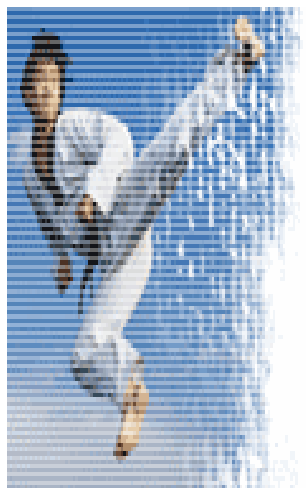


**Please note:** we welcome and value your feedback. Please let us know what you would like to see included in the newsletter and how you think the newsletter can be improved.



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

## KMAF NEWSLETTER

This issue of Kim's Martial Arts and Fitness Newsletter contains a number of articles that I am sure will be of interest to many of you. In addition to the competitor profile and tournament results, we have a column by Mr. Conor Driscoll, one of our most active and accomplished Judo players. Mr. Driscoll discusses the value of studying both Judo and Taekwondo—often referred to as “doubling up”. Mr. Driscoll is more than qualified to address this topic: he has been a student of both martial disciplines all of his adult life.

Also in this issue:

- Mr. Anthony Roscoe describes in detail the Judo refereeing seminar sponsored by the Pennsylvania USJI conducted in November.
- Mr. Berry addresses the subject of flexibility training.
- The Training & Conditioning column this issue revisits the topic of training organization, primarily to remind everyone where we should be in our training at his stage in our training program, and offers a brief description of an effective form of anaerobic training.

And thanks to everyone who has contributed to this and previous issues of Kim's Martial Arts and Fitness Newsletter. As we close 2005, we look forward to 2006 and an even better, more informative newsletter!

Mr. Moore

## ATHLETE PROFILE

Name: Ron Kozarian  
Age: 23  
Years in Judo: 10+ Years  
Rank: Nidan

Tournaments Competed in this year: US Nationals, Liberty Bell, Fall Classic, Ontario Open, Rock&Roll, NY Open, Maryland Open, PA Open, Ohio Open

Awards: 1<sup>st</sup> at Rock & Roll, PA Open and Maryland Open. Often in more than 1 division. Fought for Bronze at the Ontario Open.

Special Awards: Outstanding Competitor at Maryland Open

Favorite Judo Competitors: Eugene Kim, Ki Young Jeon (retired 1996 Olympic & 1993, 1995, 1997 World Champion from South Korea), Kosei Inoue (2000 Olympic & 1999, 2001, 2003 World Champion from Japan)

Favorite Techniques: Uchi Mata, Juji Gatame, and Sangaku-jime

Other Sports or Training: Weightlifting and Running

*"There is a significant difference between softness and weakness."*

**Itto Ittosai Kagehisa, 16th century Japanese swordsman**

Job: Oxford Athletic Club (responsibilities include the fitness floor, youth activities, and front desk)

Education/Grade: Attended CCAC and plans to transfer to Wheeling Jesuit University

Other Goals: To become an elite athlete this coming year and eventual Olympic Champion

## TOURNAMENT RESULTS

Pennsylvania Open Judo Tournament, Johnstown 11/6

|                 |                    |
|-----------------|--------------------|
| 1 <sup>st</sup> | Kevin Holman       |
| 1 <sup>st</sup> | Tyler Kim          |
| 1 <sup>st</sup> | Alicia Nocket      |
| 1 <sup>st</sup> | Nick Cavanaugh     |
| 1 <sup>st</sup> | Ron Kozarian       |
| 1 <sup>st</sup> | Katie O'Malley     |
| 1 <sup>st</sup> | Lisa Osmundsen     |
| 1 <sup>st</sup> | Ben Geisellman     |
| 1 <sup>st</sup> | Patrick Sheehan    |
| 2 <sup>nd</sup> | Liz Cavanaugh      |
| 2 <sup>nd</sup> | Bobby Costello     |
| 2 <sup>nd</sup> | Salvatore Desimone |
| 2 <sup>nd</sup> | Zack Cavanaugh     |
| 2 <sup>nd</sup> | Matthew Cardello   |
| 2 <sup>nd</sup> | Chrissie Kanick    |
| 2 <sup>nd</sup> | Robert McNeilly    |
| 2 <sup>nd</sup> | Curby Anderson     |
| 2 <sup>nd</sup> | Krystal Caldwell   |
| 3 <sup>rd</sup> | Zachary Dunois     |
| 3 <sup>rd</sup> | Sarah Tarbox       |
| 3 <sup>rd</sup> | Bob Russell        |

### Causes of Defeat

#### **futanren**

insufficient training

#### **mikuzure**

to see and crumble; to lose because of an opponent's appearance or manner

#### **kikioji**

to hear and tremble; to lose because of an opponent's reputation

#### **mu-keikaku**

no planning

Kata

|                 |                          |              |
|-----------------|--------------------------|--------------|
| 1 <sup>st</sup> | Sarah Tarbox/ Shane Fuga | Nage No Kata |
| 2 <sup>nd</sup> | Wendy Garbett/ Bob Berry | Nage No Kata |

Maryland Open Judo Championships, Landover, MD 11/19

|                                     |  |
|-------------------------------------|--|
| 1 <sup>st</sup> & 1 <sup>st</sup> : | Kevin Holman (Awarded Outstanding Junior Competitor) |
| 1 <sup>st</sup> & 2 <sup>nd</sup>   | Tyler Kim  |
| 1 <sup>st</sup> & 2 <sup>nd</sup>   | Salvatore Desimone                                   |
| 1 <sup>st</sup>                     | Connor Driscoll                                      |
| 1 <sup>st</sup> & 1 <sup>st</sup>   | Ron Kozarian (Awarded Outstanding Senior Competitor) |
| 2 <sup>nd</sup>                     | Tanner Kim   |
| 2 <sup>nd</sup>                     | Nolan Stahl  |
| 3 <sup>rd</sup>                     | Brett Keitzenrater                                   |

Ontario Judo Open, Mississauga, Canada, 11/29

Connor Driscoll, Dino Delmastro, and Ron Kozarian headed to Canada over Thanksgiving weekend to compete in

a tough Seniors tournament. Connor's division had nine competitors and his pool was split into two round robin divisions. Connor initially won his round robin pool by winning his two matches, but due to an error with the pools, his whole division was forced to fight over. He then lost his next three matches. He was very disappointed because he beat the silver medallist and barely lost to the gold medallist.

Dino went two and two in a division of 41 competitors. He won his first and third matches by Ippon. He was ahead the second match going into the final minute, but was thrown for Ippon. In his final match of the day, Dino was winning by a waza-ari, yuko, and three kokas and tried a leg pick with 45 seconds left, and got countered and thrown for ippon.

Ron Kozarian won five of his seven matches. In his first match, Ron received a Hansaku Make, an Ippon against himself, for head diving while trying to do uchi mata. Under a new IJF rule, Ron was able to continue on in the repechage and not be disqualified from the tournament. Head diving is now the only Hansoku Make you can receive without disqualification. Ron won his next five matches, but lost in the bronze medal match.

All three agreed that the Ontario Judo Open was a great tournament.

Erie Cup Taekwondo

- Tanner Kim: 1<sup>st</sup> Forms, 1<sup>st</sup> Breaking
- Tyler Kim: 1<sup>st</sup> Forms, 1<sup>st</sup> Sparring
- Kevin Holman: 1<sup>st</sup> Forms, 1<sup>st</sup> Breaking
- Alexandra Steighner: 1<sup>st</sup> Forms, 1<sup>st</sup> Breaking, 1<sup>st</sup> Sparring
- Nick Cavanaugh: 2<sup>nd</sup> Forms, 2<sup>nd</sup> Breaking, 1<sup>st</sup> Sparring
- Zack Cavanaugh: 1<sup>st</sup> Forms, 1<sup>st</sup> Breaking, 1<sup>st</sup> Sparring
- Tom Kinley: 1<sup>st</sup> Sparring
- Tim Kinley: 2<sup>nd</sup> Sparring

New Castle Taekwondo

- Tyler Kim: 1<sup>st</sup> Forms, 1<sup>st</sup> Sparring
- Bob Costello: 2<sup>nd</sup> Forms, 2<sup>nd</sup> Sparring
- Tom Kinley: 1<sup>st</sup> Sparring
- Tim Kinley: 2<sup>nd</sup> Sparring

North American Challenge, November 19

- Shane Borodysia: 3<sup>rd</sup> sparring
- Steven Borodysia: 3<sup>rd</sup> sparring
- Zach Dunois: participated

Mr. Roger Gaughan recently competed in the 2005 US Senior National Taekwondo Championship tournament. While he placed well in poomse, in third place, the real drama occurred in his sparring competition, where he ultimately won second place.

He won his first two matches 4-2 and 16-8, respectively, but it was the third and final championship match that would be his most contested.

Roger's opponent was reluctant, staying outside of his reach. By the third round Roger had made up a point deficit

**Taekwondo Black Belt Promotions**

|                 |          |
|-----------------|----------|
| Shane Borodysia | 1st Poom |
| Steve Borodysia | 1st Poom |
| Adam Wygonik    | 1st Poom |

*"Fundamentals are important. We all must practice basics. We must walk before we fly!"*

**Grandmaster Kyu Ha Kim**

and tied the match. His opponent had three half-point penalties,\* but the fight still went to a sudden-death overtime round. When the overtime round failed to produce a winner the judges awarded the match to Roger's competitor—despite the penalties.

*\*Under Article 14 of the WTF rules, two kyong-gos will result in a full point deduction from the offending competitor's score. So, if the score is tied, and Mr. Gaughan's opponent has at least two kyong-gos, then Mr. Gaughan should win without resort to a sudden-death overtime round.*

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## JUDO REFEREE SEMINAR

On Saturday, November 19, our club hosted the 2005 PA Referee Seminar. The guest clinicians were Mr. Jay Kim and Mr. Joon Chi, both of whom are accomplished international referees. Pennsylvania Judo is fortunate to have had such knowledgeable instruction on the rules for officiating Judo contests. As with the many aspects of the study of Judo, our contests require at least three different ingredients. These include a host or tournament director to provide a location, clean and safe mats, personnel and materials for the competition; Judoka to participate in the event; and referees to officiate. That is not to say two Judoka couldn't face off in *shiai* without hosts or referees, but falling on hardwood floors would not only hurt physically, a disagreement over the scores or penalties might end the match without a result.

The purposes of rules, and the officials charged with keeping matches in accordance with them, are safety and fairness of competition. The American College of Sports Medicine lists Judo as the safest full contact sport for children under 13. This is not mere coincidence. Rules such as those regarding negative Judo and uniform requirements provide for as fair a contest as possible. The "majority of three" rule for the referee and judges provides for a fair interpretation and application of these rules.

In addition to referees, all instructors, coaches and competitors should become familiar with the rules of Judo. Someone once said, "Ignorance of the law excuses no man." By extension, ignorance of Judo rules puts a Judoka at a disadvantage compared to an educated opponent. As we aim to better prepare our students for competition, future articles will delve into specific areas of the rules. This supplement to seminars and in-class instruction will hopefully further our knowledge and appreciation for the rules of Judo. In the meantime, feel free to download and read a copy of the International Federation of Judo Rules on the web: [http://www.ijf.org/rule/rule\\_referee.php](http://www.ijf.org/rule/rule_referee.php).

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## TAEKWONDO RULES

Mr. Roscoe

This issue we will review Article 11 of the WTF Competition Rules, which governs permitted techniques and areas, Article 11. Again, this information is easily obtained from the WTF web site, [www.wtf.org](http://www.wtf.org).

Article 11 States:

### Permitted Techniques

Fist techniques: Delivering techniques by using the front parts of the forefinger and middle finger of the tightly clenched fist.

Foot techniques: Delivering techniques by using the parts of the foot below the ankle.

### Permitted Areas

Trunk: Attack by fist and foot techniques on the areas covered by the trunk protector are permitted. However, such attacks shall not be made on the part of the back not covered by the trunk pro-

tector.

Face: This area is the face excluding the back of the head, and attack by foot technique is permitted.

With respect to permitted techniques, only fore fist punches are permitted. Permitted areas on the torso include that portion covered by the hogu. The area not covered by the trunk protector is that portion directly over the spine, which is a prohibited area. Also, please note that attacks of any sort to the back of the head are *not* permitted.

Mr. Moore

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## BENEFITS OF “DOUBLING UP”

The Judo practitioner and the Taekwondo practitioner are two very different species of the same family. Both martial arts offer students benefits that are unique and unlike those of the other. Many of the Kim's Martial Arts and Fitness (KMAF) students make the mistake of assuming they know what the other has to offer and choose not to participate for a number of reasons: fear; lack of motivation; or lack of benefit. Whether it's general physical education, self-defense, or competition that drives you to practice martial arts, you can use both Judo and Taekwondo to make yourself a more complete practitioner.

For Taekwondo participants who attend KMAF, Judo offers benefits that can only be discovered and developed by regular Judo practice. The abnormal movements, and the distorted practices found in basic Judo techniques serve to make many muscles and actions go from being awkward to smooth and explosive. One point that goes largely undiscovered by anyone just observing Judo is that to make every technique work, the practitioner's body must work in unison, with timing and placement, to produce the desired outcome. The physical benefits are very apparent to anyone who knows Judo. Any Judo player who has taken time off from regular practice they will let you know the difference between being in shape and being in “Judo Shape”.

Many Taekwondo practitioners started for the purpose of self-defense or fighting ability. The self-defense practice often gets limited to practicing skills just before a belt test. If you feel this limited practice gives one a comprehensive view of self-defense, you are severely mistaken. Repetition in grappling practice will teach every Taekwondo practitioner what they miss in their self-defense practice.

For the Judo player who avoids Taekwondo, you are only robbing yourselves of the many benefits that Taekwondo can give any athlete. First and foremost, dedicated Taekwondo repetition provides flexibility, a trait very necessary and much overlooked in Judo. Second, fast twitch muscle practice is constant and continual in Taekwondo; coordination and accuracy are essential for proficiency. Many times in Judo, a throw's success depends upon a minor movement or an accurate placement. All of these aforementioned traits can help in taking an average Judo player to a fierce competitor and Judoka.

We can even consider the development of regular striking aptitude as a requirement of Judo. When Judo was systematized, it was broken into three parts: throwing, grappling, and striking. While throwing has developed into the gorgeous Ippons we see at the world level, and grappling has not only added to Judo, but developed into a sport of its own with Ne Waza Randori, striking is often overlooked in Judo. As students of Judo, we must practice all aspects of our art—not just those we favor. Those who favor kata *still* practice shiai and Randori; and competitors *still* rehearse formal practice. Why do we observe all aspects save striking?

Members of KMAF are students above all else, and must continue to learn. Therefore, whether it's fear, lack of time or motivation, your personal and martial development should trump all excuses. I look forward to packed mats and tire-some practices in the future.

Mr. Driscoll

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## FLEXIBILITY

Flexibility is often the most overlooked component of a fitness regimen, perhaps because holding a good hamstring

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stretch for 25 to 30 seconds isn't nearly as "sexy" or fun as blasting through a set of heavy squats. Nonetheless, as martial artists, we all know that increased flexibility leads to fewer injuries and better performance. A greater range of motion helps to protect muscles and joints from strain or sprain when subjected to unusual forces. A more flexible muscle moves more smoothly and with less effort through a greater range of motion than a "tight" muscle. In the immortal words of Master Ron Pardini, "Smooth is fast, and fast is smooth." The ability to move quickly from one position to another is paramount for success in both Judo and Taekwondo.

The most important areas for martial artists to focus their flexibility training on are the shoulder girdle, lower-back, and hamstrings. The ideal time to perform stretches is immediately *after* a workout or aerobic session. Yes, you read that right, I said after your workout. The reason is simple, a warm muscle is much more pliable than a cold one and will stretch farther, easier. *Seiryoku Zenyo*. Any stretches done before a workout should be preceded by some light aerobic work to increase muscle temperature and pliability.

Stretches should always be performed in a slow, controlled manner (static stretching) to the point of mild discomfort in the muscle group being targeted. Never, ever bounce while stretching. Ballistic stretching, as this is called, causes micro-trauma to the muscle which will actually *decrease* flexibility over time as scar tissue forms. A stretch should never elicit a feeling of sharp pain. If it does, that is a sure sign that you are trying to go too far, too fast. Hamstrings seem to be especially problematic for a lot of us, therefore I offer two pieces of advice: First, make sure to keep your knee as straight as possible throughout the whole movement. As soon as the knee bends, even a little, the stretch loses almost all of its effectiveness. Second, make sure you bend from the hip and not the waist. The easiest way to accomplish this is to keep your chin up and look over your toes as you slide into the stretch. Each stretch should be held for at least 10 seconds, with a goal of eventually holding it for up to 30 seconds.

Flexibility training differs from strength training in that the muscles don't normally require days off to recuperate between sessions. Two or three sets of each stretch performed daily, or nearly so, are usually adequate to see significant gains in flexibility in a reasonably short time. Try to make each set just a little deeper than the last to get the maximum effect.

Eventually your progress must plateau. At this point your flexibility conditioning should have increased to the point where you can tolerate some more advanced training. Proprioceptive Neuromuscular Facilitation (PNF) stretching can help get you past plateaus by increasing the number of individual muscle fibers that are recruited during a given movement. This is accomplished by contracting the muscle while it is in a stretch. For example, think about pulling your heel straight through the floor and up to your butt as you perform a seated hamstring stretch. Alternatively, a partner could also provide resistance as you return to the starting position from full extension. Needless to say, PNF stretching is much more aggressive than the simple static stretch and should be limited to no more than twice a week.

Mr. Berry

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## TRAINING AND CONDITIONING

This month the Training & Conditioning column will offer a brief review of training organization, which we discussed in detail in previous columns. We will also discuss a specific and demanding form of anaerobic conditioning.

If you recall, we discussed how an athlete can optimize her training by dividing her year into quarterly, monthly, or even weekly blocks of time, with the objective of peaking for a particular competition or competitive season. This approach to training is called *periodization*. Most of us completed our competitive efforts some time ago, with the exception of many of our young *Judoka* who continued to compete frequently until quite recently, when their season finished. We now look to the state tournaments this coming spring as our next foray into competition. The time to begin preparation for these tournaments is now! In fact, the post-season rest/recuperation time period should have come and gone and we should now be engaged in the strength training and base aerobic conditioning portion of the preparatory period. We should be lifting weights and doing aerobic training. That is not to say, of course, that technical training should be considered less important; technical training must continue year

round if we are to improve. Now is the time, however, to work hard at getting stronger and improving our endurance. Also, keep in mind that we strength train to improve our skills and performance as martial artists, not as an end in itself, which should be reflected in our training regimen.

Both Judo and Taekwondo competition, and the performance of martial arts as self-defense, require not only aerobic fitness, but also anaerobic fitness. Just to review: **aerobic** fitness refers to endurance which results when oxygen is used to fuel the energy-producing mechanisms of muscle fibers; **anaerobic** fitness refers to endurance obtained from the utilization of internally stored compounds (ATP, CP and glycogen) in the absence of oxygen. The former results from low-intensity activities like running, cycling, and skiing over distance; the later results from sprinting, interval training, and similar activities. Anaerobic fitness may be improved by performing high-intensity activities: sprinting hills; sprinting on a track; sprinting for timed intervals on exercise equipment (treadmills, stationary bikes, elliptical trainers, etc.); or by circuit weight training. Think for a moment what you experience when fighting. Do you experience breathlessness; are you out of “wind”? If so, you have crossed the aerobic threshold into anaerobic energy production. In order to improve this aspect of our performance, we must perform anaerobic conditioning. Recall Mr. Berry’s statement, “training is very specific” (henceforth referred to as Berry’s Law).

A particularly challenging approach to anaerobic conditioning, ideal for our hardcore competitors, is to perform interval weight-training—also called metabolic training—complexes or series. This form of training recently came back into vogue as a particularly effective means to condition Mixed Martial Arts competitors. It is brutal! Essentially, one performs a series of barbell movements with a relatively light weight, approximately 1/3 of one’s bodyweight, with NO REST BETWEEN SETS. A complete series is considered a single set. As we improve our anaerobic conditioning, we increase the number of sets to as many as six. Two examples of complexes are provided below (Note: the routines described below are from the martial artist/strength & conditioning coach, Alwyn Cosgrove’s web page, [www.alwyngrove.com](http://www.alwyngrove.com), [www.MMAConditioning.com](http://www.MMAConditioning.com)):

**Complex One**

|                   |        |
|-------------------|--------|
| Deadlift          | 6 reps |
| Romanian Deadlift | 6 reps |
| Bent Over Row     | 6 reps |
| Power Clean       | 6 reps |
| Front Squat       | 6 reps |
| Push Press        | 6 reps |
| Back Squat        | 6 reps |
| Good morning      | 6 reps |

*"If you only do what others do, you will never be more than ordinary: in order to be extraordinary, we must do more than others."*

**Grandmaster Kyu Ha Kim**

**Complex Two**

|                      |                 |
|----------------------|-----------------|
| Snatch Grip Deadlift | 6 reps          |
| Snatch Pull          | 6 reps          |
| Upright Row          | 6 reps          |
| Power Snatch         | 6 reps          |
| Reverse Lunge        | 6 reps each leg |
| Push Jerk            | 6 reps          |
| Jump Squat           | 6 reps          |

This sort of training is quite demanding and should be entered into slowly. Care should be taken not to over train! If you have any questions concerning the performance of the movements described above or how to fit anaerobic training into your current training routine, please contact Mr. Berry or me at the main school in Brentwood.

Mr. Moore