

KYOKUSHIN CRUNCH NEWS

Eagle Rock Kyokushin
Fall 2008
Volume 17
www.eaglerockkarate.com

In This Issue:

- **North L.A. Tournament**
- **Summer Camp**
- **Upcoming Events**
- **Fighting Tips**



Tournament

The 5th Annual North L.A. Tournament was held on July 26th at the American Legion Hall.

Students competed from Eagle Rock, Burbank, & Reseda dojos in five age categories.

The 8-9 age group consisted entirely of Burbank & Reseda fighters. Enrique of Burbank won 1st place.

Eagle Rock had several students making their tournament debuts. Initially, the challenge for a first time fighter is to find proper timing—the proper moment to strike, block, or move.

In their first fights, orange belts Zack & Brianna experienced minor difficulty with timing against their higher ranked opponents. Zack eventually found the mark with a strong left low kick that

helped him pull out a 3-2 decision in OT over Alan of Reseda.

Brianna fought with veteran fighter Lyrienne of Reseda. This skirmish pitted Scrapy's punishing body punches versus L's speedy footwork. In the closest fight of the day, Scrapy came up on the short end of a 3-2 OT decision.

John, our 3rd orange belt, also drew a higher ranked opponent with tournament experience, but he was able to find his timing early. Bonecrusher peppered Miles of Burbank with punch combos ending with low kicks, moved laterally, attacked again, & finally finished the fight with a brutal low kick for the 1st KO of the day.

Zack fought fellow Eagle Rocker Steven for the right to meet John in the finals. Increasingly comfortable in the ring, Ballistic charged in with body punches and a surprising left low kick. Crusher, being the defending champion, chose to fight toe-to-toe with big, strong Zack, and was surprised when a well-placed punch took his wind, giving Zack *waza-ari* (1/2 point). Battling to protect his beleaguered belly, Crusher dug deep to land his signature left high kick that met Zack's head with a resounding thud. The fight was even. Ballistic, still aiming for Crusher's body, left his right hand too low again,

as Steven landed one more crushing high kick for *ippon* (full-point victory), thus ending a thrilling clash.

Our 13-year-old-boys faced different challenges. Andrew, an orange belt fighting in his 2nd tournament, faced Homicide Henry of Reseda, a brown belt vet of many fights. Donald, our 5-time champion, drew Luis of Reseda, who is more than 7 inches and 30 pounds larger than The KO Kid.

Andrew the Ice Man circled coolly away from Henry's strong right, and then dug hard into his lead leg with low kicks. The harder Henry threw, the more he leaned into Ice's low kicks. Ice's intellectual inclinations led him to a 4-0 upset victory.

KO had to utilize all his acumen in order to handle the much improved Luis. Defending & countering, circling and flurrying, KO found the mark with a lead right low kick followed by body punches that broke down Luis's defenses and led to victory by *waza-ari*.

Continued on page 2

Calendar

- **October 5th @ 2:45**
Class Meeting
MANDATORY
- **October 11th @ 9:00**
Steven's B-Day Run
Audubon Center
- **December 6th @ 6:00**
Winter Demonstration
Burbank YMCA

KYOKUSHIN CRUNCH NEWS

Tournament

The finals were set. Our young lionesses, Christen & Amanda, were primed to defend their titles. Both boys division were to be contested entirely by Eagle Rock fighters: Steven, John, Donald, & Andrew.

Although Christen the Cannonball had defeated Lyrienne in last year's final, L was revitalized by coming through Brianna's heady challenge. Cannonball rushed in as if she had been rudely separated from her lunch money. Through 2 overtimes, L smartly hit & ran, until Christen slowed her down with a few low kicks, and then got the KO with an awesome kick to the ribs.

From *hajime*, Amanda tore into Marla of Burbank with joyous aggression. A smile playing on her lips, Boom-Boom played a samba upon her counterpart's ribs & thighs, ultimately earning a 3-0 decision. It was her 3rd consecutive championship.



Crusher versus Bonecrusher

Steven & John, Crusher vs. Bonecrusher, was a techni-

cally brilliant match in which both ER combatants circled and fired rapid combinations from body to leg to head. John surprised with expert defense, but Steven broke through with the left high kick just as time expired to gain *waza-ari* and his 4th championship in this event.

In the final match of the day, Donald jumped to an early lead with superior hand speed and movement. Andrew closed the gap with persistent pressure & an insistent low kick. In the final moments of OT, the KO Kid edged ahead of the Ice Man with a final flurry punctuated by a left high kick, & earned a unanimous decision.

Special thanks to our coaches: Geghard, Joe, Chris, & Jeffrey. Our hard work was rewarded.

Boys 13-14

1st: Donald Kaplan (ER)

2nd: Andrew Ibarra (ER)

3rd: Luis Soto (R) &
Henry Dardon (R)

Girls 14-15

1st: Amanda Morales (ER)

2nd: Marla Magana (B)

3rd: Karina Dardon (R)

Girls 11-12

1st: Christen Pena (ER)

2nd: Lyrienne Gonzalez (R)

3rd: Brianna Rancour-Ibarra (ER)

Boys 10-11

1st: Steven Kaplan (ER)

2nd: John Ventenilla (ER)

3rd: Zack Balcaceres (ER)

Summer Camp

Due to the unquenchable thirst of Los Angelinos for salt water & sand, we have spent a decade in an unattainable search for a beach where

we could hold summer camp. This year, the praying, cursing, emailing & phone calling finally paid off, as we procured a lovely area at McGrath State Beach.

We ran, we swam... we BBQed and we beat upon bags... we buried Andrew in the sand and we wrestled on the shore. If the cursing & praying pay off again, we shall do more of the same at next year's Kyokushin Camp.

Fighting Tips

Stamina is the human equivalent of a gas tank. Car with small tank can't go far before having to stop & refill. Car with big tank drives further. Brother, make your tank *large*.

The most effective way to increase your stamina is running. Jogging distance teaches your body how to pace itself over time. Uphill sprinting acclimates your body to sudden bursts of energy often required in fighting.

The athlete who runs regularly has a huge advantage over the one who does not. As the old adage says: "Fatigue makes cowards out of brave men."

Student-of-Month

John "The Bonecrusher"

Ventenilla: Quite often, the nervous fighter is the best fighter. With just enough tension to keep him alert, but not enough to overwhelm him, John performs superbly. He is a loyal, diligent, reflective student.