

I.R.C.A Sinkenpokai



Newsletter last Quarter 2015



IRCA- Sinkenpokai !

CONGRATULATIONS FOR ALL IRCA KENPOKAS WITH A 10th JUBILEE YEAR !

In the world there are many international organizations, which unites the adepts this or that kind of Martial Arts. Everyone knows that to argue about their authority is bullshit. And adepts KENPO worldwide do not have to prove anything to anyone. Because even kids know that KENPO has long established itself as a Universal System of Self-Defense. In this way, our INTERNATIONAL REAL COMBAT ASSOCIATION - KOKUSAI SIN JUTSU KENPO KAI was recognized VERY RESPECTFUL KENPO

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EXPERTS worldwide.

This year we have jubilee for all KENPO-kas of the INTERNATIONAL REAL COMBAT ASSOCIATION - IRCA . Seem like only yesterday KENPO Experts from four countries like Russia, U.S.A., Belarus also Ukraine teamed to create a new KENPO association. These years passed quickly and today in our ranks more than FOUR DOZENS OF COUNTRIES from all five continents. So, in November 2015, we will celebrate the 10-year anniversary of IRCA. To this important date we have prepared for all of you a wonderful gift. As you know in our ranks has 75 holders of the KENPO black belts (in Japanese as **KENPO YUDANSHA**) from around the world.

Above text is from the website!

However, we also want to congratulate our Soke, Founder and good friend Oleg.

Thanks to him for his commitment, perseverance, time, and love for the Art of Kenpo.

Thanks to him many good Kenpo masters are connected here.

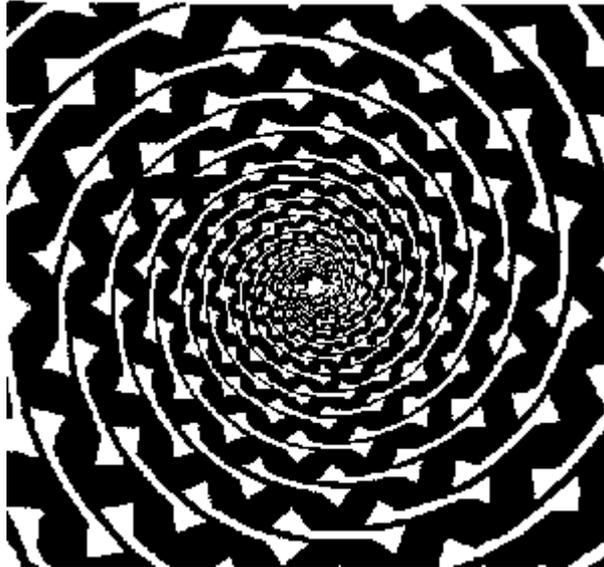


The IRCA newsletter almost exist 18 months. However, I feel some sadness because of the low input and collaboration from most IRCA instructors. I would have liked to receive more articles, but so far this is about Nil! It would be wonderful if some Instructors/masters here could share their opinion on Kenpo, techniques, principles, concepts or whatever. There for again one more time our request to participate in the IRCA Newsletter.

Thank you,

Gilbert Claes

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The spiral effect

This is the way of moving in Kenpo.

But more important is the spiral effect against an opponent. Once you've used the defense or attack, you have to keep going forward with combinations in a downward spiral, till your defeated opponent (s) lie on the ground. If you start looking at the spiral effect in a three-dimensional way, and you begin to train them, it will bring good insights for yourself and open and create unprecedented opportunities . The spiral effect will also teach you how the correct angles and directions work, both in terms of defending and in attacking. This means that you will constantly adjust your movements, the angles and directions of the threats that attack your opponent.

Once you have mastered this principle, you do not speak anymore about Self Defense, but more about Self Offense.

Each defensive move becomes an attack at the same time.

© Kenpo, a guide to Self defense, Author Gilbert Claes

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A Blind man goes into a ladies bar, sits at the bar and turns to the woman next to him and says, "Do you want to hear a blonde joke?"

The woman replies, "As you are blind I feel it only fair to warn you, this is a ladies bar, I'm blonde and a champion at karate, my two friends are blonde and professional wrestlers and the barmaid is blonde. Now do you really want to tell that joke?"

The blind man thinks for a moment ... "No, I don't want to have to explain it four times."

Tao of the Monk

To raise money for the karate school a monk was selling pizza. A man walked in and said, "Make me one with everything."

So the monk said that would be \$15. The man handed the monk a twenty dollar bill.

After a minute he asked where his change was, to which the monk replied, "Change must come from within."

Heaven Karate

Two men had trained together for 40 years, attending tournaments almost weekly during all of those years. One passes away and the other, though saddened by the loss of his friend, goes to a tournament the next weekend. While changing into his worn gi, the spirit of the man's friend appears to him. The spirit of the karateka smiles to his friend and tells him, "I have good news and I have bad news."

The living karateka asks, "What is the good news."

The spirit, "There is karate in heaven."

The karateka replies, "Really? That's great! What's the bad news."

The spirit answered, "Your first match is tomorrow and you're up against Gichin Funakoshi."

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In Kenpo we do not care about politics, frontiers, religion, we are a brotherhood that only practice KENPO



On behalf of the IRCA board, we wish you, your students and your family a wonderful end year celebrations, and a prosperous, peaceful and healthy 2016

Merry Christmas and Happy New Year

Geseënde Kersfees en 'n gelukkige nuwe jaar

أجمل التهاني بمناسبة الميلاد و حلول السنة الجديدة

Sretan Božić i Nova godina

聖誕節同新年快樂

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Sretan Božić, Sretna Nova godina

Zalig Kerstfeest en een gelukkig Nieuwjaar

გილოცავთ შობა-ახალ წელს

Joyeux Noël et bonne année

Frohe/Fröhliche Weihnachten und ein gutes neues Jahr

אג מולד שמח ושנה טובה

Καλά Χριστούγεννα! Ευτυχισμένο το Νέο Έτος

Selamat hari natal dan tahun baru.

Buon Natale e felice anno nuovo

メリークリスマス新年おめでとうございます

Natale hilare et annum faustum

Linksmų Kalėdų ir laimingų Naujųjų Metų

God jul og godt nytt år

Wesołych świąt i szczęśliwego Nowego Roku

Feliz Natal e Bom Ano Novo

Crăciun fericit și un An Nou Fericit

С Рождеством и Новым Годом

Христос се роди Срећна Нова Година

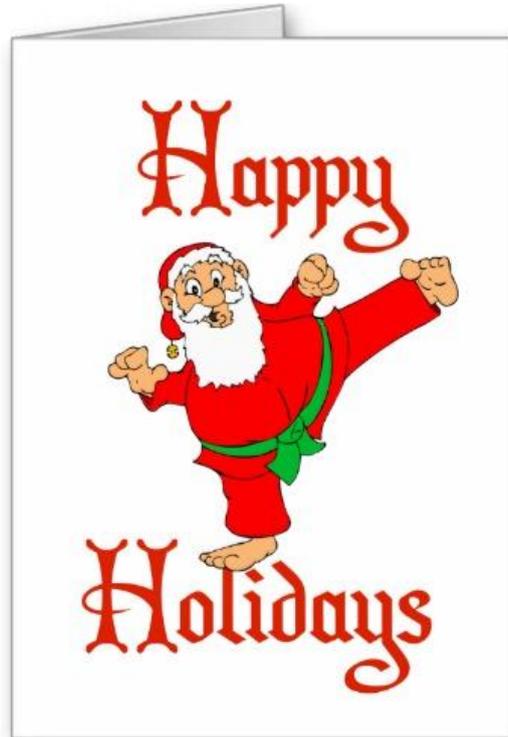
¡Feliz Navidad y próspero año nuevo!

สุขสันต์วันคริสต์มาส และสวัสดีปีใหม่

Yeni yılınızı kutlar, sağlık ve başarılar dileriz

Веселого Різдва і з Новим Роком

I.R.C.A Sinkenpokai



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Please send all articles, info on courses and seminars or competitions to
claes@selfdefense-studio.net