

# Kyokushin Crunch News

Eagle Rock Kyokushin

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[www.eaglerockkarate.com](http://www.eaglerockkarate.com)



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### Winter Demonstration

The North Los Angeles Branch of Kyokushin (Burbank, Reseda, Eagle Rock, & West L.A.) held its 27<sup>th</sup> annual Winter Demonstration on December 4<sup>th</sup>.

The evening commenced with a potluck dinner. Children devoured pizza and fried chicken, while the more aged amongst us opted for various ethnic dishes. The numerous deserts effectively fattened us all for the slaughter.

Following brief warm-ups, Eagle Rock students Nya, Branden, Steven, & Ali displayed their bag work skills with impressive punch-kick combinations. Senpai Jeremy joined his 2-time tournament champions, Ali & Donald, for a reprise of their jump rope performance to the tune of "Green Onions".

After bag work by Burbank students, Eagle Rock took center stage with a self-defense exhibition. Tisag, Amanda, & Chris demonstrated the art of defense and countering. Ali & Donald illustrated how to slip and counter punches to the head. Elias & Steven closed the show with a presentation of grappling self-defense on the mats. Elias's passionate method of tapping out won the audience's admiration.

Eagle Rock had 3 representatives in the kumite: Ruby, Branden, & Malik. They all fought well. Malik was especially impressive as he attacked his taller opponent with a rapid arsenal of thigh kicks. Fighting concluded with yet another butt-kicking of Senpai Crunch at the hands of his surly son, Donald. Wait until next year! While you all sit there shoveling fried chicken into your feed holes, Crunch plots & prepares for the rematch. Crunch will taste sweet, cold revenge!

### Promotion

Eagle Rock Dojo held its first ever promotion on November 20<sup>th</sup>, at our American Legion location. Students from Reseda & Burbank attended the event. Although only 3 Eagle Rock students were eligible for rank advancement, a number of our students participated and benefited from the experience.

Subsequent to a slew of katas by the Reseda kids, Chris, Ruby, and Amanda performed a solid version of the 2<sup>nd</sup> kicking kata, Sokogi Taikyoku Ni.

When kata concluded, students were divided into groups to practice specific skills. Senpais Jeremy & Nick taught combinations, Senpais Matt & Mike P. worked on defense, and Senpai Mike W. showed all and sundry the dreaded 10-kick to the noggin combination.

Kumite provided an opportunity for all fighters to spar with karateka from different dojos. Some of the high points included Ruby's picturesque jodan mawashi geri head kick, Donald's vicious body punching, and Chris utilizing foot speed and combinations to successfully battle more experienced green and brown belts.

In 2005, we are hoping to schedule 3 promotions, as well as a tournament for Eagle Rock, Reseda, & Burbank students. Each dojo will take turns hosting the events.



### **News Flash!**

- Ruby "Wrecking Crew" Morales awarded *Student-of-the-Month* at Thomas Edison Elementary!
- Donald "KO Kid" Kaplan starred in his school play, "Was It a Star?"
- New *Student-of-the-Month*, photos, & fighter profiles upcoming on Eagle Rock website.
- February Promotion at Reseda YMCA. Date & time TBA.

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## Fighting Tips: Body Punches

- **Stance:** Body punching follows the same basic principals as regular punching. Begin with your hands held high, elbows tight against your ribs, feet apart, & weight on the balls of your feet.
- **Bend & Shift:** As you are about to strike, bend your knees, and lower your weight. **DO NOT DROP YOUR HANDS OR MOVE YOUR HANDS AWAY FROM YOUR BODY!** Keep a tight guard. When throwing a left to the body, you pivot your left foot, & turn your hips & shoulders to your right. When throwing a right to the body, you pivot your right foot, & shift your hips & shoulders to the left. Do not lead with your head. Lead with feet, hips, & shoulders.
- **Targeting:** The ribs protect the body's sides. Muscles protect the chest & stomach. You can hurt your opponent in those places, but it is hard. There are a few soft spots on the human body: the solar plexus (area below the middle of the chest) and the liver (below the ribs, on the sides). These are the best targets.
- **Set-Up:** In order to set up a good body punch, you need to open up your opponent's guard. Punching or kicking high will get the opponent to raise his/her guard. Bend your knees and quickly follow with your body punch to an open target.

- **Combinations:** The best way to set up a left hook to the body is to throw a straight right-left hook combo. The best way to set up a right to the body is to begin either with a jab (if the distance is far) or a left hook (close distance), & then finish with the right to the body. Remember: The first strike of a combination should be fast, & the last strike should be the hardest. The fast punch sets up the hard punch.
- **Intentions:** Do not punch **AT** your target; punch **THROUGH** your target. It's like breaking ice or wood: If you only touch the outside, it won't break. You must go through to the other end.
- **When Finished:** At the end of your body punch combination, do not pose like your having your picture taken. Return to your fighting stance! Get your hands up.
- **Think About It:** Body punches are a good way to set up head strikes. Body punches will slow down & tire your opponent, as well as bringing down the guard. In karate, body punches can open up your opponent for a head kick. In a real fight, body punches can open up your opponent for face punches.

Once you've hurt the body, fake to the body & quickly strike high. After going up high with punches or kicks, fake high, and then quickly attack the body. Hit bags hard; hit partner soft.

## New Color Belts

- Amanda "Boom-Boom" Morales—Blue/stripe
- Ruby "Wrecking Crew" Morales—Blue/Stripe
- Chris "Taiko" Tokita—Orange/stripe



## U.S. Open Tournament

IKO (International Kyokushin Organization) will be holding the 1<sup>st</sup> *U.S. Open Weight Category Tournament* in downtown Los Angeles on Sunday, February 6<sup>th</sup>. Adult fighters from North and Central America will be competing in different weight divisions. Age and weight divisions for children fighters have yet to be announced.

## Special Classes

- **Tuesdays:** Half of each class will be dedicated to matt work: Wrestling, rolling, jujitsu, etc...
- **Saturdays:** Classes in Mineral Wells will focus on physical conditioning, bag work, & countering techniques. These classes are very important to any student who is interested in tournament fighting. Once a month, our Mineral Wells class will be followed by a class picnic.
- **New:** Beginning in 2005, we will meet in a new park for a scenic run in a beautiful setting. Parents are welcome to join us.