

Kyokushin Crunch News

Eagle Rock Kyokushin
Spring 2005
Volume 10

www.eaglerockkarate.com



- **Promotion**
- **COMING EVENTS**
- **Fighting Tips**
- *Why We Fight*

Calendar of Events

- **April 17th, 10:00 A.M.**
Tournament @ Little Tokyo Dojo.
- **May 21st**
Promotion @ Reseda Dojo.
- **July**
Tournament @ Eagle Rock Dojo.
- **August**
Summer Camp @ Sage Hill Campground
- **October**
Tournament @ Little Tokyo Dojo.

Burbank Promotion

North Los Angeles Branch held its quarterly promotion at Burbank Dojo on February 26th. Three Eagle Rock students promoted: Chris "Taiko" Tokita, Elias "The Eliminator" Manning, & Paul "Ninja Hennessee. Bur-

bank & Reseda dojos promoted six students. Karateka spent the day doing kata, practicing fighting technique, and sparring.

Summer Camp

Summer Camp is tentatively scheduled for August @ Sage Hill Group Campground. Students from Eagle Rock, Burbank, & Reseda will meet for a weekend in the mountains of Los Padres National Forest.

Students participate in karate activities that build upon dojo lessons (bag work, fighting technique, kata), and take advantage of the natural setting (a trail run, the dreaded *Night Tactics Course*). Families congregate for various camping activities (hikes, BBQ, swimming, campfires & campfire stories). Sign up for Karate Camp with Senpai Jeremy.

Fighting Tips

"Body Punching"

Body punching is useful in many ways. The body is easier to hit than the head, because (a) it's a bigger target (b) it doesn't have eyes. If you are having trouble hitting or kicking the head, body punches will slow down your opponents & cause them to drop their hands in order to protect their body.

In order to throw a good punch, you must start from a good stance. Hold your hands high, and keep your elbows tight against your ribs so that you are pro-

tecting your head and body. Bend your knees with your feet apart, and keep your weight on the balls of your feet. This will give you the balance necessary for punching hard.

Punch to the body when your opponent is close. If your punch travels too far from your body, your face will be open for counters.

Keeping your weight low, on the balls of your feet, drop your shoulder in the direction of your target. Pivot your foot and rotate your shoulders toward the target as your fist drives through. Target the sides of the body (left hand to liver, right hand to spleen), and the solar plexus (middle of your body, beneath the chest).

When you attack the body, a few things will happen to your opponent. (a) He will curl up in order to avoid your power. The legs will come together. When this happens, kick the legs. (b) He will lower his hands in order to stop your punches. This will open the head up to kicks.

When you practice body punching, begin by concentrating on your stance and your balance. When you feel balanced, you can turn your attention to increased speed and power.

Outstanding Attendance

February/March

- Donald Kaplan
- Chris Tokita
- Steven Kaplan
- Tisag Moseley
- Paul Hennessee

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Tournament!

Sensei Taku Nakasaka will be hosting the biannual Little Tokyo Freshman Tournament on Sunday, April 17th. The top fighters from all Southern California Kyokushin dojos will compete with one another in full contact fighting.

In three previous Little Tokyo tournaments, Eagle Rock Dojo has sent fighters to the championship match in 10 out of 11 categories in which we entered. At the most recent tournament, Ali “The Greatest” Harbi & Donald “KO Kid” Kaplan won championships, while Steven “Crusher” Kaplan & Wendy “The Windmill” Gramajo earned 2nd place trophies.



Fighters Steven (2nd Place), Ali (1st), & Donald (1st)

Donald will be battling to defend his championship in the 9-10 year old division. He is currently training hard with Senpai Jeremy & Kohai Chris to build up endurance and sharpen his technique. We hope you all come to the tournament to cheer on our brave young man. Doors will open @ 10:00. See Jeremy about directions.

Why Do We Fight?

Self-Defense...

Nobody wants to be picked on nor pushed around. One of the realities of being a child is that other children often put their hands on you, or threaten to do so. Learning how to fight seems an obvious way to defend yourself against bullies. As you learn martial arts, you will also be reminded that being a bully feels as bad as being bullied. Also, once you've experienced the contact of fighting in class, school yard threats will seem less important to you. The scariest part of fighting is that you don't know what will happen. Being a part of this class, you now know what you can do, and there is less reason to be afraid.

Anger...

Some people are very angry a lot of the time. A lot of people are a little angry sometimes. Should angry people learn how to fight? Yes, if they learn the right lessons. First, you must learn to control your anger. An angry fighter hurts an opponent for no reason. An angry fighter will make more mistakes and get tired quicker than a calm fighter. If you have anger, as most of us do, learn to turn it into positive energy. Learn how to fight intelligently, and your mind will be focused on improving instead of destroying. Learn how to respect your opponents

and partners. They want to learn, just like you do.

Competition...

Some people want to be the best at what they do. Good spellers enter spelling bees. Good students try to get the highest grade. Fast people race one another. In karate, we enter tournaments to win trophies. Being the best makes you feel good. Perhaps more important than being *best* is being *better*. Even if you cannot always win first place, you can always get better today than you were yesterday, if you challenge yourself.

Self-Improvement...

People are angry when they feel stupid, bad, or mistreated. Learning any new skill—be it music, art, or karate—helps to solve these problems. I am not stupid, because I am learning how to fight intelligently. I am not bad, because I am accomplishing goals. I am getting better at karate. I treat my classmates with respect. And because they treat me with respect, I do not feel mistreated. At school, everybody gets passed to the next grade when the year is over. At karate class, I only get rewarded for my excellent effort and improvement.

New Color Belts

- Chris Tokita
Blue (Hachi Kyu)
- Elias Manning
Orange (Ju Kyu)
- Paul Hennessee
Orange (Ju Kyu)

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