



June 2010
Volume 2, Issue 6

Inside this Issue

1 Youth Martial Arts
The Karate-TKD Connection

2 Karate-TKD connection
540 MA schedule
Heat Emergencies

3 One Step Ahead
Student of the Month

540 Martial Arts
734 Fox Road
Van Wert, OH 45891
(419) 203-8201

What's kickin'!

Youth Martial Arts

540ma is proud to announce that it has completed another cycle in the youth program. With so many new faces in the program, the youth program was broken down into 2 different classes!



Unfortunately, 540ma lost a very strong influence in the program when Sensei Ken Ho moved to Iowa in order to get employment. This was a tough adjustment not only for the instructors, but also for the kids. The program pushed forward and graduated one of its largest classes – 26 new belts were earned by the youth!



The program not only battled with losing a great instructor, they also had many outside influences like baseball, softball, and warm weather. The program began with 32 enrolled students

This session the kids worked on advanced techniques, began learning new katas and got more in

depth on how to be safe when falling and on the ground.

The entire program wasn't work, work, work. Noodle tag was abundant along with sensei says, ninja walks, sumo wrestling, stomach tap and push pull.

What's in store for next session... There is only one way to find out! Check out the website for the dates and times of next session.

www.540ma.com

The Karate – Tae Kwon Do Connection

Rick Busch, Chief Instructor

To the casual observer, the art of karate and the art of tae kwon do seem similar, perhaps even identical. There is a very good reason for that. They share a common history.

To get a better understanding of how tae kwon do developed, we must take a trip back in history and discuss the origins of modern karate. The earliest pioneer in



modernizing the ancient Okinawan arts was Soken Matsumura (1809–1899). A student of Okinawan *te* under Sakugawa Kanga (1782–1838), Matsumura taught a mix of Shuri-te and Tomari-te, along with techniques learned from a stranded Chinese sailor named Kusanku. Matsumura taught his art to many of the famous martial artists of the period, including the founders of almost all of the modern karate systems. One of top disciples was Ankoh Itosu (1831–1915). The style taught by Matsumura, and continued by Itosu, became the modern day style of Shorin Ryu.

One of Itosu's top students was Gichin Funakoshi (1868-1957). He also studied under Itosu's close friend Ankoh Asato. Starting in the 1910's, Funakoshi taught a diluted version of his art in the school systems of Okinawa. In 1922 he demonstrated his art for the Emperor of Japan. He was convinced to stay in mainland Japan to teach his art. He needed a name that did not reflect the arts Chinese and Okinawan origins so he started to use the name karate. His art was called Shotokan. During this same time, Japan also controlled the Korean peninsula. A Korean soldier named Choi Hong Hi (1918-2002) studied under Funakoshi. Choi eventually earned his black belt in karate under Funakoshi.

After Korea gained its independence, Choi returned



to his homeland. Now a general in the Korean army, he combined what he had learned from Funakoshi with the traditional Korean fighting arts of soo bak-gi and tae kyon. He taught this art, called Oh Do Kwan or Chung Do Kwon, to his soldiers. Many styles of this art developed in the years following. In 1955 a group of Korean martial arts masters met and formally decided on a name for the Korean arts. They would call it tae kwon do. All schools of tae kwon do fell under the control of the Korea Tae Kwon Do Association and quickly spread across the globe.

This explains why the arts are so similar. Modern karate and modern tae kwon do share a common root in ancient Okinawa! One became influenced by Okinawan/Japanese culture, the other by the culture of Korea. Both arts are similar, but upon closer examination, each contains its own distinct features.



CLASS SCHEDULE

Mon: Karate/TKD 6:30 – 8:00

Tue: Open Spar 6:30 – 7:30

Ring Fit 7:45 – 8:20

Wed: MMA 6:30 – 8:00

Thur: Karate 6:30 – 8:00

Fri: CLOSED

Sat: Open Floor 9:00 – 11:30

Ring Fit 12:30 – 1:10

MMA 2:00 – 3:30

Heat Emergencies

Rick Busch, Chief Instructor

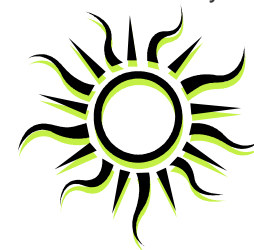
As we enter the summer months, we need to be aware of what our bodies are telling us. It is very important that every person understand and recognize the signs and symptoms of heat related emergencies.

Heat-related muscle cramps and edema are easy to recognize. They are easy to treat, and even easier to prevent. Heat cramps occur in muscles during or after exercise because sweating causes the body to lose water, salt, and other minerals (electrolytes). The primary symptom is twitching of the muscles and spasms. Fatigue, nausea, and vomiting are also common with heat cramps. To prevent heat cramps, drink plenty of water before, during, and after you are active.

Edema is a fancy medical term for swelling, usually of the hands, legs, feet, and arms. As our body temperature increases, our blood vessels expand to allow the blood to help cool the body. This allows fluids to be drawn into your hands and feet by gravity. This situation usually takes care of itself as the body cools and as you sleep. It is important to

stay hydrated to prevent the salts in your body from becoming concentrated and drawing more fluids. If the swelling spreads beyond the extremities and interferes with breathing, seek medical help immediately.

Heat exhaustion occurs when a person cannot sweat enough to cool the body. It generally develops when a person is working or exercising in hot weather, sweats a lot, and does not drink enough liquids to replace those lost fluids. Heat exhaustion can be caused by loss of fluid



(dehydration) or loss of electrolytes. Symptoms of heat exhaustion include fatigue, weakness,

headache, dizziness, or nausea, and the skin is pale, cool, and moist. It can also cause a person to faint. Mild heat exhaustion does not usually require medical attention. You should stop working out, sit down, rest, and drink water or sports drinks to rehydrate.

Heatstroke occurs when the body fails to regulate its own temperature, and body temperature continues to rise. Symptoms of heatstroke include unconsciousness for longer than a few seconds, confusion, severe restlessness, or anxiety, convulsion (seizure), moderate to severe difficulty breathing, rapid heart rate, sweating that may be heavy or may have stopped, and skin that may be red, hot, and dry, even in the armpits. **Heatstroke is a life-threatening medical emergency, and requires emergency medical treatment. Dial 911 immediately!** Proper first-aid while awaiting an ambulance would include moving the person to a cool area, stop all activity, remove unnecessary clothing, and apply cold packs or cool cloths in his/her armpits, groin, and neck areas. Do not take aspirin or Tylenol for the

fever. Heat stroke must not be ignored! It can be fatal without proper care.

All of these have a common cause: hard work without proper hydration. Although our facility is air conditioned, we must all be aware of these potential dangers. The easiest way to treat them is through proper hydration with water or sports drinks. Drink lots, and drink often!

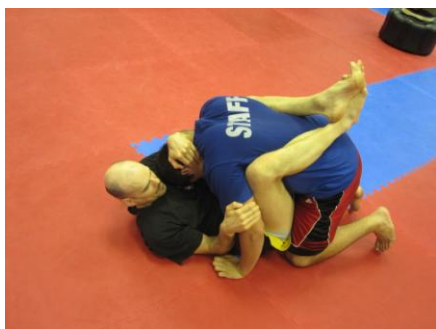
One Step Ahead

Scott Griffith, MMA Instructor

Finding yourself on your back isn't always a bad thing, as long as you know what to do. In this edition we are going to show you how to do a Kimora from the guard position.



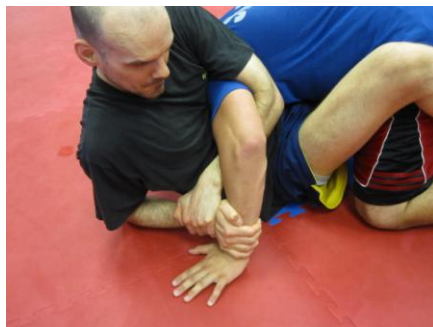
Step 1: You are in your guard position with your opponent up and ready to strike.



Step 2: "Bump" your opponent forward with your hips and legs and wrap one arm around the head and the other on the bicep.



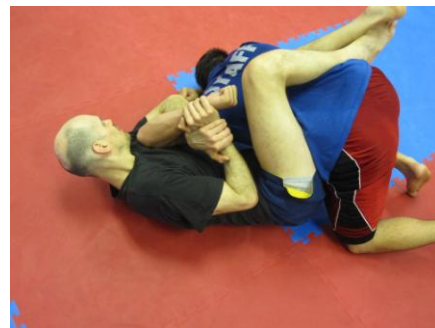
Step 3: Move your hand from the bicep to the wrist and pin it to the ground. Reach over the head with the other arm and...



Step 4: ...grab your own wrist – snaking your arm around theirs. Be sure to grab with your thumbs on top of the arms (see pic).



Step 5: Fall backwards and begin to shift your hips from under your opponent, towards the outside. Use your leg across their back to keep them from popping back up.



Step 6: Continue to rotate your hips out and reach your leg further across the back. Keep your elbows tight to your body and twist the arm toward the opponent – their wrist towards their ear.

Ring Fit: Looking for a home!

The Ring Fit class is still looking for a time slot that will work for the program. The new time is **TUESDAYS at 7:45pm**. This program is free to members and open to both men and women.

Student of the Month

Kegan Dougal

Don't count out the youth!! Congratulations to this new Yellow Stripe who earned this award by having not only 100% attendance, but also holds the record for the most push-ups for the youth class, completing 60 consecutive push-ups! Congratulations to Kegan for reminding us that anything is possible!

