



NEWSLETTER

OFFICIAL NEWS LETTER VOL.. 5 EDITION 2 DECEMBER 1992

President's Message

Dear IKKA Members,

We are fast approaching the second anniversary of Ed Parker's passing and as we look back at what we have accomplished, we feel that we have come a long way in reestablishing the strength of the IKKA and the loyalty of those who have chosen to stay with us to uphold the goals, aims and ideals that Ed Parker had for his Association. As we think about the plans we have already laid for 1993 we are certain that they will be great steps forward in many sections of the United States, Europe and even advances in reestablishing good Ed Parker Kenpo throughout South America.

We will be holding seminars in Delaware, Pasadena, Massachusetts, Florida, and Jersey the Channel Islands. A European Tournament will also be held as well as the 30th Annual International Karate Championships. We hope to honor all our past Grand Champions at the Internationals so that they can be given recognition as well they should. We look forward also to another World-Wide Demonstration by our Association and to seeing all of you at this Historic Event.

A few days ago I decided to work on a book I will write on the life of my late husband, Ed Parker. If all goes well, it will be finished and out on the market at the 30th Internationals. If there are any special pictures or stories you would like to have considered for the book, please write to IKKA Headquarters.

I give you my best wishes for a successful and happy 1993 and the hope that we can continue to grow as a Kenpo Family, with knowledge cooperation, unity, and friendship.

Lailani Parker
Lailani Parker
IKKA President

IKKA European Camp a Big Success!



Visitors to Les Quennevais Sports Hall at the weekend may have thought they had stumbled on to the set of a martial arts movie.

The floor was alive with movement as 200 g-clad figures sparred and went through their set patterns; the hall resounded to shouts of 'Ki-Ai'.

The real reason for it all was the inaugural International Kenpo Karate Association Summer Training Camp, held in Jersey in recognition of the Island's position as the first European outpost for the self-defence style.

The local chief instructor, Roy Mac Donald, is also the highest-graded instructor in Europe (fifth degree black belt) and has maintained close contact with the California-based association since the school was established in Jersey 25 years ago.

Representatives from nine countries enjoyed an intensive three days of lectures, demonstrations and seminars, looking at all aspects of the self-defence techniques. Senior instructors came from as far afield as Canada and California to lead the sessions. With more than 70 black and brown belt belts attending the course over the weekend, it was the

largest gathering of its kind ever seen in Europe.

Also attending was the president of the IKKA, Lailani Parker, wife of the late Ed Parker, the founder and president of the Kenpo organization.

'Kenpo has been established here so long that it has developed deep roots. There are many black belts and a good number of juniors,' she said. 'My husband visited the Island several times to grade people, and each time it has been wonderful to see the growth here. Kenpo in Jersey is just as good as in America if not, in some areas, better.'

Jersey has 260 students and instructors, including 35 black and brown belts.

Although Kenpo is about self-defence, equal emphasis is placed on self control and this has led to karate style being accepted as a physical education option the fifth forms of some schools. It is also encouraged in at least one local youth club. Mrs. Parker said that this was unique to Jersey, but she hoped that other countries would follow the Island's lead.

During the weekend, seminars and sessions were held on subjects, ranging from the rituals and formalities associated

Kenpo Physics

In the last article of Kenpo Physics, we introduced the concept of momentum, velocity and mass. After studying the knife-edge kick of Bob and Carol, we found that although Carol has half the mass of Bob, she possesses the same momentum as long as she delivers her strike with double the velocity of Bob's knife-edge kick. The question remains, what kinetic energy and how is it related to the damage that a kick can deliver?

Kinetic energy is defined as "the content of energy that an object with momentum possesses". Mathematically it is described as: $KE = 1/2 MV^2$

By studying the equation for kinetic energy, you will find that if you double your velocity of a strike, you will quadruple the kinetic energy generated. For example. If you throw a one kilogram ball with a velocity of 10 meters/second, the ball will strike an object with the kinetic energy of 50 joules ($KE = 1/2(1)(10)(10) = 50$) (a joule is the unit to express kinetic energy). If, however, you throw the same ball at a velocity of 20 meters/second, the ball will strike an object with the kinetic energy of 200 joules ($KE = 1/2(1)(20)(20) = 200$). It should be obvious, then, that increasing your speed would be much more advantageous than increasing your mass from the standpoint of self-defense as well as physical health. Carol kicked with twice the velocity of Bob and although she was half the mass of Bob, she still doubled Bob's kicking kinetic energy. Bob's side kick kinetic energy = $1/2 (100\text{kg}) (10 \text{ m/s})^2 = 5000$ joules Carol's side kick kinetic energy = $1/2 (50 \text{ kg}) (20 \text{ m/s})^2 = 10000$ joules

It is the transmission of the kinetic energy into a target the damages the target. The greater the kinetic energy, the greater the damage. Compare the kinetic energy of two balls. A red ball is thrown at 1 meter/second. A blue ball will be thrown at various velocities. If the blue balls velocity (v) = 1

v = 1	It's kinetic energy is the same as the red balls..
v = 2	it's kinetic energy is 4 times as much.
v = 3	" 9 times as much.
v = 4	" 16 times as much.
v = 5	" 25 times as much.
v = 6	" 36 times as much.
v = 7	" 49 times as much.
v = 8	" 64 times as much.
v = 9	" 81 times as much.
v = 10	" 100 times as much.

Therefore, you should be convinced that maximizing the speed of your strikes is a worthwhile endeavor. The questions now arise, "How can you be certain that all of the kinetic energy is transmitted into the target that you strike?" How **powerful** are your strikes there a relationship between **power** and **kinetic energy**? There is, and you should be aware that even the most energetic strike would be considered "powerless" if it does not generate **heat**, deform or displace the target. **Force**, **power** and work will be discussed in the next article of "Kenpo Physics", and remember, "The only place success comes before work is in the dictionary." (Ed Parker, *Infinite Insights into Kenpo*, Volume 3, page 2).

--Kevin Lampkin

IKKA Readers

We apologize to any Black Belts whose belt Promotion was not listed as well as IKC winners. Please notify us if your name was not listed, and we will be sure to add you name in the next newsletter.

We encourage all IKKA members to give us any ideas you may have for the newsletter. As we are now spotlighting instructors in our Newsletter we ask for your tips and ideas for our next Instructor

IKKA Supplies Co.

The IKKA Supply Co. thanks you for your orders. As the IKKA has doubled in size we thank you for your patience. Your orders are processed in the order that they are received. Please allow 2-4 weeks for delivery. Allow 6-8 weeks for special orders. Note that certain items are for active IKKA Members and schools only.

Newsletter

If your black belt promotion was not published in this news letter please let us know and we will be sure to publish it in our next newsletter.

Publisher.....Leilani Parker
Editor/Artwork.....Sheri Kongaika
Correspondence.....Larry Kongaika
Kenpo Physics.....Kevin Lampkin

We would like to thank Paul Le