



## CDMA NEWSLETTER

*Shotokan Karate, Combined  
Martial Arts, Women's  
Kickboxing, Tiny Tigers and  
Pilates*

October, November,  
December 2011



## Issue 5 – Quarterly Newsletter

### A New School Year



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Welcome back to everyone after the summer holidays (which seems so far away now!). I hope the start of the school year has been going well. As a club we certainly have had a busy start with our Karate grading at the beginning of September – well done to everyone who graded, a new Tiny Tigers Karate class started up (Mondays at 4pm) and the Brown Belts from our Competition Team travelled to Chesterfield to compete in the extremely challenging Shotokan Cup – congratulations to Joseph Duxbury, Ryan Collins, Andre Heycock, Richard Knipe, James Knipe, Jasper Laidlaw and Dylan Richards who all competed!

The rest of 2011 also looks to be action packed with our free Karate courses starting on the 9<sup>th</sup> October, the Save the Children Martial Arts Extravaganza (see page 4), our Competition Team travelling to Harrogate for some intensive training (12<sup>th</sup> November), the free KUGB Brown and Black Belt course in Abingdon on the 3<sup>rd</sup> December, as well as our final Karate grading on the 11<sup>th</sup> December with non other than Sensei Sherry! Phew we will all need a break at Christmas.



# An Introduction to 10 of the most popular Martial Arts

By Richard Smith (Black Belt JKD)

It is impossible to accurately state how many different martial arts exist, especially when one “art” such as Karate can be sub-divided into many different styles. However, what follows is a brief introduction to the first 5 of 10 of the most popular arts (in alphabetical order).

## Aikido

Meaning: The Way of Blending All Energy  
Country of origin: Japan

Created by Morihei Ueshiba in the 1920’s, the focus of Aikido is to use an attacker’s momentum or energy against them. Students learn to deal with empty-hand attacks as well as sword, staff and knife attacks. Many techniques end with a throw which means one of the first things a student must learn is how to be thrown without getting hurt.

“Locking” is also a common technique in Aikido where an opponent’s joint is manipulated to its maximum degree of motion. Training tends to focus on pre-determined forms (kata) rather than freestyle attacks. However, higher ranked students will face “Randori” (meaning “chaos”) where they will deal with multiple attackers performing freestyle attacks.

## Boxing

a.k.a.: Western Boxing

Origin: Modern boxing evolved in Europe

Many people might not think of boxing as a martial art, instead seeing it as a western sport. However, this art is a simple one to learn yet nearly impossible to master.

The attraction of boxing includes its simplicity: there are four basic punches (jab, cross, hook and uppercut), there are four main methods of defence (slipping, bobbing, blocking and clinching), and, crucially, there is footwork.

As with all martial arts, physical fitness is an important part of boxing. In a boxing match between Muhammed Ali and George Foreman in 1974, Foreman was the favourite to win the fight due to his more powerful punches. However, Ali employed a technique known as the “rope-a-dope”. He stood against the ropes of the boxing ring and allowed his opponent to tire himself out throwing punches. When Foreman was visibly tired, a relatively fresh Ali won the fight.

## Brazilian Jiu Jitsu

a.k.a.: BJJ, Gracie Jiu Jitsu  
 Meaning: Brazilian Gentle Art  
 Country of origin: Brazil (but derived from the Japanese art “Ju Jutsu”)

In 1927, Hélio Gracie (aged 14) moved to live with his brothers. For several years he watched his brothers teach Jiu-Jitsu. By doctor’s orders, he was unable to take part in the classes. One day, a student turned up for his Jiu-Jitsu class but his teacher was delayed. Hélio offered to start teaching the class having memorised the techniques his brothers taught. At the end, the student asked Hélio to be his instructor.

Due to his frail physique, Hélio soon realised that many of the techniques were difficult for him to execute. He began to modify the techniques, removing the need for strength and relying on leverage and timing. BJJ was born. To prove the effectiveness of his new art, Hélio openly challenged all reputable martial artists in Brazil. He fought and won 18 times.

If you would like to try BJJ – come along to the Monday 8:30pm class (see the timetable on the CDMA website).

## Eskrima

a.k.a.: Arnis, Kali,  
 Meaning: “Eskrima” is derived from the Spanish word for Fencing. “Arnis” is derived from the old Spanish word for Armour. “Kali” is derived from words meaning hand or body motion.  
 Country of origin: Republic of the Philippines

When a new student (Eskrimador) arrives for their first Eskrima lesson, they will be taught to use weapons – most commonly: sticks made from rattan (the stem of a Southeast Asian vine). Learning to use the stick teaches the Eskrimador the necessary body mechanics for empty-hand training. The empty-hand is simply treated as another weapon just like the stick or knife.

“Defanging the snake” is an expression that describes many of the techniques learned in Eskrima. It refers to the removal of an opponent’s weapon (whether that is a stick, knife or empty-hand). This might be literal (i.e. disarming the weapon) or simply rendering the weapon-hand useless. Attacks are classified by angles rather than specific techniques making the art much more adaptable.

Eskrima is taught as part of CDMA’s adult and children’s combined martial arts classes (see the timetable for details).

## Fencing

Country of origin: Roots can be traced back to Italy

Sword fighting in some form or another has been around as long as man has been able to wield a bladed weapon.

Modern fencing is a reflex-based combat sport that is featured in the Olympic Games. There are three disciplines named after the weapon they employ: Foil, Epee and Sabre.

The Foil (sometimes referred to as a training sword) is thin and bendy. Points are only scored by hitting your opponent with the tip and no points are won for striking the arms, legs or head.

The Epee is a much simpler system with no limitation on where points can be scored and very few rules, however, points are still scored using the tip.

Finally, the Sabre allows points to be scored with the blade of the weapon as well as the tip – this tends to result in “who can hit who first” competitions.

(to be continued)

Keeping you  
up to date



### Facebook

Our website is kept up to date with all our latest news and events. On our News page you will always be able to find out grading dates / class changes / competition info etc.

<http://www.candomartialarts.co.uk/category/martial-arts-news-events/>

Did you know that you can also follow us on Facebook. If you do not always pick up your emails on a regular basis then take a look at us on Facebook and you will be notified of any important news straight away. All you have to do is click the "Like" button.

<https://www.facebook.com/pages/Can-Do-Martial-Arts/105775626140829>



### CDMA Children's Christmas Party

This year we will be holding our Children's Christmas party on Saturday 10<sup>th</sup> December.

We are still confirming a venue but will be updating everyone soon.

Spaces will be limited so please do let me know if you would like to attend by emailing [Virginia@candomartialarts.co.uk](mailto:Virginia@candomartialarts.co.uk)

Looking forward to it already!

### CDMA Students Raise Money

Two of CDMA's Karate students - Jasper (brown belt, 8 years old ) and Phoebe Laidlaw (white belt, 6 years old) took part in a sponsored bike ride on Sunday 18th September to help raise money for Facing the World. This is a fantastic charity that performs craniofacial surgery for children in parts of the world where it is wholly out of reach normally.

Both Jasper and Phoebe were thrilled to be part of something that can change the lives of other children so much.

Taking on a challenging cross-country course they cycled 12 and 6 miles respectively and smashed their target, raising £1,130 for this amazing cause!! Both Jasper and Phoebe should be congratulated on such a fantastic achievement at such a young age. **Well done!**

## Karate Competition Team

Sensei Ben has asked me to write an article about this year's Karate team.

After the team trials (which are held each year in September just before the start of the competitive year) the whole Competition Team meet for a two-hour training session once every 3 weeks.

Currently 'We' are about 20 people (children and adults, boys and girls) who love karate and want to improve our kata, kumite, basics and over all fitness. In each training session we focus on either kata or kumite and this is usually incorporated in the warm up. Some sessions we do fitness exercises and record our time or number of press-ups, jumps, lunges etc to see if we've improved from last time we did it (and done better than some of the others!).

In one session we did that I really enjoyed we had some of the finer points of the rules explained to us by Sensei Nigel that helped us understand what we were and weren't allowed to do in kumite competitions and how the judges have to decide whether someone's scored or not. Then we got into groups of four with two sparring and the other two refereeing. This was very fun and got us very competitive.

This all helps us to do better in competition against people from other karate teams both locally and nationally in all events. We compete in about 4 events each year, which are held across the UK.



Sensei Ben has got us to feel like a part of a team instead of individuals this year more than last year. There is much more of a feeling of team spirit and we already feel like we know each other well even after just a few training sessions.

This year I think we are going to do better as a team in competition and even if we don't we will have learned lots about karate.

*Adam Harris (Brown belt, 10 years)*

## Martial Arts Extravaganza “Ninja Day”

On **Saturday 5<sup>th</sup> November** Can Do Martial Arts will be running a Martial Arts Extravaganza at the White Horse Leisure & Tennis Centre in Abingdon in order to raise money for Save the Children.



We have gathered together clubs from around the local area to offer an assortment of different Martial Arts for everyone to try. There will be 45-minute sessions starting at 9am till 1pm on offer to both children (from 2 years) to adults.

There will be a minimum donation of £5 per person, which will allow you the opportunity to try as many of the sessions as you can fit in. Please come and support this worthwhile charity, tell your friends and family and even better bring them along with you. Here is the proposed timetable for the morning:

Time	Martial Art	Age Group	Court
9:00am	Kickboxing	Adult (16yrs+)	1
9:00am	Tiny Tigers	2 – 6 year olds	2
9:00am	Brazilian Jiu Jitsu	Under 10 year olds	3
9:00am	Children’s Karate	4 – 16 year olds	4
9:45am	Tae Kwon Do	All ages from 5 years	2
9:45am	Brazilian Jiu Jitsu	10 - 16 year olds	3
9:45am	Jeet Kune Do	Adult (16+ years)	4
10:00am	Children’s Combined Martial Arts	6 – 15 year olds	1
10:30am	Wing Chung	Adult (16+years)	2
10:30am	Tiny Tigers	2 – 6 year olds	3
10:30am	Kickboxing	Adult (16yrs+)	4
11:00am	Kali / Escrima	Adult (16+years)	1
11:15am	Wing Chung	Adult (16+years)	2
11:15am	Brazilian Jiu Jitsu	Adult (16+years)	3
11:15am	Family Karate	All ages from 4 years	4
11:45am	Jeet Kune Do	Adult (16+ years)	1
12:00pm	Children’s Combined Martial Arts	6 – 15 years	2
12:00pm	Kali / Escrima	Adult (16+ years)	3
12:00pm	Kase-Ha Karate	12 years +	4
12:30pm	Tae Kwon Do	All ages from 5 years	1

## FREE KUGB Karate Courses



I was very surprised at the end of a session the other week. Sensei Ben asked who had attended a KUGB Black and Brown Belt Course and only **ONE!** Brown Belt put up their hand. We are a young club but we have thriving membership, a good standard throughout, excellent Senior Instructors, students passing Dan grades and having Competition success. The lack of participation in Courses – especially amongst our

Brown Belts – stunned me. I feel it is an important part of progressing ones karate that we as a club, are missing. Speaking to a couple of the parents, maybe people are not aware is what is available. So here goes with a quick over view of the 4 different sorts of courses that the KUGB run.

The most frequent type of course run by the KUGB is for Black and Brown Belts. If you are at least a 3<sup>rd</sup> Kyu (Brown belt) and have a valid KUGB licence, you can attend – and it is **FREE!** These are held roughly once a month at locations all over the country. Usually a Saturday, with Brown Belts for 1½ hours, then Black Belts for 1½ hours followed by a grading for Shodan and Nidan. Sensei Sherry and one from Sensei Poynton, Rhodes, Higgins or Brennan teach each class. Each class is split; 1<sup>st</sup> Kyu and Shodan as separate groups in their respective classes. These focus on their grading syllabus while the rest on improving their technique. You don't have to be about to grade –it is a good idea just to get used to what is expected. There is nothing you need to know beyond a regular Can Do Martial Arts karate class. It is simply the best Shotokan instruction in the country offered about 10 times per year – and absolutely free. You just have to turn up! Details can be found on the KUGB web site [www.kugb.org](http://www.kugb.org).

The second type of course is the Special Dan Course. This too is free and runs twice per year for Shodan or higher with a valid KUGB licence. It runs 3 hours taught by Sensei Sherry with Sensei Poynton correcting people, followed by a closed grading for 3<sup>rd</sup> Dan or higher. I think it is my favourite type of course! You get to train along side excellent karateka like John Bruce, Holly Sterling, Matt Price and Sensei Frank Brennan. Training is focussed on those about to take 3<sup>rd</sup> Dan or higher but plenty to learn for any Dan grade.

The KUGB also runs two residential self-catering courses each year. These are not free, but I think are excellent value for money and they are open to ALL grades (and other Associations too). Each is 5 days long. Arrival is on Sunday afternoon, training starts Monday morning and departure is Friday afternoon. One is in the spring in Torbay – staying in caravans. The other is in August at Lancaster University - staying in the student flats. On both courses, the KUGB run a kids' camp. There are about 20 unaccompanied kids who train with the course but are fed and taken care of by KUGB staff. They seemed to have a pretty good time without their parents.

There are two 1½-hour sessions each day. Instead of the last Friday session there is a grading for those eligible for any Kyu grade, Shodan or Nidan. The six most senior Instructors in the KUGB teach the course and you get each at least once. Each instructor has their own slant on karate so every session is different. The grades are split into 4 classes: coloured belts; brown belts; Shodans and senior black belts. Whatever your grade the course ought to push your training forward by a couple of months of regular training and give you enough pointers to work on for many months more. There are optional classes: on Bo, a lecture on karate, Instructor training and exam, and two intense extra sessions for those intending to attempt a Dan grading in the near future. There is a social evening and a sporting competition as well.

The fourth type of course is the specialised courses to develop particular aspects of karate. These might be Instructor, Kata Standardisation, Judges and Referees and the specialist training for the KUGB Kata and Kumite Squads. Again these are free and all listed on the KUGB web site. If you are interested in any of them talk to Sensei Ben as to whether they are appropriate for you at your current place in your training.

Those of you who are enthusiastic about karate, I urge you to get to as many courses as you can. There is no requirement to be there for more than just your bit. Don't be daunted – no one wants anything other than to improve everyone's karate. It will add so much to your karate. If you are having problems getting there do ask around, sharing rides and car pooling has a long tradition. Can Do Martial Arts will be hosting the Black and Brown Belt Course in December.

***Sensei Nigel Couch (2<sup>nd</sup> Dan)***

## Sensei Ben Gets Invited on the Dan Inosanto Instructors Course



*Ben training on Venice Beach, L.A.*

Sensei Ben has had the fantastic and rare honour of being selected for the Dan Inosanto Instructor's Course.

For those of you who don't know Dan Inosanto (**Daniel Arca Inosanto** (born July 24, 1936)) is a Filipino-American martial arts instructor from California who is best known

as a student and only training partner, of the late Bruce Lee and the world's authority on Jeet Kune Do Concepts and Filipino Martial Arts. Guro Inosanto is one of three people allowed by Bruce Lee to teach his Martial Arts system and the only one to be given Instructorship in Bruce Lee's Jeet Kune Do of the third level. After Bruce Lee's death, he has become the principal spokesperson and historian for Jeet Kune Do.

### Training in L.A.

LA is a great place to train, there are literally hundreds of martial arts academies, systems and styles available to the public. It is a mecca for martial arts and and cultural boiling pot, so it was an ideal place to put the inosanto academy.

Ben travelled to L.A. to start the Instructor training course. Prior to each days (5 days) training camp Ben trained for 1 hour in Brazilian Jiu Jitsu with grandmaster Jean-Jacques Machado who is seen as the world's premier technician in BJJ. Holding a 7<sup>th</sup> Degree Red & Black Belt. For Ben it was an amazing experience to meet this humble man, who was very inspiring and clearly loved his art. As soon as the class finished it was off with the gi and on with the instructor T-shirt and shorts for a four and a half hour training session with Guro Dan.

You never really know what to expect with Guro Dan, he has so much to teach being versed in over 30 martial arts at black belt level. However we started with the base system of Bruce



*Camp – Marina Del Ray, L.A.*

Lee's JKD, Jun Fan Gung Fu. This was Lee's first attempt at finding his ultimate art, it combined Wing Chun Kung Fu, Southern and Northern Chinese Boxing, French Savate, Fencing and Western Boxing to name a  
*Dan Inosanto*

few of the 26 styles he favoured. This is in part the kickboxing system we teach on Saturdays to our adults kickboxing class, but Jun Fan also has a trapping (limb immobilization) and grappling (throwing and locking) element and Guro Dan covered all of these systems in some depth.

Over the course of the next four days Ben was introduced to new elements of Filipino Kali such as the use of the 6ft Staff, Majaphit Silat (a largely Indonesian art), Japanese Shooto wrestling (that integrates Muay Thai Boxing, freestyle and Greco wrestling, Karate and Judo) and Muay Thai boxing.

Being part of Guro Dan Inosanto's International Martial Arts Instructors Association or IIMAIA, is the greatest honour that could be bestowed upon Ben in martial arts, from a personal perspective. Guro Bob Breen, of Karate and JKD fame based in London has been Ben's direct instructor in JKD since 2004, Ben achieved his Black Belt under him in 2007 (this usually takes about 6 years) and four years later Mr Breen decided that Ben had reached the required level fit for Guro Inosanto's Instructor programme.

This is the start of another long journey for Ben in the Martial Arts, one that will be more challenging than anything he has done before. To become a full Instructor under Guro Dan Inosanto Ben will be training with him for the next 3 years both in L.A. and throughout the UK. Good luck Ben!

## CHRISTMAS CHILDREN'S COMBINED MARTIAL ARTS CAMP

19<sup>th</sup> – 21<sup>st</sup> December

We will be holding a 3-day Christmas Camp at Blewbury Village hall. The camp will run from 9am till 3pm each day and will cost £78 for the full 3 days.

For those that haven't attended before our camps give students the unique opportunity to experience a range of martial arts first hand in an intensively fun way. They will be able to develop their Karate as well as learn Judo and Jujitsu in a child specific learning environment. For the more experienced martial artist we will push their present limits and expand their knowledge across a range of systems. Students will have fun by having the opportunity to learn competitive martial art skills as well as develop their coordination and fitness. There will be a competition at the end of the camp so students can put their newly acquired skills in to practice, this will then be followed by the award ceremony afterwards. Spaces are limited so please email [Virginia@candomartialarts.co.uk](mailto:Virginia@candomartialarts.co.uk) to book.



## CAN DO MARTIAL ARTS

Please send us your comments,  
suggestions and photos.

### Contact Details:

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## CDMA Charity Fundraising 2011

CDMA are proud to be able to support local and national charities by helping them to raise funds. So far this year we were able to donate the following:

£720 to Moorfields Eye Hospital AND £83 through free coaching for schools donated to Moorfields

### Dates for your Diary

- 5<sup>th</sup> November – Save The Children Extravaganza, Abingdon
- 19<sup>th</sup> November – Rich Young Seminar (JKD), Abingdon
- 20<sup>th</sup> November – FREE Karate course, Didcot
- 3<sup>rd</sup> December – KUGB B&B Course, Abingdon
- 10<sup>th</sup> December – Children's Christmas Party, Didcot
- 11<sup>th</sup> December – Karate Grading
- 18<sup>th</sup> December – FREE Karate Course, Abingdon
- 19<sup>th</sup> – 21<sup>st</sup> December – Children's Martial Arts Camp, Blewbury

**Can Do Martial Arts will be closed from 25<sup>th</sup> December till 1<sup>st</sup> January. Classes resume on 2nd January 2012!**