



# The Budo Times

May – June 2009



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Welcome to May/June 2009 edition of the Budo Times. We hope this edition finds you all fit and well and starting to think about Powercamp 2009. I am still seeking some ideas for the layout for the newsletter. If you have seen another newsletter that you like send me a copy so that we can get some fresh new ideas to improve the Budo Times for 2009.

## *Training Scenario*

This months training scenario explores some of the issues involved in surviving an attack as you make a transaction at an ATM. It provides us with an opportunity to discuss and hopefully workshop within our Dojo this particular situation.

For the purpose of this scenario the ATM is located in a car park in a well-lit area, with cars offering cover to someone approaching you. The ATM is in front of you and your vehicle is off to your right.

Parked cars present some barriers and once you are in the car, a locked door offers some protection. REMEMBER you need time to enter the car and make an escape.

**Danger:** You are handling money, so robbery is most likely the motivation for the attack.

**Possible Weapons:** (For the purposes of this scenario, your attacker has a weapon.)

Handbag & contents; you are wearing hard soled shoes; you have a credit card in your hand.

**Scenario:** As you put your card in the ATM, someone grabs your left shoulder & orders you to extract all the money. Turn your head towards the attacker and peripherally check for a weapon. In this case he does have a weapon and it is currently pressing into your back.

Chances of surviving a knife / screwdriver attack from this distance are virtually non-existent, so your best chance of surviving is to comply. You should endeavour to move slightly to your right so the ATM can have a clear view of him, as most ATMs capture pictures of transactions occurring. You should also try to engage the attacker in conversation, let him know you are doing it tough as well, and can see where he is coming from, try to get him seeing you as a person/ kindred spirit not just a victim. In turning towards him you should try to be gathering what info you can about his appearance height, approx weight, hair colour, appearance, and scars or marks, in short – start with the things he can't readily change, but remember clothing might help Police locate him quickly after the event.

Note that we are STILL complying – if he is agitated, get on with it, don't risk your safety when performing the ATM transaction. DO NOT request a receipt from the ATM – unless you are directed to by the attacker when the transaction is done take your card, and move back to let the attacker take the money, if forced to get the money and hand it to him trying to turn towards him and get your hands up into a defensive position remembering you are still at an UNSAFE distance do not impede his exit, take note of the direction he goes when getting away.

Lastly at this point DO NOT follow the attacker, unless you can do so at a very

safe distance, remembering he has a weapon. Call the police give as many details as you can from your inventory and call the Bank to get your card cancelled if it was taken and get the pin changed if it was not.

Congratulate yourself for surviving a very risky situation, and yes it probably cost you money but you are alive to tell the tale.

### *FURTHER NEWS FROM KAICHO*

Kaicho Graeme Sneddon has recently been profiled in an online directory for Martial Arts which is very interesting reading. Follow the link <http://maillawarra.wordpress.com/profiles/> to read the article.

### *Around the Dojo's*

#### *Bringelly Dojo*

Bringelly had the first grading for 2009. The camp was a two and a half hour session where the whole club body participated (Boomer and adult combined). The camp was run by Troy and Aidan Miller and assisted by Geoff Cramerie and Emma & Steve Harvey.

Successful students that have achieved their next grade were:

Michelle Miller – 7<sup>th</sup> Kyu Champ of the camp

Domenic Gattellarie – 8<sup>th</sup> Kyu

Encouragement award jnr

Benjamin Mayer – 4<sup>th</sup> Kyu

Chelsea Mayer – 4<sup>th</sup> Kyu Fighting  
Dragon (Fearless Kumite)  
Paul Harvey – 4<sup>th</sup> Kyu  
Duncan Conner – 5<sup>th</sup> Kyu.  
Encouragement award jnr  
Emily Conner – 5<sup>th</sup> Kyu Kyu Champ of  
the camp jnr

Bringelly Dojo would like to welcome  
the following new members;

Conner McClennan  
Taylor Mock  
Kylie Mock  
Brandon Navratil  
Michaelle Navratil  
Abby King  
Thomas King  
Sam Davey  
Angellina Cini  
Charlie Cini  
Lachlan Bowe  
Patrick Baric  
Lachlan Burbridge

### **Baulkham Hills Dojo**

Daniel Climent recently completed his  
7<sup>th</sup> Kyu at the Kenthurst Grading.  
Congratulations Dan who continues to  
be an outstanding Karateka.

Baulkham Hills would like to welcome  
the following new members:

Peter Young  
Madison Hayward (Jnr)  
Grace Hayward (Jnr)

### **Illawarra Hombu**

Illawarra Dojo would like to  
congratulate the following successful  
students on completing their grading  
requirements and who all showed  
tremendous spirit at the recent  
grading;

### ***9th Kyu - Yellow:***

William Webb  
Blake Edwards  
Dave Farrent  
Carl Eady  
Gemma Davis  
Nina Bala  
Ben Bala  
Paris Fabian - Carter  
Bethany Lang  
Zali Offord  
Tom Gilfoyle  
Jack Gilfoyle  
Tara Kenny  
Jack Johnson  
Will Johnson  
Jessica Pye  
Matthew Pye  
Emma Fletcher  
Meegan Fletcher  
Natasha Murray  
Gabrielle Thompson  
Harley Bruce  
Tiana Williams  
Fletcher Thew  
Imogen Thew  
Lucy Batton  
Jackson Klintworth  
Teresa Firkins  
Katrina Pye  
Dianne Fletcher  
Michelle Blamey  
Tayla Blamey  
Leanne Murray

Tess Lim  
Elizabeth Thompson  
Jara Shaw  
Sally Klintworth

***8th Kyu Orange:***

Verity Patterson  
Jackson Batchelor  
Charlie Passfield  
Rachel Lewis  
Trudi Davison  
Abbey Stephens  
Jayd Rubain  
Jonamado Piegia  
Dylan Murray  
Nathan Bala

***7th Kyu Red:***

Ben Farrent  
Sean Lewis  
Chloe Siddle  
James Overton  
Harrison McLaren  
Angus Lawson  
Acađia Babister  
Oliver Smith  
Ben Walker

***6th Kyu Green:***

Bronte Eady  
Rhani Walker  
Tiarne Walker  
Kathleen Garvie  
Nash Davison  
Alexander Sneddon  
Aleisha McLaren

***5th Kyu Blue:***

Duncan Kaehne  
Ben Senior

***4th Kyu Purple:***

Matt Messenger  
Luke Atlagic

***2nd Kyu Brown:***

Damon Van Putten

***Champ of the Camp:***

Junior: Aleisha McLaren  
Senior: William Webb

Budo Kenkyu Kai would like to  
welcome the following new members  
to the Illawarra Dojo's:

Jayden Murray  
Zara King  
Georgia Hay  
Hilary Language  
Nicholas Language  
Teagan Language  
Brodie Language  
Berni Tamsyn  
Trinity Ganassin  
Maclan Ganassin  
Blake Edwards  
Liam Jeffs  
Lachlan Jeffs  
Biraldo Lilli  
Susan Igoe

**Wilton Dojo:**

Wilton Dojo would like to welcome  
the following new members;

Billy Laybutt  
Amy Laybutt

## *Becoming a BKK Instructor*

Last month we looked at the types of students that believe that they have the desire and motivation to becoming a BKK Instructor and some of the attributes that they need to have in order to successfully take that next step. This month we will talk about the practicality of opening a Dojo.

Location:

The first important step in opening a Dojo is finding the correct location for a Dojo. There are several important issues to consider;

1. Distance from your own home or work. If you have to travel an extra hour just to get to the Dojo this is going to obviously impact on your ability to get to the Dojo and commit to the students for the long term.
2. Type of area where the Dojo is situated. Is it a residential area or commercial area where your students can easily access the Dojo and be able to park? The vast majority of Dojo's are located in Council owned halls in residential areas, however, there are very successful Dojo's open in Commercial Facilities. In terms of residential areas you may wish to consider whether it is a new residential area which will attract a younger demographic of occupants with children.
3. Costs associated with the actual centre. Commercial premises will incur a far higher cost and there is limited

ability to rent floor space on a per hour basis.

4. Proximity to other martial arts schools and centres. This will impact on your ability to attract new students.

Sensei Leigh Klintworth initially opened his Dojo within a gymnasium. He found that the access to a ready made student base provided him with the impetus to then open a Dojo outside of the gymnasium. There are limitations in opening a Dojo within a gym as the gym will also have requirements in terms of fee structures, insurances and possibly impact upon your ability to promote Budo Kenkyu Kai as a style rather than an addition to their own gym.

Our next consideration is cost. Council Halls and Surf Clubs are generally cheaper than school halls and again cheaper than any commercial premises. The general rate for Council owned Halls and Surf Clubs is between \$18.00 and \$30 per hour and school halls can start from approximately \$30.00 per hour. These costs can escalate if you don't have the student base to sustain the Dojo fees.

Next month we will look at some of the ongoing fees, such as advertising and equipment.

## *POWERCAMP PREPARATION*

### Part 1

For all of those students that are attempting Nidan or above, this series of training tips is designed to assist you in achieving that goal. The information can be used for anyone that is grading but the grade of Nidan requires a greater effort and commitment from the Karateka. (See your instructor for a full list of the grading syllabus requirements.)

We should all be starting to prepare our minds for Powercamp 2009 which is being held at the NSW Academy of Sports, Narrabeen from November 6 – 8. At this stage in our training, being approximately 5 months out the student should be looking at building a solid base training. This includes technique, strength, power and cardio.

You should ideally be training at least two days per week within your Dojo at this time and trying to incorporate some type of cardio training. You will be attempting 30 x 90 second rounds at the grading which will require a degree of endurance training.

Methods of Cardio Endurance Training – Running, swimming, skipping, cycling or rowing machine are all great ways to build a solid base level of fitness. I have found running to be extremely beneficial as it builds strength and endurance through your legs which you will need to have. You

will be moving as much as you can through the 30 rounds. Some people absolutely hate running, I understand this, so you can try some of the other methods. Ultimately you will need to have specific fitness for a specific goal – 30 rounds. You will need to slowly build up the amount of freestyle sparring rounds you are undertaking in your Dojo to complete the endurance training you are undertaking and if you can do some form of running prior to your Dojo work, even better.

If you are considering using running to supplement your Dojo training ease into it at first. The most common mistake that people make when taking up running for the first time is to push too hard too quickly. You want to be able to complete a run without feeling smashed and you want to have plenty of petrol in the tank. At the end of your run make sure you have a warm down walk and then plenty of stretching and re-hydrate. To begin with start with a 15 minute flat run at a pace where you can still hold a conversation and remember to have good running shoes.

Next week we will drill down into some of the training drills you can consider doing to supplement what you are doing in the Dojo.

## *Upcoming Events?*

Gradings: Bringelly Wednesday, 1<sup>st</sup> July 2009

Illawarra Hombu –  
Boomers Coaching Clinic Saturday 20<sup>th</sup> June 2009

Kyokushin Karate's Peter Graham is holding a Training Seminar on Sunday, 21<sup>st</sup> June 2009 at West's Illawarra Leagues Club on 10.00am. It is a 4 hour seminar for \$50 which includes lunch and for further information contact Charlie Rosta on 0405 227 062. Peter Graham is a legend of Australian Karate who has successfully competed in K1 Tournaments and Professional Boxing. He is truly one of the hardest fighters to enter the ring.

## *Interesting Observation*

There has been a couple of interesting martial arts shows on Foxtel recently. Two shows have depicted the hosts trying out various martial arts all over the world. One of the shows, and the name escapes me, showed two of the hosts undertaking some training the American Marine Corp. The American Marines have fought in almost every military campaign since World War 1 and in that time they have been developing and implementing new hand to hand combat strategies for their personnel.

We are talking about a fighting force of thousands of soldiers who will at

some time use these skills in real life, life and death, situations. It was very interesting viewing for a number of reasons;

1. All of the techniques were simple to understand and use. Their theory is that the soldiers will only remember simple instructions in life and death situations.
2. Simple footwork with basically one fighting stance for all actions. Their fighting stance is identical to that of BKK fighting stance. Very balanced, very efficient and natural. One of the hosts had a long stance and fell over and the instructor immediately showed him that the only way the soldiers can effectively manoeuvre over all terrain was to keep their stance nice and short.
3. Once the fighting has started they don't stop until they have effectively dealt with the threat. In the majority of their case, kill the opponent.

After watching the material I found that BKK methodologies and techniques could be placed directly in the centre of their training and run at very similar effectiveness. Don't forget that the Marines have dedicated years of research and experience from all corners of the globe in developing what is very similar to BKK!