



# KDA Today

June 2009

Karate Do Academy, Westlake, Ohio

Karatedo.net

"Knowing others is wisdom; knowing yourself is Enlightenment" -Lao-Tzu\*

\*There is a full page of martial arts quotes and stories on page 3.

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~KN

## Practice

I was going to write a story on practice but I found this below is more profound than my words can describe.

These Tibetan Buddhist Monks represent practice. To polish the mirror in life is to become perfect at what you do.

**"The ultimate aim of Karate lies neither in victory nor defeat, but in the perfection of the character of its participants" Gichin Funakoshi**  
Karatedo is the practice of perfecting one's character.



No, this isn't some fancy Photoshop trick, these are real human footprints ingrained in a hardwood floor.



70 year-old Buddhist monk Hua Chi has been praying in the same spot at his temple in Tongren, China for over 20 years. His footprints, which are up to 1.2 inches deep in some areas, are the result of performing his prayers up to 3000 times a day. Now that he is 70, he says that he has greatly reduced his quantity of prayers to 1,000 times each day.



The footprints have become a source of inspiration to younger monks at the temple. "Every day I come here and every day I look at the piece of wood, and it has inspired me to continue to make the footprints myself," Genden Darji, a 29 year-old monk in the monastery, notes.



*I was surfing the Internet recently and I came upon a website that featured many quotes and stories. I decided to put a few on this edition of KDA Today. I find many of the quotes witty and clever.-VH*

1. "Pain is inevitable, suffering is optional." -Unknown
2. "Judge by my size do you? Size Matters Not." -Yoda
3. "Fast as the wind, quiet as a forest, aggressive as fire, and immovable as a mountain." - Samurai Battle Banner
4. "A Zen master out for a walk with one of his students points out a fox chasing a rabbit.' According to an ancient fable, the rabbit will get away from the fox,' the master said. 'Not so.' replied the student. 'The fox is faster, but the rabbit will elude him' insisted the master. 'Why are you so certain' asked the student. 'Because the fox is running for his dinner and the rabbit is running for his life' replied the master." -unknown"
5. A rock is rounded and smoothed by many years of bouncing in the ocean, a karateka, like a rock, advances himself by many years of practice."-Unknown
6. "Nothing is impossible to a willing mind" - The books of Han Dynasty
7. The more you sweat in training, the less you will bleed in battle.-Unknown
8. "Notice that the stiffest tree is most easily cracked, while the bamboo or willow survives by bending with the wind."-Bruce Lee
9. "Indulging in hate and revenge is like drinking saltwater--the thirst can only grow."-Kwai Chang Caine
10. "Work to become, not to acquire."-unknown
11. "Prayer is you talking to God. Meditation is you listening to God."-Yogi Amrit Desai
12. "According to all the laws of aerodynamics the bumble-bee should not fly, but the bumble-bee does not know this and so flies anyway."-Kung-fu principle
13. "Practice until you get tired....then practice some more." -Norman Harris, Sensei
14. "If training is hard, then winning will be easy, but if training is easy, then winning will be hard."-Norman Harris, Sensei
15. "Teachers open the door, but you must enter by yourself." -Chinese Proverb
16. "No such thing bad student. Only bad teacher." -Mr. Miyagi
17. "It is better to avoid than to block, It is better to block than to strike, It is better to strike than to hurt, It is better to hurt than to maim, It is better to maim than to kill, It is better to kill than to be killed, All life is precious and none can be replaced"-kung-fu principle
18. A rich man, fond of felines, asked a famous Zen ink painter to draw him a cat. The master agreed and asked the man to come back in three months. When the man returned, he was put off, again and again, until a year had passed. Finally, at the man's request, the master drew out a brush and, with grace and ease, in a single fluid motion, drew a picture of a cat - the most marvelous image the man had ever seen. He was astonished then he grew angry. "That drawing took you only thirty seconds! Why did you make me wait a year?" he demanded. Without a word, the master opened up a cabinet, and out fell thousands of drawings - of cats.-Zen story
19. "Emotion can be the enemy, if you give into your emotion, you lose yourself. You must be at one with your emotion, because the body always follows the mind." - Bruce Lee
20. "The ultimate aim of karate lies not in victory or defeat but in the perfection of the character of its participants."-Gichin Funakoshi
21. "Pain is the best instructor, but no one wants to go to his class." -Choi, Hong Hi
22. "Victory is reserved for those who are willing to pay its price." -Sun Tzu
23. When you aim for perfection, you discover it's a moving target. - Unknown
24. "Take arrows in your forehead, but never in your back." -Samurai maxim
25. "You can prevent your opponent from defeating you through defense, but you cannot defeat him without taking the offensive." -Sun Tzu
26. "He who knows others is wise. He who knows himself is Enlightened." -Tao Te Ching
27. The fastest draw is when the sword never leaves the scabbard; the strongest way to block, is never to provoke a blow; and the cleanest cut is the one withheld. Unknown

## How to take good care of your karate uniform



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.

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.

~ST

## BOB'S CORNER



In this issue I would like to cover some of our different stances. Practice these stances and bring any questions to class.

### **Forward Balance Stance:**

Feet one shoulder width apart.

Feet about two shoulder widths in length.

The front foot is facing directly forward with the front leg bent until the knee is directly over the ankle. About 70% of your body weight should be on the front leg. .

The rear foot should face forward and at a slight angle outward. In a right leg back stance, the rear foot should point toward 2 o'clock. In a left leg back stance, the rear foot should point to 11 o'clock.

Both feet are flat on the floor. Note: Try doing a front kick using the back leg. If you need to shift your weight forward before kicking, put more weight over the front foot.

The knot of your belt should be pointed forward.

### **Back Balance Stance:**

Feet one shoulder width apart.

Feet approximately two shoulder widths in length.

The rear foot should be facing to the side perpendicular to the front foot. Depending upon which foot is the rear foot, it will point toward 3 or 9 o'clock.

The knee of your rear leg should be over

the toes. About 60% of your body weight should be on the rear leg.

The front foot is facing directly forward with the front leg slightly bent. The lower leg is nearly at a 45 degree angle with the floor.

Both feet are flat on the floor.

The knot of your belt will be angled between the direction your front and rear feet are pointing.

### **Horse Stance:**

Your feet are two shoulder widths apart with the heels in line.

Feet are parallel.

Body weight is evenly distributed.

Knees are bent and pushing out over the toes. Note: I feel keeping the center of my kneecaps lined up with inside edge of my big toes gives me a stronger stance.

You should feel tension on the outside edge of your feet and up the back of the legs.

### **Cat Stance:**

The rear leg is positioned underneath the body with the hip directly over top. The rear foot is pointed forward and slightly angled (1 o'clock if right or 11 o'clock if left).

About 90% of your weight is on the rear leg.

The ball of your front foot is resting on the floor while the heel is pulled up and off the floor. Place the ball of the front foot the length of your foot in front of the rear foot.

Looking from the front, the feet will appear to be side by side.

Note: The forward knee and leg should protect the groin.

~RT

This article was in the summer of 2007 from Sensei Jim. Sensei believes this message is very important and resubmitted it for this issue.

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## From Sensei Jim.....

Each issue of KDA Today gives me an opportunity to express what I think is important in martial arts training. This issue I would like to switch from the "karate" part of karatedo, to the "do" part. In his book "Living the Martial Way" Forest Morgan presents the question to all martial artists "What are we doing to make the world a better and more honorable place?" So the question of what is honorable should be THE primary factor in all our actions and speech.

Honor can be divided into essentially 5 categories:

- \*Truthfulness
- \*Courtesy
- \*Restraint
- \*Loyalty
- \*Service

It would be impossible to go into detail in this article, but I would like to comment on each of the above for your consideration:

Truthfulness is usually easy when there are no consequences. But, when there are consequences, people become fearful and take refuge in lies. A karateka must be brave enough to face the truth and stand by it no matter what the consequences.

Courtesy is a discipline that needs daily practice to master. Above all it must be practiced to all, no matter what their station in life may be.

Most people would crumble with shock when faced with a physical attack. But a martial artist is trained to destroy his enemy when attacked. This means a karateka MUST exercise restraint and use only enough force necessary to defuse a situation. Restraint is a crucial component of honor.

Loyalty is the most respected virtue among warriors. It grows from an obligation to repay a great service or sacrifice someone has made for

you. It certainly starts with your own parents and extends to those in your life who have given to you the priceless gifts of their knowledge and experience. If your conduct and speech reflects disloyalty, that can be one of the darkest stains on a karatekas honor.

-SJ

## Promotions

Brook T.-Orange

Taylor T.-Orange

Gabi A.-Orange

Mathew E. - Orange

Andrew-Orange

Austin-Orange

Katie-Yellow

Anthony-Yellow

Jillian-Green

Rich-Green

Chris B.-Green

Stephen-Purple

Lynn-Purple

## Editor's note

I will not be here for the whole summer so the job of editor will be given to another karateka. During my absence Genevieve will be filling in my job. Have a great summer!!!

-Vincent Hwang

### Article contributors

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