



AKA Student Express Summer/Fall Edition

Introductory Feature Article from the Leadership Team

This issue's key phrase is "**Enjoy the Ride**"

It seems that in "Martial Arts", the "Black Belt", is the goal that most of us will seek to achieve. How long will this take? How many years, months, weeks or days will it take to finally get to be a "Black Belt"? Probably, about 4 to 5 years, assuming you attend the number of classes that are required in our student handbook. I wonder, how many of us judge a trip by what happens along the way to your destination? Most people that begin taking Martial Arts classes probably don't stop to think, how many one steps or how many forms will I have to learn to demonstrate to my instructor that I have learned what I need to test for the next belt? How many people will I have to spar or how many sit-ups will I have to do to be physically ready for the next step? For some of us, it is how many friends will I meet on my journey? Obtaining the level of Black Belt represents years of study, practice, and substantial physical, mental and spiritual development, along with responsible citizenship. However, achieving Black Belt does not mean the completion of development. Rather, it signifies the beginning of a new stage for future challenge. We never thought about any of these things. We didn't realize how much work and fun the journey was going to be. We still have some time, before are invited to test for our Black Belt and we can tell you that we can't wait for the beginning of the next stage.



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Welcome Future Black Belts!

Tiny Tigers -

Brandon Hatley
 Katrina Fierro
 Shivsh Razdan
 Will Ek
 Maya Lyles

Holden Pierce
 Alexey Ewald-D
 Evan Held
 Nikhil Lyles
 Cielo Rodarte

Adults-

Kacie Green
 Robbie Nguyen
 Justin Taylor

Ana Miravete
 Chelsea Neiman

AKA & WTSDA News

AKA Events -

GUP Testing - 07/07/07
 Demo Class - Every Saturday

WTSDA Events -

Instructor's Clinic - August 18 in Austin, TX
 Dan Test - October 26 in Houston, TX
 Region 4 Championship & Party - October 27 in Houston, TX
 2008 World Championship - July 11 & 12, 2008 in Orlando, FL



“Overview of Self-Defense”

“TO WIN ONE HUNDRED VICTORIES IN ONE HUNDRED BATTLES IS NOT THE HIGHEST SKILL. TO SUBDUED THE ENEMY WITHOUT FIGHTING IS THE HIGHEST SKILL”. -Sun Tzu

There are many ways to respond to a physical confrontation. Only the victim can determine what is best for them in a given situation.

- 1) **Avoidance** - The best self-defense is to avoid situations that place you or your loved ones in jeopardy. This includes not going into a "bad" area, crossing to the other side of the street to avoid an unsavory individual or group, or even running to escape a bad situation.
- 2) **Screaming** - Use a loud voice as a weapon. Before a physical confrontation begins, a strong shout of "NO!" may weaken the resolve of an attacker. During an attack, use your voice to attract attention to your situation. It is generally agreed that yelling "Help" or "Rape" is not always the best choice. People have a tendency not to get involved in others people's problems. However, they are curious when it does affect their personal safety. A better strategy is to yell "Fire".
- 3) **Escape** - Constantly look for a chance to run away from the confrontation to a safer place. Again, avoidance is the best self-defense skill.
- 4) **Blocking** - Once a physical confrontation starts, there is little time to think. You must react. Protect your vital areas. Use your arms to protect your head and stomach. In general, try to keep your arms close to your body. If you reach out your arms, they can be grabbed and immobilized. Remember, blocking deflects strikes or absorbs damage that would normally be delivered to a vital area but it does not prevent the attacker from striking again; you must strike back.
- 5) **Releases** - In general it is best to keep an attacker from grabbing you. However, this is not always possible. You need to learn and practice basic release techniques.
- 6) **Striking** - Use hard parts of your body to strike the soft parts of an attacker's body. Striking techniques, kicking, punching and releases may be effective. Keep your self-defense simple, nothing fancy. The techniques need to be easy to remember and easy to practice.
- 7) **Giving In** - If all of your attempts are not effective in a specific situation, you need to be focused on survival, not necessarily conquering your attacker.

Parent's Corner

Positive Activities for Your Children "The Train"

In this game, line up, one person behind the other, and allow no passing. Have your child follow along behind, copying whatever you do. Start off jogging, then begin swerving, turn sharply, hop, skip, jump, etc. You can snake the train throughout the whole room!

Parent Testimonial

Our son Sean began taking classes at Austin Karate Academy about a month before he started Kindergarten. Mr. Mukherjee did so much to prepare Sean for school. I don't think he would have been able to sit still, raise his hand, pay attention, or even listen to his teacher otherwise. More importantly, Sean has gained so much self-confidence from Karate. We feel really lucky that we started out at AKA!

Eliza Cunningham

Quiz: Fill in the blanks. Submit answers to Mr. Tim Dalton when finished.

_____ Monastery was built at the end of the _____ century A.D. and is known as the cradle of _____ martial arts.

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