

Sogo-Goshin-Do

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News

Sean Frankett and Bryan Larson of Bluffton have both been promoted to the rank of ikkyu. They were tested on April 23rd at Hombu dojo.

Tiger and the Shark

by Sensei Daniel Schwerin

Martial arts have evolved over the years from the traditional stand-up Karate to that of a more rounded individual. At least this is the major focus for our system of martial arts. The truth can be taken a bit further on this. The story of the Tiger and Shark is very simple. Each of these creatures are very treacherous if encountered. In the water, the shark by far is the most fearsome of creatures. Very fast and dangerous, the teeth latch on and rip flesh or break bones. The same is true for the Tiger. In the jungle, the Tiger is considered the most ferocious of animals. Able to stalk prey and then at the last moment use it's power to overcome the animal it was stalking. The problem then comes about when you put a Tiger in water or place a Shark on land. What happens to these fearsome creatures? They simple die. In the water the Shark will eat the Tiger, and the same is true of the Tiger eating the Shark on land. So when you are studying your opponent try to see if he is a shark or a tiger. Then simply use what you know from Goshin-Do and do the opposite. Take the Tiger into the water and become the Shark or reel the Shark into the boat and attack as a Tiger.

Health Topics: Concussions

By Sensei Daniel Schwerin, RN

A concussion is a violent shaking of the brain within the skull. This can typically be accomplished from different means, but within the dojo the most likely is either a punch or kick to the head, or an improper fall (learn your ukeme waza properly). There are different grades of concussions ranging from the simplest called a bell ringer to the more complex. Grades (0-4) are based upon the amount of time unconscious and loss of memory after the incident. The typical bell ringer (grade 0) concussion doesn't warrant any special type of treatment. Of course, the higher the grade then the more severe the injury. Typically the bell ringer is from a hard strike you take and you are stunned for several seconds. You might have some disorientation, but afterwards are able to function properly. In a grade 4 type concussion typically the participant is unconscious (not aware of their surroundings) for a matter of minutes and have *antegrade amnesia* (after the incident) where they can not tell you where they are or what happened. Treatment for a concussion therefore relies on the severity of the injury. On the other hand the more severe the injury then the more concerned one has to be. An individual that is unconscious for more than a minute or has difficulty in remembering events longer than 5 minutes needs to be evaluated by a physician. Anyone complaining of severe nausea, experiences vomiting, constant headache, and blurred vision should also be referred to a physician. Any change in mental status is also concerning. Direct treatment is very little for concussions. The basics just include monitoring the

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individual involved and ensuring that no other problems are occurring.

Work On Your Weakness

By Shihan Mann

As a martial artist there are many things to consider about your ability. You should consider that abilities will change over time. You will get better at some things and some skills can degrade with age. You probably know what some of your strengths are right now and you may know some of your weaknesses as well. It is good to identify what you are good at and what you are not. That's the only way to know what you need to practice. Also, consider what you like and don't like within the martial arts. Remember that what you like and what you are good at is not always the same thing, but usually they are.

For example, you may be a great kicker, but not a good puncher. Don't just focus on your good kicks. Challenge yourself to become a better puncher. Force yourself to do more punching drills and to jab more when sparring. Do whatever it takes to get more practice at the skill and more comfortable with it.

Another example might be ground fighting versus stand-up fighting. Many martial artists do just one or the other. Within our art we look at both areas, so if you tend to back away from grappling then challenge yourself to work on that skill. Overall, there are so many sub-skills in the martial arts (*kicks, punches, blocks, kata, sparring, teaching, grappling, weapons, etc.*) that it is easy to ignore some of them if you don't excel at them. Try not to do that. You may not become the best at it, but by improving

you will make yourself a better martial artist.

In addition, remember that one day you may become a *Sensei* / teacher or you may already be in that role. You may have students that want you to teach them something that is not on your list of favorite things within the arts, but you'll need to have enough experience to give them the needed instructions. Maybe you are not a throwing expert, but you should at least be able to demo and teach the basic hip-throw and shoulder-throw.

Finally, your age and injuries may limit your ability over time, so don't find out one day that you just can't kick like you used to and have nothing to fall back on within the system. You should have an easy transition into something like wrist-locks, take-downs, or bunkai, etc. Find your weakness and make it a strength.

The Goshin-Do Effect

By Shihan Mann

In our system we are essentially exposed to all the basic fighting arts to some degree (*karate, kempo, judo, aikido, jiu-jitsu, kobudo, etc.*) and we develop a certain level of expertise by black belt. This is not true in every martial art. Some styles focus on very specific approaches to the arts and they may actually be better at some things than we are, but being well rounded has advantages. A traditional judo black belt may be better at throws than we are, but they would not have the expertise in all the other areas that we do. We are very well rounded and can adapt as in the *Tiger and the Shark* story. You should be able to go into any dojo anywhere and understand what they are doing. This is the *Goshin-Do Effect*.

(to contribute to the newsletter e-mail Shihan Sean: shihansean@sogogoshindo.org)