

Kyokushin Crunch News

Volume 3, January 2004

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Winter Demo

The annual Kyokushin winter demo was held in Burbank on December 7th, 2003. Students from Burbank, Eagle Rock, and Reseda classes entertained friends and family with a display of martial arts prowess.

Following the class photo and introductions, the audience was entertained by a jump-roping exhibition from our two fighting champs: Ali Harbi and Donald Kaplan.

Kata was performed by numerous groups of children and adults, highlighted by a spectacular weapons kata from Senpai Michael Jai White.

Eagle Rock students flaunted their bag work skills with various punch/kick combina-

tions. Michal Efroni and Ali expertly presented advanced bag techniques.

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Winter Demo 2003

Fighting Tips

- Combining Offense & Defense...

The best fighters are able to attack and defend simultaneously. This requires the ability to counter when defending, and to defend after attacking. To learn this skill, the martial artist must practice regularly.

Countering

Begin by practicing defense. Have a friend, family member, or classmate throw punches and kicks at you (or strike you with pads, if you have them). As you practice your blocks, pay special attention to your footwork. Are you keeping your feet in a good stance? Are you always maintaining balance?

As you practice, your reflexes will improve, as should your balance. Now start looking for counters. As you block, see the openings that your opponent gives. If you see him dropping his hands when he kicks, immediately punch or kick him in the open area. If she turns sideways when attacking, then attack her legs. Focus on the opening, and then attack.

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Upcoming Events...

- January 21st (5:00-6:30)... Class at McCambridge Park.
- January 17 (11:30-2:30)... Promotion @ Reseda YMCA
- January 28th (5-6:30)... Class @ McCambridge Park.
- April ... Inter-dojo Tournament (Eagle Rock, Burbank, Reseda). Ages 6-15. Date & location to be announced later.



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Aramik, Donald, Ruby,
& Paolo @ Demo



Steven H & Shant at X-
Mas Demo

Winter Demo

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Eagle Rock fighters were matched with students from Reseda and Burbank in brief, 20-second matches. Especially impressive were Wendy Gramajo, who quickly damaged her opponent with harsh leg kicks and body punches, and Ali, who roughly drove his older, heavier opponent across the room. Fighting concluded with a “grudge match” between Senpai Jeremy and Kohai Donald. Donald scored on about 20 “lucky” kicks and punches, finishing the fight with an arm bar after Senpai Crunch inadvertently slipped to the floor. Oops. Expect a rematch next year.

Dylan Shapiro, Steven Kaplan, Senpai Phil Lomboy, and Senpai

Jeremy presented self-defense techniques. The evening was capped off with various board breaks. Shant Nazarian completed a very difficult sidekick break, and Sensei Hasegawa broke a baseball bat with his shin. Ouch.

Thanks and congratulations to all participants. Everyone contributed to a fine demonstration.



Website

Senpais Jeremy and Phil are working on creating a website for the Eagle Rock Kyokushin Karate class. Below are listed several categories of information that we hope to include on the site.

- Class schedules & descriptions.
- Histories of Kyokushin & martial arts.
- Biographies and photos of students & instructors.
- Student of the month.

- History of past tournaments & promotions.
- Upcoming events.

We are currently requesting to borrow any photos and/or videos that you have of past karate events, as well as email addresses of all students who have email. If you have any photos, you can email them to me at jkapla1@lausd.k12.ca.us. Thanks to Sandy Efroni and Wendy Hubbell for previous photos!

Fighting Tips

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After the Attack

Too often fighters will throw punches or kicks, and then stop and stare at their opponent as if they expect him to say: “Hey, you hit me. I quit.” As disappointing as it may be, chances are that you will be hit back.

When you fight, it is important to stay focused on your goal, which is to hit and not be hit. When practicing combinations on the bag or in front of the mirror, get in the habit of imagining what your opponent will do. After you attack, always step to

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the side, or block, and
then restart your attack.
Good luck, karateka!