

I.R.C.A Sinkenpokai



NEWSLETTER 1st Quarter 2016

Art and concepts of street fighting (Part I)

You can, seen from your own point of view, consider a combat as a full meal, in which you must observe the following rules:

Keep it simple, direct and adapted; do not make it hard for yourself. If you can knock your attacker down with three movements, do it. If you have multiple needs, use them. Use what you can use best yourself, and with the least effort. But always give at least 3 layers or steps. Do not run away after the first. Always use a combination of three attacks. Battles never end after the first attack. End the fight!!!

The "full meal" concept. (recipe):

- 1 / appetizer: the techniques you will use to stop your attacker.
- 2 / The main course: the techniques you will use to hurt your attacker.
- 3 / The dessert: these are the techniques that you will use to finish your attacker.

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Important items here are:

- Absorb from Kenpo what YOU can use
- Throw away what is useless for YOU
- Apply techniques and basics that you can use in your "style".

Never have yourself influenced by sayings like:

"If you are attacked, do not respond, because that will make you will assailant (s) even angrier and more dangerous." (This is already like one strikes you on your left cheek, then you offer you right one).

This is nonsense. Attackers will often choose the "weak". So if you're acting like a victim, you will also be handled likewise in most cases.

Ask yourself why it is usually men who assault and rape women, and not vice versa. It is sometimes so far (and this is not a myth) that police offices in the US, recommend women to always carry condoms with them, in case they would be raped, to be more "willing" without getting venereal deceases .

The vast majority of attackers themselves have fear, and are just looking for material or personal matters, such as money, sex or power (over weaker people)

When their chosen victim is not responding as they would have wanted, they mostly quit, but not always.

There is only one good way: Defend yourself and fight !!!

Never believe you are practicing the "magic" martial art, or that you know which one is going to save your life or knowing 1000 techniques.

FIGHTING IS DYNAMIC, and FIGHTING BEGINS WHERE SELF-DEFENSE ENDS !!!!

Test in advance at the club what you think what will work for you, under supervision, do not wait to try it on the "IT" moment.

- Knowledge is no strength or power, it only works when you know how to use it.
- If you want to learn how to fight, than train with someone who fights back.

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

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More to come..

For full details please contact
Mr Roy MacDonald (9th Degree)
00 44 (0) 7797 712 042
Email: kenpojersey@gmail.com

Dear members and teachers,

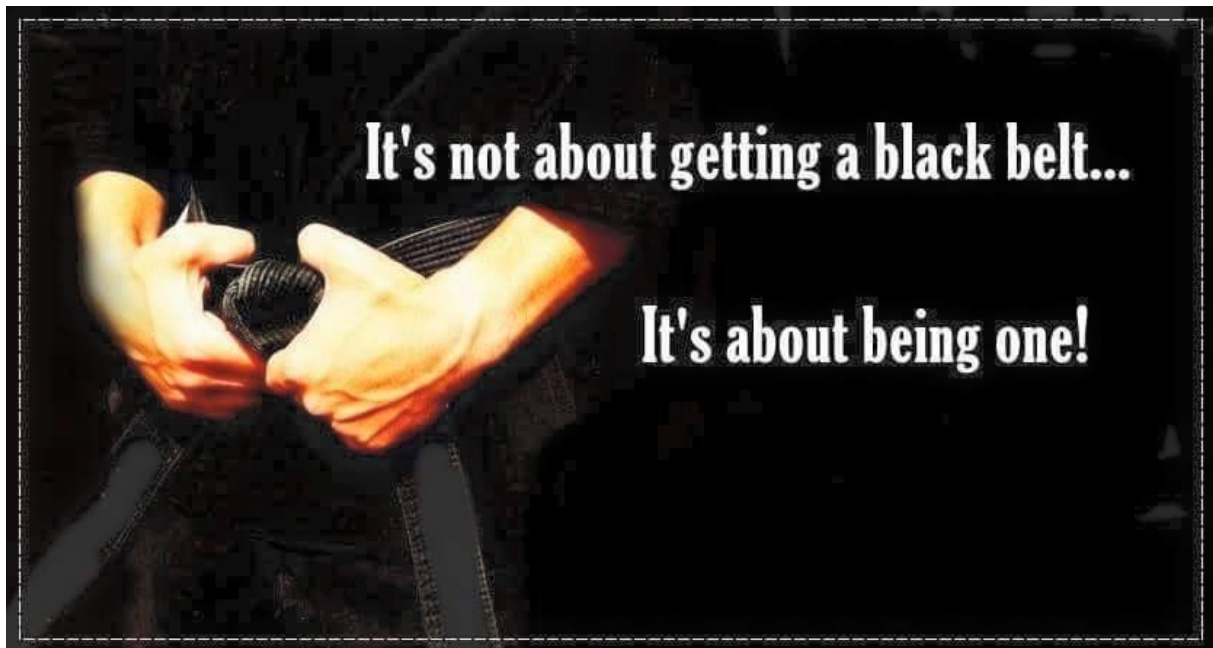
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真術 拳法会



We are still expecting your articles as well, about your schools, your career in Kenpo, some stories etc..everything is welcome!



F.E.A.R.
has two meanings -
Forget Everything And Run
OR
Face Everything And Rise
The choice is yours.

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The Board and President of the IRCA Sinkenpokai wishes all his members a
Happy Eastern!



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

claes@selfdefense-studio.net