

# I.R.C.A Sinkenpokai



## 1st NEWSLETTER 2017

### The Art of Teaching the Art

In today's fast paced society there is this idea circulating through the varied American sub cultures that there is a quicker and less time consuming way to teach subjects to students. It has been done by synthesizing concepts, or in simpler terms, combining separate elements that create a master key concept and rolling them together in what some people think shortens the learning process. For example: combining logic with history and naming critical thinking as part of the class objectives is an attempt combine math with several schools of historical investigation. So in this master key history class the tenets of critical thinking are never discussed, however, complex questions are asked and answered by the instructor from this particular instructor's point of view. This is a one man lecture that does not engage students and students who are not engaged do not learn efficiently so the proposed shortcut now lengthens the time to learn what needs to be learned by eliminating the concepts that create a path to critical thinking. There are no tools to fix such a thing a thing and the basics will have to be revisited which in turn creates more work and costs more money for the student.

In Kenpo there is theory and theory is backed up by empirical evidence at each and every step of the way to support said theory. When in the process of learning the function of a redirective action (such as a parry) to control an attack has failed, it is a misunderstanding of plane theory and applying that theory into the physical action. The reinforcement of the

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mistake is pain, or physio-emotional damage from misusing the theory which resulted in getting hit as opposed to redirecting the blow away from the target. On the street, death or maiming may follow and that is why understanding theory becomes mandatory for teachers and those climbing the ranks. Theories are tested in free fighting, self-defense techniques and in checking hands for the Tiger and Dragon Club members. Synthesizing ideas are done at higher levels or when a student understands the complete value of two or more basic concepts, theories and principles..

It is an injustice to synthesize foundational concepts early on in a student's Kenpo study due to the decreasing accuracy in material which affects the ability to pass the art on to others while maintaining the core effectiveness of the Kenpo System. Failing to keep integrity is how martial art forms lose their structure and effectiveness in real world combat or self-defense scenarios. That is the primary reasoning for teaching students the foundation and then guiding them through the synthesis process. This is not possible when foundational concepts have been synthesized and distorted by synthesizing before a student is ready to receive such information.

For teachers, using an organized lesson plan for the week aids in staying on track when teaching parts of the whole curriculum. Lesson plans work to keep the instructor from going off on tangents and to stay fixed on the goals students are to obtain while in his or her charge. Simply said, a lesson plan is used for the organization of 1.5 hours (or however long the class runs) to keep the group moving along. Lesson plans are parts of the whole and are used for a day, a week, a month or a term such as a quarter (3 months) or semester (5 months) and are applicable to seminars and using the time allotted most efficiently. So when teaching a class of varying ranks the effective teacher looks at the individual education plans he has created for each student and adjusts the class to accommodate each student's level, this is called differentiation. So a group class with varying ranks can also be used as a one size fits all method when individual lesson plans are used to keep track of students individually. For example, a black belt can execute Thundering Hammers with extension while the orange belt executes the base version of Thundering Hammers in the same technique line.

Individual education plans are applicable to students. Such a tool allows the student to monitor their progression through the art. Additionally the plan will show instructors where a student has spent a lot of time and which subjects need more time as hours are recorded by the student which provides a visual and recorded tracking process that both the teacher and student are involved in. The idea is to have an instructor check off things that are mastered such as terms and concepts by asking the student a set questionnaire. A

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questionnaire is a research instrument consisting of a series of questions and other prompts for the purpose of gathering information from respondents. In this case it is a minor quiz used to check progress and offer guidance in areas that need to be improved before moving the student on to new material.

Students and teachers must realize that repeating a movement equates to behavioral conditioning. If one repeats a movement incorrectly over and over they will have to unlearn and recondition themselves with correct lines and paths to the target and unlearning takes extra time and effort. The idea of using the nine planes (from the universal pattern) at the starting point in one's Kenpo study along with target points on the opponent eliminates misuse and extra movement not required for task completion. Plane usage simplifies angle and direction of natural weapons (and sometimes man made weapons) in which all targets have an optimum angle and direction that are struck on in order to obtain the desired result of zone cancellation, knockout or whatever needs doing to control the situation. This revolves around planning.

Without plans (such as the concepts touched on above) a foundation may not be built strong enough to withstand a powerful storm so the structure with a weak foundation is destroyed. Think about what a storm is in the martial world and what foundational principles allow a martial artist to weather a storm. When buildings fall, it is the weakest part that gives way making the strong sections irrelevant due to the fact that the damage affects the entire building and its ability to function. Lesson plans and individual education plans are designed to constantly monitor time with evaluations attached to questionnaires that expose areas that need fortifying. Teach how to teach and keep your system strong by creating the warrior and the scholar. In the Tiger and Dragon Club the warrior is the teacher and the student, so is the scholar as denoted in the Kenpo Salutation which shows the scholar and the warrior side by side going into battle. Learn smart, fight smart.

## Conservation of Energy

What is the purpose of learning concepts, theories and principles contained within Kenpo? The answer is quite simple really; the idea of learning concepts theories and principles allows a kenpoist to discover what a movement can mean and how to effectively use several concepts to enhance a movement. Movements enhanced with the principles allow a kenpoist to maximize effort and save energy. Heat is burned energy and requires replenishment so we as kenpoist strive to reduce energy output and that is done by efficient movement known as (economy of Motion).

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Simple concepts such as the rounding of corners and where a line ends the circle begins allow a kenpoist to stay motion. Why is it important to keep moving once inertial engagement has begun? To stop a strike requires much more muscle contraction than adding a slight circle and using residual energy to bring the weapon back to a guarding position. For an easy demonstration execute a reverse punch in a right neutral bow with your left hand as you pivot into a forward bow. You have to put on the brakes (contract muscles) so you don't overextend which requires effort. Add a circle to the end of the line and notice the acceleration on the return because the movement has not been disrupted.

Adding a circle at the end of a strike reduces heat due to minimizing muscle contraction thus reducing fatigue and allowing conservation of energy. Inertia is now used to bring the weapon back instead of another muscle contraction that burns energy. American Kenpo uses multiple movements so using the initial movements as a catalyst allows inertia to work when adding a circle at the end of each movement. Sequential flow requires the practitioner to stay moving without fatiguing muscles and without using unnecessary muscle contractions that create heat and ultimately the loss of energy.

Every single movement redirects energy with a circle at the end to obtain maximum efficiency. Whenever a strike is on a straight line, whether the weapon be the foot or hand, the circle added to the end will increase return speed and save energy. It does not matter if the strike hits the target or not because your return is already eminent and planned.

The use self defense techniques as a model will show you to plan and execute where the circle is to be placed when hitting targets to feed inertia and maximize the principle. In Kenpo we talk about relaxing, relaxing is using the least amount of muscle contraction as possible during a sequence. Fatigue destroys your ability to move quickly and accurately so add circles instead of contracting your muscles and stopping and starting movements. The cause of fatigue is the effort expended in muscle contraction and the effect is exhaustion which results in a loss of effectiveness to ensure the outcome of victory in combat

## Kenpo as Self Defense?

Self-defense is indeed necessary. The old theory that it can never happen to me is little comfort when it really does happen. No sensible person can assume that all trouble happens to just certain persons or just a certain group of persons. It can happen any time without warning. If not today, perhaps tomorrow, if not tomorrow it will surely take place in one's lifetime. Kenpo prepares one for such a crisis. Regardless of the seriousness of the situation, knowledge of Kenpo will truly prove invaluable.

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Only a few weeks ago a friend of one my students came to my school and expressed that ever-so-common phrase, "trouble will never come my way so why should I take any self-defense course?" A week after our first meeting he came to me again, only this time with determination to acquire defensive training. The same night of our first meeting he was attacked by two hoods who had no reason for their actions. While bending over to open his briefcase one of the hoods approached from the side and caught him on the jab with a staggering right punch. Stunned he turned to see who struck him; at that moment the other assailant kicked him in the groin. Dropping with pain, he watched as his attackers casually walked away.

There have been many like incidents lately and attacks of this nature are on the increase. We read about them daily in the local newspapers. To the average citizen these incidents mean nothing since they do not concern them. We would feel sorry if that were to happen to our friends, but we would chalk it up as a "bad break" and possibly say, "poor guy, he was unlucky." Not until it actually happens to us do we try to prepare ourselves.

Although this modern world that we live in is eliminating many of our old problems it is creating new ones. The strength, endurance, and hardy physique we were once dependent upon to protect our country, or families and ourselves is being lost in our new easy going way of life. Transportation by buses, cars, elevators, escalators, etc., all save countless hours of effort during our day. They have become a necessity, but something else is now needed to compensate for the lessened physical activity and the great amount of time on our hand s.

Not knowing what to do with this enormous amount of free time, many of our young people are seeking outlets. Some are frequenting reputable organizations such as the YMCA, commercial gyms and athletic clubs. Unfortunately, there are others who misuse their time and do things that are not constructive. Because of idleness and boredom, some of their activities are steered toward stealing, street fighting and other vices.

Present day fighting has changed somewhat from the old days when men fought one man at a time, regardless of number. To find this type of ethics in present day fighting is rare. The size of a person is no barrier to those who collect in great numbers. Big or small, heavy or light, the odds are increased proportionately. Even age and sex mean nothing to those who seek what they term entertainment.

Kenpo is the answer in combating this unethical way of fighting. It teaches one how to fell an opponent through the manipulation of the hands, feet, knees and elbows. Each blow is



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delivered swiftly and precisely so that very little time is spent on one man. The coordination developed is such that three opponents can receive a blow at exactly the same precise moment. Using the many parts of the body as weapons, combined with the knowledge of maneuverability, a person with knowledge of Kenpo can be equivalent to five or more men.

**Please note, mark and pass to your students:**

**KENPO KARATE TRAININGSWEEKEND - 27<sup>th</sup>, 28<sup>th</sup> AND  
29<sup>th</sup> OCTOBER 2017 – Belgium, TONGERLO**

## KENPO SEMINAR & MASTER CLASSES

**WHEN**  
October 27<sup>th</sup>/28<sup>th</sup>/29<sup>th</sup>, 2017

**WHERE**  
SPORTA centre  
Tongerlo  
Geneinde 2 - 2260 Tongerlo  
www.sporta.be

Brotherhood diner Saturday evening • Black belt exams •  
Kenpo Seminars • Kenpo Master Classes • Private training  
sessions

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REGISTRATION**

<http://www.actionkenpokarate.be/ikka>  
[ikka@actionkenpokarate.be](mailto:ikka@actionkenpokarate.be)

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 TEAM EXELMANS



Action Kenpo Karate Herselt organizes the last weekend of October an open Kenpo Karate weekend. This is open to IKKA Europe members and non-members IKKA Europe. The goal is to share the

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knowledge among the Kenpoka. Not only techniques, but also sets forms (kata), theories, principles and training methods will be discussed.

**Many worldwide Top instructor's will be teaching there, such as our Soke Oleg Shepruth, and myself, but also many instructors from Europe and the USA.**

The preliminary schedule is as follows:

Day	Hour	Description
Friday	18:00-22:00	IKKA Black belt test
Friday	18:00-22:00	Seminars white-orange Seminars purple-green Seminars brown/black
Saturday	9:00-12:00	Seminars white-orange Seminars purple-green Seminars brown/black
Saturday	14:00-18:00	
Saturday	19:30-	Brotherhood diner
Sunday	10:00-12:00	IKKA meeting
Sunday	10:00-12:00	Seminars white-orange Seminars purple-green Seminars brown/black
Sunday	14:00-16:00	Masterclasses

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## Registration:

IKKA-Europe members:		30 Euro
non-IKKA-Europe members		40 Euro
Youth (>10 and <16 years)		20 Euro

## Hotel:

The Sporta Complex has a sports hotel for participants on site who wish to take advantage of it. There is a maximum of 5 people for 1 room.

Include in the price: continental breakfast, lunch and dinner (exclusive brotherhood dinner).

For those who book early (before May 1) is 135 euros per person.

Afterwards, it is 150 euros per person.

## Private sessions

For instructors there is an opportunity to give private trainings.

Please send all articles, info on courses and seminars or competitions to

[claes@selfdefense-studio.net](mailto:claes@selfdefense-studio.net)