

KYOKUSHIN CRUNCH NEWS

Eagle Rock Kyokushin
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North L.A. Championships

Karate Camp

Training Tips

Quotes

“You win battles by knowing the enemy's timing, and using a timing which the enemy does not expect.”

Miyamoto Musashi (1584-1645)

“Joy lies in the fight, in the attempt, in the suffering involved, not in the victory itself”

Mahatma Gandhi (1869-1948)



**Eagle Rock Fighters with trophies
North L.A. Tournament**

The 3rd Annual North L.A. Championships were held on August 20th at Eagle Rock Dojo. 20 students from Eagle Rock, Reseda, & Burbank fought. Shihan Brian was Judge, Senseis Hasegawa & Jeremy referees, & Senpais Nick, Phil, & Matt corner judges. Drinks were donated by the Women's Auxiliary.

Fighters were divided into 5 age divisions. The youngest fighters were 7 years old, and the oldest 14. Kyu ranged from orange to brown belts.

The first two fights were in the 7-8 year old division. The preliminary round saw Elias (ERock) & Adam (Burbank) advance. In the semi-finals, Elias' nifty combos won him a 4-1 overtime decision over the much improved Lyrienne (Reseda). Adam was overpowered by Steven (ER), who rocked his feisty opponent with rib kicks, & scored wazari with jodan mawashi.

In the boys' 11-12 division, Joel (R) & Henry (R) moved to the semi-finals with wins over their Burbank counterparts. In the 1st semi match, Joel pulled off the upset of the day in defeating his classmate Nathan (R) 5-0 in overtime. Henry— looking stronger than ever— gave defending champion, Donald (ER), a stiff challenge. Towards the end of the round, Donald followed a left body hook with a quick left mawashi to the head, and was awarded a wazari victory.

The semi-finals concluded with 2 matches in the boys' 13-14 division. Our defending champion, Phelan (ER), impressively overwhelmed Kyle (R) 5-0. In one of the tightest fights of the afternoon, Santiago (R) took an overtime decision over Joseph (ER). Smokin' Joe was calm, agile, & aggressive in his 1st ever tournament experience. *(Continued on p. 2)*

Training Tips

As we complete one tournament, & some of our fighters prepare for the next one, it is time to reassess our training process for competitive fighting. The process is essentially three-fold: condition the body, perfect technique, and center the mind. To succeed, we must practice each.

Conditioning: Like a car, a body can't move without gas.

- **Improving endurance:** Jumping rope, running, swimming, & biking.
- **Strength & Flexibility:** Push-ups, sit-ups, pull-ups, & stretching.

Technique: Balance & foot work put you in position to defend or attack at all times.

- **Balance:** Shadow box. Shift weight equally from one foot to another as you throw punches & kicks at the mirror, or your shadow. Balance on 1 foot, practicing back, front, and round-house kick positions.
- **Footwork:** Jump rope, shifting your weight from one foot to the other, moving side-to-side, or pivoting in a circle.

Mind: Discipline your mind, and it will guide your body.

- **Focus:** Your mind should be constantly focusing on the way of victory. Though it is natural to feel doubt and fear, do not dwell on these emotions. Discipline your mind with strategy and determination.
- **Heart:** Be determined to win. Though victory is never guaranteed, you *will* increase your chances of success when you refuse to give up. The last person to give up is often the victor. Even when you can't win, you can take pride in having fought your heart out.



Student-of-the-Month: Amanda!

KYOKUSHIN CRUNCH NEWS

Karate Camp

Eagle Rock & Reseda Dojos participated in Sensei Jeremy's 6th Annual Kyokushin Summer Camp. Eighteen students traipsed northwest to the Los Padres Mountains, along the Santa Ynez River, at Sage Hill Group Camp.

Those who arrived Friday were able to set up their tents and lounge around camp. Jeremy & Mr. Lam took karate kids up the road in search of swimming holes. Friday evening concluded with a barbecue & a campfire.

Karateka awoke at 7:30 to run the 3-mile nature trail with Jeremy & Senpai Nick. After breakfast, we donned our gis and held a martial workout in camp. Following lunch, everyone drove to the swimming hole. Students navigated the hole on inflatable boats brought up by the Kaplans & Moraleses, dived from rocks, and swam like drunken fish.

Back at camp, we concluded with an afternoon fighters' workout in the horse pens. A barbecue dinner transitioned into a campfire, where Jeremy read his traditional camp horror story. The evening concluded with the frightful night course, constructed by Jeremy, Nick, and Senpais Kyle & Donald. Sunday was spent reviewing and giving out awards.

3-Mile Camp Run

Champion

Phelan "Action" Jackson
Over 10 years old

1. Donald "KO Kid" Kaplan
2. "Joltin" Joel DiBiase
3. Arrenz "Arsenal" Nulud

Under 10 years old

1. Paul "Ninja" Hennessee
2. Kristian "Storm" Stewart
3. Nate "The Great" Stewart



Karateka at Sage Hill Camp
Title Fights (continued)

Four fighters participated in 2 girls' divisions. In the 11-12 division, Ruby (ER), twice a 2nd place finisher, was looking to beat Marla (B) for 1st. After brutalizing Marla early with combinations, Ruby ran out of steam towards the end of the round. In overtime, Marla threw straight punches, while Ruby attacked with low kicks. Looking the fresher of the two, Marla was awarded a 3-0 decision. Ruby fought like a tiger, but learned the importance of doing her roadwork to avoid fatigue.

Amanda (ER) & Karina (R) met in the 12-13 division final. The two girls had split two previous matches. Karina started fast with blazing punches to the chest, but Amanda moved forward and landed numerous kicks to the legs. As Karina slowed, Amanda struck several kicks to the belly, eventually scoring wazari. Amanda won her 2nd consecutive title.

The 7-8 title fight pitted 2004 North L.A. titlist, Steven, against 2005 Little Tokyo champion, Elias, in an all-Eagle Rock finals.

Elias powered forward with fast low kicks; Steven deftly pivoted out of harm's way, and exploded with blistering punches and left mawashi. Steven scored wazari with a left low kick, winning his 2nd North L.A. championship. (See picture of Steven & Elias on the right)

In the 11-12 finals, the youngest fighter, Joel, fought the smallest, Donald. Donald's jolting punches forced Joel into retreat. Donald soon froze him with his "exorcist kick", turning Joel's head around. Seconds later, Donald struck with the same kick, winning on wazari-ippo, & becoming the 1st 3-time North L.A. champ.

Phelan thumped Santiago in the 13-14 final, clinching the title with mae geri wazari. Phelan reminds us why fighting is a unique sport: unlike football, one need not share the ball with the other team; From start to end, fast Phelan throws relentless punches & kicks, never allowing his foe a chance at reprisal.

ER fighters won 4 out of 5 titles, and 2 second place trophies. Our success was a testimony to hard work, focus, & teamwork. Special thanks to our superb coach, Chris Tokita, and his lovely assistant, Rhys Jackson.



Tournament Results

- Group A:
1st: Steven Kaplan (ER)
2nd: Elias Manning (ER)
- Group B:
1st: Marla Magana (B)
2nd: Ruby Morales (ER)
- Group C:
1st: Amanda Morales (ER)
2nd: Karina Dardon (R)
- Group D:
1st: Donald Kaplan (ER)
2nd: Joel DiBiase (R)
- Group E:
1st: Phelan Jackson (ER)
2nd: Santiago Svidler (R)