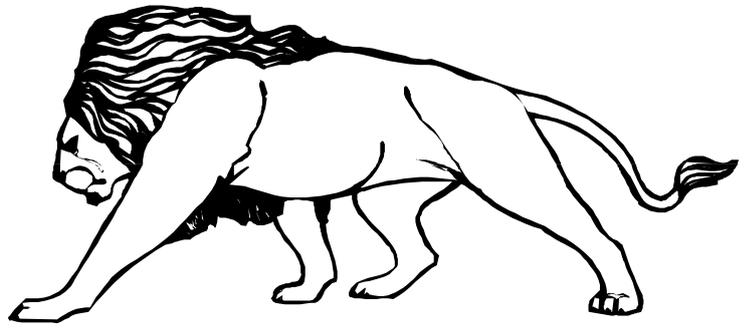


The
Lion



The official newsletter of the Chiltern Karate Association
September 2012



Contents

Foreword	page 3
CKA Xmas Meal	page 4
Open Day / Competition	page 4
Krav Maga	page 5
Punching Hard!	page 7
DART Simulation Day 6	page 9
2012 Calendar	page 12

Cover picture:

Sensei Terry O'Neill with Arnold Schwarznegger

Notices:

Sunday 30th September 2012
Competition and Open Day, Chesham Dojo

Saturday 15th December 2012
Xmas Dinner at Kings Arms Hotel, Old Amersham

Fore Word.....

Sensei Terry O'Neill (7th Dan) has been selected for this edition's cover. Seen here when he was advising no other than Arnold Schwarzenegger on more realistic fighting techniques.

O'Neill's performances in kumite were legendary in the 1970s; never failing to put on a great show. He has since appeared in a number of films and tv shows himself and is one of the senior members of KUGB.

Competition time is here!

With this edition of The Lion, you will find a copy of the competition rules and more importantly and entry form for the day.

Even if you do not want to compete, come along and watch (and bring your friends and family too!)

We have a very short timeframe for you to get entry forms back in, so don't delay and talk to your instructor if you have any questions.

I would love to see a number of demonstrations, such as team kata, kumite sets or just surprise us...

Update your calendar

The date of the next grading has been moved to Sunday 9th December, so a stay of execution for those of us that are grading that day or maybe just an additional week in which to practice...

And finally

Congratulations to Martin Pringle on achieving Shodan and, as ever, the very best of luck to all those grading today.

*George Entecott
Nidan*

If you have any material that you would like to be considered for publication in The Lion please contact George Entecott at gentecott@chilternkarate.co.uk.

We are also looking for new content to add to our website, Facebook group, Twitter and YouTube. If you have any ideas we will be glad to hear from you, email info@chilternkarate.co.uk!

Material published may not necessarily represent the views of the editor, the club instructors or CKA committee.

CKA Kumite and Partner Work DVD

**All our CKA kumite sets on DVD.
An essential learning aid!**

£15.00

See your club instructor

CKA Xmas Meal

This year we are having a change of venue. The Kings Arms Hotel in Old Amersham are hosting us on Saturday December 15th. We have our own private room and a choice of two or three courses for dinner. Once the menus have been released, I will take orders and a deposit. The venue is considerably smaller than Latimer House, so please register your interest early!

Smart dress. Look out for flyers at your dojo nearer the time.

Laura Noble

Open Day / Competition

We will be pushing ahead with the Competition / Open Day for Sunday 30th September 2012.

Competition

Three parts:-

Part 1 - Kata

- this will consist of 4 events
 - Adults 4th kyu & below
 - Adults 3rd Kyu and above
 - Juniors 4th Kyu & below
 - Juniors 3rd Kyu and above

If more people put their names forward, then we might expand into more categories.

Format will again be based on the number of entrants:-

- either all entrants do 2 x favourite kata, with scores amalgamated
- or a series of knock out rounds based on Heian Kata, then top four entrants through to a final with a favourite kata

Part 2 - Kumite

- this will consist of 4 events
 - Adults 4th kyu & below
 - Adults 3rd Kyu and above
 - Juniors 4th Kyu & below
 - Juniors 3rd Kyu and above

The number of categories will be based on the interest but, for example, I will not be suggesting we hold a "junior 4th kyu & below" if we only get two names!

Format will depend (again) on volume of entrants but will be shobu ippon i.e. each bout will be 2 mins with the winner decided by 2 x half points or one full point.

Every fighter MUST wear gloves (which will be provided) and juniors MUST wear a head guard (which will be provided). Everyone must also wear a mouth guard (bring your own) - no gloves or mouth guard, no fighting! I also strongly suggest wearing a box

Dependent on number of entrants, there will either be:-

- knock out rounds and a final
- or a "round robin" and a final

Part 3 - Exhibition match

- A bit of fun!!
- 3rd Dan and above (The Sempai) versus a Shodan / Nidan team (The Kohai)
- A classic Sempai / Kohai extravaganza!!
- Last time the Sempai won a resounding victory!!!!!!
- We will need a volunteer from the Kohai to put together a 5 person team please??

Open Day

I want you all to encourage as **many** members of the CKA to attend as possible - even if they have **no** intention of competing, get **everyone** to come along and see what we can do.

I also want to encourage family members - show Mum & Dad what you get up to on a Thursday night! Bring along anyone you like, to share in what we do.

Interspersed in the proceedings I would like to get as many demonstrations as we can.

I would like to think that **as many Dan grades as possible** (and 1st/2nd Kyus) would like to show off what they have learnt to their peers and the rest of the CKA.

- This could be as simple as showing a kata
- Or some team kata work
- Or some kata applications
- Or a full blown demonstration
- Or some breaking techniques
- Or some defences against a stick / bottle / knife
- ANYTHING you wish!

There will also be refreshments (soft drinks / snacks) which we may make a little money for the club & pay for the hall.

There will be a Trophy given out to the **Best Demonstration of Shotokan at the Open Day** - Sensei Croft's discretion!

Costs

I do not want this to be prohibitive in any way! Therefore I suggest we set £9 limit per event for adults and a £6 limit for juniors.

This will go towards some nice trophies and paying for the hall!!

Volunteers

There will always be a need for volunteers of ANY grade for:

- time keeping
- score keeping
- taking turns on the refreshment stall !!!

I will send out a note on a weekly basis to all instructors to keep you updated - please can you use the form at the back of this Lion to enter the Competition / Open day as soon as possible.

Finally I'll be issuing some Rules for the Kata and Kumite events through your instructors.

Many thanks,
Dave Davenport
5th Dan

KRAV MAGA

At my workplace (BBC), there are several martial arts enthusiasts/practitioners whom I periodically train with. They come from various backgrounds, including Muay Thai, Wing Chun, Kickboxing, and MMA. As a result I have some familiarity with other styles. Although there are considerable overlaps across the martial arts (I guess there are only so many ways you can hit someone), I enjoy learning the differences with Karate and exploring the reasons behind this.

Most recently we had a visit from Pete Maunder; the Chief Instructor at 'KM Defence', an organisation specialising in protection training based on 'Krav Maga'. 'Krav Maga', for those of you that don't know, was initially developed based on street-fighting skills in Bratislava during

1930's, but taken on and further developed by the Israeli military. It has since been tuned, enhanced and employed throughout the world in military and police close-quarters combat training, and recently, growing increasingly common in civilian self-defence.

The philosophy is on finishing a fight as quickly as possible, so soft-targets like the throat, groin and eyes have a lot of focus as do joint locks/breaks and take-downs. The intent is to continually disrupt your opponents attack, using knowledge of reaction times, counter-attacks, and pre-emptive strikes as part of the training.

Some of Sensei Davenports classes, particularly the defence against knife / bat attacks were very similar.

As they taught it on the day, KM Defence don't classify themselves as training in a 'martial art' as such; it is self-protection training. Pete is ex-army, and has been involved in various martial arts/combat training methods for a number of years.

The people attending the class on the day were a mix of my martial arts associates, a couple of guys who seemed to be observing and assessing it for the BBC more generally, possibly for their foreign correspondents who undergo hazardous environment training, and a few who were just generally interested in fitness or self-defence training.

Time was limited and this was just an introductory session, so he ran through some basics at fairly good canter.

Standard Defence

We started with some drills in dealing with a right-cross to the head (hidari gyaku-zuki jodan to you!). This was followed up with defences against a chest grab and the commonly used street-fighting 'round-house'.

Some interesting points I noted on the defences;

- The techniques had a lot of emphasis on simultaneous blocks and counters, so similar to when you shoot out your arm in an Age-uke/Soto-Uke, as you perform the block, your hand is shooting out into the opponents face to distract them, cover/strike their eyes,

giving you the option to drive their head away and control them or distract them until your next attack impacts

- Taisho seemed to be favoured for strikes to the face on the principle of 'hand' = little bones, 'face' = big bones; which will break first? It's similar to our hard strike to soft target, soft strike to hard target approach, but this approach seems to generalise slightly more, on the basis that in a street-fight, and particularly in a reflex-response, you may not have time to pick your target with accuracy. Possibly also to consider is that people going through this training will not have practised hitting things (makiwara, heavy bag, etc.), so their hands are not conditioned and more likely to break
- Body evasion (Tai sabaki) was also commonly employed
- The simultaneous block/counter is followed immediately by continuous and repeated attacks to sustain the disruption of their attack, (and ultimately disable them). This could be as simple as following through the palm strike into an elbow, or moving in to knee, repeatedly, until they go down

Knife training

It may sound obvious but the most common strike is a forward stabbing motion with the hand travelling from the attacker's hip or just in front, upwards into the defenders body.

He made an interesting aside that many standard stab protection vests don't protect very well against such strikes, as they tend to compromise on allowing clearance above utility belts and for comfort in when sitting in cars. He referred to them as stab protection bras.

Key points

Block/counter

- The following are done **simultaneously**:
 - A reflex downward block, **but** maintaining a *bent* arm, the forearm being used as a block against the knife arm

- Moving your body from the hips up and back, away from the knife but when combined with the block it leaves your body in a very unnatural position when compared to Karate (one of the main differences I noted during the training). You end up leaning forward with your weight not well distributed and your head exposed. Still, better than being stabbed I guess, and to some extent it is offset by...
- Striking the face with an open hand (taisho). The aim of the taisho is to cover the face and drive it back and away so the attacker can no longer see you and their head is going in the wrong direction for a further attack, however I found an empi more natural and effective here, and he seemed happy enough with that

Again, all of the above is done as one fluid, reflex action, with sufficient force in the counter to distract/disrupt the attackers 'fight'.

Control the Knife

Having stopped the immediate threat, you then move into the attackers body (initially very counter-intuitive when you are thinking of the knife), rotating the blocking arm around, slipping underneath the attackers knife arm, while moving it away and up, eventually locking the knife arm tightly into your body and the crook of your upper arm.

N.B. It was *very* important to lock the arm below the elbow joint, or the knife could still come around and stab you in the back/neck.

Having gained control of the knife, we would then follow this up with repeated attacks to subdue the attacker; knees to the groin/ribs worked well from this position, but also strikes to the neck, driving the chin up and back which also lead to a take-down, basically whatever worked.

Stick/bat training

We were running out of time and only covered this briefly, but essentially it was very similar to Sensei Davenports training of moving in to the attacker, with simultaneous block/attacks (think of the opening move of Heian Yondan or possibly Heian Nidan) to reduce the arc of the bat and potential impact.

Pistol defence training

This again was briefer than I would have liked but very interesting. Although I rather hope this is purely an academic exercise, there were nonetheless some fascinating snippets of information that I plan to explore in more detail in future sessions.

- Average human reaction time is about 200ms. This means that someone holding a gun in front of you shouldn't be able to pull the trigger before you grab the gun and move out the way, *if* you move quickly and do it *simultaneously*. He did a nice demo of this
- If the gun is in front-on, you grab it with both hands, pushing it up above you, simultaneously ducking your head/body down. He mentioned that some people advise to close your eyes, as the gun is likely to go off and the muzzle discharge may impair your vision
- He showed once you've got hold of the gun, and got it pointed away from you, how easy it is to remove the gun, preferably breaking their trigger finger in the process
- Gun fixation; he talked about how if you take a gun off someone, they are fixated on the weapon and will focus completely on trying to get their gun back, the best thing is to give it back to them straight-away, butt first, across the bridge of the nose...
- Then step back, clear the weapon and point it at them. From a distance (you don't want them doing the same thing to you)

Of course, all this was nice theory with a rubber gun, and I'm pretty sure I would prefer to give someone my wallet than attempt to apply it, but if you really had no other option, it seemed to make sense.

All in all, an educational and entertaining session, and I hope I have another opportunity to train.

<http://www.km-defence.co.uk/>

Anthony Henderson



PUNCHING HARD!

ALL PHYSICS OR IS THERE SOMETHING ELSE?

Isaac Newton.....Force = Mass x Acceleration

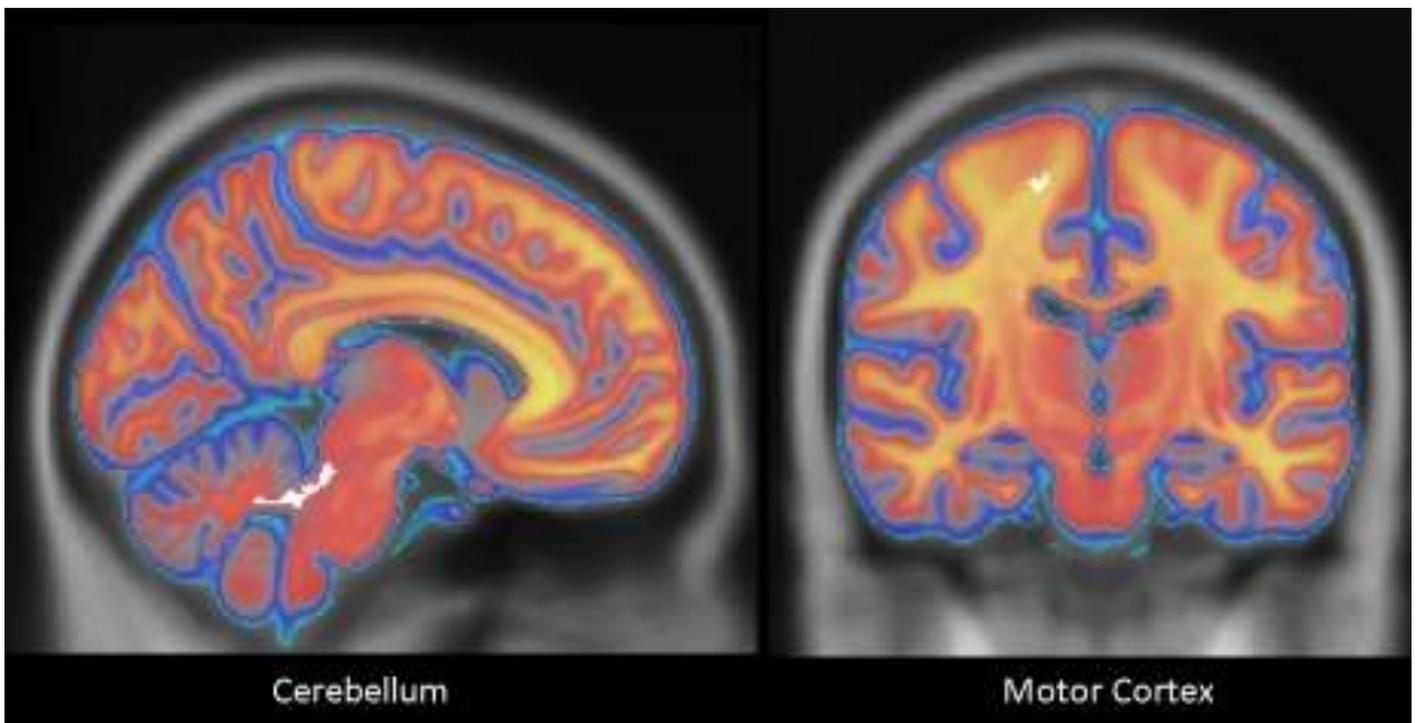
This has been a core of my teaching and training for over 30 years but a new study by Dr R E Roberts (along with P.G. Bain, B.L. Day, and M. Husain) at the Centre for Neuroscience at Imperial College (London) has shed further light on what makes a punch powerful.

Very little is understood about how changes in brain structure might contribute to individual differences in expert motor control. Dr Roberts and his colleagues compared the behaviour and brain structure of non karateka with a group of karate black belts, an expert group who were able to perform rapid, complex movements that require years of training. Using 3D motion tracking, they investigated whether the ability to control ballistic arm movements was associated with differences in white matter microstructure.

They found that karate experts ***are*** better able than novices to coordinate the timing of inter-segmental joint velocities.....

In simple terms.....the longer you train, and the more expert you get, the harder you punch because you are more skilled at synchronising the various parts of your body.....thus you can use your mass and acceleration to greater effect.

Here is a précis of the full study - if you want to read the whole thing then you can find it at:-
<http://cercor.oxfordjournals.org/content/early/2012/08/08/cercor.bhs219.full.pdf+html>.



Black belts’ white matter shows how a powerful punch comes from the brain

Brain scans have revealed distinctive features in the brain structure of karate experts, which could be linked to their ability to punch powerfully from close range. Researchers from Imperial College London and UCL (University College London) found that differences in the structure of white matter – the connections between brain regions – were correlated with how black belts and novices performed in a test of punching ability.

Karate experts are able to generate extremely powerful forces with their punches, but how they do this is not fully understood. Previous studies have found that the force generated in a karate punch is not determined by muscular strength, suggesting that factors related to the control of muscle movement by the brain might be important.

The study, published in the journal *Cerebral Cortex*, looked for differences in brain structure between 12 karate practitioners with a black belt rank and an average of 13.8 years’ karate experience, and 12 control subjects of similar age who exercised regularly but did not have any martial arts experience.

The researchers tested how powerfully the subjects could punch, but to make useful comparisons with the punching of novices they restricted the task to punching from short range – a distance of 5 centimetres. The subjects wore

infrared markers on their arms and torso to capture the speed of their movements.

As expected, the karate group punched harder. The power of their punches seemed to be down to timing: the force they generated correlated with how well the movement of their wrists and shoulders were synchronised.

Brain scans showed that the microscopic structure in certain regions of the brain differed between the two groups. Each brain region is composed of grey matter, consisting of the main bodies of nerve cells, and white matter, which is mainly made up of bundles of fibres that carry signals from one region to another. The scans used in this study, called diffusion tensor imaging (DTI), detected structural differences in the white matter of parts of the brain called the cerebellum and the primary motor cortex, which are known to be involved in controlling movement.

The differences measured by DTI in the cerebellum correlated with the synchronicity of the subjects’ wrist and shoulder movements when punching. The DTI signal also correlated with the age at which karate experts began training and their total experience of the discipline. These findings suggest that the structural differences in the brain are related to the black belts’ punching ability.

“Most research on how the brain controls movement has been based on examining how diseases can impair motor skills,” said Dr Ed

Roberts, from the Department of Medicine at Imperial College London, who led the study. "We took a different approach, by looking at what enables experts to perform better than novices in tests of physical skill.

"The karate black belts were able to repeatedly coordinate their punching action with a level of coordination that novices can't produce. We think that ability might be related to fine tuning of neural connections in the cerebellum, allowing them to synchronise their arm and trunk movements very accurately.

"We're only just beginning to understand the relationship between brain structure and behaviour, but our findings are consistent with earlier research showing that the cerebellum plays a critical role in our ability to produce complex, coordinated movements.

"There are several factors that can affect the DTI signal, so we can't say exactly what features of the white matter these differences correspond to. Further studies using more advanced techniques will give us a clearer picture."

Contributed by David Davenport



DART Simulation Day 6

On 11 August 2012 I took part in a DART Simulation Day. DART stands for Defence Attack Resolution Tactics and is a martial art developed by John Titchen based upon his experience with Shotokan Karate and also drawing upon his extensive research and knowledge of other martial arts. John runs a number of Simulation Days to give students the chance to

pressure test their skills in a more realistic and uncontrolled environment.

Safety is on upmost importance and full contact body armour is provided complete with head guards, body armour and leg protection. It is important to understand that body armour does not prevent force from being transferred to the body, it does prevent bruising and take the sting out of strikes but it is still possible to break bones, dislocate joints or be knocked out when wearing body armour. As such we

applied greater force than usual in strikes but full power shots to the head were not allowed.

The training took place in High Wycombe Judo Centre with proper mats and crash mats arranged to create walls and provide a defined space for the action to take place in. In this way we could be safely thrown against walls and onto the floor with a reasonable degree of safety.

Once we had met and greeted each other, we were shown a couple of CCTV videos of actual fights, including one murder, where we could see a real life fight take place. In one video, it was difficult to see who the true aggressor was until John pointed out some smaller details which changed how I viewed who the 'bad guy' was. This goes to show how difficult it is to make a quick assessment on who started the fight and who should be seen as the 'good guy'.

We then started an exercise in verbal confrontation. It was actually quite unusual to say the least to switch from being matey with people you have only just met, to swearing loudly and using aggressive body language. Once Chris, a DART instructor, kicked things off with a particularly shocking outburst, we got into the flow of things a bit better. As John pointed out some people are more 'happy' to be verbally or physically aggressive than others. He used observations at this point to help decide who would undertake which roles in later scenarios.

After a brief discussion on the various injuries we all had, so we knew what to be careful with, we started taking turns striking each other to get used to the idea of being hit and the effect that the body armour had. I found that I could, more comfortably, strike harder than I would in normal training and gained an understanding of how force was still being transferred onto my body. I saw stars a couple of times at this stage of the day!



To get us in the mood of doing scenarios, we each took turns in a warm up exercise, one person had just had his car scratched up and can see two people laughing nearby – they walk up to them demanding to know who did it. Another person is standing by and the remaining person is going to get into a fight! This was repeated three times each: slow, medium and then fast. Although the same scenario was repeated there were different outcomes each time. A point I remember was 'Who keyed by my car?' 'It was him' ** person runs away quickly **. This was fun to watch and take part in.

After each scenario we sat around a laptop and watched the video recording of the exercise to see our performance from a third person perspective. This gave us immediate feedback on the level and appropriateness of the technique used. The feedback was in an open discussion format.

We then set up a bar, complete with seating and a column to give a defined space. A few scenarios were played out with roles given to all nine of us; varying between Bouncers, Bad guys or just being yourself.

The bad guys were given instructions on their character and what was going to happen which may or may not provoke a fight. Bystanders may be on the receiving end of this, if not then they can choose to join in or prevent the confrontation, or not. Scenarios were quite varied so you really did not know what was going to kick off or how.



There were another set other scenarios based around street robbery or violence. Where marks would have a wallet they could choose to hand over, if they so choose, but they could also decide to fight off the attack. The robber may, or may not, be armed and was given instructions on how to behave if challenged or attacked.



It was interesting to see how many of us just gave over their wallet when presented with a knife. I felt bad for not intervening when my mate was threatened with a knife, although I did not actually see the knife, and looking back I could not see an easy way to do so.

It was explained that American Police require at least 25 foot between an attacker brandishing a knife and themselves to be able to un-holster a gun, aim and deliver two shots to the body, any closer and the attacker can slash the cop before they get the chance to finish responding. In hindsight, it was probably best that I didn't try to do anything then!



We also set up a lift environment, to give a very confined space in which escape was impossible. With 3 or 4 players in the lift it made for a very interesting training exercise indeed. I personally ended up taking a lot of head shots in that particular game.

By the end of the hot summer day, we were all quite sweaty and tired. I really enjoyed the experience and plan to do it again in future.

On reflection, I feel I actually used very little of my karate training, there just was not enough time to

assess the situation, decide on the appropriate response and deliver anything more than the most simple of techniques.

On some occasions, for instance when I was given a knife and the role of a paranoid person in the crowd, I found that I just waded in just because I wanted to play too!

In that way, I am not sure that my actions would be the same as if I was in a real life situation (beyond the fact that I would never carry a weapon in public). By the way, after 'stabbing' one individual, there was an immediate call of 'KNIFE!' after which I was bundled upon by 3 or 4 people!



This sort of training is not for everyone, certainly not our younger students – if only because of the shockingly bad language and, of course, the violence, but if you are prepared to be placed in uncomfortable situations and prepared to be hit, sworn at and outnumbered then it is good training.

There is just so much I would want to do differently next time – that for me is really good training.

George Entecott
Nidan

Calendar

Sunday 30th September – CKA Competition

Details to follow.

Venue: Chiltern Hills Academy, Chartridge Lane Chesham
Time: TBC
Grades: All grades
Cost: Adults: £8 Juniors: £6

Sunday 18th November – General Training Course

This will be a general course taken by Sensei Croft covering a variety of karate techniques including kata and kumite.

Venue: Chiltern Hills Academy, Chartridge Lane Chesham
Time: 10 a.m. to 12 p.m.
Grades: All grades
Cost: Adults: £8 Juniors: £6

Sunday 9th December - Grading Examinations

Grading examinations will cover all grades up to Black Belt 3rd Dan.

Venue: Chiltern Hills Academy, Chartridge Lane Chesham
Time: 10 a.m. start
Grades: All grades
Cost: Standard grading fees apply

Sunday 16th December – Grading Syllabus Training

Class will be divided into groups and training focused on the grading syllabus including the Kihon (basics) kumite (sparring) and kata required for grading examinations.

Venue: Chiltern Hills Academy, Chartridge Lane Chesham
Time: 10 a.m. to 12 p.m.
Grades: All grades
Cost: Adults: £8 Juniors: £6

December – CKA Christmas Dinner and Awards

Details to follow.

Venue: The Kings Arms Hotel, Old Amersham
Time: TBC
Grades: All grades (over 18s)
Cost: TBC