



KDA Today

Winter 2008

Karate Do Academy, Westlake, Ohio

Karatedo.net

"It is futile to argue as to which leaf, which design of branches, or which attractive flower you like; when you understand the root, you understand all its blossoming." ~Bruce Lee from *Tao of Jeet Kune Do*



Winter Tournament Report

Diana	1 st place in kata
Cameron	1 st place in kata
Vincent	1 st place in kata, did not place in sparring.
Sensei Bert	3 rd place in both kata and sparring, he also judged and refereed
Ishaan	2 nd place in sparring did not place in sparring.
Jacob	Did not place in either sparring or kata

Congratulations to all of those who participated!
~IB

Helpful Tournament Tips

This year on December 3, I entered my 4th Karate tournament. As tournaments go, I'm pretty experienced. On the night before a tournament- sleep is crucial. You should bring a light lunch and **NO** pop. If you want to enter a tournament in kata, make sure your kata is long. Add extra keis if you'd like

to. Also, make sure you practice before the tournament. In sparring, try to watch the opponent's movements and try to find a way to counter them. Make sure you treat the judges with respect, don't horse around in the area, and if you win a trophy, don't brag about it.

~VH



From Sensei Jim.....

The older we get, the more we realize that time is our most precious commodity. Once spent, we can never replenish it. Look back to how quickly 2007 has past. Did we use that time wisely? Did we accomplish our goals and get the most out of every day? Did we move closer each day to becoming a better person in every way? Consider the following thoughts:

Repeated practice is one of the basic principles of not just Karatedo, but of life in general. In other words, whatever you practice most, you will

become. If you are in the habit of being impatient, you will become uptight and stressed. If you are oversensitive to criticism or insistent on always being right, you will find yourself frustrated and overreacting to circumstances. When you practice this type of behavior, you will become frustrated, because in a sense you have practiced being frustrated. Therefore, it is essential that you become aware of your own habits, both internal and external. Are they consistent with what you want your life to stand for?

The best way, I believe, for each of us to examine this is to find time to be alone and quiet the mind. A quiet mind is the foundation of inner peace and will allow you the opportunity to reflect on matters in your life in a heartfelt way. We use or refer to many techniques in class such as visualization, deep breathing, reflection, and meditation as methods for gaining this stillness. These methods should be done in a quiet environment and obtaining books or videos will help you become more effective in learning the techniques. Begin with just a few minutes each day and gradually increase the time to fit your comfort level.

Some other methods you may consider are Yoga or slow Kata. Yoga is physical in nature, so you will receive the added benefit of strengthening the muscles

and creating flexibility. Slow kata is a method we use in class occasionally in which the kata is performed at a fraction of the normal speed, tensing the body at focus points. I find a combination of several of the above techniques to be the best for me.

Start with some yoga stretching, move into slow kata with deep breathing and tensing, then close with quiet reflection, visualization, and finally meditation.

Quiet reflection in this manner will invigorate the mind and body and will pay large dividends in organizing your thoughts. It can help you honestly evaluate yourself and what you are practicing in your life on a daily basis. So, in 2008 you can spend time practicing that which is of little or no value, or you can choose to use your precious time to bring forth in yourself the valuable qualities of compassion, patience, kindness, humility, and inner peace. Choose wisely!

KDA Today Special- College Corner!

In this issue of KDA Today, we interviewed the 3 of our members who are currently in college- Jeff, Adam, and former editor Kelsey! We asked them what they were doing in college, what they plan to major in, what

extracurricular activities they are participating in.

Jeff Hirz



When asked to write this article for the College Corner, the most prevalent theme I could apply is the concept of time. It's all about time in college. How does one spend his or her time in college? I thought about that way too much this past fall quarter, and here's how I broke it down...

In an average week I have:

18 hours of class

32 hours of work (not even kidding)

6 hours as the treasurer for the Public Relations Student Society of America

12 hours as the Public Relations Coordinator for the OU Forensics Speech and Debate Team

8 hours of homework (notice that these are prioritized!)

This adds up to 76 hours of "stuff" that I have to do in an average week, not including fielding phone calls during my "free time" from the people that work for me and answering their questions. Now when you factor this all in to the equation, we have...

168 hours in a week

-56 hours of sleep in a week

-76 hours of "stuff" I have to do
-1 to 2 hours of odds and ends (fielding phone calls, working special events, paying bills)
=35 to 36 hours of free time

Now this doesn't include the fact that I made a vow never to do school work of any kind on a Saturday. Saturday's always been my day to cut loose. There's areas all around Southeast Ohio that me and some friends visit like Strouds Run and Cantwell Cliffs, basically areas that are like the Metroparks, but more beautiful. So we go hiking every Saturday in a new area, and in the winter we normally find the best place to go sledding! We're usually gone all day and by the time we get back we're too exhausted to do anything, so Saturday nights in Athens are usually pretty mellow for us.

So there's roughly 14 hours of that time crunched down into one day. And believe me, 22 hours of free time over a six-day period is not that much. That's just a little over 3 hours of free time a day...oh, and I have to walk 15 minutes to and from different classes throughout the day.

Now I don't want it to sound like I'm complaining, because I would much rather be too busy than be bored. But it does take its toll over an extended period of time. I normally leave my house at 9:00 a.m. or earlier and don't

get back until around 9:00 or 10:00 p.m., unless I have to work late, if so then it's midnight. This is a bit of a change from freshman year when I had no responsibility except to myself and my grades, but it's a change that reflects the next stage in life I'm about to enter - true adulthood. Sure, when you turn 18 you're a legal adult, but a moral, responsible adult is something much different.

I wish I could say I've been practicing at school, but in the past ten weeks I've only been able to practice once and workout three times. I'm just grateful that it's not because I'm lazy!

Adam Hasinski



At Ohio University I am concluding my undergraduate education, with majors in psychology and history, and should have a pair of B.A.s by the middle of June. After that, I hope to continue my education at a psychology Ph.D. program with a concentration in social-cognitive neuroscience, which integrates the social, cognitive and biological aspects of several sub-fields of psychology. Basically, it's for people who can't narrow down their research interests properly. If that doesn't work out (and it probably won't), then I'll apply to lab manager positions at various universities. And if that

doesn't work out, then I'll sell my internal organs on eBay. I realize that may sound a little extreme, but it's still preferable to making a career out of the eagle's nest, yelling at the automated registers and making sure the lot attendants aren't taking breaks when they should be pushing carts. After seeing what the business world has to offer, I have decided to make a career out of never leaving school.

This past quarter (and for those of you who don't know, colleges on the quarters system have three quarters...figure that one out) I learned the fundamentals of measuring various physiological variables (e.g. the amount of perspiration secreted from your hands or the type of waves emanating from your brain) and how to tell convincing lies during a lie detector test, which—as it turns out—isn't that hard. Next quarter I'll be taking evolutionary psychology (why behaviors, ranging from crime to courtship, are advantageous and thus enduring), graduate-level statistics (examining the relationship between different variables), Middle-East history (everything you'll never learn from the "experts" on television), and some philosophy class. I also run freshmen through psychology experiments. I know, it sounds innocuous, but I've almost sent people into panic attacks. So the next time you're angry with me for all the calisthenics, just be glad I

haven't locked you in a room with a tarantula or spent an hour insulting your intelligence.

So that's OU, and then there's Athens...you're typical small, college town. I live about 30 feet from the Hocking River, which is a nice place to go walking/running. And of course, practicing martial arts is always on my list of things to do.

Kelsey Torboli



I'm attending THE Ohio State University (I don't know why, but the THE is very important). I survived my first quarter as pre-chemical engineer. Basically, pre-engineers take classes in math, science, and general education classes for the first year, then apply to the major after 3 quarters. I am planning on earning a chemical engineering degree with a bimolecular focus. With this degree, I can work in the pharmaceutical field creating drug compounds, oversee the building of pilot chemical plants around the world, and manufacture chemicals to be used in everyday products, or even go into law school.

For fall quarter, I took an Intro to Engineering class, which I loved.

The class consisted of technical drawing skills using computer programs to draw objects and machine parts in 3D. I also worked in a team of four students to complete experiments and their subsequent lab reports. We completed labs on electrical circuits, transport phenomena and pipe flow, stress/strain relationships, bridge building, and disposable camera manufacturing. I am involved in the Society of Women Engineers and the Women In Engineering mentoring program.

Through WIE, I had the opportunity to mentor a group of girls during the COSI Engineering day.

I live in the engineering dorm on north campus, which is located near most of my classes. It's a great area to live and no matter what class you're in, you can always find help from someone else in the dorm. Very convenient, especially in the wonderful Ohio weather we all know and love. I live with three other girls, two of which are from Ohio and one from China. Living with three other girls has been quite a learning experience. My roommates and I usually can be found studying chemistry, watching *Desperate Housewives*, studying math, or going out to dinners for imaginary occasions. Contrary to popular belief, the "freshman fifteen" is not a common reality for most college students. I go running five times a week with my

roommate Laurie. The food isn't horrible either; it's all about the choices you make. Next quarter, I am taking calculus, chemistry, biology, and economics, a tough twenty-hour course load!

~CN

Remember:
Shugyo is Feb. 16th!!!

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