

古拳流空手術

Ko Ken Ryu Karate

Producer: Freddy White

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Welcome all, to the new season! There are lots of new faces training with us which is brilliant and I hope you're settling in well. Last year was a jam packed one and this year promises to match it, with competitions coming up in early 2008 and the imminent grading. Make sure you enjoy yourself and train hard!

Regards

KKR Committee

BUSA 2007- APRIL

This is one of the premier events of the year and needless to say we had a great time competing in it. The British Universities are never slack in their production of good fighters and that includes Nottingham. It was held in Bath and after a tiring journey down there, the team were certainly weary. This proved to be a problem early morning the next day, when the team fights were staged. After a near first round loss, Renshi Roosen fumed over inactive sparring and idle punching, however the team managed to pick it up. After a controversial 'body slam' by Freddy White, James Offer gained inspiration, delivering head kicks to spur on the team. Consequently, they managed to get to the quarter finals, losing to Manchester.

The individual events are always the hardest; it's up to you to prepare. This didn't seem to be a problem for Derrick, the young sprightly fighter, who forgot he was in a 'semi contact' fight and managed to right hook someone. Nevertheless it was a sensational right hook and with it he managed get to the 2nd round.

Similarly, Andrew 'The Lord' Lloyd in the (heavyweight) novice category, was forcibly retired; 'wounded' due to a knuckle injury. After claiming someone "ran" into it, video footage later confirmed it was a malicious technique thrown by Andrew in an attempt to 'dismiss' his opponent. It backfired unfortunately.

Phil Beecher and Freddy White, who also participated in the category, managed to progress and meet each other in the bronze medal show down. Beecher had looked strong all morning and performed some solid punches but the fast feet of Freddy managed to evade them and set up a head kick from 'downtown' to win Bronze.

The higher categories saw James Offer (middle weight), Patrick Cronin and Dave Murphy (heavyweight) fight in a high octane and very talented group. Although their approaches were different, James testing his techniques, Dave patiently waiting and Pat looking

for the knock out, they all managed to fight their way through the rounds. Unfortunately Pat and Dave met stiff resistance losing in the 3rd round but were not disgraced by any means. James on the other hand managed to claim Bronze and was unlucky not to go further.

The Ko Ken Ryu ladies were in force this year with many new faces, which is always good to see. The notorious Melissa arrived with the aptitude and flair that we've come to expect from her, putting on a true show of techniques. It wasn't long before she found herself in two BUSA finals for open weight and heavy weight; she took gold in both. Excellent work Mel!

Newcomers such as Abby, Kelly and Arm 'the Armenian Battle axe' fought with grit and determination unseen by BUSA officials. Such purpose led both Arm and Abby to a bronze showdown which they most proudly won. Kelly unfortunately met higher resistance in the senior category, being knocked out (literally KO) in the first round. Nevertheless the deadly kick didn't stop her from fighting on and revealing her warrior spirit.

A special commendation must be awarded to Arm, who faced what can only be described as a 'she man'. Clearly outweighed and...well outweighed she used her guile to score quick points against the beast. Placid by nature, I assure you the ladies war cries were heard in Bristol (miles away from Bath).

Overall the weekend was a resounding success, taking home 2 Gold and 4 bronze! This is not only a great achievement on its own but considering

how many people we entered it is even more incredible, especially as we came 3rd in the overall rankings. For Renshi Roosen it was a proud moment and it was a proud moment for the team because we know he brought us to that level. Well done to everybody who competed, it was tough but worth it. It's nice after the hard work to know you're the 3rd best in Britain!

KIT

As you progress through your training you will find yourself needing more equipment. Not much but you will need it at some stage. The white suit you see people wearing is referred to as a 'Gi' and are available in various styles, sizes from the club. A standard student Gi costs £25 with a belt included.



Also, protection for sparring is sold: Mitts are £15 and shin guards are about £25. These are necessary for you to spar safely but also make you look like a pro! The Kit list has been updated and revised so it is wise to have a look at it online: www.kokenry.com (It's under downloads). All the new stock looks really exciting!

KKR House Keeping

Karate may be something new to you and at first there appears to be many regulations and rules orientated around etiquette. This can be confusing but you

are not expected to just know these things when you arrive, so don't feel you are the only one because we've all been there.

However, you are all becoming more competent now and so it's necessary to remind you of the formalities in order to maintain SAFETY more than anything. Remember, etiquette exists for a reason not to satisfy people's egos. Here are 3 easy rules to begin with:

1) Bow to your partner before and after the techniques when performing partner drills.

-this is so you don't just surprise your partner with a haymaker punch and give him/her a bloody nose.

2) Refer to the teacher as Sensei. This is not for ego's purpose but in order to maintain respect. If we were all to shout out names, confusion would erupt and chaos follows.

3) If you arrive late for whatever reason don't panic but also don't just run into the dojo (the place where you train). Ensure you are warmed up, then kneel at the corner of the hall or room and await the Sensei to bow you in.

-Again this is so the teacher can account for who you are, whether you know what you're doing and so you don't just begin without warming up.

Further Successes!

Although we have had successes within the British Universities, one former Sensei and student was victorious in the South East Regional AMA open. Ali 'The Booze Hound' Nyoni received

bronze in the open weight category, which comes as no surprise when we look at his past AMA success. Ali, known for his 'nonchalant' and unorthodox strategy, was a great character to have in the Nottingham dojo. He is now in Bristol and we wish him all the best with his karate, work and of course his chat up lines.

On a different note, Freddy White competed in a full contact mixed martial arts bout early September. This is slightly different to the standard karate competitions as it is full contact and although it is limited rules, the bouts were amateur and left Freddy with just two 5 minute rounds rather than 3. His opponent being a grappler, proved to be an interesting mix of both striking, wrestling and submission work throughout the contest.



Early on Freddy found the pace grueling and some felt Freddy had spent more time doing his golden hair than running. However he proved 'head and shoulders' above the rest with his cardio, somewhat dominating his opponent with solid foot work, leg kicks and boxing. All was nearly lost when his opponent gained full mount on the floor and opened up with heavy strikes on Freddy, following with submission attempts.

Nevertheless Freddy weathered the storm and in Round 2 brought the pain,

in the form of heavy knees to the body. Fighting to the bitter end he was awarded the win by a judges unanimous decision. A large thanks goes to his sparring partners and coaches back in Leeds who worked him so very hard. Additionally, Patrick Cronin who commuted from London and played corner man and of course Andy Roosen whose wisdom was well kept. "who said Karate was dead?"

Helping Others

You may not be aware but the club is strongly associated with the Kwok Meil Wah Foundation, which is a charity essentially for the underprivileged in Africa. Over the years donations have been made towards the charity, from the club, helping individuals with growing problems such as AIDS and financial instability.

Very recently Zimbabwe has reached hyper inflation, with rates reaching 14000% and a donation was taken for the cause, aimed to help those suffering. I was honoured to be training with such generous people, especially as people were contributing notes as well as coins. Thank so much to those who donated, you have made a difference!

The last newsletter we did a special on our friends in Africa and their involvement in Karate (see past newsletters on the website). 4th Dan Moodlee Chola (seen with Prof.Chan in the picture) heads KKR instruction in Zambia and is an example of how our help can give so many opportunities to others. One of his students, Christopher has provided us with what he feels Karate is about:



“Karate is a method of self-defence relying on maximising the minds as well as the body; honing it’s ability to defend against expected or unexpected attack from one or more opponents. The benefits of practicing karate or studying karate through out life time, translates into our personal world as well as the community’s. A body needs to be exercised so that blood circulation becomes active and the body soon becomes balanced with focused. It contributes to a better society by living positive, in peace and friendship.

Training karate should not be objective but a learning experience. The purpose of learning is to achieve development, gaining mental and moral principles. Practice is neither easy nor difficult. However hardworking is the bridge to victory.

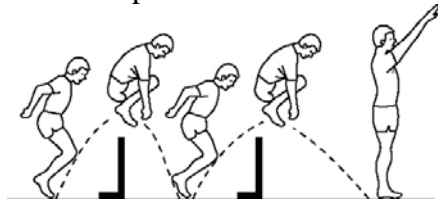
Respect for the instructor and classmate is a cornerstone of karate practice(karateka). Just co-operate with the instructors because they are our fountain of knowledge. Concentration is no interruption. There is no gain without pain.”

-Christopher Simwanza 1st Kyu Brown belt

Wise words Christopher. Thank you.

Plyometrics

You may have heard the term 'Plyometrics' being thrown around, especially on our Thursday session, and to many this is a new term or at least a 'technical term'. Fundamentally plyometrics are specialised exercises involving explosive movements which are aimed to develop power, specifically muscular power.



Power is the ability to produce the maximal muscular forces very quickly and it is plyometric exercises which allow the muscles to reach maximum strength in a small amount of time. Bounding, skipping, jumping and hopping are all examples of specialised 'plyometric' exercises, all of which help us in our fighting and fitness. When we fight or do any sport we are almost certainly engaging in fast explosive motion.



If you can imagine jumping forward on one leg, it is not so dissimilar to a jab,

except the jump is exaggerating it. Consequently, the exercises on Thursday prepare and refine your muscles for the situations you need them in, such as a real or competitive fight. Whether it be lunging into someone for a strike or moving to the side and dodging your opponent, your muscles are put under intense stress and the stronger they are to such dynamic movement, the faster, stronger and more agile you will become.

It must be noted that when performing plyometrics you **MUST** be warm and have completed a good warm up. You should also perform the exercises in sets. Reps of 10 or 20 for example and increase the number when you become fitter. Also ensure you have well cushioned and fitted trainers to ensure your joints are not taking all the stress.

Home Plyometrics:

High Knees

-Boring but highly useful

-Give yourself 20 seconds of high knees and then rest.

-This can be implemented on a run for example. As well as the standard route, apply moments of stationary high knees, really working the legs, intermittent with the run itself.

Bounding

- Concentrate on pushing off with the foot contacting the ground.

-Cover as much distance as possible.

-When in the air, your thigh should be parallel to the ground.

Hurdle Hop

- Just use any object which you can jump over. Nothing too high.

- Keep feet together and ensure you land together.

-Body is straight and tuck knees in when jumping.

-Alternate from doing reps forwards and backwards over hurdle. Then change to side to side.

Single Leg Hop

- Hold one leg whilst hopping forward with the other. It's HARD!

- Do reps of ten, each leg.

-This particularly focuses on single leg explosiveness, ensuring that each leg is as powerful as it can be.

Ko Ken Ryu Socials

Pub Golf

There have been two great socials so far, which I'm pleased to say most got involved in. The first was the famous 'Pub Golf', leaving some stranded in the rough, whilst others lay waste to the water. Either way the spirit was high and the attitude strong, true KKR drinkers! With legendary performances from Phil Beecher, who managed to maintain the same pint throughout the 3 hour ordeal; truly memorable. Especially as it was followed by an elegant recital from the 'toilet choir'. A big thank you goes to

those who were instrumental in drawing the group to the fact that those animal noises were coming from the toilet, which had Phil in it.



The after party was equally ridiculous, with sensational persuasion from Freddy White, enabling him access to the club's main stage. Well done! Although some dignity, if not all, was lost in the process.

Xmas Party

On December 1st, the club followed it's social prowess with a 'advent' themed Xmas house party. Most important was that this party was in aid of the Kwok Meil Wah Foundation and the money raised will be sent to Zimbabwe in aid of its growing problems.



I'm glad to say that the interest was strong and although many were unable to make it, donations were still given. Furthermore, the fancy dress hit new limits with outstanding attempts from Patrick Cronin, the Xmas 'Tree to be' and the 'Abominable' Andy Lloyd, whose snowman was truly brilliant. It was all in all great night, with our very own skilled snowman DJ and booze baron Pat, encouraging the fun. Thank you to all those involved in helping the party go ahead.

FINAL NOTE

Thank you all for a great semester and we most certainly have a great year ahead of us! I trust many of you will have graded successfully when you read this and keep up the hard work. If you have any enquiries email Freddy White KKR Publicity officer:
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Merry Xmas!