



KDA Today Winter 2011

Karate Do Academy, Westlake and Bay Village

karatedo.net

“There is no first attack in karate.”~ Gichin Funakoshi



Kime was a blast! Everyone enjoyed this occasion! Everyone started in the morning, not knowing what to expect. However, they all left with great memories. Kime mixed the intensity of karate with the pleasure music, an obstacle course, and more. We started out in the morning with our warm-ups. Then, we did karate koshi followed this by having a few fun races. After that was the main event- the stations. There were many subjects, such as falls and rolls, sparring, strikes, multiple attackers, and more. These stations were not only fun, but useful too. These events not only improved old techniques, but also improved stamina and gave younger students a glimpse at more advanced techniques. I hope Kime will continue to be amazing throughout the years.

- Navi

Kime Interview

When I said Kime was a blast, that opinion was not only mine, but the opinion of many of the students too. I interviewed some of the students about Kime, and I got various different answers with one thing in common- all the responses were praising Kime. The kids were really happy with Kime. When I asked the kids what their favorite event was, the most common answers I got were the obstacle course and music warm-ups. Other answers I got were jogging around the gym, running the races, punching bob, and falling on the mats. Next, I asked them what they didn't like about Kime. Surprisingly, everything said "nothing". My third question was, "What did Kime help you improve?" The answers I got were improvements katas, stamina, and stances, and an introduction to advanced techniques. Many kids also added that this event was quote, "Really really fun!" In addition, I ask a few new upper belts how they felt having higher expectations. They all said they enjoy the higher expectations. All these answers show the success of Kime and possibly foreshadow the fun of future Kimes. Thanks to all of the students who answered questions. You all deserve a lot of the credit for this article. Also, thanks to everyone who attended Kime.

- Navi

-Students interviewed: Conner, Larissa, Joey, Derek, Audry, Gavin, Geoffrey, Vivek, and Antonio

Karate

I started karate a little while ago. My mom keeps asking me if I like karate and if I want to go every Saturday morning. For me, the answer is an easy yes. Karate is so fun. I took karate to control my movements for dance but at the end, you will be able to defend yourself. I have noticed that a lot of our warm ups in karate are in my dance classes and gym warm ups. It's really cool to go to school and say that you take karate. In karate, belts are your accomplishments, like getting an A on a test in school. I haven't gotten a belt yet, but I am hoping to get one. In karate you learn Japanese, and if you

go on karatedo.net, they tell you your requirements for your next belt. Karate is fun because you see yourself improve on something new. It's also fun because you get to work hard for your next belt. The outfits are really cool looking. I want to sign up again.

- Larissa

Bob's Corner: March 2012

Congratulations to all who have been promoted since the last newsletter. I think this may be one of the largest groups of students KDA has ever promoted. Now is the time to concentrate on earning the belt you've been awarded.



Pre-Testing and Testing at KDA

I've been writing "how to" articles in this section for the past few newsletters. This newsletter, my intent is to discuss how pre-testing and testing works at KDA.

Why am I doing this? The last day of testing at the Westlake Recreation Center, I had a young man walk over and join my group of students testing for rank. He said that he had been attending class for more than a session and wanted to test. Unfortunately, he hadn't pretested and wasn't invited to test for his next rank. I explained that the next pre-test period was in May and he should work on the requirements for his next belt rank and plan on pretesting then. I want to be sure that parents and students understand the protocol for advancing in rank at KDA.

KDA holds pre-tests/test sessions during the following periods: September, January, May, and in special cases, students may be tested in July. Again, depending upon the number of students testing and available black belts, the actual test dates could fall into the next month.

What should you do in preparation of pre-testing? First, go to karatedo.net and print out the requirements for your next belt rank. Don't wait until a week before the pre-test, since May is just around the corner!

Important: I reviewed the online requirements and found an error. Promotion to

green belt requires both right and left second series.

Please be sure to review the requirements of your current belt and any other that you've earned to date. Belt requirements are cumulative, which means that even if you're a brown belt, I will test you on material you learned as an orange belt. For a beginning student, it's best if the student makes notes on the requirement sheet to keep track of what requirements the student is confident in, what needs additional practice, and what hasn't been taught yet. Parents can help younger students with this.

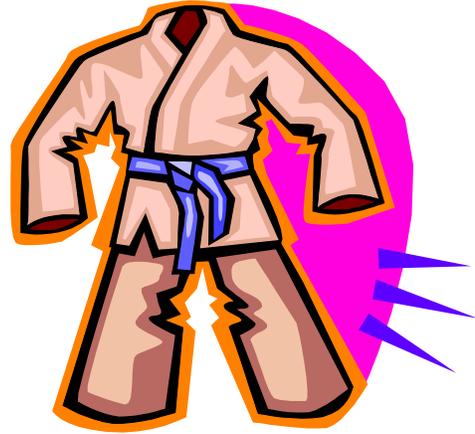
Usually towards the end of class, I'll ask my students if there's anything in particular they want to work on. If I hear the same answer from several of the students, we will work on techniques that benefit the majority of the group. Be sure to take notes on what you've been taught and practice, practice, practice. Parents, feel free to digitally record your child at class to remind them what they worked on and aid them in their practice.

The decision to pre-test is up to the student. Be sure you know all the requirements of your next belt rank. If there are minor issues that the instructor feels you can fix before the test, you may still be invited to test. If there are major issues, such as not knowing the defense series or kata for the next belt rank, that's a major issue, and you most likely will be asked to wait until the next test period. Although you may be disappointed being told to wait until the next test period, make sure you understand what you need to work on to succeed next time.

If you've recently been promoted, you won't be permitted to pretest at the next pretest/test period. We want you to use this time to earn the belt you've been awarded. You will be permitted to pretest/test the period following, though. Sensei Jim may wave this rule, based on your improvement in techniques and behavior in class.

KDA used to charge a belt testing fee of \$20. Instead of the testing fee, we ask the promoted student to earn money and contribute that money to their choice of charity. Parents and students, don't worry if this is news to you. The black belts forget to mention this detail, but we'll bring it up in May.

- **Sensei Randy**



The History of Karate

Karate is a unique fighting style that originated from Japan. It has been passed down for centuries and is practiced all over the world! The heart of karate was born in the Ryukyu Islands, Japan, or more specifically, the largest of the chain, Okinawa. Natives had developed a self-defense fighting technique that used no weapons. Around 1372, Okinawa established a trade system with the Fujian Province of China. Over time, the system influenced many Chinese people and they voyaged to the Ryukyu Islands. Once there, voluminous Chinese immigrants began to share their own style of fighting known as Kenpo, a combination of Chinese and Indian fighting skills. From that point on, Okinawa fighting began to modify. The two matchless skills soon united to form one form with different variations all similar to the others. Soon, in the 1400's, the Shimazu clan (a Japanese clan) took power; weapons were not endorsed on the island. As a result of this unfortunate event, karate became tremendously popular and farm tools clandestinely transformed into armaments. Relationships with China soon flourished and karate was developed even more! Techniques from Southeast Asia were also brought into the blend. Later on, numerous teachers in the 1700's and 1800's came to study there and to teach the art of martial arts. One was Itosu, who generated katas that were less complicated for younger students. He also brought the teachings to schools in Okinawa. We still use his forms this very day! If none of these significant

events had occurred, then we wouldn't be learning these remarkable open-handed fighting skills! Karate is a tremendous way to learn how to defend yourself and to make new friends! It is astonishing to hear where it's past down from as well!

- **Adriana**

What Your Black Belts Are Up To: Indonesian Martial Arts

Our black belts attending an island retreat to focus on the art of Ba Gua. I thought it would be worthwhile to let you know that a small group of your black belts are also pursuing an Indonesian martial art.

A little over 2 years ago, several of us with an interest in learning Indonesian martial arts started getting together to workout. The work outs were led by Paul based upon kuntao silat DVDs. Depending upon the weather, we would work out in his basement, garage or yard. There's a wealth of martial arts information available on DVD today. Paul would review the material several times, make notes and teach it to us. We would work on material by Joseph Simonet, then Bob Orlando, and jump to back to Christopher Petrilli. The training consisted of empty hand, single stick, double stick, and trapping/off balancing using the legs.

At some point, the intent of the group shifted to finding an Indonesian martial arts club that fit us. Some may have wanted the change in order to earn legitimate rank. I needed more structure. Better yet, I needed a road map to understand where my training was taking me. We happened upon a DVD by a martial artist in Michigan, his name is T Kent Nelson. He teaches Armas Kali, an art that uses empty hand, stick, double sticks, staff, knife, dagger, and sword. He also has an affiliate program for those who live too far away to train on a weekly basis with him. Long story short, our group joined as affiliate members, bought and trained from his DVDs weekly, and every few months, we travel to Michigan to train with him and his students.

If you had the chance to attend the 2010 Christmas party and witness Sensei Sandy and I do the Box Sumbrada (stick versus stick drill), you got a flavor of our training in Armas Kali. The objectives of the drill were targeting & strike zone, range, footwork, body mechanics & movement, continual movement, angle recognition, and hand checking. Although I've taught many students, I never realized the importance of emphasizing all of these concepts until Guro Nelson brought them up. Whether doing the Box Sumbrada drill or one of our KDA self defense series, these concepts are valuable to think about. If you have questions on any of these concepts, please feel free to question Sensei Sandy or me.

- **Sensei Randy**



Back Row: Brett, Sandy, Kerwin, Paul, Randy
Front Row: Connor, Larry, Jerry, Guro T Kent Nelson, Greg

A Time and Place

After 6 months of college, I'm really starting to appreciate everything a house has to offer. Living in a dorm with 9 other people has brought some unforeseeable challenges my way. Most people struggle to find some time to practice martial arts somewhere in their lives between raising kids (or being one!) and working during the day. As for myself, I've been involved in martial arts for so long that setting aside a few hours a week to practice is just second nature. My problem is that Ohio State University is one of the largest campuses in the nation with a whopping 60,000 students, which means there's lots of people to meet- too many, in

fact. I can't actually go anywhere without there being some new person to meet. This makes finding a nice, quiet location to practice very difficult. So remember: you have the place, you have the desire, all you have to do is find some time in your day to practice and you will succeed in all of your martial arts endeavors.

- Sensei Connor

Dojo Etiquette

While reading the dojo etiquette, I saw many things that students did wrong. Here are some things everyone should work on:

During Class

1. Bowing as you enter/leave the dojo:

While entering and leaving the dojo, always bow. It shows your respect to your sensei, dojo, and fellow students.

2. Come to class ready to focus, listen, and learn:

Many times, instructors are teaching students but the students are not listening. Always keep your focus on your instructor as he or she is talking. This is critical to your training.

3. Best effort during warm-ups:

Put your best efforts in everything, including warm-ups. Many kids don't realize the importance of warm-ups. In short term, warm-ups affect the performance of your karate. Good stretching can give you things such as better stances and higher kicks. In long term, doing good stretches improve your flexibility.

4. Punctuality:

Always try to arrive on time to class. However, if you do arrive late, wait for the sensei to invite you in and thank him or her. Don't just walk in. If you missed warm-ups, stretch for a few minutes at the back of the room. Then, approach a group and ask to join them.

5. Breaks:

Behave yourselves during breaks. No roughhousing, running, or playing.

6. Walking through dojo:

If you are going from one location in the dojo to another, walk around other groups. If

you walk through a group, you are interrupting that group.

7. Sensei speaking:

When the Sensei is talking, be quiet and pay attention. Speaking and fidgeting are considered rude. Even obnoxious yawns are rude. These can result in pushups or other forms of discipline.

8. Argument over a technique:

If you disagree with someone else about a technique, do not argue about it. Take the issue to a black belt or upper belt.

9. Posture:

Do not slouch, lean against walls, or sit down. These poor postures show lack of enthusiasm to learn.

Testing

1. Speaking:

Do not speak unless your instructor asks you a question.

2. Asking to test:

Never ask to test. Your sensei will invite you to test after you have successfully pretested.

Observers/ Parents

1. Talking to your child:

Do not interrupt class to chat with your child. This is the instructor's job. Focus on the learning instead.

2. Distractions:

Keep distractions, such as phones, conversations, and small children, to a minimum.

3. Requirements:

All students are welcome to come. However, the students need to know their left from right and have to be able to pay attention.

If you want to read the full dojo etiquette, go to <http://karatedo.net/KDA%20Handbook.pdf>. The etiquette is part of the KDA Handbook. I strongly recommend reading the handbook. It has many useful things. The handbook tells you many things, such as precepts and rules of karate-do, virtues of Bushido, the etiquette, KDA formal presentation (what you say to the judges what you perform your kata for a test/pretest), step-by-step instructions of some katas and series, terminology, and counting to ten in Japanese. If you

have problems seeing the videos of the katas and series, then the step-by-step instructions are perfect for you. Improve your Japanese and perfect your Japanese counting. There are many uses for the handbook.

From Sensei Jim.....

"The ultimate aim of Karate lies not in victory or defeat, but in the perfection of the character of its participants." These words from The 20 Precepts of Karatedo by Gichin Funakoshi seem to say it all. Many observers may ask, since there is no "game" to prepare for, why do we spend countless hours on the dojo floor training? The dedicated karateka will answer that the reasons are much more valuable than the outcome of any game. Our goals are always self improvement and striving for perfection in mind and body. Funakoshi further explains to us, "It will take your entire life to learn Karate. There is no limit" Although lofty and ultimately unattainable, "aiming for perfection of character" in and out of the dojo will bring many great benefits both to the karateka and to those in his company. On the dojo floor while studying the art of self defense, the more important qualities of self motivation, perseverance, humility, courtesy, and gratitude are also nurtured. However remember, the way of Karatedo also teaches "Karate is like boiling water, if you do not heat it, it will cool." So, do not allow yourself to "cool" in the way of Karatedo. The benefits will serve you well throughout your life.

This winter has seen many great training sessions at KDA including our annual Christmas Party, as well as our first KDA Kime. This spring, we are planning to introduce our first classes geared solely for adults. Planning is now taking place to be held at the Bay Middle School on Saturday mornings at 11:00AM. More info will be forthcoming. We encourage parents of younger Karateka to consider participating. Karate is a great bond with your child. See you at the dojo.....KDA!!

KDA Promotions January/February 2012

Joey W. – Orange Belt

Derek R. - Orange Belt
Audrey D. – Orange Belt
Joseph H. – Orange Belt
David H. – Orange Belt
Haylee S. – Orange Belt
Sydney S. – Orange Belt
Matthew B. – Orange Belt
Elyse B. – Orange Belt
Zoie P. - Yellow Belt
Abigail P. - Yellow Belt
Vincenzo P. - Yellow Belt
Adriana C. – Yellow Belt
Catherine K. – Yellow Belt
Dani S. - Yellow Belt
Will P. - Green Belt
Matthew E. - Green Belt
Vivek Aslot - Green Belt
Antonio F. - Green Belt
Grace R. - Green Belt
Andrew C. - Green Belt
Adam B. - Blue Belt
Jerry B. - Purple Belt
Suji B. - 3rd Degree Brown Belt

Note from Editor

I hope everyone had a time a Kime. I personally thought it was super fun. I would like everyone to remember that if they have an idea for the newsletter, please contact me. The weather is surprisingly amazing at this time of year. You know what that means: KARATE PRACTICE! If we go outside for a karate class, remember to wear tennis shoes. You can take off your gee top but bring it in case we unexpectedly go back in. Congratulations to all the students who got promoted. This is one of the biggest groups of promoted students ever. Great job! Remember to practice all your old requirements while also learning your new requirements. Thanks to everyone who contributed to this edition of the newsletter.

