

Sogo-Goshin-Do

WKDA KAI NEWSLETTER MARCH 2005 issue #3 Vol. 5

Goodwill Tournament 2005

From Sensei Cindy Frankett

The following students competed at the 2005 Goodwill tournament held February 26, 2005 at Beaufort High School on Lady's Island.

Bluffton SoGo Goshin-Do school results:

Jim Lenahan Brown Belt Over 35 yrs.
2nd Weapons / 2nd forms / 2nd Fighting

Bryan Larsen Brown Belt 15 yr. old
2nd Weapons / 4th Forms / 2nd Fighting

Sean Frankett Brown Belt 12 yr. olds
1st Weapons / 2nd Forms

David Pride Green Belt 15 yr. olds
4th Weapons / 3rd Forms / 4th Fighting

James Lenahan Green Belt 8 yr. olds
2nd Weapons / 1st Forms / 3rd Fighting

Henri Loper Green Belt 8yr. olds
1st Weapons / 3rd Forms / 2nd Fighting

Micheal Meyerink Green Belt 8yr. olds
3rd forms / 3rd Fighting

Drew Gardner Yellow Belt 8yr olds
2nd Forms / 2nd Fighting

Shelby Keating Yellow Belt 8 yr. olds
3rd Forms / 3rd Fighting

Mikey McGuire Yellow Belt 8 yr. olds
1st Forms / 2nd Fighting

Andrew Caboy Yellow Belt 11-12 Yr. old
2nd Weapons / 3rd in Forms

Edisto SoGo Goshin-Do School results:

Ashley Whaley Yellow Belt 9-10 Yr. old
1st weapons / 2nd Forms

Melissa Whaley Yellow Belt 6-7 yr. old
1st Weapons / 1st Forms

Morgan Bellew Green Belt 10-11 yr. old
4th Kata / 2nd Fighting

Hardeeville SoGo Goshin Do school results:

Brooke Brabham 6-7 yr. old
2nd Forms / 1st Fighting

Health Tip

By Sensei Daniel Schwerin, RN

Does caffeine benefit martial artists?

Is caffeine really that beneficial? Caffeine is a mild stimulant that has effects all over the body, particularly within the central nervous system or CNS (brain) and musculature. In the CNS, caffeine will activate the arousal center, and in turn increase awareness and decrease fatigue. Drinking of caffeine will cause certain physiological effects including: *mild dilation of eyes, increase heart rate and force of contraction, increase in gastric acid production, causes smooth muscles of the lungs to relax, and is a mild diuretic* (causes you to urinate). So the net effect of mild caffeine use is to get an individual ready for some form of activity. The real problem with drinking caffeine is the long-term use. With any "drug" that is introduced into the body long-term use requires an individual to consume more of it to get the same effect, this is called tolerance. By increasing the amount a person needs to produce the same effect can bring about some unwanted side effects: *insomnia, anxiety and agitation*. Drinking of 6 cups of coffee/tea per day can cause a reverse effect making you tired, cause headaches and irritability. In the short term, caffeine can help you in overcoming some mild effects of being tired and can help you in certain training aspects. *Caffeine is a chemical banned by the Olympic committee because of its "performance enhancing" effects*. So, occasional use of caffeine is beneficial in training, but like everything else you do, "think moderation".

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Board Breaking

By Shihan Sean Mann

As many of you approach black belt status you may find yourself performing a demo at some point in your future. Board breaking is a popular standard and is usually expected by the audience. Many students can break a board or two with their hands or feet. However, it is not always the breaking of the board that is your top concern. It is the breaking of your hand. The bones in the hands are fairly small and have many spaces between them. Upon striking the board these small bones take much impact and can easily suffer small breaks or even serious ones. In addition you can damage the tissue that covers the striking surface on the body part. *So what do you need to do if you are going break boards?* Here is some advice that can be applied for hands, feet, and elbows, even though the hands are my main focus for now.

1. Make sure you strike a heavy bag or *makiwara* board in preparation for the break, possibly even days beforehand. Get your hand ready for the sudden impact. Start slow and build up.
2. Make sure you make a very tight fist. By this I mean tighter than your normal karate style fist. Your Sensei may even know some other types of fists that will be beneficial for this type event. Make sure your fist is as tight as possible.
3. Don't do multiple breaks with the same body part in a short time period. Your body may not register the damage until you notice the swelling or bruising. For example, don't break 2 boards with your hand and then break 3 more boards with the same hand later. If you repeat the same exact break 2-4 times even with short rest periods between you are doing

more damage to yourself after each strike. 4. Don't do breaks with parts of your body that you have previously injured. *This should be common sense.*

Your only other alternative is much more training and punishment to make your hands and feet more acclimated to striking hard surfaces. After a while your hands especially can become used to breaking boards or concrete, but the long-term effects can be arthritis. Since most of us don't train daily with a *makiwara* board or by striking river stone like the ancient karate masters we need to be more careful when performing board breaking demos. Use caution.

News *by Sensei Daniel Schwerin*

This past week-end Nick Kellermeyer was promoted to the rank of Shodan. Nick has been a brown belt in several systems and was finally tested by Shihan Will and Sensei Mike for his new rank. This is a good addition to the ranks of black belt in Sogo Goshin-Do.

New addition to the website. If you have not seen or heard, I have been over the past several weeks compiling a member's only web page. This page currently has names, e-mails, and phone numbers of members of Sogo Goshin-Do (that I currently have). There are also some links on information for instructors for Sogo Goshin-Do.

Shihan Will has started back with Saturday classes at Hombu Dojo. The time for this is from 10 - 1 with the 3rd Saturday still being reserved for Brown and Black belt training.

(to contribute to the newsletter contact Shihan Sean Mann by e-mail at:

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