

Sogo-Goshin-Do

WKDA Kai Newsletter December 2004 *issue #6 Vol. 4*

5th Annual Warriors Weekend

*Start planning now for
Warrior's Weekend this
summer. Mark your calendar.*

June 10 - 12 2005
Sesqui State Park
Columbia, SC
Conference Facility
\$120.00 per person
Includes all Seminars, Meals
& Lodging
Bring your own blankets /
Sleeping Bag & personal
Hygiene items

Instructors in Attendance

Soke Freedom
Makoto Ryu Jujitsu
Master Kenny Moody
Te Merrian Martial Arts
Guru J. Miller
Silat El-Emen
Master Steve Sawyer
*Army Ranger Ground
Fighting*
Shihan Will Marvin
Sogo GoShin Do
Shihan V. Sanhodo
*Sanhodo Te No Michi Ju
Kara Jitsu*

Demos are planned but not
yet confirmed.

Eyes / Vision *By Shihan Sanford*

OK, try this. Get a partner,
Stand up straight and look
straight forward. Have your
partner give you a slight push
form the front and rear. You
should find that you have
pretty good balance?
Now, keep your head still and
with just your eyes look up as
high as you can and have your
partner push you form the

front. You will want to fall
backwards.
Now, Keep your head still and
with just your eyes look down
as far as you can and have
your partner push you from
the back. You will feel as
though you are falling
forward.

Now, what does this have to
do with Karate? Many people
ask where do you look when
doing kumite????

STRAIGHT. I don't care if the
person is taller, I look
straight. If the person is
shorter, I bend my legs so I
am the same height and I
still look straight.

QUESTION??? Why don't I
look down? Why am I
bending my legs to make
myself shorter?? BALANCE.

Holiday Giving *By Shihan Sanford*

Christmas is nearly here,
Don't forget those who may
be less fortunate.
Remember to give something
back to your community.
I hope each and everyone of
you and your families has a
great Holiday. Don't forget
the reasons for the season.

The Three Musts *By Sensei Chris Schwerin*

There are three things that
must happen for you to be
able to control an opponent. If
one of these three things is not
happening you are leaving a
hole in your fighting style. I
call them the "The Three
Musts". Every time you make
contact with your opponent
you need to strive to take their
balance, cause chaos or
unconsciousness. These are
the three musts.

By taking your opponent's
balance he cannot attack you
with any great energy. You
have taken his stance away
which is where we get our
power. He must first gain his
balance then formulate a plan
of attack. If you keep him
playing defense he has to
react to your attacks. It has
always been known that
action is quicker than
reaction.

The brain is a powerful tool.
When a person has the time to
recognize and react to a threat
the brain will keep up and
allow you to continue your
actions, but by causing chaos
to the body the brain will start
to slowly shut down and will
not be able to keep up with
the threats that are presented.
The chaos will start to induce
fear into that person. Fear is
not a good thing for a person.
It will cause tunnel vision,
increase heart rate, increase
breathing, and decrease
hearing. Fear starts to add
stress to the body, which
makes the brain have to work
even harder to continue the
actions. How do we cause
chaos to another person?
Learning the skeletal
construction of the human
body is the start. This is the
only constant in any fight.
The way my body moves and
bends is no different than any
other person. Weight,
strength, endurance, height,
age, gender are not the same
but the way the body moves is
because the skeletal structure
is the controlling factor. I can
guarantee my structure works
the same way that all of yours
does with no differences. By
learning this you can start to
make better use of your target
indexing. Not just throwing a

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punch or a kick without knowing in advance what type of reaction you will get from the intended target. The body will give you a reaction every time you make contact with it, these reactions are called autonomic reactions. The human body when struck a certain way will react to that energy. For example you get struck in the stomach what is your reaction? The body hunches over and you grab for the area that was struck. This is an autonomic reflex. You cannot control this, it is ingrained in your brain due to the brain's ability for preservation of life and reaction to pain that was induced. You must strive to watch for these reactions when you are sparring. As you progress through your martial arts career you will learn to use the reaction to control your opponent's very moves. Using the same strike to the stomach I'll give you a further example. After you strike the person and the reaction has occurred all you need to do is move right or left to get out of their visual cone. This will cause even more fear into that person. The person's weight has shifted to front and their stance is now compromised. A good follow up move would be something that would take advantage of this situation. Learn to work smarter not harder. Unconsciousness is the sign that the fight is now over. If a person is unconscious they cannot defend themselves and the threat no longer exists. You have won. The three musts will help you to better your martial arts

career, but there is one more rule you must adhere to. The Three Musts should never happen to you or you will lose.

Epistaxis

By Sensei Daniel Schwerin, RN

Epistaxis, more commonly referred to as a nosebleed has many causes for occurring. In the martial arts setting this is typically related to the obvious of either being punched or kicked in the nose. Now that this is said the best way to prevent something like this from happening is by blocking, but if you are unsuccessful at blocking then there are some treatment options for you. Old Wives tales tell you to lean your head back as you pinch your nose ... unless you want to choke on your own blood then I would advise against this. So therefore tilt your head forward, pinch your nose and wait a couple of minutes. You have many capillaries in the nose that can become damaged and clotting takes some time to work properly. If this does not work alternatives include the use of an ice pack on your nose to help constrict the blood vessels and thus promote clotting. You can also take a rolled up gauze pad and place it under your top lip to help with direct pressure, but I have yet to have much success with this. One of the last major options is to place rolled gauze in your nose to help control the bleeding. Just remember if you do this to be extra careful when removing the gauze because you can actually pull the clot off and the bleeding will

resume. If there are obvious signs of nasal deformity or bleeding lasting for an extended period of time, then additional medical assistance should be summoned.

FT Gordon Competitors

By Shihan Sean Mann

Recently I took 4 of my students to a tournament hosted by the World Jiu-Jitsu Academy and we had great results. My green belt *Sergeant First Class* Matt Miller placed first in light weight grappling going 3-0 and 2nd in full contact kick-boxing. My heavy-weight *Specialist* Derek Cobbs placed second in grappling going 2-1 and won his full contact kick-boxing match by TKO. It was a great experience for all despite the lumps and bruises and they all hope to compete in a WKDA event soon.

Feedback

By Shihan Sean

Thanks to all who have recently contributed to the newsletter. I have received just a few feedback e-mails in recent months, but would really like some more. If anyone has any comments or questions about anything in the newsletter then please just e-mail and ask. Let us know what you like and what you may want to know more about, etc. Thanks for reading.

(To contribute to the newsletter contact Shihan Sean Mann by e-mail at: Nowheremann3@yahoo.com)