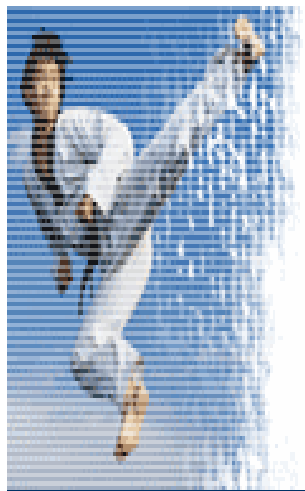


Please note: we welcome and value your feedback. Please let us know what you would like to see included in the newsletter and how you think the newsletter can be improved.



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

KMAF NEWSLETTER

Hello everyone. This issue of the Kim's Martial Arts and Fitness Newsletter is the first issue published since Grandmaster Kim's illness and successful surgery. Thanks to everyone for their thoughts, prayers and heart felt hope for his recovery. We are all thankful that our wishes have been fulfilled and our teacher is once again on the mat.

Many of you are aware that since the publication of our last issue, the Brentwood school has undergone an extensive renovation. If you do not train at Brentwood and have not yet seen what has been accomplished, please stop in and have a look!

As always, if you have an article, tournament results, etc. that you would like to have appear in the newsletter, please send it to me at, cdmooreair@aol.com or Debbie Moore at, deborah.yenser@gmail.com.

Thank you,
Mr. Moore

BRENTWOOD RENAISSANCE

As anyone who has had occasion to visit the Brentwood school during the past several months has seen, an extensive remodeling of the school has been undertaken, the initial stage of which is nearly complete. Work began in earnest in April and includes a new sprung floor and new tatami mats in the main mat area, new tatami mats in the downstairs mat area, new carpeting throughout the facility, relocation of the office, new lobby floor, refurbished locker rooms, complete repainting, installation of wooden wainscoting in the mat areas, a new audio system, a CCTV monitoring system, the installation of a school management software system, etc., etc.!

All of the above were made possible by donations of material and labor by Grandmaster Kim's family and students.

Thank you to everyone who helped and is still helping with this project!

Mr. Moore



STUDENT CORNER

The tenants of Taekwondo are a student's aim or goals.

- Courtesy – To be polite to one another and show respect.
- Integrity – Honesty- knowing right from wrong and doing right.
- Perseverance – Never give up.
- Self-control – To control your emotions, physical abilities and actions.
- Indomitable spirit – Unable to be tamed or conquered.



Taekwondo Oath

- I shall observe the tenants of Taekwondo
- I shall respect my instructors and seniors
- I shall never misuse Taekwondo
- I shall be a champion of freedom and justice

History of Taekwondo

- Tae – “to strike with the feet”
- Kwon – “destroying with the hand or the fist”
- Do - “way” or “method”

Judo is a Japanese word meaning “gentle way,” and is a type of martial art that comes from the ancient Japanese martial art of Jujitsu, meaning “yielding way.” Judo emphasizes using balance, leverage, and movement in all of its skills, especially throws.

Here is what I consider my meanings of Taekwondo.

- That we are all a family.
- Working very hard makes success
- Perfect practice makes perfect.
- We are all a team
- Taekwondo teaches us respect
- Training to act in accordance with rules

“In any training...discipline gives brilliant results.”

-Masutatsu Oyama,
founder of Kyokushinkai karate

After months of watching and working on fixing our school up, I learned another definition of the above. It is called “teamwork.” We had a group of people that helped out everyday. I even helped out Roger and my dad tearing up the upstairs mat and helped out painting. There are too many people to thank for all of the hard work. Grandmaster Kim thanked everyone and said, “that the school is part of us all.” That’s why I think that teamwork and working together is a definition of Taekwondo and Judo.

Your TKD buddy Zachary Dunois

TEACHING AND LEARNING MARTIAL ARTS

The approach we take when teaching martial arts is a frequent topic of discussion among the Taekwondo and Judo Instructors at Grandmaster Kim's schools. Although approaches may legitimately vary from instructor to instructor, certain fundamentals hold true, especially with regard to the amount of explanation provided to students. Unless we are careful, it is far too easy to lapse into a mode of instruction that consists of more explanation than performance; more speaking, less doing. In truth, the only way to learn a martial art is by actually performing technique. Grandmaster Kim has told us on more than one occasion, "...less talking, more action!"

The noted author Grandmaster Daehik Kim PhD, in his work, *Beginnig Taekwondo*," states:

One should not expect the instructor to give detailed, theoretical explanations of technique or free style applications. Taekwondo is usually taught in a Sun (Zen)-like manner. When the student has practiced a technique or combination enough, he will understand it. Explanations to those who have not practiced are usually made in vain. One Grandmaster has said that if one practices a form sincerely over 1,000 times, all of his questions will be answered and further discussion unnecessary.

Although the passage quoted above refers specifically to Taekwondo, its point applies equally to Judo. Less talking; more action!

Mr. Moore

"Less talking, more action!"

-Grandmaster Kyu Ha Kim

CONSIDER THE DOJO . .CONSIDER YOURSELF

I see two very different views of our dojo among those who frequent it. Some regard it as a kind of fitness club, where one pays a monthly fee in exchange for access to the facilities and services in the form of instruction. The other is that the dojo is a place where students with a common interest gather for their mutual benefit. Under the former view, the upkeep of the dojo is the responsibility of the service provider. Under the latter view, it is the responsibility of all of the membership. Which is the accurate view today?

Martial arts dojo's have traditionally been regarded as very special places. They were at one time adjuncts to temples. The traditional view of a dojo is that it is a place to be respected and well cared for by its users (which is why we remove shoes and hats, and do not eat or drink beyond the entry way of the dojo). In every discipline the dojo was historically supported and managed by the body of students there, as distinct from the master, the owner of the real property, or the senior instruction staff (what in Western terms might be referred to as "management"). In many styles it is traditional to conduct a ritual cleaning of the dojo at the end of each training session (called souji, which translates from Japanese as "cleaning"). This serves to reinforce the fact that dojo is supposed to be supported and managed by the student body, not the school's instructional staff.

Whether one takes the "fee-for-services" view or the traditional view is, I think, a function of how one view's one's own activities there. Are you going there to learn specific skills you can take with you and leave, like learning welding at a trade school? Or are you going there to participate in something larger than yourself?

When I was admitted to our dojo to practice judo, I was thinking in terms of learning skills. It was not long before it struck me that I was being allowed to participate in an established, honorable tradition that stretches back almost 150 years, and which, in turn, has its roots in arts, philosophies and traditions which developed over thousands of years. It is a tradition that includes brilliant insights into the physical and psychological nature of man, has included

many people of great stature, and has offered untold thousands (and now each one of us) a rare way to see the truth about themselves and, if they wish, to change that truth. Acceptance as part of this tradition is acceptance into something larger than self.

The price of admission is for one to humbly earn his or her place by giving back whatever he can. No judoka has ever advanced without giving to the others; it simply cannot be done. We all learn from those who have gone before us. We repay that not with money; we repay by assisting those who come along behind us. The greater the gift, the greater the responsibility to repay; and the more one repays, the greater the gift. Judo is in this sense a tradition of sharing and of responsibility.

In this context, the dojo cannot function other than in the traditional manner. Although no longer part of a temple, the dojo it is still a place which exists only because judoka gather there for mutual benefit. If one arrives looking for service, he will leave with nothing much of value. If one arrives looking to contribute, he opens the way to all judo has to offer.

This is, I think, why more commercialized martial arts “studios” seem so shallow, vapid and theatrical. And this is why we are a club, not a spa. One who does not accept – indeed, welcome – personal responsibility for doing whatever he can to contribute to the care of our dojo, and who allows others to carry his responsibility for him, cheats himself more than his fellows.

Mr. Georgiades

LOW COST TRAINING IDEAS

This month's column is something of a departure from our usual subject matter. Rather than describe specific training protocols, routines, etc., I will describe what might be described as low-cost methods of training. Unfortunately, not everyone has access to the equipment and weight training facilities required for optimal training, but everyone can implement one or more of the training methods described below.

First and perhaps most obviously, is that time honored method for improving cardiovascular conditioning: running. In previous columns, both Mr. Berry and I have pointed out that for a martial artist, the most important type of cardiovascular training is anaerobic conditioning, defined as training above the anaerobic threshold; the point at which lactate acid begins to accumulate. In Judo, Taekwondo and BJJ, competitions are conducted with rounds that are typically three to five minutes in duration; if a self-defense situation lasts longer than five minutes, you are in the sort of trouble that no amount of cardiovascular conditioning can help! What is required is the capacity to expend large amounts of energy for a brief period of time. Think sprinting, not marathon running. Although other methods of improving anaerobic conditioning are available-complexes, Crossfit training, etc.-internal training, high intensity exercise repeated in a series, either on foot or on cardiovascular training equipment, costs only the price of a pair of running shoes. The method is simple: sprint-jog-sprint-jog-sprint-jog for a determined training time period. The objective is to train above the anaerobic threshold, generally at greater than 80% of the athlete's target heart rate. Personally, (if memory serves!) I have found hill sprints to be the best form of anaerobic conditioning. Sprint up the hill, the steeper the better, and then jog down. Repeat.

Hand speed is often a difficult skill to train and acquire; it is dependent on a wide variety of parameters, not all of which are obvious (see *Warrior Speed* by Ted Weimann for a complete treatment). It is vital, not only for striking, but also for blocking and grip fighting. A simple hand speed training device, however, can be assembled with a piece of paper and a binder clip. Clip the sheet of paper and suspend it at face or torso height. Simply strike the paper and withdraw your hand as quickly as possible. After training for a period of time, hand speed will improve to point where the sheet of paper will, “stick,” to your hand when it is withdrawn. This type of training was performed by the famous *karateka* and founder of *Kyukushinkai Karate*, Masutatsu Oyama.

Judoka are more than a little familiar with three-man pulls. All one needs to perform this method of strengthening one's *Nage Waza* is two other *Judoka*! Three-man pulls can be replicated by using an old belt fastened to an immovable or nearly immovable object, like a tree. This training method can be further improved by employing a bicycle inner tube. Better still is to use any one of the several brands of heavy rubber bands currently in vogue in strength training. Jumpstretch, Inc., the pioneer in the use of resistance bands in strength training, www.jumpstretch.com, offers a number of resistance bands of varying resistance, from \$5.00 for the, "mini," band to \$60.00 for the, "strong," band. With a little imagination, resistance bands can be used to not only improve *uchi komi* type fitting motions, but also for pulls, foot sweeps, *kake*, etc. Resistance bands can also be used advantageously by *Taekwondo* practitioners. Light "mini," bands can be used to provide resistance when practicing kicks; strong bands can be used by stretching the band between two vertical posts (I use a power rack) and delivering knee strikes through the band or chambering against the bands resistance. The latter is a personal favorite!

Mr. Moore

TOURNAMENT RESULTS

TAEKWONDO

USA Taekwondo Nationals in Detroit

Roger Gaughan: 2nd Kyorugi, 2nd Poomsae

Eli McCary: 3rd Kyorugi, 1st Poomsae

Zachary Dunois: 3rd Kyorugi, 4th Poomsae

USA TKD Regional Qualifier, York, PA

Zachary Dunois: 2nd Kyorugi, 4th Poomsae

PA MAA: Feb 2, 2008

Liam Williams: Three 1sts!

PA Hammandang: May 23, 2008

Liam Williams: Three 1sts!!

JUDO

Ohio Open: Feb 16, 2008

Liam Williams: 1st

PA Championship: March 8, 2008

Liam Williams: 1sts in 2 divisions

Outstanding Jr. Competitor!

AKIY Memorial: May 10, 2008

Liam Williams: 1sts in 2 divisions

Outstanding Jr. Competitor!

AM-CAM international: May 24, 2008

Liam Williams: 1st

N. Coast Championships: June 21, 2008

Liam Williams: 1st in 2 divisions

USJF Nationals: Aug 5, 2008

Liam Williams: 2nd

Rock & Roll Judo: Sept 27, 2008

John Rocco Kazalas: 1st

Liam Williams: 1sts in 2 divisions

Jaycie Malesky: 1sts in 3 divisions

Tanner Kim: 1st

Taylor Kim: 1st

Sam Taggart: 2nd, 3rd

Emily Ginser: 3rd

Shane Keefer: 1st

Sal Desimone: 1st

Fighting Spirit Award!

"Fighting a hundred battles and winning every one of them is not the highest skill. If one can make the enemy submit without fight a battle, this is the most superior thing."

- Sun-Tzu, *The Art of War*