

Kyokushin Crunch

News

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New Dojo

Eagle Rock Kyokushin Dojo has relocated to the American Legion Building @ 2109 Merton Avenue in downtown Eagle Rock, near the intersection of the 134 & 2 Freeways. There is a public parking lot in front, and a non-public restroom in the basement.

The move was made for several reasons. Of primary importance, we can now offer more flexible scheduling of classes. The hardwood floors are more conducive to stand up fighting, and the Veterans will provide storage for our

mats. Mirrors are being installed in the dojo.

Parents will be happy (yes you will!) to know that Eagle Rock hosts a Farmer's Market in the parking lot outside the dojo on Friday evenings. We recommend that you drop your children off at the dojo, find a parking spot, and then get yourself some fresh veggies, fruit, and what not. Remember, Senpai digs the kettle popcorn.



Ali & Shant at Demo Website

Thanks to the diligent research, design, and editing of Senpai Phil "Flash" Lomboy, our new website should be operating before the end of March.

This, as well as former and forthcoming newsletters, shall be available on the site, as well as numerous other features (photos, videos, student & instructor profiles, history, fighting tips, etc...).

Each month, a new student will be featured on the site as "Student of the Month." Selections will be made on such criteria as attendance, effort, improvement, and rank. Our first "Student of the Month" will be Ali "The Greatest" Harbi. Check out the website @ www.eaglerockkarate.com, and learn the sordid details about his scandalous life. You're guaranteed to be shocked, stunned, and appalled!

Mineral Wells

Weekend classes continue to be held in Griffith Park. Each class has a special theme (mat work, kata, bag work, etc...). Our most recent class dealt with tournament training. Students practiced technique, and conditioning. The beautiful weather created a pleasant environment for our activities.

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Aramik & Donald Spar
Tournament Training

If you are going to compete, you need to be prepared. Keep a regular workout schedule designed to improve skill and conditioning.

If you attend karate class 2 times per week, plan on practicing 2-3 days a week at home. Below is a plan for exercising.



WARM UP:

- Stretch joints (ankles, knees, hips, shoulders, neck).
- Jump rope 2 minutes without stopping. Rest 30 seconds. Do this 3 times.
- 30 push-ups & squats.
- Stretch muscles.

SKILLS:

- Find a mirror or your shadow. Practice punch/kick combinations and blocks for 2 minutes without stopping. Use the mirror or shadow to watch yourself & improve your skills.
- Rest for 30 seconds. Do this 3 times.
- 30 push-ups & squats.

BAGWORK:

- Practice punch & kick combinations on a punching bag for 2 minutes without stopping. Rest 30 seconds. Do this 3 times.
- If you do not own any bags, talk to Senpai. He can get you some good, cheap bags.
- Finish workout with push-ups, squats, & slow stretching.

MENTAL TRAINING:

- Watch other fighters (on TV, in class). See what works, and then practice it.
- Do not ever fight with anger. Anger makes you tired, stupid, and angry. Fight with determination. Be deter-

mined to be the best fighter on the mat. Determination will focus your energy on speed, intelligence, and never giving up. Win or lose, shake hands with your opponent, and be happy that you challenged yourself.

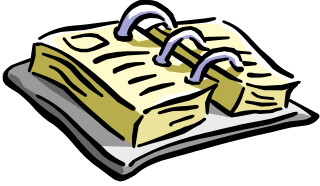
- It's good to be a little nervous. This gives you energy. Focus that energy on your fight plan.
- Think of a fight as your birthday party. Everyone is there to see you, because you are special. Dance and enjoy yourself. Be the star.

Mineral Wells

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The workout concluded with the ceremonial "Running Up The Hill" to Amir's Garden. Donald "KO" Kaplan was 1st up the hill, followed by Ali "Greatest" Harbi, and Aramik "Tiger" Tarvidi.

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Upcoming Events

- April 18th: Little Tokyo Tournament.
- May: Promotion.
- August: Karate Summer Camp/ Promotion
- September: Little Tokyo Tournament.