

Kyokushin Crunch News

Eagle Rock Kyokushin
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On a hot summer day, young fighters from Burbank, Eagle Rock, & Reseda Dojos met at The American Legion Hall to compete in a full-contact Kyokushin tournament.

28 karateka fought, with 9 kids representing ER Dojo. ER fighters were seconded by Senpais Kiyoshi & Koji, with the assistance of Kohai Joseph Guerrero.

The first two rounds saw all but one ER fighter advance to the semi-finals. In a rough action fight, Tisag "TNT" Moseley lost an exciting 3-2 overtime decision to Leanna of Burbank. Among the fighters to advance were Steven

"Crusher" Kaplan, Elias "The Eliminator" Manning, "Mighty" Malik Walker, Phelan "Action" Jackson, and Donald "KO Kid" Kaplan, who caused a mild sensation with a full point victory off vicious left high kicks.

In the semi-finals of "A" Division, Elias took on Steven. Elias moved forward in a strong stance, but Steven was able to win a unanimous decision thanks to quick counters & combinations.

In Division "B", ER's Ruby "Wrecking Crew" Morales calmly dissected her Reseda opponent with combinations, and took her down with snap kicks. Malik surprised the audience by aggressively attacking his green belt opponent. In spite of his apparent disadvantages in size & experience, Malik's speed and ferocity were overwhelming, and he too won a unanimous decision.

In Divisions "C" & "D", Amanda "Boom-Boom" Morales & Donald won their fights by scoring wazari. Amanda displayed relentless pressure and heavy low kicks. Donald once again scored wazari with his lead high kick.

Chris "Taiko" Tokita treated the spectators to a demonstration of awesome technique. Despite giving up 45 pounds in weight, he overwhelmed a brown belt with speed, footwork, and a wide array of strikes.



Fighters pose after tournament.

Chris was joined in the finals by Phelan, a white belt, who caused the upset of the day when he defeated a green belt who outweighed him by 60 pounds. Phelan's footwork kept him out of harm's way, and his ferocious straight punches & low kicks were accurate and frequent.

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Training Tips

Kicking: Your legs are powerful weapons. Here are some tips on how to train them for fighting...

Stance: In order to keep balance, throw every kick from a fighting stance: feet apart, bent knees, weight on the balls of your feet.

Position: To begin a kick, your knee must be raised to the level of your hip. If your knee is below the hip, you will not have the weight of your body behind the kick.

Hips: On straight kicks (snap, knee), your hips will push forward as you hit. On round kicks, your hips turn as you hit.

High: The higher you lift your knee, the higher you kick. Stretch before & after class, and at home.

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ER Fighters/Results

- *Division "A"*

Steven Kaplan: 2nd Place

Elias Manning: 3rd Place

Tisag Moseley

- *Division "B"*

Malik Walker: 1st Place

Ruby Morales: 2nd Place

- *Division "C"*

Amanda Morales: 1st Place

- *Division "D"*

Donald Kaplan: 1st Place

- *Division "E"*

Phelan Jackson: 1st Place

Chris Tokita: 2nd Place



Eagle Rock Tournament Team

Summer Camp

If you have not yet signed up for summer camp, now is the time. Our 5th annual karate camp will be at Sage Hill Group Camp in the beautiful Los Padres National Forest, north of Santa Barbara, beside the roaring Santa Ynez River.

Well, it may not roar, but the natural springs are refreshing, the sunsets picturesque, and the fun is unforgettable.

ER Dominates Tourney

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In Division "A" finals, Steven of Eagle Rock battled Tate Allan of Agoura Hills. Tate, who has studied Hapkido for several years, had reached the final with powerful straight punches and snap kicks. He attacked Steven with snap kicks, while Steven labored to counter Tate with low kicks. Tate's strength & persistence won him a unanimous decision. Steven displayed much improved defense & mental toughness.

Division "B" saw a furious battle between Eagle Rockers Ruby & Malik. Ruby tried to keep Malik away with her strong snap kicks, while Malik fought his way inside like a kid in search of his lunch money. Ruby fought back effectively, but Malik's impression of a hurricane won him a 3-1 decision in overtime.

Amanda went up against Karina of Reseda in the Division "C" final. Karina had easily defeated our girl in last year's tournament, but Amanda has worked very hard since then. Wading through Karina's tremendous punches and left body kick, Amanda kicked her legs & jammed her inside with a two-fisted body assault. In the end, Amanda's heart and conditioning exhausted Karina, and she won a 5-0 decision in overtime.

Karina's brother, "Homicide" Henry, had the daunting task of facing Donald of ER in the finals. Henry's aggressiveness played into Donald's hands, as "The KO Kid" pulverized his opponent with low kicks and a searing left hook that KO'd Henry in the first round.

The final match of the day pitted ER's Chris & Phelan in "The Battle of the Buddies." They are friends... they are the two smallest fighters in their division... they went at one each other as if a year's lunch money was at stake. Looking more like professional fighters than novices, they displayed speed, defense, & balance. Chris had the upper-hand early due to superior kicking technique, but Phelan closed the gap with punches. In overtime, Phelan's incredible stamina & punching seemed to give him a slight edge, and he took a narrow 3-2 decision over his classmate.

Though Eagle Rock made up only 30% of the fighters, we were able to win 80% of the first place trophies, and 70% of all trophies. We won 13 fights against 2 losses in competition with other dojos. All of our fighters were able to defend themselves without injury. Most important, ER kids learned to overcome obstacles with hard work, planning, and intelligent action.