



KDA Today

Fall 2006

Karate Do Academy, Westlake, Ohio

Karatedo.net

All knowledge is ultimately self-knowledge. – Bruce Lee

Nidan Test

On August 19, 2006, the school witnessed an unprecedented event, a Nidan Test of four of our black belts – Ken, Adam, Jeff, and Bert. Sensei Jim started them out with six heart-pounding 1-minute sparring rounds with only seconds between rounds. They then executed a rapid succession of kata, defense series, escapes, and multiple attacks. The effort was continuous both mentally and physically, since the candidates were either *uke* or *tori* all the time and had to describe their techniques in Japanese.



The Nidan candidates prepare to perform Kata in front of the school under the direction of Sensei Jim.

Each candidate then performed a 5-10 minute formal presentation of their own choice including kata from another system and defense against multiple weapon attacks.

Ken performed the classical Sai Ichi kata, Okinawan Shorin Ryu's Ananku kata, KDA's Nihoshiho, and defenses against multiple attacks from stick, baseball bat, knife and a gun using his sai and empty hands.

Bert performed the second section of the Tai Chi Long form, a Lohan boxing kata, Bassai Dai, and defense against multiple attacks, including sticks, bagwork and boardbreaking.

Adam performed a modified Sai Ichi kata, a modified Bassai Dai form and defended against multiple attackers with swords and then empty hands.

Jeff performed Empi, a Toy Gar system kata called Toy Kun, and a blended Nihoshiho and sword kata. He defended against multiple attacks from stick, sword, and bo using sticks and empty hands.

The test was an excellent demonstration of the candidates' prowess and dedication to the art. They showed amazing strength, conditioning, control and technique. Their spirit never flagged, despite the bone-jarring *ukemi* and muscle-screaming control required during their demonstrations. They are an inspiration to the whole school. Congratulations!



Bert throws Ken and Adam throws Jeff as part of self-defense techniques.



Our newest Nidans: Ken, Adam, Jeff, Bert, shown with Sensei Jim.

From Sensei Jim...

Here are a few thoughts to consider in your training...

Several students have asked me about tournament scoring procedures, and specifically how judges can score katas they may not know, or they may not know exactly how the student has learned it. According to Sensei Al Fuzy, who is a tournament promoter, there are 10 points that are considered in scoring competition kata. They are: balance, coordination, timing, rhythm, appropriate speed, focus, power, eye level, correct breathing, and spirit. These points are consistent among all styles whether hard or soft, and should be your checklist when practicing kata.

One of the 20 principles of karate-do is that Karate goes "beyond the dojo." The spirit and mental attitude begun in the dojo should continue outside the dojo into our daily lives. This includes avoiding immoderate eating, drinking, or other habits detrimental to your health that will soon make it impossible for you to realize your goals as a karateka. Train both mind and body inside AND outside the dojo.

A Japanese proverb maintains, "learning through practice is like pushing a cart up hill. If you slack off you will slip backward." Another way to put it is "he who stops being better stops being good." You cannot be at a standstill in your training. Do not deceive yourself. You will move either forward or backward. Make this your challenge; to be better today than yesterday, and better tomorrow than today. Walking this way throughout your life is a true image of the Way of Karate.

Twenty Precepts of Karate-Do

Gichin Funakoshi's Twenty Precepts

- 二十訓
- 一、空手道は礼にはじまり、礼に終ることを忘るな。
 - 二、空手に先手なし。
 - 三、空手は義の補け。
 - 四、先づ自己を知れ、而して他を知れ。
 - 五、技術より心術。
 - 六、心は放たん事を要す。
 - 七、禍は懈怠に生ず。
 - 八、道場のみの空手と思ふな。
 - 九、空手の修業は一途である。
 - 一〇、凡ゆるものを空手化せよ、其然に妙味あり。
 - 一一、空手は湯の如し、絶えず熱度を手えざれば元の水に還る。
 - 一二、勝つ考へはもつな、負けぬ考へは必要。
 - 一三、敵に因つて転化せよ。
 - 一四、戦は虚実の操縦如何に在り。
 - 一五、人の手足を射と思へ。
 - 一六、男子門を出づれば百万の敵あり。
 - 一七、構は初心者に、獲は自然体。
 - 一八、形は正しく、実戦は別物。
 - 一九、力の強弱体の伸縮後の緩急を忘るな。
 - 二〇、常に思念工夫せよ。

Gichin Funakoshi wrote twenty precepts of karate-do to help karate students transform their art into a way of life. This is the third of the twenty precepts.

Karate wa gi no tasuke.

Karate is assistance to justice. Fighting does not solve any problems. If you can, avoid fighting altogether. Karate should only be used if the fight cannot be avoided.

Recent Promotions

These students have shown their dedication to KDA and have achieved an additional belt on their journey.

~HT

Ikkyu

Randy

Nikyu

Connor

David

Genevieve

Haley

Kerwin

Jacob

Sara

Scott

Kim

Lynn

Steven



Brown Belts during testing: Connor, Kerwin, Randy, David, Haley, Genevieve



Finding Your Way

How do you assess your progress in karate-do (the Way of the Empty Hand)? Is it by the color of the belt you wear? Do you compare yourself to those at your rank to establish a mental hierarchy?

How do you follow your path? Do you plod along until it is testing time, and then sprint? After a successful promotion, do you coast? Karate-do is not a race, but a journey. Are you so focused on the destination that you miss all the insights to be gained along the way?



Fellow students help us on our path, but each person's path is unique because each person has their own obligations to family, work, school, etc. Each person must deal with his or her own strengths, weaknesses, illnesses and injuries. So it is not useful to make comparisons with other students – each student is walking a separate path from yours, and not all paths are straight.

A karateka is like a sword being made. The “mettle” must be repeatedly heated, hammered, bent, and quenched in order to make a strong, well-tempered weapon. Your heart, mind and spirit are what truly make you who you are.

Take some time every day to reflect on your journey. Conquer your own discord and you will find your way.
-SO

Flexibility Tips, segment II

When you begin your stretching routine you must remember a few key tenets that will keep you from injuring yourself. I cannot stress enough the importance of warming up prior to stretching and working out. Attempts to stretch cold joints and muscles can very possibly lead to injuries. Last year in the early part of summer I had this happen to me when I pulled my hamstring doing leg swings on a Wednesday night. I had not properly warmed myself up prior to this functional stretching routine. For the rest of the summer my abilities were limited and up until the end of this past summer it still pained me to stretch too far on that leg. Don't be the victim of careless injuries like I was. Always warm up before class! Try to arrive early so you can squeeze in a light jog or a few katas to get the blood flowing before the bow-in. Much the same way oil lubricates the different parts of an engine, proper warm-up will lubricate your joints and muscle fibers with blood and oxygen, allowing you a wider range of motion and heightened ability.



The pre-stretch warm-up should consist of loosening up joints with circular motions such as trunk rolls, circling the arms forward and backward, circling the neck as well as the knees and ankles. The wrists are also an important joint to get warm and loose, considering many of our techniques are concerned with quick, powerful hand movements. Many people, including myself, take advantage of these joints and fail to realize their importance until their ability is limited with age or injury. By focusing on these joints during your pre-stretch warm-up you will prolong their effectiveness, especially if you stay with the arts for a long period of time. Hope you're all looking forward to the third segment of stretching in winter's edition of KDA Today!- JH

Resolution Tips

Whenever you get frustrated or confused don't get upset. Take a deep breath and move on. Dwelling on your problems will only lead to hurt feelings and anger. If taking a deep breath doesn't help, go and talk to someone. Letting your feelings out is a good way to relieve stress. Try to relax yourself by listening to music that you love. Music can often help calm you down when you're angry. If those things don't work go somewhere where you feel comfortable and do kata or punch the bags so that your anger will subside. -GL

Work Out Tips

An important aspect of karate is balance. Some ways to work on your balance is to stand on one leg for thirty seconds and then switch legs. Doing kicks in slow motion will also help your balance and it can also help your technique. Make sure to always keep your center of balance over your heel. With balance your techniques will become stronger and you will feel more secure. Taking Tai Chi will help you improve on your balance. -GL

Interview with a Black Belt Sensei Bert

When did you start taking karate?

KDA is the first karate school I have ever attended. I started to get into martial arts when I was 14 years old. My Uncle Mig was going to a Kempo Karate School in Connecticut. He was showing me some things that he had learned. I was hooked from there on but was not allowed to attend school. My mother did not approve.



What is your favorite technique/ series? I like one technique from each one of the series, the first technique in the second series (step back, knife-hand, reverse punch), number four of the outside series (step in, parry, ridge-hand), four of the inside series (double knife-hand & hip throw), and number four of the jump kick series (double knife-hand & jump kick).

What is your most embarrassing karate moment?

The day I slipped during a kata and played it off as if it was part of the routine, and no one knew it but me.

What is your proudest karate-related moment?

There are many times in every one's journey in the Arts they can be proud of. I would have to say mine was the day I received my first belt.

Do you have any favorite karate-related quotes?

Empty your mind, Be formless, shapeless, like water.
When you put water into a cup, it becomes the cup;
When you put water into a bottle; it becomes the bottle;
When you put water into a teapot; it becomes the teapot.
Now water can flow - or it can crash.
Be water, my friend. Bruce Lee

What is the most important lesson you have learned from karate? The most important lesson for me has been to keep looking and keep wanting. Looking at all of the Arts, not just the one you are in but at all of them. They all have some part of what you are looking for. Looking for your balance, your center in yourself, looking to better yourself. Wanting to improve, not just your karate but yourself, wanting to learn, wanting more. Once you find your center every goal will be easier to reach.

BOOK RECOMMENDATIONS – RT

- 1 Morgan, Forest. [Living The Martial Way](#)
- 2 Sde-Or, Imi. [How To Defend Yourself Against Armed Assault](#)
- 3 Perkins, John. [Attack Proof](#)

Bob's Corner

Escapes

In this edition of KDA Today, I would like to review some of the first escapes we're taught. Next edition, I'll review the balance of the escapes needed through *Shichi Kyu*.



Parallel Wrist – a) Step into the weak (grabbed) side in a forward balance stance. Keep your grabbed arm straight and angled toward the ground to unbalance the *uke*. Use the free hand as a secondary guard for your face/throat. b) Shift from forward balance stance to a horse stance at the same time you bend the elbow of your grabbed hand (bringing the fist of the grabbed arm to your chest). This will break the hold. c) While still in a horse stance, follow up with a back fist (grabbed hand) to the opponent's temple. d) Change your stance from horse stance to a forward balance stance finishing with a reverse punch to the point of the chin and *kiai!*

Front Choke (1) – a) Short punch into the *uke's* solar plexus as you reach over with your left hand to grab the *uke's* left wrist. b) Simultaneously, peel the opponent's wrist off with your left hand, using your right hand to apply an arm bar, and drop into a horse stance. Watch your footwork, in this version you want to end up with your right foot located between the opponent's feet. c) The higher the *uke's* left wrist is raised the lower they'll keep their body to avoid the discomfort of the arm bar. From here, right hand hammer fist to the temple followed up by a right heel kick to the opponent's groin

Front Choke (2) – a) Step left leg back into a horse stance as you bring your left arm/knife hand down onto the upper forearm of the opponent's right arm and right *chudan uke* up to break the hold of the opponent's left arm. b) Right back fist to the bridge of the *uke's* nose. c) Grab the *uke's* right arm with your left hand and grasp the *uke's* right shoulder with your right hand, pulling them into you. d) Step your left foot up to your right foot and deliver a right side kick to the opponent's right knee and *kiai!*

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- 4 Nakayam, M. [Best Karate](#)
 - 5 Arsenault, Al. [Chin Na In Ground Fighting](#)
 - 6 Urquidez, Benny. [Training And Fighting Skills](#)
 - 7 Lee, Chong. [Advanced Explosive Kicks](#)
 - 8 Jay, Wally. [Small Circle Jujitsu](#)

Note: Contact Randy if you're interested in borrowing any of the above titles.

Oberlin Tournament



The word is out. The votes are in. Karate-Do Academy's reputation is on the rise, and after the martial arts tournament on August 12th at Oberlin High School, it became readily apparent that the only place this school is going to go is up. A keen observer at the tournament, which is exactly what I was, would have noted this for two reasons: the number of place attempts that were successfully completed; and constant inquiries from other schools as to who we were, coupled with praise at the discipline displayed by KDA's *karateka*.



The statistics demonstrate the improvement the students of KDA have undergone over the past few months since the last tournament at the Westlake YMCA. Out of 19 total possible placements the students could have taken, they decided to walk away with an impressive 10. Given the number of students KDA had competing and the fact that for many of them it was their tournament debut, this is quite an impressive feat. Haley and Nathan each took a first – Haley in kata and Nathan in sparring. Adam, Genevieve and Ryan each took second place in kata in their respective divisions. Sarah took a second place in sparring and a third place in kata. The crowd held their breath, however, when she was forced to do her kata again to break a tie for third place, which she promptly won! Kelsey took third in kata, and Genevieve and Adam went on to take a third place, as well, in sparring. Congratulations to all of these students. Through your training and consistent efforts at bettering yourselves in the martial arts, you each earned your placement both figuratively and literally. To those of you who participated but did not place, use that reality as an extra motivator that drives you to a higher state of excellence. As Sensei Jim says, do not stay at a standstill. You must continue to better yourself and I promise you that in the near future you will reap what you sow.



Sensei Jim experienced that proverb to the fullest that Saturday. As he watched his students participate in the tournament and comport themselves with such a sense of dignified ease and spirit, he was consistently approached and questioned by instructors from other schools as to the origins of



Tournament participants- Back row: Sensei Jim, David, Kelsey, Haley, Sara, Adam, Jeff. Front row: Genevieve, Lucas, Nathan, Ilia. Not pictured: Ryan, Isaac, Ishaan.

Karate-Do Academy. They would offer their praise along with their curious inquiries about the style and location of the school. For an instructor there is no greater reward to be reaped than to hear other people, unrelated to the school, compliment and praise one's students.

So congratulations to all who participated. You helped to get the word out and boost the reputation of Karate-Do Academy, this so-called underground school, by conducting yourself in such a manner that you should be proud to call yourselves *karateka*.

Shops and Websites

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

Suggestions on How to Live a Happy and Rewarding Life

Leave everything a little better than you found it.

Keep it simple.

Keep good company.

Our Staff

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David- Feature Storywriter ~DS

Genevieve- Field Reporter ~GL

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