



KDA Today

Winter 2017

Karate Do Academy, Westlake, Ohio

Karatedo.net

"For to win one hundred victories in one hundred battles is not the highest skill. To subdue the enemy without fighting is the highest skill." ~ 'Karate-Do Kyohan - The Master Text'.



I hope everyone who attended our holiday gathering had a great time meeting and working out with students from KDA's three dojos in Bay Village, Westlake, and Medina. At the end of the class, the students had a chance to share with the group the demonstrations they prepared. Students presented modified katas, original self defense techniques, new stances, some even included accompaniment by flute or use of a piano during the demonstrations.

Since it going to be a few weeks before classes start back up in January, be sure to read Sensei Chris's article and review the escapes you need for your current/next rank. Basic escapes can be found in the Winter 2016 newsletter. The rest of the escapes can be found in the Winter/Spring 2015 and Fall 2015 newsletter. Work on what you need for your current/next rank level only.

From Sensei Jim...

During the last few months we have seen quite a few changes in venue for our school both in Westlake and Bay Village. At the Westlake Rec Center after almost 18 years in the gym we moved this year to the all purpose room in the rear of the Center. The gym was larger and more visible, but very, very, noisy. The all purpose room is smaller, more private, but also is very much hidden from the walk by traffic in the rec.

Of course , In Bay we have recently moved from the middle school as we usually do in the winter. However, we will conducting most of our classes at the Bayway cabin during the next few months instead of the Dwyer Senior Center.

These changes are necessary because KDA is part of the recreation departments programs in both these communities and therefore they determine the venues that are available. We are honored to be part of these rec programs and ready to adapt to any situation. As training karateka, KDA students are flexible in all situations and circumstances and ready to perform no matter where they may be!

In the last issue of KDA today, I reflected on the origins and meaning of our uniform (Gi). In this issue, I thought I would discuss the same for our belts (obi). Although the progression of colors may vary in different schools and styles of martial arts, the colors are meant to signify the level of achievement and expertise that has been attained by a student. This should be readily visible to anyone entering the dojo. Once again as the gi, the colored belts are said to have originated with Jigoro Kano, the founder of judo in 1888.

However, over the decades, the belt colors have come to symbolize many things both real and poetic. Consider this story comparing belt colors with a growing plant. A tale of life, growth, and advancement as one karateka by the name of Jesse Enkamp sees it.

White Belt: When a plant is born it breaks though the ground and meets the bright, white sunlight.

Orange Belt: The warmth from the sun is hot and radiates on the growing plant.

Yellow Belt: The plant adjusts to the white light begins to be exposed to the bright yellow sun.

Green Belt: As the sun keeps burning brightly, the plant gets greener and grow fresh new leaves and spouts.

Blue Belt: growing taller, the plant reaches up to the big, beautiful, blue sky.

Purple Belt: As the day gradually turns to night, the sun sets in the horizon and turns the sky violet.

Brown Belt: The darkness increases so the plant humbly bows down toward the brown soil from where it came.

Black Belt: The night is here. Our plant sleeps.

But there is much growing to be done tomorrow. Every day is a new beginning.

I hope you find ones persons story about your gi interesting. Maybe you have your own ideas? For sure, your obi should be a prized procession for you as it represents your hard work and determination to achieve in martial arts. It marks your position on the great journey you have undertaken. Wear it proudly!

See you in the dojo. Kiai!!!

Promotions for September 2017:



Naomi - Orange Belt



Annabelle - Orange Belt



David - Orange Belt



Ani - Orange Belt



Sue - Orange Belt



Orion - Orange Belt



Erin - Orange Belt



Ty - Yellow Belt



Lilly - Yellow Belt



Jennifer - Yellow Belt

THOUGHTS ON ESCAPE TECHNIQUES—Sensei Chris

During the course of class, I like to work on escapes to some extent. Like kata or our series, it is important that one practice escapes so that they become second nature. Here are some key points I would like to make:

1. Escapes are based on technique, not power.

Most likely, your attacker will be bigger and stronger than you. If you are grabbed and need to escape, proper technique is the key. Too often in class, I see the student try to overpower the attacker by trying to force an escape. A typical example is in the parallel wrist escape. If you are grabbed, brute force will not pull your arm away. Rather, do the technique: deep forward stance to the outside, then a deep horse stance while moving elbow to elbow. Then the back fist and reverse punch while shifting to a forward stance. The proper technique, including stances, not power, leads to the escape.

2. Stop your attacker from moving.

Your attacker in real life will not just come up to you, grab you, and just stand there. He likely wants you to go with him and to control your every movement. Stop him. Stomp the foot; slap the face; back hand to the eyes—anything to stop the movement. Then do your technique.

3. Kia!

How many times has Sensei Jim reminded us to kia? It is equally important in our escape techniques. Why? I think there are two reasons. First, it focuses our power on the strike after the escape. Second, it alerts those who may be around that something is wrong and we need help. Get in the habit and do it—every time.

4. Practice.

Too many times I see a student being grabbed and then just stand there thinking. That will not cut it

in the real world. You only have seconds to react. To react properly, the escapes must be second nature and automatic. And to do that, you have to practice them—just like kata and everything else.

Escapes are great to know and can be highly effective. Make them a part of your arsenal.

Advancing in Karate by Nolie

Hi, I'm Nolie. So, on my first day of karate, I was scared. I did not know what a juji uke was. And of course you had to study Japanese. I did flash cards and my mom and dad would test me. I had to do it every day. And that is how I got my first belt.

Speaking of belt, it was hard to get my green belt. I had to learn karaumpha. It was sooo hard. I sometimes had trouble doing my cup and saucer. I learned not to drag my foot. I also learned to do my U punch.

Now that I am a green belt, I am working on my outside series. I like doing the techniques. I also like watching the older kids because it helps me do better. I really want to be a black belt someday. So, I'll keep trying.

Karate Tips by Andrew

There are many key components that are used in self-defense in karate. Stances can determine the power in your kicks, blocks, strikes, and kata. If you don't have a strong stance then you can easily get off balance which will make you vulnerable for a sweep or take down. If you need to work on power, check your stances and make sure that you are doing it correctly. In self defense you need to have powerful and strong blocks. You want to do them quick and strong so you do not get hit. Also make sure that the blocks you are doing are coming from and going to the right place. This also applies similarly with kicks. Be sure that you are kicking with the right part of your foot so you do not injure yourself and to make contact with your opponent. For strikes you want to have your hand in the right positioning so it is powerful and

you do not injure yourself. If you are ever in doubt, ask these five questions:

1. Are my stances correct?
2. Am I using my blocks/strikes/kicks correctly?
3. Am I hitting/blocking my target?
4. How much power am I putting in to it?
5. Did I Kiai?

Hopefully these tips and advice help you throughout your ranks in karate.



Bob's Corner

This is a continuation into Sensei Sandy's research into the katas of KDA.

Kata: Pinan Three (Heian Sandan)

Origins and Meaning: : Itosu developed series/ Funakoshi modified, "Peaceful Mind", shotokan, wado-ryu, and shito-ryu systems, not goju-ru.

Features/Bunkai: Adds horse stance, simultaneous 2 handed combo block (wall blocks), we do 1 kiai on ending jump punch at bottom of the I, but some have 1st kiai on the lunge punch at the top of the I. Very fast aggressive moves followed by slow controlled moves and stops (regroup on turn after punch before 3 repeats). Don't windmill arms on initial blocks, feet should be touching heels and toes at these times. Kicks on 3 repeats are sometimes interpreted as leg block or crescent kick into stamp down onto shin into horse stance and elbow strike.

Kata: Geki Se (Geki Sai Dai Ichi, Also a Ni form)

Origins and Meaning: Miyagi developed during WW2, "To Attack and Destroy", "Reverse Way", "To Pulverize" Goju Ryu form.

Features/Bunkai: Powerful basic movements, easy to learn and interpret, used instead of Sanchin kata for kids. Make strikes distinct (upward elbow, back fist to nose, hammer groin, cross punch).

Kata: Pinan Four (Heian Yondan)

Origins and Meaning: : Itosu developed series/ Funakoshi modified, "Peaceful Mind", shotokan, wado-ryu, and shito-ryu systems, not goju-ru.

Features/Bunkai: Emphasis on kicks, new cross leg stance, leaping stance. We do one kiai on knee strike, but some do an earlier kiai also on the augmented punch down at top of the I. Some schools do kick then two punches instead of three.

Punches start on kick side. Balance issues at side kick-elbows, knee strike-knife hand. Hold knee strike for a second. Should start and end in same spot.

Kata: Saifa

Origins and Meaning: Goju-Ryu kata from China, Miyagi developed. "To Smash and Tear to Pieces"

Features/Bunkai: Classic combat kata, close-fighting, mix of swift light stances with solid grounding stances. Smash bone

and tear muscle. Folding, grounding, and whipping in first three moves: countergrab and collapse joint (fold), leverage elbows to break arm grounded with horse stance, then whipping back fist to nose moves require relaxed and flexible form. Bunkai of double punch, hammer: punch, grab hair, twist head and hammer to nose.

Kata: Pinan Five (Heian Godan)

Origins and Meaning: : Itosu developed series/ Funakoshi modified, "Peaceful Mind", shotokan, wado-ryu, and shito-ryu systems, not goju-ru.

Features/Bunkai: Most popular, adds a jump and crescent kick. We kiai on jump-(low X-block) cross punch down, but some also kiai at top of I (augmented backfist). After high-X, some interpret left strike as a hammer fist to chest after tegaton on right hip. Sometimes looking one way and striking previous way (looking ahead). Jump is a leap over low strike, don't move haishu to meet kick. Swastika blocks are nukite-two blocks, hold position mid-pivot. Note: Think of each Pinan as a chapter in a book entitled "Peaceful Mind". Once all Pinans are mastered, one can feel confident in defending in most situations.

How to take good care of your karate uniform



d) Fold second side over, again folding sleeve.

e) Roll up from the bottom to create a roll, and then wrap your belt around the roll, tucking the end in to secure the roll.

Pack your uniform roll in your karate bag. Your uniform will be clean, unwrinkled, and ready for class.

If you wear shoes, make sure you dry them out between classes. Loosen the ties to help dry them. Stuff used dryer sheets into the shoes to keep them fresh. Wash as needed, allow to air dry.



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Sensei Jim has mentioned to care for your uniform, so it isn't all wrinkly the next time you wear it. Here's the proper way to care for your uniform while storing it during week.

After cleaning your gi, get it ready for the next class as shown in the pictures:

a) Lay gi top out as shown. Left side (with patch) always goes on the outside when you wear it.

b) Lay pants on top of gi top, folded in half. If you wear a shirt also, lay it on top of the pants.

c) Fold one side over, folding sleeve back over again so it doesn't stick out.