

# Kyokushin Crunch News

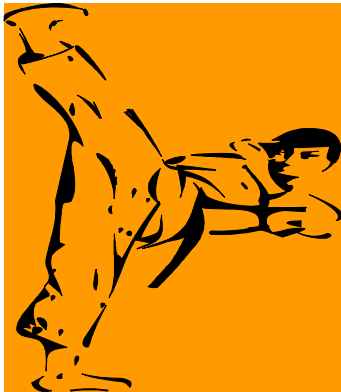
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## Tournament Results!

### Upcoming Promotion

### Fighting Tips

### Special Classes



#### Tournament Results

Eagle Rock dojo sent 4 fighters to the Little Tokyo tournament on April 18<sup>th</sup>: Ali "The Greatest" Harbi, Donald "KO Kid" Kaplan, David "King" Nassi, and Wendy "The Windmill" Gramajo.

This was the 2<sup>nd</sup> tournament put on by Sensei Taku Nakasaka. He held judging seminars prior to the fights, explaining the rules. Unlike last tournament, he explained, only strong head kicks should be scored, and other effective strikes would be given equal consideration.

Having won the 7-8 division in September, "KO" moved up to the 9-10 year-olds. Though giving up

over 20 lbs. to his Ocean-side opponent, KO attacked with quick body punch & low kick combos, before jolting his head with a left high-kick.

As time expired, the Oceanside boy struck KO with a light head-kick, which the judges scored as a point. 2 judges voted for KO, 1 voted draw & a third began to raise a flag for KO, paused, and changed to "tie," sending the match into overtime.

KO's superior skills were obvious, but Oceanside scored a head-kick in the overtime that led the judges to award him the victory. KO's talent earned him many compliments from the spectators.

"Windmill," our 2<sup>nd</sup> fighter, looked to improve on her 3<sup>rd</sup> place finish in the last tournament. She opened against a yellow belt, and proceeded to kick her headgear from her head & into the audience on the way to an easy victory.

Her 2<sup>nd</sup> fight, against a blue belt with strong high kicks, was tough. With her hands up, Windmill battered her with cruel body punches & low kicks. This victory led her to the finals against Vanessa, an Oceanside brown belt.

*(Continued on page 2)*

#### Promotion

Eagle Rock dojo will hold a promotion/ tournament with Reseda & Burbank on Saturday June 5th.



Left-to-Right: Jeremy, Donald, David, Ali, Wendy, & Phil

All students who are eligible to go up in kyu rank are expected to participate. Those who are not yet ready to advance in color are also encouraged to participate. This will provide all with an opportunity to fight in a safe environment.

Tournament rules will be explained in class. Like all things in life, preparation is important. If you wish to do well and promote, attend class regularly, and practice at home!

#### Special Classes

Each month, several classes will be held in the park, exploring different themes of the martial arts.

This month, park meetings will spotlight fighting skills, as we prepare for the promotion/tournament with the Reseda & Burbank dojos. See page 2 of this newsletter for strategies involving footwork, which will be the subject of our 1<sup>st</sup> park class.

Future themes will further explore fighting techniques, as well as kata, and practical self-defense relating to real-life attacks & life threatening situations.

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## Fighting Tips: Footwork

### *\*Moving Forward\**

**Beginners:** In a fighting stance (hands & eyes up, front foot pointed forward, knees bent), slide forward on the balls of your feet. Move your front foot first, and then bring the back foot up into fighting stance.

**Advanced:** Moving forward, use a weapon (jab, snap kick, etc...) or block. Never step into an opponent's range unprepared!

Establish a circling motion. Move side-to-side before moving in, & you will surprise your opponent. If you're getting hit when you come in, fake first, then move fast with your weapon.

### *\*Moving Backward\**

**Beginners:** When moving backward, 1<sup>st</sup> slide your back leg, and then bring your front leg back into fighting stance. Keep eyes & hands up!

**Advanced:** Do not go back in a straight line, but at angles, away from an opponent's strong weapon. If your opponent is strong with the right hand, circle to his/ her left. When you step out, look to counter your opponent as he/she follows. Don't move back more than 2-3 steps without countering!

### *\*Side-to-Side\**

**Beginners:** When moving to the left, start with your left foot. When moving to the right, start with your right foot.



Keep your hands up in guard position, and end up with feet in fighting stance. Keep the eyes up & straight ahead. Take small steps!

**Advanced:** Make tight turns, not wide turns. A car that turns wide is slower than a car that turns tight.

When moving sideways, distract your opponent with a weapon. Step and jab at the same time. If moving to the left, bring in a right Mawashi Geri. If moving to the right, use a left Mawashi Geri.

Moving to the side makes you vulnerable to roundhouse kicks. Stay on your toes and be prepared to block.

### Results (from page 1)

Windmill dominated with body punches & low kicks, & then went upstairs for a high kick that clinched the championship trophy for her. Her ferocious assaults left every opponent in tears, though Wendy was quick to shake hands after each fight.

"King" David gave up 40 pounds to his 1<sup>st</sup> opponent, but compensated with speed and footwork.

As the big boy advanced, King threw quick combos & sidestepped, before twice turning the boy's head with explosive high kicks.

For the 2<sup>nd</sup> straight tournament, King fought in the championship. Against, Jonathon, an experienced boy from Little Tokyo, King again employed the hit'n'move strategy, and was able to land a head kick early on. But he could not stop Jonathon's forward momentum, finally succumbing to a vicious body punch. David earned a 2<sup>nd</sup> place trophy!

"The Greatest" had not fought in a tournament since winning the LA Cup as an 11 year-old blue belt in 2001. His 1<sup>st</sup> fight was against David, a 195 pound yellow belt from Burbank. Ali answered David's rushes with footwork & low kicks. In overtime, Ali took the decision with a barrage of body punches.

Facing a lighter, faster opponent in the finals, Ali worked in behind his jab, ending combos with leg kicks. These skills, and a strong defense, led to a unanimous decision & "The Greatest's" 2<sup>nd</sup> consecutive championship.

Congratulations to all our brave, skilled fighters. Their defense, footwork, & power were evident in each fight, and their hours of hard work will forever shape their character.