

I.R.C.A SinKenpokai



NEWSLETTER 4th Quarter 2016

Our Soke and Chairman Oleg Sheprut has been awarded Shichidan - 7th DAN in Sin Jutsu Ryu Kenpo, certified by the IRCA Board,, the 3 Hanshi: Stoffel Van Vuuren, Kevin Blondell, Richard Reynolds and undersigned Kyoshi.

Many congratulations SOKE, OSUUUUUU



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Art and concepts of street fighting (Part III)

How to train:

This is a very important item!!!

It's not WHAT you learn, but HOW you learn.

- Train with the right attitude.
- Have respect for everyone in the club, mainly for the teachers (instructors) and for your fellow students who have more experience than yourself.
- Remember that you can never be the best (there will always be someone better), but you can get the best out of yourself, both physically and mentally.
- Learn to solve problems: that is the major thing, a fight is nothing more than solving a problem !!!!!!!
- Take regular notes, a written word last longer than one word to remember.
- Consider the sequence of learning: first base, then power, then flow and flexibility, then (the modified methods of) speed, last refinement.
- There is no place for ego-tripping or "show off" states in a Kenpo school. This often leads to "accidents" and resentment.
- Be honest.
- Train realistic and hard, but without exaggeration.
- Train with the necessary protection to prevent injuries.
- Exercise at least 2 times a week at the school, but also train daily alone, even if only 10 minutes. Plan and take the time for it.
- Learn to recognize your own weaknesses (mentally and physically), work hard on them. • Realize that Kenpo will take a big part and a lot of time in your life, and try to apply it in your daily life..that does not mean that you have to fight, but it improves your "attitude" and the ability to solve problems. Check every door, wall, post, etc. as a possible opponent.
- Realize that you should sweat and train hard in your club, so you will be able to laugh in the street.
- Realize that fighting is dynamic, and adapt to it.
- Be willing to learn, customize your own body and way of thinking.
- Do not think you're already there and knows it all
- Train yourself, and ask yourself regularly why you do it for.
- Be innovative and creative.
- Train logically.
- Search regularly for information (f.e. on the Internet)

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- Teach your body to listen to your brains.
- Teach your brains to listen to your heart.
- Keep it pleasant for yourself and create new challenges for yourself.
- Please note that the training room is not playing floor, respect that environment the moment you enter.
- Keep your body (and mind) clean and hygienic.
- Learn to be constantly vigilant and alert, and always pay attention to your surroundings and environment.
- Learn how to observe both in and outside the club.
- Learn to work with the four different distances. (out of range, in range, contact penetration and contact manipulation distance.
- Learn as many different possible ways of attacking and how to defend against them.
- Absorb as much as possible knowledge and skills, and determine for yourself what is useful and not useful for you.

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

IKC 2017 (International Kenpo Karate Championships) will take place in Loures, Portugal, see all info at <https://www.facebook.com/ikc2017/?fref=ts>



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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 in Kenpo, 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 kenpo 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."

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

claes@selfdefense-studio.net