

"Blocking and punching training must be as concentrated as a rock and as endless as the sky."

--Tak Kubota



IGK

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Thoughts from Shihan Roy

Dear Students:

Last December your instructors challenged you to make 2010 a great year to really focus on 1 or 2 goals. Then in February, we noticed a general improvement in how you reacted to instruction and how you took what you learned and put it into practice. In other words, we really saw each of you growing stronger. Here it is mid-year and your intensity and focus has not changed at all. You continue to demonstrate to us a desire to be the best. We have had many good years before, but without exaggeration, this year seems to be one of the best we've seen.

What does all this mean? It means that you should 1) be proud of your accomplishment and 2) consider how you are going to continue to excel for the rest of the year. In this regard, even though it is not often that we use this column to discuss techniques specifically, I feel it appropriate to briefly discuss the round house kick.

All kicks are important, but the round house kick can be tricky and requires particular focus. You will get more explicit instruction in class but I will say here that the most important facet of that kick is to pivot on the foot that is not kicking. This allows you to align your body straight which gives you maximum power and the highest kick possible. Note that this applies to our "full round house" NOT our goju round house foot which you do not pivot.

When we kick, we say "knee - foot - knee - ground." Apply this to the round house kick as well. It is not unrealistic to think that each of us can execute 2,000 round house kicks between now and the end of the year. We know you *can*, but *will* you?

Sincerely,

Shihan Roy

For your information

Announcements

- Reminder that dues are payable monthly online or at the office.
- All students are required to have a dojo patch. These are available from Renshi Matt.
- As our black belt ranks grow you will start seeing some new instructor staff around the dojo. This will help further improve our student:teacher ratio.
- We will be putting together a small tournament team to compete in a tournament in Whittier in September. Additional practice will be required. Details will follow. Those who do not compete will have the opportunity to compete in our fall tournament.

Upcoming Events

Date	Event	Description
7-29 and 7-31-2010	No Thurs, or Sat Classes	<ul style="list-style-type: none">• Th/Sat: 5th class of month• Wed classes will meet
8-07	Mandatory New Student/Parent Orientation	<ul style="list-style-type: none">• Deerfield, 10 am
9-26	CA Youth Karate Nationals	<ul style="list-style-type: none">• Select students will be invited to participate in this tournament in Whittier
10-16	FALL Tournament	<ul style="list-style-type: none">• Deerfield Intra School Tournament
September	Instructor Workshop	<ul style="list-style-type: none">• Date to be distributed directly to instructors

Did you know?

Carlos Ray "**Chuck**" **Norris** (born March 10, 1940) is an American martial artist and actor. After serving in the United States Air Force, he began his rise to fame as a martial artist.

Norris appeared in a number of action films, such as *Way of the Dragon* in which he starred alongside Bruce Lee and played the starring role in the television series *Walker, Texas Ranger* from 1993 to 2001.



Chuck Norris (right) with Bruce Lee (left) from the movie Return of the Dragon.

Norris was born in Ryan, Oklahoma and relocated to Torrance California, with his mother and brothers. He joined the U.S. Air Force as an Air Policeman (AP) in 1958 and was sent to Osan Air Base, South Korea. It was there that Norris acquired the nickname Chuck and began his training in Tang Soo Do. In 1962, he opened a chain of karate schools including a storefront school in his then-hometown of Torrance on Hawthorne Boulevard. On November 24, 1968, he won the Professional Middleweight Karate champion title, which he held for six consecutive years. In 1969, he won Karate's triple crown for the most tournament wins of the year, and the Fighter of the Year award by Black Belt Magazine.

At a martial arts demonstration in Long Beach, Norris met the soon-to-be famous martial artist Bruce Lee. In 1972 he acted as Lee's nemesis in the movie *Return of the Dragon*, which is widely credited with launching him toward stardom. In 1997, he was one of only three Westerners in the documented history of Tae Kwon Do to be given the rank of 8th Degree Black Belt Grand Master. On July 1, 2000, Norris was presented the Golden Lifetime Achievement Award by the World Karate Union Hall of Fame. Chuck Norris retired with a karate record of 183-10-2.