



## Newsletter June 2008

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### UPCOMING EVENTS

#### **Founder's Day: July 12, 2008**

Ron Zieth Sensei's home training begins at noon fee of \$10.00 will be charged to help defer the cost of food for the picnic afterward

#### **Moose Jaw Martial Arts Seminar: July 17, 2008**

*Happy Belated Birthday to Ron Zieth Sensei.  
Happy Birthday, Sensei. Thank you for sharing  
so much with us!*

#### **From the President**

It's June 1st 2008 already, and our annual summer work out is just around the corner. This year will feature three of our senior people (which is a nice way to say old) teaching various features of our style, they are: Shihan Chuck St. Pierre, Mark Algiers, Sensei and Rick Cesario, Sensei. Each will have 45 minutes to teach their magic, with a 15 minute break in-between. After receiving all this knowledge, we will have food and refreshments while reminiscing about the "old times". I hope you will have the opportunity to stop by this year.

If you haven't already, please visit our website which has a wealth of information as well as upcoming events such as the summer work out.

Pat Weyand and Derrick Domes have done a tremendous job in organizing the content of the material on the site. If you have any recommendations on additional information you would like to see on the site, please email Pat. In addition, please advise him of any upcoming events or promotions which will then be listed in the events section of our website.

This past winter, 35 of us had the privilege of attending a seminar given by Master Phillip Koeppel at the Danish Brotherhood Lodge in Kenosha Wisconsin. In addition to teaching us a kata "Ryu Sho Ken", he took some time to answer questions participants had concerning the early years of W.H. Foster, the beloved founder of the YYDKA. It was a great and informative time. Hopefully, we will be able to schedule another seminar this coming year.

Individual Membership Forms and Dojo Membership Forms will be available at this year's summer workout and shortly on our website. We are asking all Sensei's to complete the Dojo Membership Form and have their members complete the Individual Membership Forms. This will give us a better understanding of who and where our members are.



If any of you have any questions, concerns, complaints, or recommendations for our Association, please feel free to contact me at [rzieth@wi.rr.com](mailto:rzieth@wi.rr.com) or snail mail: 11725 45<sup>th</sup> Ave, Pleasant Prairie, WI 53158

I hope each and every one of you has a fruitful and enjoyable summer.

Ron Zieth Sensei, President YYDKA



**In March of 2008 we were fortunate enough to have Hanshi Phillip Koepfel here in Kenosha where he taught a seminar. There were almost 30 people in attendance with some traveling from as far away as Ohio. Hanshi Koepfel taught us the White Crane kata RyuShoKen and also answered many questions about our origins. We thank you Hanshi for your continued support.**

### **Early Kenosha Karate Tim Hillary, Sensei**

Early January 1966, I returned to Kenosha from the Far East a relatively new Shotokan shodan. There was no karate in Kenosha at the time. Straub sensei was teaching judo, but no karate was available nearby.

I began teaching my brother at the KYF and soon met an old school friend, Ray Marescalco, who voiced interest in learning the art. Now the three of us trained at the KYF and interest began to mount. Regular KYF members inquired about the strange antics in the gym and shortly the management approached me to teach a class. I jumped at the chance and soon there were several classes going on. The KYF had a local sports writer from the Kenosha News do an article on their new black belt to drum up business.

About that time I met another high school friend, Jesse Hernandez, who was a brown belt in Kyokushinkai Karate. Jesse was big, strong, fast, and his form was great. Jesse joined our group as a very valuable

addition. We taught Shotokan karate with a twist of Kyokushinkai. Our classes were physically & mentally demanding and although many people joined the classes, only a very small percentage persisted.

Students were told up front that there would be no promotions. If they were looking for color around their waist, they could go elsewhere. But if they wanted to learn the art of karate, we would help them find their way. We required them to push themselves at every workout. If they were feeling lazy or out of sorts, they were told to stay home and not waste their time or ours. We emphasized courtesy, control, physical fitness, and correct form.

Classes began with a bow to the kamiza and a bow between students & sensei. We next stretched to loosen up and performed strengthening exercises. From there it was basics back & forth across the gym. Between every step everyone's form would be corrected manually. Then it was kata. This was again done by the count with form being adjusted as necessary.

Kumite came next. We started with 5-step, went to 3-step, 1-step, and semi-free kumite. Jiyu kumite (free sparring) wasn't allowed until students had sufficient control in their techniques to not seriously damage each other. Very light contact was allowed on the body and absolutely no contact allowed to the head. We were all barefoot and the only safety gear was an athletic supporter.

After kumite came more stretching. Then there was usually a few minutes of meditation before lining up to bow out. Students and sensei exchanged bows, and then bowed to the kamiza.

Within the first year, a core group formed a club called the Tozai Karate Kyokai. This translated literally to the East/West Karate Association, but was meant to show a blending of the Eastern and Western cultures through the study of Karate. It was a great bunch of guys whose main focus was to train hard and further their development physically, mentally, and spiritually. As with any group, it had its characters who at times would add a little spice to our workouts. There were many memorable times and I would like to hear from some of those early students what they remembered about those "old days". Surely our workouts at Southport Beach, or Simmons Island, or the sand dunes, or the (PYC) Protestant Youth Center should trigger some fond (or maybe not so fond) memories. Please share them!

All this occurred between 1966 and 1968 – before the arrival of our beloved Yin Yang Do founder, O-sensei Foster. The transition of the dojo is another interesting story. Hopefully, I will have the opportunity to tell you that story in the next newsletter.

Until that time train hard, love much, and laugh often.



## The Importance of Breath in the Martial Arts and Daily Life

**Patrick Weyand**

This article is the first in a series of articles discussing the importance of breath and different types of breathing techniques as related to karate, the martial arts, Asian philosophy, sports and daily life.

When discussing breath, it is something that we take for granted since we really do not think about breathing. What is breath? Every mammal on earth, be it a dolphin in the ocean or a human on land, has to breathe in order to stay alive.

In general, the Earth's air is comprised of about 21 % Oxygen and 79% Nitrogen, give or take the presence of a few other trace gases [P.A.D.I. Recreational Diving Encyclopedia ].

Why do we need to breathe? And, what use is it to us in our every day life, health, physical activities, stressful situations and the martial arts?

We as humans generally only use about 10-15% of our lung capacity [CYCLING PERFORMANCE TIPS: Breathing for Highly Trained Athletes]. The average pair of human lungs can hold about 6 liters of air, but only a small amount of this capacity is used during normal breathing functions [WIKIPEDIA]. A typical resting adult has a respiratory rate of about 10–20 breaths per minute with 1/3 of the breath time in inspiration.

A human's total lung capacity can be influenced by numerous things including the person's age, height, weight, sex but normally ranges between (4 to 6 Liters). For example, females tend to have a 20–25% lower capacity than males. Tall people tend to have a larger total lung capacity than shorter people. Smokers have a lower capacity than nonsmokers. Lung capacity is also affected by altitude. People who are born and live at sea level will have a smaller lung capacity than people who spend their lives living at a higher altitude.

The breathing mechanism in mammals is called "Tidal Breathing". Tidal Breathing means that air goes into the lungs the same way that it comes out.

The process of breathing and its effect on our bodies can be summarized in the following way: as we breathe air into our lungs, it travels through our mouth or our nose where the air is warmed. Air contains oxygen which is absorbed and transferred through the alveoli and other vessels in our lungs. The oxygen in the air is absorbed into our vascular system where a gas exchange occurs and our blood is then enriched with the oxygen in the air and distributes it through our body by our vascular system. Our hearts pump the blood through our system causing our arteries in our body to supply the oxygenated blood

to our system. Our veins basically recycle our blood back through our vascular system where blood can then be re-circulated through the system after the carbon dioxide and other gasses are released through expiration. This process is of course much more complex than what I just explained in a few lines. If a doctor or scientist would explain it would be much more detailed, but I think we all get the gist of it by this modified explanation.

Anyone that has been involved in any type of sport should be aware of the benefits of proper breathing. If you are a runner, you set a pace or cadence and adjust you're breathing to your running routine. Cyclists know how they have to breathe to recover from a sprint or how to breathe for an extended race. The same goes for the martial artist. We have to adjust our breathing for many different facets of the art including striking, receiving a strike, releasing energy, maintaining composure in a fight, to persevere and to control our body's natural functions.

We need to understand that for most of us who are involved in a violent confrontation that we only have a given amount of time to fight before we start to get tunnel vision, become light-headed and get the onset of vaso constriction, which will cause us to start to lose our entire perception of what is going on. Being aware that these things can happen and that conditioning and controlling our breath (in addition to being in good mental and physical condition) can help us through these situations.

There have been countless documented incidents where a person has been able to lower their heart rate while having a heart attack and/or after being inflicted with an injury such as a gunshot wound, snake bite, or an injury involving a great loss of blood. Through breathing, the victim has been able to slow their heart rate down, which in turn slows down the circulatory system's blood flow thus buying the victim valuable time in seeking medical attention. In relatively recent medical history, this type of breathing has been named Autogenic Breathing or Autogenic Training. Autogenetic Training is restoring the balance between the activity of the sympatric (flight or fight) and the parasympathetic (rest and digest) branches of the autonomic nervous system. This has important health benefits, as the parasympathetic activity promotes digestion and bowel movements, lowers the blood pressure, slows the heart rate, and promotes the functions of the immune system.

Autogenic Training is a relaxation technique developed by the German psychiatrist Johannes Schultz and was first published in 1932. The technique involves the daily practice of sessions that last around 15 minutes, usually in the morning, at lunch time, and in the evening. During each session, the practitioner will repeat a set of visualizations that induce a state of relaxation. Each session can be practiced in a position chosen amongst a



set of recommended postures (e.g. lying down, sitting meditation, sitting like a rag doll, etc.). The technique can be used to alleviate many stress-induced psychosomatic disorders [Winepedic Encyclopedia].

The term Autogenetic Breathing may be a relatively recent term, however, Buddhist Monks, martial artists, competitive athletes, military and law enforcement personnel have utilized the same or similar techniques to regain control of their bodies in stressful situations for years.

The following is an excerpt from The Killology Research Group© which is run by LT Colonel David Grossman. In this short excerpt, LT Col Grossman is speaking about a stressful situation a subject had experienced and about the body's response to fear and anxiety.

"If, at the very beginning, we can teach subjects to control their autonomic, physiological arousal, then they can nip this whole process in the bud, stopping the vicious cycle of fear and anxiety before it consumes them. "But," we say, "it is called an 'autonomic' response because it is 'automatic.'" Yes, but the bridge between the somatic and autonomic nervous system is breathing, and an increasing body of research and law enforcement experience indicates that if we teach the victim to control their breathing then they can control their physiological arousal. (This is based on information and feedback gained from training over 20,000 law enforcement personnel in this technique over the last three years.) The breathing technique that is being taught to SWAT teams, police departments, Green Beret battalions, and other elite forces around the world (sometimes referred to as "autogenic breathing") consists simply of a deep, belly breath: breath in for a four-count, hold for a four-count, breath out for a four-count, hold for a four-count, and repeat three times.

It is not original with me, but I have been teaching this to mental health practitioners, military, law enforcement and to my psychology classes for over five years now. In one case a young student whom I had not seen for several years came up to me in the supermarket with a tale he was burning to tell. "I was in a traffic accident," he said. "My car flipped over, and I was trapped in the car, with one leg broken and one lung crushed."

"What did you do?" I asked.

"I began to panic," he said. "And then I remembered what you taught us: 'In, two, three, four; hold, two, three, four; out, two, three, four; hold, two, three, four' and I began to calm down." [Killology Research Group]

LT Grossman had written numerous books that are mostly directed towards Military and Law Enforcement personnel on how to deal with stress and the possibility of taking a life. I feel that the information contained in his

books are very valuable and is a must for any LE or Military personnel, in addition it would be great reading for a dedicated Martial Artist. <http://www.killology.com>

In Karate and in the martial arts in general, we always stress breathing. Why is this? I suppose we could answer this question with my favorite answer. "It all depends on the given situation". There are many different reasons we as martial artists breathe at certain times.

First, in controlling our breathing, we are allowing for a continued supply of freshly oxygenated blood to flow through our bodies and more importantly to our brain so that we can continue to create rational thought. Failure to control our breathing in stressful situations can lead to hyperventilating which leads us to confusion, loss of fine motor skills and ultimately blackout. Since our bodies at this time are not processing the exchange of oxygen and carbon dioxide in the proper fashion.

In our style of karate, Shorei Kempo/ Shorei Ryu, we, at a basic developmental level, teach students to exhale while delivering a strike and inhale while recovering or coming back to a ready position. This type of breathing starts to help us build an aspect of our internal power commonly referred to as "KI" in Japanese or "CHI" in Chinese. In addition, it allows the release of the energy stored in our tensed muscles and vessels. This helps us so we do not injure or rupture our own extremities or internal vessels upon striking or upon being struck.

In addition, we are taught to exhale upon being struck by an opponent. This helps us protect ourselves by not allowing the air to be knocked out of us. We commonly refer to this release as a Kiai. Breathing is something that is very important to not only to a martial artist but any athlete. That is why it has always amazed me that most people do not breathe correctly and many martial artists both novice and seasoned are not always comfortable expressing their breath and their hip/ pelvic movements. In our development in the arts and in our style, there are three things that stick out in my mind which should almost be exaggerated while learning. These things include, proper breath and a strong stance that allows for quick movement, and hip/ pelvic movement. These three things are the essence of what can lead to development of greater strength, power, and speed. (Surprisingly enough, many people find it difficult to exaggerate their breath, and or to utilize their center to generate power. I feel that it is difficult for a person new to the art, or even old in the art to become comfortable with breath if it has never been demonstrated or stressed in the past.



Breath should come from our lower lungs and also from our Tan Dien or our body's center axis, which is located approximately 1 1/2-2 inches below our navel.

There are many different types of breathing utilized in different forms of meditation, Asian philosophy, and in the physical arts including different breathing for specific kata and also for sparring. Some of the breathing in meditation can be difficult to learn since it is not a normal form of breath to us. I have to say that I have only been briefly exposed to a type of Tibetan Meditation by my Aikido Sensei. This type of breathing is used by the monks in Himalayans, and has at least seven different ways to breathe for mediation. To understand this type of breathing can take a lifetime, however, it is believed to have many health benefits. Some of the breaths we use are very audible and are somewhat exaggerated while others are silent. Some arts only breathe and exhale through their nose, while others are in through the nose and out through the mouth, and yet others are in through the mouth and out through the mouth. As mentioned earlier, controlled breathing can lower your heart rate and also your blood pressure.

Please look to the next newsletter for a more in-depth look at some of the specific types of breathing mentioned above.



## **Constructive Criticism in Martial Arts**

**Rick Cesario, Sensei**

Why is it so important to have constructive criticism in your training? Is it necessary? Do we need this? I believe so. As a beginner we learn all basic techniques. We try to perfect our techniques as well as we can. Our Sensei or Sempai teach us well. However, it's up to the individual to develop their techniques by practicing what they have learned over and over again. Ongoing repetitions, is what we constantly have to do in order to learn and become proficient. For a person to learn how to punch, kick, block and stand is not as easy as it seems. Anybody can learn all the techniques mention, but, to pursue them is a whole different ball game.

Sometimes we assume that we have learned all of these techniques well enough so were ready to learn more techniques. As we start to learn waza and kata; we start moving faster and start to flow. Everything seems to be coming together; we tell ourselves how good we look, and keep on doing what we do best all the time. We start working out with other dojos, plus get together with other Karateka. All the time were working out. This is cool. There's a lot of dedication, discipline and respect that goes into the martial arts, constantly.

You have to stop, and look at yourself. Look into a mirror, what do you see? Do you see yourself as a great Karateka? Do you look like one of your peers? Are you happy with the way you're pursuing the Arts? Or are you

just caught up in your own game? I don't mean to sound disrespectful but, we all need constructive criticism. There's no need to get mad or start to feel sorry for yourself if

1. We are here to teach an Art which is a very difficult task...to understand and absorb great knowledge. We would have a difficult time absorbing anything when our minds are in such a negative state of mind.

Leave all jealousy at home. There's no room for it in the Martial Arts. Not if you want to move forward. When instructors explain what would work better for you, try it. You might find out that it works. Sometime we all need someone else to points out the little things that matter. Sometime we appear to be blind, we see what we want to see and sometimes we don't see at all. When you hold grudges you stop learning and absorbing any or all knowledge. It's important to keep an open mind at all times. In the beautiful martial arts world you can absorb all this great outstanding knowledge.

Instructors should always know when the right time is and what the right way to present constructive criticisms. Sometimes feelings get in the way, injures, not feeling good, having a bad day or whatever kind of a day. We all have them, including instructors. Sometimes it is best to move on when students have a hard time understanding. Let them work on something else. Don't dwell on it, move on.

You don't want students to give up. But, as we all know attention spans are only so long. Who knows, maybe you're not coming across the way you think you are. This is what's nice about have other instructors or when you go to other dojos. One Sensei, Sempai or Instructor might teach a little different than the other. Some might make the point you're missing a little easier to understand. What helps them understand is in the delivery. To come across in a certain way that you'll understand. Everyone learns in various ways, some easy some hard some soft some knowhow.

2. When researching on this topic I came across an article by Dan Williams that I found very interesting and would like to share with all of you.

Usually the goal in constructive criticism is to critique an individual so they will benefit or improve. We frequently see this especially when adults are teaching children in sports to increase their knowledge and performance. We also see this in the workplace when a supervisor is critiquing an employee with the goal in mind to improve their performance or work habits, just like in the dojo. Unfortunately, in this day and age, and especially in athletics, we find it more and more difficult to give any type of criticism to children at grade school, high school and even college level.

The question remains, how we give constructive criticism without appearing to be phony or couching the constructive criticism to a point where the person does not take it seriously. Constructive criticism has to be genuine. A person giving this criticism has to genuinely



feel it is important to give it. The person receiving the criticism must have some level of understanding of your role, and understand you truly want them to improve. Do you use statements like, "I want you to," "You must understand...," "You must see the difference...," "I need you to." You are immediately setting the stage for the individual to become defensive, especially if there already is a bad history of communication.

Take a team approach. In other words, use sentences like, "let us look at the following...," "Let us look at how you're dribbling or passing the ball, and how we can improve your passing ability or your shooting technique so you can improve and become a better basketball player." At the job setting, "Let's brainstorm together..." "Let's put our heads together and think of how we can achieve an increase in sales, so not only will company, but you will improve your marketing and sales techniques."

3. By this you have created a collegiate type atmosphere. Both individuals are on the same level. Now can you set the stage to critique, not criticize, and then begin to construct a foundation for improvement.

Constructive criticism takes time and practice. If we want our children and employees to accept constructive criticism immediately, that will not happen. Constructive criticism presented in a positive way, as well as a communication, takes practice. Constructive criticism must be used effectively if the receiver is to improve.

Another method to offer critical advice to people or Encouraging students is called The Hamburger Method...

This is a technique that is common in debates or persuasion as well. Why should anyone want to listen to a 'challenge' that is being leveled at them? They will instinctively become defensive. Their mind is telling them that they being attacked and they had better stand their ground. This stubbornness is a major hurdle that martial artists need to overcome. Any student that is remotely serious about his or her training needs to let their own assumptions and bad habits go so that they can make room for the good. The challenge for those passing on martial art techniques is to help student overcome their defensiveness.

I know students who are earnestly striving to improve their skills and have a great deal of respect for their style in the martial arts, but, they just can't grasp the teaching for whatever reason. You tell them how to do certain moves, and seconds later they are doing it wrong again.

4. The Hamburger Method is great for pushing them without leaving them broken and discouraged. This is the last thing we want to do to our students, or anyone else we are trying to help.

This is how the Hamburger Method works:

When offering a critique, you bring with a constructive compliment on something the person does well (Otherwise known as the fluffy bun part). You then can get the meat of the matter, which of course is the constructive criticism part. Finally, you end up with

another constructive compliment (i.e. the other half of the fluffy bun).

Basically, you're sandwiching the constructive criticism between two constructive compliments. It's been extremely effective technique, largely due to its disarming effective. It help people let down their guard, and receives criticism without being defensive.

I hope this helps all Senseis, Sempais, Instructors and Students to understand why it's necessary have constructive criticism in their training. This will open up your minds so you can absorb as much knowledge that as available to you.

Sensei's, please remember to always end a class or a critique on a positive note. If we do not do this and send a student home frustrated or defeated, then all of which has been taught that day is lost.

May your knowledge keep growing throughout your life!  
Thank you for understanding.



## **My Karate Family Values**

### ***Jen Lutsey Sensei***

The Omro Dojo has made some exciting changes this year. Through a local volunteer program, three Omro Karateka have raised over \$600 for our non-profit karate program. This year's money is being used to establish a Pre-K (pre-karate) children's program. There are 4 children participating ranging in age from 8mos.-6yrs. The mini-mites can be heard running hallways, jumping on trampolines, rolling down the park hillside, sharing snacks and popping in on mom's & dad's progress as classes are unfolding.

I have had the unique pleasure of watching so many outstanding martial arts instructors combine parenting skills with teaching ones. I can remember when Daniel Koehler was just a little guy and Master Nelson would patiently ignore his playful spin (literally) on lessons. Master Nelson often told me that Daniel would come to embrace lessons in his own time and that no amount of forced participation would speed the process. This month, Daniel will be testing for his black belt!!

I can remember prepping for my own black belt test and visiting the Kimberly Dojo. Sensei Phil VandenHeuvel would sometimes have his son Gabe with him. There were so many good lessons shared as we worked our kata, handled weapons and hit the sparring! I have to admit, the lesson I remember most fondly is how often Gabe would come and crawl up his father's body without ever having Sensei Phil skip a beat with push-ups, sit-ups or lectures. That being said, it was so much more than that. It wasn't just that Sensei Phil could "physically" push through as Gabe's need for attention grew. It is that,



from the inside out, I could feel that Sensei Phil welcomed the connection. He welcomed it always, not just when it was convenient for him. Gabe was never made to feel that he should be on the sidelines.

And, so it is, that through karate I have learned so much about parenting. My hopes for our kid kickers are twofold. I would love for all children to understand that karate is not an activity that takes them from their parents but is one that can be celebrated and shared with them. Also, I hope that every parent, grandparent, parent-to-be, and really every karate student has the opportunity to patiently welcome true young energy into their lives and into their classes.



### **Welcoming Sensei Scott Andrus Scott Andrus, Sensei**

Sensei Scott Andrus, a student of Ray Hoschouer Sensei, and has just opened a school in VA. Below is some history that Andrus Sensei has shared about his training and school.

Panther Arts School of Shorei Kempo is a school of diversity and depth. We take on a modern training philosophy of ground, stand-up, and weapon fighting while holding to traditional martial arts values. The school was born out of my many different types of training in the martial arts world, which started when I was about in the third grade. Because I moved around a lot as a child, I was often the new kid in school. Even though not all experiences were bad, some were horrible. I often faced bullying by other kids. One time a kid in my little sister's class was picking on her so I jumped in and told him to stop in order to help her. The would-be bully ran home and told his older brother that I beat him up, which was not true. On the way home the next day, that older brother stopped me and told me I had to fight him. I did not know what to do. I had never been in a fight before let alone with a kid so much older and bigger than I. I hardly had the time to make up my mind of what to do when the kid kicked me squarely in the ribs and knocked the air out of me. Later on in life I learned that this kick is called a roundhouse. Through sore ribs and choking tears, I caught my breath and ran home. My dad decided it was time to teach me to box. He had been a golden glove boxer in high school and wanted to make sure that I could defend myself if something like this ever happened again. I trained under him for most of my life, and to this day he is still very actively involved and supportive of my martial arts training.

Over the next few years as I continued the training with my dad, I loved to watch professional wrestling, GI Joe, Teenage Mutant Ninja Turtles, and martial arts movies that starred legendary artist such as Bruce Lee, Chuck Norris, and Don "the Dragon" Wilson. I kept telling my

dad how I wanted to take karate, but he was not sure. Besides I had boxing, what more did I need? Time did not kill my desires to train. Instead it made me more dedicated to keep training under my dad, and secretly try to add kicks to it like those I saw on TV.

When I was fifteen, I started my first formal martial arts training in Ninjutsu. Over the next several years as I moved around quite a bit, I had opportunities to train in Tae Kwon Do, Aikido, Hapkido, and Japanese Bashido Jiu-jitsu. After my wife and I had been married about two years, we moved to Fresno, California where I worked private security and was a bouncer at nightclubs. It was at one of the nightclubs that I meet Professor Greg Harper, a master in Kajukenbo and the personal bodyguard to the recognized founder of that system. I trained under Professor Harper for three years before returning to Utah, taking with me a new level of dedication to the martial arts that I never had before. It was in Orem that I found Sensei Ray who taught at the Orem Fitness Center (OFC). I started to train in Shorei Kempo Karate, and because of my previous training he allowed me to accelerate extremely fast to my blue belt. After receiving my blue belt I continued to train with Sensei Ray, Sensei Kim, and Sensei Kristi. I put many hours in with helping as a volunteer Sempai, and eventually was hired by the OFC to be an assistant instructor in the Little Dragons program and the adult classes. Sensei Ray often allowed me to show techniques of the different systems that I had been in. Working with the students added a whole new dimension to my training, and I decided that I wanted to seriously pursue opening a school of my own. He even allowed a group of us to get together and train for a MMA fight show that is put on weekly in Sandy, Utah, in which the one show we attended turned out a victory for the fighter I coached. Every student that walks through his doors can see his true dedication and support by the way he teaches them. It is Professor Harper and Sensei Ray that I try to emulate as I teach. As life goes, just about three or four months before my black belt test my family moved to Arizona. Nothing was going to stop me, and I made two trips back to Utah: one to get practical training with Sensei Ray and the second to Test. After only living in Arizona for 8 months, my family moved again to Lynchburg, Virginia. In January 2008, I was given the chance to teach martial arts at Mind Body Studios, and I pounced at it. For the last 3½ months, I have been teaching my students Shorei Kempo. On April 30, I promoted my first nine yellow belts. As they grow, I hope to teach them such traditional values as Respect, Honor, Dedication, and Intensity, while they learn to use new or old techniques taught to them to advance themselves to a higher level as Professor Harper and Sensei Ray did for me. I want them to learn that martial arts are alive. It breathes and grows with you as you learn and advance. Here at Panther Arts our goal is to prove that different styles do not have to be in competition, but can be used concurrently to form an individual, cohesive fighting system. Keep the flame alive!





## **Why I teach Children** **Christopher Braun, Sensei**

Even though I am still young, I'm starting to feel old. Many of my students were not born when I put on my first gi. They can move faster, kick higher and any challenge that I give them they do without breaking a sweat. So, why do I teach youths?

As you get older, you learn to accept things as they are and never to question them. Children have not learned this discipline yet and I think that is a good thing. As adults, when we question something, we put the question off until we forget about it. A child not only wants it answered, but wants it answered right then. You don't always have to give them what they want right then, but their "wants" can help keep your mind focused on finding the answer.

A few years back, I was teaching my white belts the basics behind the front punch. I was explaining why you use the first two knuckles at a target. A newer student of mine raised his hand and asked a simple question, "Why?"

I started to explain everything about the punch that I knew and learned as a student myself. I told him how the hand/wrist could break if bent up when striking and how you get more power behind a smaller area, everything that students learn in their first few days in the martial arts.

But these answers were not good enough for this young student. I may as well been talking Greek because he did not understand what I was talking about. But, out of respect, he did not question anymore. But, I wanted to help him learn.

When I went home, I kept thinking about how do you teach a young student something that he/she does not understand without making it feel impossible? So I began to think like a child.

When I came to class the following week, I held the class outside in the front yard. I re-explained what was taught at the class the week before about why we punch with the first two knuckles. What I had with me to help teach was a water cannon gun. All the students in the class knew what it was and how it worked. The water sits in a tank until you pump the air into it. Then you pick what nasal you want (the ones with the smaller hole will reach father with less water. The one with the larger hole won't reach too far, but will use more water). You pick which student you want to spray....I mean what target you want to spray. And soak them.

The students had fun. But didn't understand what this had to do with a punch. I told them to think of the water as their energy, the gun as their arms, and the nasal as their knuckles. When I sprayed the water with the nasal with the smaller hole, the students/targets could feel the difference over the one with the larger hole.

Afterwards, we talked a little about the punch again, and let a few students dry off; we went back to the dojo and went to the makiwara. I showed two punches, one using the whole punch (calling it the nasal with the larger hole) and a punch using just the first two knuckles (calling it the nasal with the smaller hole). I asked which one would use less energy/water but will put more power behind it?

I told the students that the movements that you learn are just tools. You need to pick the right tool for the right job. If you pick a hammer when you need a saw, you may get the job done, but it won't look the same in the end.

Because I stopped thinking like an adult and but the lesson into "child terms" they were able to understand better. Sometimes we forget how much we learned and think that everyone is at the same level when we talk to them. What we have to do is bring our talking to our student's level, but keep our thinking at our level.

Why do I enjoy teaching kids? They keep me thinking and even help me understand what I'm teaching better than I learned before.



## **How to Stay Young** **Joy Watkins**

It's not that we age but how we age that matters. We're all going to grow old and from all scientific accounts, eventually die. Some of us will do it more gracefully than others. Although genetics will play a role, we have a lot of control of how the aging process affects us. Modern medical enhancements have allowed us to alter the aging process to a degree, but there is no reason to get upset if you can't afford a Beverly Hills plastic surgeon, because nothing can modify the way you age like a few lifestyle changes. Here are a few steps that will help you age more gracefully than Hollywood's elite.

1. Exercise harder (though not necessarily longer). Far and away, the most important thing you can do to offset the aging process is exercise. You don't need to spend a lot of time doing it, however. Short bouts of intense exercise are more effective than longer workouts. Long, easy workouts have their place in a fitness program, especially for aerobic efficiency and fat burning, but nothing comes close to high-intensity training for keeping your body young.





Your body loses muscle mass as you age. Resistance training creates muscle building, which will offset some of that loss. Furthermore, increasing your heart rate to 90 percent of its maximum for short intervals (by doing things like jumping, sprinting, and heavy resistance training) raises capillarity, mitochondrial activity, and bone density—all important components to counteract aging.

Here's why high-intensity training can counteract aging. High-intensity training focuses your body out of its comfort zone. Your heart rate rises beyond your anaerobic threshold—the point at which you no longer eliminate lactic-acid buildup and your workout time becomes finite (you'll fail in less than a minute, perhaps far less). When this happens, your body uses something called the Krebs cycle to produce energy without oxygen. During this anaerobic (“without oxygen”) process, your body is pushed to its physical limits—and this creates a hormonal response to keep it going. The subsequent hormone production is in direct opposition to the aging process. As we age, our bodies produce fewer hormones over time, leading to the inability to rebuild ourselves, until we eventually break down and die. Intense exercise counteracts this by forcing our bodies to produce more hormones than are produced naturally at any given age. This keeps our muscles, bones, and organs from deteriorating as fast as they naturally would. The result is that, with continued exercise, the aging process slows down.

You may have heard of hormone replacement therapy. Intense exercise is the cheaper, more natural way of doing the same thing. It's also more effective. Ten to 20 minutes a day of pushing yourself to your physical limit is all it takes for this response to occur. It's also addictive due, again, to hormone production. And of all of the possible addictions in life, this is the one that will benefit you the most.

2. Eat less food, especially sugar. A now-famous study was done on two monkeys, in which one was fed a yummy, filling diet (no overeating) and the other was deprived of calories. The monkey on the “normal” diet aged much more quickly. Even starker was the contrast in lifestyles—the calorie-restricted monkey was extremely virile and active into old age. Studies in humans are recent but seem to show a decrease in free-

radical damage to proteins, lipids, and DNA, by eating a diet that restricts sugar. The older you get, the lower the caloric requirements. This doesn't mean you shouldn't eat, but small frequent snacking is the way to go, and calories should be altered daily depending on your activity level.

Calorie restriction is now very popular. CR practitioners are fastidious eaters. This seems prudent for anyone limited in the number of calories they are eating. If you aren't going to eat much, what you do eat had better be packed with nutrients. And we don't need science to tell us that eating high-quality foods is healthier than eating junk, which brings us to the easiest way to eat less food: eat less sugar.

Sugar is the single largest caloric source we consume. And it's bad for us. It hastens the aging process because eating sugar hinders our bodies' natural production of growth hormones—one of the key players in the aging process. GH (growth hormone) levels decrease as we age. You can supplement HGH (human growth hormone) but studies are still inconclusive as to whether or not this has adverse side effects. It's also expensive. The natural way includes intense exercise and eating less sugar and other starchy junk foods because all high-glycemic carbohydrates reduce GH production.

3. Supplement your diet with aging in mind. As stated above, nothing increases hormone production as well as exercise. Second on this list is doping—also known as anti-aging medicine that includes hormone injections, which some professional athletes such as Barry Bonds purportedly use (though apparently not Roger Clemens). The cheaper—and safer—alternative is to use natural food supplements. Remember that hormone production is a natural process and that the healthier your body is, the less quickly hormone production will diminish as you age. Therefore, healthy high-quality dietary supplements are a must. This means that multivitamin, mineral supplements and antioxidants help the anti-aging process, contrary to what the FDA and the Federal Government have been telling us for years. The latest research has been shown that we need to supplement our diet because we cannot get enough nutrients from the foods that we eat, especially as athletes. Pretty much any positive changes that you make in your diet through foods, drinks or



supplementation will help. There are a few that are more supplements that are helpful such as amino acids, fish oil, glucosamine, grape seed extract and melatonin.

4. Improve your ability to sleep. Sleep also increases GH production, along with many other things that repair breakdown from the rigors of living. Sleeping 7 to 8 hours a day-along with short naps when you can manage it-will keep your body tuned and ready to run. Deep sleep is where we make the most dramatic changes in our bodies' physiologies. Those changes are directly related to what we do when we're awake but, if we don't take the precautions to ensure we get a good night's rest, our hard work can get sidetracked.

Here's what happens in a nutshell. When we're awake, our bodies are constantly wearing down. During sleep, our bodies vary their behavior to rebuild themselves even more efficiently. Among other things, we make more proteins and release hormones at different rates. So while we tend to think of sleep as a passive process, it's actually very active. It all begins with our brains. Instead of shutting down for the night, our brains signal our bodies about what to do during various stages of sleep. In short, neurotransmitters, like serotonin, signal the body that it's time to switch modes. Once this occurs, our bodies begin a five-stage rebuilding process that we call sleep.

5. Taking care of your skin. Your largest organ, your skin, needs both internal and external protection, and most of the steps listed above keep it smooth, elastic and youthful looking. Another huge factor is hydration, which, conversely, helps all of the other processes as well. Drinking enough fluid, water to be precise, is a huge factor for overall health, but nowhere will the effects of dehydration be more obvious than on your skin. You should drink six to eight glasses of water per day, at a minimum, and more when it's hot or you're exercising.

Daily moisturizing can also keep your skin soft and vibrant. It's best to apply it as soon as you get out of the shower, and do your best to make this a ritual. Post-shower, when your natural oils have been washed off, is a vital time for moisturizing. Even if you're pressed for time, taking a few minutes to add moisturizer to your entire body is worth it, since your skin absorbs its best when it is warm and damp.

Try finding products free of fragrance and parabens. Also, don't buy products that contain mineral oil or petroleum. Both of these will clog your pores and can trap sweat and dirt. For your face, you should try to use a moisturizer that contains sunscreen with a SPF of at least 15. Small doses of sun are good for your skin, but overexposure is as bad as advertised.



### Editors Note

I wanted to thank everyone who provided articles for the newsletter. I think this is by far the most complete edition we have had to-date. Some things to look forward to in the next issue include, the establishment of a Featured Dojo section to every newsletter so that we can hear from each school. In addition to past featured articles by Shihan Foster. Please remember that you do not have to be a high ranking student to help out with this. All types of information, as long as it is pertinent to the subject of martial arts, are welcome in our newsletter. Book reviews, movie reviews, reviews on different beliefs, injuries, health issues...these are all topics that are welcomed. The next newsletter will be out during the month of November 2008. Please have your articles or any notes of general interest to me no later than October, 2008. If possible, please type your article. You can e-mail me at: [patweyand@wi.rr.com](mailto:patweyand@wi.rr.com). Please "pour" your article into the body of the message, Put something regarding Karate in the subject area so I will not delete your message by mistake!!



### From the Treasurer

**Joe Sielski**

We have the following items available to members:

Patches.....	\$8
Double Ax (Yudansha).....	\$7
Kyu Certificates.....	\$10
Dan Certificates.....	\$25
T-shirts.....	\$15
Yin Yang Do Silver Anniversary Booklet.....	\$15

Order from may be printed from [www.yinyangdokarate.com](http://www.yinyangdokarate.com). Send application and order forms to:

Joe Sielski  
8031-50<sup>th</sup> Avenue  
Kenosha, WI 53142





## Dojo News

### Danish Brotherhood Karate Club

Richard Halverson Sensei Reports recent promotions:

Frank Trecroci NiDan  
Alex Nilov Sankyu  
Derrick Domes Gokyu  
Brett Yutka Rokkyu.  
Pat Weyand along with John Powilaites from U.W  
Parkside Shorei Karate Traveled to Deming New Mexico  
June 19<sup>th</sup> till the 22<sup>nd</sup> to train with Hanshi Terry Sanders in  
various aspects of the arts.

### Zanshin Karate Association

Rick Cesario Reports:

Summer is here and we are working outside behind  
Kemper Center. We have a Saturday morning workout  
open to all at 10:00 A.M. This is in addition to our other  
workouts which include Tuesday & Thursday 5:30pm-  
6:30pm at St. Peter Church on 2224-30<sup>th</sup> Avenue  
Kenosha, WI and on Wednesday at 5:30pm-7:00pm  
outside behind Kemper Center and Saturday at 10:00am-  
11:45am behind Kemper Center on 6501-3<sup>rd</sup> Avenue. All  
are welcome to join us and share new ideas.

Congratulations to Dan and Jen Lutsey's Dojo in Omoro,  
WI which recently received a featured article in the  
Oshkosh Northwestern on (SUMMARIZE).

### **Bob Nelson Sensei's Dojo**

Recent promotions

Congratulations to Daniel Koehler for achieving Shodan  
on June 8.

A group of students from the Yin Yang Do karate  
association have been continuing their study of the Martial  
arts by training with Joe Pounder Sensei and Tashi Troy  
Price at Original Martial systems in Appleton WI. On the  
weekend of June 15<sup>th</sup> Grant Birch was promoted to  
Yonkyu, Scott Herman to Gokyu, and Pat Weyand to the  
rank of Gokyu in the style of Shuri-Te Ju-Jutsu,  
Congratulations.

## DOJO LISTINGS

### WISCONSIN KENOSHA

Sensei Ron Zieth  
With Rich Halverson and Don Jambrek  
Danish Brotherhood  
Yin Yang Do Karate Association  
Mon, Thurs 6:00-7:30 P.M.

Sensei Al Gomez  
GI-KO-TA-N-KYU (Quest for Personal Excellence)  
Kenosha National Guard Armory  
Tues, Thurs 5:30-7:00 P.M.  
Sensei Elio Covelli  
Eastside Racquet Club  
Tues 11:30-1:00 P.M.

Mike Stancato  
Sensei Vince Perez  
Library Park in Kenosha (summer)  
Masonic Temple (winter)  
Mon-Fri 5:15-6:15 P.M.

Sensei Rick Cesario  
Zan Shin Do Dojo Summer is here and we are working  
outside behind Kemper Center. We have a Saturday  
morning workout open to all at 10:00 A.M. This is in  
addition to our other workouts which include Tuesday &  
Thursday 5:30pm-6:30pm at St. Peter Church on 2224-  
30<sup>th</sup> Avenue Kenosha, WI and on Wednesday at 5:30pm-  
7:00pm outside behind Kemper Center and Saturday at  
10:00am-11:45am behind Kemper Center on 6501-3<sup>rd</sup>  
Avenue. All are welcome to join us and share new ideas.

Phone # (262)764-4743 home  
(815)482-1847 cell

Sensei Larry Miletta

Braun's Martial Arts

### **MADISON**

Sensei Eduardo Gomez  
shoreikempo@hotmail.com  
1127 University Ave.  
Madison, WI  
Tue, Thurs 5:00-6:30 P.M.

Ryan Grimes  
University Wisconsin Apartments Community Center  
Madison, WI  
Classes every Tuesday and Thursday 7 PM - 8 PM  
(608) 244-2969  
e-mail: [rgrimz@yahoo.com](mailto:rgrimz@yahoo.com)

### Northern Schools

#### **CECIL**

Shihan Charles St. Pierre  
Fox Ballroom  
206 N Lemke St.  
Tues, Thurs 5-6 P.M.

#### **NEENAH**

Sensei Bob Nelson  
Valley Academy of the Arts  
125 W Wisconsin Ave  
Tues, Thurs 6:30-7:30 P.M.



## **ANTIGO**

Sensei Bob Okray and Sensei Don Dunphy  
Boys and Girls Club - Langlade  
801 5th Ave  
Mon, Thurs 6:30-8:00 P.M.

## **WAUSAU**

Sensei's Gary and Julie Rhyner  
Boys and Girls Club of Wausau  
1710 N 2nd St  
Thurs 7:00-8:30 P.M.

## **APPLETON**

Sensei Joe Bushman  
Peabody Park  
601 N Green Bay Rd  
Mon, Wed 3:45-4:45 P.M.

## **KIMBERLY**

Sensei Phil Vanden Heuvel and Sensei Dave Hietpas  
JR Gerritts Middle School  
525 S John St  
Wed 6-7 P.M.

## **OMRO**

Sensei Jen Lustey  
Omro Area Community Center  
130 W Larrabee St  
Mon, Thurs 6:30-7:30 P.M.

## **GREEN BAY**

Sensei Jean Lutsey  
Day Care Advantage  
1823 S Webster Ave  
Mon Thur. 5:45-7:00pm

## **ILLINOIS**

### **Strength through Discipline**

David Boehm Sensei  
Saturday morning's 9:00 to 10:30 am. We are outside in the back of (Lindenhurst, Illinois) Millburn School off of Millburn road which is west of Hunt Club road. When school is in session we are in the cafeteria of Millburn School.

## **OREGON**

Klamath Falls  
Sensei Steph Finnianous  
Winter Location: Tang Soo Do 2000  
834 Richmond St  
Tues 5:30-6:30 P.M.  
Wed 6:30-7:30 P.M.  
Thur 6:30-7:30? P.M.  
Fri 6:30-7:30? P.M.

Summer Location: Moore Park  
Lakeshore Dr  
Summer Hours Subject to Change (see above)

## **MINNESOTA**

Twin Cities  
Sensei Jon Lutsey  
Eastview Recreation/Community Center  
608 Kennard St  
Mon, Thurs 6:30-7:30 P.M.

## **UTAH**

Orem  
Sensei Raymond H  
Orem Fitness Center  
580 West 165 South  
Orem, UT 84058  
(801) 229-7154 / (801) 229-7156

Sensei Ulf Mutzing  
Brigham Young University

