



*Special Edition
Newsletter
Spring 2010*

The Director's Corner

Respect & Discipline Aretha Franklin said it best, R – E – S – P – E – C – T...respect. Respect is defined as, to feel or show esteem for; to show consideration for others.

The first day you set foot in the dojo you start to learn respect and discipline. You learn this from your Sensei, Sempai or higher ranks in the dojo. They teach us this to become humble, so we won't end up starting a fight, showing off or thinking that we are better than anyone else.

Problems with respect and discipline can undermine a good organization, even an organization like the YYDKA. When high ranking individuals display a lack of respect, this behavior sets a bad example for every student that is beneath them and reflects poorly on all the members of the organization. We can all make mistakes throughout life. However, our Art teaches us to learn from our mistakes. If we think we do everything right and are never wrong, we stop learning.

Sensei William H. Foster taught us how to be respectful. He taught us how and what to look for in life. What to get out of life, how to move forward, not backwards. Sensei Foster always said, "There is no room for politics in the Martial Arts". No politics in the Association or in dojo's.

There's an old saying, "If you can't say anything nice, it's best to say nothing at all." In the course of life, there are always some individuals that do not heed this advice. We must not give way to this foolishness. Instead, we must admonish this type of behavior at its source in order to teach them that respect and discipline are an essential part of life and of the Martial Arts.

If Sensei Foster were here today, he wouldn't stand for any of this behavior. He would carve out these individuals like a cancerous wound. Unfortunately, our great Sensei is not here. He has left the Art in our hands. It is up to us to thwart out disrespect from our organization.

For many years Yudansha and students endured these kinds of mishaps. As a result, many good advanced Yudansha left our Association. They grew tired of the same old behavior, time after time. They put up with these individuals and their tactics and disrespect for many years. They finally decided to move on because of it. Some wrote outstanding letters to either the YYDKA Board Members or to the individuals who displayed disrespect. Some of the individuals learned from this. Others have not. "There is no room for disrespect in the martial arts or in the dojo." Leave it at the door!! I urge all members of the YYDKA to confront disrespect in our



Association. Let us stop this evil today and not let it continue as part of our organization.

On a joyful note, I would like to thank everyone who came to our **2009/2010 Winter Seminar and Banquet**. We had a great turn-out for both Seminar and Banquet. Edwin Santiago did an outstanding job teaching Nahashi Ich, Nahashi Ni and some bunkei in both kata at the seminar. Thank you Edwin, for sharing some kata and bunki that you have learned in Okinawa. Also, thanks to Mark Algiers for helping Ed demonstrate.

Everyone seemed to have a good time at the Banquet. The food was very good and the awards went as planned. Ron Zieth received a beautiful wall plaque for his outstanding tenure as President, from 2000-2009. Thank you again Ron for all your dedication and hard work.

Christine Weyand and Patty Hughes were recognized for all they do for the YYDKA events. Without these two outstanding individuals, we wouldn't be able to pull off these events. Thank you again for all your hard work.

Frank Trecroci and Dale Pauley both received the rank of San Dan. These two individuals have special talent. Frank has developed so much inner strength and power and the lessons to go with it.

Dale has taught a senior class for quite some time now and hasn't ranked since the year 2000. We felt it was time. Thanks to both of you gentlemen for your outstanding work.

Please join me in congratulating four individuals from O'Sensei Foster's first school at the Kenosha Youth Foundation (KYF) in 1968. All four masters received the rank of Shichi Dan 7th Degree Black Belt from YYDKA Board of Directors. These masters have provided our Association with outstanding leadership in many areas. First, we have Lynn Philyaw who came from

Peoria, IL and is Sensei Foster's first student, a master of the willow with a cracking wipe at the end of his techniques. Richard Bruno mastered gracefulness and constant flow. Eilo Covelli and Rudy Buteri are masters of power and speed. Thank you for the many hours of dedication to our Art.

Please remember to mark your calendars for **Saturday July 10, 2010. This is Founder's Day and the beginning of our summer workouts. They will be held at Kemper Center. We will be getting back to everyone with times.**

Thank you to all students, Sensei and Board Members for keeping our YYDKA a thriving and growing organization.

Rick Cesario, YYDKA Director



SAVE THE DATE

The annual Founder's Day summer workout is scheduled to be held at the Kemper Center on Saturday, July 10th 2010. Please mark it on your calendar if you have not already done so.



FOURTH QUARTER 2009 IN REVIEW

The Yin Yang Do Karate Association was able to end the year of 2009 with a great training effort. We welcomed Sean Wong Renshi from the NOX dojo in Toronto, Canada for a special workshop.

Christopher Braun Sensei and I met Wong Sensei by chance in a noodle shop in Okinawa in August of 2009. Wong Sensei was instrumental in Braun Sensei and I



being able to train at the Mebukan Goju Dojo in Naha, Okinawa.

Only a few months later, we were contacted by Wong Sensei who was going to be in Wisconsin on business. At first, he wanted to meet me and Braun Sensei just to have a small training event and to review our lessons from Okinawa. This small event turned into a large workshop that was held at the Danish Brotherhood Hall on December 29, 2009.

We were concerned since this event was going to fall between Christmas and New Years that not many people would be able to attend. We were pleasantly surprised when we had well over 20 participants not only from the Yin Yang Do Karate Association but from Black Belt Karate Studio, and other groups from mid-state. Wong Sensei showed us a lot of different drills, which covered warm-ups, distancing systems blocking and thoughts on striking. In addition, he worked the kata Saifa and SePei with us. We were able to view many different aspects of these kata. Wong Sensei's lineage is a very short one being that his Sensei's father was a direct student of MIYAGI Chojun Sensei, the founder of Goju Ryu.

We thank Wong Sensei for his travels and will see him soon. If you are ever in Toronto contact him at NOX Dojo.

Patrick Weyand Sensei



Karate Physics

1. The Energy of Movement

- A. Everything that moves has energy Called "kinetic" energy. The faster an object moves, and the more mass it has, the more kinetic energy it has.

- B. Two objects of the same mass traveling at different speeds have different amounts of kinetic energy. An object with twice the speed will have four times the kinetic energy. Kinetic energy depends on the square of the speed (four is two squared). An object with ten times the speed will have 100 times the kinetic energy.
- C. Two objects with different masses traveling at the same speed have different amounts of kinetic energy. An object with twice the mass will have twice the kinetic energy. The mass of an object is the amount of matter it is made of, and mass is directly related to weight, which is the force of gravity pulling on an object.

1a. Martial Applications of the Energy of Movement

We can see that increasing the speed of a blow provides much greater returns than increasing the mass of the weapon which will strike an object. Simply speaking, a faster strike with a lighter weapon will be much more devastating than a slower strike with a heavier weapon.

2. Magnitude of Force

- A. Force is the effort that one body exerts on another. Force equals mass times acceleration or force equals mass times velocity divided by time.
- B. Available force varies with speed of movement.

2a. Martial Applications of Force

This further confirms the need for working on increasing the speed of your techniques.

3. Pressure (Force per Unit Area)



A. The same energy delivered to areas will deliver different pressures. One increases the pressure of a blow by concentrating the force in a smaller area of contact. One decreases the pressure of a blow by absorbing the force over a larger area of contact. The formula for this is pressure equals force divided by area.

3a. Martial Applications of Pressure
This law explains why we use only the first two knuckles of our fist rather than the entire fist when striking an object with the fist. To do the most damage, the force of your blow should be concentrated in the smallest practical striking surface.

4. Stability

A. Stability is directly proportional to the area of the base on which the object rests.

B. Stability is inversely proportional to the distance of the center of gravity above the base.

C. For equilibrium to exist, the center of gravity of a body must fall within its base.

D. Stability in a given direction is directly proportional to the horizontal distance of the center of gravity from that edge of the base toward the given direction of movement.

E. Stability is directly proportional to the weight of the body.

4a. Martial Applications of Stability: There are many martial applications here. The first statement explains why wider stances are more stable. The second shows why deep stances are more stable. Just keep in mind that the more stable your stance, the less mobile you will become. Statement C is of

particular interest to martial artists who use sweeps and throws or those who use unbalancing (kuzushi) to gain an advantage. Statement D demonstrates why we strive to maintain an upright stance. The last statement shows why it is more difficult to unbalance a heavier opponent.

5. Motion

A. The shortest distance between two points is a straight line if that line is unobstructed.

B. Rotary motion consists of movement of a body in a circle or arc around a center of rotation.

5a. Martial Applications of the Laws of Motion

This is an explanation as to why we use linear techniques which reach the target fastest. The obstruction mentioned would be our blocks. Rotary motion deserves a bit more explanation, but is the basis for most of our blocks and throws. Suffice it to say that a linear technique that is intercepted by a rotary or circular technique will deflect off the rotary one. The faster the rotation, the greater the deflection. Rotational force also comes into play with the rotation of the hips in our techniques.

Hopefully this very basic exploration of some of the physical principles will stimulate you to dig a little deeper. It will really help your martial art!!!

Tim Hillary



THINKING OF WATERFALLS

True budo (martial art) is more than an art. All people that spend enough time training know this. It is a true way of life. But do you really know what that means?

We teach this to our younger students in hopes that we will help them on the path that they are supposed to be on. But are you saying this because you feel that it is something you have to or do you mean it?

This is what I think...

Trying to explain what a beautiful waterfall looks like to a blind man is easier than trying to explain what true budo is to someone that is a non-martial artist. The fact is, most people don't understand until they put many hours of training in and learn to go past the basic strikes and blocks.

True, budo contains a certain percentage that is based on fighting skills. But one must move past that to see what else budo has to offer before one can call themselves a true warrior of budo.

Look at the great masters hundreds of years ago. They knew that students of budo had to learn more than just how to hit. They learned arts such as human anatomy and physiology, philosophy, history, sociology, and even zoology. And, when their minds were so full that they were close to going insane, they would calm their minds within the studies of the Zen arts like karesansui (rock gardens), ikebana (flower arrangement), or shodo (calligraphy).

Because so much time is needed to walk this true path, most masters were people that were monks or out of work warriors because they had the most amount of time on their hands. People during this time usually had one trade that they would work at from morning till night. The time dedicated

to training was done during the working day, early in the mornings, and late at night. So, the training that the common people were received was only half, or less, than that of the great masters. That is why the masters are so great. They dedicated every moment to training in one form or another.

What this means for us is that if we want to become masters of budo, we need to dedicate more time to training. Gichin Funakoshi said that one must train more hours than they sleep at night. I believe this. By doing this, we are on the road to mastery like in days past.

Training, for me, must include more than the physical. I read many books about the martial arts so that I can understand different views of budo and learn the history of many different topics. I watch and study how other people move while they practice. I have studied the human body to better understand what happens when different parts of the anatomy are put under stress.

And finally, I teach. Teaching has helped me become a better student because my students bring to light more questions than I have answers for. That forces me to look for the answers so that I can better teach them.

Don't be a half-hearted student. You must place your full heart and mind in to your training. Learn how you can turn your boring days at work or school into martial arts training. During your break time, read a book on karate history. Instead of surfing the net for pointless websites, research how other schools are training their students. In the mornings, perform a few kata and try to think what each movement means (bunkai).

I leave you with some great words: *You may train for a long time, but if you merely move your hands and feet and jump up and down like a puppet, learning karate is not very different from learning a dance. You will never have reached the heart of the matter; you will have failed to grasp the quintessence of karate-do.* Gichin Funakoshi



Chris Braun Sensei



YYDKA MEMBERSHIP

The Association has a new address of:

Yin Yang Do Karate Association
Box 1671 Kenosha, WI 53141-1671

Membership is always open and Membership Forms may be downloaded from yinyangdokarate.com at any time. If you forgot to register and/or just never did we ask you to please take the time to do so.

The Association provides numerous benefits to its members. These include being a member of a larger network with a long and distinguished history of training, providing clinics for furthering our martial arts knowledge, an Association website, regular newsletters, Membership Card, Association patch for new members, and much more. Please take the time to register and support the Association from which your art originated.



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.....	\$16
X-L and XXI.....	\$18

Order form may be printed from www.yinyangdokarate.com.

Send application and order forms to:

Yin Yang Do Karate Association
Box 1671 Kenosha, WI 53141-1671

Recent News.

Just this week the YYDKA received its final certificate for registering the name of YinYang Do Karate Association and its patch with the federal government as a registered trademark, thus securing the name and the insignia solely to our Association so that it protected for the future. This is a hug step forward for our association.



Other News and reminders.

As of today there are only a few dojo's who are in good standing with the association and are current and up to date with their dues for the year 2010. IF you are one of the dojo's that have not yet registered this year please do so. Also if your individual Membership dues have not been paid this year please do so. They are \$10.00 for renewal. The dues help our organization function, with seminars, mailings, certificates, a professional web site and newsletters.

