

Kyokushin Crunch News

Summer 2004 Volume 7
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Summer Camp

Eagle Rock Dojo, along with friends from Reseda Dojo, held our annual karate camp @Sage Hill in Los Padres National Forest. Fourteen students attended with their families.

Campers set up their tents Friday, and then gathered together for a BBQ and birthday cake honoring Ruby *The Wrecking Crew* Morales. S'mores were devoured & business conducted, as our newest student, Tisag, was christened with the fighting moniker "TNT."

Saturday morning commenced with class members & parents running the scenic nature trail. Six students— Ali, Wendy, Donald, Melissa, Ben, & Vanessa— ran the entire 2-mile trail, swiftly evading hunters & squirrels.

Following breakfast, students donned gis to practice self-defense, counters & footwork. We all labored hard until lunch break.
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Little Tokyo Tournament

Sensei Taku is holding his 3rd tournament for Southern California youth fighters. Three of our previous Little Tokyo champions (Ali *The Greatest*, Wendy *The Windmill* Gramajo, & Donald *The KO Kid* Kaplan) are looking to add to their trophy collection, while *Poison* Paola & Steven *The Crusher* look to build on their championship success from June's Burbank Tournament.

Fighting is scheduled to begin at 10:00 a.m. on Sunday, October 3rd. Admission is \$10 for adults, and free to children. Dojos located in Little Tokyo, Torrance, Burbank, Reseda, Oceanside, Tustin, Granada Hills, and West L.A. will be sending their best fighters. Please come and cheer for our brave, hard-working kids!



Promotion

In the hot Saturday morning sun, a dozen Eagle Rock Kyokushin students met at Mineral Wells to participate in a workout/promotion. Eight karateka earned new color belts (see page 2 for names, rank, & photo), and everyone took part in the day's activities.

Class convened at 10:30 with brief warm-ups and stretches, followed by testing. White belts demonstrated their defensive skills, while colored belts proved their prowess with countering techniques.

White belts again took center stage with a display of combina-

tions on the bags. Color belts took their turn with quick combinations punctuated by high kicks, and Donald Kaplan concluded his portion of the test with a powerful exhibition of body punching.

After the promoting students confirmed their strength with an excellent series of push-ups, the entire class reconvened to practice for the upcoming Little Tokyo Tournament.

The final test of the day was a doozy: The Horrific Hill Run. An Eagle Rock Dojo tradition, we ran up the steep incline that eventually turns into a narrow dirt road leading to the scenic Amir's Garden. *The Greatest* continued his domination of the event, followed by *Windmill* and Chris *Taiko* Tokita. In 4th & 5th place, *The KO Kid* narrowly beat *Mighty* Malik Walker, who was running the course for the first time. Every student, as well as two parents and a sister, completed the run.

Back in Mineral Wells, promoting students were treated to promotion certificates, a rambling speech from Senpai Crunch, and their new color belts. Parents cheered us on, and snapped photos of their proud children. It was a grand performance by the best class of white belts this dojo has seen, and a magnificent trio of color belts.

We will meet in Mineral again on Saturday, September 18th, for a class BBQ and farewell party to Senpai Matt *Big Nasty* Meyer, who is retiring from the Reseda dojo. The event is potluck. Please join us. Talk to Senpai Jeremy if you have any questions about dishes to bring. Our next promotion will be scheduled in November.

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Summer Camp

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Following lunch, everyone piled into cars and drove to the swimming holes of the raging Santa Ynez River. Students and family spent hours swimming from shoreline-to-shoreline, floating on the Moseley raft, and (sometimes) evading the water guns and balloons of their spiteful senpais, Ali & Lulyza “The Ginsu Knife.”

Back at camp, karateka worked combinations on bags for nearly 2 hours, so as to develop speed and power. Our tournament fighters looked especially sharp.

As dinner was being prepared, Senpai Crunch had a most unfortunate encounter with a hornet’s nest, transforming him into a hideously swollen gargoyle, and illustrating the futility of self-defense technique applied against cannibalistic insects. Ouch, I say, ouch.

Saturday evening’s festivities commenced with Senpai Crunch’s annual *Murder Mystery*, in which Big Nasty (probably) did it, and ended with the horrifying *Night Course*. Two students, Donald & Wendy, somehow managed to defeat the senpais without suffering severe mental trauma.

Sunday’s workout consisted of review from the previous day. We finished with a skill demonstration for an audience of enthralled parents & siblings. Before breaking camp, award certificates were presented to all camp participants.

Those of us who have attended previous summer camps agreed: Sage Hill was an ideal setting for the camp, and we will look into holding further sessions there. Mountains, trees, sunsets, swimming holes, savage violence...



New Color Belts!

- Donald “KO Kid” Kaplan
- Branden “Bazooka” Sun
- Steven “The Crusher” Kaplan
- “Cool” Daryl Calvento
- “Mighty” Malik Walker
- “Nuclear” Nya Walker
- Chris “Taiko” Tokita
- Tisag “TNT” Moseley

Tournament Fighting Tips

Preparation...

- **Focus:** Always think about succeeding. Imagine how you will win, not how you could lose. Everybody has bad days. Take your bad days and learn what you did wrong, and then work on corrections.
- **Technique:** You don’t always have time to think during a fight, so you must train your body to know what to do. Whenever practicing defense, bag work, or kumite, keep your body in a balanced fighting stance. Hands high, elbows tight to your ribs, knees bent, pivoting your body as you block & strike, and moving on the balls of your feet. **Remember to practice combinations & counters!**
- **Conditioning:** There’s an old saying: *Fatigue (being tired) makes cowards of all men.* No matter how good you are at any sport, you won’t be any good tired. Build up your energy (running, jumping

rope) and strength (squats, push-ups, stomach exercise) through regular practice.

Before the Fight...

- **Focus:** Everyone gets nervous. It’s natural. Some great fighters, like Jack Dempsey, are so scared before a fight that they vomit! The trick is to take all your nervous energy and focus it into your fight. When you’re body feels worried, train your mind to think of plans. No: *What if I lose?* Yes: *This is how I will win!*
- **Plan:** You know how to fight. Remind yourself how to counter kicks and punches, and what combinations work best.
- **Rest:** On the day before the fight, get plenty of rest. Do not exercise. It is good to plan on how you’ll fight, or even go through the steps (without sweating), but let your body relax. If you can’t relax, listen to music, watch a movie. or read a book.

During the Fight...

- **Focus:** Take your nervous energy and direct it at your opponent. Do not think about what he/she might do to you. It’s your fight to win. Make him/her worry about you.
- **Fight:** Never give up or freeze. If you get hit, take it away with a counter. Throw your combinations with speed. Whatever you’re good at, do it. Do not let them do what they are good at.
- **Congratulations:** Win or lose, congratulate your opponent & yourself! It takes courage to step into the ring, and you belong to a special group.