



# THE BUDO TIMES

BUDO KENKYUKAI  
MARTIAL ARTS RESEARCH CENTRES

Issue

February—March 2010

## Points of Interest:

- Recent UFC contest sold out in record time at Acer Arena, Sydney.
- This provides us with an opportunity to advertise our system of Self DEFENCE to a now very interested audience.
- There have been a spate of knife attacks recently in Melbourne.
- Continue to remain vigilant in your self DEFENCE training!

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## Welcome Back to Training For 2010

Well another year of training has commenced and I hope that this issue of The Budo Times find you well and truly back at the Dojo and training hard.

Again this years Power Camp will be held at Sydney Academy of Sports, Wakehurst Parkway, Narrabeen on 5,6 & 7 November 2010. For all of those wanting to attend and contemplating attempting Shodan and above grades there is an interesting article from Mark Johnson in relation to his training leading towards the camp on page 4. In the coming months we will have other training schedules from those that have successfully completed a Power Camp grading.

### Message from Kaisho:

Many thanks to the students & Instructors of the Southern Dojo's who staged an awesome demonstration in Wollongong on Australia Day. The edited version can be viewed on the videos page of our website.

Two words that are often tossed around the Dojo's by Instructors and students alike are Commitment & Dedication. The Macquarie dictionary describes commitment as "something to which one has committed oneself; a pledge. Dedication is described as "to give up totally, as to some

person or end."

In my approach to training, I have always felt that a commitment is something that is merely said. Dedication became something demonstrated when it became difficult to honour that commitment. Talk is cheap! So when there is something appealing on TV, friends are having a night out, you feel a little bit stressed...assess yourself mentally and decide whether you're committed to training or dedicated to martial arts. They're not the same thing.



## SELF DEFENCE—ANOTHER PERSPECTIVE

On Sunday, 28 February 2010 60 minutes ran a very disturbing story in relation to pedophilia and pedophiles using the internet as a means of contacting minors.

Almost every child has access to the internet and utilizes some form of social networking website in order to post

information about themselves and remain in contact with friends. These social networking websites are also the means in which pedophiles contact minors as it provides them with an avenue to conceal their true identity and intentions.

The Western Australian Police Officer involved in the story

spoke about these websites as representing the 'new stranger danger' message which needed to be relayed to our children.

As a father and now instructor of children and teaching stranger danger self defence, this is an area which we need to address with our students!

## MAY GRADING AND COACHING CLINIC 1 MAY 2010 WOONONA HOMBU

In response to the excitement generated by last year's PowerCamp, BKK is excited to announce our first ALL DOJO'S COACHING CLINIC & COMBINED GRADING for 2010. This is a great opportunity to not only grade but to start building towards Power Camp 2010 for all those attempting Shodan.

Woonona Surf Live Saving Club, Woonona Beach  
Saturday, 1 May 2010. The coaching clinic will be held from 10.00 am to 12.30 pm followed by the Grading from 1.00 pm—4.30 pm

The costs are: \$22.00 for teens and \$33.00 for adults for each session. The coaching and grading is only open for adults and teens and is a great opportunity to further not only our martial arts skills but our coaching skills to ensure we are all on the same page as we head towards Power Camp 2010.

We all know the energy and opportunity that Power Camp offers us, the May Coaching Clinic and Grading provides us with an opportunity to further experience this level of training and knowledge.

### Membership Fees Due!

With the commencement of 2010 it is important that membership fees are renewed. The fees for 2010 are as follows:

- Adults \$50.00
- Children \$30.00

Instructors can you please ensure that all students have paid there membership fees as soon as possible.

### 2010 Grading Fees

Yes, I can hear you all now, more fees....  
Grading fees for 2010 remain at;

- Adults \$33.00
- Children \$22.00

Our fee structure has remained the same since, well, since Kaicho had hair, since Hanshi was a rock and roll rebel, since Sensei Ray had good hips. Our fees are very reasonable considering any other type of sporting activity you might pursue causes you to re-mortgage the family home.

武道研究会

## AROUND THE DOJO'S CONTINUED

### Baulkham Hills Dojo—New Training Night & Times!

Baulkham Hills Dojo, located at the Stamford Hall, Balcombe Heights Estate has changed training nights. Our new training times are:

- Kids Classes—Monday nights, 6.00 pm—6.45 pm
- Adults Classes—Monday nights, 7.00 pm—8.30 pm

We have had a Dojo at Baulkham Hills for a number of years and we have undertaken the challenging task of now training children. Our classes have commenced with 7 immediate students and we are looking forward to growing our student numbers and we have commenced advertising in the local area to achieve this. If you know of anyone in the Hills area that would like to attend please pass on our newsletter and contact address as we have two Dojo's in the area, Baulkham Hills & Kenthurst.

Our 2009 Best Exponent Award was Sensei Scott Young who put in a stellar effort throughout the last three years in order to achieve his Ni Dan grade. Congratulations Scott.



## AROUND THE DOJO S CONTINUED

### Wollongong Dojo Grading

Results: **9th Kyu**—Yellow

Tahlia Russell

Kalani Russell

Rico Ranson

Ben Stott

Jade Rodgevic

Alice Gill

Kyle Mayes

Joel Mainon

Bryn Jarman

Cerys Jarman

Kobe Bell

Melissa Henshaw

Amy Logan

Matthew Logan

Amelia Patman

Madison Murray

**8th Kyu**—Orange

Blake Edwards

Tamsyn Bemi

Georgie Hay

Olysha Mainon

Jayden Murray

Sam Davey

Jack Franklin

Kye Fisher

Tom Gilfoyle

Zali Offord

Zander Smith

Samuel Venn

Ashleigh White

Daniel White

Matthew Bell

Lori Burzacott

**7th Kyu**—Red

Trudi Davison

Jayd Rubain

Jackson Batcheldor

Jack Gilfoyle

Tara Kenny

Paris Fabian—Carter

Ben Bala

Nina Bala

Gemma Davis

Bethany Lang

**6th Kyu**—Green

Ben Walker

Abbey Stephens

Oliver Smith

Nathan Bala

Jonamado Pieiga

Rachel Lewis

Hannah Caitens

Dylan Murray

**5th Kyu**—Blue

Carla Smith

James Overton

Tiane Walker

Rhani Walker

Nash Davison

Jake O'Brien

**4th Kyu**—Purple

Liam Tuxford

Connor Duncan

Bronte Eady

Ben Luyten

Alex Sneddon

**3rd Kyu**—Purple Black

**Tip**

Paul Harvey

**2nd Kyu**—Brown

Mitchell Begley

**1st Kyu**—Brown Black

**Tip**

Sam Luyten

### Kenthurst Dojo 2009 Dojo Award Winners

Best Exponent—Fletcher Thew

Most Improved—Matt Pye & Brock Brady

Most Improved—Tiana Williams (Kenthurst Pocket Rocket)

Champ of the Camp December 2009—Brad Murray and Megan Fletcher

Best Combatant—Emma Fletcher





Instructors!

Please send any new items for next edition to:  
scotthay@bigpond.net.au

Guys, we are relying on you to place information and photographs in the newsletter.

Hope you enjoy the new format!

Don't forget to check out the web site for our range of BKK clothing and merchandise.  
Martialartsresearch.com.au



## The Budo Times Back Page

### Power Camp Training Tips

Prior to Power Camp 2009 we requested that Mark Johnson of Wollongong Hombu provide us with an insight into his training regime leading up to his Ni Dan grading. For anyone that witnessed Mark's grading weekend we could all see that he was one of the strongest budoka at the camp. The following is Mark's training diary leading towards Power Camp 2009 and we are sure that you can all see the effort that Mark put in which led to such an awesome performance.

Failure to prepare is preparing to fail.

Once I decided that I was going to attempt to grade at this years powercamp, I first reviewed the criteria for grading and realigned my training goals to suit, I checked the calendar at home to see if my kids had any upcoming events that were likely to interfere. As part of the review I approached Kaicho to clear up any questions I had about the grading requirements and also sound out which areas he thought needed improvement, I then added these to my own list of things I wanted to improve. I also review my last grading to look at what mistakes I thought I made, and what things I want to do better this time.

**Self Defence:** As I have been training for quite a while in Martial arts I looked at what sort of self defence scenarios I might be asked to respond to and reviewed my training diary to refresh the possibilities in each circumstance. I also looked at what I believed were the most important factors, e.g. use of force options, making / taking of space, angles of defence , keeping good cover, then I reviewed a number of the techniques I used for each of the main defence scenarios, and tried to whittle them down to what worked best for me, for variety during the grading I use a couple of main methods and break them up with making taking space and the angles of defence.

**Drilling:** I dragged out the syllabus and rechecked each of the drills, scheduling sessions on the lead up to the camp so I could practice them, as part of the practice I concentrate on cover, stance, balance, centreline and the tempo that I can perform the drills effectively.

**Rounds:** At my last grading I found this quite hard, I am now 46, I underestimated the amount of bumps and knocks I would accumulate prior to having to do the rounds, you don't notice them as much when you train 2 days apart but when you roll 7 / 8 sessions into 2 days they add to your fatigue. I also underestimated the level of output required to complete the rounds, in short I thought I was fit but I wasn't fit enough to do much more than defend for a large number of the later rounds. This time I started running 2 times a week, much earlier than my last grading and I have added some cycling sessions to ease the soreness in my achilles tendons, I have swapped a 1 hour session of indoor soccer for one of my runs, to push me a little harder, and I try to get to class twice a week whenever possible.

**Breaking:** First I worked out what type of break I wanted to do, Then I work out what materials I want to break, trying to match the material and the amount with the type of strike, ( basically its no point trying to break concrete blocks with a finger strike, also at my grade and for my size its a bit over the top to break 1 board with an elbow strike ) You also need to take into account the source of the materials, e.g. if you get 2nd hand materials like roof tiles they may differ markedly according to how they have been handled during its life. I then asked Kaicho what he thought about my planned break, and gauged his response, he was pretty positive, so that was good.

Once I set the goal I went out and purchased a batch of the materials required, in this case concrete capping blocks, I then test break one block to see how hard the blocks are, and make sure I am conditioning the weapon ( in this case my foot ) as early as possible I try the break, and then I scheduled in a couple of retries to iron out the kinks - like making sure I can break the blocks without injuring myself, and stopping about a month out from the grading.

So the plan for a normal week at the moment includes:

Monday - Class Tuesday - 5k run , 2x50 Pushups & Situps/Crunches Stretching

Wednesday - Indoor Soccer 1hr, 4x25 Pushups, Situps Stretching

Thursday - Class Friday - Cycle Circuit ( about 1 hr riding, 5 circuits of a hill near my place)

Saturday - Tennis

Sunday - 20 x 90sec rounds - in the rounds I work some rounds of Punches, Kicks, Elbows, Knees, Defence, Defence & Counter, Drills and I try to skip during the break 30 secs and in any week I will most likely miss 1 - 2 of these sessions due to work , family, weather, etc.

## BITS & PIECES

### Happy Birthday Ant!

Sensei Anthony Rodziewicz of Penrith Dojo turned 30 last month. Anthony has spent what amounts to a life time in martial arts and for anyone that witnesses his exploits at last years Power Camp we can see that he is only getting better. Happy Birthday Anthony from everyone at BKK!