



KDA Today

Karate Do Academy, Westlake, Ohio

Spring 2007

Karatedo.net

"Karate is for life, not points." ~ David Walker



Shugyo 2007!



From Sensei Jim.....

What you have been taught by listening to others' words you will forget very quickly; what you have learned with your whole body you will remember for the rest of your life. These words are part of Funakoshi's six rules of Karate do and emphasize the absolute necessity of practice and repetition in order to progress in karate.

I would like to address this matter in this issue of KDA Today. It is so obvious to the instructors which students have a regular practice pattern and which do not. Not only are movements more mechanical in those who depend on memory and not practice, but a look of deep concentration or even confusion is on their face. In order to make these movements your own, they need to become natural and fluid. And to achieve this, repetition of movement is your only alternative. There are no short cuts or quick methods. Repetition, repetition, repetition.....You get the idea!!

“But Sensei, repetition is boring, and isn't Karate supposed to be fun?” Unfortunately, many have gotten the idea today that unless an endeavor is fun, it is not worthy of our time. Although this is popular thought, this idea will rob us of the great sense of accomplishment in achieving very worthy goals. Having completed something that was not always “fun” at the time will give us something much more. It will give us self-confidence, a "can-do" personality, and an ability to focus like a laser beam on everything we do.

So I urge you to set aside practice time, stick to it, and stick to it whether it is fun or not. You will reap great rewards and be proud of your progress.

Learn with your body through repetition and what you have learned you will remember the rest of your life.



Participants in Feb. YPAA Tournament: (Front) Connor, Jacob, Iliya, Vincent, (Back) Gina, Haley, Kim.

Tourney Time!!!

I have received info on an open martial arts tournament from Sensei Bovi. He will be officiating in the tournament. Sensei Bovi recommends the sponsor, which is The Issinryu Karate Academy in Cuyahoga Falls, Ohio. The tournament will be held on Saturday May 12, 2007 at Tadmor Shrine, 3000 Krebs Dr, Akron, Ohio. Tournament fees are \$25 and you can get more info at 234-380-7825. I recommend that students participate in two tournaments a year to experience performing under pressure and also to meet and observe karateka from other schools. Let me know if you would like a registration form.....Sensei Jim

Tournament Results

Iliya- 3rd in sparring, ranked 11th in state

Haley- 1st place in open hand kata, 1st place in weapons kata, 1st in the state

Vincent- 1st in sparring, ranked 11th in state

Kim- 1st in empty hand, ranked 1st in state

Gina- 1st in empty hand, ranked 1st in state



Tournament Tips

Have you ever felt that when you're sparring in a tournament that the judges never notice any of the strikes you make? A good way to make sure the judges notice your strikes is to emphasize them with a kiai. Judges want to see controlled strikes. You're more likely to get a point by punching someone's face and coming short by six inches than by actually making contact to the head and face. If you do make contact to someone's face, you will be warned once. The next time it happens, you'll be kicked out of the ring. Try to think of a six-inch halo around someone's head and that will give you an idea on how close you can get to it. Remember, to make sure a judge sees your strike, use a kiai. Don't hit the face and show the judges that you have control over your strikes. ~GL

KARATE AND THE LAW OF SELF- DEFENSE

By CB



In addition to being a student of the Karate-Do Academy, I am also a practicing attorney. As an attorney, I thought it might be a good idea to give everyone an overview of the law of self-defense as it applies to the martial arts.

Karate's my secret

I bear no weapons

I use karate only in self-defense

These words should be familiar to each of us as they are the "preparation" for each of our katas. Not only do these words embody our martial arts philosophy, they also have important legal ramifications.

Pursuant to Ohio law, a person has the right to use reasonable force to protect himself or herself from harmful or offensive contact. This is self-defense. There are several key points to self -defense to keep in mind.

First, self-defense is just that—a defense. You are not acting in self-defense if you cause the altercation in the first place. Remember Gichin Funakoshi's second precept of Karate-Do, "There is no first attack in karate."

Second, generally, if you can escape from a potentially harmful situation without the need to resort to force to protect yourself, you should do so. This ties in to Gichin Funakoshi's fourth precept of Karate-Do, "First control yourself before attempting to control others."

Third, the amount of force you use to defend yourself must be reasonable under the circumstances. This means that you cannot use greater force than is necessary to protect yourself. The use of deadly force is only justified if you reasonably believe that your attacker is prepared either to kill you or to inflict serious bodily harm. Gichin Funakoshi's twelfth precept of Karate-Do has application here, "Do not think that you have to win, think rather that you do not have to lose."

To summarize self-defense: (1) don't start the fight, (2) retreat if you can, (3) if you must use force, use only the amount necessary to subdue your opponent and protect yourself.

If you violate these conditions of self-defense, the law could treat you as the aggressor, a position in which you do not want to be. You could be subject to criminal prosecution and the person you injured could file a civil lawsuit against you for battery.

In our classes, we learn powerful strikes and techniques using various parts of our bodies which are directed to our opponent's vulnerable points. Some just inflict pain, others can break bones, and some can kill. As we learn and perfect these, we must always remember that they are to be used "only in self-defense."

Tai Chi

Tai Chi is a style of martial arts that really challenges people to become one with their body and mind. Every movement in Tai Chi flows very naturally and is relaxed. Tai Chi helps to soothe and calm the body from the stresses of everyday life. Tai Chi also helps to heal the body. By finding your "chi" you can feel the energy within your body and channel it to whatever part of the body is hurting. By practicing the style of Tai Chi, a person will become more in tune with their body, calmer, and will become a healthier person. ~GL

Karate

We don't really want to fight,
But when we do, it's with might.
With power in each fluid thrust,
We punch as though we strongly must.
Swiftly with each solid kick,
Breaking through the imaginary brick.
Our motions are crisp and strong,
We try not to do any wrong.
Knife hands slice through the air,
Tiredness we heavily bear.
But, we always keep on going,
Strikes and blocks ever flowing.
At the end we sit down to rest,
We exercised and gone is stress.
Our determination will never fray,
Keep on following the martial way.
-Wan K.



Martial Arts For Life

Balance

It is important to have balance in your life, such as balance emotionally, physically, and spiritually. Eating right requires eating healthy, they call it a balanced meal. It takes FOCUS and CONCENTRATION to make sure you eat the right foods. Karate needs balance, and it takes focus and concentration to accomplish this. Such as when you are in the crane position and you have the wobbles, your balance seems to be a little off...well either that or an inner ear infection...and you can only use that excuse a few times a year.

So how can you improve your balance in Karate? You ask great questions! Let's take a look at some exercises you can do to increase strength for balance. First remember that you need to focus, pick a spot on the floor while doing the crane position. Now, secondly, concentrate on that spot and control your muscle movements so you are still. Thirdly, having muscle strength will help.

Here are some exercises that will help with muscle strength and control. Kneel on all fours on the floor. Lift your left leg straight back while simultaneously raising your right arm forward. Then bring them back down at the same time. Now do the same on the other side. Start out with 5 sets and work your way up. This next exercise can be challenging but fun. Balance a book on your head and with no hands walk across the room. When you have done well with that, try doing it backward. When you have become proficient in this exercise and have become bored, try doing a kata with a book on your head.

These exercises and tips will help improve your balance in time. If you find you are still having trouble with your balance, you might consider having your ears checked.

~Kimberly D



Kim performing her kata at tournament.

What Karate Means To Me

By: Sara W.

I started karate for a couple of different reasons. I had taken Tae Kwon Do for a short period of time a few years back and I missed it. I also wanted to get in shape, as well as find a way to do something constructive with my anger. After being with Karate Do Academy for almost two years, I have learned so much while growing to appreciate and love the martial arts with my heart and soul. I must admit I was a little intimidated on my first day of class, being thrown into the mix all of a sudden, not knowing much about what was going on, but I surprisingly caught on quickly. I have been faced with numerous challenges from week to week. Whatever I am working on, whether it be mastering Japanese translations for techniques, getting a stance down, or polishing a kata, it takes focus and tenacity. I have always tried to meet the challenges thrown at me, and I believe I am a more together person because of it. The biggest challenge I have faced without a doubt has been Shugyo. It seemed an outrageous concept when I first heard what it was, but after participating in two of these events, I would confidently say that it is an amazing experience. I have never felt so refreshed, so strong, so amazing as I feel after completing Shugyo. Karate has taught me valuable composure and focus. I have gained confidence, self-esteem.....and some muscle too! I can truly say that I've finally found where I belong, studying karate with KDA.

Suggestions on How to Live a Happy and Rewarding Life

Be a good loser
Be a good winner
Don't expect money to bring you happiness
Be forgiving of yourself and others
Never give up on anyone, miracles happen every day.
Say thank you a lot
Say please a lot.

Shops and Web sites

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

Black Belt Interview



Mike Schuster

What is your favorite kata? Bassai Dai

What is your favorite technique/series? Inside Series #5

What is your favorite karate memory? Lining up in a circle and going through the series at a very fast pace. Strange but when I got in a groove the faster things went the more it seemed to slow down.

What is your most embarrassing karate memory? Whenever people would watch I would (and still do) get very self-conscious.

What are you doing now that you have moved away? Working and taking care of the family.

When did you start taking karate? Why? When I was 15 (1982). I met a friend on vacation. He would tell me about all the fights he would get in (he always started the fights) and how since he has started taking Karate, he does not lose as badly. Now this is not the reason that I started but for some strange reason I wanted to try it. And I have been training on and off (mostly off lately) ever since.

What was your proudest karate-related moment? Sorry I have none. Some may think it would be getting your black belt, but the fun is in the journey.

Our Staff

Connor- Technical advisor ~CN
David- Feature Storywriter~DS
Genevieve- Field Reporter ~GL
Haley- Feature Storywriter ~HT
Isabelle- Field Reporter ~IL
Jeff- Copy Editor ~JH
Kelsey- Editor ~KT
Kerwin- Chief Designer