



# *KDA Today*

Spring 2010

Karate Do Academy, Westlake, Ohio

Karatedo.net

"Karate-do may be referred to as the conflict within yourself, or a life-long marathon which can be won only through self-discipline, hard training, and your own creative efforts." ~ **Shoshin Nagamine**

## From Sensei Jim.....

Well, it's Sensei's favorite time of year. The heat is coming and nature is in bloom. Let me start by suggesting you take your training outdoors for the next several months. Search out a quiet place near water, forest, or just one with a scenic view. Start your sessions with deep breathing and long slow motions and just take in the beauty around you. If this doesn't move your training sessions up your priority list, it's time to reevaluate your schedule. There is magic in the movements and power in nature. Put together makes an experience few will ever find. You know better, don't miss out!

Also a special word or two to the many adults currently training with KDA. I have so much admiration for all the parents who participate with their children and do their best to show a good example. It would be easier, I know, to sit on the sidelines and watch, but your taking part is so important. It will create a lasting bond with your children and create memories for years to come. Lead the way for your kids, they are watching and will take their cues not only from our upper belts, but from you. As for you, maintain your conditioning with outside activities and remember as you get older, what you can do today you can still do tomorrow and maybe even better with practice and perseverance.

Finally, I would like to thank all the brown and black belts who have contributed so much in getting out new program started at the Bay Village Youth Center. We are moving into our second session there and I am looking forward to many new faces from Bay Village at our Shugyo next year. We won't tell them what they're in for until January. Wouldn't want to spoil the surprise!! Oh Yeah!!

Don't forget to put July 31st on your calendar for our annual picnic at my home. It's always a great time and opportunity to socialize with karate friends and family. Please make a special effort to be there.

Welcome to summer!!! Kia!!!



## **Bob's Corner: June 2010**

Congratulations to all who have been promoted since the last newsletter. Don't look toward the requirements of your next belt rank, but concentrate on earning the belt you've been awarded.

### **Training Through the Belt Ranks**

For beginner students, train the techniques as they are taught at the dojo. I recommend keeping a notebook so you can write down any important points your instructor makes on each technique.

As you progress from beginner to intermediate martial arts students, maintain your notebook (buy a second one if you run out of space) and continue practicing the techniques as taught, always focusing on the techniques you've already learned from white belt to your current rank. At this point, I advise taking advantage of the technology we have today and viewing the forms videos located on the KDA website. Watch each video through a few times and then take the time to pause it at each step, analyzing the Sensei's movement. You know the techniques, but do you know how Sensei Jeff and Sensei Adam generate so much power with each move? Replay the video and step through it again. Watch each move and how every component helps generate power: the timing of the hands with the feet, the shifting of the body weight, the twisting of the waist, and even the breathing techniques. You'll come to realize the sensei is loose during each move until the moment of impact, when he tightens up. But then a moment later, he is loose again.

Studying the techniques as they are performed in the videos will ultimately help you critique your own execution of them. Remember that all learning does not need to take place in the dojo. I hope you'll find important points to record in your notebook.

As you move from intermediate to advanced belt in our club, you've practiced most of the defense series. Continue to build on what I've indicated in the previous paragraphs. Spend some time analyzing each series you've learned and think of how you would use them in an altercation. You've all trained on the techniques, but now is the point to start to study. In *Martial Arts America*, Bob Orlando states that the art of studying "goes well beyond training. Study develops and matures the emotional, intellectual, and spiritual dimensions of the martial artist." For the techniques you know, picture the attacker coming with a reverse overhead attack or punch. How would you modify your technique? What if, during the second technique of the second series, your attacker does a reverse spin intending to bring his chambered fist into play as a back fist? How would you modify your defense? When we have an opportunity to work out, these are some of the topics I would like you to bring up for exploring.

Although I recommend waiting until you're at least a 1<sup>st</sup> degree brown belt to consider training in another style of martial arts, I would recommend an investigation of other martial arts. Maybe check out a book or DVD from the library, or buy another martial arts style's magazine at the local bookstore. Think about the other style's primary method of attack and how you would respond if facing the opponent in a tournament or on the street.~RT

## Balance

Every time you kick, your body is being held up by one of your legs, while the other leg makes contact with the target. I've noticed that a lot of students are having trouble balancing while practicing their kicks. This worries me, considering that they're kicking the air, and not a target. When you kick a real target, it's significantly harder to keep your balance (see Newton's third law of motion), and students who cannot balance while kicking the air stand no chance at balancing while kicking a real target.

However, physical balance is not the only balance students should be practicing. A common problem I see in today's youths (my peers included) is the inability to balance school, extracurricular activities, and play time. I've learned that as you grow older, more and more opportunities become available to you, such as taking exciting electives in high school and being able to drive a car. While I encourage you to take advantage of these opportunities, you must be conscious of the workload you take. I've seen friends of mine take classes at high school that are too hard for them and consume so much of their time that they have to drop extracurricular activities, such as being in the school musical, in order to keep up.

Keep your body and life in balance, as well as your training. Don't forget to set aside time each day to practice karate, and make sure to practice everything during the week. Practice your katas, punches, blocks, and kicks each week, don't skip out on anything because you're strong in that area- you can always improve. And of course, don't forget to practice balancing while you kick!~CN

## The KDA's New Home

Our new dojo at the Bay Village Youth Center is a great new place for us to practice our karate. As you enter the building, there are two rooms, one on the left and one on the right. The rooms are perpendicular to each other. The room to the left has a white vinyl floor. The room on the right has a wooden floor. The wooden floor adds a genuine dimension to our dojo: since in Japan the dojos are typically paved with wooden boards.

Due to the fact that not many others use the Youth Center, it is much more serene and peaceful environment. This new feeling contributes to more concentration during classes on Saturday. Another advantage about the new location is that it offers a large area of grass to practice on during the summer months. It is a great blessing that the dojo has moved to this perfect environment. Our hope is that this new dojo will serve us for many years to come.~VH

## Editor's Note

Happy summer everyone, and congratulations to everybody who was promoted. A few words on summer training: make sure you drink plenty of water, and always wear sunscreen if you decide to work out outdoors. Also, don't forget the summer picnic at Sensei Jim's house on July 31<sup>st</sup>- more details to follow.

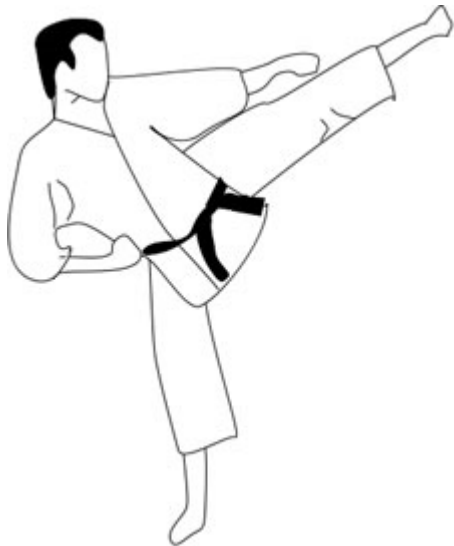
Additionally, please submit any karate-related articles or ideas to me- I can't write this newsletter alone!

~AM

## My Yellow Belt Test

I have been taking karate for about a year now. I just recently earned my yellow belt. I worked very hard for it. (I practice 15-25 minutes a day.) The biggest challenge for me is memorizing Japanese (which is odd since I'm addicted to anime!) I really enjoy karate and will work as hard as humanly possible in order to go as far as anyone can go.

If you are planning on testing for a yellow belt anytime soon, know your Japanese! I had to say a lot of the things in Japanese (such as all the techniques in a kata). Also, practice all the requirements over and over again! ~SK



## Review of Bob Orlando's "Martial Arts America"

I ordered this book from the web site of Paladin Press. I'm familiar with some of Bob Orlando's instructional DVDs and thought it would be interesting to read his opinions on the state of martial arts. I thought it was a bargain since the price was reduced to \$3.77 (for an autographed copy!). Shipping was going to cost me the same whether I bought one book or four. So, I bought four and provided copies to others, like me who have been introduced to Bob Orlando's work.

The books/DVDs you'll find on my bookshelf are all martial arts instructional materials. You'll find weapons defense, ground fighting,

kung fu, chin na, tae kwon do, among others. "Martial Arts America" is not a book of techniques.

Bob Orlando addresses topics such as classical versus Western, practical/traditional, chi, kata, street clothes versus gi, barefoot/sneakers, sport karate/self defense, women in the martial arts, finding a dojo and style, etc. I can't say I always agreed with Mr. Orlando's viewpoint, but I have to admit he had me thinking about my own viewpoints at the end of each chapter. If you're new to martial arts, I would recommend looking through the table of contents and choosing topics that interest you. If you've been in martial arts for awhile, take the time to read the entire book. If interested, give me your name at the Friday or Saturday classes. I picked up another copy of the book with the intent of sharing it with others at KDA. ~RT

## Promotions Spring 2010

Vivek- Orange

Quin- Orange

Neil- Orange

Antonio- Yellow

Victor- Yellow

Sarah- Yellow

Alex- Purple

Ishaan- 3<sup>rd</sup> degree Brown

Gina- 3<sup>rd</sup> degree Brown

Jacob- 3<sup>rd</sup> degree Brown

## Tai Chi & Karate

According to Bert

As you know I have been practicing and teaching Tai Chi & Karate for a number of years now. And I have found so many things in each style that are the same and also different at the same time, just like the Yin-Yang symbol.

Now think about it, the Symbol is both black & white, representing opposites (hard & soft) etc., etc.. In Karate this is also true. We have moves in Karate that are both hard & soft at the same time. Think of one of your favorite Kata or Form, throughout the form you have soft & hard moves in it. Tai Chi although the moves are all done at the same “speed” per say, it in itself can be used both hard & soft. Tai Chi, if looked at closely, some forms have blocks, strikes, kicks, and punches, the same as Karate, but done at a slower pace.

This is why I call Tai Chi, Karate in slow-motion. Take your favorite Karate Kata or form, and do it in slow-motion, thinking of what each move is for or what you’re doing in each move. How you are moving? Where your power is coming from? Where your center of balance is? How your feet are planted, or rooted? How the movement feels? What you have to adjust to get the



results you want from the move. This is the same thing we try to get out of Tai Chi, but a little deeper.

Tai Chi is also used to find your “Chi” your internal power. To manipulate it, use it. Your Chi can be used for “good & bad”, “hard & soft” to “heal & harm” etc.. The same as your Karate. Tai Chi is also called meditation in motion, because the movements are done so slow you go into a form of meditation from concentrating on your moves in a relaxed motion.

I think that if you do Karate or any other hard Style of martial arts you should consider adding Tai Chi to make you more complete in your art. ~BS

## Contributors

RT- Randy Torboli (Bob’s corner, book review)

SK- Sarah Kolick (My Yellow Belt Test)

CN-Connor Nealer (Balance)

VH-Vincent Hwang (The KDA’s New Home)

AM-Alyssa Myerly (Editor)

BS- Bert Sanchez (Tai Chi and Karate According to Bert)

