



INTERNATIONAL KENPO KARATE ASSOCIATION

NEWSLETTER

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European Summer Camp and Championships

Lavish green farmlands surrounded the setting of this year's IKKA European Summer Camp and Championships. Cutting into the historic cliffs of Jersey, sat the Fort Regent Queen's Hall, which was the location for this four day event. There was unquestionably no room for



boredom! A very well organized and exciting agenda of seminars and activities was planned for those attending the event.

Three days of seminars started off the schedule, with instruction from black belts, including, Gilbert Velez, John Sepulveda, Joe Foster, Doreen Cogliandro, Andre Sims, Tony Martin, Sascha Williams, Paul Dowling, and many more. Among the topics taught were Concepts and Principles of Kenpo, Joint Locks and Manipulation, Refining Techniques, Forms and Sets, Grafting, Freestyle Techniques, and Weapons. It was a great chance to learn and exchanging ideas, concepts and principles of Kenpo.

Among the participating countries were the USA, Canada, Belgium, England, Germany, Greece, Holland, Ireland, Spain, Sweden, Austria, and Jersey, the Channel Islands. Although there was a communication gap for some, a true strength of brotherhood and unity was felt among all attending members. One could truly feel the strength of numbers in our association at this gathering. It was everything Mr. Parker had wished for— a truly INTERNATIONAL KENPO KARATE ASSOCIATION, sharing knowledge and friendship.

For sightseers ready to explore their new surroundings, there was much history to behold on the island of Jersey—and for those a little more adventurous, there was a hydrofoil that whisked you on a 40 minute boat ride to France. It was a chance to get a real feel for the enchantment Europe has to

After three days of informative seminars, Saturday evening's dinner/dance revealed the other side of these karate practitioners. From informal karate gis to suits and dresses, going from Ed Parker techniques to Michael Jackson dance steps, the evening broke the

ice and lent an informal and relaxed atmosphere.

Recovering from Saturday evening's all-nighter, Sunday's IKKA European Championships was truly an achievement. Four rings of competition, from kata to self-defense, and from individual sparring to team sparring, this Kenpo tournament had all the excitement a tournament should have. Because it was an IKKA tournament, there was none of the animosity among the competitors that is common at most tournaments. In fact, the tournament was so well run, it actually finished early. It was inspiring to see each country performing so well, each with its own methods of execution and interpretation of Kenpo as taught by Mr. Parker and his assigned black belts. As the excitement wound down toward the end of the tournament, it was obvious that the new friendships that had been made were going to become permanent bonds between new friends.

The last dinner of the weekend gave everyone a chance to relax and enjoy each others company. It also gave new friends as well as old friends the opportunity to get reacquainted. As the last activities ended a fantastic weekend, many handshakes and hugs were exchanged, in hopes that they would meet at next year's IKKA European Camp.

Kenpo Physics

by Kevin Lamkin

In previous articles of *Kenpo Physics*, we discussed the concepts of momentum and kinetic energy. This article will introduce the concepts of **force**, **work**, and **power**.

Force is defined as the effect of acceleration a mass over a distance in space ($F=ma$). To accelerate an object is to constantly change its velocity. If your punch or kick moves at a constant velocity, then it will have no acceleration. To maximize your acceleration, you must speed up your strike until it makes impact with its target.

As a beginner, you may have wondered "will my punches or kicks **work** in a self defense encounter?" Technically, **work** is defined as the effect of a **force** applied over a certain distance. If your strikes do not move or deform the target that they strike, then no **work** is achieved. Mathematically, work equals force multiplied by the distance traveled ($W=F \cdot d$). Therefore, you should deduce that if your strikes do not move or deform your opponent, then your strikes do not **work** against the opponent.

You have probably heard the expressions "she is a **powerful** fighter" or "his kicks are **powerful**". Well, **power** is determined by the amount of time required to do **work** ($Power=Work/Time$). The faster your strike moves your opponent, the greater the **power** your strikes possess. You should strive to not only move quickly, but to impact your Kinetic Energy with great **force** to produce **powerful working** techniques.

Up to this point we have spoken of Physics in a general sense. In the next article we will discuss **torque** and how we may improve the effectiveness of joint locks.

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IKKA Schools

Due to a lack of response from some instructors, we would like to notify all IKKA schools that monthly reports will now be on request. Please notify Larry for an updated copy.

Newsletter

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