



Voice

Message from the Vice President

Word of Mouth – The best form of advertisement is the students. I challenge every student to let everyone know how great martial arts is. Tell your friends, teachers, and others everything you like about martial arts and the benefit it provides. The more students that are in class the more fun everyone has and the more things the school can offer to the students; like, specialty classes, clinics, tournaments, other events and more equipment to train with.

In today's economy, people want re-assurance that what they are investing in is worth it and believe me, martial arts is an investment into yourself or your children. Martial arts builds confidence, respect, discipline and the security that you are doing something to improve your life in a positive way. The only people that can re-assure potential students of

this are current enthusiastic students.

I have spent thousands of dollars in newspaper ads, mailings, yellow pages, flyers, posters and so on to get only a hand full of students and these students rarely covered the cost of the advertisement.

I have found that student have brought in 10 times more students than all of the advertisement combined over the years.

Students should be proud of what you are doing and tell everyone about how much martial arts means to you.

Parents can do the same, if your child is benefitting from martial arts tell other parents the fantastic job the school is doing. It is a little known secret that martial arts help children with their educations.

Help your school by encouraging someone to join



Joe Dempich
Vice President



Join the ISKKA on
facebook

Jan - Mar, 2011
Volume 2, Issue 1

Inside this issue:

- *Looking for Articles 2
- *Improve something every day
- *Lessons from one pinion 3
- *More than one Purpose
- *Dear to be different 4
- Notes from the schools 5

Special points of interest:

We're looking into attending a tournament in Costa Rica next February. It'd be great if we could get a group of ISKKA members to join us. Watch your inbox for details as they become available.

About ISKKA Newsletter

If you have not figured out by now the ISKKA is on Facebook. Become a fan of the ISKKA and visit our Facebook page frequently for helpful information, to post questions, visit or see

what is going on. This is just another forum for you to communicate with ISKKA. The newsletter will be posted on Facebook stating with this issue.

Looking for Articles

by Joe Dempich

ISKKA is always looking for articles to put in our newsletter. The articles can be about anything that will benefit our members. You do not have to be a great writer to submit an article. I will take care of the grammar. A moving story about how martial arts helped a student, an article about self-defense techniques, a business article to help schools become more successful and so on. We are

looking for all types of articles. We ask that the article be short and to the point. A full page is about 1000 words. Plus people lose interest if the article is too long, but there are always exceptions to the rule.

Pictures are welcome as well.

Also you can write a summary article and provide a website to get the complete

article. You can send your articles to me at joed@demsie.com.

Improve something every day

by Brian Sieger

A thought came to me this morning (for those of you who know me, you can stop gasping in surprise now). I just spent a weekend in frustration because things weren't getting done. In my mind I was blaming others for not assisting. Then it occurred to me, why blame others when I am capable of the task at hand; it may take longer and I may not get it right the first time but with a little effort and determination I can improve. After rolling this around in my head for a while, it occurred to me to apply this thought process to my martial arts. I began spending more time practicing. Before I knew it I was practicing more, analyzing how and why or why not techniques worked. I began looking within to find answers of how a technique should work and then determining how it will

work for my body type and how the technique will affect the body physically and energetically.

We as a society blame others when things aren't going our way; sometimes justified but most of the time not.

Personal improvement must come from within first; you must decide you want to improve and act on it. Your improvement may be anything from doing more pushups or just doing one good pushup to learning about quantum physics. It is your personal journey.

Remember, help is available; however, it may not always come from where you expect it. Don't be afraid to ask for help (a personal quest of mine).

Kids are you in need of help

in school? Have you looked to your teachers, friends, and parents? This could be help for school work to feeling safe and comfortable in your school environment. The assistance is available; you just have to desire to improve. Do me a favor, get off the couch and improve one thing today. It doesn't have to be something major; just pick something small and build on it each day. Each day you add a little knowledge/skill is one day closer to accomplishing something you can do yourself.

"help is available"



Brian Sieger



Although One

Pinion teaches rudimentary movements and is our first fighting form; did you know it has been used over and over again as a tie breaker in numerous tournaments even in the Black Belt division. Why you ask, because it is basic yet so rooted and fundamental to the student's early studies and only to reveal its mysteries much later. Okay, what does that mean? Well grasshopper, you must examine the form with a different set of eyes. It's not just about half mooning and front punches. Your Sensei 先生 can help you discover its secrets. What many fail to understand is that the body is learning moves and principles before the mind connects the dots. Yes, One Pinion is pure Karate with no frills but reveals the following. It is executed in an "H" or "I" pattern, it is raw power, characteristic of the tiger, and it teaches linear movements for both offensive and defensive fighting. All this is taught and much more but we typically never look back in our training to see how our past has

More Than One Purpose

Students studying the samurai sword, South Florida Samurai has been working on interpretations of the sword techniques or waza. Waza are easy to use against an unarmed opponent but what is a samurai to do when attacked by an opponent with a sword? I thought back to the first time I learned any new sword techniques. When one learns a new waza it is taught as a strike, because it is easy to understand, but fighting an opponent striking is not always possible, one must also learn to block or deflect a strike.

For this interpretation we will look at Waza 2, the X Strike.

A student first learns the X Strike as two strikes. The first strike is a downward 45

degree angle cut from right to left; the target is the lower base of the neck to the hip. The second strike is also a downward 45 degree angle cut from left to right; this target too is the lower base of the neck to the hip. Against unarmed opponent standing still this works really well but is not practical in a fighting situation.

destined our future. Explore your material, make it your own, I like to say, own it. Don't let your hunger for new material preoccupy your thoughts. I too was guilty in this area. I look back now and clearly see an incredibly sophisticated system perfectly orchestrated to develop the finest martial artist possible. Okay now we all know One Pinion teaches power, power in motion, coordination, balance, timing, in addition to fighting multiple opponents. But did you know One Pinion is where the body begins its journey into mastering the art of "rooting?" Rooting is the technique of sinking one's body energy physically to the ground and eventually with practice and proper instruction the practitioner will develop tremendous natural power. Now, let me clarify something before I go any further. The art of rooting, developing energy, ching, shape, and many other highly advanced techniques is not (in this Christians mind) obtained through some spiritual experience or eastern philosophy but through discipline and proper instruction. An instructor can only lead you down the right path. You will have to open this doorway yourself.

I was always impressed by the tremendous power my late instructor Master John Gilbert demonstrated in One Pinion. He was able to glide through the form maintaining the same height with a punch that snapped like a firecracker. Somewhere around Blue Belt it dawned on me I had achieved all the raw physical power I was going to. I began to question myself on how Master Gilbert and other masters smaller in

degree angle cut from right to left; the target is the lower base of the neck to the hip. The second strike is also a downward 45 degree angle cut from left to right; this target too is the lower base of the neck to the hip. Against unarmed opponent standing still this works really well but is not practical in a fighting situation.

SFS interpretation is using the first move as a block. In this example the opponent will attack using Waza 1, a downward vertical strike. The X Strike's first move now becomes a 45 degree angle downward block, deflecting the blow to the left. The second move is still the downward 45 degree angle strike from left to right. The movement of the sword is the same but the purpose has

statue than I could produce such power and speed. I then began to watch the way they moved and the noticed similarities. What I noticed was stability, balance, and effortless power without expending the energy I did (not to mention years of experience). A light suddenly went off in my head and I began to study movements in great detail and the significances of "shape" without even knowing what it was called at the time. Shape is the correlation between the, ground, heal, spine, stance, and the movement of one's body in unison. All these elements are required and missing just one will prevent you from mastering this principle. Once the connection between rooting and shape is accomplished a whole new world will open to the practitioner. Natural power will begin to flow requiring less physical effort but producing more power and who would turn that down?

All this from One Pinion you say? Yes, it starts with One Pinion and is progressive throughout your training and much more. I trust in this short article I have encouraged you to explore your material in a different light. Never look at your material as just something to keep you busy between ranks. Each form, combination and kempo has a specific purpose in your training. Study, explore, question, dissect, and learn the hidden elements that most never see.

Always remember we are here for you.

by Larry Louderback

changed.

How did I arrive at this interpretation?

Students' have always asked, "How does one block with the sword?" I would explain how to block by using many of the same moves taught as strikes. I also wondered why there were not many blocking techniques shown in the sword style. I thought, "One cannot have a striking only style of fighting!" So I searched my kempo training for an answer and remembered..."**A block is a strike and a strike is a block.**" The techniques are interchangeable. As one study's a weapon art or an empty hand art remember techniques can have more than one purpose. For an exercise take a favorite technique and use it offensively then try and use it defensively.

Dare to be Different in 2011



It's easy to be like every other dojo in town. Offer the same program, chase after the same prospective students and compete on nothing but price. In other words, a commodity.

But think about this ...

Those who aren't afraid to break away from the crowd are the ones who achieve the biggest success in life. Look at Liberace, Elvis, Madonna, the VW Beetle. The list goes on and on.

Right now Lady Gaga comes to mind. Despite what you may think of her clothes, music and antics, you must admit that she has done a heck of a job of standing out from the pack and proving that she is a dynamite businesswoman.

Lady Gaga was born Stefani Joanne Angelina Germanotta in New York City on March 28, 1986. She learned to play piano at the age of four, went on to write her first piano ballad at 13 and began performing at open mike nights by age 14.

She told Barbara Walters that she had felt like a freak when growing up. But she had a dream: She really wanted to be a star and was fearless with her ambitions.

Her abilities were well recognized. At age 17, she gained early admission to the New

York University's Tisch School of the Arts.

By age 18, she was performing in nightclubs. She told Walters, "I was performing in New York and my friends started to call me Gaga. They said I was very theatrical. ... So they said, you're Gaga."

Ever since, she has performed as Lady Gaga using perpetual reinvention as part of her shock-value allure.

Two years later, she landed a record deal and made her way to the top. On New Year's Eve, that year she had the hottest ticket in America, selling out the Fontainebleau Hotel in Miami with tables costing as much as \$25,000 each.

Now at age 24, Lady Gaga is one of the most popular recording artists in the world, having sold more than 15 million albums as of October 2010.

So you cannot deny that she took herself from being *good* at what she was doing, to *great* by becoming different. She is not afraid to make rash statements, push some limits and stick to her guns when handed adversities.

Go to her Web site: Ladygaga.com. The stuff she is marketing to fans around the world is truly amazing. Calendars, T-shirts, posters, you name it.

So how can you apply Lady Gaga's business model to your studio?

Your students want you to be different. They want you to be better. They want to know that you are their best choice. And if you're not, they'll find another instructor who is. Or they'll go to YouTube.

by Master Lambert



You don't have to show up to class in a meat dress. But you need to ask yourself why someone should sign up or stay with you instead of going to the guy down the street. If you don't resoundingly know "why," then you haven't figured how to be different and good at the same time.

If it's because your prices are \$15 less per month, you're on shaky ground.

To be successful at being different, you must have a purpose when you decide to diverge from the pack. Being different, just to be different, quickly can turn into a circus show of gimmicks — none of which will provide value to your students, earn their trust or make you better at what you do.

But if it's because you offer a program that no one else offers and you're the best at it ... that means something! So be true to yourself.

What do you really enjoy? Is it physical conditioning, traditional training, competition, chin na, bo staff?

That's the beauty of Shaolin Kempo Karate. You can incorporate almost any type of specialty into your classes while teaching the classical material. For instance, suppose you want to focus on conditioning. You could spend the whole class time running students through Pinion one.

NOTES FROM THE SCHOOLS:

Alaska Arabian Defense

Nothing new in the great North. Temperature have been extra cold so when it gets colder than -35 degree F, we have to cancel class. I had about 6 times to cancel classes because of temperatures dropping to -50 below zero. Now that is cold. But I did see about 40 moose gathered together in the field when we get the couple of daylight hours. We are up to about 4 hours of daylight now. The darkness plays havoc on your head with cabin fever. People get SADS (seasonal affective disorder syndrome) in Alaska because of the darkness in the winter so exercising really helps keep SADS from happening. I am teaching the students some weapons form and how to use them and that is fun for them. I have been also teaching them to break boards, sparring and dodge ball to keep them interested. I am always looking for new ideas also.

Crane Ch'aun-Fa Defense Studio

We are very cold here in Ireland, snow. Think I miss the good old warm rain!

We now have 5 new junior Yellow belts. I have introduced a new system of tagging the student's belts with different colors denoting the progress they are making through their rank. This has really helped all of us to stay focused. I am currently only using this for the 4 - 8 year olds. If anybody has any suggestions for the older kids, they would be very welcome. Keeping up the interest is really my main objective. I want to have higher grade students so the new little people will have good role models during the classes.

With the adult class I have increased pad work. Mainly in the sparring, one person holds the pad as the main target as the other is required to do a number of combinations, strikes (min 3) but the pad holder will also strike back. This allows a little more power to be put in, at the same time having to block if necessary. We are learning from this exercise.

We have introduced a sparring class, monthly. This allows me to focus on sparring technique. As you all know, I am sure, it is really important to me that all people try out all circular, spinning moves etc not just linear strikes. This is also a situation created by a new club! Luckily, two students from another Shaolin Kempo Club have started to train with me, they will both grading for their Brown Belts later in the year. This will be a good experience for all the students.

Martial Arts Center of Oregon

MACO would like to welcome back the Dempich family to Oregon, Wisconsin. Mr. Dempich is back instructing at MACO. He and his family are very happy to back home.