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

KMAF NEWSLETTER

In addition to the usual tournament results, promotions and training columns, this issue of the Kim's Martial Arts & Fitness newsletter contains an article describing tournament preparation by our young TKD practitioner Mr. Zach Dunois, a discussion of the how the values and ethics found in martial arts are applicable to our everyday lives authored by Master Dan Kuehn, an excellent article concerning the relationship between the full-contact martial sports Judo and Taekwondo and self defense and, a description of simple precautions one can implement to lessen the likelihood of an actual physical assault.

If you wish to contribute to the newsletter or have comments or questions, please contact Ms. Debbie Yenser, deborah.yenser@gmail.com, or me, at cdmooreair@aol.com.

Thank you,
Mr. Moore

STUDENT CORNER

Preparing for a Tournament

I have learned a lot going to tournaments; no matter if it is an in-house or a large outside tournament, there are things that I have found out. You must do extra training and when I get to class early, I go downstairs and work on running laps, knee drills, suicides, bag work and ladder drills. I practice my poomses to try and get them the best that I can. Another good drill to work on is how to be light on your feet. The extra training is so that you body doesn't get tired during your match.



Listen to the advice that any of your instructors may have for you. Make sure that you get a good night sleep and eat a healthy breakfast. Once at the tournament, make sure that you stretch out before you do anything. Sometime you are the only one from your school and other times you have a big crowd to cheer you on.

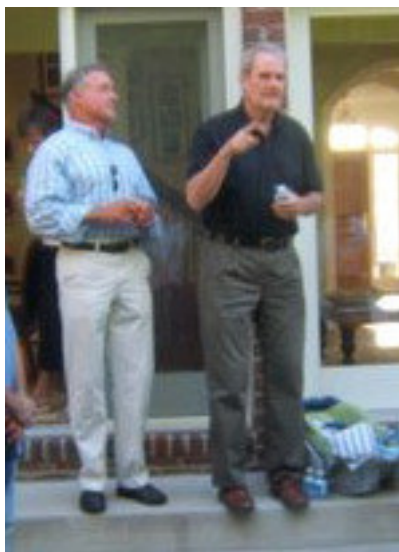
It is important to look around at the rings and see how much room you have. When the tournament starts look at how other kids compete along with what the judges scores are so that you can see what they are looking for. Sometimes you don't know how your competitor is going to fight, so may have to change the way you fight in between the rounds or even during the match. All judges are different and look for different things, that is why you must train hard on every part of your sparring, poomse and breaking. When it is your turn try your very best.

You don't always bring home a medal or a trophy. But one thing you will always bring home is experience, and new friendship. Remember to show respect to all of the black belts and judges. And don't forget that you are representing Grand Master Kim.

Your TKD buddy Zachary Dunois

GRANDMASTER KIM 50TH YEAR COMMEMORATIVE DINNER

On the evening of June 22nd Grandmaster Kim's 50th year as a martial arts teacher was celebrated with a commemorative dinner at the home of (Master) Chris and Molly McMahon. Over sixty of Grandmaster Kim's Judo and Tae Kwon Do black belt students were in attendance to honor this rare and exceptional achievement. All in attendance made a donation to the Kyu Ha Kim Martial Arts Education Charitable Trust to express their appreciation for Grandmaster Kim's teaching and guidance over his long and distinguished career.



EVERYDAY SELF-DEFENSE

martial artists, we spend a considerable amount of time training to be able to defend ourselves and our loved ones against an attack. Unfortunately, we often fail to incorporate simple, practical ideas into our everyday lives that will lessen the likelihood that we will be attacked and, if attacked, prevail. Several such precautions include:

Many martial artists run as part of their conditioning, often while wearing headphones to allow them to listen to music and blunt the tedium of cardio vascular training. Wearing headphones, however, makes it difficult if not impossible to hear the approach of an attacker, traffic, etc. Quite simply, headphones are a bad idea! Also, when running, be sure to have a cell phone in your possession, for obvious reasons. When traveling, know the route you plan to run and the address of your hotel (sounds silly, but you would be surprised!). Finally, if at all possible, run with a partner.

At the risk of sounding simplistic, always lock doors and windows. Do not leave garage door remotes in an unlocked vehicle.

Today, many residences are equipped with intrusion alarm systems which alert residents and local law enforcement authorities when a break-in is attempted. Unfortunately, nearly all such systems rely upon conventional outside telephone lines for their operation; if the telephone lines are not functional for any reason, the alarm system is useless. Keep a (charged) cell phone, with the local police on a speed dial number, in your bedroom even if your home is equipped with an alarm system.

Always park in a well lit area. Always lock your vehicle. If parking in a parking garage, park near the elevator to minimize the distance you must walk. Look under your car as you approach it (easier from a distance); unlock your car with its remote control just before entry. Always look in the back seat before entering your vehicle.

Exercise common sense. When at all possible, avoid areas that are unfamiliar, dark, deserted, etc. If you are disabled or injured, keep in mind that stairs, curbs, etc. may constitute insurmountable barriers to quickly escape from a perceived threat.

While training, we often make reference to the need to be aware of our surroundings and to be particularly mindful of situations that may result in a threat to our safety. This is not idle chat, but one of the most important lessons our training provides. That is not to say that we should creep from street corner to street corner, keeping to the shadows as though we are Hollywood Ninja, but we should keep our eyes and ears open, indeed, all of our senses, and our minds engaged.

“Kyupa! Board Breaking! Focus! Concentrate! Strike the center of the board. That is what it is!”- Grandmaster Kyu Ha Kim

Mr. Moore

EXERCISE PERFORMANCE-THE BENCH

If resistance training movements are to be effective and enable athletes to achieve their training objectives, they must be performed correctly. One would think this is fairly obvious. However, time and time again, in an effort to lift more weight, the execution of specific movements and competitive lifts are compromised to the point where the movement becomes virtually unrecognizable. The overhead press, for example, once the quintessential test of upper body strength, was banned from Olympic lifting in the early 1970's when competitors became so adept at using excessive lay-back, hip thrust, etc. that records were shattered monthly, but as a result of modified technique, not increased strength. Finally, when it became clear that the performance of the overhead press had deteriorated to the point of absurdity and it could not be effectively officiated, it was dropped from Olympic lifting entirely. To this day, competitive Olympic lifting consists of the two remaining movements, the snatch and clean and jerk.

A similar situation exists today with the bench press. The bench press has become the lay person's barometer of strength; everyone who engages in strength training has been asked at one time or another, "How much can you bench?" Bench press shirts (extremely tight, supportive upper body garments made from heavy fabric which enable the lifter to lift much more weight), ergogenic aids (steroids), rule changes, etc. have enabled super heavy weight records to soar to over 1000 pounds! We now have,

“raw”, and “shirted” power lifting meets! Ridiculous! Much more important than noting this sort of insanity, sadly, I must also note that **most** of the trainees I see performing the bench press do so incorrectly. In fact, it is rare when I see this lift performed properly. Not only does this practice create a false sense of one’s strength level, but invariably results in injury. A description of the correct performance of the bench press follows.

The trainees should lie on the exercise bench with his head, shoulders and buttocks in contact with the bench; feet flat on the floor.

Hands should not be spaced too far apart (in competition, “too far”, is defined as not to exceed 81 cm/32 inches between forefingers). A wide grip shortens the distance the bar must be pressed, but exposes the trainee to almost certain shoulder injury.

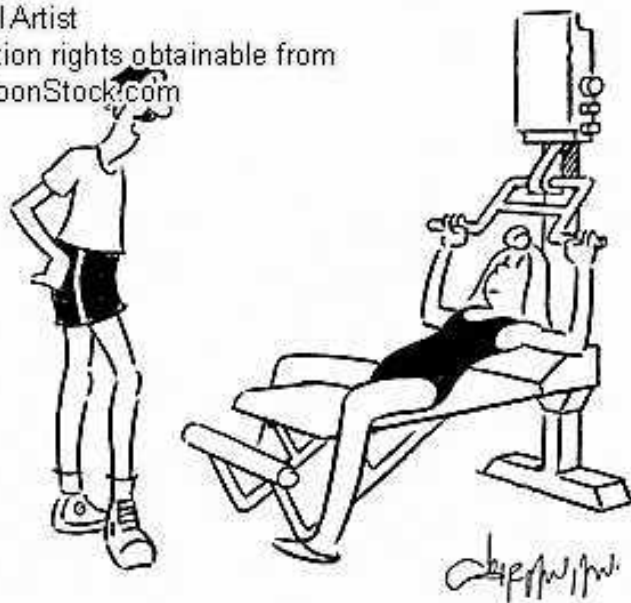
After removing the bar from the bench rack, or accepting a hand-off from spotters, the bar is lowered to the chest (again, in competition, the, “chest”, is defined by the base of the sternum), **where it is held motionless** momentarily, then pressed evenly to arms length. This comprises one repetition.

Simple! No? Unfortunately, what we see are trainees with their buttocks inches (if not feet!) off the bench and forcefully bouncing the bar off of their chest to gain momentum, not to mention broken ribs! The trainee’s buttocks must remain on the bench and the bar **must pause** on the chest for the bench press to be performed correctly. Recently, in my own basement gym, I witnessed a trainee forcefully pull the bar into his chest when lowering the bar to obtain even more momentum!! Ouch! While these sorts of acrobatics may enable the trainee to lift more weight, i.e., exercise their ego, they defeat the whole purpose of the movement, which is to strengthen the pectoralis major, anterior deltoid and triceps muscles. A complete and detailed description of the rules governing the competition bench press may be found on the International Powerlifting Federation’s web site, www.powerlifting-ipf.com.

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

Mr. Moore

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"I don't mind you earning more money than I do, or driving a more expensive car, but do you have to bench-press more than I do, too?"

A FEW WORDS ON ETIQUETTE

My fellow Martial Artists~

You hear Grandmaster Kim talk about it all the time. Being a Taekwondo or a Judo practitioner does not stop when we leave the mat. As easy as that sounds, I don't see it happening as much as it should. It's something that can be fixed and it starts with, "That kind of attitude" to quote the Grandmaster. Martial arts are not just an exercise of the body, but also exercise of the mind. We practice all kinds of techniques: punches, kicks, blocks, chokes, throws, joint locks and pins. However it doesn't stop there. We have terminology to memorize for every technique. Forms, (poomse/kata) that are meticulously practiced down to the most subtle footwork to the most perfect stance. These are all exercises of the mind within our training; however there is a part of our art(s) that should also be followed. That is, our moral character. How do we carry ourselves off the mat before and after class? Here are some codes or tenets of ethics that we all must practice in order to be complete martial artists.

Kids and teens (a)

When you are at school and home, you must always be on your best behavior. Grandmaster Kim always says, "Say thank you to your mom and daddy, and thank you for bringing me to Judo/Taekwondo." Treat your family with respect always. That is not just your parents. This includes brothers and sisters as well! At school always apply yourself to the fullest. Study hard, don't cheat, push yourself to always do your best. Listen to your teachers, and give them the respect they deserve. You should behave in class as if you were standing before Grandmaster Kim. Never bully or tease your fellow students. They too deserve respect and your friendship. Never take advantage of your friends, don't be jealous of something they may have and you want. Avoid fighting at all costs; and only use your martial arts as a last resort in a desperate situation. Remember that Taekwondo and Judo are always for defense of yourself, your friends and loved ones. It's not something to show off on the playground or to start fights in order to hurt those smaller or bothersome!

Adults and the young at heart (b)

We must always conduct ourselves at the highest level in everything that we do. We are to set the proper example for the young ones in our lives. With all the political and ethical turmoil in the world, we must be a shining example of how a martial artist is to act at all times. Even when you're not around children and you are at work or with your spouse or significant other. We must always act by the code of the mat. Treat your coworkers and boss[es] as you would want to be treated. Conduct yourself in the office at the highest level of professionalism. Follow the ethical and moral codes of your business. Always exercise the utmost integrity, and honesty. Don't lose your cool with your spouse/significant other. Be kind to your loved ones, and others. Be especially kind to the elderly, and children (yours and other peoples'). Remember you were once that screaming toddler on a plane! Discipline with patience and kindness. Yelling and cursing solve nothing! When you do get angry, don't punch a wall or throw a fit! Go for a run, do a poomse/kata. When you're really fuming take it out on a bag, not a person!

Martial arts are always disciplining us and we must always use it as a discipline in all tenets of our life off the mat as well as on it.

Thank you for reading...Mr. Kuehn

"Chakuriki (cha-rywk in Korean)- Literally, borrowed strength; Increasing bodily power, primarily through intense training, spiritual discipline and the use of herbal Chinese medicines. Chakuriki makes things that seem impossible to ordinary common sense possible by seeking out the ultimate limits of human strength"- Masutatsu Oyama, This is Karate

FIGHTING OR PLAYING? THE MARTIAL ART VS SPORT DEBATE

By Neil Ohlenkamp

Many people think of Judo and Taekwondo as sports because they are included along with other major sports in Olympic competition. Boxing, wrestling, Judo, taekwondo, and kickboxing are examples of martial sports. I often hear martial artists who use the term "sport" as if referring to a game with no usefulness. The implication is that a sport is only for "play" and cannot be effective for self defense, fighting or combat. Many martial artists think that the distinction between sport and martial art is that martial artists train for real life.

Actually the distinction is more complex and rather surprising. In discussing it I will make generalizations that may not apply to the way you train in your sport or martial art. However I hope to give you a new way to look at the potential value of sports principles for martial arts training.

One of the primary differences between martial sports and arts is in the value of the training methods. Because of their alleged danger or lethality, many martial arts engage in artificial and even counter-productive training which involves "pulling" techniques, modifying the point of contact, and adding in a precautionary element of movement that, rather than training the body, can inhibit its natural action and the ultimate conclusion of a technique. Slow, careful, non-contact training is not an effective approach to prepare for actual fighting situations that require the opposite reactions. Typifying this approach is a student who falsely equates the ability to break boards with the ability to punch a person in the face. As another example, I have never seen realistic training in throat strikes or eye gouges in any martial arts class, even though these are often recommended for self defense. The teaching generally done for these techniques helps students to understand what to do, but does not provide effective results for fast, reflexive and accurate application of these techniques against an unwilling opponent in real life combat.

Sport, by removing some of the potential dangers, achieves the opposite. That is, sport more typically produces natural, fast, reflexive movement with full power application, achieving a result against a struggling opponent who is also utilizing full power while engaging in strategic and tactical resistance using all of his or her resources and training. Techniques that don't work are soon abandoned, and successful skills are honed against different attackers under a variety of conditions. Maintaining control in various combat situations, both in attack and defense, is difficult when faced with the unpredictable nature of an opponent's efforts, but facing these situations in contest prepares you for similar situations. Each opponent in competition is operating at the limit of physical and psychological skill. By pushing that limit contestants are continually realizing and expanding their potential.

Sometimes the "combat" arts substitute intellectual perception, a highly subjective and deceptive frame of reference, for genuine training of the body and mind. Some martial arts don't train effectively for self defense and combat because they can't train for combat without severe risk to training partners. Many martial arts have instead adopted highly stylized, ritualistic, and even dysfunctional training methods. Ironically, martial sports may provide the superior training in effective combat techniques because martial arts can't be practiced in a real life way without injury.

In martial sports, one purpose of competition is to take the place of the older shinken shobu (life-and-death fights) in developing technique, knowledge, and character. You never see yourself so clearly as when you face your own death. Competition can provide a safe, controlled glimpse at this kind of defeat. Fighting spirit can be developed only through fighting. Surely it is not the same as the battlefield, but it serves a similar purpose, and it is closer to a combat situation than any other form of training.

Of course this can go wrong. Winning and losing can become too important and start to pervert the training process. The ultimate goal should not be the winning of medals. Using sport competition as a metaphor for real fighting can be quite different from playing it as a game. Matches, along with free practice and sparring, are simply different methods for training the mind and body to deal with the adversity of fighting situations.

Just as non-competitive martial arts training may not provide the benefits of competition, training for sport competition may not provide the full scope of self defense training. Martial sports often include non-competitive components. For example, competition is only a part of the Judo curriculum, and Jigoro Kano, the founder of Judo, was very concerned about preserving those self defense techniques that could not be used with full force in competition. However, Judo remains a remarkably effective self defense training, even after the development of other modern "combat" methods, and even when Judo is practiced today largely as a sport. Jigoro Kano applied modern sport training methodology to the traditional koryu jujutsu and found that it produced a better combat art, which has proven itself again and again over the last 120 years.

Although martial arts and sports both have loftier goals, it is still a fact that many people train in martial arts primarily for self-defense. For those who have never used sport training methods, or those who have never explored traditional bujutsu training, it is easy to discount the effectiveness of the other. As martial artists we should continually seek opportunities to challenge ourselves by examining the weaknesses in our training and keeping our minds open to other methods. I encourage you to discover for yourself how "playing" with a partner in sparring or free practice, or competing against an opponent in contest, can be an effective method of training for self defense.



Do not think of attack and defense as two separate things. An attack will be a defense, and a defense must be an attack. –Kazuzo Kudo, 9th dan

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<http://judoinfo.com/sport.htm>

BLACK BELT PROMOTIONS

Judo

Costel Konstantine	Sho Dan
Sarah Tarbox	Sho Dan
Mark Fenner	Ni Dan
Peter Georgiades	Ni Dan

TKD

Gary Toth	Ni Dan
Anne Uhrling	Sa Dan belt
Kevin Tishkey	Sa Dan belt
Chris McMahon	Oh Dan

“...when an ordinary man reaches *shodan*, he jumped up and down, shouting with joy from the achievement. At attaining *nidan*, he raced home to brag to friends and family. At *sandan*, the ordinary man cavorted in the street... The individual who adhere to the *do* (way) in his daily life, upon reaching *shodan* merely lowers his head. At *nidan*, he bows his head and shoulders. When promoted to *sandan*, he bows fully from the waist and wals quietly along, hoping no one will notice him.”-Dave Lowry, *Humility and the Man of Do*

TOURNAMENT RESULTS

Liberty Bell Classic was held Saturday, March 31, 2007 in Philadelphia, PA

Kims Junior team placed 5th overall.

1. Salvatore DeSimone, JR Boys 7-9 <23kg
1. Tanner Kim, JR Boys 7-9 > 44
1. Charles E Allen, Male Masters 40-49 > 94kg
2. Hunter Black, JR Boys 10-12 < 50kg
3. Aleesha Allen, JR Girl 13-16 >63kg
3. Kevin Holman, JR Boys 7-9 < 30kg
3. Nicholas Cavanaugh, JR Boys 7-9 < 38 kg
3. Charles Allen, JR Boys 17 - 19 < 90kg
3. Michael Ferguson, Male Masters 40-49 < 94kg

"There is no winner and no loser...
Only two things are required, complete
concentration and compassion."-
Trevor Leggett, *A First Zen Reader*

The US Senior, Masters and Kata Nationals held April 20-21 in Miami, FL

1. Ron Pardini, Male 65-69 yrs, 81kg
2. Pamela Russell, Female 40-44 yrs, 57kg
2. Robert Russell, Male 40-44 yrs, 73kg
3. Michael Ferguson, Male 40-44 yrs, 90kg
3. Peter Georgiades, Male 55-59 yrs, +100kg
3. Sarah Tarbox & Pam Russell, Women's Nage No Kata

AM-Can Judo Challenge held in Buffalo, NY May 26-27

1. Aleesha Allen, Girls 13-14 139lbs
1. Kevin Holman, Boys 6-8 70lbs
3. Salvatore Desimone, Boys 9-10 60lbs
3. Charles Allen, Boys 13-14 190lbs

The USJA Junior Nationals July 7-8 in Indianapolis, Ind.

1. Luke Holman, Boys Bantam Jr. 2002 19kg
1. Tanner Kim, Boys Intermediate 1 47kg
1. Salvatore Desimone, Boys Intermediate 1 26kg
1. Zechariah Cavanaugh, Boys Intermediate 2 34kg
2. Aleesha Allen, Girls Juvenile B 70kg
2. Bryan Allen, Boys Bantam Jr 2002 23kg
2. Kevin Holman, Boys Intermediate 1 30kg
2. John Kazalas, Boys Bantam 2 2000 25kg
2. Tyler Kim, Boys Intermediate 2 38kg
3. Hunter Black, Boys Intermediate 2 53kg
3. Charles Allen, Boys IJF-Junior 90kg

"The Japanese word for practice is
keiko, which literally means, "to reflect,
to go over the past...The original con-
notes a religious quality in training con-
sisting of respect for the best in old
traditions and mastery of it by careful
reflection and reenactment."-
Kisshomaru Ueshiba, *The Spirit of
Aikido*

The USJF Junior National Championships July 14-15 at Eastern Michigan University.

1. Tanner Kim, PA Boys Intermediate 1 +43kg
1. Grant Colton IV, Boys Juvenile B 90kg
2. Alicia Nocket, Girls IJF-Junior 52kg
2. Charles Allen, Boys IJF-Junior 90kg
3. Tyler Kim, Boys Intermediate 2 38kg
3. Aleesha Allen, Girls Juvenile B 70kg

Cleveland TKD Nationals

Roger Gaughan	2nd place silver sparring	Chris McMahon	3rd place silver sparring
Cornelia Moore	1st place gold sparring	Rich Campbell	2nd place silver sparring
	1st place gold forms		2nd place silver forms
Eli McCaren	1st place gold sparring		
	1st place gold forms		

Junior Olympic TKD Championships

Zach Dunois competed in his first national level tournament placing 8th in his pool of 22 in forms. We are very proud of Zach for competing at this level!

DYNAMIC FLEXIBILITY

Dynamic flexibility is the ability to perform a movement through the greatest possible range of motion (ROM) in a joint, as opposed to static flexibility which is the ability to achieve the greatest possible ROM in a given position. A well executed high roundhouse kick is an example of dynamic flexibility, while the ability to perform a full split requires great static flexibility. These two types of flexibility are inter-related but also distinctly different from one another. Martial artists (indeed all athletes) need to concern themselves primarily with increasing their dynamic flexibility. The reason for this is simple; training in the martial arts consists of complex movements, most of which are sharp and rapid. Static stretching doesn't adequately prepare the body for these types of movements. Before anyone wails in protest, remember the axiom: "warm up to stretch, don't stretch to warm up." There isn't any evidence that performing static stretches before a workout prevents injury, and there is some evidence that it may even impede performance via inhibitory neuromuscular feedback mechanisms that are beyond the scope of this article.

Training for dynamic flexibility should always be preceded by at least five minutes of light aerobic activity designed to increase core temperature, stimulate blood flow and lubricate joints. One of the benefits of dynamic flexibility is that it mimics many of the movements seen in sport and contest. Specificity is the heart and soul of a well designed training program.

Some of the warm up exercises that we do already incorporate dynamic flexibility, i.e. *ap ulligi* and "high knees" in Taekwondo, while the judoka are more familiar with *ebi* and *tai sabaki* (with the *ippon seio nage* movement) Here are some other exercises (by Ash Batheja, MPT, CSCS via www.gncproperformance.com) to get you started:

1. The Inch Worm - This exercise stretches the low back, hamstrings, calves, and upper back. To perform it, begin with your palms flat on the floor and only your toes otherwise touching ground, with plenty of distance between them. In other words, you should look like you're ready to perform a push-up. Then, slowly inch your toes and feet towards your hands until both your palms and feet are flat on the floor (if you are not yet flexible enough to achieve this position, get as close as you can!) Hold this position for 10 seconds, and repeat five times.

2. The Reverse Twisting Lunge Walk - This stretches the quadriceps, hip flexors, and back rotators. Begin by clasping your hands behind your head, and then step backward with your left leg and drop into a lunge position. As you drop, twist the upper body so that the left elbow touches the outside of the right (forward) leg. Hold that position for five seconds, and then twist so that the right elbow touches the inside of the right leg, holding for another five seconds. Return to stand, and repeat with the opposite side. Perform three times on each side.

3. The Standing Alternate Toe Touch - This stretches the lats, mid-back, and hamstrings. Simply stand tall with arms raised above your head, elbows extended, palms facing away from you. Keeping your arms straight, twist your body and reach your right arm towards your left foot. Hold for five seconds. Repeat with the opposite side. Perform five times on each side.

4. The Deep Squat with Arms Raised - This stretches the chest, shoulders, low back, glutes, quadriceps, and calves. Like the last exercise, stand tall with arms raised above your head, feet slightly wider than shoulder-width apart. This time, however, you are going to squat as deep as possible while keeping your arms as straight as possible. Stay back on your heels, and don't let your knees travel over and past your toes. This is a tough one! But you are allowed to let your back round out instead of keeping it arched/straight (which is recommended when performing squats as a weight training exercise). In fact, I encourage it in this case. You'll notice your upper body leaning forward slightly, and this is acceptable as long as you are trying to keep your arms straight and behind the rest of your body. Hold this position for 10 seconds, and repeat five times.

5. The Tin Man - With this exercise, you just stand there, motionless, as if you are lifeless and made of tin. It stretches absolutely nothing. Actually, the tin man is a great dynamic stretching exercise, primarily for the hamstrings (a tight area for most people). You perform it by walking with your arms out in front of your body, palms down (like you are sleep-walking), while alternately kicking a straight leg into the air in an attempt to kick your palm. So, you kick up your right leg and try to contact your right palm, and repeat with the left side.

After completing this series of dynamic stretches you'll be more thoroughly warmed up than if you had just performed static stretches. You'll have a fuller range of motion in your joints, and your body will be well prepared for a vigorous training session. At the completion of each training session, when your muscles and joints are as warm as they're ever going to get, 4 to 6 minutes of static stretches will help enhance your overall flexibility while also performing a useful cool-down function. Have fun.

Mr. Berry