

# Kyokushin Crunch News

Volume 6/ June 2004

## North Los Angeles Tournament

### Summer Camp

### Special Classes

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### Special Classes

During June, classes held in the park & at the dojo explored various themes of the martial arts. Due to our recent tournament, much time was spent on fighting strategy.

Now the tournament is over, we'll explore other aspects of the martial arts: kata, exercise, grappling.

We'll continue with our monthly installment of "Friday Night Fights," viewing tapes of karate, boxing, and mixed martial arts competitions.

In June, we concluded a park class with a picnic celebrating The Gramajo Girls' newborn brother. This month, we shall have a picnic following class on June 19<sup>th</sup>. Please let Senpai J know what food or drink you will be bringing.

### Tournament

North L.A. Kyokushin Branch held a promotion for the Reseda, Eagle Rock, & Burbank children's' classes. In order to give our kids an opportunity to experience competitive kumite, we organized a tournament format.

The tournament was held @Burbank YMCA. Fighters were divided into 5 age groups, decisions rendered by judges (Senpais Sean, Matt, Phil, & Michael) & referee (Senpai Crunch). 18 fighters represented Reseda, Eagle Rock 9, & Burbank 3.

Though less than 1/3 of all fighters were of "The Rock," we managed to win all 5 titles, & 8 of our 9 fighters captured 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> place in their divisions. Ali "The Greatest" Harbi expertly coached our team.

Steven "The Crusher" Kaplan was victorious in the first division, as he scored with punishing high kicks to defeat his Reseda counterparts. He began his fluid combinations with multiple straight punches, ending with low kicks & high kicks that proved difficult to block. Three times he scored wazari w/Jodan.

The next division saw a fierce final featuring 2 Rock fighters: Ruby "The Wrecking Crew" Morales & Paola "Poison" Gramajo.

Ruby fought her way to the final with a masterful victory over the ever-dangerous Tiani "The

Sleeper" Smith of Reseda. In the championship, Paola turned back Ruby's challenge, scoring wazari with a body punch in overtime. Poison's rapid punches were impressive.

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### Summer Camp

Summer Camp is scheduled to take place August 20-22 @ Sage Hill Group Camp in the Los Padre Forest near Santa Barbara.

Sage Hill features natural scenery such as a river fit for swimming, as well as nature trails. Flush toilets & drinking water are on hand, as are picnic benches & grills for meat.

Karate students will spend morning and early afternoon exercising, & receive instruction from Senpais Crunch, Flash, Nasty, & Super Duper. Those preparing for the Little Tokyo Tournament shall receive specialized instruction, & those eligible for promotion will earn new belts. Be prepared for *The Dreaded Night Course*. Families are encouraged to attend. Free time will be available to swim, hike, and frolic.



Karina & Wendy Title Fight  
6/5/2004

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## Fighting Tips

### \*Ground-fighting...

Real fights often end up on the ground when somebody is tackled or falls. If this happens, remember 3 things:

1. Do not panic. You will always do better calm!
2. Face your opponent. It's better to be on your back than face down. You can't block what you can't see.
3. Protect your face with your hands, just as you do in karate.

### \*\*"The Guard"...

Use your feet, legs & hips.

- Feet can be used to kick opponents when you're on your back. Put your feet on their hips to stop them from getting on top or hitting you.
- Legs can be used to wrap up the attacker. Squeeze your legs tightly around their back & hook your feet together. Pull opponents in tight with your hips so they don't have room to throw punches.
- Your hips can also be used to get an attacker off of you. If he/she leans too far forward, or to the side, push your hips up so your body looks like a bridge, and then quickly roll until you're on top. When you're on top, keep balanced!

**\*Practice! Be in class!**

## Tournament

Donald "KO Kid" Kaplan beat a brutal path to the championship, taking out opponents with explosive body punches and pitiless low kicks. His final rival, Danny "The Golden Boy" of Reseda, bravely confronted "KO" in a slugfest, but Donald's power was overwhelming. Ippon!

In the semi-finals, Danny had encountered our Branden "Bazooka" Sun in perhaps the best fight of the day, pitting Danny's punches against Bazooka's frightful low kick. Following overtime, Danny won a narrow decision over Bazooka, who was awarded 3<sup>rd</sup> place.

The girls' 10-11 division presented spectators with frenetic action. After plowing through a plethora of face punches in the semifinals, Wendy "The Windmill" Gramajo fought in the final against hard-hitting Karina of Reseda. Karina got to the final bout by defeating our Amanda "Boom-Boom" Morales. Boom-Boom won the 3<sup>rd</sup> place ribbon, showing much improved skills.

Wendy waded forward with her windmill of punches and low kicks, relentlessly driving Karina out of the ring. Karina returned fire with rapid punches. Windmill's low kicks & body punches were devastating, & she scored a wazari in overtime to win 1<sup>st</sup> place.

The 11-12 boy's division saw spirited fighters, but none could contend with "King" David Nassi's surprising head kick. King David distracted his rivals with an attack aimed at the body and legs, before turning into a quick, head-rattling Jodan Mawashi geri. The audience audibly gasped as his kicks loudly cuffed competitors' headgear with staggering speed. When his final opponent wisely glued his hands to his head, King David ended the fight with a kick to the ribs.

Hopefully, all those who competed successfully will remain motivated to pursue greater goals in future tournaments & other areas of their life. Those who lost—all of us lose sooner or later—shall learn from their errors. We learn much more in defeat than we do in victory, as we find reason to improve. All competitors can take pride in their display of courage!

## June Promotions

- Ali Harbi: **Brown**
- Wendy Gramajo: **Yellow/stripe**
- Donald Kaplan: **Yellow/stripe**
- David Nassi: **Yellow**
- Amanda Morales: **Blue**
- Ruby Morales: **Blue**
- Dylan Shapiro: **Blue**
- Branden Sun: **Orange/stripe**
- Steven Kaplan: **Orange/stripe**