



CDMA NEWSLETTER

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

January, February
and March 2012



Issue 6 – Quarterly Newsletter



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Resolutions

Hello and welcome to our first Newsletter of 2012! January has whizzed by so fast have you managed to keep your New Year Resolutions so far?

Can Do Martial Arts is determined to continue providing high quality classes this year for all ages and has been looking at improving and updating some of our current programmes including Tiny Tigers.

Our competition Team continues to thrive with an increased number of students this year that tried out at selections this month. Their first competition will be our in-house Junior Championships, which is open to all our junior students up to the age of 15 years who are orange belt and above. See inside the Newsletter for more details.

The New Year also started with the annual CDMA awards. Each class is awarded two trophies one for Excellence and one for the Most Promising student. Have a look below to see who won for 2011.

As always if you have any questions please let us know.



In our last newsletter we started to tell you about the first five of the top 10 martial arts. What follows is a brief introduction to the remaining 5....

Judo

Meaning: The Gentle Way
Country of origin: Japan

Jigoro Kano was a weak and sickly child who, against doctor's advice, decided to do something to improve his health and, at the same time, learn how to defend against bullies. Aged 18, he began to learn the art of jujitsu. After learning from several masters, he began a systematic study of different forms of jujitsu craving the knowledge that his teachers had mastered. In 1880 he began combining the best techniques he had learned from various schools into one system. He also realised that the art could be practiced as a competitive sport if some of the more dangerous techniques were omitted. In 1882 (aged 22), he presented his new sport "Kodokan Judo" and opened his first school in Tokyo with just 12 mats (measuring 12 feet by 18 feet). In his first year he had only 9 students. Today, the Kodokan in Tokyo has over 500 mats and more than one million visitors each year.

Karate

Meaning: Empty Hand
Country of origin: Japan (technically Okinawa)

Karate puts great emphasis on respect and discipline. There is an old saying attributed to

An Introduction to 10 of the most popular Martial Arts

By Richard Smith (Black Belt JKD)

Gichin Funakoshi Hanshi (the founder of Shotokan Karate): "Karate begins and ends with courtesy". Funakoshi published several books, one of which was "The Twenty Guiding Principles of Karate" – they include: there is no first strike in Karate (i.e. Karate is for defence); and to witness injustice and do nothing shows a lack of courage. Training comprises three areas: Kihon (fundamentals), Kata (forms) and Kumite (sparring). Kata is a series of specific moves executed in a particular order. The Karate student (Karateka) must visualise the enemy attacks and responses for each move. In Shotokan Karate there are 14 different stances (Dachi Waza), 34 blocking techniques (Uke Waza), 43 strikes with the hands and arms (Uchi Waza), and 25 kicking techniques (Keri Waza).

Muay Thai

a.k.a.: Kick Boxing
Meaning: "Muay" means boxing
Country of origin: Thailand

In a traditional Muay Thai match, the fighters will first perform the Wai Khru Ram Muay – this is a dance to show respect to the fighter's teacher and also acts as a warm-up. In the past, if two fighters had a similar dance, they would realise that they had the same teacher and not fight. Muay Thai is sometimes referred to as "The Art of Eight Limbs" because, unlike arts such as boxing where only the hands are used to deliver strikes, Muay Thai employs the hands, feet, elbows and knees. There is a well-known saying that describes the relationship between the different strikes in Muay Thai: "Kick loses to punch, punch loses to knee, knee loses to elbow, elbow loses to

kick.” This never-ending cycle reflects the importance of mastering techniques using all eight limbs. Footwork in Muay Thai is based around the Yaang Sam Kun (meaning: Three Step Walk) – the aim is to maintain balance at all times. Unlike many kicks in Karate, Thai kicks are akin to swinging a baseball bat – letting the power go with the leg and following through.

Taekwondo

Meaning: The Art of the Foot and Fist
Country of origin: Korea

Taekwondo was developed from a 2,000 year old art called Taekkyeon. It incorporates the linear styles of Karate and the circular movements of Kung Fu. At the 1988 Olympic Games in Seoul, Taekwondo was added to the Olympic Programme as a demonstration sport and at the 2000 games in Sydney, it became a medal sport. It has been the national sport of South Korea since the late 1950's. There are four disciplines: Poomse (patterns), Gyorogi (sparring), Hosinsul (self-defence) and Kyukpa (breaking). Kyukpa is a popular element of Taekwondo demonstrations – it is intended as a measure of the effectiveness of a student's technique and focus, typically breaking boards or bricks. Taekwondo is known for its emphasis on kicking techniques (Chagi). There are at least 10 different types of kick that are practiced in Taekwondo. Many of these can be performed whilst jumping. However, when practicing Hosinsul, students learn that many of these kicks are impractical in a self-defence situation.

Wing Chun

a.k.a.: Wing Tsun
Meaning: Forever Springtime
Country of origin: China

Wing Chun dates back to the mid 1800's. The legend of its origin according to Ip Man (Bruce Lee's Wing Chun teacher) involves a young woman named Yim Wing-Chun refusing to marry a

warlord. He agrees to retract his proposal if she can beat him in a martial art match. She trains with a Buddhist monk named Ng Mui who teaches her a system inspired by a confrontation between a snake and a crane. She beats the warlord and marries another man whom she teaches the style and he names the art after her. Wing Chun is sometimes referred to as an “internal style” like Tai Chi. It is a fundamental concept of Wing Chun that the practitioner be relaxed. Rather than meet force with force, Wing Chun aims to use an “economy of motion” to subdue an opponent. It is a close-range combat system where angular deflections are combined with simultaneous attacks. The Mook Jong (Wooden Man) is a training device usually with 3 arms and 1 leg that represent the opponent's body in different positions and the energy it can provide. A common misconception is that the Mook Jong is to strengthen the arms, this goes against a primary principal of Wing Chun not to fight force with force. The aim is to work around the arms and find the path of least resistance.

Six of the top ten martial arts (Boxing, Eskrima, Fencing, Ju-Jitsu, Muay Thai and Wing Chun) were in the original set of 26 martial arts that Bruce Lee and Guro Dan Inosanto researched to create Jun Fan Gung Fu (often referred to as Jeet Kune Do).

As a final thought, take note of what Bruce Lee said:

“There is only one type of body, 2 arms, 2 legs, etc. that make up the human body. Therefore, there can only be one style of fighting. If the other guy had 4 arms and 2 legs, there might have to be a different one. Forget the belief that one style is better than the other, the point of someone that does not just believe in tradition, but actually wants to know how to fight is to take what you need from every martial art and incorporate it into your own. Make it effective and very powerful, but don't worry if you are taking moves from many different arts, that is a good thing.”

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 Champions 2011

As many of you know every year we award each of our clubs with 2 trophies at the end of each year. The first trophy is awarded to the student that has shown Excellence in their Martial Art and the second one for the Most Promising student. The student gets to keep their trophy for the year, they engrave their name and year (2011) and pass it back at the end of the year.

Here is a list of those students who have recently been awarded trophies. Congratulations to all!!

Class 2011	Most Promising	Excellence
Abingdon Adults JKD	Sam Coxon	Rich Smith
Abingdon Juniors	Frankie Brown	Andre Heycock
Abingdon Kids JKD	Ben White	George Winterbourne
Abingdon Seniors	Catherine Hartley	Brigid Sundaram
All Saints	Corey Bailey	Harry Scrivener
Bicester Kids JKD	Rachel Butler	Marcus Keeeyes
Blewbury	Jake McPherson	Joseph Harrow
Brightwell	Daniel O'Hanlon	Benji Davys
Didcot & Wallingford	Cameron Butcher	Jane D'Arcy-Ryan
Drayton	Sam Mitchell	Daniel Harris
Hagbourne	Gaby Ireson	Finlay Ireson
Henley	Ella Wright	Richard Bell
Long Furlong	Toby Webster	Jasper Duffield-Hedges
Steventon	Olivia Harrison	Edward Gregory

SAVE THE CHILDREN EVENT UPDATE

As you know last November we ran our first Martial Arts Extravaganza in aid of Save the Children. We had lots of other martial artists come and join us in providing a great range of classes for all to enjoy. The event was extremely well attended and we managed to raise an incredible £650 for the charity! Thank you so much to everyone who came along and tried something new, the atmosphere was fantastic!

We will be running our 2nd Save the Children Martial Arts Extravaganza Event (Ninja Day) on the 3rd November 2012. Don't miss out!

CDMA Junior Championships 2012

As per our Dates for your Diary email last year, our annual **CDMA Junior Championships** will be held on **Sunday 19th February** at **10am** till 4pm/5pm at the White Horse Leisure & Tennis Centre in Abingdon.

This competition is open to all children aged 5 years to 15 years who are orange belts and above. Students from both our Karate and Combined Martial Arts classes can enter. It is a great opportunity as it will be in a relaxed familiar environment and only our students will be entering. Students will be able to gain some valuable competitive experience.

The Competition will cost £5 to enter the individual events (Kumite and Kata) and £10 for the Team Kata event. All profits will be donated to Moorfields Eye Hospital in London for Research into Aniridia. There will be a £1 spectator fee on the day. Other donations will also be very much appreciated. The Events that students can enter are as follows:

- Kumite / Stand-up Sparring
- Ne Waza / Ground Fighting
- Individual Kata
- Team Kata (must be a team of 3 to 4 people)

All events are either grade or height based. Please have a look at the attached entry form. We would love as many of our Junior students to enter as possible to create a fantastic atmosphere. Should you wish to enter the competition please complete the form and hand back to your Sensei along with your entry fee no later than **Wednesday 15th February**.



For Kumite/Stand Up sparring and Ground Fighting events students must have appropriate groin protection (boys only). For Kumite / Stand-up fighting gum-shields must also be worn.

For the Individual Kata event students will be asked to perform a Kyu Kata – it can be any Kata from their current grade and below (if students do not know their current kata they will not be asked to perform it). For the Team Kata events, the team should prepare any 2 Katas ready for the competition.

Please see our website, your email, our Facebook page or your Sensei for the entry form!

Can Do Martial Arts Apprenticeship

Can Do Martial Arts was pleased to take on our first apprentice at the end of last year. Most of our students will be used to seeing Jordan Squires in their classes by now but please read below his account of joining our apprenticeship programme.....

Ever since I saw my first martial arts movie at the age of 8. I had always wanted to study martial arts. At this age Can Do Martial Arts was not in Abingdon and there weren't many local clubs, those that were around were too expensive!

Finally, at the age of 14 I joined Can Do Martial Arts learning the art of Jeet Kune Do in their children's Combined Martial Arts class every Thursday. I was instantly hooked and I knew straight away this is what I wanted to do.

At the age of 16 I could move to the adult Jeet Kune Do class. I found the adults class to be even better as I got to learn so much more and was constantly challenged. A few months later, while I was still at school, I volunteered to help out with the children's Combined Martial Arts class. I really enjoyed helping to teach other students as it was another part of learning and helped me with my own technique.

When I left school I joined college but I continued to help with the kids JKD. When I was coming to the end of my course Sensei Ben asked me if I would be interested in doing an apprenticeship with him to become a professional instructor. At the time I felt really shocked as I believed I didn't have the skills necessary to do this, but how could I pass up an opportunity like this? I obviously accepted and now I am training in Karate and Brazilian jiu jitsu as well as continuing my studies in Jeet Kune Do. I help with the Company administration as well as assist in the teaching of children's Karate and Tiny Tigers Karate. I am excited about my future and look forward to the day when I can teach my own class.



Jordan Squires

Say Hello to the New Tiny Tigers!

Tiny Tigers has been running for over a year now and during that time we have done a lot of important research, tried and tested ideas. At just over a year old we are proud to announce an all-new Tiny Tigers Programme that we believe is at the cutting edge of child development.

Our unique programme helps our students to positively change their body's movement capability, enabling them to relearn basic motor control skills. We then develop a sound mechanical movement base, aided by fundamental martial arts training exercises. *Listen & Learn* time ensures positive life skills/values are regularly reinforced, whilst education about Stranger Danger & Anti Bullying strategies are integral to our mission and teaching structure.

What we do

The class is split into different sections. In our mat based section of the class we are concentrating on enhancing fundamental movement skills which not only help children become stronger and more co-ordinated but also help to wire their brains and bodies to work together more efficiently. The children are taught specific exercises to aid this development. There will be a different set of movements to master each month.

Dynamic Movement Development is a section of the class using ladders, hurdles and other agility equipment to help develop children's motor ability, balance, co-ordination and ultimately, complete control of body movements. Again each month the children will progress through a range of techniques and exercises, building on what has been learnt before.

Our Martial Arts section covers footwork, striking techniques with hands and feet, blocking, ground work and stances, to ensure a comprehensive skill base is provided for our Tiny Tigers allowing them to go on to take part in a variety of martial arts or sports activities when they complete the programme.

As character development is an integral part of martial arts we have enhanced this learning experience for our Tiny Tigers by introducing the *Listen & Learn* section in each class. We focus on 5 different topics; Dealing with Bullying, Respect, Self-discipline, Confidence and Stranger Awareness. Students and parents receive out of class learning aids to help reinforcement and learning retention, all of are topics are based on research and child development literature.

A New Look

As part of our new programme we have a new face for Tiny Tigers Karate, designed by one of our own Karateka, Matt Gleave, owner of Mox Design. Matt has done an amazing job and will be helping us over the next few months in developing both TTK and Can Do Martial Arts. Our new hero looks fantastic, but we need a name! if you have any ideas please let us know.

New Opportunities to Train as an Instructor

The success of Tiny Tigers Karate has been wonderful to see. Our classes are at maximum capacity on both Monday and Friday, with our Wednesday class almost there after being open for only one week! The kids seem to love it and look super cool in their black gi's with orange tiger stripes, and feed back from parents has been great, thank you.

We are now looking to expand Tiny Tigers Karate across Oxfordshire and would like to offer an opportunity to our members to be a part of this. So if you are looking for a career change, or some extra hours to fill, please contact Ben or Theresa in person, or email virginia@candomartialarts.co.uk for more details.

We currently run the following Tiny Tigers Classes each week:

- Monday 4-4:45pm at White Horse Leisure Centre (aerobic studio)
- Wednesday 4-4:45pm at White Horse Leisure Centre (squash courts)
- Friday 4-4:45pm at White Horse Leisure Centre (sports hall)



Sensei Nigel recounts his experience at the KUGB week long Lancaster Karate Course:

Back in the 'Big Boys (and Girls) Class'!

I first attended the Lancaster Karate Course as a Yellow belt – it was actually the second ever Lancaster Course. Over the years I attended many times and as I advanced through the grades I eventually progressed to the Dan grade class, then the senior class.

I had a break in training for a number of years. After about a year back training with Can Do I went back to Lancaster. I found that the numbers of Black Belts had grown to the extent that the Shodans had become a separate class and the Second Dans and above had become the senior class. Now training in the Shodan class is fine, but I missed being in the top class. Last December I passed Nidan and this year was the first time back in with the 'big boys' – just 20 years older.

For the first session we line up. I'm trying to judge where the Shodans meet the Nidans and position myself near the join. Then Sensei Brennan shouts for the Dan grades to move down – and we start shuffling to the right – and right, and right. When we stop I am perilously close to the most senior grades! Holly Sterling is just in front, John Bruce a place or two further down and the 6th Dans just beyond him. Oh dear!

The senior class starts with Sensei Sherry. You'd recognise the focus on punches, hikite and hips from many of his sessions. We are in the new Sports Hall – it opened this morning! It's very nice but the acoustics aren't great. Sensei Brennan was one of the spare instructors and acted as a loud speaker repeating instructions – no question of not hearing now! The Kata for the day is Bassai Dai. We are reminded that this is one of the most important – and that as senior grades we'd better get it right!

The downside of the new Sports Centre is that it is the opposite end of the campus from the flats. By the end of the week that walk will become something to dread. For now it is a pleasant warm down. The second session of the day is Sensei O'Neill – who is famous for his stories. So an easier session! Although, when he took the Shodans earlier in the day one collapsed! Must have been a grim tale!?

We've a tradition of a cinema visit one evening. Usually later in the week, but we'd found walking after the movie tough. This time we went on Monday – much better!

Day 2 is Sensei Poynton and then Rhodes and the Kata is Kanku Sho. There is lots of partner work during the sessions. We are instructed that every attack must touch – miss and you are likely to have to do it again. This is okay until we get to Mikazuki Geri (crescent kick) followed by Tobi Ushiro Geri (flying back kick) – with a partner and land both techniques. This is not like being in with the Shodan!!!

Ian McLaren runs Bo classes two afternoons. The Bo is a 6 foot staff. I attend the Kyu classes. I'm not very good and on a couple of hours every 6 months it isn't going to improve much. I do enjoy a class where I am not supposed to know what I am doing – and it shows.

Third day is Sensei Higgins then Brennan. In other classes Wednesday tends to wind down the aerobic side and concentrate on technique. Not this one – it's up and down for 45 mins before the first Yame! And he is shouting about maintaining technique! Then on to Gojushiho Sho – nice Kata – no side kicks nor jumps but very long.

The fourth day is back to Sensei Sherry with Brennan in support. Matt Price is now in the class – and I'm far too close! We start at the usual fast pace; lots of strikes and kicks. Again you must hit – the defender is allowed to cover the head but there is lots of spinning and attacks from the side – every so often you end up covering the wrong side and get clunked. The Kata today is Meikyo – thankfully they concentrate on the 4th Dans and above!

We are now four days in and there is no slowing down or holding back. At last I've worked it out – no-one in this class is grading. Oh dear! There's no reason to pace it or worry about knocks! Maybe if I'd worked that out before hand maybe I'd have thought twice!! And then we've got Terry O'Neill for the second session – just as well really – I wouldn't have lasted much more.

I've booked a massage after this with a 4th Dan who brings his therapy business to the course. It helps with the tightness but not the exhaustion. The walk back to the flats is now a long, long trek.

Thursday afternoon we went to a seafront restaurant for dinner. It was a lovely evening for a stroll along the promenade.

Friday is just the one session – Bob Poynton – and a review of the week's Kata. The majority of the session was spent on Bassai Dai. We all got corrected – even Matt Price! Or perhaps more correctly, we were all given points we could improve. And then we were done! A definite achievement!

The last part was the group photograph. This is always a bit of a pantomime – you'd think after 30+ years they'd have it sorted, but no.

Then a round of goodbyes – some people I have known for 34 years others I met just this week – and back to the flats to load the car for the long drive home. It was a good week. Training in a class where every one knows what they are supposed to be doing and are generally better than you really helps with the focus. And the 'big boys' training 4 or 5 places further up the class give you target to which to aspire. Yes, I like being back in the senior class!

The KUGB Lancaster course this year will be held on 6th to 10th August.

Sensei Nigel Couch, 2nd Dan

CHILDREN'S COMBINED MARTIAL ARTS CAMP - EASTER

2ND to 5th April 2012 (4 days)

We will be adding an extra children's Martial Arts Camp to our current timetable. This will run at Easter from Monday 2nd to Thursday 5th April (4 days). As usual it will be held in Blewbury and will run from 9am till 3pm each day. The cost is £104 for the full 3 days, there are only 20 spaces available. Please book your place early.

Our camps give students the unique opportunity to experience a range of martial arts first hand in an intensively fun way. They will 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.



CAN DO MARTIAL ARTS

Please send us your comments,
suggestions and photos.

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Dates for your Diary

- 18th February – JKD / Kids Combined Martial Arts / Kickboxing grading
- 19th February – CDMA Junior Championships
- 18th March – Karate Grading
- 24th June – Karate Grading
- 30th June - JKD / Kids Combined Martial Arts / Kickboxing grading
- 23rd – 26th July – Summer Kids Camp
- 30th September – Karate Grading
- 27th October - JKD / Kids Combined Martial Arts / Kickboxing grading
- 3rd November – Save the Children Martial Arts Extravaganza