in class!!

KDA Promotions January 2011

Westlake Recreation Center

Laura - Orange Belt

Alex - Orange Belt

Kelly - Orange Belt

Will - Orange Belt

Grace - Yellow Belt

Vivek - Yellow Belt

Matthew - Yellow Belt

Quin - Yellow Belt

Farah - Yellow Belt

Victor - Green Belt

Bay Village Youth Center

Greeshma - Blue Belt

Govin - Blue Belt

Roger - Blue Belt

Robert - Blue Belt

Note From Editor

I hope everyone had a great time at Shugyo. It was a blast and I for sure had a lot of fun. I would like to remind anyone that if you have a topic for an article please contact me. Also a quick shout out to those who come to the Bay Village Youth Center, please remember to sign your name before or after class on the clipboard. You will be told the location of the clipboard before class starts. I would like to give a shout out to those who contributed to this edition of the newsletter. Thank you! - **SB**

Contributors

Navi (NB) - Shugyo

Sensei Randy (RT) - Book Review and Bob's
Corner

Kelly and Alex (KF + AF) - Karate: A
Family Commitment

Sensei Jim - From Sensei Jim

Suji (SB) - Ask the Sensei and Note from
Editor

