

# I.R.C.A Sinkenpokai



## 2nd NEWSLETTER 2017

### Some interesting Martial arts stories:

#### 1) The Kumite

In *Bloodsport* -- which first popularized both the *kumite* and man-splits -- we watch Jean-Claude Van Damme dismantle fighter after fighter in a vicious underground martial arts tournament, eventually emerging victorious from his many battles, thus proving that white people are better than other cultures even at their own things. (Well, according to other white people, at least.)

First off, the kumite is a real thing. That's not the crazy part. Here's where real life actually outdoes cinema: *Bloodsport* shows the kumite as a bracket-style tournament, like the NCCA Championships with a few more elbows to the face. So it isn't that crazy to think Van Damme (who is playing real-life ninjitsu instructor and supposed kumite champion Frank Dux) could take home the gold ... plated sword.

But the kumite is not a bracket contest: It's an endurance test developed by the founder of kyokushin karate, who had finally figured out a legal way to murder his students. The real

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challenge pits one man against 100 equally skilled martial artists. He fights each one consecutively in two-minute full-contact sparring matches. After each round, the challenger gets a quick 60-second break before fighting a new, fresh opponent. The main object is to defeat at least half of your opponents, preferably by knocking them out.

The other object? Try not to get mashed into meat pudding.

Only about 14 people in history have ever made it through the 100-man kumite. The most recent to attempt the feat was Judd Reid, whose preparations for the fight put the collected montages of all the *Rockys* (and even a few *Karate Kids*) to shame. Then there was Akira Masuda, who completed the challenge in 1991. During his 44th -- that's 44 fresh, eager, bright-eyed and bushy-tailed murder machines that Masuda put down -- Masuda nearly kicked his opponent's goddamn head off and practically exploded the poor guy's ribcage.

But badassery, much like cabbage, has an expiration date. Toward the end, even Masuda can barely keep his hands up. His fellow competitors take pity on him by punching and kicking his legs and stomach like legs and stomachs killed their families.

## 2) Drunken Kung Fu

Jackie Chan once starred in a Hong Kong action flick called *Drunken Master* in which he wielded the deadly art of intoxication. Seriously, he spent the whole movie getting spread-eagle drunk, and that somehow enabled him to kick even more ass. That is easily the least plausible of all Jackie Chan film premises -- and we're including that time he had a superpowered robot tuxedo.

Shockingly, drunken kung fu is a legitimate martial arts style -- it's just that you're not supposed to actually be sloshed to use it. Every technique involves merely acting like a sloppy drunk so as to appear more vulnerable to your attacker. When you lure him in with all your swaying and stumbling and off-key renditions of "Build Me Up Buttercup" -- that's when you strike.

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There are three types of technique that make up the bulk of drunken kung fu: drinking movements, waist movements, and falling movements. (Funny, we call them "the three stages of a Tuesday night.") These techniques, while looking like mere boozey gesticulations, are actually all disguised versions of basic attacks and evasions. This serves a two-fold purpose -- to confuse and surprise your enemy, and to instill within him a crippling and lifelong instinctual fear of happy hour.

There's also drunken *monkey* kung fu, which is impossibly even more terrific than what you're picturing in your head right now. The style was developed by a convicted murderer during a 10-year prison stint, which he devoted to studying the various personalities of monkeys. (Hey, between "watch monkeys fight" and "get your GED," we think he made the right call.)

### 3) The One inch Punch

In *Kill Bill Vol. 2*, Uma Thurman's character is buried alive. She's an incredible martial artist, but the problem with lying on your back in a tiny box is that there's not much room to maneuver. The Bride has about 3 inches of striking distance between her fist and the coffin's lid, but she's so badass that she just punches her way out anyway. Total bullshit, right? Try it: Find something soft 3 inches away from your hand and smack it as hard as you can. Now, apologize to your slightly inconvenienced cat and carry on with the knowledge that it is impossible to harm something with your bare hands and 7 centimeters of range.

The truth is actually more incredible than the movie. Turns out Uma had distance to spare: You only need one angry inch to shatter a board.

Bruce Lee perfected the technique, rather uncreatively called the one-inch punch, because he was a fighter, not a wordsmith. Lee proved the legitimacy of the move on several occasions, demonstrating both in front of (and upon the asses of) cynics.

And lest you think this was all rigged (although we wouldn't say that out loud if we were you; Bruce Lee may be dead, but that is a haunting you do not want to risk), the History Channel

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recently filmed a Shaolin monk demonstrating the power behind the one-inch punch on a crash test dummy. They concluded that "a 30-mile-an-hour car crash would be less injurious" than the blow.

## History of Martial Arts

### Definition

Martial arts cover a broad range of activities that involve fighting techniques, physical exercises, and methods of mental discipline, among other skills. Martial arts originated in the ancient cultures of Asia, and are used today around the world for self-defense, **exercise**, health, spiritual growth, law enforcement, and athletic competition.

### Origins

Very few activities have as many legends and myths surrounding them as do martial arts. Hundreds of practices are included under the title of martial arts, and some of these were passed down in secrecy for many generations. Furthermore, martial arts developed in countries that have been historically isolated from the Western world. Thus, there are many conflicting theories and opinions concerning the origins of martial arts. What is known is that martial arts began in the ancient cultures of Asia, including China, India, and Japan. In both China and India, artifacts from 2,000 to 4,000 years old have been found with paintings of people striking possible martial arts poses. **Qigong**, one of the oldest systems that may be considered a martial art, is believed by some historians to be 5,000 years old or older, originating in ancient China. Some scholars trace the development of martial arts much later to the sixth century a.d. According to legend, that is when a Buddhist monk from India

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named Bodhidharma brought Buddhism, **yoga** exercises, and **meditation** techniques to the Shaolin Monastery in China.

Martial arts involve intellectual concepts as well as physical techniques, and have been influenced by many of the religious and philosophical systems of the East. The Taoist philosophy holds that the universe operates within laws of balance and harmony, and that people must live within the rhythms of nature. Martial arts cultivate these concepts of balance and adaptation to the natural flow of events. Buddhism is believed to have introduced breathing methods, meditation, and techniques of mental and spiritual awareness to the early founders of martial arts. Chinese Confucianism was concerned with ethical behavior in daily life, and martial arts often address these concerns. Some martial arts, such as **t'ai chi** and various kung fu methods, developed from qigong. Qigong, which means "energy cultivation," is a system designed to increase the flow of the body's *qi*, the universal life energy responsible for health and strength according to Chinese philosophy. **Traditional Chinese medicine** also incorporates concepts derived from martial arts to better the understanding of the body and health. Because therapeutic exercise is one of the major modalities of treatment in traditional Chinese medicine, some martial arts masters are also expert healers. There is, in fact, a subtype of qigong known as medical qigong in China, used to treat a wide range of diseases and disorders. Although most of the research in medical qigong has been conducted in China, some of this work has been translated into English. A video is now available that presents the basic concepts of medical qigong.

From China, martial arts spread to other Asian countries, and eventually arrived in Japan, where many new variations developed. Karate is the generic term for Japanese martial arts. Martial arts in Japan have been influenced by Zen Buddhism and by the samurai warrior

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tradition, which refined many weapons as well as methods of fighting. Some Japanese schools of instruction adopted the values of bushido, Japanese for "way of the warrior." This system insists on extreme physical and mental discipline, using martial arts as a means to spiritual enlightenment. Martial arts also flourished in [Korea](#), [Vietnam](#), and [Thailand](#).

Martial arts were largely unknown to the Western world until after 1945, when a few American and British veterans of [World War II](#) brought back Japanese martial arts from occupied Japan. During the 1970s, there was a surge of interest in martial arts in America, due to several popular television shows and the charismatic actor Bruce Lee. With better communication and less secrecy among teachers, Chinese martial arts, including t'ai chi and qigong, have made their way to America. Today, there are martial arts schools all across America, and martial arts are a multi-billion dollar industry. Martial arts are a popular activity for self-defense, sport, exercise, spirituality, and health around the world. Present-day forms of martial arts include *kalarippayattu* in southern India, *escrima* in the [Philippines](#), *pentjak silat* in [Malaysia](#), *karate* in Okinawa, *aikido* in Japan, and *capoeira* in [Brazil](#).

## Benefits

Martial arts teach self-defense, and can improve confidence and self-esteem. When used as exercise, martial arts can improve balance, strength, stamina, flexibility, and posture. They also enhance weight loss and improve muscle tone. On the mental level, martial arts can teach **stress** management, improve concentration, and increase willpower. Some martial arts, such as qigong and t'ai chi, are used for longevity, disease prevention, and healing purposes, making them effective exercises for those with health conditions and for the

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elderly. Some teachers claim that martial arts can be used as spiritual practices, bringing balance, peace, and wisdom to dedicated practitioners.

## Description

### Basic concepts of martial arts

Many martial arts utilize basic concepts of traditional Chinese philosophy. Qi is the fundamental life energy of the universe. In the body, qi is the invisible vital force that sustains life. Qi is present in food, air, water, and sunlight. The breath is believed to account for the largest quantity of human qi, because the body uses air more than any other substance. All martial arts emphasize breathing techniques. Many movements and mental exercises are designed to improve the flow of qi in the body, which improves overall strength. There are many legends concerning martial arts masters who had such control of their qi that they could throw opponents across rooms merely by looking at them. Martial arts that focus on the development and use of qi are termed internal martial arts. In contrast, external martial arts focus on physical exercises, fighting methods, and the use of weapons. Many martial arts combine internal and external methods.

Qi travels through the body along channels of energy called meridians. On the meridians there are certain points (acupoints) where qi accumulates. Some martial arts teach defensive techniques that utilize the knowledge of these points on the body, which, if pressed in the correct manner, can be used to immobilize attackers. Martial arts also teach massage and exercise techniques that are designed to stimulate the energy flow along the meridians to improve health.



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The concepts of yin and yang are also central to the martial arts. Yin and yang are the two separate but complimentary principles of the universe, which are always interacting, opposing, and influencing each other. Yin is associated with such qualities as cold, passivity, darkness, yielding, and inward movement. Yang is associated with heat, activity, light, assertiveness, outward movement, and so on. In martial arts, yin and yang movements are used to balance each other. For instance, a strong (yang) attack is taught to be met by a yin, or yielding, response. Martial arts cultivate an awareness and use of yin or passive qualities, which are ignored by many sports and fighting techniques. Another major yin/yang concept used in martial arts is that the more one becomes familiar with violence, the more one learns to avoid and resist it. Some martial arts, such as aikido, teach peace as their ultimate lesson.

## Types of martial arts

Although there are hundreds of different martial arts, many of them have more similarities than differences. Within the major categories, there are often many sub-schools and systems developed by different teachers. Martial arts are generally classified as soft or hard, internal or external, yin or yang, but they all need to embrace these complementary aspects. Internal arts such as qigong focus on yielding and inner strength. Hard arts such as karate focus on developing muscular power and speed, and the mastery of breaking and throwing techniques delivered with devastating impact.

Karate means "empty handed." This form of fighting originated on the Japanese island of Okinawa. Karate is now the general term for an entire group of Japanese martial arts. Karate emphasizes offensive and defensive moves, and avoids grappling and wrestling. Students are taught how to deliver quick, powerful blows with nearly every part of the body, including



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dangerous kicks with the legs. Karate also consists of hard styles and soft styles. Some schools teach "full contact" karate, for which students wear protective equipment to absorb the blows of actual fighting.

Kung fu means "skill" in Chinese, and is the generic term for a whole spectrum of martial arts methods that developed in China. In China, kung fu is called *wushu*. Kung fu consists of thousands of hard and soft techniques, taught for both offensive and defensive positions. Kung fu uses punching, kicking, grappling, and blocking moves in addition to the use of certain weapons. Kung fu may also emphasize internal methods to increase and improve qi energy.

*Aikido* is a relatively new martial art, developed in the 1930s by a Japanese teacher named Morihei Ueshiba (1883–1969). Ueshiba was a religious man who wanted to invent a martial art that emphasized non-aggression. In Japanese, aikido means "connecting with life energy." Aikido teaches students a variety of techniques to disarm an attacker, including such defense moves as blocks, escapes, grabs, and falling safely to the ground. Aikido also teaches internal methods of cultivating qi energy. Aikido has been called the "way of peace," because it teaches the philosophical ideals of love and harmony as ways of reducing conflict.

*Judo* means "gentle way" in Japanese and was developed as an educational tool by a teacher named Jigoro Kano in the 1800s. Judo emphasizes such defensive moves as holds and grappling, and teaches students how to disarm attackers by applying pressure to specific sensitive points on the body. Judo is performed competitively in matches.

*T'ai chi chuan*, also called t'ai chi, consists of a sequence of flowing movements performed very slowly. These movements emphasize posture and the flow of the body's energy (qi).

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Although considered a martial art and consisting of fighting postures, tai chi is used more as a meditation and health technique. In China, millions of people, particularly the elderly, use tai chi daily to improve their health and flexibility. T'ai chi developed from qigong and shares many of the same concepts of energy cultivation, making it effective for healing and prevention of illness.

*Jujitsu* is a Japanese martial art that emphasizes flexibility, quickness, and fluidity of motion. It consists of kicking, punching, holding, and striking moves as well as the use of weapons.

*Tae kwon do* is a Korean martial art that means "kick-punch-art." Tae kwon do consists of a variety of powerful kicking and punching techniques. *Kendo* is traditional Japanese sword fighting, teaching students how to use various weapons with agility, speed, and effectiveness. Kendo also emphasizes discipline and ethics.

A martial arts session

Most martial arts classes, held in schools called *dojos*, have similarities. Sessions begin with warm-up exercises and stretches. Then, depending on the school, certain exercises will be performed to improve strength, speed, and stamina. Sparring is often used, with students competing head to head. Some schools require students to stop short of striking one another, while other schools require students to wear equipment to protect them from authentic blows. Exercises for cooling down and for flexibility are performed at the end of class.

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**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**  
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Genelinde 2 - 2260 Tongerlo  
[www.sporta.be](http://www.sporta.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 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.**

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## Confirmed Instructors currently:

- Richard Matthews (Jersey)
- Kevin Mills (Engeland)
- Richard Baarspul (NL)
- Ernst Blikslager (NL)
- Michael Woudstra (NL)
- Marcel de Jong (NL)
- Gilbert Claes (DE)
- Oleg Sheprut (RU)

## Still to be confirmed

- John Ward (Ireland)
- Paul Coleman (Ireland)
- Gerard Kropholler (NL)
- Angelo Collado (USA)
- Scott Higgins (USA)
- Skip Hancock (USA)
- Sasha Williams (USA)

The preliminary schedule is as follows:

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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

## Registration:

IKKA-Europe members:		30 Euro
non-IKKA-Europe members		40 Euro

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Youth (>10 and <16 years)		20 Euro
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## 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)