

# KYOKUSHIN CRUNCH NEWS

Eagle Rock Kyokushin  
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[www.eaglerockkarate.com](http://www.eaglerockkarate.com)

## Promotion

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### PROMOTION

Reseda Dojo hosted the 1<sup>st</sup> promotion of 2006. Six Eagle Rock karateka tested for rank, while senpais Donald, Chris, & Steven lent assistance to the senseis. There were over forty participants from four dojos.

Promotion began with kihon exercises led by Sensei Hasegawa of West L.A., followed by testing. White belts answered scathing questions & showed strong push-ups. Color belts displayed their repertoire of katas.

Following ido-geiko exercises, students fought in 1-match kumite. Eagle Rock Students were in top form. Steven, Rhys, & Donald scored with effective high kicks. Phelan & Chris demonstrated phenomenal body punching. Paul, Josh, Fernie, & Joseph looked like experienced fighters with fluid combinations & footwork.

Due to the unexpectedly high turnout of students, many match-ups caused promotion to run late. Following several rounds of sparring, promotion certificates were awarded, pictures taken, & we stumbled home weary but wiser.

### YEAR IN REVIEW

*Tournaments:* Our students fought in 2 tournaments last year: *Eagle Rock & Little Tokyo*. For the 2<sup>nd</sup> consecutive year, ER Dojo sent fighters to the championship of every division we entered, winning 6 titles, & 4 2<sup>nd</sup> place trophies. Both Donald & Chris won 1<sup>st</sup> & 2<sup>nd</sup> place trophies. Phelan, Elias, & Amanda won 1<sup>st</sup> place trophies, while Ruby & Steven won 2<sup>nd</sup> place trophies. The entire dojo compiled a record of 20 wins & 3 losses against competing California dojos.

*Promotions:* We held 3 promotions with Reseda, Burbank, & West L.A. Dojos.

*Social:* Long standing traditions such as class picnics & summer camp sustained, and we held our 1<sup>st</sup> Halloween Party (highlighted by appearances of Sherlock Holmes, a mummy, winged insect, big baby, mad scientist, & many karate uniforms). Picnics held at Mineral Wells featured healthy food & brutal football games enjoyed by most. Summer camp took place @ Sage Hill along the (alleged) Santa Ynez River. Some of us are fortunate enough to remember the night course (fear & firearms), swimming ground (cliff dives), & camp story (many casualties).

*Sweat:* Though we tend to remember the drama & accomplishments of tournaments & promotions, or the laughter of our special events, it is our daily training

that we frequently fail to acknowledge. It is the sweat & dedication of class that molds us into the martial artists who win trophies, earn new belts, and grow as people. Only after working & learning do we fully appreciate the leisure time at picnics, parties, & camp. Remember & cherish the challenge of class, as well as the grueling weekend runs.

*Pictures of the above events can be viewed on our website.*

### RUNNING CLUB

Anyone who has fought competitively will tell you that fights are won in training. Those who put in the time or effort are often rewarded with improved ability & stronger performances. *Stamina*, the ability to compete without getting tired, is a product of running.

As our summer tournament approaches, ER Dojo will step up our weekend running regimen. Students will be encouraged to attend & support one another as we sprint up the stairs of Occidental College, push ourselves up the hills of the Audubon Center, and navigate the trails of the Arroyo Seco.

Those attending more than half of each month's weekly runs will be rewarded with a pizza party at the beginning of the following month. We'll begin the Running Club in April. Of course, the real reward will be enhanced health & stamina.



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## PROMOTED 2/25

- Phelan "Action" Jackson Hachi Kyu (Blue)
- Paul "Ninja" Hennessee Ku Kyu (Orange Stripe)
- Josh "L'Bomba" Elbaum Ku Kyu (Orange Stripe)
- Fernie "Torito" Guerrero Ju Kyu (Orange)
- "Smokin' Joe" Guerrero Ju Kyu (Orange)
- "Ricochet" Rhys Jackson Ju Kyu (Orange)

## FIGHTING TIPS

### Footwork

A great man once told me that the difference between a skilled and a mediocre fighter can be traced to footwork. Your feet can move you out of trouble, or put you into position to cause it.

- Always maintain your **stance** as you move in a circle around your opponent. Never cross your feet or bring them together. Bend your knees & keep your weight on the balls of your feet.
- **Defense:** Move around your opponent, most often away from his/her strong hand, so that you are never directly in front of them. Do not rush. You want to keep your feet in position to **counter** at all times.
- **Offense:** When you move toward an opponent, attacking with either a jab or a kick, let your feet move you forward. Never reach in with your face. If you see an opening—such as a left hook—move your feet into position to hit your target at the correct angle. Always punch & kick from the balls of your feet, & step to the side when finished.

## ER Students @ Promotion



- There are several effective methods of **practice**: Jump rope, shadow boxing, & sparring. When jumping rope, always bend your knees and spring from the balls of your feet. Your eyes are up, and your upper body is straight, just as when you fight. Shift your weight side to side like a boxer. Practice these techniques when throwing punches & kicks at a mirror, & when sparring in class.
- Your **eyes** are your best teachers. Watch yourself in the mirror when you jump rope or shadow box. Look to see that your hands are high and upper body straight. Make sure that your knees are bent and your weight is on the balls of your feet. Keep your feet apart. **Focus** on your opponent when you fight. Be aware that your feet—not your face—guides you toward your opponent, and take care not to remain right in front of the person trying to hit you.

Okay, you're right, the man who told me about footwork wasn't "a great man." But he was a great *fighter*! Heed his words! Let your stinky feet be your guide as you glide gracefully around your befuddled opponent.

## LOOKING TO 2006

### *Promotions*

- May 20 @Burbank
- July 16 @Summer Camp
- November 4 @Reseda

### *Tournaments*

- Eagle Rock 8/12  
Participants: Burbank, ER, Reseda, West L.A..
- Little Tokyo 9/24  
Participants: Burbank, ER, Little Tokyo, Manhattan Beach, North Valley, Oceanside, Reseda, Torrance, Tustin, West L.A.

### *Special Events*

- Weekend Picnics @ Griffith Park
- Summer Camp 7/14-7/16  
Our 6<sup>th</sup> Annual Karate Camp will be held @ Sage Hill Group Camp for the 3<sup>rd</sup> consecutive year. Sage Hill is located in the mountains above Santa Barbara, in the Los Padres Forest, beside the Santa Ynez River.

Camp consists of martial arts training (real life & tournament fighting, nature run, promotion) & leisure activities (swimming holes, night course, campfire, hiking, camp story).

The entire weekend costs \$25 per student, \$10 for additional campers, with special rates for large, multiple student families. Register with Senpai Jeremy as soon as possible. Now! C'mon!



Rowing & Diving @ Sage Hill