

# Kyokushin Crunch News

December 2003  
Volume 2

## Dojo Moves!

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#### ***NEW DOJO!***

As of December, Sempai Jeremy Kaplan "Crunch" will begin instructing children's karate classes in Eagle Rock. Classes will be held at the "Yoga Essence" building at 1577 Colorado Boulevard near the intersections of the 134 and 2 Freeways. Sempai Phil "Filipino Flash" Lomboy will continue to assist teaching classes.

Initially, classes will be held on Fridays (4-6) and Sundays (12:30-2:30). If you plan on attending, but have difficulty getting there at those times, please check with Jeremy or other parents about carpooling. We will hold special park workouts 2-3 times per month.

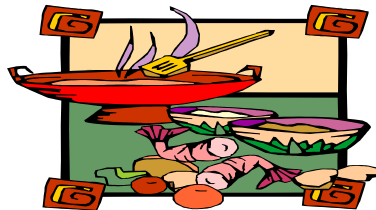
Our new location is an approximately 15 minute drive from Burbank. (Continued on page 2)



#### ***Winter Demonstration***

Burbank's annual Winter Karate Demo/Pot Luck Dinner will be held on Saturday, December 6<sup>th</sup> (6-8) in the Ray Sense Room. The demo combines students from adult and children dojos in Burbank, Reseda, and now Eagle Rock

Parents and friends are encouraged to come and watch. Each family should bring a food dish (main course, salad, appetizer, or desert) in proportion to the number of people in your party. Food will be served buffet style at 6:30, immediately followed by the demonstration.



The multicultural character of our class is a source of great pride. We have children representing numerous cultures: Armenian, Mexican, Israeli, Lebanese, Nicaraguan, Guatemalan, Columbian, Filipino, Cuban, etc... You should find this especially rewarding while you're shoveling delicious ethnic food in your face during the potluck. Students participating in the demo should be careful not to do too much stuffing. (Continued on page 2)



#### ***Promotion!***

Eagle Rock dojo will be planning a promotion in conjunction with Reseda dojo in late January. Students who have been attending class regularly, and have completed their written test, will be eligible to move up in rank. (Continued on page 2)

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## ***New Dojo (From p.1)***

Street parking is available. For those dropping off your children, use the liquor store immediately west of "Yoga Essence" (but do not park there!).

## ***Promotion (From p.1)***

Students being tested will have the opportunity to show off their kata, push-ups, and fighting skills. Those who are not yet eligible will also participate in the exercise and kumite activities. Students who are testing must pay a \$10 fee. Those who are not testing receive a free ride!

Do you know if you are eligible to promote? Ask Sempai, yuh knucklehead you!

## ***Demonstration (From p.1)***

All children will participate in the demo, so bring your gi to change into. The audience can expect to see performances of the following: Kata, kumite, bag work, self-defense techniques, and board breaking. Come and watch the children show off their skills.

## ***Fighting Tips***

Ask 5 different fighters what is the most important skill in fighting, and you'll likely get 5 different answers. Is it

power or speed? Offense or defense? Intelligence or conditioning? Please, Sempai, we can't stand the suspense? What's the answer, man?!?!



All of the above, yuh bonehead, you!

A fast fighter will often beat a strong fighter to the punch, but a strong fighter might overpower a fighter who is not well conditioned. An intelligent fighter might fool a strong offensive fighter with defense, but will he/she win without a good offense?

To become a complete person, you learn many skills (reading, thinking, communicating, caring, etc...). It's the same for a fighter. The more skills learned, the more you improve chances at success.

There is one skill that is necessary in order to develop power, speed, offense, and defense: BALANCE.

If you cannot keep your body in balance, your punches and kicks will be weak. You cannot strike fast if you are falling. A fighter who staggers around like a drunk will have a hard time defending his/herself.

## ***Balance Tips***

- *Jump rope 2-4 times per week. Jump on the balls of your feet, shifting your weight from one leg to the other.*
- *Practice balancing in the mirror every day. Staying on the balls of your feet, bend your knees. Lift one knee slowly in the air. Stay in this position as long as you can. Do this when you put on or take off your socks!*
- *Always come back to your fighting stance. The toes on your front leg point forward, & your back toes point to the corner. Get on the balls of your feet, bend your knees a little, and lower your hips. Always keep your weight low and your feet loose!*