



KDA Today

Winter 2010

Karate Do Academy, Westlake, Ohio

Karatedo.net

Quote "The true martial artist yields to the weak, while withstanding the strong." -Young

From Sensei Jim.....

Change is a usually a difficult thing. Most of us would rather things stay the same. It is easier to stay on the same course than to head in a different direction, especially if the new direction may hold some unknowns. That is why the Black Belts of KDA have given much time and consideration to the following change in the course for Karatedo Academy.

For the past several months we have been in discussion with The Westshore YMCA regarding their increase in student fees accessed about a year ago. As some of you know, we have been at the Y since 1995, and the blackbelts have always generously donated their time to help students and to keep fees low. We felt this new increase was excessive and discouraged the type of school we have always been, That is, one made up of families learning and training together. With the new increased fees, we felt this would be prohibitive for some families. This would be especially true if they weren't members of the Y.

This has indeed proved to be the case, resulting in very few new students and no new families over the past year. The YMCA was not willing to reduce fees to previous levels. We could not continue on this course. We needed a new venue for our Saturday classes.

So, after much searching and discussion with several options, we have decided to relocate our KDA Saturday classes to the Bay Village Youth Center located at 27400 Wolf Rd (Cahoon Park) in Bay Village. Saturday April 3rd will be the last class at the Y in Westlake, and on April 10th we will open a new chapter for KDA in Bay Village. Class time will be 9:30AM to 11:00AM for advanced students and 11:00AM to 12:30PM for beginning and intermediate students.

I think you will find this new facility more "traditional" as a dojo and certainly quieter and more conducive to learning. You can register on line at bayrec.org or visit the Youth Center during business hours to sign up.(Phone 440-899-3441) Their policy is to charge an extra fee for non residents, however we encourage students from ALL communities to register. If the additional fee is a problem, speak with a blackbelt and we will make arrangements for you. Our goal is to teach everyone who wants to learn.

We are certainly excited about this move and the opportunity it hold for our school. When you attended Shugyo and observed the dojo, I'm sure you felt as I did, that KDA is extraordinarily blessed with quality people. My hope and expectation is that this will continue and increase with our new venture. Very much looking forward to seeing everyone there.



I'm turning Bob's Corner over to our guest instructor from Shugyo this newsletter, Sensei Paul. He is a 4th degree black belt in Shorin Ryu and has knowledge and experience in the following styles:

- Yang style Taichi Chuan
- Shobayshi Shorin-Ryu
- Chito-Ryu

- Hung Gar Kung Fu
- Toy Gar Kung Fu
- Indonesian Pentjak Silat

More Is Not Always Better

By Sensei Paul

As students begin their martial arts journey, they are instructed to follow directions and to do as their Sensei says without question. The student is taught how to properly execute a punch, kick, or block, as well as fighting techniques, katas and forms. I call this stage "learning the martial science".

As a student's knowledge and abilities increase, so does their rank. Unfortunately, many martial artists at this stage think that learning more katas will be "the magic pill" that will unlock the secrets of the arts. Many students will jump from school to school in pursuit of the ultimate fighting style. In this case, more is not better, it just means more slop. What you need to concentrate on is trying to perfect what you already know. Learn to punch and kick smarter, not harder.

If you watch true Masters execute a technique, they make it look effortless, almost like magic. With a turn of the waist or a flick of the wrist they send an opponent flying through the air. Is this accomplished because they perform it harder? No, it is because they have perfected their technique. A Master has no wasted movement. He/she uses leverage instead of brute strength and knowledge of how the body reacts to strikes to increase his/her power.

In order to reach this level, train smarter. When you punch or kick, pick and choose your targets wisely. Don't just try to hit your opponent. Don't look for an opening to attack, create the opening. Relax and let your techniques flow from one to another, tension will only slow you down. Do not try to execute a technique outside of your range. (ie..if your opponent is tall, bring him down to your level by attacking to his low line). Only then should you attempt a strike to the head. If you are in kicking range, don't try to punch. Use your kicks to close the distance, then punch.

As your confidence in your abilities increases, you will realize that you are more comfortable at fighting in close, sticking to your opponent like glue and controlling his/her every movement with your body.

Only at this stage do your abilities become an art form, a "martial art". Your opponent becomes the blank canvas and your techniques become the paint and brush that create a portrait of pain and destruction.

Remember, more techniques do not make you a better fighter, just more confused. Perfect what you already know.

-SP



BOOK REVIEW

Be Like Water – Practical Wisdom from the Martial Arts by Joseph Cardillo

Wandering through Borders, a book title caught my eye – because it was something my instructor told me in karate class. “Be like water, go with the flow, respond to attacks without conscious thought” was the essence of his guidance...and to see this book title on the shelf, it seemed natural to give it a read.

The book has 15 chapters, each written as a lesson on a specific topic. Each lesson contains an introduction to the topic, expansion on the idea (including examples), meditations, and resolutions. The topics range from finding your center and conquering fear, to responding appropriately and being like water. There is a lot of information in here. The lists of resolutions at the end of each lesson can seem a little overwhelming. Due to this, I recommend reading this book more than once – first, read it as an overview, then go back and work on the lessons that interest you most. Pick and choose what you want to focus on – you could easily spend several weeks on each lesson!

I recommend this book – it provides practical approaches and applications of aspects of martial arts in daily life.

-RM

Editor's Note

Hope everyone had a fantastic Shugyo! I don't know about you, but I was sore until Tuesday! Congratulations to everyone who received their next belt just before Shugyo, and more congratulations to those who survived the more intense workout. Also, a huge thank you to Sensei Paul, both for teaching at Shugyo and for writing this month's Bob's Corner.

On a slightly different topic, if you have any karate-related articles, or ideas for articles, please come talk to me! The KDA Today contains articles from it's students and senseis, and it is important that everyone contribute. Thank You!

-AM

PROMOTIONS

Jacob

Dale

Grace

Andrew C.

Andrew Z.

Greeshma

Hassan

Austin

Roger

Adam

Kaity

Govin

Diana

Cameron

Sairekha

Rich

Alyssa

Suji

STAFF

AM- Alyssa Myerly, Editor

RM- Rich Myerly, Contributing Writer

SP- Sensei Paul, Guest instructor and columnist

SO- Sandy Olson, Photographer Extraordinaire

Shugyo 2010

have the opportunity to experience Shugyo!
Domo Arigato Gozaimashita!-RM Photos- SO

At 6 PM on Saturday, I had been awake for thirteen hours. Of those thirteen, twelve had been spent doing karate. No, I wasn't crazy; I was participating in Shugyo, the highlight of the karate year.

So what is Shugyo? Beyond the early wakeup, the warm-up to music, the new techniques, katas, and styles we learn? Beyond the sore bodies and great memories? Beyond the 12 hour physical, mental, and personal challenge? Here are some definitions, but there are many interpretations of the translation from Japanese:

1. Austerity or intensity in training
2. Training for the acquisition of skill or knowledge

A quote that really works for me: "For those of us who want something more, we must push ourselves and never be satisfied with our current level of practice". Some early interpretations of shugyo included a journey by a martial arts student through the country seeking opportunities to test or hone their skills. Possibly the model for the 7 stations?

Gaining new skills is an increasingly important goal for me, and the inclusion of Sensei Paul (and other instructors from different systems in previous years) has provided new paths and experiences that I find valuable. I appreciate the view of different forms – it reinforces the fact that our system is based on several systems itself. Finally, all the effort by our senseis is truly appreciated – it is only by their efforts that we



