

I.R.C.A Sinkenpokai



NEWSLETTER 3th Quarter 2016

Our Soke and Chairman Oleg Sheprut has been awarded Doctor of Philosophy in Martial Arts, and has been awarded 9th Dan Kenpo, by the IRCA Sinkenpokai Africa advisor and Representative Mr Stoffel Van Vuuren.

Many congratulations SOKE, OSUUUUUU

Art and concepts of street fighting (Part II)

The Centerline

This is one of the main, if not the most important concept in Kenpo, but is also found in several Kung Fu styles such as Wing Chun, Pak Mee Pai and Siu Lum Kuen Fa. Under center line in most martial arts, we understand the combat stance and upper body position. In fact it is a much broader concept. Once you master the base of this concept, it will improve your martial arts skills, whatever style you practice, it will not only improve your moves and make them more powerful, but will also make your defensive movements much more effective.

The center line is actually a point or direction, which is formed by the triangle which is created by

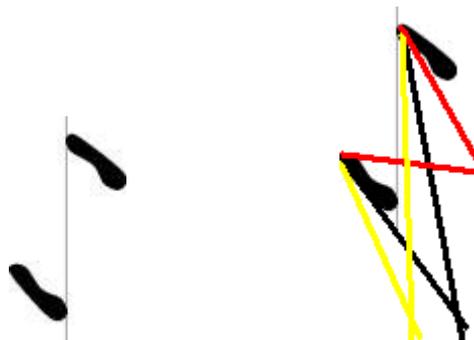
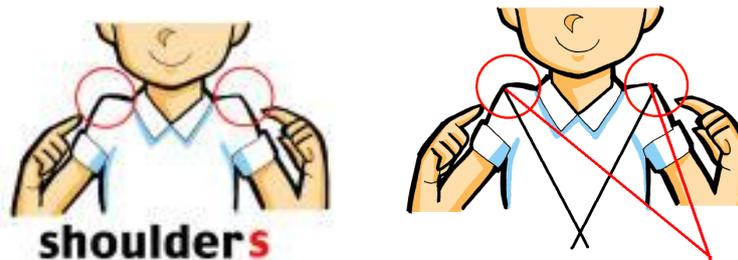
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moving your shoulders and / or hips, towards your opponent.

See below some examples of drawings, the way to move the shoulders or hips .. This line must be very changeable and adaptable when your opponent moves.. You can stand in front of someone, with your body straight, but your shoulders indicating such a direction that they point away (= so you align your centerline away from your opponent. Opposite you can but your shoulders point away from your opponent, but still pointing at him with your center line.

It is also the center line that will determine whether you will be able to bring back a certain strike or kick to the place of departure, or not, meaning you create a kick fe using the "angle of no return" .



Your own center line runs downwards, through the center of your body. Your balance and strength flowing from the ground on to your own center line, and most attacks are directed at your center line, to touch it or break it. Therefore, we must move away (changing direction or angle) so that we can attack from our center line from the angle where we are strong, and use our opponents weak angle. We must choose the right angle, so that with our attack and using our center line, we get into our opponents weak angle where he will have difficulties to defend or attack.

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How to learn self defense by mental preparation.

It happens in many cases that people under stress, including even those with many years of Martial arts experience, when they encounter a dangerous situation, they get in a panic and "freeze" in front of their attackers.

This can manifest itself in the form of palpitations, cold sweat, accelerated blood flow and even fainting.

Some people however, even untrained, react sometimes explosive in dangerous situations and use their natural innate spiritual impulses, to protect themselves against one or more opponents, unarmed or armed.

How can you assure yourself and train that you will belong to the latter group?

It begins to set you off mentally to deal with dangerous situations.

All "normal" people who are not used to deal with violence, will feel fear in a hazardous situation or with an attack. If you are not prepared for this, it will turn against you, and you lose all your benefits. The most important factor to defend yourself in a safe way, is not how well you know and can perform your movements or techniques, but how well you will be prepared in your mental self-defense.

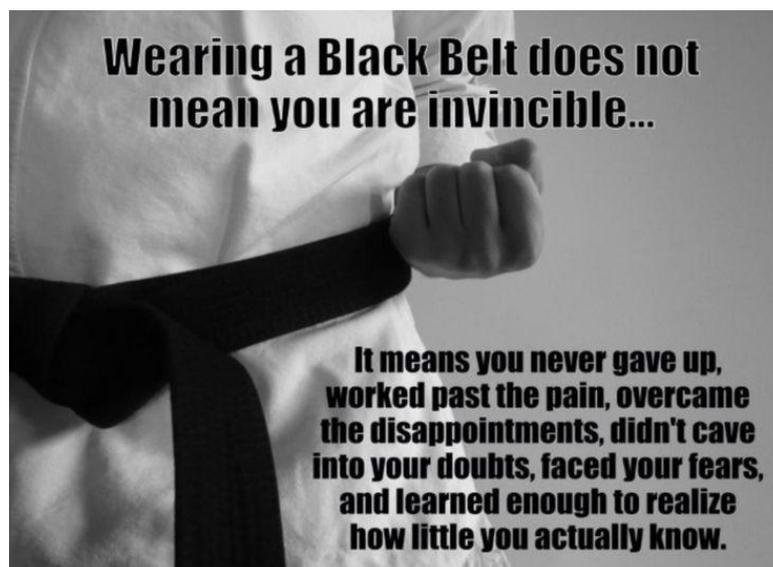
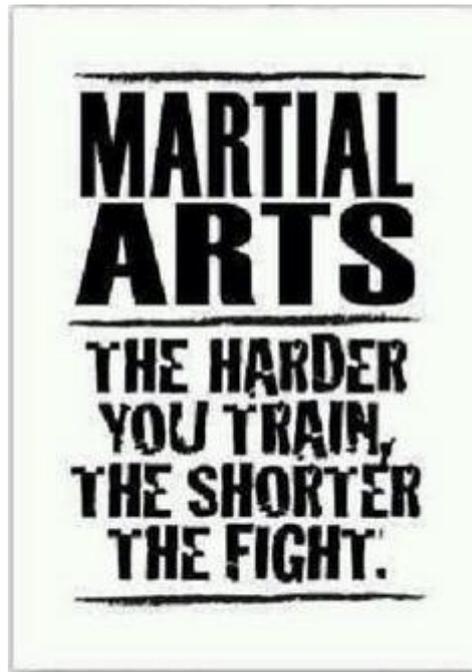
Here are some advises to prepare yourself mentally for an attack or fight.

REMEMBER THESE DEFENSIVE PRINCIPLES:

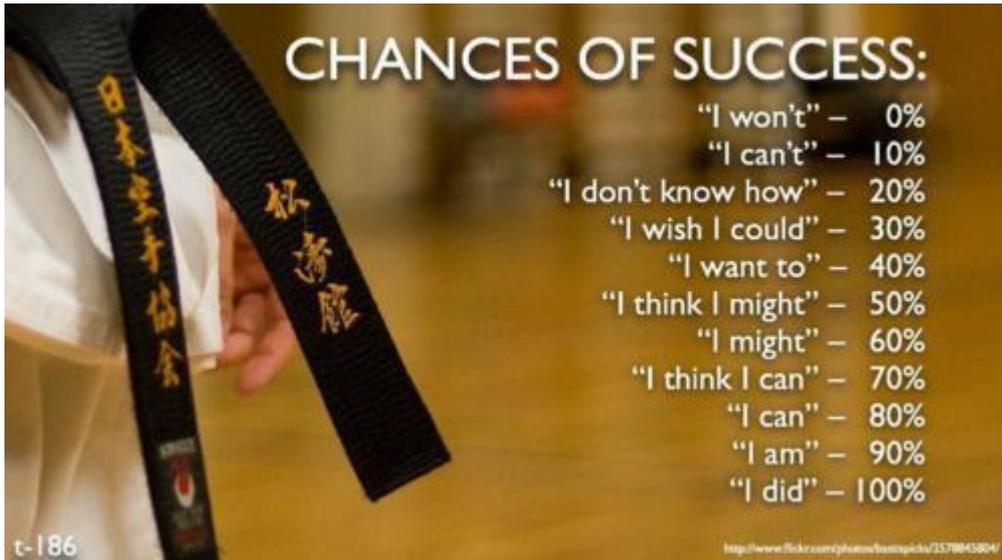
- Act quickly! The more time you take to respond, the more time you give your opponent to control you.
- Resist: it is proven that you're more likely to escape / survive if you resist with everything you have and use.
- Flight: Flee as fast as you can from the situation, if you have the chance. Do not wait for help.
- Never give up: People have already escaped from most dangerous situations; blindfolded, burned, wounded, shot. Whatever happens, you have to have the will to SURVIVE.

Extracted from : © The Art and concepts of street fighting; Author: Gilbert Claes

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On behalf of the IRCA Sinkenpokai, we wish you all a good summer and good holidays



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

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