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BUILDING CHAMPIONS IN LIFE
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KMAF NEWSLETTER

In this issue, in addition to the usual features, we are pleased to reprint an article from Jon Bluming's web page concerning his introduction to our teacher, Grandmaster Kyu Ha Kim. Jon Bluming is a world-famous Dutch martial artist and among the first Caucasians to travel and train in Japan in the early 1950s. Mr. Bluming's contemporaries include such martial arts luminaries as Donn Draeger. Mr. Bluming is currently 9th Dan in Judo and 10th Dan in Masutatsu Oyama's *Kyukushinkai* Karate and is the head of that style's European organization. Next, Mr. John Schneider reminds how fortunate we all are to train in Grandmaster Kim's schools, among dedicated martial artists from all walks of life. Mr. Schneider has also created an exceptionally informative web page, www.judofitness.com, filled with excellent articles, advice, internet links concerning martial arts training and conditioning. It is well worth a few minutes to log on and take advantage of Mr. Schneider's efforts.

As always, anyone wishing to provide content for the KMAF Newsletter, contribute an article, post tournament results, etc. may do so by contacting Alison Stevens, Tim Moore, or me.

Mr. Moore

ATHLETE PROFILE

Name: Alicia Nocket

Age: 15

Years in Judo: 1 1/2

Rank: Orange Belt

Tournaments Competed in this Year: Rock&Roll, PA Open, Central PA Open, and several Interclubs

Awards: 1st at Rock & Roll and PA Open, 3rd at Central PA Open

Favorite Judo Competitors: Connor Driscoll & Ron Kozarian

Favorite Techniques: Uchi Mata and Yoko Sangaku-jime

Other Sports or Training: Alicia has taken Ballet and jazz dance. She continues to take piano lessons.

Job: Volunteer at Cranberry Place Nursing Home

Education/Grade: 9th grade home schooled

"Train hard! No one ever died from sore muscles!"

Grandmaster Kyu Ha Kim

TOURNAMENT RESULTS

Starrett Cup, Jan 15 in New York City

1st

Connor Driscoll

1st

Leah Kurtz

2nd

Ron Kozarian

2nd

Liam Williams

3rd Nolan Stahl
 * Ben Geisellman also participated

Shufu Open, Feb 4 in College Park, Maryland

1st Katie O'Malley
 * Ben Geisellman also participated

Ohio Open, Feb 11 in Kettering, Ohio

1st Ron Kozarian (Awarded the Joyce Edwards Outstanding Competitor Award)
 1st Tyler Kim
 1st Tanner Kim
 1st Salvatore Desimone
 1st Kevin Holman
 2nd Nolan Stahl (2nd in 2 divisions)
 3rd Leah Kurtz
 3rd Liam Williams
 * Ben Geisellman also participated

Arnold Martial Arts Classic, Mar 4 in Columbus, OH

1st Kevin Holman
 2nd Liam Williams

San Jose Buddhist Sensei Memorial Tournament, Feb 12

Congratulations to Connor Driscoll for taking 2nd place in the +100kg division at the San Jose Buddhist Sensei Memorial Tournament on February 12. Connor's only loss was to Daniel McCormick, the second ranked judoka in the country. This E level California based tournament will allow Connor to remain an Elite Athlete, ranked on the US roster for the 2006 tournament season. Connor earned elite points at the 2005 Midwesterns last year. In other news, Connor has relocated to California and plans to reside there for the near future. He recently began work as a counselor near Berkley, and plans to train with the San Jose Judo team. Good luck Connor! We will all miss you in both Judo and Taekwondo!

Upcoming Judo Events

Midwestern Championship, March 12 in Chicago, IL
 PA State Championships, March 26 in Johnstown, PA
 Liberty Bell Championship, April 1-2 in Philadelphia, PA
 USA Judo National Championship, April 21-22 in Houston, TX
 Am Can International, May 27-28 in Amherst, NY

Upcoming Taekwondo Events

Virginia Open Taekwondo Championships, April 2006
 AAU Maryland Championships, April 1, 2006, Waldorf, MD
 Chaar's Taekwondo Open, April 1st, Central PA
 2006 Pennsylvania Open Taekwondo Championship, May 6th, Central PA
 National Qualifiers May 20-21, Buffalo, NY
 East Coast Open, September 2006, College Park, MD
 2006 TTF Championships, September 16, TBA

**"...Judo as education is the cultivation of all aspects of a human being. It is a way not only of physical education and a method of competition, but a way for perfecting oneself as a human being." -Saburo Matsshita,
*Human Growth in Kodokan Judo as conceived by Kano Jiguro***

Training & Conditioning VII

Shoulder Conditioning & Rehabilitation

During the past several months, a number of our Judo and Taekwondo practitioners have been plagued with shoulder injuries of one sort or another. Some of us—Master Schmidt, Master Pardini, and I—have had to undergo surgery to repair torn rotator cuffs and correct A/C joint impingement. Other individuals, Mr. Berry, for example, have been dutifully rehabbing their shoulder injury in an effort to avoid surgery altogether. A brief discussion of shoulder anatomy, training, injury prevention and injury rehabilitation appears to be in order.

The shoulder joint actually consists of four joints, but for our purposes, we will consider just two: the acromio-clavicular or A/C joint and the gleno-humeral or G/H joint. The former refers to the joint between the scapula and clavicle; the later to the joint between the scapula and the humerus in the upper arm. The shoulder joint is actually a shallow ball and socket joint (the upper portion of the humerus fits into a shallow depression in the scapula, the glenoid fossa), although the stability of the shoulder joint is largely dependent upon soft tissue—muscles and tendons. A number of muscles cause movement in the shoulder joint: deltoids (shoulders), pectoralis major, teres major, latissimus dorsi, biceps and triceps. The deltoid consists of three heads:

Anterior or front: moves the arm vertically in front of the body

Medial or side: moves the arm vertically to the side of the body

Posterior or rear: moves the arm across the body

In addition to the above, the shoulder joint also includes four relatively small muscles that connect the humerus to the scapula, which together comprise the rotator cuff. The rotator cuff's function is to stabilize the shoulder joint:

The supraspinatus: acts in concert with the medial head of the deltoid to raise the arm to the side

The infraspinatus and teres minor: responsible for movement of the arm from the midline of the body outward or external rotation

The subscapularis: assists in moving the arm towards the midline of the body or internal rotation

The general strength training routine detailed in the third issue of the KMAF Newsletter, published last July, described two movements that strongly affect the deltoids—overhead presses and wide grip upright rows. Both movements are compound joint movements and are reviewed below:

Overhead Presses- This movement develops upper body strength, particularly in the deltoids, trapezius and triceps. It also strongly engages the core muscles. It is performed by first, “cleaning”, the barbell—the explosive movement utilized to bring the barbell to one's shoulders—the pressing or pushing the barbell to arms length. Do not arch your back as you press, rather let your torso come forward under the bar. Do not bend or straighten your legs as you press. Lower the barbell to its original position at your shoulders. Raising and lowering the barbell constitutes one repetition.

Wide Grip Upright Rows- The wide grip upright row strongly affects the deltoids, particularly the medial deltoids, trapezius, brachialis, brachioradialis and biceps. *Judoka* will see and feel its similarity to the pull of *kuzushi*; Taekwondo practitioners will experience stronger *maki* technique as a result of training this movement. Grip a barbell with a grip that is wider than the width of your shoulders. Pull the bar to your chin, keeping the bar close to your torso and elbows pointed up; lower the bar. Again, raising and lowering the bar equals one repetition.

Both of the movements described above may also be performed with a pair of dumbbells in lieu of a barbell. Dumbbells provide the trainee sufficient flexibility to perform movements in planes other than the fixed rigid plane a barbell represents. Often, if one is experiencing shoulder joint pain, a slight technique modification incorporating the use of dumbbells alleviates the pain and permits continued training. For example, if pressing a barbell, which necessarily requires the trainee to have both palms facing directly forward, results in pain, replacing the barbell with dumbbells and rotating one's hands so the palms face one another often reduces or eliminates the pain. There are no hard and fast rules for this sort of modification: one must simply carefully experiment to find a pain-free path of movement.

Most of you that read this column and are familiar with my personal approach to strength training are aware of my preference for

"...the *Do* may produce art. It may be of practical value. But the attainment of the Way is in the *process*. It is doing a thing not for the sake of doing it; it is doing a thing because the doing releases us from certain constraints of the limited self: narcissism, self-centeredness, preoccupation with the fears and worries and doubts that diminish us in daily life"

Dave Lowry, *Sword and Brush*

compound joint movements and near distain for isolation movements. There are, of course, exceptions to every rule and deltoid training is where we find the exception to the "compound joint movements are superior" rule. The three movements which directly train the anterior, medial, and posterior deltoid most effectively are, alas, isolation movements!

Anterior Head:

This segment of the deltoid is best trained with front raises; simply raise a relatively light dumbbell or pair of dumbbells from in front of your thighs to shoulder level, pause, then lower.

Medial Head:

The medial or lateral head of the deltoid is trained most efficiently by performing lateral raises; raise a relatively light dumbbell or pair of dumbbells from the side of your thighs to shoulder level, keeping the dumbbells horizontal, pause, then lower.

Posterior Head:

The posterior or rear head of the deltoid is trained most effectively by performing bent over lateral raises. As the name indicates, to perform this movement, bend over from the waist so that one's torso is horizontal, grasp a pair of relatively light dumbbells and let them hang at full arm extension, raise the dumbbells from the hang position directly out to each side until your arms are also horizontal, pause, then lower. Viewed from above the trainee, one's arms should be in a straight line at the top of the movement

The balanced development of all three heads of the deltoid is essential if one is to avoid injury. Often, the anterior head is developed out of proportion with the other two, particularly the posterior head. This is especially true among those trainees that become so enamored of the bench press (which also strongly works the anterior deltoids) that they perform few other upper body movements. In order to facilitate recovery, one should perform all of one's deltoid training on a single training day. Do not split compound movements and isolation movements into two training sessions. Finally, the lateral raises described above are generally performed in a higher repetition range of 8 to 10 repetitions per set.

In the next issue of the KMAF newsletter,

we will discuss specific movements to strengthen the muscles that comprise the rotator cuff and detail the rehabilitation of rotator cuff injuries. As always, if you have specific shoulder joint problems or questions, or questions concerning any other aspect of training, please contact Mr. Berry or me at the main school in Brentwood.

Mr. Moore

Please note: This is an excerpt from Jon Bluming's website, which we found at <http://mysite.verizon.net/resptwx6/bluming.htm>. It has been edited for length and format.

DOING JUDO AT THE KOREAN YUDO COLLEGE, DECEMBER 1959

"The day I met Kyu Ha Kim"

by Jon Bluming, 10th Dan Karate, 9th Dan Judo

In late 1959 I was told that I had to go to another country to renew my visa to Japan. I was not happy but knew right away what I would do. I had promised my Dutch Sensei, Granddad Schutte, that I would go, if possible, to visit our Korean friends. So in December 1959, I think it was the 19th, I was back in Korea for the first time since the war. It was a strange feeling standing there again and many flashbacks sped through my mind. Still, except for some new hotels, Seoul had not changed much since 1953. The streets were still unpaved and muddy, ruining your shoes, and the old-style houses, the kind I liked so much, were still everywhere.

The first place I went was the USO, where they put me up and fed me for free – all I had to do was show them my US 2nd Division papers and my three Purple Hearts. After that I went over to the headquarters of the Korean Yudo Association. I did not know what to expect there but remembered some of the friendly faces of the men who visited Holland in 1954.

The Korean honbu dojo was very old and smelled like old wood but was very stylish in a romantic old way. Its tatami were old and hard but good for fighting. The windows, though, were strange, as at the bottom some inches above the tatami they were



Jon Bluming in 1958 and today

mostly broken. As a result the snow blew through them and the wind kissed your ankles. Which was kind of exciting, as like the Kodokan they didn't believe in heating the dojo and the air temperature was about 15 below zero Celsius.

Something that was familiar, though, were the many young fighters who milled around the dojo looked me over with faces that said that they couldn't wait to get hold of that tall outlander fellow and kick his ass. The instructors, though, were great. I was the first European to ever visit their dojo, and Suk Sensei and Park Yong-So, who had visited Holland in 1954, not only remembered me, but had even received a letter from Choi In-Do saying that I was coming. So the first thing they did was take me out for dinner. Korean food is very spicy and the kimchee, or pickled cabbage, smelled like the old days, like carbide, but I loved it.

After the meal we went back to the dojo to look things over, and I saw that Donn Draeger was right when he told me that Korean judo was rougher than Japanese collegiate judo, and that in Korea a throw was followed up, whether it was good or not. Technically, in those days the Koreans may not have been as good as the Japanese, but they sure put up a good fight. And, like the Japanese, they hate like hell to lose to a foreigner. So the next

day when I went over there to do some judo I felt like Daniel in the lion's den. Guys stood in line waiting to get to me. They had all the diplomacy of a bulldozer and they trembled from chagrin when somebody beat them to the front of the line.

Suk Sensei introduced me to all and gave kind of a speech and judging from their faces he made me look good. That didn't make me very happy as it occurred to me that I didn't need a feather stuck where the sun doesn't shine when the crowd is waiting to butcher me. He then let me warm up a bit which was necessary for it was bloody cold and my feet were blue and inside my pants my willie was an inch long and shrinking by the minute. I wanted to play a bit first with some beginners to get the hang of it but Suk led me past the aching line of fierce-looking faces to a well-built, hard-muscled man with an unyielding face named KYU HA KIM.

Just then I remembered Donn telling me to watch out for their national champion, a fellow named Kim. I just knew this was him. More time I did not get, for after bowing he stepped forward and put his hands out, all the while looking to the teachers who were all seated at the side of the mat. He smiled, like the speech was good but he wanted to see for himself, still looking at the teachers, as if asking permission to do something. At the same moment I threw him with deruippon, with means "grip and throw". I followed up with left osotogari and he crashed right on his head for ippon.

Like one man, all the teachers stood up and I heard a great sigh all around me. I was as astonished as anybody else. I guess I completely surprised him with my left style judo for he was expecting a right side throw like most did in those days. It also was the last thing that was easy about Kyu Ha Kim, for after that he completely vacuum-cleaned the mat with me, which convinced me that yes, this was the Korean champ.



Kyu Ha Kim in 1968

After a while he tired of me and left me in a cloud of rice straw dust. But there was no time to get a breather because now the waiting rows moved forwards and I was kept more than a little busy. Thank God that they were not all like Kyu Ha Kim for now it was my turn and I happily bored one after the other under the tatami. They were a lovely lot, with terrific fighting spirit and once you got to know them, a great attitude. Unfortunately my guardian angel chose just then to take a wink or two for all of a sudden I found myself with a tough judoka on my back. I'd tried to take him for a ride with my uchimata and couldn't get him turned all the way. So he rode me like a horse, pushing my head forward as we went, and the back of my head hit the mat first with him pushing me further.



Suk Sensei with Kyu Ha Kim in 1972

I heard a loud noise in my head that sounded like a breaking twig, saw a kind of orange flame in front of my eyes, and felt my whole neck stiffening. So after no more than ten judoka I decided to bow out. I wanted to take a shower but had forgotten that I was in Korea, and that it wasn't all that long after the war. The only little room in the building was a toilet that smelled of 2000-year old piss and looked as if it was built even longer ago. I right away got homesick for the old Haunt dojo of the Kyokushin Kai and the Kodokan. Fortunately the ice had been broken and all these Korean judoka wanted to know as much as possible about Holland and Choi, who was still the head judo instructor in Holland, etc.

So off the whole crowd went to the Ofuro (hot baths), traipsing through the muddy, frozen streets in our wet judogis. It's a miracle that I didn't get a cold or worse, but in the hot tub I started to feel better even if I couldn't move my neck. After the bath we had dinner in a place right out of a book by Pearl S. Buck. It was complete with all the Korean goodies, the kind most Europeans and Americans shudder away from, but I loved it.

Years later in 1985 when I had a part in a movie about the Korean War called Field of Honor I went one day to Seoul to visit my old friends and was surprised to find the Korean Yudo Association in a beautiful building worthy of their work and many championships during the intervening years. Choi In-Do picked me up in his car and took me to see the selection contest preceding a major championship. On the way he told me that Suk Sensei had had a stroke and was not well at all but would be in for a while anyway. When he came into the dojo Choi went over to him and told Sensei that I came back to visit them. He looked genuinely surprised and happy to see me, and I walked over and bowed deep to this unique human being who was by now the first 10-Dan in Korea.

Then something happened you seldom see with Japanese or Koreans. He spread both his big arms and gave me a powerful bear hug and said, "What a nice surprise that I am able to see you one more time, for I see you as family." He looked me in the eyes and tears came down his face and I had tears, too, seeing the damage that time and age and sickness had done to this once fierce fighter and still kind Sensei. After that I got to sit beside him and talk. All the while he held my hand which is a sign of great affection with Koreans. He wanted to know how Opa Schutte, my first judo teacher and his friend, had died and what became of all the judo problems in Europe. It was by then something like thirty-one years since I had first met him as a 2-kyu at the Amsterdam Tung Yen dojo. May the gods bless this lovely Sensei for he died shortly after that meeting.

Anyway, back to 1959.

After dinner I was told that I could test the following day for 4-Dan. In 1959 there were only four of those grades in all of Holland. Anton Geesink got his after taking third place in the World Championships in 1959. N. Age and Ge Koning both got theirs soon after by telling the Kodokan that they were Geesink's teachers, which was not a little white lie, but a big black one because Geesink's Sensei was Jan van der Horst from Utrecht. And the fourth was Opa Schutte, who got his from the legendary Tokyo Hirano in 1952. So it was a great honor and I really cursed my injured neck.

I took a cab to the USO and went to bed early but could not sleep because of the pain in my whole upper body. Meanwhile I kept hearing this noise outside that sounded like automatic gunfire in the near distance. I remember thinking that it would be just my luck that tonight the war starts over again. And with that uneasy thought I finally drifted off to restless sleep.

The following morning I discovered the gunfire was the wood they had laid over some big potholes slapping up and down as cars drove over it. Boy, did I feel silly. Upon arriving in the dojo on the morning of December 24, 1959 I quickly learned that the Koreans also had the philosophy of keeping going no matter what. As I changed clothes in the dressing room the thought of



Proudly displaying my 4th Dan certificate from the Korean Yudo Association, December 20, 1959

"A dojo is a miniature cosmos where we make contact with ourselves—our fears, anxieties, reactions, and habits. It is an arena of confined conflict where we confront an opponent who is not an opponent but rather a partner engaged in helping us to understand ourselves more fully... The total concentration and discipline required to study martial arts carries over to daily life... a source of self-enlightenment." -

Dave Lowry, *Sword and Brush*

that ice cold tatami with the snow on it and the wind blowing up my trousers gave me goose bumps and my neck felt terrible. After three cups of tea I felt a little better and straggled over to the dojo.

I must have looked a sad sight for some even asked how my neck was. As I warmed up the pain shot through my body. Then I noticed that they had brought in a whole bunch of college students to watch the Hollander fight. I saw all those grim faces looking at me and I got mad. The more it hurt the madder I got and gradually my fighting spirit returned. I did not want to screw up this great opportunity. To earn my rank I had to win three matches. Two were student champions named Kim, both ranked 2-Dan, and the other was the Ko-

rean student champion Sup Lee, 3-Dan.

By this time I was really riled up and could have clobbered a gorilla. The first Kim I threw right away with tsurikomi goshi (hipthrow) for half point and an armlock for the score. The second Kim I threw with two half points with uchi mata, hip legthrow. Sup Lee attacked right from the start like a man with a holy mission. Left and right he fiercely attacked my legs with ouchi and kouchi gari, little and big inner leg reaps, and I needed all my wits to keep him away from me. Meanwhile my own throws he stopped like a pro.

Then he attacked again with kouchi gari, gripping my leg in the progress and boring his head in my stomach. He clearly intended to land me on my backside. To stop that I put down my hand, thus putting me into the position for a two-handed choke. The choke worked like a charm and his lights went out. I got a big ovation and everybody wanted to shake hands.

The rest was just formality and in the end they gave me my certificate for 4-Dan and my teacher's license. I was the first European to get this from the Koreans, and I felt like a million dollars.

IN THE BONDS OF JUDO

Of the long list of benefits I've gotten from Judo, (the endurance and strength, the discipline, the mental and physical toughness that comes from working hard, the excuse to go to beaches in FL, VA, and CA for competition) I think that the friends I've made has been my favorite. Master Kim can often be heard saying "You're Judo friends are your best friends." And over the past few years, I've had the pleasure to see how true that is.

There is a special bond forged on the mat. You take two people from different backgrounds that would have no reason to even know each other off the mat, let alone become friends. Judo has introduced me to doctors and lawyers as well as janitors and construction workers. People outside of my socioeconomic class, race, religion, political ideology have become some of my closest friends. The thing I think that ties us all together is more than just a shared hobby. It is the quality of character that you encounter especially at Kim's. The examples set, not only by Master Kim, but by many of the members of all different belt levels and ages, set an ethos that is contagious. It makes everyone in its presence a better person. There are quite a few here that I look at as personal heroes. I feel blessed to have opened my world up to all my Judo friends.

My realization of how special the Kim's Martial Arts community is has become stronger from my time away in my travels. At a tournament, when I don't live in Pittsburgh anymore, and I'm training at another club, who is there in my corner? Mr. Kim (Eugene) was there every time he wasn't all ready engaged with another one of our guys. And if he couldn't be there, I knew that Ronnie, Conor, or Dino would be. Of course Ms. D can be heard in the stands with her "gentle" encouragement. That kind of support means the world at a big tournament when your nerves are on edge. Then, after the tournament, I have had some of the best times I can remember. It's like being on vacation with family (without Mom being there to nag)

Of course, life keeps changing, and people move on to bigger better things. When someone who has been a part of the club for years moves away, like Conor Driscoll out in San Jose now or any number of other club members out there doing big things, they will be missed, but it is a chance for the Kim's community to grow. I like to think of it as an opportunity to share that example of character which I mentioned before that is fostered in our dojo. The friendships made in Judo will always be there. And when someone says that they are one of Master Kim's students, you instantly have a common experience. (That includes the TKD practitioners as well.)

Mr. John Schneider

JUDGING POOMSAE

Judging Taekwondo poomsae is necessarily subjective, each judge assessing the extent to which a competitor's performance meets an ideal standard. Unlike, *Kyorugi*, decisions need not be rendered immediately. This affords each judge an opportunity to carefully evaluate a competitor's performance. Naturally, when judging a particular competitor, scores vary from judge to judge. However, the criteria utilized for making such judgments should be uniform and well understood. *Poomsae* should be judged by the following standards:

Knowledge of the Poomsae: Obviously, the competitor should know the *poomsae* technique and pattern, as well as the proper etiquette employed when performing *poomsae*.

Execution of Technique: Technique should be precise, well-focused, and strong. Stances must be exact, stable, and provide a strong foundation. The martial application of each movement should be clear.

Evidence of Spirit: The performer should express fighting spirit, by their *kihap*, but also by their general demeanor.

Keep in mind that on one level *poomsae* is a formal representation of combat; it is a fight. In general, when a *poomsae* is per-

formed an observer should be able to feel the competitor's power and easily see the effectiveness of their technique. Also, scores should be earned from a base level, not reduced from an assumed high score. Exceptionally high scores should be a rare occurrence. After all, perfection is elusive.

Mr. Moore

**"The will to prepare is as important as
the will to win."**

Knute Rockne, football coach