

KYOKUSHIN CRUNCH NEWS

Eagle Rock Kyokushin
Karate
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U.S. Open

In January, Los Angeles Kyokushin hosted the 3rd U.S. Open Tournament. Dojos from five continents sent fighters to compete for a spot at this year's world tournament in Japan. Eagle Rock & Burbank Dojos were asked to perform a demonstration during the intermission preceding the finals.

ER color belts executed an innovative rendition of *Yantsu* kata, as taught to them by Senpai Michael Jai White.

The ER bag work exhibition impressed the audience. Sebastian & Joseph showed spirited counter-combinations.

Steven's punching & high kick caused spectators to stand & applaud. Chris kept them rapt with an advanced display of boxing counter-combinations, and Donald closed the show with a flash of hand speed & a spinning kick that flattened an unsuspecting Senpai Jeremy.

ER dojo received many compliments on our technique, speed, power, & spirit.

Promotion

Eagle Rock participated in a February promotion at Burbank Dojo. Chris, Phelan, Joe, and Sebastian promoted. Donald and Steven assisted the instructors.

The next promotion will be held in Burbank on May 19th. Students eligible for promotion must be attending class, practicing kata and push-ups, complete a written test, and pay a \$30 fee. Those not promoting are expected to attend in order to assist their classmates, and practice their sparring with students from other dojos.

Promoted:

February, 2007

Go Kyu

Chris "Taiko" Tokita
Amanda "Boom-Boom"
Morales

Shichi Kyu

Phelan "Action" Jackson
"Smokin'" Joe Guerrero

Ju Kyu

Sebastian "Sea Bass"
Mancipe

Calendar

- April 28th
10-Man Kumite
Burbank YMCA
Tim Prindle of Burbank fights ten men consecutively in order to earn his black belt.
- May 19th
Kids' Promotion
Burbank YMCA
Eligible students test for new rank. All students work out and practice kumite with students from other dojos.
- June 29th-July 1st
Karate Camp
Wheeler Gorge Camp
7th Annual summer camp for Eagle Rock & Reseda students; Registration has already begun. Hiking, swimming, BBQ, campfires, night course, & karate! Least expensive, most rewarding summer camp in western hemisphere! Register before all spots taken.



- September 15th
North L.A. Tourney
Eagle Rock Dojo
4th Annual tournament for local dojos; valuable experience for all martial artists; Donald, Steven, Amanda, and Phelan look to defend titles.

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- October (tba)
Little Tokyo Tourney
Little Tokyo Dojo
This is the Major tournament for all dojos in Southern California; Past Eagle Rock Champions include Donald (twice), Steven, Chris, & Elias.

Fighting Tips

- *Mental Strength*

In competitive sports, *mental strength* is discussed so often that it has become a cliché. We know that in order to succeed you must be strong, positive, and believe in yourself. But what precisely does that mean, and how do we go about doing this?

- *Mental Strength is NOT...*

Words: Saying something does not make it so. Anybody can talk about being strong. "Hey, I'm strong!" Now what? Your *actions* are the examples that *prove* who you are.

Easy: Adults often tell kids: "You can accomplish anything that you want." Well, you better want it enough to work for it constantly. "I want to be a great artist."

Now do I want it enough to dedicate my time and energy toward it? The important things in life are important because they are so hard to attain.

Always Being Right: We are all frequently wrong. We likely did something wrong today and we will do so again tomorrow. Admitting this is the first step toward correcting our mistakes and being right the next time.

- *Mental Strength IS...*

Honesty: You cannot believe in yourself unless you tell yourself the truth. Are you scared when you fight? Do you think about giving up when challenged? That's okay. You can deal with your fears once you admit that they exist.

Confidence... Confidence is *not* being perfect; confidence *is* when you know that there is something inside you that is striving for perfection. "I may not have been the best yesterday, but I *will* be today."

Don't be afraid to work hard in order to find out what you are capable of accomplishing.

Substance... Confidence is based on this fact: If you put in the time, you will improve at *anything* you do. If you practice a combination over-and-over, you *will* get better. If you run regularly, you *will* get faster. If you practice your writing, you *will* write better...

Patience... Nothing important comes easy & quick. Don't be frustrated when you are not an instant expert; enjoy the process of learning, of getting better. Be curious, have a sense of humor, and take a deep breath whenever you feel impatient.

With this attitude, be determined to fight your way through difficult situations, have confidence in your ability to think of solutions, and be disciplined enough to practice harder each day.

Student-of-Month

- Winter 2006-07
Steven "The Crusher" Kaplan: Since winning the Kyokushin Southern California championship in October, Crusher has improved his focus & skills.



- Spring 2007
Sebastian "Sea Bass" Mancipe: Sea Bass continues to develop balance, strength, and endurance through excellent attendance and attitude.

