

Said's Karate And Gym

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Osu No Sei-Shin (Spirit of never quitting)

T-shirts are still available to wear under your Gi in winter. We also have Bo's and Jo's in stock

WTKA SUCCESS



coach, Imraan and Rashid Peters, and Imtiaaz Mohamed

Said's Kick boxers win big at WTKA championships on 28th July in Pretoria, more info on this tournament next month.

From left: Sempai Mohamed Abbas; Manager and

Birthdays

Birthday wishes for the following people and many happy returns of the day.

Fajeria Ally
Sadiyah Bhamjee
Raeesa Ghani
Azrah Mahomed
Tashriq Gaffoor

UPCOMING EVENTS IN AUGUST

9th	Women's Day
12th	Special workshop for Mamaleng Kyo-kushin Karate (10:30 am)
26th	General Promotion

Advertising space still available. Enquire in Dojo.



Ken To Fude No Karate Ryn
剣と筆の空手流

SOLLY SAID'S KARATE & GYM



Newsletter

Revival of the Spirit Class

Volume 32
July 2007

This month:

25th	Revival of the Spirit Class
28th	WTKA tourna-

On Wednesday the 25th the Honbu dojo was bursting at the seams with excited members full of anticipation filling the floor. At six o'clock sharp, Sempai Mohamed Abbas from Lebanon, our Kick boxing champion took the class for a **serious** warm up, he took a good twenty minutes meticulously taking the students through their paces covering the entire

human anatomy. Students felt stretched out, warmed up and ready for what was to come.

Hanshi then took over the class and proceeded to emphasize what he has been insisting on for the past year, and that is improving and correcting the stances used in Karate and particularly in Kata. He explained how Kata's could be improved... continued on page 4

"The dance that moves to the symphony which creates the rhythm of your life."

"The dojo is not a place of bliss or relaxation, rather a furnace house for the combustion of the egotistical delusion"

Good Nutrition

This month ends the first series of 'Good Nutrition' features by Dr. Gaffoor. We would like to end off the series with a few quick guidelines;

- If you are allergic to ANY of the foods included in a healthy eating plan (for example, the one featured last month) you should substitute the offending item with a suitable alternative. i.e. One that has the same health benefits and vitamin contents.
- Diabetics should have many smaller meals instead of three large meals a day in order to spread the nutrients evenly into the body cells.
- Alcohol and smoking should be avoided completely. A smoker has decreased lung capacity, so he/she inhales less air leading to loss of oxygenation of the body, resulting in loss of stamina, breathlessness and the high possibility of contracting a respiratory disease.

We would just like to once again thank Dr. Mohamed Gaffoor (1st Kyu, brown belt) for this worthy contribution to our newsletter.

Travel News

Amir's (2nd Kyu Junior brown belt) visit to South America. Written by his father Ran Greenstein.

" Amir Esterhuysen, of the green-to-black junior group, has returned from a three months stay in Montevideo, Uruguay. During that period, he practiced his karate at a local Shotokan dojo. Martial arts are very popular in Montevideo, and there are numerous places which offer classes in aikido, kendo, taekwondo and other styles. Shotokan is similar to the karate practiced at the Brixton dojo, but with a few differences. The belts have different colours (there are orange and purple belts as well as the more familiar colours); the katas are identical, but they place greater emphasis on them than we do, and even children with white belts begin to practice Heian katas early on. It seems a good idea to adopt this practice. On the other hand, children under 11 do not practice kumite, and all the punches and kicks are done in the air without real opponents. That's a clear drawback.

The transition from the dojo practice to Montevideo was not difficult despite the language barriers (everyone communicates in Spanish of course, though the instructors could speak English as well). Even with limited Spanish it was fairly easy to participate in the exercises, and it helped a lot that many of instructions were in Japanese! Counting 'ich, ni, san, chi' is universal in the karate world. It was good and interesting to see how easy it was to fit in a different place. Children are children everywhere, and the same problems of discipline and sense of fun exist there as well. The one big difference is that the Brixton dojo is run more professionally, with a greater sense of respect for tradition and ritual. Uruguay is quite an informal and very friendly society and that was reflected in the training as well. Overall, a good experience for Amir (and his parents as well)."

This is accomplished by extracting the fattier, red meats from your diet. White meats are the total menu. By white meats, we refer to breast of chicken or turkey, or scaled (not shell) fish. Eggs should be greatly reduced or totally discarded. Three to four pound servings of chicken or fish should yield 200gm. Of protein, zero carbohydrates, and about (depending on the fish and method of preparation) 1200 calories. This is the optimum stage in your quest for muscularity.

This is just a simple diet that we hope will help in muscular conditioning.

Profile on Black-belt



Sempai Hendrik Thebe started training in Karate at our branch in Soweto under the watchful and expert eye of Kyoshi Jeremiah Mothlabane

(5th Dan) in June 1997. In may this year he tested successfully for his Shodan (black belt). Sempai Hendrik has also had a very keen interest in body building. Last year he won third place in the IFBB (International Federation of Body Building) Championships held at High Gate in which he placed third.

He has also been helping Hanshi with the children in school projects, which he started doing since March this year.

We would like to firstly congratulate him on his achievements in both receiving his black belt and a position at the championships. And lastly, he trains regularly and very hard and we wish him all the best in his endeavours in the future.

Osu.



Every month from now we will be including some zen wisdom, but in the format of comics. The comic strip is an ideal medium to communicate the zen spirit in which laughter deflates pretension and a good rap on the head may transcend all logic. A zen riddle or Koan, is a paradox used in zen as an instrument of meditation, a bit of apparent nonsense that forces one to abandon dependence on reason and break through to sudden intuitive understanding. The Old Monk, a wise and whimsical character dispenses enlightenment to his disciples, (and, perhaps, the reader).

Enjoy these simple gems of wisdom.



one who is pretending to sleep cannot be awakened.

Said's Gym Info

Optimum Muscularity Diet

For the benefit of Said's gym members and for all those members who have been trying to gain muscular mass, try the following guidelines.

Level 1

This is the first step in your quest for maximum definition. The caloric factor is not taken into consideration because the intensive type of training necessary to attain total muscularity increases the body's need for fuel (calories). On this level of the diet you must restrict your carbohydrate intake to 40 grams (or less) per day. The 40 grams

should be derived from simple sugars (complex carbohydrates) such as vegetables and fruits. By using the attached carbohydrate list you will be able to calculate the carbohydrate content in each food you eat. Make sure that you do not exceed your 40 gram limit everyday. You may eat all the protein (meat, fish, chicken, eggs) that you wish. Carefully add raw vegetables and fruits to design satisfying meals that will not leave you hungry. If you follow this diet and supplementation guide you should lose 7-14 pounds a month. This span depends on your own basal metabolic rate and how much you have to lose) remember, restrict your complex (natural) carbohydrate intake to no more than 40 grams each day! The only way you will lose unsightly subcutaneous fat is through diet and ex-

ercise. Will power is the key! Stick to it. You should obtain a detailed list of carbohydrates. Carbohydrate gram counters are available at most book and drug stores. Keep one of these small books with you until you have memorised most of the relevant food values.

Level 2

This diet is specially designed and is not meant to be used over extended periods of time. For six days each week all carbohydrates must be removed. This means that all fruits, vegetables, milk

products, any kind of meat, fish, fowl or eggs are the only foods permissible.

The body will now be

essentially living off itself on this level. Thus, you must watch your supplementation very carefully. Also you must eat a good amount of complex carbohydrates on the seventh day. This will help replenish drained glycogen stores in your liver.

Level 3

This is the final and most difficult phase of the diet. Now having reduced subcutaneous fat, you should seek to force your skin to its thinnest. In this way the greatest possible degree of definition, separation, and vascularity will become apparent. This last step requires reduction of calories as well as carbohydrates.

"Intensive type of training..."

Kids corner

This month is a continuation of Tanweer Cassim's contribution on the History of Karate.



'Karate is related to judo and

jujitsu but stresses techniques for striking, with lethal kicks and punches rather than wrestling or throwing an opponent. The three elements of speed, strength and technique are vital to karate expertise. Constant alertness and a keen sense of timing and surprise are also requisites.

Great attention is given to knowing the most vulnerable points of the human body, which may be attacked by the hands, elbows, knees and feet. These areas include the face, neck, solar plexus, spinal column, groin and kidneys. In ordinary karate competitions or exhibitions, only the area of the body above the waist is allowed as a target, and all blows are to be pulled. The most common blows used are chops or knife hands, knuckle punches,

hammer blows, finger jabs, and front, side, back, round, jump, and stamping kicks. In actual fighting, any of these blows can be fatal. The ability of a Karate Master (Sensei) to break boards or bricks with a chop of the bare hand is proverbial.

The karate trainee toughens hands and feet by driving them into containers of sand, rice or gravel and by striking sandbags and special punching boards. Constant exercises are important for limbering up and or strengthening the muscles of the student. Deep-breathing exercises are also useful because exhalation and sudden shouts accompany the directed blows, particularly the final or so-called killing blows. Such breathing and cries help the rhythm of the karate attack, focus more force in each blow or block, and psychologically invigorate a person while disconcerting the opponent.'

Next month we will feature the section of this article, which is entitled, 'Dressing'. Once again, we urge all students to contribute to our newsletter.

The Dance that moves...

From page 1

... tenfold by the diligent and careful practice of good stances. He then introduced a combination which particularly dealt with stances as a core point. We were then put through our paces with these following stances; zenkutsu-dachi (forward leaning stance), kokutsu-dachi (back leaning stance), kiba-dachi, straddle stance and shiko-dachi (sumo stance).

He further explained that these four stances all had the same length and breath with just very little pivoting of the feet, twisting of the hip and redistribution of weight from front to back foot, like in the case of zenkutsu-dachi and kokutsu-dachi, and equally distributed as in the case of kiba-dachi and shiko-dachi.

We moved across the length and breath of the dojo until everybody participating in the class understood what Hanshi was trying to teach us. Our leg muscles were burning like fire and we felt that we had lost contact with our bodies from the hip downwards.

Once Hanshi felt that he had made his point about the importance of correct stances he then introduced a new combination of hand techniques, kicking techniques and stances.

We then again practiced moving up and down the floor for what seemed forever.

But everyone saw the benefits and enjoyed the practice. Hanshi explained that this practice and the improvement of the stances to such an extent would directly influence and improve our kata's, especially the different and traditional kata's that Hanshi has introduced into our style.

Then Sempai Yusuf (3rd Dan), Sempai Jan-Nita (1st Dan) and Lesego (1st Kyu) gave a spectacular demonstration of the traditional kata's we are now doing in class.

They received a rousing applause from the appreciative crowd.

And finally after months of preparation and research

Hanshi introduced Kendo (the way of the sword) this was the highlight for most people as everyone was curious to know what Kendo was all about.

Sempai Zahra in full regalia (complete with full Kendo outfit), was on the receiving end of Hanshi's Shinai (Japanese Bamboo sword). Hanshi showed the eight points of attack in Kendo and explained the technical moves required. From this short demonstration it was obvious that the Kendo *Bogu* (protective gear) is an absolute must. This is what Hanshi explained to everyone present about the importance of the fighting gear. Without which the practice of Kendo would not be possible.

Close to 50 people registered for Kendo which was a heartening response. Look out for the launch date of the Kendo program.

“Stances as a core point”

After the Kendo demo, the official Kento Fude No Karate Ryu International black belt certificates and personalized black belts were presented to close to fifty of our black belts from 1st Dan, to 5th Dan's.

The evening ended with Hanshi giving a short discourse on the importance of reviving the spirit and keeping it ignited. Hanshi spoke about two things that he felt was important in ones training but also in one's life in general. That is **momentum and rhythm**. When starting something, in this case, Karate, it is important to maintain the momentum which then **becomes the dance that moves to the symphony which creates the rhythm of your life**.

And the night ended with people leaving the Dojo with renewed spirit and commitment to their training. We hope that everyone will be able to fulfill their undertakings.

Kwame Pooe (from Shotokan), Special guest of Hanshi had this to say about the revival of the spirit class;

“This is to express gratitude for the welcoming I received when I visited your Dojo for the Spirit Revival training session on Wednesday 25 July 2007. Much as I enjoyed the physical aspect of the days training, for me

it was more the words (of encouragement, motivation) you spoke that left a mark never to be removed or replaced in me. I must say that one is left with a feeling of having interacted with a man genuine about what he does, and about people. But to me an honour was bestowed by being given an opportunity to even speak to one as yourself. The sense of family and belonging is another unmissable distinguishing characteristic of your organisation.

I just want to say Thank you for having let me share in all of that.

Regards,

Kwame Pooe”

