

Sogo-Goshin-Do

WKDA Kai Newsletter November 2004 *issue #5 Vol. 4*

Warriors Week-end

by Sensei Daniel Schwerin
"Time to train!" This is the infamous sound that is heard throughout the hall as Shihan Sanhodo, other wise known as Shihan Bill Sanford wakes everyone up for Warriors Week-end. This is also a sound that an individual brown belt will never forget again in his/her life. To give a brief history of Warriors Week-end, it was started several years ago by Shihan Sanhodo to have members of the martial arts community, which would not normally train together, interact and share information. Warriors Week-end stems from Sifu Klinda who is one of the top African martial artists in the United States. Each year Shihan Sanford invites instructors from different styles of martial arts to come in and teach a part of their style to participants of Warriors Week-end. This year the only difference from previous years was the unexpected arrival of Hurricane Francis. Having a hurricane of that size come so close to home left a number of participants wondering if they would be able to come. So with the unfortunate loss of participants compared to last year, Warriors Week-end went on. I will be telling the next part from two different angles the first being how things went for me individually and the second for other individuals. Master Moody, Sifu Klinda's top student, was one of the instructors for this year's Warriors Week-end. This gentleman is no bigger than

Shihan Will Marvin, but is a number of years older. I had the luxury to train independently with Master Moody while Shihan Will went through the fine points of Sogo Goshin-Do with other participants, so I am sorry to say that I really can not explain much as to what happened during those two hours with Shihan Will in that I was constantly being thrown around by Master Moody. The main emphasis that I obtained in the 2 hours was the simple concept of continuing my motion with a circular fluidity. Master Moody continued after Shihan Will with the same energy as he did with me. Part three of Saturday was presented by Shihan Sanford himself. This training session included simple, closed fist techniques from Sanhodo Jujitsu. Other points that Shihan brought out was how to block someone without actually blocking. This is not a new concept, but is something that as a black belt I am finally understanding and putting into usage. Shihan Sanford has the natural ability in teaching to make something seem easy. If you have never had the opportunity to train with him, do so soon. Master Miller and Kyoshi Logue were subsequently after Shihan Sanford and each one of them built upon the previous person's training. So the details after three exceptional instructors seemed to blend together as one. How they blended the information that encompassed the material

indicates that we are learning the proper things.

Don't Take Training Lightly *By Shihan Bill Sanford*

I personally believe the Martial sciences are the fighting sciences of the angels handed to us from them as a gift from God. As such, we should not take our training lightly. All too often I see students and instructors alike simply going through the motions. I am pleased to see I have not seen this in Shihan Will Marvin's Hombu dojo. Further, I am of the opinion martial arts were never designed to be taught to the masses / general public. Martial Sciences are meant to be natural not mechanical. Not every person will kick, punch, block, etc., the same nor should they.

The ancients who gave us the arts and who developed Kata did so for a reason. The movements in Kata were designed for a very specific purpose, they should not be redefined / changed or modified just because we are having difficulty in understanding or performing certain portions of the movements. Kata is like having a reference book. You can always go back to Kata to

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look at the information contained within it. If, however, we make modifications in order to better suit us we are in fact changing the reference material. Reference material is there for a reason, just like a tape measure, one inch is one inch for a reason. Now we can interrupt one inch or convert it to metric system or call one inch 16/16th's or any fraction thereof it is still one inch. As we grow in the martial arts you will begin to learn how to make your own conversions. Until then always self analyze.

Allow me to give you a technical tip if I may.

Front Kick: A front kick is just like walking. Watch someone walk and analyze his/her movements. Most of us tend, while attempting to front kick to lean back even if it is very slight. To off set this let's say for example you are kicking with your right foot, to offset the lean backwards try lifting up the heel of the left foot ever so slightly, this moves the point of balance forward slightly and allows more forward movement and concentration of power in the kicking leg. Your opponent is where???? In front of you, so why are you leaning back. Try

this and let me know what you think.

On one final note, I know the number of hours I put in everyday and I am willing to find the time to contribute to the newsletter. That being said, I think others can find the time as well. Challenge you ask???? You bet. I would love to see each and every instructor and student alike become contributing members.

One final word. You (Everyone) will never realize your full potential if all you do is take, you must give back. Volunteer to deliver meals to the shut ins, This Christmas take one gift meant for you and give it to those who may be less fortunate. Mow your neighbor's grass if for some reason they cannot. Bottom line "learn to be selfless not selfish".

I wish you all the very best. Regards, Shihan Bill

Health note ... by Sensei

Daniel Schwerin, RN
Several weeks ago we had one of the students go into something called hypoglycemia. Basically what had happened was that there was a lack of enough blood sugar. The brain is the only organ in the body that requires carbohydrates to produce energy. The rest of the body

can get its energy from fat or protein. Things to look out for when dealing with a student that is potentially hypoglycemic: *altered mental status*, in other words they are acting strange, *the person can pass out*, they will get very *sweaty*, their *skin will be cool to the touch*. The color of the skin varies, especially African-American students, but you can look into their mouth and if it is not a nice red color then that will indicate they are having problems. What to do: this can be a very life threatening problem. If the student is able to talk with you, but is feeling weird, have them immediately eat something or drink something that has sugar in it (gatorade, orange juice, coke, pepsi). If they are not responding then lay the person on their back as someone else is calling 911. EMS will be able to give them something called dextrose that will raise their blood sugar back to normal levels.

Great Contributions

Thanks go out to Sensei Daniel and Shihan Sanford for their contributions to the newsletter / column. This marks the first time I have not had to write an article for the newsletter (if you don't count this). Please follow the lead of these gentlemen and Sensei Cindy from last month and everyone send something in for December.

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