



KDA Today Summer 2006

Karate Do Academy, Westlake, Ohio

Karatedo.net

"Daniel-san! Daniel-san! It okay lose to opponent, must not lose to fear!" ~ Mr. Miyagi ~ The Karate Kid

Karate Tournament

No matter what you expect when you go to a tournament, there will always be something there that surprises you, whether it is the people you meet or the medal you get. That was certainly the case for everyone who went to the June 3rd tournament at the YMCA, especially for the six students who competed in the day's events.

Genevieve competed in the advanced section of her age group, which mostly consisted of Isshin-ryu students. She performed Pinan 4 and, with it, won third place. **Isabelle**, in the same grouping as Vincent, Nathan, and Lucas, got second place with her kata. **Vincent** performed a kata as well, winning him first place. **Nathan** competed in sparring, as did **Lucas**, both winning multiple rounds before being defeated in two intense match-ups by Isshin-ryu opponents. Lucas also did a kata and placed third. **Sarah**, in the intermediate section of her age group, competed in both kata and sparring. She won first place in both categories.

The events themselves were interesting to watch, with rules that would be unfamiliar to anyone who hasn't been to a tournament before. For example, when sparring there are four judges who stand at each corner of the sparring area holding red and white flags. A red ribbon is tied to one of the participants to indicate who is "red" and "white." The referee then uses the Japanese term *Hajime*, or "begin," to start



Shown left to right: Nathan, Lucas, Genevieve, Sarah, Vincent, and Isabelle.

the match. When the judges think a participant has scored a point, they call *Yame* and raise the flags—red in favor of "red," white in favor of "white." If there is a majority in favor of a particular color, that person is given a point. The first participant with three points wins.

Among empty-handed katas were also weapons katas, where participants used sais (three-pronged blades) or a bo-staff to defend themselves. For all katas, however, there were five judges, all of them giving a score between 0.00 and 10.00.

Ages in the tournament were varied, some competitors who took first place as young as four. Even more colorful than the ages were the uniforms for each school—many of them similar to our style of *gi*. The uniforms got very colorful when a few contenders approached the mat with stars of all colors on the collar of their *gi* top and colored stripes on their belt.

Hopefully, if you had a chance to watch the tournament for any length of time, you learned something new or encountered something you didn't expect—and had fun while doing it. Many people get caught up in the thrill of competing before judges, but it's important to remember that you perform at your best when you're feeling your best.

That being said, we'd like to congratulate the six students who participated in the day's events—Genevieve, Isabelle, Vincent, Sarah, Nathan, and Lucas. Great work, all of you! ~HT

From Sensei Jim...

For dedicated karateka, there are many frustrations. Injuries, distractions, demands on your time and physical shortcomings are just a few. And there is always the nagging sense of doubt that what we are engaged in is really a worthy endeavor. You will have no shortage of friends and relatives that will make it clear that the time and effort you devote are a silly waste of time. So, where indeed do we expect "The Way" to lead? Why do we dedicate ourselves to this training? We must ask ourselves these important questions.

Of course, each student must answer these on his own, but those who came before us wrestled with the same questions. In the writings of the great masters we can read much about this. For many, it was described as a search for deep calmness; a sense of stillness expressed in the concept of "suigetsu". This translates to "keeping the mind as still as the water on a pond perfectly reflecting the moon". But how can we be led to the stillness of mind through such vigorous training and bursts of energy as we experience in karate-do? I believe those who stay on "the Way" through all the ups and downs are able to understand how.

At first, it is the muscles of the body we must educate and strengthen. But as we progress, attitudes, feelings and emotions are all brought into harmony with our physical movements, and if we are persistent in our training, at some point a perfect balance is reached. It has been described as "the calm in the eye of a storm." In the midst of terrific movement and power, an overwhelming peace is found. So although we all face many hardships and frustrations on this life long journey, do not allow yourself to become discouraged. This great "stillness of mind" can be the beautiful and true gift of karate-do for you. (As inspired from the book "Moving toward Stillness")

Recent Promotions

These students have shown their dedication to KDA and have achieved an additional belt on their journey. ~HT

Green Belt

Alex C.

Nour E.

Omar E.

Twenty Precepts of Karate-Do

Gichin 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。
 - 二、空手に先手なし。
 - 三、空手は義の補け。
 - 四、先づ自己を知れ、而して他を知れ。
 - 五、技術より心術。
 - 六、心は敵たん事を要す。
 - 七、捕は懈怠に生ず。
 - 八、道場のみの空手と思ふな。
 - 九、空手の修業は一途である。
 - 十、凡ゆるものを空手化せよ、其処に妙味あり。
 - 十一、空手は湯の如し、絶えず熱度を与えざれば元の水に還る。
 - 十二、勝つ者へはもつる、負けぬ者へは必要。
 - 十三、敵に因つて転化せよ。
 - 十四、戦は虚実の標取如何に在り。
 - 十五、人の手足を對と思へ。
 - 十六、男子門を出づれば百万の敵あり。
 - 十七、捕は初心者に、後は自然体。
 - 十八、形は正しく、実戦は別物。
 - 十九、力の強弱体の伸縮の緩急を忘るな。
 - 二十、常に悪念工夫せよ。

Gichin Funakoshi wrote twenty precepts of karate-do to help karate students transform their art into a way of life. This is the second of the twenty precepts.

Karate ni sente nashi.

There is no first attack in Karate. Karate is used for self-defense. The objective is to defend yourself or another. You should never use karate to attack another person, unless they have already attacked you. ~DS

Karate-Do: My Way of Life By Gichin Funakoshi

Master Funakoshi's book is a simple, elegant description of his life, the way of the "empty hand" and lessons learned and passed along to his students. The book is inspirational in many ways. One manner of inspiration is from the simple understanding that Master Funakoshi was a frail, sickly child who only grew to five feet tall yet stood tall in stature and lived a healthy life until the age of ninety.

The book is a profound statement of the true essence of karate. He states that "Karate begins and ends with courtesy." He stresses that karate is only to be used in self-defense and that the use of it in an offensive manner is a violation of the spirit of karate. He declares "The great virtues of karate are prudence and humility." He desires that his students come to an understanding that one must become strong by becoming weak. The answer to this riddle comes to light in Sensei Funakoshi's book.

~Sean Lyons

Fitness/Training Tips

Have you ever had problems with your balance? Well, here are some ways that you can improve it. If you are at a standstill, a good way to stay balanced is to have good posture. When you are moving, you should try to keep a slight bend in your knees and instead of using long steps you should try to use shorter and quicker steps.

When you're against an opponent you should always have good stances. When you are having trouble in a kata or defense series, you should take out the power and speed and practice it slowly until you are ready to put the power and speed back into the technique. ~GL



Our Karate Tournament Participants

Resolution Tips

When you get angry or are in a bad situation, you should always breathe deeply in and out. You should think over the situation before you make a choice on how you are going to resolve the problem. If time allows, it may be helpful to talk things over with a close friend or parent.

One way to prevent your anger from building up is to let your feelings out instead of bottling them up inside and then exploding with all your negative feelings. If you do have a problem, you should talk it over calmly with the person you are having a problem with. When you talk to that person you may find that you now understand them better and have a deeper relationship with them. ~GL

Flexibility Tips

The advantages of flexibility are boundless, not only in the world of martial arts but in each and every day of our lives. A flexible person is not only less prone to injury due to a greater range of motion in muscles and joints, but also is able to muster and deliver power more efficiently at a greater variety of angles and positions.

Royce Gracie explains in a few of his books that three types of flexibility exist: static, functional, and ballistic. Static flexibility is the ability to get the most out of your range of motion in a slow, steady stretch. Functional flexibility involves stretching in one continuous motion while performing a task, such as raising your leg to mimic a high kick. Ballistic flexibility involves one's ability to reach the apex of the stretch in an explosive situation, such as delivering a high kick, performing a throw, or even pitching a baseball. Keep these concepts in mind throughout your stretching routine and look forward to the second segment of flexibility tips in the fall edition of KDA Today! ~JH

Sparring Tips

1. Don't turn your back on an opponent.
2. The most common technique used in sparring is round house kick. Learn various counters for the roundhouse kick. Such as back kicks and spin heel kick.
3. When you have them cornered, jam your opponent's attack before they can fully extend their leg or hand and slip out to the side.
4. Do not use high jump kicks for sparring. Low jump kicks are okay at a higher level.
5. Sparring has 3 principles. RELEASE energy. RESERVE energy and REGENERATE energy.
6. Close the gap between your thought and action. Don't think too long or the opportunity is lost.
7. The moment to strike an opponent is when he is about to launch an attack or as he is landing from his attack.
8. No two people fight the same. Quickly adapt and assess an opponent's weakness.
9. Always be loose—never tighten up.
10. Keep your eyes on your opponent's upper chest. Do not watch your opponent's eyes or head. It's easy to fake with eye movements and head bobs. ~KT

Terms of the Month ~IL

Hidari- Left
Migi- Right
Kaisho- Open hand
Kagi zuka- Hook punch
Kakato- Heel



Bob's Corner

Once two old buddies continued to compete in karate tournaments well past their prime. One day, while relaxing after yet another competition, they were chatting and wondering if there is karate in heaven and made a pact that whoever passed away first would come back and let the other know.

Not too long after that one of the old karateka passed away. And shortly after that the surviving old karateka was at yet another competition when all of a sudden he saw an apparition. Sure enough it was his old buddy who had come back to see him. Well, please tell me, asked the surviving karateka. Are there karate competitions in heaven?

I have good news and bad news for you, replied the apparition to his old karate buddy. The good news is that, yes, there are karate competitions in heaven. The bad news is that your first match is against Gichin Funakoshi the day after tomorrow.

Karate Comics

The boys are back (AND preparing for their 2nd degree black belt test)



Suggestions on How to Live a Happy and Rewarding Life

- Don't be afraid to say, "I'm sorry."
- Don't take good health for granted.
- Don't interrupt.
- Don't tailgate.
- Improve your performance by improving your attitude.

Important Dates!

Summer Party
Saturday, July 29th
12 Noon till 4 pm

At Sensei Jim's home

Bring your swim trunks, side dish, and your game!



Black Belt Testing
Saturday, August 19th
More details to come!!

Interview with a Black Belt Sensei Adam

Q-What is your favorite aspect of the martial arts?

A-I appreciate the new perspectives martial arts give you. It teaches you to think outside the box and to see things from someone else's point of view. Examining the advantages and disadvantages of hard vs. soft styles, Japanese vs. Chinese systems, or large vs. small combatants really helps your ability to see things from new angles. Whether I'm looking at geo-political issues, or a rotational physics problem martial arts have allowed me to think more flexibly and to accept that there will always be equally valid viewpoints that I will never fully understand. Oh and I just *love* leading warm-ups. Really...

Q-What is your favorite technique/series?

A- I'm a big fan of improvised techniques and multiple attacker scenarios as opposed to the choreographed techniques.

Q-Any favorite karate related books and/or quotes?

A-Daniel-san: "What kind of belts do you have?"

Mr. Miyagi: "Canvas. You like? J.C. Penney. \$3.98."

Daniel-san: "I meant..."

Mr. Miyagi: "In Okinawa a belt means no need rope hold up pants."

Q-Since I know you started when you were younger, at what age did you "get serious"?

A-Seriousness is relative. When I was nine I thought I was taking my training seriously. When I was thirteen I knew I hadn't been serious at all when I was nine. At twenty, I realize I wasn't as serious at thirteen or even seventeen as I should have been. I can't imagine how undedicated I'll seem today when I'm twenty-five.

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

A-I've learned so many applicable things from karate. Perhaps, the most useful thing I've learned is the ability, the art—nay, the science of "circumlocutory response." Instructors, students and observers alike are always asking questions, calling for comments or giving inquisitive looks that reveal their desire to hear some profound extended response from a seasoned martial artist. Even if I knew

where to find one of those, it really wouldn't be worth it to ask him or her said question. Rather, I've learned that by tilting my head thoughtfully, motioning with my hands in an intellectual manner, and speaking—with pauses—in elaborate extended sentences I can either create the illusion of an adequate response or lose my audience in the confusing mess of feigned expertise. The usefulness and



adaptability of this technique extends well beyond the dojo and into academia as well as the business world. Those of you still reading this may doubt whether or not this skill in fact shares the same ancient eastern origins as our kicks and blocks. Oh ye of little faith, heard you nothing what I have said? To find the sources of this wisdom we need only look to the words of the masters...

"Nothing is as difficult as engaging the force.

The difficulties in engaging the force

Are those of making the indirect act directly

And adversity act as an advantage."

--Sun Tzu

Never underestimate the hypnotic power—the whimsical worth—of well-written alliterations. Thank you, good day. ~KT

Shops and Websites

Eastern Genuines. 401 Euclid Av. Cleveland phone:

216 687 1202

www.awma.com email Kerwin your order and he will get it for you.

For gis and sparring gear, talk to Sensei Jim. ~CN

Our Staff

Connor- Technical Advisor ~CN

David- Field Reporter ~DS

Genevieve- Field Reporter ~GL

Haley- Feature Storywriter ~HT

Isabelle- Field Reporter ~IL

Jeff- Copy Editor ~JH

Kelsey- Editor-in-Chief ~KT

Kerwin- Chief Designer