
KYOKUSHIN KRUNCH

NEWS

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Kumite Tips

In order to be skilled in any activity, physical or mental, you need to practice. Work hard while you maintain calm focus. Concentrate on what you do well, and continue to do so. Concentrate on what you don't do well, and correct it. What follows is a simple workout that you can follow at your home.

1. Warm up...
 - Jump rope (2-3 rounds, 2-3 minutes per round)
 - Stretch (3-5 minutes)
2. Technique...
 - Shadowbox
 - Bag work (2-3 rounds each, 2-3 minutes per round)
3. Strength...
 - Pushups (20-40)
 - Squats (20-40)
 - Crunches (20-40)
 - Stretch (15 minutes)



Little Tokyo Tournament

For the past two months, eight students from the Burbank Kyokushin Dojo trained diligently in preparation for a full-contact tournament. These fighters, ages 6 to 14, met in Eagle Rock every weekend to partake in arduous running and bag work drills.

The tournament took place at the Little Tokyo dojo on September 21st. Fights were 1 1/2 minutes, with 1-minute overtimes.

The rules of the tournament declared all head kicks scored as points, contrary to the training of Burbank dojo, which places emphasis on the effect of the technique, regardless of where it hits.

Fighting in the 1st division, Paola "Poison" Gramajo drew a girl from Little Tokyo. Poison drove her taller opponent across the ring with straight punches punctuated by lightning kicks to the legs.

Midway through the bout, her opponent landed a head kick that caused no damage, but was scored as a 1/2-point. Poison continued to attack, but the head kick cost her the victory she deserved.

Donald "Chaos Kid" Kaplan represented Burbank in the next division. Fighting a blue belt from Manhattan Beach, Chaos calmly moved in behind a lead sidekick and hard punches to the body, causing his opponent to drop his guard. Chaos exploited the opening with a right mawashi geri to the head for a 1/2-point. He then thrust a rude mae geri into his opponent's mouth, ending the fight.

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Promotion

Promotion will be scheduled in November. Students who have been attending class and practicing regularly get to test for a new belt rank.

Promotion will take place on Saturday. Those testing will show their fighting and kata. All students are expected to attend and participate. The \$10 fee is assessed only to those who are testing.

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Tournament

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In the 2nd round, fighting an orange belt from West L.A., he drove his opponent backwards with strong punches and low kicks. His opponent caught him with a quick high kick for 1/2 point. Chaos continued to show superior punching, and then flashed his own head kick to send the fight into overtime. Dominating with his boxing ability, he scored another high kick to secure the dramatic, come-from-behind win.

In the semi-finals, Chaos defeated a game, but small yellow belt from MB, earning a final match with the highest ranked fighter in his division. Wary of Chaos' punching power, the green belt from Torrance circled and retreated. Chaos calmly pursued, scoring with a right head kick in OT. Chaos took the championship!



Burbank entered 4 fighters in the 3rd division. Green belt "Sugar" Shant Nazarian, fought a brown belt from MB. Sugar moved his opponent around

the ring, landing body punches and low kicks. The brown belt countered with tremendous high kicks (all blocked by Shant), and illegal punches to the face. In the final seconds, Shant dropped his right hand to punch, and got caught with a left high kick. Shant, proud and undamaged, lost to a boy whose tears and sore legs attested to the sweetness of Sugar.

Though he trained hard, Aramik "Tiger" Tarvirdi did not get the chance to show his stuff. Fighting the defending champion, the judges called 2 glancing head kicks as points. Tiger was unfazed, but his fight was controversially over.

Orange belt "King" David Nassi hit his opponent in the stomach with his first kick for a quick KO. In the semi-finals, King fought the brown belt from MB. Still pained from his fight with Sugar, the boy was hurt by King's brutal low kicks. In a grueling fight, King David prevailed, and advanced to the finals.

Wendy "The Windmill" Gramajo took on a boy from Little Tokyo. She won easily, battering her larger opponent with a barrage of relentless punches and kicks. In the semifinals, she met a green belt from M.B. Though giving up size and experience, she battled on even terms, but lost an exciting

battle due to a glancing head kick.

King met the MB green belt in the finals. Fatigued from his last bout, he could not pull off the upset. He was caught by an excellent head kick. David captured 2nd, and Wendy attained 3rd.

Michal "Jodan" Efroni fought a yellow belt from Oceanside for the teenage championship. After a slow start, Jodan came on strong with low kicks. The yellow belt won on the strength of an axe kick that scored early. Michal got 2nd. Rematch!

Our last fighter, defending champ Ali "The Greatest" Harbi, did not fight, as his opponent withdrew in fear of "The Greatest." Ali is still eager to defend his title. Beware!



Dojo Move!

Senpai Jeremy Kaplan "Crunch" will be teaching at a new dojo in Eagle Rock. The dojo will be located conveniently near the 134 and 2 freeways. Stay tuned for date and location.