

# PURE FORCE MONTHLY



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## SPECIAL POINTS OF INTEREST:

- Disneyland events
- No classes Jan 18th, 2010
- Student of the month
- Kicks & Tricks Kicking Technique
- Otsuka Founder of Wado-ryu

## DISNEYLAND MARTIAL ARTS FESTIVAL

Disney's Martial Arts Festival at **Disneyland®** Resort combines the positive atmosphere of competition with the magic of the **Disneyland®** Resort for competitors, spectators, families and volunteers. This event is open to both children and adults, from White Belt/White Sash to Black Belt/Black Sash. Whether you are a competitor, family member or a fan there is something for you at Disney's Martial Arts Festival at **Disneyland®** Resort.

With five disciplines to

choose from, Martial Artists will enjoy the very best competition from all over the world. The disciplines are coordinated and judged by knowledgeable authorities in each of their respected systems of martial arts. This translates in to a fair and accurate interpretation of your performance.

As a part of **Disney's Martial Arts Festival** at **Disneyland®** Resort we're celebrating you, the athlete, and your dedication and accomplishments in martial

arts! Join us in the **Martial Arts Celebration Experience\***, as there will be demonstrations on the Garden Plaza and immediately afterword is the Pre-Parade march down Main Street, U.S.A. in **Disneyland®** Park. **Disney's Martial Arts Festival** at **Disneyland®** Resort participants will be announced to the guests as you are cheered down Main Street, U.S.A. and recognized for your commitment to excellence.

## PURE FORCE STUDENT OF THE MONTH

The student of the month is an award given for hard work in the dojo and out of the dojo. We look for many things; effort in class, respect, practice, improvement, good grades in school or good working habits at work, commitment to your training, the example of the dojo tenets

& commandments. We also look for any additional extra efforts like volunteer work and community events. At the end of the year all student of the month award winners will be entered for Student of the Year. The SOTY award comes with one of the following; new uniform,

sparring package, mat shoes or weapon of students choice. **The student of the month for Jan 2010 is James Harris**, a Green Belt in Setgen Kwan and he holds a Black Belt in Tae Kwon Do from the school he transferred from. James is in the 5:00pm General Class on Mon. &

**THE MASTER'S HALL OF FAME & ACADEMY OF MASTERS AWARD DINNER (UPCOMING EVENT)**

**The Organization**  
 MASTERS HALL OF FAME was founded in 1999 and was recognized as one of the premier Martial Arts events on the West Coast. In 2006 under new leadership of Daniel Hect the Masters Hall of Fame expanded the focus and operations to include the recognition of exceptional Martial Arts Leaders and Legends

through Induction and Recognition in the Masters Hall of Fame an Academy of Masters.  
 The Masters Hall of Fame Ambassadors nominate Martial Arts Leaders for Induction on the Masters Hall of Fame; Inductees are a cross section of the Martial Arts community from Police and Military

Leaders, Martial Arts Legends, and Karate Champions.

For more information visit;  
[www.mastershalloffame.com](http://www.mastershalloffame.com)



**MONTHLY HEALTH & FITNESS**

**10 Essential Health Tips (The Basics to Practice Every Day)**

**1. Move More**

Make it a daily challenge to find ways to move your body. Climb stairs if given a choice between that and escalators or elevators. Walk your dog; chase your kids; toss balls with friends,

mow the lawn. Anything that moves your limbs is not only a fitness tool, it's a stress buster. Think 'move' in small increments of time. It doesn't have to be an hour in the gym or a 45-minute aerobic dance class or tai chi or kickboxing. But that's great when you're up to it. Meanwhile, move more. Thought for the day:

Cha, Cha, Cha.... Then do it!

These ten tips will make you feel and look younger. Each month we will share 1 or 2 more tips. Take your time and use each month to build each tip into a habit.

Each day take the time to practice a healthy a living habit or tip!!

**MONTHLY COMMUNITY EVENT**

Pure Force Martial Arts will be hosting a Blood Drive Feb. 16th, 2010. In the Dojo parking lot from 4:00pm to 8:00pm. This Blood Drive directly supplies the local Hospitals. You must be 18 years old to give so yes

we are looking for the parents to step up and support this event. Please tell everyone you know so we can have a great turn-out and make sure we have good supplies for our communities. If you

have any questions or concerns please feel free to let us know.



## MONTHLY MARTIAL ARTS HISTORY TIDBIT

Wado-ryu one of 4 major styles of Japanese Karate.

The name *Wadō-ryū* has three parts: *Wā*, *dō*, and *ryū*. *Wā* means "harmony," *dō* means "way," and *ryū* means "style." Harmony should not be interpreted as pacifism; it is simply the acknowledgment that yielding is sometimes more effective than brute strength. From one point of view, Wadō-ryū might be considered a style of jūjutsu rather than karate. When

Hironori Ōtsuka first registered his school with the Dai Nippon Butoku Kai in 1938, the style was called "Shinshu Wadō-ryū Karate-Jūjutsu," a name that reflects its hybrid character. Ōtsuka was a licensed Shindō Yōshin-ryū practitioner and a student of Yōshin-ryū when he first met the Okinawan karate master Gichin Funakoshi. After having learned from Funakoshi, and later also Okinawan masters such as Kenwa Mabuni and Motobu

Chōki, Ōtsuka merged Shindō Yōshin-ryū with Okinawan karate. The result of Ōtsuka's efforts is Wadō-ryū.

To the untrained observer, Wadō-ryū might look similar to other styles of karate, such as Shōtōkan. Most of the underlying principles, however, were derived from Shindō Yōshin-ryū. A block in Wadō may look much like a block in Shōtōkan, but they are executed from different perspectives.



## TECHNIQUE OF THE MONTH

A **butterfly kick** is a kick featured within many disciplines of martial arts, but originally practiced in Chinese martial arts, in particular modern wushu. It is so named because as the legs reach the apex of their arc the arms are stretched out, leaving all limbs extended in a position similar to that of a butterfly's wings in-flight (however, note that the original Chinese word for this technique contains no

references to butterflies or kicks). Although the specific nature of the kick varies, it is generally composed of a twist of the body while both legs are lifted from the ground and swung around, while the torso remains as horizontal as possible. It is an advanced maneuver that requires the use of the whole body and the strike can occur with either leg. It is often seen as a kick used to "cut a swathe" through multiple opponents.

However, in traditional Chinese longfist, it is used defensively to evade an opponent's floor sweep and land on the enemy's vulnerable side. There are many variations, and different movements may be captured under the same name or likewise similar movements given under a different name depending on the martial arts school or style. It can be executed either from standing or from a step up run.



## WHATS GOING ON IN MARTIAL ARTS

Action and Martial Arts Industry Honors Hollywood Stuntwomen...

The stuntwomen of Hollywood took center stage at the 2009 Celebrity & Stuntwomen's Awards in early October at the Skirball Cultural Center.

Various action stars and

martial arts luminaries—including actor and judo icon Gene LeBell *taekwondo* master and stunt coordinator Simon Rhee, and stuntwoman and *Deathproof* star Zoe Bell—joined more than 200 entertainment industry members in attendance to honor the toughest ladies in entertainment.

LeBelle presented Laila Ali, world champion boxer and daughter of Muhammad, with the Dare2bDifferent Award while Screen Actors Guild president Ken Howard handed the Action Icon Award to Jamie Lee Curtis, star of the *Halloween* horror franchise.



We are on the Web

[Www.pureforcemartialarts.com](http://www.pureforcemartialarts.com)

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#### MARTIAL ARTS PROFILE OF THE MONTH

**Hironori Ōtsuka** (1892–1982) created the Wadō-ryū style of karate. He was the first Grand Master of Wadō-ryū karate. Ōtsuka was born on 1 June 1892 in Shimodate City, Ibaraki, Japan. He was the second of four children to Tokujiro Ōtsuka. He began training in the martial art of jujutsu under the tutelage of his great-uncle, Chojiro Ebashi. Ōtsuka's father took over his martial arts education in 1897, and he began studying Shindō Yōshin-ryū jujutsu. At age 13, Ōtsuka became the student of Shinzaburo Nakayama in Shindō Yōshin-ryū. In 1922, Ōtsuka began karate training under Gichin Funakoshi. At this time, Ōtsuka held the license *menkyo kaiden* in Shindō Yōshin-ryū. He also established a medical practice and specialized in treating martial arts training injuries. From 1922–1929,

Ōtsuka became an assistant instructor in Funakoshi's school, and also became a registered member of the Japan Martial Arts Federation. Ōtsuka began to have philosophical disagreements with Funakoshi. This may have come, in part, from his decision to train with Chōki Motobu. Funakoshi's karate emphasized *kata*, a series of movements and techniques linked by the fighting principles. Funakoshi did not believe that sparring was necessary for realistic training. Motobu, however, emphasized the necessity of free application, and created a series of two-person *kumite* called *yakusoku kumite*. Ōtsuka continued to gain recognition as he expanded the teaching of Wadō-ryū karate throughout Japan. In 1964, three of his students (Tatsuo Suzuki, Toru Arakawa, and

Hajime Takashima) from the Nihon University Karate Club undertook a two-month tour of Europe and the USA. They performed 49 demonstrations in this period and, as a result, Suzuki was invited back to London as a resident instructor. In 1972, Ōtsuka received the title of *Meijin* and the rank of 10th *dan* by the Japanese royal family's *Higashi No Kuni no Miya*, President of the *Kokusai Budo Renmei* (International Martial Arts Federation). It was the first such honor ever bestowed upon a karate teacher in Japan. Ōtsuka continued to teach and lead Wadō-ryū karate into the 1980s, and died on 29 January 1982. His son became the second Grand Master of Wadō-ryū karate and honored his father by taking the name "Hironori Ōtsuka II."

