

Leopard Pause

Healthy Self-Defense

by Joseph Galea

You reveal your self-respect when you are actively healthy. You care about the health of your body and mind because each is important to the health of the other. Without physical exercise, your brain doesn't work as well as it could. Without mind exercise, your body won't operate at peak performance.

Caring for your body can include exercise, eating nutritious foods and avoiding activities that are known to be unhealthy. Kickin' Newsletter's HealthKick articles are a great source of important health and fitness related information. A healthy person will exercise at least three times per week for 45 minutes. Your martial arts training helps you to fulfill that obligation. Another healthy habit is eating plenty of fruits and vegetables every day. These foods increase energy and make your body strong to fight illness.

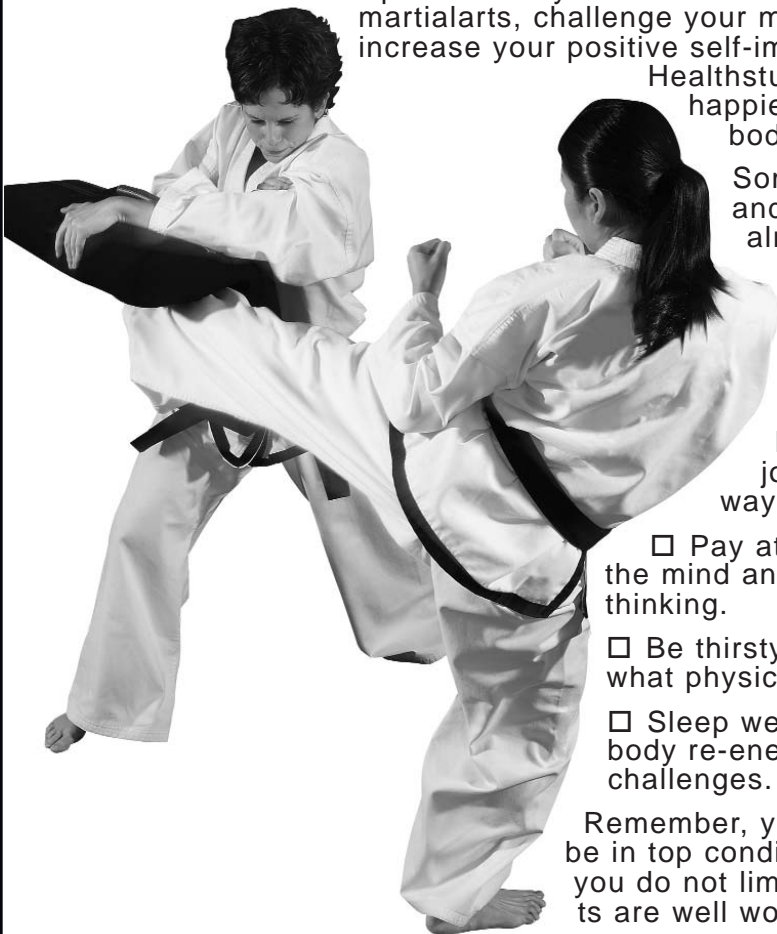
"Exercise" your mind with challenging mental activities. For example, read books and other materials that are educational and positive. Physical activities, such as the martial arts, challenge your mind and increase your positive self-image.

Health studies suggest that you are more likely to be happier and live longer if you maintain a healthy body and mind.

Some of the many healthy habits for your body and mind are listed below. Check how many are already habits with you. Add those you didn't check to your healthy habits.

- Eat healthy. Avoid eating fast food regularly and limit intake of sugars and sweet snacks.
- Be active. The more active you are, the better your body will function. The martial arts, jogging and swimming are just three of many ways to be physically active.
- Pay attention to your mind. Reading not only calms the mind and body, but also limits negative and stressful thinking.
- Be thirsty for knowledge. Education is to your brain what physical exercise is to your body.
- Sleep well every night. Sleep helps your mind and body re-energize for the next day's activities and challenges.

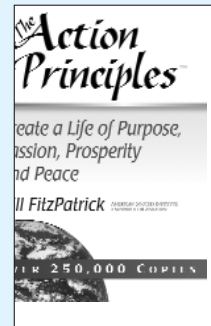
Remember, your mind and body need tender-loving care to be in top condition. Give both enough care and attention, so you do not limit your potential and quality of life. The benefits are well worth the time and effort. ☺



Action Principles

Be the Warrior

A warrior is tough, loyal, intense, determined and courageous and displays initiative, endurance and strength of will. A warrior is calm, self-confident and compassionate. A warrior may make mistakes and experience disappointments as he strives for success, but he succeeds anyway. A warrior is a master, ever prepared to improve and to be of service to others.



Bill FitzPatrick is a 5th-degree black belt, holds a Master's Degree in Education and runs the nonprofit American Success Institute: www.mastersuccess.com.

Kempo Success Stories

Personal Profile Why I Love Martial Arts

By Kayla Provencher, Age 11



I started my martial arts training a little more than four years ago when my Mom and I registered for classes. I am a junior Black Belt and junior leader for the Little Ninjas. I've also been competing in AAU Karate for about four years. I am a two-time National Champion,

and placed second and third in the AAU Junior Olympics in Karate in 2004. Martial arts has taught me how to set goals and work hard to reach them. Martial arts also helps me improve my grades in school and teaches me how to focus and be selfconfident. It has taught me to communicate better with my family and friends.

The dojo to me is like being home. My Shihan has taught me that earning my Black Belt means that I'm ready to start learning. Martial arts is a sport where you learn about humility, self-control, integrity, courtesy, discipline and perseverance. Those are the qualities you need in life. My goal is to teach someday, and I am happy and proud to be a part of my dojo.

Kayla Provencher is a student at Pelletier's Karate Academy in Lewiston, Maine.

Healthkick:

How Much "Weight" Should you Give Your BMI?

by Jennifer G. Galea MS RD

"BMI" is an abbreviation for "Body Mass Index," a formula, or calculation, that compares your weight to your height. Traditionally, it indicated whether a person should lose weight. BMI is just one



of several methods to evaluate your weight, but only in general terms. Your BMI is your weight (in kilograms) divided by your height (in cm) squared (times itself). Use the following BMI formula with pounds and inches and study the example:

$$W (\text{weight in lbs.} \times 703) / (H (\text{inches} \times \text{inches})) = \text{Your BMI}$$

Example:

You weigh 120 lbs. and are 5' 2" tall, which is 62 inches.

$$W (120 \times 703) / H (62 \times 62) = 21.945 \text{ or } 22$$

Remember, your BMI is limited. It does not take into account your lean body mass (LBM), which is the composition of your weight, and how fit you are. You can have a good BMI, but a poor LBM and be unhealthy; or a poor BMI and a good LBM, but be healthy.

Where your body "holds" weight is also a factor. Weight in the torso and belly is unhealthy, while weight in the hips is less of a risk. For this reason, health professionals have proposed two new evaluation methods:

- ◆ **Waist measurement.** Measure your waist at its narrowest point. For women, maximum waist size should be 35 inches, for men, 40 inches. (Keep in mind that these values are for health risk prevention rather than optimal health.) Your waist should always be less than half your height.
- ◆ **Waist-to-hip ratio.** Measure your hips at their widest point. Divide your waist measurement by your hip measurement. The goal for women is less than .8 and men less than .9.

Remember, BMI, LBM and these other formulas help health scientists track diseases and make predictions for the whole population, not individuals. That is very important because you should never use these methods to determine your health status or fitness level. They are certainly objective looks at your weight and body shape and will help you track changes and the effects of your martial arts training, but don't view them as absolute rules. ☺

Announcements

- June 18, 2006 Fathers' Day -- Be sure to extra chores for your father on Sunday.
- June, 2006 Taichi classes are scheduled for Saturdays in the Park. Cost: \$50 (for four classes.)
- July, 2006 Bo Staff Seminar. Cost: \$120 (includes bo)
- Jul 22, 2006 Kempo Karate Seminar on the East Coast featuring 4 Grandmasters. (\$100 for the day)
- Student Referral In 2006, we will be sponsoring a referral program. Bring in friends or family. Points are earned if they sign up and pay for their lessons.
 - 3 Win a new Tiger patch
 - 5 Win a new Dragon patch
 - 7 Win a Bo staff or other weapon
 - 10 Win a month of weapon classes.
 - 11+ Win a special grand prize

Ask Sifu for guest passes and flyers.

Job Opportunity

Would you be interested in becoming an Assistant or Program Director, answering phones and managing student activities? Please contact Sifu right away for current opportunities all over San Diego county. Black Belt not required for all positions.

We have an **urgent** need for these jobs!

Testing Information

All rank and stripe testing is done in your regular class. All test candidates must wear a clean uniform and bring the appropriate gear. Also, you must be early to class. Tardy students will not be tested.

Little Leopards

The updated curriculum will award stripes for the successful completion of Skills. After all eight skills have been awarded, then the Little Leopards will be tested for their new color belt.

Level	Current Rank	Has earned Red Stripe	Has earned Black Stripe
Candidate Ranks	(W-O)	6/15	6/22
Beginner Ranks	(P-B)	6/15	6/22
Intermediate Ranks	(G-Br)	6/15	6/22
Advanced Ranks	(Blk)	July 2006 (30 days. Be ready.)	

Testing Guidelines - Candidate Testing

To be eligible to test for your next belt, all the testing requirements must be met.

1. Minimum time of 8 weeks at your current belt rank.
2. Trained in a minimum of 16 classes.
3. Red stripe from an instructor, showing knowledge of the curriculum.
4. Consistent Black Belt attitude during class.

Beginner and Intermediate Testing

To be eligible to test for your next belt, all the testing requirements must be met.

1. Minimum time of 12 weeks at your current belt rank.
2. Trained in a minimum of 24 classes.
3. Red stripe from an instructor, showing knowledge of the curriculum.
4. Consistent Black Belt attitude during class.

Advanced Testing

All black belt testing is held once per year at the discretion of Sifu. The next exam is June 2006. Be ready candidates. Rise to level you need to be at to succeed. ☺

Leadership Team News

The Leadership Team is open to new members. Extra GOLD class on Mondays.

Demo Team News

The Demo Team meetings resumed. Sign up for the Demo Team in class to get on the roster. Open to all students with excellent attendance records and ATC.

Welcome New Members

Happy Birthday

Samantha Kilday
Alex Perez

Bryan Bagnas, Sr.

Call for Writers and Artist

If you like to write or draw, please send us your articles and drawings for possible use in upcoming issues.

From time to time, we solicit articles from other instructors and students. And we're always on the look out for great photos or drawings by our talented students.

Any subject related to Kempo or the martial arts in general is appropriate. Review your favorite movie or draw your favorite ninja.

Submit all ideas to your instructor. Digital is best.



Leopard Pause

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Finding Breath

By Marlon Anthony Wilson

It is obvious that breathing is essential to life. We all do it, and usually unconsciously. Singers, athletes, meditators, people with respiratory illnesses all know the importance of conscious breathing. We, as martial artists, also place a particular importance on breath. So I would like to take the time to share some of my knowledge and mishaps with breathing.

Some theory

I first encountered the idea of conscious breath at a yoga class I took in college. I was late registering and there was not much left. I did not feel so at the time but, lucky me! The lessons began with breathing and ended the same way. We were taught to breathe in through the nose and out through the mouth as a general rule. Nostril breathing was taught as an important method as well as holding the breath in and holding it out. All of this seemed way too complicated for something every baby knows how to do well, but order to make the grade, I learned.

I learned that breathing was not only about oxygen, it was about prana: a mysterious substance that is the animating force behind life. I learned that the control and cultivation of prana was supposed to improve health, extend life and somehow impart to the really diligent...extra powers.

A small aside

I originally looked into the martial arts searching for magic. As a child I loved comics and believed in the possibilities that they presented. Children used to mock my name, turning it into

Merlin, so I tried to find out all I could about this Merlin. And so my search for magic began and cue the comic book "Dr.Strange: Master of the Mystic Arts" with some



dramatic music in my young head and a light bulb flashed on! You see, an essential part of Dr.Strange's education in magic was developing his physical body enough in order to channel the vast amount of energies he would need as a protector of earth. I think you can see where this lead me...end of aside.

Back to theory

Prana, as taught my yoga teacher, exists all around us, the main medium of its transport being air; we must cultivate breathing in order to maximize our benefits. I later learned that the Oriental terms Ki and Ch'i relate to many of the properties of prana. You are born with an amount and when that runs out your life ends. It circulates throughout your body in channels similar to veins and arteries. There are places on the body and in

nature where it is more concentrated. It can be transferred for the benefit or to the detriment, from and to, any living thing. Cultivating it and developing it has many benefits for health, power, longevity, and out-of-the-ordinary abilities.

How to breathe

Babies, when born, are free of tension and are naturally belly breathers. This means that when they breathe it is their belly that moves and not their chest. Somewhere, somehow, in our society we all seem to learn to do what is not natural and begin to breathe from our chest rather than our abdomen. This on a purely physiological basis allows for less oxygen exchange with the bronchioles and therefore less oxygenation of the blood. Prana/ch'i/ki...a.k.a. energy also needs belly breathing and relaxation in order to properly transfer to the breather. This deep abdominal breathing seems awkward at first but with regular practice can become as easy as to seem unconscious.

Start with lying flat on your back or sitting up straight (the important thing is a straight spine). Place your hands on your lower abdomen either at or just below the navel. When you breathe out your hands should sink towards your spine, sink in. As you breathe in, your hands should be lifted away from your spine by your belly, pushed out. Breathe in through the nose and out through the mouth. Take the time to master this; all other breathing is based on this first step.

In yoga they have postures and in the martial arts we have stretching and forms to help the body become supple enough for the free flow of energy. Suppleness and relaxation are key to proper

breath control. Training the body internally this way cannot be left out with out frustrating our attempts to grow to a higher and ever higher level. Through the unity of mind, body, intent and spirit we may attain the goal of harmony called mastery to which we all aspire.

Finding Breath

This is all good in theory, but what of practical applications? I have to tell you that, as you learn more about breath, you need to understand that although things seem to start in the same place, they change dramatically considering the application.

That I learned yoga, energetic healing methods and martial arts provides a good example from my own life. I transferred the knowledge of breathing that was very well taught in yoga and healing to martial arts, when I did not have in the past teachers who emphasized how to breathe.

To be sure, they repeatedly said that we must breathe and control our breath, but did not go into details. Yoga and

healing tend to want to induce an altered state of consciousness and their breathing methods reflect this through longer exhalation than inhalation.

My current Kempo instructor noticed oxygen deficit in me as I moved through my material. I had focused on increasing my cardio to correct this; he was astute enough to ask me what I was doing with my breath. When I told him...well, I learned my error, received correction, and, he showed me the best way to train it: Forms! Yes, find your breath in your forms.

Begin now to find the islands of breath in your forms. This will add presence and power to your forms and create the habits of proper breathing that will transfer to sparring, dragon circles, testing and any real life situation that you failed to find a way to avoid.

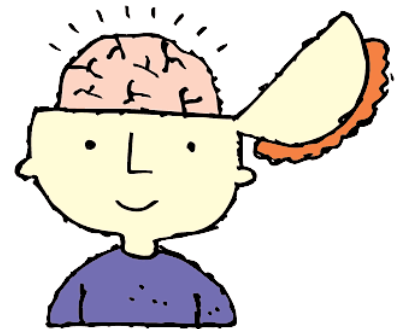
Take the time as you move through your forms to breathe, whether you are doing your forms fast for cardio, or slow for proper mechanics, or at regular fighting pace.

Breathe into your abdomen; breathe in the same volume as you breathe out. Begin with a 2 count: Exhale for a count of two; hold out for a count of two; inhale for a count of two, hold in for a count of two then begin to exhale again. Take your time to slowly work the count upwards...I would not bother to exceed a count of five for the purposes of what we do.

Remember: practice, practice, practice. Remember the benefits of proper breathing: Health, power, longevity and out-of-the-ordinary abilities. These things are not secret and of course, there is more to learn, but they take awhile to develop. Use the skills of perseverance and a continued commitment to growth and learning that you

have acquired through your training. These things are essential.

Study, practice, and share what you have: This is the way of mastery...and have fun along the way.☺



Shaken, Not Stirred

By Bryan Bagnas

Many beginning students feel that speed in a technique is the key to success. Nothing is further from the truth. Speed can overwhelm an opponent but it can also upset your rhythm. Maintain a speed where you can comfortably perform each element of your defense. Do not let fear dictate your movements.

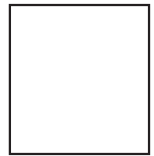
As part of your block and check, take the time to disrupt the balance and the mindset of your opponent. One of our favorite techniques is a hula hip to their center of balance. When the human body loses its balance, primal instincts force them to address this and attempt to regain their balance.

Often times, ignoring the need for defending an ongoing assault by you. This is exactly what we want, an opponent who doesn't counter attack. A confused mind eliminates the ability to formulate a counter attack and gives you time to defeat them. It gives you the time to do what you need, slowing the situation to a manageable speed. There should be no need to go super fast like the movies. Control the combat and you control the outcome.☺





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