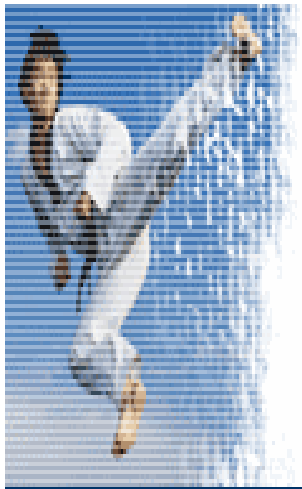


Please note: we welcome and value your feedback. Please let us know what you would like to see included in the newsletter and how you think the newsletter can be improved.



**BUILDING CHAMPIONS
IN LIFE**
for over 35 years

KMAF NEWSLETTER

Introduction

This month's issue of the Kim's Martial Arts and Fitness newsletter contains a number of what I am sure you will find to be informative and thought provoking articles. Alison Stevens contributed her monthly report of our *Judoka's* competitive activities and the popular Competitor Profile column, this month featuring Kevin Holman. We are privileged this month to include an article authored by Master Larry Driscoll, PhD., discussing a subject of central concern for all of us- teaching martial arts, drawn from his considerable experience as an educator and martial artist. Dr. Driscoll's article is followed by a summary of the rules of etiquette which apply in the *Dojo* and *Dojang*. We also have included the second in a series of informative articles by Mr. Peter Georgiades, J.D., concerning the legal implications of the use of force in a self-defense situation. Finally, new monthly column debuts in this issue: an article-by-article review of the rules which apply in Taekwondo *kyorugi*.

We also, of course, have included a fair amount of training advice. Mr. Bob Berry has contributed a timely article explaining the aerobic requirements of martial arts training and how best to improve aerobic capacity. This month's Training & Conditioning column discusses the importance of core training for martial artists and suggests a number of core training movements that are particularly beneficial for *Judoka* and Taekwondo practitioners. Please contact either Mr. Berry or me at the main school in Brentwood if you have any questions or concerns about the information we have presented or physical training for martial arts in general. We invite, and value, your feedback!

Mr. Moore

ATHLETE PROFILE

Athlete Profile

Name: Kevin Holman

Age: 7

Years in Judo: 3

Rank: Green belt

Tournaments: 1st at Junior Nationals, Rock-n-Roll Tournament and Central PA Open. 3rd at Pennsylvania State Championships and Ohio Junior Olympics.

Favorite Judo Competitor: Ron Kozarian

Favorite Technique(s): Uchi-Mata and Turnover choke/pin

Family Members involved: older brother David

Why like to compete: To get more experience.

Most Challenging about Judo: Doing good technique and trying win to matchrd.

Junior Nationals Highlight: Kevin lost onr of his earlier matches to the person he had to meet in the Finals. To prepare him for his finals match, Ron Kozarian, his brother David, and a group of Kims' students sang the "Eye of the Tiger" to pump Kevin up, and he went on to defeat his opponent. Kevin says what he liked best about Jr. Nationals was that he learned to overcome a loss, and did not lose in the end.

"If you lose when competing, thank your opponent...they have taught you a lesson. Losing a match shows us what we must improve...where we need to work.. Winning is rarely instructive; losing almost always teaches us a lesson."

Grandmaster Kyu Ha Kim

TOURNAMENT RESULTS

Rock-n-Roll Judo Tournament, Cleveland, OH September 24th

Juniors:

1 st	Salvatore Desimone	6-8 light
1 st	Kevin Holman	6-8 middle
1 st	Nick Cavanaugh	6-8 heavy
1 st	Brett Heitzenrater	6-8 superheavy
1 st	Tyler Kim	9-10 light
1 st	Alicia Nocket	15-16 light
2 nd	Tanner Kim	6-8 superheavy
2 nd	Zach Cavanaugh	9-10 light
3 rd	Nolan Stahl	13-14 middle
3 rd	Nolan Stahl	15-16 light

Seniors:

1 st	Alison Steven	+78 Kg Brown/Black
1 st	Ron Kozarian	-81kg Brown/Black
1 st	Conner Driscoll	+100kg Brown/Black
3 rd	Llisa Osmundsen	63Kg

Central PA Invitational, Roaring Spring, PA October 2nd

Juniors:

1 st	Kevin Holman	7-8 light
1 st	Tyler Kim	10-11 light
1 st	Cort Altimus	Novice
2 nd	Ana Desimone	11-12 light
2 nd	Bobby Costello	10-11 middle
2 nd	Nolan Stahl	13-14 middle
3 rd	Nolan Stahl	13-14 light
3 rd	Salvatore Desimone	7-8 light
3 rd	Alicia Nocket	14-15 light

Seniors:

1 st	Alison Stevens	Women's heavy
1 st	Katie O'Malley	Women's light
1 st	Dean Palm	Men's white heavy
1 st	David Harvitz	Men's white middle
2 nd	Wendy Garbett	Women's heavy
2 nd	Chrissie Kanick	Women's light
2 nd	Robert McNeilly	Men's brown/black light
3 rd	Daniel Perry	Men's white heavy
3 rd	Ben Giesselman	Men's brown/black light

Masters:

2 nd	Sarah Tarbox	Women
1 st	Tim Boyle	Men's Heavyweight

Kata:

1 st	Wendy Garbett/ Bob Berry	Nage No Kata
2 nd	Sarah Tarbox/ Shane Fuga	Nage No Kata
2 nd	Wendy Garbett/ Bob Berry	Ju No Kata

THE KYU HA KIM MARTIAL ARTS EDUCATION CHARITABLE TRUST

In 2001, to commemorate Grandmaster Kim's promotion to *ku* Dan, 9th Degree Black Belt in Judo, a charitable trust was established in honor of Grandmaster Kim, to recognize his world renowned stature as a martial arts teacher and his innumerable contributions to the martial arts in the Pittsburgh area, Pennsylvania, the United States and the World. The trust provides funds for martial arts tuition and expenses incurred by students engaged in competition: travel to tournaments, accommodations, entry fees, etc. Students must qualify for assistance, so please contact Grandmaster Kim, Ms. D, Master Eugene Kim, or me for more information.

The Kyu Ha Kim Martial Arts Education Charitable Trust is funded by voluntary contributions. It is a nonprofit 501 (C) (3) corporation: all contributions to the trust are tax deductible. Funds are limited and always less than we would like! Anyone who would like to help with fundraising, either by making a direct contribution or by organizing a fund raising activity, may do so by contacting Ms. D or me.

Mr. Moore

TEACHING MARTIAL ARTS

The teaching of anything, especially to young minds, is a great responsibility no matter the circumstances. Teaching the martial arts of Judo and Taekwondo can be particularly difficult. Certainly the old saying "there are no bad students, only bad teachers," has some degree of merit. Most students will learn what is taught to them. Since we all want to be "good" teachers we need to have some sense of the characteristics that make a good teacher. If we start with the assumption that those who teach have reached at least a basic level of knowledge and physical proficiency in the art they are instructing, then it follows that the characteristics that separate good teachers from bad ones focus on ethics and philosophy. Based upon thirty years experience in practicing Taekwondo and Judo under excellent instruction and twenty years of teaching at the college level, I offer, for your consideration, what I believe are five qualities essential for good teaching. While this list is not exhaustive, each will contribute, individually and collectively, to good teaching.

First and foremost, it is vital for a good instructor to have ethical integrity. In other words, one must do what they say they are going to do. They must be at practice always and they must teach the art which they say they are teaching. I have often heard, after a demonstration by a beginning student, the question "where did that come from?" We should not teach our students techniques that are outside the disciplines of Taekwondo or Judo simply because it looks good, it's spectacular, or it appeals to the instructor. A good instructor must know the subject she/he teaches. Most important, a teacher must hold one's self to the same rigor and standards they hold their students. To truly understand the fundamentals, at least well enough to teach them, one has to continually reach for a higher level. A good instructor never becomes complacent; rather they must continue to learn their subject, over and over and over!

Second, and closely related to ethical integrity, a good teacher will have ethical humility. No one should ever claim to know more than one actually knows. Teaching techniques one reads about, views in a video, or heard about violates this element. Teach the art, Judo and/or Taekwondo, that you say you are teaching and only teach the techniques within that art that you have been taught and have practiced extensively. Always remember you have specific responsibilities to both the student and the discipline you represent. As such, all that you do should be in accord with the proper standards and demeanor current in the specific art.

Third, a good instructor must comprehend the principles of learning. Too often we take for granted our understanding of the term "learning." Good instructors have a well-grounded perspective of the processes involved. To keep learning at an optimal level, practice and repetition are related and necessary. Retention is based on usage. Thus, the logical implication is that we need to practice and constantly repeat our exercises to continue to gain, and retain, knowledge and understanding. Yet repetition alone is not sufficient to guarantee proper learning. Both the desire and the motivation to learn are essential elements in the learning process as well. In other words, the good instructor will continually motivate the student and, at the same time, create an even greater desire within the student to succeed. It is then and only then, when the proper mental attitude is instilled, the student is truly ready to learn. The learning must also be fun. Learning that is accompanied by pleasurable and satisfying sensations is stronger than that which is unpleasant and unsatisfying. Additionally, the learning must be active and not passive. Too much instruction, where students stand around and listen to lectures and

much talk, is bound to reduce their ability to absorb material. Therefore, a good instructor will understand the basic principles of learning such as repetition, emotion, fun, and active participation, and they will appreciate how these principles are all interrelated and occur together, not separately and independent of each other.

The fourth essential element for good teaching is; simply, do not make favorites in the class. We are human and as such, tend to like some more than others. As a result we might have a favorite student or two among the class members. But do not MAKE favorites. Do not busy yourself with one student while the others stand around doing nothing. Do not give an inappropriate amount of time to certain students, even if they have better ability than the rest of the class. As a good teacher your task is to teach everyone, not a select few. If you teach the entire class, you will not make favorites.

Finally, a good teacher understands that teaching, especially Taekwondo and Judo, is much more than teaching techniques. A special aptitude and ability to get your instruction across to the student so they are able to “see” what you are trying to teach them is vitally important. As such, a good teacher’s method of instruction is very important to the process. The fifth essential element in teaching then, closely related to “not making favorites,” is to include the entire class in the instruction. Often, the instructor or their top student will demonstrate a technique and then have the class follow through the best they can. While necessary for the class to see the proper execution of the technique, this method of teaching shortchanges the students in the class. Once the class observes the technique done in the proper manner, the good instructor will then have an inexperienced student demonstrate the same technique in front of the class. The instructor can then correct any flaws in their technique, and then select another inexperienced student, perhaps even with less time on the mat, to also demonstrate. Over the course of the class every student should have the opportunity to demonstrate, allowing the entire class to provide the instruction. While it is necessary for students to see the technique done properly, for learning purposes it is also necessary for the students to see it done improperly, and have those imperfections corrected and the important points highlighted. Thus the saying, “you learn as much from white belts as you do from black belts.”

In conclusion, a good instructor will understand that we can never really “teach” anyone anything. Rather, all we can really do is provide the proper situations to which the student may react some way or another. By so reacting they will learn. In providing the proper situations a good teacher will do so with: (1) ethical integrity, (2) ethical humility, (3) understand and apply the basic principles of learning in a holistic manner, (4) never make favorites, and (5) include all students in the instructional phase. We must teach intelligently and avoid the crutch of routine. And most important, the good teacher will forever be a good student.

Dr. Driscoll

Bibliography

Kano, Jiguaro (19??) Kodankan Judo.

Kim, Daeshik (1983). Taekwondo Poomse. Naman Publishing Company, Seoul Korea.

Park, Yeon Park, Yeon Hwan Park, and Jon Gerrard, (1989) Taekwondo: The Ultimate Reference Guide to the World’s Most Popular Art. Facts on File, New York, NY.

Ishikawa, Takahiko, and Donn Draeger (1999) Judo Training Methods. Tuttle Publishing Company, Boston.

Yerkow, Charles (1954) Modern Judo: Volumell, Advanced Techniques. The Military Service Publishing Company, Harrisburg, PA.

SCHOOL ETIQUETTE

As all *Judoka* and Taekwondo practitioners know, proper etiquette- our behavior towards one another and the manner in which we conduct ourselves in the *Dojo* or *Dojang* - is essential to our martial arts practice. Etiquette is the physical expression of the respect that is a fundamental tenet of both martial arts. From time to time, it is helpful to remind our students, and ourselves, of the rules of etiquette that apply in Grandmaster Kim’s schools.

*When we see a black belt, irrespective of discipline, either on the mat or anywhere on the school premises, we

are to bow to them and greet the individual with the formal Korean expression, "An-nyong ha-shim-nikka?"

- *Upon entering and leaving the mat area, we are to bow towards the flags.
- *Every effort should be made to be on the mat when class is scheduled to begin.
- *Anytime Grandmaster Kim enters the mat area, we are to stop our training and bow to him.
- *If it is necessary to leave the mat area for any reason, one must ask permission of the individual teaching class. True medical emergencies, of course, are an exception to this rule. Legitimate reasons for leaving the mat area do NOT include using the restroom, getting a drink of water nor fixing one's uniform: these items should be addressed prior to class.
- *Speaking out in class, regardless of rank, is not permitted. The individual teaching is to be accorded full respect and attention. If you have a question or comment, raise your hand and obtain the instructor's permission before speaking.
- *When Grandmaster Kim is speaking, no one else is to speak unless in answer to a question or directed by Grandmaster Kim to do so.
- *Arguing with or speaking back to an instructor is forbidden.
- *When answering a question, the instructor is to be addressed as Sir or Ma'am, as in, "Yes Sir!"
- *Profanity is not permitted.
- *Parents should not speak to their children during class, nor offer comments to the instructor.
- *Displays of temper are not permitted.
- *When directed to sit, we are to sit either in a kneeling posture or cross-legged.
- *Never petition Grandmaster Kim for promotion.
- *Uniforms should be clean and well ordered. Women and girls must wear a white t-shirt under their uniforms. Belts should be properly tied prior to entering the mat area. In the event it becomes necessary to adjust one's uniform or re-tie one's belt, face away from the flags, Grandmaster Kim and black belts.
- *Food and drink are not permitted on the mat.
- *Jewelry is not permitted.
- *Fingernails and toenails should be short and neatly trimmed.
- *When leaving the *Dojo* or *Dojang*, the formal Korean expression, "An-nyong hee kay ship sayyo" is used.

Mr. Moore

THE LAWS OF SELF DEFENSE, ABRIDGED

Part II – Calling Things By Their Right Names

Lao Tzu is quoted as having said, "The first step to understanding is to call things by their right names." This is very much the case when discussing law in the context of self defense. If we do not understand what the words mean, we will literally not know what we are talking about. Conversely, once one understands the terms, he understands the rules.

"Self defense" is a legal concept. It is a specific form of another legal concept, "justification." "Justification," in turn, is founded in the concept of "choice of evils."

"Choice of evils" is the notion that one confronted with two bad choices cannot be faulted for choosing the lesser of the two. "Justification" is based upon the idea that a violation of a law should not result in a sanction, where one acts only to avoid a harm or evil that would be worse than the one the law was designed to prevent. For example, the law protects the sanctity of people's homes by making it a crime to break-and-enter a home without permission. But if the reason one breaks in is to pull a helpless child from the house because it is on fire, the crime can be defended on grounds of justification. A child burning to death is a greater evil than the trespass (depending upon one's attitudes about children).

The use of force upon another, unless consented to or justified, is a civil wrong and a crime. "Self defense" is the justified use of force upon another, to avoid harm which our law has recognized as being worse than that which would occur absent the use of force.

“Force,” in this context, gets its common and ordinary meaning. It consists of any form of impact upon the person of another and, for legal purposes, it includes confinement. Therefore, shutting a door behind someone and locking them in a room is considered the use of force, even though one never touched the other. Body postures and gesturing such as glowering, “stepping up” or making a fist are not the use of force (but could easily constitute a “threat of force,” which is another subject).

“Deadly force” is specially defined. It means, **“force which, under the circumstances in which it is used, is readily capable of causing death or serious bodily injury.”** “Death or serious bodily injury” is a key concept which appears throughout the law of self defense. It is key because there are special rules governing the use “deadly force,” which impose greater restrictions and responsibilities upon the person defending himself.

The standard is **“readily capable of causing death or serious bodily injury,”** not “intended to.” This point is of particular importance to martial artists, and is a major distinction between defensive tactics which employ firearms or blades and those which do not. Firing a weapon at another is always “readily capable” of causing death or serious bodily injury. Kicking, striking or throwing another may or may not be. A powerful kick to the head is “readily capable,” regardless what one may intend. *O Goshi* might, on occasion, cause someone serious injury or kill them, but it will not generally do so, and is therefore less likely to be held to satisfy the “readily capable” criterion.

Pennsylvania has a statute which defines when the use of force against another is justified to defend oneself. It is captioned “Use Of Force In Self-Protection.”

Paraphrased, the statute provides that one may use force upon another when one believes such force is **immediately necessary** for the purpose of protecting himself or another **against the use of unlawful force** by such other person **on the present occasion**, and **the harm one seeks to avoid to himself is greater than that which would occur absent the use of force.** These elements are the crux of our law of self-defense: (1) immediacy, (2) necessity, (3) absence of a legal right in the other party and (4) “choice of evil” analysis.

The legal articulation of these principles becomes very technical, incorporating many other concepts such as consent, assent, excuse, immunity, etc. I realize my interest in the subject is not universally shared, and in any case prolonged discussion of all the related concepts is immaterial. It is immaterial because it would be completely impractical for anyone to engage in considered analysis of technical concepts in the moment one realizes he or she is in jeopardy. For this reason, if you are ever involved in an altercation where somebody gets hurt, you will **need** a lawyer to deliberately sift through the facts of your case, and apply these concepts with the benefit of hindsight and time to calmly reflect.

In the meantime, let me pair down the defense. Because the rules are very different between the use of deadly force and force short of deadly force, I will address the two situations separately.

NON-DEADLY FORCE

One may employ reasonable force, NOT TO INCLUDE DEADLY FORCE, where:

One **reasonably** believes;

He is in **imminent** danger;

Of **physical harm or injury to his property**;

The threat **cannot be avoided** without either giving up some right or privilege or using force;

He was **free from fault** in provoking the incident; and

The level of force employed is **no more than necessary to avoid the threat.**

"Reasonable Belief"

"Reasonable belief" will be decided by the fact finder (a jury or a judge), considering all the circumstances. The central issue will be whether your subjective beliefs at the time trouble found you were reasonable, when all of the circumstances are viewed objectively.

A belief may be "reasonable," even if it turns out to have been incorrect. One suddenly grabbed in a "bear hug" from behind while standing at a bar might reasonably believe he is being assaulted, even though it turns out "assailant" mistook you for a friend of his. One who leaves his wallet on a counter momentarily, and returns to see another walking off with it, may reasonably believe his wallet is being stolen, even if it turns out in fact the manager of the establishment was removing the apparently forgotten wallet to a safe place.

In every case, it is incumbent upon the accused to articulate what it was that gave rise to his beliefs at the time of the incident. What did you see, what did you hear, what was going on around you in the room, such that you were under the impression you were in danger of being attacked or your property taken or damaged? In this regard, "feelings" do not go very far; one must think about what made them feel they were in danger.

"Imminent Danger"

"Imminent" danger means "right now." Not an hour from now, or two minutes from now. There must be no time at all to talk one's way out of the situation, involve the police, call the manager of a public place, or otherwise avoid the situation.

A conditional threat is not "imminent." Conditional threats are threats to inflict harm only if something else happens (e.g., "If you are still here when I get back I'm going to punch your lights out"). These will not legally justify the preemptive use of force.

Nor will a prospective threat which is debatable or speculative. If one uses force preemptively, based upon a professed belief that they were *about to be* attacked, there must be facts which prove an attack was certain, and not just a possibility. (If you go for the preemptive strike, those putative weapons of mass destruction had better be there; scrolling through a list of alternative excuses will not save you if you turn out to be wrong.)

"Physical Harm or Injury to Property"

The requirement of "physical harm" or "injury to property" is quite literal. One may use reasonable force (short of deadly force) to prevent any unwanted touching (no matter how slight), or the loss of or damage to one's property. Examples would be slapping away someone's hand if they place it where you do not want it, or restraining someone who wants to carry off your TV set.

This does not include perceived affronts to one's honor or dignity, or that of one's spouse, the Corps, the flag, or other esteemed people or institutions. Insults may constitute provocation, and be a partial defense to some crimes, but they do not amount to justification.

Bear in mind that arrest by peace officer is not "harm" such as will justify the use of force to resist the arrest, *even if the arrest is unlawful*. The theory is that an unlawful arrest can always be sorted out later in court, and we do not want people duking it out with policemen based upon their own notions whether the officer is exceeding his or her authority.

"Threat Cannot Be Avoided Without Either Giving Up Some Right Or Privilege"

The law always requires that one uses force only as a last resort. It does not, however, require that you cower or give any assailant what he wants rather than striking back.

One is privileged to go about his lawful business, even though this may prompt someone else to the use of force. One who unlawfully interferes with another's right to be any place he has a right to be, or to hold any property he has a right to hold, can be resisted with force short of deadly force.

“Free From Fault In Provoking The Incident”

This one is simple: one who provokes trouble forfeits his right to claim self defense. If one party insults another so as to provoke a physical response and a fist-fight occurs, self defense is not an available plea if the provocateur is later charged with assault.

Provocation does not, however, forfeit one's right to self-defense in the case of an unintended, unanticipated escalation of force. If the provoked party in the above example unexpectedly draws a knife and tries to kill the provocateur, the provocateur retains his right to use such force necessary to protect his life, including, if necessary, deadly force. The situation is different, of course, if the provocateur had reason to know that his insults would result in a deadly confrontation rather than a shoving match. As a practical matter, the individual who provoked the incident will have all doubts resolved against him with regard to what he should have expected when he went looking for trouble.

“Level Of Force Employed Is No More Than Necessary To Avoid The Threat”

This is the area that gives rise to the most questions. How much is “necessary?”

A good rule of thumb is to apply whatever force is reasonably necessary to permit escape or permanently dissuade your assailant from his unlawful course of conduct, but does not include retaliation.

For example, if one is subjected to a shove by a drunk or truculent individual, application of a joint-lock or a throw is more force than was initially directed at the defending party, but can be justified as reasonably necessary to end the attack. Stretching the individual out, breaking ribs with a knee-strike, and then throwing them head-first to the ground would likely be found to be excessive. Such a violent response might, however, be justified where the individual is armed, has confederates, or the shove can reasonably be regarded as a prelude to a more serious form of attack.

Defensive tactics instructors will advise people to use enough force to be completely sure they are safe. The law allows this, and, unless one has provoked an attack, will resolve doubts against the attacker. If, however, one tries to punish an attacker out of anger or to “teach him a lesson,” or in any way injure him after a reasonable person would have known the attack was over and he was safe, he will be held to have exceeded the limits of self-defense.

DEADLY FORCE

Deadly force is another matter. The level of responsibility placed upon one seeking to employ deadly force is much higher, because the results to be anticipated are much more serious, and permanent. The functional rules one should keep in mind regarding the application of deadly force are:

One **reasonably** believes;

He is in **imminent** danger;

Of suffering **serious bodily injury or death**;

It is **necessary** to use deadly force to prevent the harm;

He was **free from fault** in provoking the incident; and

He **did not violate a duty to retreat**.

The concepts of “reasonable belief,” “imminent danger” and “freedom from fault” are the same for deadly force as non-deadly force, although we must anticipate they will be more strictly applied in the case where deadly force has been used. A jury is going to be much less sympathetic to a defendant who has killed or maimed someone than a defendant who has broken somebody's nose. The other elements are very different from those justifying non-deadly force.

“Serious Bodily Injury or Death”

Before one can use deadly force, they must be threatened with the most serious kind of physical harm or death. Threats to property alone do not justify the use of deadly force.

Deadly force is reserved for situations involving “serious bodily injury or death.” This requirement mirrors the very definition of “deadly force,” because deadly force is only justified to meet deadly force. For this purpose, kidnapping or sexual intercourse compelled by force or threat are considered serious bodily injury or threats of death, and justify the use of deadly force.

Protecting property, no matter how personal or valuable, does not justify the use of deadly force. The law places human life above all forms of property

This is why, for example, the use of “spring guns” and other traps or devices which might cause serious bodily injury cannot legally be used to protect mountain cabins or other property. Indeed, because the setting of any such trap requires premeditation, death caused by such devices will be regarded as premeditated murder.

A persistent misconception is that one may lawfully shoot another for merely refusing to get off their land. This is incorrect. The law expects you to either deal with the situation using non-deadly force, call the police, use judicial process to evict a trespasser, or tolerate the situation. No property is worth anybody getting killed over.

There are some narrow exceptions to the use of deadly force to protect property which the property is one’s dwelling (home). If an aggressor enters into one’s dwelling without permission, deadly force may be justified to terminate their entry if:

One has no reason to believe such entry is lawful on the part of the aggressor, *and* there is no reason to believe that any force short of deadly force would be adequate to terminate the entry; *or*

One reasonably believes the trespasser, knowing he has no right to do so, is trying to dispossess one of his home; *or*

Deadly force is necessary to prevent the commission of a felony within the dwelling.

These statutory exceptions to the rule against using deadly force to protect property involve occupied homes, and are actually founded upon the presumption that a home invader who will not leave presents a risk of serious bodily injury or death. If the person coming in believes he has a right to be there, even if he is incorrect, deadly force is *not* justified. One can fight to remain there, but cannot kill for that purpose. Call a cop.

The third exception (number (3) above) is not strictly to protect property. It is founded upon a presumption that one who breaks into an occupied dwelling to commit a felony is risking lives.

“Necessity”

“Necessity,” for purposes of justifying the use of deadly force, is much more stringent than for non-deadly force. Deadly force will be “necessary” only where one literally had no *safe* choice.

Safe choices include being someplace else, running away, offering an explanation or apology or engaging in some other form of dialog which has a reasonable prospect of diffusing a situation, or otherwise electing an option to the use of force which is present in the circumstances. It also includes using force short of deadly force, if that is possible to do safely.

Unlike non-deadly force, one is required to comply with a demand that one not do something they are not under an affirmative duty to do in order to avoid resort to deadly force. For example, a bully telling one to leave a certain restaurant on pain of a beating may be resisted with non-deadly force, as one is privileged to be in the restaurant. Before resorting to the use of deadly force, however, one is required to leave. If, however, one is an armed security guard hired by the establishment to maintain order, and he has a duty to be on the premises and maintain order, he may remain and resort to deadly force if necessary without giving up the justification defense.

One is also required to surrender property to another who claims the property is his. If, for example, a fellow is claiming your laptop computer is his, and he tries to take it from you, you can punch him in the nose to retain possession of that piece of property. However, if he fights to the point where you will have to seriously injure or kill him to keep the computer, you are legally required to let him have it, and then sort the matter out later through legal process.

"Free From Fault"

"Free from fault" means one did not provoke the incident. One cannot provoke a fight to the death and then claim self-defense.

In Westerns the bad guy is always challenging and provoking another to draw his pistol, and then gunning him down. That no longer works (if it ever did).

However, bear in mind the problem of escalation. One who provokes an incident having no reason to believe it will threaten serious injury or death may respond with deadly force if the situation unexpectedly gets out of hand. Do not, however, regard this as a license to start "limited" trouble. Even putting aside the fact that such conduct violates central principles of Judo, it is very difficult to make a case that my client the jackass was justified in killing the person with whom he picked a fight. This defense only works in the clearest of cases.

The Duty to Retreat"

There is a duty to retreat before using deadly force, if one can retreat in complete safety. This duty to retreat creates more misunderstanding and controversy than any other aspect of the law governing the use of deadly force.

It is important to understand that one is only required to take steps to avoid the use of force *which can be accomplished in complete safety*. This includes the duty to retreat.

Notwithstanding the ill-informed rants of talk-radio wing-nuts and keyboard commandos, "the liberals" have *not* passed laws that require us to turn their back on an armed assailant, try to outrun somebody they might not be able to outrun, or engage a charging lunatic in rational discussion. The law requires no more than that we refrain from unnecessarily crippling or killing someone. If one can safely flee, he is required to. If flight places one at risk, one is not required to flee, and can freely weigh for himself the risks of flight against the risks of a fight to the death.

There are exceptions to the duty to retreat. One is not required to retreat within their own dwelling place, *unless* (1) they were the initial aggressor, or (2) their assailant is also someone who lives there. Nor is one required to retreat within his place of work, *unless* (1) they were the initial aggressor, or (2) their assailant is another person who the defending party knows also works there. Under these circumstances, one is legally privileged to stand their ground and fight, even if there is a safe avenue of escape.

Note, however, that even where one is relieved of the duty to retreat, the requirements of reasonable belief such force is necessary due to imminent danger of serious bodily injury or death still apply, as does the requirement that the actor be free from fault. Just because one is in their home or place of business does not mean they can kill for any but the most compelling reasons.

These are the principles which apply to the use of force in protecting oneself. There are different statutes that cover the use of force to protect other persons, the use of force to protect property, the use of force by peace officers to make arrests, the use of force by private persons in assisting peace officers to make arrests, the use of force by private persons to make arrests, the use of force to prevent escape, and the use of force by people with "special responsibility for the care, discipline or safety of others." Perhaps we can address those in another article.

Mr. Georgiades

Next issue: "Part III - How All This Plays On The Street"

TAEKWONDO SPARRING RULES

The rules which govern Olympic style sparring competition under the auspices of the World Taekwondo Federation (WTF) are readily available on the WTF web page, www.wtf.org.

I suggest all Taekwondo black belts should periodically take a moment to review the rules and download a copy for reference. Also, each month we will review a section of the rules; this month, we will examine Article 14, 5, 1.), **Prohibited Acts, "Kyong-go" penalty.**

The following acts shall be classified as prohibited acts, and "Kyong-go" shall be awarded

- *Crossing the Boundary Line
- *Evading by turning the back to the opponent
- *Falling down
- *Avoiding the match
- *Grabbing, holding or pushing the opponent
- *Attacking below the waist
- *Pretending injury
- *Butting or attacking with the knee
- *Hitting the opponent's face with the hand
- *Uttering undesirable remarks or any misconduct on the part of a contestant or coach

Let's focus on e.) Grabbing, holding or pushing the opponent. This rule prohibits grabbing, holding or pushing with open hands, shoulders, hips, chest (hogu), or any other body part. Often in competition we see this infraction-as in pushing an opponent followed immediately by a kick- and rarely see the appropriate penalty called. The penalty should be called and no point given for the kick (Article 12, 5. Invalidation of points: When a contestant performs an attack to score through the use of prohibited acts, the points scored shall be annulled.).

Mr. Moore

AEROBIC TRAINING

A few months ago we discussed the concept of periodization, or organization of training objectives aimed at meeting a specific goal, usually a major competition. Since most of the major martial arts competitions are several months away, now is an ideal time to re-visit periodization and focus on applying this concept to aerobic training.

Building an aerobic fitness base is paramount in preparing for both judo and Taekwondo competition. Without adequate aerobic conditioning, an athlete will simply not be able to tolerate either the volume or intensity of training that is required for success. All of us have had the experience at one time or another, of being so fatigued at the end of a workout that it is almost impossible to do one more *uchi-komi*, or throw one more kick. When this happens, technique invariably degrades and we risk injuring either our training partner or ourselves. A higher level of aerobic conditioning delays the onset fatigue and allows us to recover more rapidly between sets so that more time is spent on quality training.

By definition, aerobic training involves using the large muscles to perform a rhythmic movement for an extended period of time. Examples include running, cycling, swimming etc. Martial artists may derive more benefit from a weight bearing activity such as running, but the more important consideration when choosing an activity is the athlete's ability to perform it continuously. A properly designed aerobic conditioning program should address frequency, intensity, and time (duration) of training. Collectively, this is known as the F.I.T. principle.

Frequency of aerobic training should be at least 3 days per week, with 5 or 6 days better still. Much of the benefit of training (aerobic or otherwise) begins to be lost within 48 to 72 hours of the last session. Since aerobic training doesn't affect muscles the way intense strength training does, sessions can be performed on consecutive days. The goal for time or duration of aerobic exercise should be to work up to 40 to 60 minutes per day. Research shows a sharp increase in overuse injuries (stress fractures, shin splints, etc.) after 60 minutes, so

more is not necessarily better. If time constraints are a big problem, multiple, shorter sessions on the same day are nearly as effective as longer bouts of exercise.

Intensity of aerobic exercise needs to be high enough to elicit a training response, yet low enough that the activity can be performed continuously for the prescribed amount of time. Heart rate is a frequently used measure of intensity, usually referred to as a target heart rate range (THRR). For apparently healthy adults (those without known, serious medical conditions such as high blood pressure, elevated cholesterol, or a strong family history of premature heart disease) an appropriate THRR can be calculated in the following manner:

Find your age predicted maximum heart rate (APMHR) by subtracting your age from 220.

Determine your resting heart rate (RHR) by taking your pulse after sitting quietly for several minutes.

Subtract your RHR from your APMHR to determine your heart rate reserve (HRR).

Multiply your HRR by .50 and add it to your RHR. This number is the low end of your THRR.

Multiply your HRR by .85 and add it to your RHR. This number is the top of your THRR.

Example: A 40 year old with a resting heart rate of 60 beats per minute.

$220 - 40 = 180$ Age Predicted Max Heart Rate

$180 - 60 = 120$ beats per minute heart rate reserve

$120 \times .50 = 60$. $RHR + 60 = 120$ low end THRR

$120 \times .85 = 102$. $RHR + 102 = 162$ top of THRR

This individual has a THRR of 120 to 162 beats per minute.

Now that we've established parameters for individual training sessions, let's go back to the periodization and getting prepared for competition. The first month or two of aerobic conditioning are really laying the foundation for the more intense work that is to come. Each session should be preceded by a brief warm-up, consisting of brisk walking or light jogging, and be followed by a cool-down. The athlete should continue to increase frequency, intensity and time of exercise until the goal of 40 to 60 minutes of aerobic exercise in the prescribed THRR on most days of the week is reached. A good rule of thumb is to limit increases in time or intensity to approximately 10% per week to prevent overuse injury.

Approximately 8 to 12 weeks before the competition, the athlete should begin to incorporate some short periods of high intensity training (interval training) into their regimen to simulate the demands of competitive martial arts. Interval training conditions the body to be able to perform and tolerate very short, high intensity bouts of activity. One traditional method of interval training consists of running sprints up a moderate sized hill, jogging slowly back to the bottom, and then repeating several times. Another method would be to sprint on a stationary bike as fast as possible for 15 to 20 seconds, pedal slowly for a minute and repeat. If interval training is to be of any benefit, it must be conducted at near maximum intensity. Therefore, it's best to limit this type of training to a maximum of twice per week, replacing the regular aerobic program on those days. As contest time draws nearer, 4 to 6 weeks away, the athlete can begin to rely more on sport-specific interval training such as "suicides". The last week or two prior to a contest should really be devoted to refining techniques, and the high intensity training should begin to taper off so that muscles will be fully recovered. The athlete should still engage in 30 to 40 minutes of moderate aerobic exercise 3 or 4 days per week, just to keep their edge sharp, help maintain them at or very near their fighting weight, and deal with some of the competitive stress.

A high level of aerobic conditioning is absolutely essential for the serious martial artist. Even if one does not compete, it is still important to maintain as high a level of aerobic conditioning as possible if for no other reason than to prevent injury to yourself or others. Neither Taekwondo nor judo are truly aerobic endeavors in the classical sense. Both are characterized by a moderate level of aerobic activity coupled with brief periods of explosive action. However, without adequate aerobic conditioning, one will simply be too fatigued to take advantage of openings in their opponent's defense. It takes time, effort and dedication to develop this level of conditioning. By following the periodization plan outlined above, an athlete will be able to increase their aerobic conditioning and greatly increase their chances for competitive success.

Mr. Barry

"If someone asked me what a human being ought to devote the maximum of his time to, I would answer, 'Training.' Train more than you sleep."

Masutatsu Oyama
Founder of Kyukushinkai Karate

TRAINING AND CONDITIONING V

CORE TRAINING

Core training is a subject very much in vogue these days among strength and conditioning coaches. Simply stated, core training involves training the core muscle groups, which are those muscles of the trunk which support the spine and constitute the center, or core, of our bodies. Specifically, core training focuses on developing strength, power and endurance in the abdominals, lower back and stabilizing muscles in the torso. This sort of training is important for all martial artists, particularly *Judoka* and Taekwondo practitioners. *Judoka* utilize their core extensively to execute *tachi waza* and *ne waza*; Taekwondo practitioners rely upon core strength to generate powerful *chagi* technique and to transfer power from their lower to upper bodies to perform *chireugi*, *chigi* and *maki* technique. Core training, in a different, more pedestrian, guise, has long been integrated into martial arts training in the form of situps and similar abdominal movements in traditional warm-ups, but it is only recently that the specific, comprehensive training of core muscle groups has received serious attention.

The ideal core-training program builds core stabilization and postural alignment, core strength and core power. Many activities contribute to the three components of core fitness, including Olympic weightlifting and related exercises, plyometrics, Swiss and bosu ball training, medicine ball exercises, yoga, large rock and sandbag training, functional training machines (Life Fitness, Cybex), agility drills and standing dumbbell and barbell exercises. None of these methods does it all and core strength is only one aspect of overall fitness important for athletes (*Strength & Conditioning Journal*, 27; 10-13, 2005).

It is important to note that not everyone agrees that core training should be given special emphasis. A recent article which appeared on the judoinfo.com web page makes the argument that, if one's strength training regimen incorporates compound joint movements-squats, deadlifts, Olympic lifts, etc.-then one's core is sufficiently trained. Sound familiar? In fact, the author of this article is taking particular exception to the use of Swiss balls, wobble boards etc., under the notion that training with this sort of equipment will necessarily result in superior core fitness. With respect to this issue, I take a more moderate position (for a change!); most of our strength training should utilize the sort of compound joint movements mentioned above, but a few effective core-specific movements should be trained twice a week.

Several core movements that I have personally found to be effective and that complement our Judo and Taekwondo training are described below:

Abdominal Exercises- Abdominal exercises are numerous in number, far too numerous to completely catalog in this column, including, but not limited to: situps, crunches, leg raises, reverse situps, V-sits, hanging leg raises, knee ups, Swiss ball crunches, twisting crunches, medicine ball tosses, Turkish get-ups, side bends, roll-outs, etc., etc.! It is important to keep in mind that the various muscle groups that comprise our abdominals-rectus abdominus, transversalis abdominis, and external obliques-are no different than the other muscles in our body and respond to training in the same way. Somehow, over time, it has become accepted wisdom to train abdominals with high repetitions, often numbering into the hundreds, each training session. In fact, this approach improves local muscle endurance, but does little to improve strength. If we wish to improve strength, it is best to train against resistance. Also, the range of motion for most abdominal muscles is quite limited. The function of the rectus abdominus, for example, is to reduce the distance from the sternum to the pubic bone, a range of motion of only a few inches. Finally, there is no advantage to be gained by performing abdominal movements fast; they should be performed at a measured, deliberate pace. Enough discussion! The two abdominal movements I highly recommend are:

Hanging Knee ins- Either hang from a chinning bar or use, "Ab Straps" (nylon loops which hook over a chinning bar and support your bodyweight at the elbows). From the extended position, toes touching the floor, pull your knees to your chest, then lower. Maintain tension on your abdominals throughout the movement. As an alternative, twist, drawing your knees towards the opposite shoulder. Perform sets of several repetitions, striving for more than 10.

Standing Crunches-This movement, oddly enough, is performed on a lat machine or overhead pulley. Face away from the lat machine holding a triceps rope against your chest. Once you have assumed the initial position, your hands should not move. Contract your abdominals by bringing your torso forward and slightly down; again, it is quite a short range of motion. Pause. Repeat for several repetitions. Start with little resistance and advance slowly.

Suitcase Deadlifts-This movement is a bit uncommon and extremely effective. It can be performed with a dumbbell, barbell, kettlebell or sandbag. Position the object you are to lift next to you, approximately six inches from the outside of your foot. Squat down as though you were lifting a suitcase, grasp the object and stand-up, keeping your back straight. This movement strongly works the obliques on the side of your torso that is opposite to the side lifting. It is a great/nearly impossible movement with a barbell! Perform several repetitions per set.

Overhead Squats-This movement strongly works the entire core. Clean a barbell and press it to arms length. Squat until your thighs are at parallel or below, then return to a standing position. Keep the barbell at arms length throughout the movement. This is a very difficult exercise which will challenge your strength, balance and coordination. Start with very little resistance and proceed slowly!

Barbell Swings-Another uncommon but highly effective movement. Anchor one end of a barbell in a corner or, if you have access to a Landmine (a large universal joint-like device familiar to prisoners of the Dungeon), insert the barbell into the Landmine. Rotate your body from side to side while holding the other end of the barbell at arms length. Initially, use very little additional resistance. Perform several repetitions per set.

I am sure many if not most of you have noted that our brief discussion of core training has been limited to abdominal exercises. It is intentional. The other side of our torso-the lumbar region of our lower back- is thoroughly trained when we perform stiff legged deadlifts, squats, etc.

As always, if you have any questions concerning this month's column, or training in general, please contact me or Mr. Berry at the Brentwood school.

Mr. Moore

UPCOMING TOURNAMENTS

JUDO

PA Open Tournament Johnstown, PA Nov 6th

"He who controls others may be powerful, but he who has mastered himself is mightier still."

Lao Tzu

"Tomorrow's victory is won after today's practice."

Anonymous

Train, or I will come out of retirement!

Stan
