



KDA Today

Fall 2008

Karate Do Academy, Westlake, Ohio

Karatedo.net

I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times.

~ Bruce Lee



Our new Senseis



Black Belt Test August 23rd, 2008, Huntington Beach

Kelsey and I would like to thank all of you from the YMCA, Westlake Recreation Center, and Field United Methodist Church who attended the pretest and demonstrations.

The pretest started with a jog on the beach followed by calisthenics and warm-ups. Each black belt led a portion of the pretest during the 3 ½ hours. All aspects of our system were tested, using the beach, the rocks, and the lake.

The morning ended with Kelsey and I passing our pretest and being invited to continue the next week with our demonstrations. Afterwards, we

showered, changed into clean uniforms and taught the noon class at the YMCA.

Black Belt Demonstrations, August 30th, 2008, Westlake YMCA

Both of us put together demonstrations using katas and defense series from KDA Kajukenpo. We were also required to use katas from an outside system. Kelsey performed Wu Bu Quan and I performed Ananku.

We started our karate journey almost 10 years ago. We were very pleased to be awarded black belts at the conclusion of the demonstrations. A special thanks to Sensei Bert and Sensei Adam who worked daily with us the week leading up to the pretest improving our techniques.-RT



Why we bow

Your bow represents your attitude toward Martial Arts. A properly executed bow demonstrates your respect for your art, your instructors, the other people in the class, and yourself. There are no religious implications or mysticism reflected in the bow.

As you enter and leave the dojo (practice hall), you bow toward the center of the room. This demonstrates respect for all the people who have studied the art and have passed it on to succeeding generations so that you may learn.

Bowing at the beginning and ending of every class is to show the Sensei that you are willing to learn and realize that without a teacher, you would not be a student. The Sensei bows to the students to show their willingness to share their knowledge and realization that without the students, they would not be a teacher.

Bowing to a partner in class is to show your willingness to share yourself with them so that you both may improve.

Bowing during a sparring match shows that you are leaving any friendship or animosity at the side of the mat and will perform to the best of your abilities in terms of technique and control. At the end of the match, regardless of the outcome, you bow again to show that all is the same as it was before the match. Bowing when you receive an award or certificate is to show appreciation to all those who have had any part of the achievement.

Book Review

“The Way to Black Belt: A Comprehensive Guide to Rapid, Rock-Solid Results” by Lawrence A. Kane and Kris Wilder, YMAA Publication Center, Inc. 2007.

This is an interesting book to read, especially for beginner or intermediate belts who aspire to a black belt. The book describes eight factors that help you achieve your goal. It is also a useful read for instructors. I especially enjoyed Chapter 3 “Know How You Learn”, which gives not only an appreciation of your personal learning style (and thus teaching style), but the range of students you might encounter in class. The book is well structured, and there are a few pages of captioned pictures at the end of each chapter. There are appendices for terminology, martial arts styles, and martial arts movie recommendations, a bibliography that includes websites, and an index for the entire book to help you find specific topics throughout the text.

This book is available at the Cuyahoga County Public Library, specifically the Bay Village branch, but you can reserve it from any CCPL branch library-ST

Kappa Delta Women's Self Defense Class at OSU

On September 21st, the Torboli family and Sensei Adam traveled to Ohio State's campus to teach a women's self defense class for the Kappa Delta sorority. The KD girls invited KDA to teach the class to fulfill a requirement for a risk management event and National Women's Friendship Day. After splitting the 70 sorority girls into five groups, the instructors rotated around to the different groups of girls. Each instructor covered a different topic, including wrist grabs, chokes, vulnerable points, the use of elbows and knees against an attacker, and tips for personal safety. It was a successful class; the ladies of KD enjoyed their self defense class (and punching the bag). KDA received many thanks and praise for the excellent instruction. Thanks to all of the instructors for their hard work in the planning and execution of the day. Thank you Katie Walker for inviting us! - KT

From Sensei Jim.....

"To teach is to learn twice" Teaching our art to others becomes our obligation and challenge as we progress in ability. Those who have reached intermediate level will have the opportunity to teach beginners, and those of advanced level will teach all ranks. So what makes a good and effective teacher?

When I pick someone for the first time to teach another student or group, I almost always receive that terrified look of: "Who, me? What do I do now? Maybe I do not know as much as I thought I did".

Here are just a few points that we should all keep in mind:

Patience- Reflect back to when you first learned and don't expect rapid results. Younger and less experienced students need to go slow and perhaps only learn in very small sections. Stay patient and only move as fast as your students can absorb.

Clarity- It is very important that you make yourself understood. Speak up and don't leave out the parts you assume "they already know". If you do, you will have to constantly backtrack and this will cause confusion. Be complete and confident in your presentation or demonstration.

Management- When working with a larger group it may be necessary to have some students observe, while others participate. It may not be possible to have everyone moving at once and still be effectively teaching. Some students may be mature enough to work on their own for a time, while others should just sit quietly and watch until it's their turn to participate. You need to make these decisions for the benefit and safety of your group.

It has been our developed procedure at KDA to teach methods and techniques in three steps:

- 1) Teacher demonstrates the technique with or without a partner.
- 2) Students practice the technique with an imaginary opponent. Teacher breaks down each movement.
- 3) Students practice the technique with a partner. Teacher breaks down each movement first, then allows students to

repeat the entire technique a multiple amount of times on their own with partner.

This second step of an imaginary opponent is a very important one and is omitted in most martial arts schools I have visited. It allows students to "feel" the movements and rehearse them with the teacher in front guiding them. It is not enough to just demonstrate, then expect students to perform new techniques correctly with a partner.

Teaching is also an art form and you will develop your own style and preferences as time goes on. But remember when you are teaching, YOU are also learning. You are learning karatedo more completely, so you can pass it on. But, in addition, you are learning the valuable art of communication and relating effectively with others. Carry on Senpai!!

Recent Promotions

Farah

Abinaya

Sahej

Govin

Gillian

Rich

Evan

Nathaniel

Sairekha

Jim

Jerry

Steve

Kim

Chris

Randy

Kelsey

Note from the editor:

Thank you for all the articles and all your help.

Sorry that the newsletter came so late. I want to congratulate Randy and Kelsey, on testing for and receiving their black belts. I also want to thank Sensei Jim for choosing me for this job as editor. Finally, I want to thank all of the below named for their help.

Randy-Article contributor-RT

Sandy-Article Contributor-ST

Ishaan-Technical Advisor

Connor-Former Editor

Kelsey-Article contributor-KT

P.S. Sorry that the Newsletter is small.

Bob's corner will be back!!!

Domo arigatou!!