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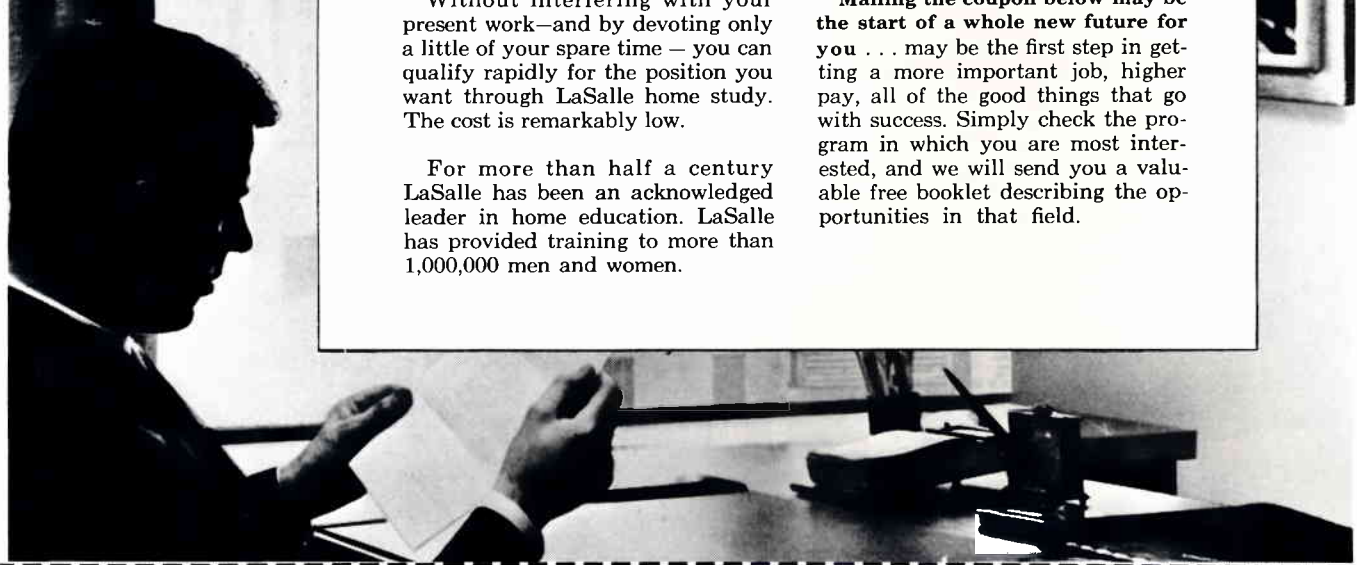
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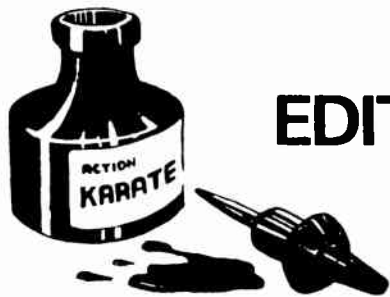
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EDITORIAL

KARATE – AN ATTRACTIVE PACKAGE

Karate, like any other product vying in the vast consumer market, has got to be packaged attractively to sell.

An attractive package will sell a customer the first time, but there must be something worthwhile on the inside if repeat business is anticipated. And of course, repeat business is the name of the marketing game.

On the other hand, if what appears attractive on the outside turns out to be a bad product once the flashy package is thrown away, a lot of time and money has been wasted.

Then too, if a good product is attempted to be sold with an unattractive package, it is also discarded in the dud file.

There must be a successful marriage between an attractive package and an attractive product. Then and only then will any product meet success in the public eye !!

Karate, as a sport, is an attractive product.

It's the package it's sometimes presented in that falls short of being attractive enough to lure the money paying consumer away from some of the other more attractively packaged sports products -- such as professional football, etc.

We've had numerous reports from karate tournaments around the country and they all seem to follow the same pattern. The report goes like this : " A very small crowd was treated to some of the greatest action ever seen at a karate tournament ".

Great, but what good does it do for your wife to spend \$1000 on a new dress, if you're not going to look at it ?

The International Karate Championships held each summer in Long Beach, California, is a good case of an exciting product being packaged well.

Year in and year out, the Internationals draw several thousand people to the finals of the exciting two-day tournament. And it's not just by chance.

Executive Producer of the Internationals, Ed Parker, works extremely hard making his tournament the world's largest in both contestants and spectators. He packages it well and then gives the contestants and spectators their money's worth after they get there.

Every newspaper in Southern California and many from other parts of the country ran not one but several stories in advance of last year's Internationals. The " World Series " of karate drew headlines and columns not only in Southern California, but nationally as well.

Entire columns by several top sports editors were devoted to telling the story of Ed Parker, " Mr. Karate ", and the Internationals.

More than 300 newspaper stories and photos are on file as a vivid record of the extent the Internationals were covered. It was indeed a step in the right direction as karate continues to fight for existence in the wide world of sports.

Karate needs all the help it can get to continue its growth. Not only help from without, but help from within. ACTION KARATE stands ready, willing and able to help in every way it can to promote karate.

What's good for karate is good for us. We stand as a tool to help cultivate and promote the art.

We can't understand, then, why another so called karate magazine on the public market completely ignored the International Karate Championships when it named its version of the top tournaments in the country recently.

That's like not noticing a girl in a micro-mini skirt at a formal dance.

To go one step farther, the International Grand Champion was not listed as the top karate fighter in the United States -- not even among the top three.

Should the good of karate be ignored for the good of a few individuals ? Should one's own nest be feathered instead of building a nest in the sports world for karate itself ? Should karate be more political than the national conventions ?

Some individuals get their kicks out of booting themselves to the top at the expense of kicking everyone and everything else square in the teeth.

Kicking is an important part of karate -- but lets not kick karate itself !!!

As for that other publication, which chooses to ignore things that will benefit karate in general instead of benefiting a few individuals, we can only say :

We hope the men's shaving lotion by the same name smells much better !!!

Don Thompson

action karate calendar

FEBRUARY 8th — Four Seasons Karate Tournament, Golden West College, Huntington Beach, California, Contact : Chuck Norris or Mike Stone. Ph. (213) 370-0473 — (213) 598-1512.

MARCH 14 — Oklahoma Judo Federation Tournament, Bartlesville, Okla.

MARCH 14-15 — Champion's Cup, Judo and Karate, Belgrade, Yugoslavia.

MARCH 21 — United States Judo Federation National High School Championship, George Marshall High School, Fairfax County, Virginia. For information contact George Wilson, 15822 14th Ave., S.W., Seattle, Washington.

MARCH 28-29 — Yugoslav Judo Championships, Belgrade.

MARCH 29 — U.S. Taekwon Karate Championships. For information contact Kim Soo College of Taekwon Karate, 1615 Clay Ave., Houston, Tex. 77003. Ph. (713) 227-5090.

APRIL 4 — United States Judo Federation National Collegiate Championship, Michigan State Univ., East Lansing,

Mich. For information contact J. Kim, Jenison Hall, Michigan State University.

APRIL 4-5 — California State Karate Championships, San Francisco, Calif., Civic Auditorium. Contact : Ralph Castro, Ph. (415) 334-3471.

APRIL 9 — World Goodwill Kendo Meet, Expo '70, Osaka, Japan.

APRIL 10 — First International Kendo Individual Championships, Osaka, Japan

APRIL 10-11 — United States Judo Federation National AAU Senior Championship, Anaheim, Calif. For information contact Mr. Shag Okada, 11121 Western, Stanton, Calif.

APRIL 11 — 7th Annual Illinois State Karate Championship. For information contact James A. Chapman, Aurora YMCA, 460 Garfield Blvd., Aurora, Illinois.

APRIL 18 — Oklahoma Judo Federation Tournament, Oklahoma University.

APRIL 18 — Third Tarheel USKA Open Karate Tournament, Asheville, North Carolina. For information contact Asheville School of Self-Defense, P.O. Box 6253 W. Ashe. Stat., W. Asheville 28806. Ph. (704) 254-1272.

APRIL 19 — New York Judo Association Senior Mudansha Championships.

MAY 3-4 — European Karate Championships, Hamburg, Germany. For information contact the European Karate Union, 43 Rue des Plantes, Paris 14, France.

MAY 10 — Four Seasons Karate Tournament, South High School, Torrance, California.

MAY 16 — Oklahoma Judo Federation Tournament, Oklahoma Military Academy, Claremore.

MAY 17 — New York Judo Association Junior Championships.

MAY 20-24 — European Judo Championships, East Berlin, Germany.

JUNE 17 — New York Judo Association Open Junior Championships.

JUNE 21 — Oklahoma Judo Federation Tournament, Ft. Sill, Oklahoma.

JULY 9-10-11 — United States Judo Federation National Junior Championship, University of San Francisco. For information contact Fred Lee, 166 Embarcadero, San Francisco, California.

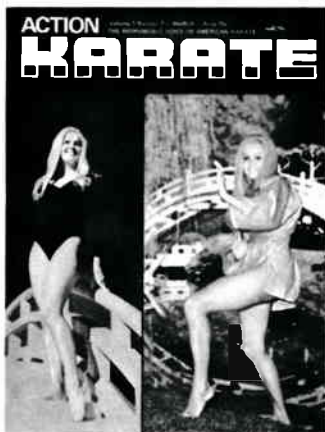
JULY 25 — 6th Annual Pennsylvania Karate Championships, Cedar Cliff High School, Camp Hill, Pa., 17011. For information contact Isshinryu Karate Ass'n. of Pennsylvania, Ph. (717) 737-6422.

SEPT. 13 — Four Seasons Karate Tournament, San Fernando Valley State College, Northridge, California.

OCT 3rd — 3rd AEKF European Karate Championships, London, England.

Oct 3 — Southern USKA Open Tournament, Asheville, North Carolina. For information contact N. Carolina USKA Goju-Shorei Dojos, P.O. Box 6253 W. Ashe. Sta., W. Asheville 28806. Ph. (704) 254-1272.

NOV. 8 — Four Seasons Karate Tournament, Golden West College, Huntington Beach, California.



ON THE COVER

Motion picture and television celebrity Kam Nelson is the cute young lady on this month's colorful ACTION KARATE cover. Kam, a student of karate, is playing a dual role in this month's magazine, as our "Karate Girl of the Month" and the star of our new "Celebrity Corner."

ACTION KARATE'S chief photographer, Jim Thorup, caught Kam in the delightful poses seen on the cover and in the center spread.

The photos were taken in the beautiful Huntington Library Japanese Garden in San Marino, California.

Kam, the garden and karate make quite a lovely combination in these photos—don't you agree!!!

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ACTION KARATE RATES THE NATION'S TOURNAMENTS

BY DON THORUP
Action Karate Editor

Will the real karate champion of the world please stand up!!!

Who is *REALLY* the number one karate tournament fighter in the world?

Like many similar products with different labels, there are several claims at present as to who is the top karate kumite champion today.

Ask 10 people who the best karate man in the country is today and you may get 10 different answers—at least seven or eight.

Until now, selecting karate's top tournament fighter has been more of a popularity contest than anything else.

Then too, like with any top position, all-star selections or the like, sometimes it's not what you know, but who!

Thus with the dawning of a new decade—the 1970's—ACTION KARATE is proud to present its new system of rating the nation's tournaments and tournament freestyle fighters.

Popularity contests to select karate champions are a thing of the 1960's. Actual competitive ability and talent is, beginning now, a thing of the present.

We feel our new tournament rating system and method of picking the number one and Top Ten best karate fighters in the world is more than a small step for karate players and is indeed a giant leap for all of karate.

Here then is how ACTION KARATE rates the tournaments. And here is how we will select and present to the rest of the world the world of karate's Top Ten champions—including ACTION KARATE's Grand Champion of the World.

ACTION KARATE's rating board has rated the nation's tournaments using a list of several points which we shall name shortly.

First, we are extremely proud to name the top six karate tournaments in the world, as selected by ACTION KARATE.

THE TOP SIX—International Karate Championships, Ed Parker producer, Long Beach, Calif.; United States Karate Championships, Allen Steen producer, Dallas, Texas; National Karate Championships, Jhoon Rhee producer, Washington, D.C.; East versus West Coast Karate Championships, Aaron Banks producer, New York, N. Y.; United States Karate Association Grand Nationals, Bob Trias producer, Kansas City, Mo. and the All America Open Karate Championships, S. Henry Cho producer, New York, N.Y.

The Second Ten, although there are only five at present, consist of the following:

The California State Championships, Ralph Castro producer, San Francisco, Calif.; All American Open Karate Championship, Jack Hwang producer, Oklahoma City, Okla.; Universal Open Karate Championship, Richard Chun producer, New York, N.Y.; Southwest Open Karate Championship, Sam Allred producer, Albuquerque, N.M. and the Northwest Karate Championship, Steve Armstrong producer, Seattle, Wash.

The Third Ten, although again falling short of ten at this time, are as follows:

Four Seasons Karate Tournament, Chuck Norris producer, Southern California; North-South Karate Championship, Steve LaBounty producer, Fresno, Calif.; Northeast Open Karate Championships, George Dillman producer, Redding, Penn. and the Tri-State Karate Championship, Richard Bernard producer, White Plains, N.Y.

Points will be given to the Grand Champion and first, second and third place winners of each of these tournaments on a scale according to the importance of the tournaments.

Points will be awarded in both black and brown belt kumite competition in all three weight divisions—heavyweight, middleweight and lightweight.

Points will be awarded as follows—and will be accumulated and totaled at the end of each year to produce the undisputed World Champion.

Ten points will be awarded to the Grand Champion of each of the Top Six tournaments, with eight points going to the black belt winner in all three weight divisions, six points to the second place finisher and four points to third place. In brown belt competition at the world's "Big Six" tournaments, six points will be won by the first place finisher in each weight division, with four points being awarded for second and two for third place.

Point scoring in the Second Ten tournaments will see the Grand Champion receiving six points, with black belt fighters being awarded four points for first, two for second and one for third. Brown belt winners will receive points on a two (first), one (second) and zero (third) basis.

The Third Ten tournaments will carry the following points: The Grand Champion will receive four points, with black belt fighters winning two points for first, one point for second and zero points for third. Brown belt competition will be awarded one point for a first place finish and no points for finishing second or third.

No points will be awarded for Grand Champion or any of the winners in any tournament not rated in the Top 25 by ACTION KARATE.

THE BIG SIX

INTERNATIONAL KARATE CHAMPIONSHIPS

Ed Parker, producer / *Long Beach, California*

UNITED STATES KARATE CHAMPIONSHIPS

Allen Steen, producer / *Dallas, Texas*

NATIONAL KARATE CHAMPIONSHIPS

Jhoon Rhee, producer / *Washington, D.C.*

EAST VS WEST COAST KARATE CHAMPIONSHIPS

Aaron Banks, producer / *New York, New York*

U.S.K.A. GRAND NATIONALS

Bob Trias, producer / *Kansas City, Mo.*

ALL AMERICA OPEN KARATE CHAMPIONSHIPS

S. Henry Cho, producer / *New York, New York*

SECOND TEN

(There are only five at present)

CALIFORNIA STATE CHAMPIONSHIPS

Ralph Castro, producer / *San Francisco, California*

ALL AMERICAN OPEN KARATE CHAMPIONSHIP

Jack Hwang, producer / *Oklahoma City, Oklahoma*

UNIVERSAL OPEN KARATE CHAMPIONSHIP

Richard Chun, producer / *New York, New York*

SOUTHWEST OPEN KARATE CHAMPIONSHIP

Sam Allred, producer / *Albuquerque, New Mexico*

NORTHWEST KARATE CHAMPIONSHIP

Steve Armstrong, producer / *Seattle, Washington*

THIRD TEN

(There are only four at present)

FOUR SEASONS TOURNAMENT

Chuck Norris, producer / *Southern California*

NORTH - SOUTH KARATE CHAMPIONSHIP

Steve LaBounty, producer / *Fresno, California*

NORTHEAST OPEN KARATE CHAMPIONSHIPS

George Dillman, producer / *Reading, Penn.*

TRI-STATE KARATE CHAMPIONSHIP

Richard Bernard, producer / *White Plains, New York*

The fighter with the most points as accumulated from the above point scoring system will be ACTION KARATE's Grand Champion and will be recognized as the top karate champion in the world.

Likewise, a Top Ten list will be compiled and the Top Ten karate freestyle fighters in the world will receive recognition, prestige and a beautiful plaque from ACTION KARATE.

It should be pointed out, that a fighter who begins the year as a brown belt may keep those points won as a brown belt and add them to any won as a black belt if he should advance in rank during the year.

The ACTION KARATE ratings will be released once a year.

Plans are also underway for an ACTION KARATE-sponsored round-robin tournament to decide the overall champion of the world with the Top Ten competing for the title.

One day in the near future we hope to be able to rate tournaments and tournament fighters from Europe and the Orient. But until we have more information from the tournaments in these countries, we will not be able to rate their fighters. Perhaps one day soon in the future.

It must also be noted that all the top tournaments are open tournaments—pros competing with the amateurs. And until pro tournaments can draw the contestants and crowds and are more of a proven factor, we can not include them among the world's Top 25 tournaments.

Which brings us to the basis the ACTION KARATE rating board used to produce its list of the world's top tournaments.

Tournaments were judged by the following:

1. Number of contestants.
2. Number of divisions—both belt and weight categories and male and female categories.
3. Number of events and types of events—including kata, etc.
4. Drawing power—statewide and national contestants.
5. Drawing power—size of crowd for the tournament finals.
6. How long tournament has been in existence.
7. Consistency—being run every year and not on again, off again.
8. Keeping the same title and not changing with the tide.

This then is the basis we used to rate the tournaments so we can in turn properly rate the world's top karate freestyle fighters.

The tournaments listed are the ones we rated the highest. We strongly feel they belong. If you produce a tournament and feel it should be rated among the world's Top 25, send all details—especially all details pertinent to the criteria we used to rate the tournaments—to ACTION KARATE.

ACTION KARATE's rating board will rate tournaments once a year and new ratings will be published each March.

We will be adding tournaments to the "Big Six" or Second and Third Tens as is deserved—or we may be subtracting tournaments and moving them down. In other words, as deserved, tournaments will be either promoted or demoted.

Points and ratings will be subject to change. If some of the tournaments presently rated in the Second or Third Ten change and upgrade, their rating will also be subject to change and upgrading.

ACTION KARATE feels this tournament rating system will not only help tournament karate grow but will also help it flourish and be recognized as one of the most exciting sports in the world.

From now on, the Top Ten karate champions in the world will be just that, the top ten according to their freestyle abilities.

And the number one karate fighter in the world *WILL BE* number one—and not just the most popular or best looking.

And as women become more and more interested and involved in tournament freestyle fighting, ACTION KARATE will release a point rating system to pick the top woman kumite champion of the world also—and a women's Top Ten.

Good luck from ACTION KARATE to all freestyle competitors.

We hope we now have you "pointed" in the right direction!!!

A Warning for people who carry credit cards.



In a recent issue of the Los Angeles Times the lead story, "Spiraling Thefts Lead to New Credit Card Protection Service," warned readers that credit card theft is soaring. That thousands of Americans who never thought it could happen to them will lose a whopping \$50 million this year. And that it can happen to you.

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Chopping Block

Dear Chopping Block :

I would like to oppose Dave McDonnell in his views about breaking practice. Mr. McDonnell does not seem to take in consideration that breaking practice was only used by the ancients in order to toughen their hands so as to pierce the armor of the Samuri and thus get access to the Samuri vital organs. I know of no one, at least in America, that wears armor as daily dress therefore the need for breaking practice is eliminated.

This summer I talked to a Vietnamese exchange student who had studied YAME style of karate in Vietnam. This student did not believe in breaking practice and once silenced a karateka boasting of his breaking ability that " the purpose of karate is to build, especially the moral character, not to tear down.

What purpose is there to putting your fist through a door ? The only thing you have left is a door with a hole in it and

thus the door becomes un-useful.

I think American karateka should follow his advice as it is purely logical. One out-maneuvers an opponent and beats him with speed, agility, and timing--not brute force. A modern karateka has a lot around him with which to build up his moral character, along with strengthening his physic, namely jogging.

I suggest that before one starts breaking practice, one takes into account what it will gain him along with the knowledge of the possible injury to his person and the other "modern" alternatives he may take.

Yours in Christ,
Leslie Jack Fyans Jr.

(Your point is well taken. As a good friend of ours always says, I have yet to see a board, brick, tree or door attack anyone ! -- Editor)

Patting the Gi

Dear Mr. Thorup :

I was surprised to see an abridgement of my letters to you in the CHOPPING BLOCK of your excellent January issue of Action Karate. I sent two long-winded letters advocating a "systems approach" to the creation of an American karate style and did not expect inclusion in the CHOPPING BLOCK. Just a note of thanks then for letting me in. I've never been noted for terse prose and I'm too old to learn.

Thanks too for your frank appraisal of my suggestion. A "systems approach" utilizing a computer would be breaking totally new ground and the initial planning would be frustrating and very difficult. All the details of implementing the approach, the expense and securing the help and cooperation of far-flung others without any guarantee of immediately useful results, argue against it. And yet one can be certain that in the long view a "systems approach" will yield data, profiles, configurations and so on, which without being able to predict just "how", "why", or "when" will be very useful in creative ways.

In ending I might mention that perhaps the best general overview and orientation to " systems approach " is " General System Theory ", by Ludwig

von Bertalanffy. (Available in paperback, George Braziller Inc., One Park Ave., New York, N.Y., 10016 . . . 1968.. This book would be an invaluable aid to anyone preparing a computerized "systems approach" to the field of karate.

Sincerely yours,
Richard Hayes

(We're glad you enjoyed our January issue of ACTION KARATE and hope you enjoy this one even more . . . Ed.)

Dear Editor :

I think ACTION KARATE is the best book of its kind on the market. However, I'm displeased by the general absence of East Coast news. You seem to be West and Mid-West oriented.

For example, I was looking for the play by play of the October '69 tournament held in Bridgeport, Conn. in your last issue. It wasn't even mentioned, yet Aaron Banks who is affiliated with you helped produce it.

I'm very disappointed and so are many of us here in the East. We wish you would give us more of a play.

Sincerely,
P. Schiavo

(Thanks for the nice words about our magazine. How do you like the East Coast News in this issue ? -- EDITOR)

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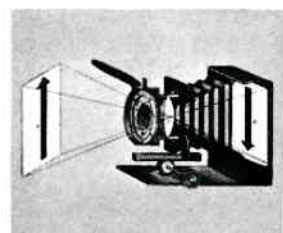
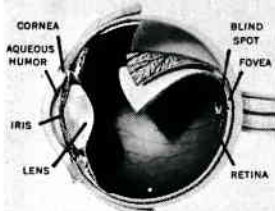
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While we marvel at our giant data processing machines, we tend to forget the incredible powers of the human machine which created them... the body. Consider your own brain. It weighs about three pounds, yet a computer big enough to process its daily activities would have to be the size of the Empire State Building. Or consider your fist-sized heart. It pumps 5,500 quarts of blood through 60,000 miles of "tubing" every day.

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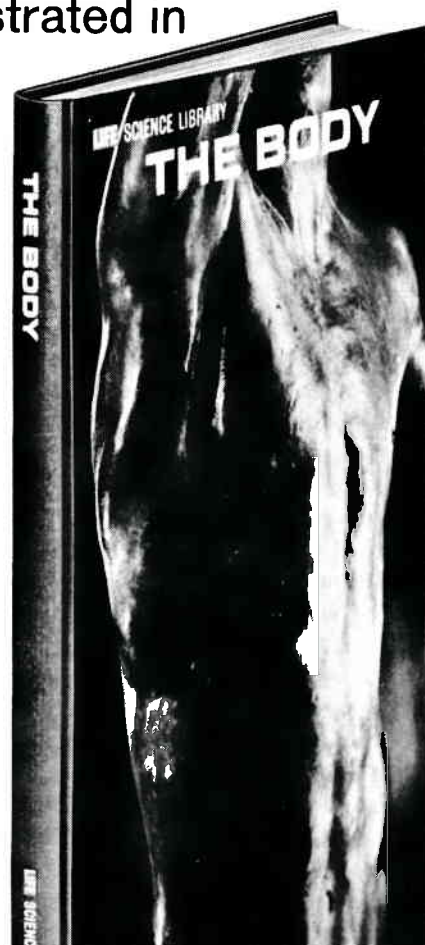
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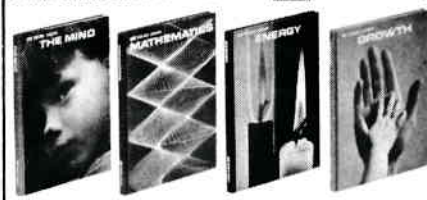
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A new decade has dawned upon all of us. The 1960's are gone--a thing of the past--and the 1970's are here.

Karate, which had its birth in America in the late 50's, still only reached its infant stages in the 60's and has a whole wonderful, booming life ahead of it--if everyone kicks in, feeds it the right nourishing food and helps raise it the right way.

ACTION KARATE feels the 1970's will see karate reach maturity.

It is our number one aim and desire to help karate grow and flourish in the United States and to gain acceptance and recognition as not only a top means of self defense, but as a top sporting attraction.

Karate will succeed to a high plateau, if we all do our part, meaning everyone from students to tournament promoters. It's entirely up to you.

And we are here to help you help karate.

As our motto states, Action Karate is " the responsible voice of American karate. " You are the ones who make up the body of American karate. Thus we are here to help you and hear from you. Sort of a sounding board for karate in the United States.

You'll notice, then, with the dawning of the 1970's--which we will refer to as the dawning of the age of karate--we have placed the emphasis on you in our magazine.

You'll find lots more features, including the one you're now reading, written for you, about you and with your thoughts appearing in print.

You'll notice in this issue many new features such as " Gi Whiz ", " Do it Yourself Karate ", " Freestyle Techniques ", "Karate Slang" and "Karate - Technically Speaking", which call upon you for contributions. And of course we have our letters to the editor sections (Chopping Block and Patting the Gi) open to everyone to express their views.

We welcome your contributions to all these features and any new ones which we will start from time to time. We also welcome any and all newsworthy tidbits for this "Kick About" column. And we hope to hear from every one of you out there in karate--land.

We also stand ready to print all the news about karate tournaments, both in the future and past tense. Give us at least three months advance notice of an upcoming tournament and we'll include it in our ACTION KARATE list of coming events. As soon as the tournament is over, send us information concerning the tournament and a complete list of tournament winners and we'll be most happy to report your tournament in our " Tournament Trail " section.

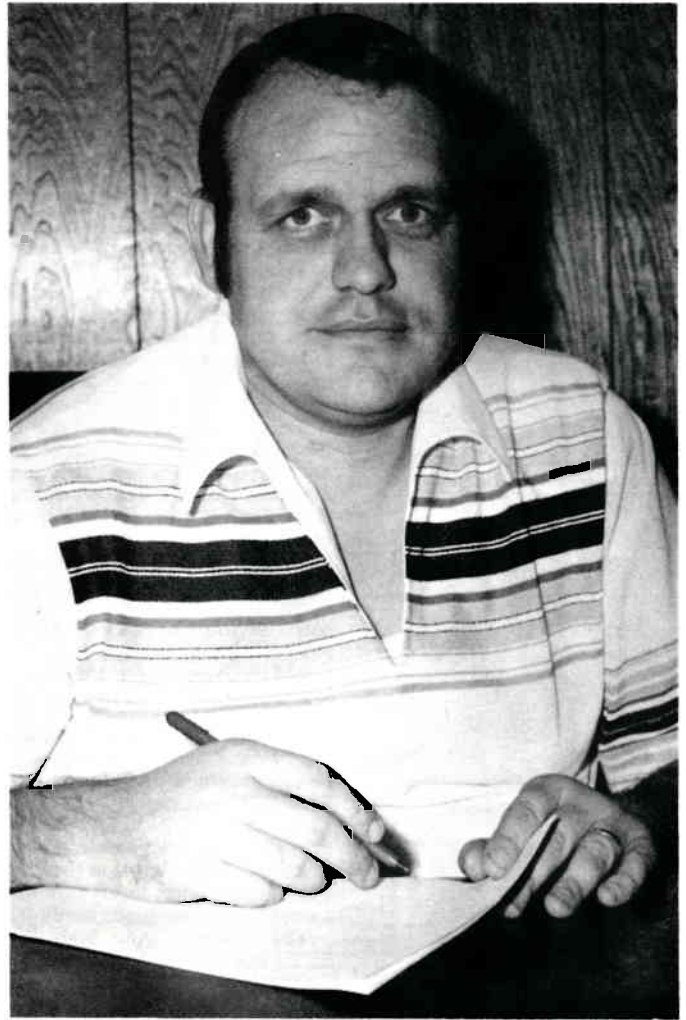
In many cases we'll be at a tournament personally to cover it, especially the top tournaments in the country. (See " Action Karate Rates the Tournaments " in this issue.) But we can't possibly be at every tournament in the country. Nor can we possibly have reporters at every tournament in the country. Thus, we must rely on you tournament directors or promoters to report the results of your tournament. Don't keep them a secret, let everyone know. It will not only help your tournament, but will help karate grow.

In our " Kick About " column we will also be " hanging out the Gi " -- or hanging out the wash as they say elsewhere. Sometimes (most of the time, we hope) the wash will be sparkling and bright. Other times, it may be soiled a bit. We

page 14

KICK ABOUT

BY DON THORUP



hate to start off on the negative side, but this month's wash is soiled -- and more than slightly, we feel.

We received a promotional piece all done up in red, white and blue announcing the 1st USA Pro Team Karate Championships, which by the time you read this will have taken place. (At least they were billed as taking place on Jan. 17 in the Long Beach Arena.) We read on and couldn't believe our eyes ! Right in the middle of the handbill was the announcement of a special bout. It read : " Special bout between Black Militant Greg Banies and world champion (white) Joe Lewis. "

Is this any way to promote a tournament ? You bet it's not ! There is enough trouble in the United States today with out going out and looking for more. Nobody in their right mind should advertise for trouble. The Black Militant problem is wide-spread enough without adding fuel to the fire. And the fact there is a black versus white problem in many parts of the

country should be reason enough to leave it alone. When there is a cancerous growth, much money, time and effort is spent trying to isolate it or kill it all together — not help it spread.

Why then gentlemen do you advertise a bout between " Black Militant Greg Banies and White Joe Lewis " ?

We hope there was no incident at this tournament, but we do know there were many, many concerned people when they read the advertisement. Many phone calls were received by many different people and they were all very concerned. We also know of many persons who stayed home because they did not want to be a part of any trouble that might have resulted.

This is no way to help karate. Things like that can only hurt the image of karate, which needs helping so badly. Let's build karate, Gentlemen, not tear it down !!!

GI THE USA — All instructors present at the first United States Southeastern Martial Arts Convention held in Gastonia, North Carolina felt the meeting proved one thing, if nothing else : If more karate sensei's will sit down and talk out their problems and be open minded about the whole matter, than at least some of the many problems can be solved together. Whether or not the Southern Convention was a success or not remains to be seen by the way its proposed association turns out Head speakers were Harold Long, Robert Trias and Norman Barkoot. Others present included Bill McDonald, Travis Brasfield, J.C. Burris, Lee Farmer, Charles Burris, Lawrence McSwain, Trudee Fowler, Lewis Simerly, Carl Smith and director David Adams

Long introduced a proposed Southern Karate Association and proposed the association have a member from each style of karate on its Board of Directors and that the Board of Directors set all the rules, regulations and policies for member dojos for competition purposes. He also suggested that college and university karate teams be a part of the association and formed into a league for competition purposes Long stated the purpose of the association would be to interest all instructors in teaching and promoting strong karate in the Southern States and to work together and support one another in all activities. (Now there is what we mean by pulling together to help karate.)

Trias introduced the new competitive rules for the U.S.K.A. in reference to future tournaments and said that they had already been tried in several of his most recent tournaments and proven effective. One of his most interesting aspects is the ruling about judging kata. Trias related that the judges may stop an individual during his kata and ask him to break the moves down, explaining his technique, etc. The name and the style of kata would be asked of him. This Trias feels will eliminate a lot of " made up kata " and will get back to the real karate. (For more information on the Southern Association, write Harold Long, 402 5th Ave., N.W., Knoxville, Tennessee 27917).

As a climax to the first Southeastern Martial Arts Convention, all Southern instructors were mailed out blanks and have selected the following : " Most Outstanding Competitor " (kumite and kata), Kirk Mosig, United States Karate Association; " Most Outstanding Demonstrator, " Norman Barkoot, Okinawan—American Karate Association; " Most Outstanding Promoter, " David Adams, International Kenpo Karate Association; " Most Outstanding Leaders, " Bob Trias, United States Karate Association and Harold Long, Okinawan—American Karate Association and the " Most Outstanding Dojo,

Western Carolina University, United States Karate Association. Congratulations to all

President Chojiro Tani of Shukokai, World Karate Union of Kobe, Japan is sending chief instructor Shigeru Kimura, 6th Dan, on his first United States tour this month. Al Oromaner, 5th Dan, a Shukokai Karate member is managing Kimura's 25 state tour of the United States and any school or organization interested in a free demonstration by Kimura, one of Japan's finest chief instructors, should contact Oromaner as soon as possible. Write to Al Oromaner, Shukokai, World Karate Union, 629 Post Street, San Francisco, Calif., 94109 The Shukokai, World Karate Union boasts a membership of 20,000 active students and 108 affiliated Karate Clubs throughout the world

Word comes that the New England District of the Seishin—Kai Karate Union's annual Promotional Tournament was a success. The 13 black belts present had praise and congratulations for William Connolly and Richard Peres, sponsors of the tournament, for a well—run and well—controlled tournament. The outstanding feature was strict enforcement of the rules. Indications are that the next Seishin—Kai tournament will have a turnout exceeding the previous one. The international organization of Seishin—Kai, with headquarters in Osaka, Japan, feels a giant step towards uniting karate in the United States has been made. Incidentally , the true meaning of Seishin—Kai, for those who don't know, is " pure in heart. " And its goal is uniting karate under a set of rules acceptable to all styles of karate so karate can stop wallowing in petty arguments and forge ahead as one, dedicated art. (Our hopes and sentiments, exactly.)

QUICK KICKS — Doris Levesque, karate student at the American Samurai Institute in Lawrence Kansas received a Batsugun promotion at the recent Seishin—Kai Karate Tournament. Although Levesque had been in karate only two months, he was awarded his promotion for outstanding performance Edward Lulo of the Lung Cheng Club of Bridgeport, Connecticut walked off with a first place kata trophy and was awarded the Outstanding Karate Player Award at a recent New England tournament, the award being given to the player who personifies the epitomy of karate thought, attitude and deed. Congratulations are due as Edward is only six years old

Jae Ho Park, 5th Dan Korean stylist, has accepted a teaching position in the physical education department of Eastern Montana College in Billings, Montana. In addition to coaching judo, karate and soccer at the college, Park will instruct the Billings Judo—Karate Club and will act as technical director of the Northwest Taekwondo Association

Police officers in the greater Merrimack Valley are fighting non—violence with the use of karate techniques. Rather than reaching for a club or other weapon, they now reach for a waza (technique). The police officers in the area have taken to training in karate with overwhelming enthusiasm and already it has shown great promise.

Action Karate asks—shouldn't all police and law enforcement officers take training in karate ? Wouldn't it pay off for all of them and make them just that much more effective at their jobs ???

If you have any news or views for our " Kick About " column, send them to " Kick About, " Action Karate Magazine, P.O. Box 4086, Pasadena, California, 91106



SANTIAGO COMES INTO FOCUS AS TOP NEW CONTENDER

Jimmy Santiago, a young photographer, is coming into focus as one of the top new contenders on the karate scene.

A product of sensei-promoter Aaron Banks' New York Academy, Santiago looks forward to an increasingly bigger piece of tournament action, and trophies.

The 20-year-old Go-ju stylist hopes his many hours spent perfecting the flying side kick and other kicking combinations will pay off as the stepping stone to the top.

Karate was something foreign to Santiago three years ago when he heard several of his friends discussing the martial art. "It sounded very interesting," he explains, "and I became intrigued."

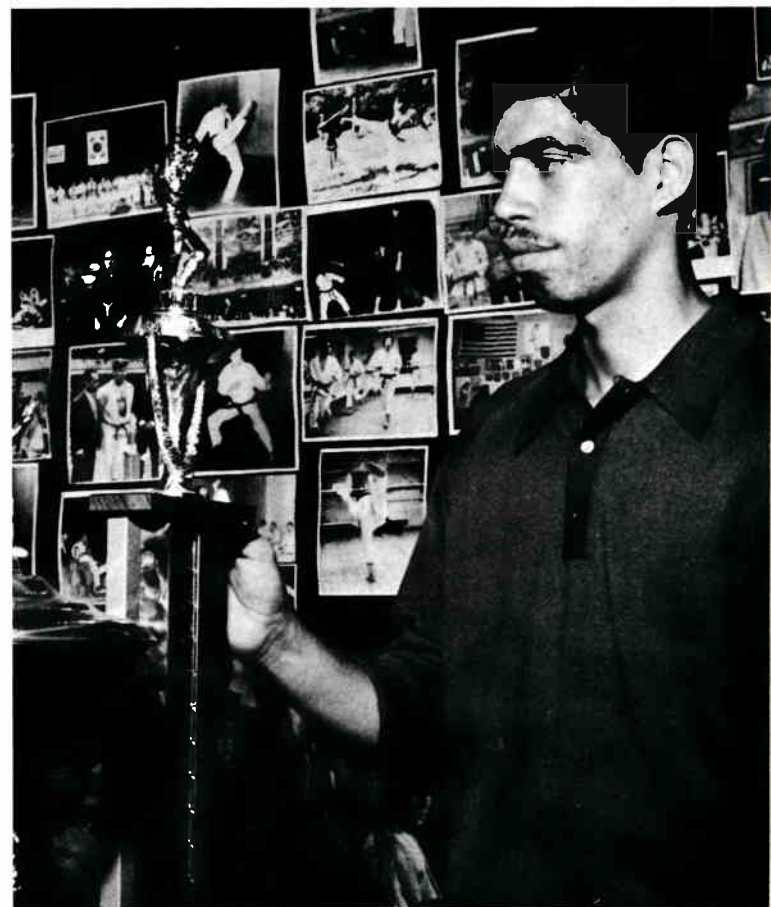
He soon found himself talking to karatekas in an effort to learn more and finally began visiting various dojos in the area, coming under the wing of Sensei Banks.

Santiago is quick to admit, however, that at first he found the rigorous training extremely difficult. "The exercises were extremely new to me, but I worked out often and paid strict attention to my instructor. I knew karate would bring many changes to my life and I wanted to devote as much time to training as possible."

Santiago easily recalls his first advancement in rank four months after beginning his training. It was on a Saturday in January, 1967. The following day he entered his first tournament, the East Coast Go-ju Tournament at Manhattan Center, and after five exhausting elimination bouts, Santiago made it to the finals where he placed fourth.

Pleased with the results of his first formal tournament competition, Santiago began stepping up his training, working out

Continued on Page 18



Santiago examining one of several trophies he won which are now on display at Aaron Banks' dojo.

Santiago practices side snap kick (Yoko-geri).



Using a mirror for practice, Santiago counter-punches (Gyaku-zuki).

SANTIAGO – TOP NEW CONTENDER

in the dojo, at home, or wherever he could find time and space.

"The tournament showed me the need for perfection in my techniques. Competing is an excellent way to spot your shortcomings, but the real trick is to do something about them." Santiago did. In his next tournament, as a brown belt, he won a preliminary bout at the First Professional Tournament at the Waldorf-Astoria in May of last year.

With no let-up in his training, Santiago entered the first International Open in Bridgeport, Conn. as a shodan and took first place in the lightweight black belt division. He picked up still another trophy as a member of the winning East Coast team in the East vs. West Tournament at Madison Square Garden.

Santiago feels much of his success to date is due to his em-

phasis on kicking techniques. "Fighting with your hands is a basic instinct and it takes hard training to make your feet strike with as much accuracy as a shuto or well-placed counter-punch," he explains.

"Too many fighters execute kicking techniques recklessly. Maybe they hope that if they throw enough kicks fast enough, one of them will score. To me this seems like a lot of wasted energy. When I fight I try to make every attack count, while still maintaining a solid defense.

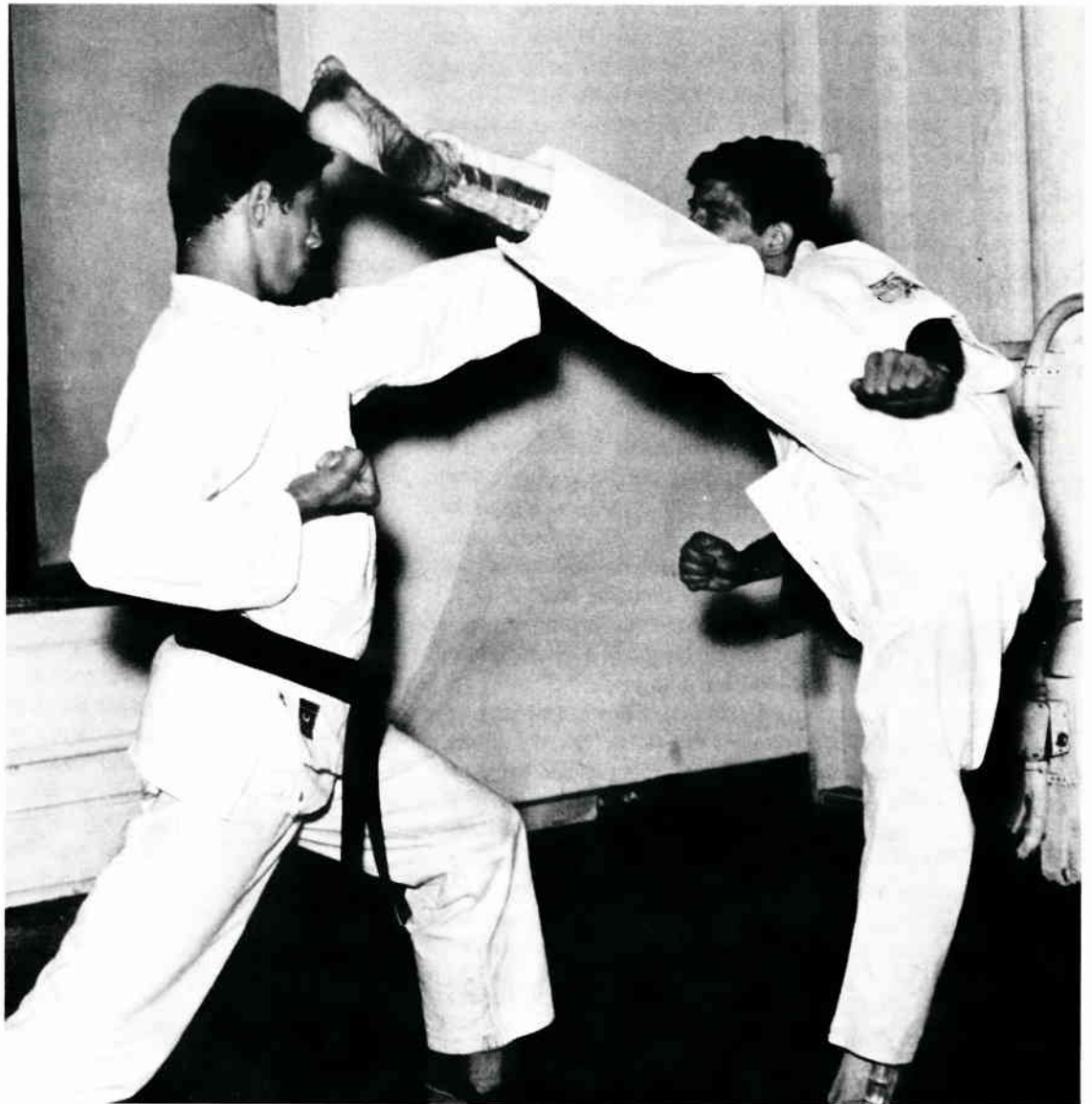
Santiago is also just as enthusiastic about the growth of Pro karate, seeing such tournaments furthering the art with their purses creating keener competition.

"Pro-karate opens up a valuable field for black belts. Besides the purses, you get to fight the best around and, win or lose, you can't help but come out ahead. And what helps the karateka improve, also helps karate."



Santiago goes over instructor assignments with Sensei Banks.

Testing kicking techniques, Santiago scores with a roundhouse kick (Mawashi-geri) to opponent's head.



TE ME SO KARATE

BY LESLIE JACK FYANS, JR. and DAVID M. BEAMS

We first came across Te.Me.So. Karate while reading a book on the subject. The book had been published in 1933 in Japan. It dealt specifically with modes of karate, including a large section on Te.Me.So. Strictly according to legend, Te.Me.So. Karate had its beginnings in the year 1920, when its legendary founder, Mr. Wong, decided to develop a modern stylized method of karate void of ancient rituals, traditions and what seemed to him, ancient methods.

Again, according to legend, Mr. Wong had received training in Kung-Fu, Hsing-i and other various Chinese forms of open-hand fighting. Mr. Wong had come from China to Japan in 1911 and began "his" style in 1920. He stayed in Japan until 1938 when, seeing the ominous Japanese militaristic ways, he fled to Burma.

Mr. Wong stayed in Burma and taught for three years when, as a refugee he somehow arrived in South Africa from whence he went to Argentina. The legend further states that he went to Mexico in 1956 to present Te.Me.So Karate, but he was not very well accepted by the people there.

In the process of returning to Argentina, he was stopped by seven Mexican men who were after his life. Mr. Wong defended himself and immobilized each of the seven attackers, only to be shot to death by an unknown bystander.

Thus ends the legend of the truth of Te.Me.So. Karate. Its founder is dead, yet his style of karate still lives on. Although virtually unknown in the United States, we have found several people here who do know the style, have heard about it, or are interested in it. We found quite a number in Mexico during a recent trip there.

Te.Me.So. Karate throws out all breaking practice, katas, bowing to shrines, hard contact in kumite, the labeling of all techniques in the Japanese language and, up to a short time ago, a belting system.

Te.Me.So. teaches that breaking practice should not be included as its sole purpose was to break through the armor of the Samuri so an ancient peasant could get to his vital organs.

Since no one wears armor any more, breaking practice was replaced by speed.

Katas and forms were also thrown out because for strict self-defense they are too hard to learn for the average person, are forgotten easily by many (especially the young eager karate students), are impractical for modern self-defense situations and have absolutely no purpose in teaching students efficient self-defense. Katas were replaced by accuracy and agility.

More respect for each other was brought in with the end of labeling all things in the Japanese language, such as seionage, etc., and eliminating hard contact in kumite.

In calling a knife hand a knife hand instead of shuto the founder of Te.Me.So. Karate showed respect for the different peoples he was teaching instead of boring them and being overbearing by forcing them to learn the Japanese language in karate training. Some feel a connection with the Orient is needed in the instruction of karate, but when in America, call it as Americans do. For somewhat the same reason, the founder of Te.Me.So. Karate eliminated hard contact in kumite as karate practitioners should at least show respect for themselves--if not for anyone else.

Thus the Japanese language labeling system and hard contact was replaced by respect. And therein lie the three crown

points of Te.Me.So. Karate -- speed, accuracy and agility, and respect. Upon these points Te.Me.So, Karate builds its foundation for protection.

The place Te.Me.So Karate was practiced in Japan before the war was the Shinrandorikai, a medium-sized building in, Tokyo which was destroyed in the Allied raids during the war. Te.Me.So. Karate is now all but extinct in Japan. We met a group of men in Mexico who studied Te.Me.So. Karate and we've also met a number of others, but it appears to be a dying art. This style of karate does use hand and foot weaponry similar to those of the other styles of karate, but Te.Me.So also uses the hip and shoulder throw, four leg trips and seven holding and blocking techniques.

The kicks used in Te.Me.So. Karate are the roundhouse kick, varied wheel kick, circle kick, front groin kick, front snap kick, side snap kick, back kick, back thrust snap kick, front stamp kick, one-jump front thrust kick and a hook kick used in the kick back throw. Almost all kicks are employed from the solar plexus down with only the one-jump thrust kick going sometimes to the neck and face. Low kicks are good for self-defense, while high kicks are good for exercise, suppleness and freestyle fighting.

The hand weaponry used in Te.Me.So. Karate are the flush knife hand, cupped knife hand, extended knife hand, fore fist, back fist, bottom fist, fore-knuckle fist, one-knuckle fist, two-knuckle fist, flat fist, ridge or inner knife hand, back hand, bear hand, 'Y' of hand or tiger mouth, ox-jaw hand, chicken beak stab, palm heel, one-finger stab, two-finger stab, cupped four-finger stab, forearm knee, ball of foot, spear hand, sole of foot, instep of foot and karate weaponry as the sai, etc.

All finger stabs and jabs are hardly ever used and unless a dire emergency arises students of Te.Me.So. Karate are told not to pick up external weapons and fight. However, after the third rank is attained, the way of handling external weapons is taught so that the student could handle himself in all situations.

The belting system in Te.Me.So. is also very different from that in other styles. A student is judged by what he knows in relation to what he should know in a certain period of time. Therefore, if a student does know what he should at the end of three months to the first year, the student dons the first rank, colored purple. If the student continues to learn and know all he is supposed to in his 12th month of instruction to his 31st month, he holds the intermediate rank called second rank, colored brown. At the end of 31 consecutive months of learning, if the student still is accomplishing the work set up for him to learn, he is given the probity of third rank, colored black. He still holds this until his 43rd month, when he comes up for review before a board of 15 fourth ranks. Naturally, it is impossible for one to advance higher than third rank, as there aren't that many Te.Me.So. Karate men in one place in the world holding the fourth rank.

In conclusion we've found Te.Me.So. Karate to be ultra enjoyable and useful. We took our first karate lesson in November of 1967 and have enjoyed karate ever since. We recently (April of 1969) started our own little group of karate men and formed them into a type of organization who for the most part enjoy, study, and practice Te.Me.So. Karate. It's called The Christian Karate Self-Defense Society of the United States of America. We have no membership fee, except that we require our members to try to better karate and the world in some way. We now have 26 members.

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ACTION

KARATE

DIRECTORY

The listings in this directory are presented as a service to our readers. They are not an indorsement of the schools listed nor do we vouch for the qualifications of the instructors. We strongly recommend that prospective students visit several schools in their area to compare the quality of instruction before making a final decision. *Listings are paid advertisements (available @ \$5.00 per issue, three issue minimum.

ALABAMA

Kyokushinkai Karate Club, 2838½ 18th St. South, Birmingham,
967-0486 786-6101

Oriental Self Defense School, 935 South Court, Montgomery,
269-4108

ARIZONA

Traco International Kenpo Karate, 3119 N. Central Ave.,
Phoenix 264-2893

Traco Internacional Kenpo Karate, 114 W. 1st. Ave. Mesa,
962-1461

Traco IKKA Kenpo Karate, 2644 Speedway Blvd., Tucson,
326-2960

ARKANSAS

Dixie National Karate Association, 308 E. Cedar, El Dorado, UN 396-48

CALIFORNIA

Bob Alegria Karate Studio, 24827 S. Western Ave., Lomita, 325-5603

Anaheim Kenpo Karate Studio, 275 Lincoln Ave., Anaheim, 92805

Arnold's School of Self Defense, 17643 Chatsworth, Granada Hills

Benson Patrick, International Organization of Karate, 15512 Cimarron
Ave., Gardena

Boyle Heights Kenpo Karate, 716 N. State St., East Los Angeles

Castellanos Ralph, Casty's Kenpo Karate, 108 Race St.,
San Jose

Closes Kenpo Karate School, 1015 2nd St., San Rafael

Ralph Castro Kenpo Karate Studio, IKKA, 1132 Valencia,
San Francisco, 647-1666

Dimmick Joe, 9063 Imperial Blvd., Downey

Donnie Williams Karate, 4422 S. Broadway, Los Angeles

David German's Tai-Karate Studio, 903 South Orange, West Covina

Guzman Dan, 143 Garvey, Monterey Park, 288-9151 IKKA

Hebler David, Ed Parker's Kenpo Karate, 620 W. Alosta,
Suite 102, Glendora

Kenpo Karate, 2155 Fulton, Sacramento, 95821, 489-9471

Kenpo Karate Studio, 5973 El Cajon Blvd., San Diego,
583-9950 IKKA

George Long's Chinese Gung-Fu Studio, 2733 Geary Blvd.,
San Francisco 94118, Ph. 922-5335

Los Gatos Kenpo, c/o Clint Dohrman, 368 Village Lane, Los Gatos
95030

Malibu Karate Studio, 3637 Barry Ave., Los Angeles

Jim Mather's California Karate Academy, 20311 Stevens Creek Blvd.,
Cupertino (408) 253-4044

Continued on Page 54



Product of the Month

Another new feature of ACTION KARATE, appearing for the first time this month is our "Product of the Month."

This month ACTION KARATE has discovered and tested under actual training conditions the world's newest sport, "The Bataca Game," which, we have found also to be the newest training aid for karate dojos or individual training at home.

The Bataca Game, consisting of two Bataca bats made of durable canvas covering and filled with a high quality foam rubber, is ideal for a safe, active training device for all karate men and women — and boys and girls.

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GI WHIZ

A funny thing happened to me on the way

You've heard the above saying before, we're sure. But now it's your turn.

Has anything funny happened to you on the way to a karate tournament? How about at a tournament? In the dojo? While performing a demonstration? Or how about around your home?

ACTION KARATE is proud to introduce a new monthly feature to its readers entitled "Gi Whiz". Or in other words, humor in a Gi!

This section, strictly for those who are in the arts, who wear or have worn the Gi, will deal with anything humorous happening to them either in or out of uniform.

You don't have to be a writer, just a teller. Tell us your story and we'll pass it along in hopes it will tickle the funny-bone of others who may have shared the same situation -- or all of us who just plain enjoy a good laugh once in awhile.

We welcome your story or stories. We mean, afterall, Gi Whiz

WORLD RECORD KARATE JUMP

Have you ever seen a karate man jump 10 feet in the air and 15 feet back onto the top of a parked car? Pat Burleson did it on one of his trips to the International Karate Championships in Long Beach, California.

Barefooted and in the State of Arizona, while stopping for gas, Pat stepped on something that was hairy and made a strange crunching sound.

Upon close examination, he discovered he was walking on a bunch of tarantulas.

Result : . . . A 10-foot leap, 15 feet back onto the top of a parked car !!

Note : Mr. Burleson doesn't think this feat could be duplicated again -- unless he steps on some more tarantulas !!

NOW THERE'S A REAL SALESMAN

In one Southern California karate studio, one of the instructors was honored with a special award as "Top Salesman of the Month". Why? Because he sold a cup and supporter to a female student !!!

Okay, the rest is up to you. Send in your best humor in a Gi and we'll pass it along right here in each issue of ACTION KARATE. Any and all contributions will be greatly welcomed.

Send to "Gi Whiz" ACTION KARATE MAGAZINE, P.O. Box 4086, Pasadena, California, 91106

MUSHINDO RYU KARATE

(Thanks are expressed to Senseis Dukes, Miyai, and Yasuka for supplying material and photographs.)

Okinawa, home of karate, boasts more masters, more legends and less styles than any other karatewise country in the world, its original inhabitants being the Ainu, who fled there from the north after the invasion of the Chinese into the Japan Islands. Strongly influenced also by China, it was the center of many a struggle between the two great powers.

Culture and religion are strangely interwoven and customs of both lands are mingled.

Karate systems in Okinawa stem mainly from the Chinese mainland and beyond, especially those started after the Japanese invasion of 1609. Around this time many noble Okinawan families sent their children to China to protect them from the ravaging Samurai. In the course of this migration a certain family sent their eldest son to Chungking in West China to study the arts of medicine and To De (karate), but to their disappointment instead of returning to help fight the invader he married a Tibetan noblewoman and only after many years did he send help — in the form of his son — to them.

It was soon evident, however, that this boy possessed unusual military powers and he quickly organized and taught a band of men who waged a guerilla-type warfare against the Japanese overlords. In the course of a few years he had wrecked havoc among the military stationed there and many feared his name. In the custom of his family the boy had taken his wife's name, Tomo, but he soon came to be called Otomo (Great Tomo).

Otomo practiced a combination of styles learned from his father and others, the main ones being Pwangai Noon and Ka-Chun-two styles of south and west China. Gradually, however, he moulded them (as his father had done) to form the Mushindo System (Chinese : Wu-Hsin-Tao). As karate was then a closely guarded secret, very few outside of his immediate family heard his name mentioned.

As time passed the form was passed from father to son until in 1899 Ryuko-Otomo (Japanese : Oshimatakesa) went to Chungking to relearn as much as he could of the original forms of his family style. For eleven years he traveled throughout China recording all he learned and saw on scrolls, until upon his return he had virtually an encyclopedia of the Chuan Fa of China.

This document, of which there exists only one copy, is called the Mushindoroku, which means " the transmission of clear

Sensei Otomo (shown in his youth), head of Okinawa Mushindo Karate and spiritual leader of M.K.A., performing 'Sanchin' Kata outside his Dojo.

mindedness " and forms the basis of Mushindo karate theory.

While in China, Otomo studied the Pwangai style with a certain Ching Li, better known now from the Okinawan pronunciation of his name Konbum Uechi – 10th Dan, founder of Uechi Ryu Karate. These two forms (Uechi and Mushindo) had many common points, both in kata and in practice, but as Mushindo is the older it is, therefore, the more original.

Katas are taught in three basic ways. First, the actual physical moves -- followed by the Kiai's (there are different Kiais for every blow) and then the correct application of the moves. Every kata that is a true one remains unchanged and has a sensible explanation for each technique. There are no moves done for 'style' only, or because of one sensei's preference for a certain way. Katas are never changed or added to. Mushindo is most emphatic on this point, saying the original Ping An (for instance) are also involved exercises in breathing and body tensing co-ordination. Thus to omit certain moves or add to them destroys the yogic breath pattern of the kata, rendering it useless. Sanchin Kata is taught as being the most important one in all karate, but many more are shown i. e., Tsubame -- Itosu -- 5 Changtangroku. Many of these have never been taught out of Okinawa. Mushindo also combines some native Okinawan styles such as the Haburyu, the Kobayashiryu and the Shoreiryu. (Kobayashiryu was the style of the renowned warrior Choku Motubu).

Otomo made a five-year trip to England on business (his only visit out of Okinawa) along with his lifelong friend Kongai-Yasuka. It was here that the present head instructor, Terry Dukes, started his initial training. After being selected from 70 others he was chosen to be the Kenshusei (special student)



Sensei Dukes – chief M.K.A. instructor in Europe – performs Yoko Grei Keage during Pin Gan Ni Kata.



Training in Okinawa Dojo

of Otomo and Yasuka and the representative of their style in Europe.

Subsequently he studied for 4½ years in all the derivatives of Mushindo and shortly before their return in 1964 underwent grading exams. It was not until 1966 he learned he had been awarded Shodan in Mushindo and in 1968 Ni Dan. This is considered a great achievement, especially for a non-Okinawan, and he was stated by Otomo to be the best pupil he had ever taught. Yasuka Sensei renamed him Ryusei Tomyo, which means ' Sacred Flame of the Falling Star ' as he considered him to be a re-incarnation (Keshin) of a Karate warrior.

Religion certainly plays a dominant part of the Mushindo

Karate Association, one of its main distinctions being that it holds regular Gashakus at the Samye Ling Monastery, which is strangely enough Tibetan.

Kumite is looked upon as the first stage to mental fighting and is always performed within a small circle or octagon. Armour, too, is worn. Special rules have been drawn up which demonstrate an entirely unique approach to kumite—quite distinct from the Japanese. Virtually all blows to the body are allowed (except eye attacks). Trips and Strangles are all point scoring techniques. Favored too is the Kizami Zudi (jab punch). This together with Uraken (backfist) must be used twice in rapid succession to score a point. *Continued on Page 26*

MUSHINDO RYU KARATE

Continued From Page 25

Kumite is always regarded as the 'fight to the death' and is extremely close in and fast. When armour is worn, full contact is stressed. Great emphasis is also on strong stances and the ability to withstand attacks without stepping back. For these the San Chin and Kiba Dachi are mostly used.

Apart from fighting, an equally intense program of intellectual studies is maintained. Through its affiliates, regular courses in meditation, yoga, macrobiotic diet and acupuncture are held, thus maintaining the all-round development of mind and body. Sensei Yasuka maintains "Others say Karate is a spiritual art, only in Mushindo do we practice what we preach".

There are ten belts to Shodan in Mushindo and the last three include written examinations in theory and history. Weapons form an integral part of the students' requirements for ranking. Four-hour examinations to gain eight Kyu are common! Through this extremely high standard it can be observed that Mushindo Ryu is much more than a karate system. It is an all encompassing system of belief.

Being conservative, it has no great desire to become world-wide — just to maintain its high standard.

THE GREAT AWAKENING

The very first Okinawa M. K. A. Championships were held in England last November 1st at Chesterfield in the English Midlands. Certain non-Okinawan styles competed and it was easily discernable that in the small circle they were at a serious disadvantage. The 'Kangai' call (out of the ring) claimed many a victim.

The senior kata was won by 15-year-old Les Stout, his performance of the Dingan Ni being superb. Hand close fighting was the order of the day and by evening spirits were racing.

Eventual winners were the Liverpool Shuri Dojo, which also carried off the individual Kumite cup, Dave O'Conner being the winner. One of the most interesting of the many demonstrations was that given by W. Forbes, 4th Dan M. K. A. who performed the Lung-Hsing-I Kata preceded by a Chinese chant.

Senseis Dukes and Andrews also showed 'Kakete' -- standing still free fighting. This is performed in Sanchin Dachi using only the arms, first very slowly and then breath-takingly fast.

The tournament was opened with a parade of all dojos, each bearing their banners. These were ceremoniously surrendered at the beginning of the competition. An interesting fact to note as regards actual value of the Mushindo style kumite is that of all members of the winning Liverpool team, none had been practicing karate of any sort for over twelve months!

One spectator was reported as saying their Go Kyus were really dan grades in disguise. One need say no more!

All in all, 1969 has proved a great year for Mushindo and the M. K. A. is looking forward to many more.

Inquiries are welcomed from serious students.

Write to :

M. K. A.
c/o 16, Morton House,
Otton Street,
London, S. E. 17, England



Sensei Forbes, head of Chinese M.K.A. in England and Chairman of the M.K.A.



Trungpa Rinpoche, spiritual advisor to the M.K.A. of England, watches students training at his Monastery in England.



Les Stout, left, winner of the 1969 Kata competition. (Note octagonal kumite area).

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United States National Championship



Action reigns at United States National Open.

BY BILL SMITH

The second United States National Open Karate Championships, held at beautiful Klein Memorial Center in Bridgeport, Conn., provided a small gathering of fans with some of the most exciting Karate ever seen in tournament circles.

Ten champions, comprising a total of over seventy national championships won among them, squared off for top prize money in their respective divisions.

The bouts, fought with skill and courage, were spiced with occasional flashes of brilliance that won the admiration of everyone present.

It was a good show from start to finish, including, surprisingly, the demonstrations at intermission.

The turnout was disappointing, but fortunately the quality of a tournament does not depend wholly on the number of tickets sold. Other criteria—quality of organization, contestants, judges and referees—are also important and this tournament was outstanding in all the above categories. It even almost started on time, just a half-hour late.

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Rex Lee, chairman, and Aaron Banks, tournament director, are to be congratulated for providing a well-organized and crisp-moving program.

The only delays resulted from the closeness of the matches, which necessitated tedious checking and re-checking of scorecards to determine the winners.

One championship bout ended in a tie and had to be decided in overtime.

Four preliminary bouts started the action. Each consisted of one, two-minute round, with chief referee George Pesare of Providence calling the points.

Judges Dave Hubbs, Tom St. Charles, Tom Purdy, and Jean-Guy Angeil did not have to agree with the referee's decisions and judged the bouts independently on a ten-point scoring system.

Penalties were mandatory for hitting. The groin, eyes and spine were forbidden as point areas.

Four preliminary fights started the evening and every match was well-fought, as referee Pesare was sharp calling points and interceding when the action became too passionate.

It was his alertness that kept the matches free from mishap.

Sensei William Griffin from Springfield, Mass., provided a superior intermission demonstration in Ju Jitsu, as his throws were crisp and brutal in their execution.

Shodan Ken Maricki and brown belt Greg Strong assisted capably, demonstrating skill and strength in their technique. Two twelve year olds, Matty Melisi and Danny O'Leary, provided a jolting brand of bantam Karate. O'Leary started fast with two front punches for scores, but his lead was eventually surpassed by the strong and consistent attack of Melissi. Both fighters demonstrated championship potential with their speed and skill.

Jim Parker and Mike Graham, fourteen year olds, met in another demonstration clash. It was a hard-fought match with Graham emerging the winner.

Intermission was a trifle long and the audience grew restless. The preliminaries had whetted their appetities. They came to see the "big ones" and the time was now.

Chairman Rex Lee rushed about setting the stage for the first championship bout between Ralph Petro-Roy of Connecticut, brother of Roger, and Jimmy Santiago of New York City. Finally, everything was in readiness and the fighters took their places.

Tension reigned!

The format for these bouts was slightly different. Each fight was to last for three, two minute rounds with no stopping of action to call points.

Chief referee was Sensei Shigeru Numano of Manhattan, Yodan—Gensei Ryu. Judges were Bob Engle, Nick Adler, Manuel Agrella and Chuck Merriman. Ronald Parker kept the time and James San Carlos acted as scorekeeper.

The long awaited heavyweight division match between Teddy Wong of New York City and Ray Martin of New Jersey was a disgrace.

Both men are excellent karatekas and seasoned tournament players and they demonstrated some of the best karate technique of the event.

But unfortunately, for them and the sport, they allowed themselves the luxury of losing their tempers.

Both men were eager and the fireworks started immediately. Wong shot forward as though catapulted from sprinter's blocks. His attack was furious and Martin was hard-pressed to ward off the blows that rocketed at him.

His blocks were strong and sure and he avoided being scored upon. However, the momentum of Wong's charge drove

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One of the finest karate tournaments staged last year was the Seattle Open held in the Civic Center Arena last October in beautiful Seattle, Washington.

Steve Armstrong, producer of the tournament, came in for many congratulations for the outstanding job he and his staff did in running the most successful tournament presented by the Northwest Karate Black Belt Association.

The Seattle Open is held annually to provide further encouragement to the art of karate enthusiasts and to seek promotion and understanding of the art among the general public.

The Seattle Tournament drew all the better known karate players in the Pacific Northwest and many from other parts of the country and the world to help endorse those goals established by karate men throughout the world.

Not only were there many outstanding matches during the championships, but Armstrong arranged for numerous demonstrations throughout the evening to help enlighten the throng in attendance as to the art of karate. Ed McGrath, the voice of New York Karate, acted as the Master of Ceremonies and did an outstanding job.

Also one of the bright spots in the tournament was the beautiful Miss Sandy Brooke, queen of the tournament. Her presence alone helped make the tournament a bright success.

One of the most outstanding matches ever seen in the Northwest highlighted the tournament as Dwight Scott walked off with the title of Grand Champion. Scott defeated Jerry McCall, six to four, in the Grand Championship.

Scott scored two points to McCall's one in the first round. Round two saw Scott score three points to McCall's one. In the final round it was nip and tuck with Scott scoring with his backhand punch beautifully executed as he spun around when McCall came in with a straight kick.

After the tournament was over, the biggest compliment of the night was paid Tournament Director Armstrong by Chief Referee Ed Parker, known as "Mr. Karate" around the country. Parker commented that the tournament was the first one he has been to that he could relax and really thoroughly enjoy, pointing out that it was well produced, run and executed.

Seattle Open Karate Championship

RESULTS

GRAND CHAMPION

Dwight Scott

BLACK BELT

KUMITE

HEAVYWEIGHT

1. Dwight Scott
2. Andy Ahop
3. Ernest Brenecke

LIGHTWEIGHT

1. Jerry McCall
2. Jerry Walton
3. Arden Olson

KATA

Ernie Brenecke

BROWN BELT

KUMITE

HEAVYWEIGHT

1. Bob Slayton
2. Jerry Williams

LIGHTWEIGHT

1. Titsu Goto
2. Ted Husebe

KATA

Bob Almgren

WHITE BELT

KUMITE

HEAVYWEIGHT

1. John Delia
2. Howard Hewitt

LIGHTWEIGHT

1. Mitchell Chang
2. Beno Felix

KATA

Mitchell Chang

BOYS DIVISION

HEAVYWEIGHT

1. Jim Olson
2. Chris Patajo

LIGHTWEIGHT

1. Rudy Castro
2. Rex Mandel



Arden Olsen (white gi) enroute to victory over Bob Fujimoto.



Referee Ed Parker starts Grand Championship Match. Dwight Scott, right, defeated Jerry McCall.

North Dakota International Karate Tournament

The North Dakota International Karate Tournament was held at Fargo, North Dakota during the month of August of last year reports tournament director Jim Creech, who had as his master of ceremonies and chief referee Robert A. Trias, an eighth degree black belt.

The grand championship in the Black Belt Division was won by Ron Dalrymple of Minneapolis, Minn., while the Grand Champion, KYU Division, was Rod Murray of Fargo.

RESULTS

BLACK BELT

KUMITE

HEAVYWEIGHT

1. Parker Shelton
2. Victor Marrota
3. Bob Schollossor

LIGHTWEIGHT

1. Ron Dalrymple
2. Buck Rodogen

KATA

1. Bob Dalgleish
2. Victor Marrota
3. Parker Shelton

BROWN BELT

KUMITE

1. Rod Murray
2. Bruce Orndorf
3. David Shockency

KATA

1. Dennis Cochrane
2. Rod Murray
3. John Palarine

WHITE BELT

HEAVYWEIGHT

1. Steve Johnsrud
2. Greg Hopwood
3. John Kinney

LIGHTWEIGHT

1. Chris Hart
2. Terry Sovil
3. Steve Macumber

KATA

1. Bernie Kring
2. Melanie Como
3. Brian Pendelton

GREEN BELT

1. Chris Horty
2. Carl Dearing
3. Orley Pittiford

WOMEN'S

1. Pam Murray
2. Kathy Schaffer

CHILDREN

1. Marty Welchert
2. Pete Kowanko
3. Chris Kowanko

All-Hawaii Open Karate Championship

Over 1,000 spectators turned out for the 8th annual All-Hawaii Open Karate Championships, held at the Honolulu Civic Auditorium last September.

The colorful and classic martial art event, which is held annually, was sponsored by the Hawaii Federation of Karate Schools and hosted by the Department of Parks and Recreation.

Tournament Director Jim Mayaji, along with executive board members Bobby Lowe, Pat Nakata, Chuzo Kotaka and Moroni Medeiros, state that the success of the tournament was due to the fine co-operation of the 150 competitors, officials and instructors.

There were five divisions — Men's Kata Championships, Men's Open Freestyle Sparring Championships, Boy's Sparring, ages 10 through 12, Boy's Sparring, ages 13 through 15, and Women's Kata.

An All-Hawaii Championship was at stake in each of the five divisions.

Forty of Hawaii's top competitors (all black belts) vied for honors in the outstanding and colorful event.

Many of the competitors also participated in the earlier Mainland-Hawaii Tournament of Champions and the International Karate Championships held in Long Beach, California.

RESULTS

BLACKBELT

KUMITE

HEAVYWEIGHT

1. Delroy Griffiths
2. Martin Buell
3. Thomas Kusatsu and Romy Castillo

LIGHTWEIGHT

1. Yosuke Soga
2. David Arita
3. Dexter Pagdolio and Eugene Kinoshita

BROWN AND

COLOR BELTS

HEAVYWEIGHTS

1. George Garcia
2. Roy Kimokeo
3. Ronnie Nahinu

LIGHTWEIGHT

1. Donald Masuno
2. Henry Ponce
3. Lester Yoshimoto and Dennis Togo

BOYS 16 AND UNDER

1. David Hoopii
2. Rex Baccay
3. Steve Friel

BOYS 13 AND UNDER

1. Bill Takeuchi
2. Lee Ikezawa
3. Bill Rodrigues and Greg Bentosino

WOMEN'S

1. Linda Masaki
2. Debbie Conselva
3. Debbie Soares and Dalphine Cubi

KATA

MEN'S

1. David Krieger
2. Yosuke Soga
3. Rudy Castro

WOMEN'S

1. Debbie Conselva
2. Linda Masaki
3. Rosanna Renario

North Carolina Open Karate Championship

The ruling "absolutely no head or facial contact" proved too much for some 11 karate players in the 1969 North Carolina Open Karate Championships held the latter part of last year.

"Once we set the ruling, we couldn't make any exceptions," relates tournament director David Adams. "I lost three of my own students the same way and we felt many of the better players were disqualified."

With over 100 entries, mostly white belts, the eliminations ran through much of the afternoon.

During the excitement of the eliminations, a North Carolina representative to the United States Karate Association shouted for his junior division student to "go ahead and knock the other opponent's head off."

Tournament Director Adams stopped the match at that point and told the audience and contestants alike that this was not the right attitude to take and asked the man to withdraw and refrain from making comments of this type.

Outside of that bit of action, the tourney went on according to plans.

RESULTS

BLACK BELT KUMITE

1. Peeler Monchee
2. Lee Farmer
3. Travis Brasfield

KATA

1. Travis Brasfield
2. J.C. Burris
3. Carl Smith

BROWN BELT KUMITE

1. Vernon Tapp
2. Andrew Selcer
3. Joe Versocki

KATA

1. Doug Trammel
2. Vernon Tapp

GREEN BELT KUMITE

1. Michael D. Dotson
2. Jon Hooker
3. Bruce Roseboro

WHITE BELT KUMITE

1. Nick Cobun
2. Lewis Hutcheson
3. Robbie Gurganus

KATA

1. Joe Mertes
2. Ronald McNair

LADIES KATA

1. Trudee Fowler
2. Loraine Matthews
3. Thelma Williams

PEE WEE KUMITE

1. Tab Gilbert
2. Lanny Cunningham
3. Reg Whitemire

Kansas Karate Championship

The Kansas Karate Championship and All College Tournament held last year in Wichita brought out some of the finest kumite and kata competitors ever seen in the mid-west.

Juniors, women and men from all parts of the mid and southwest and even a few from the east coast came to compete.

The line-up of black belt competitors included many talented new names, including Bill Watson, Ed Daniels, Harold Gross, Walter Mattson and Ken Postacchio.

The Junior Division kumite was won by 10-year-old Bobby Ryan of Providence, R.I., as a student of George Pesare. This young man also won first in the men's green belt kata competition.

The college tournament found Jack Hwang's Oklahoma City University team taking first place honors as it crushed Wichita State, 8-1, and Texas Junior College, 7-1. Wichita took second place.

An interesting note was that Oklahoma's team didn't have a single black belt on its squad and each of the other competing schools had at least two. Members of the winning team were Larry Eason, Cap Wolf, Ed Rucker, Brad Ekard and Jim Huber.

ALL COLLEGE TOURNAMENT RESULTS

KUMITE

BLACK BELT

1. Harold Gross
2. Bill Watson
3. Jim Butin

BROWN BELT

1. Steve Ventura
2. Buddy Miller
3. Sam Price

GREEN BELT

1. Brad Ekard
2. Bill Tompkins
3. Max Alsup

WHITE BELT

1. LaDon Johnson
2. Glen White
3. Jim Hubner

KATA

BLACK BELT

Doug Linn

BROWN BELT

Alton Evans

GREEN BELT

Robert Ryan

WHITE BELT

Mike Sheahon

KANSAS KARATE CHAMPIONSHIP RESULTS

KUMITE

BLACK BELT

1. Harold Gross
2. Bill Watson
3. Jim Butin

WOMEN

1. Phyllis Evetts
2. Fran Hawkins
3. Kathy Paul

JUNIORS

1. Robert Ryan
2. Perry Shelton
3. Bob Cole

OUTSTANDING COMPETITOR

Tom Neary, 9 years old, from Dallas, Texas

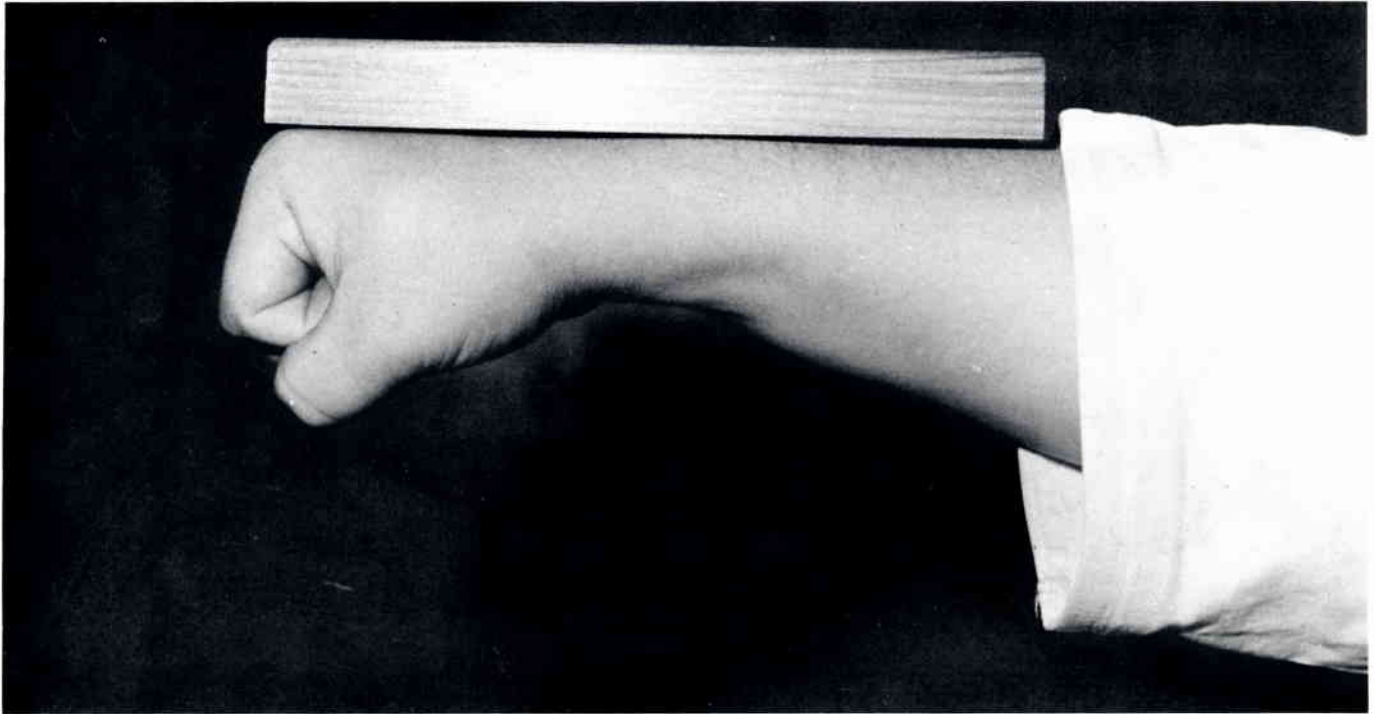
KARATE GIRL OF THE MONTH and CELEBRITY CORNER

Kam Nelson, the cute young lady on this month's cover is helping ACTION KARATE kick off two more new regular features — "Celebrity Corner" and "Karate Girl of the Month". Kam, a very popular young television and motion picture star, can currently be seen in Walt Disney's "The Computer Wore Tennis Shoes" and Paramount's "Norwood". The lovely and talented celebrity, who lives in Monterey Park, California, is also the co-host of the weekly "Groovy Show" on a Los Angeles television station. Kam, who won more than 2400 trophies and medals as the top teenage horsewoman in the United States, and for her talents as a promising track star, also has a room full of ribbons and crowns as winner of dozens of beauty contests. Her television, motion picture and personal appearance schedule keeps her too busy for these things now, but Kam, who also flies an airplane and dates many of Hollywood and the sports world's top stars, still finds time to study karate. Kam was the radiant queen of the International Karate Championships in Long Beach last August and makes a "groovy" choice as ACTION KARATE'S first "Karate Girl of the Month." Each issue ACTION KARATE will highlight in words and pictures a celebrity who participates in the art of karate in our new "Celebrity Corner." We will also feature a "Karate Girl of the Month" and invite any Dojo or individuals to send in their nominations for this honor. Send the girl's name and pertinent information, like where she studies karate, etc. and two or three good pictures, to "Karate Girl of the Month", ACTION KARATE, P.O. Box 4086, Pasadena, Calif. 91106..





DO-IT-YOURSELF KARATE



Proper positioning of the wrist.

Action Karate is proud to present another new feature, "Do It Yourself Karate."

This section will be presented each issue with the purpose of how to do-how to make simple items to help enhance your karate training. Helpful hints will be passed along, including how to make karate items from things found at home, how to make training equipment items and how to make helpful visual aids.

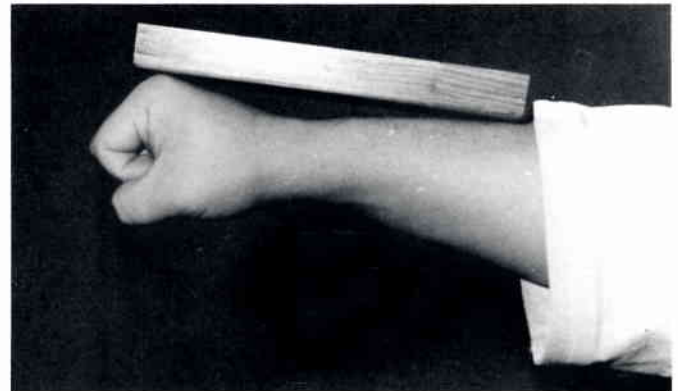
This month's do it yourself helpful hint shows you one good way of training to keep your wrist straight.

When you make contact, your wrist should be in a straight position to avoid an injury such as a sprain, break or fracture.

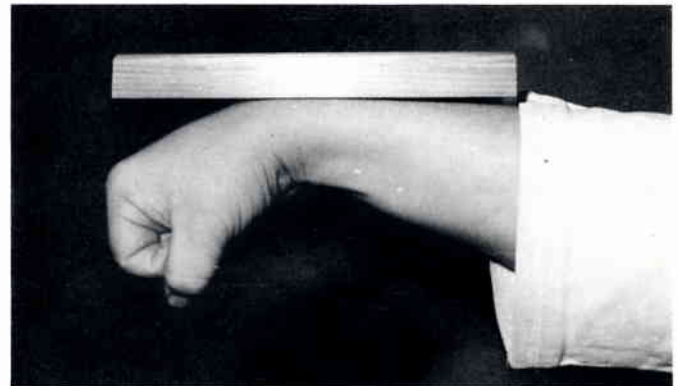
Find a board one-half inch thick and cut it one inch wide and eight inches long. Then use it properly (photo 1) to help keep your wrist straight.

We welcome all other thoughts, ideas and suggestions for this "Do It Yourself" section. Pass your ideas on to us and we'll pass them on to our readers.

Send your ideas for this section to "Do It Yourself Karate" Action Karate Magazine, P.O. Box 4086, Pasadena, California, 91106



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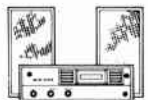
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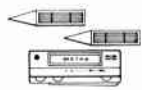
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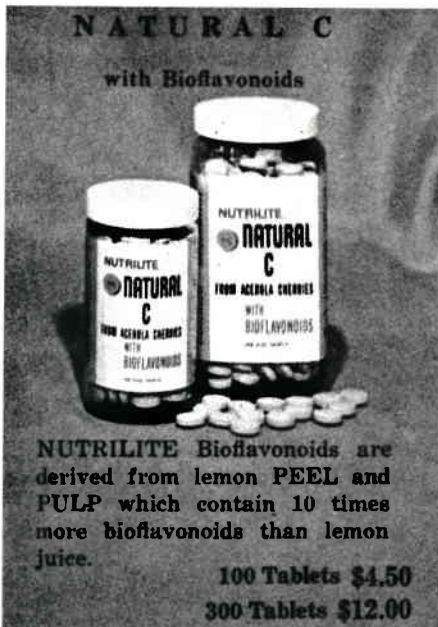
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KARATE -

QUALITATIVE ANALYSIS OF BASIC KENPO KARATE PUNCHES

BY ANTOINE C. SARTOR

Technically Speaking

INTRODUCTION -

The art of karate and, more specifically, "Kenpo Karate," could be defined as one's ability to use the laws of motion to their maximum capability in overpowering an opponent. This is a rather brief definition and should not be taken as a complete definition. However, any moving body within the Earth's gravitational field is controlled by Newton's law of motion.

Kenpo Karate, being an art of moving bodies so to speak, renders itself to the laws of motion in a very special manner. In the following treatise, it will be attempted to demonstrate how several basic Kenpo Karate punches could be analyzed by understanding the phenomena of force, momentum, velocity, acceleration, etc.

This analysis is by no means a complete picture of what Kenpo Karate is. However, it is imperative to understand it in order to get an insight into the reason certain moves are done the way they are.

The strikes to be analyzed in this treatise are:

1. Karate punch versus round house punch.
2. Front locked punch, neutral bow.
3. Front locked punch, forward bow.
4. Front whipping punch, neutral bow.

FRONT PUNCH (Karate versus Round House)

The front punch is probably the most basic Karate strike that exists. It can be defined as the motion of a Force " F_P " in a certain path. Even though there are many ways of punching, the following will be treated here:

- a) Front locked punch, neutral bow position.
- b) Front locked punch in forward bow position.
- c) Front whipping punch in neutral bow position.

As defined previously, a punch is a force in motion through a certain path. A force being a vector function has both magnitude and direction and the direction of impact of a force is very important as far as the amount of energy transfer in the component vectors.

Figure 1 shows two forces " F_P " striking a body at different angles.

Figure 1. (Vector Representation of Karate and Round House Punch.)

The left side of Figure 1 represents a front punch to the opponent. The punch has been delivered in a straight-line fashion. As can be seen, there is no component vector of the force F_P which indicates the full amount of the Kinetic Energy in the force F_P will be absorbed by the receiving body.

On the other hand, the right side of Figure 1 represents the motion of a round house punch to the same target. It can be seen very easily that the amount of F_P into the normal direction is F_N . This component vector F_N is the amount of force that the receiving body will actually receive, the tangential component F_T being the other vector component which comprises F_P is not contributing anything to the Kinetic Energy that the receiving body will have to absorb.

Providing that both punches were aimed at the same target with the same velocity and acceleration -- and therefore the same force -- it is easily seen the

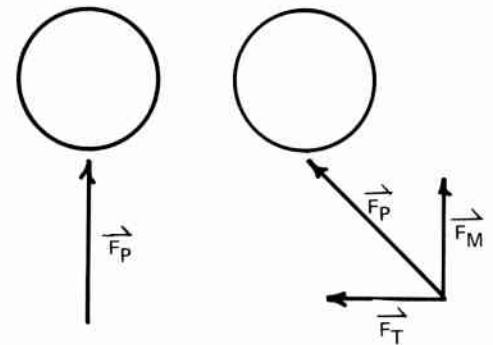


FIGURE 1

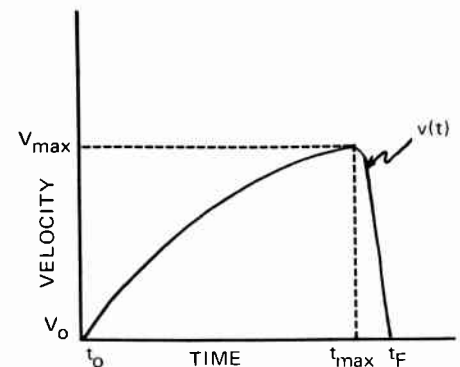


FIGURE 2

round house punch has a much lesser impact than the straight punch. This is more or less a qualitative description of a karate punch versus a round house punch, all things being equal.

FRONT PUNCH - (Neutral Bow)

Let us now analyze the motion of a locked punch in a neutral bow position in greater detail.

As a punch is executed, it starts with an initial velocity " $V_0 = 0$ " and reaches a maximum velocity during its path and finally comes to a stop after contact or receives velocity of zero again.

The velocity as a function of time for this particular punch can be represented graphically, as shown in Figure 2. This curve represents the velocity as a function of time. This is not sufficient in order to analyze a punch. A curve of acceleration with respect to time is also necessary and is represented in Figure 3.

From both Figure 2 and Figure 3, it is clear that at "t₀" the velocity is zero, but the acceleration is maximum and when the velocity is maximum, the acceleration is zero and finally at impact, when the magnitude of the velocity is zero again, the magnitude of the acceleration is a maximum.

Now the power of a punch is directly proportional to the acceleration, as is shown in the following derivation.

Let us analyze, mathematically, the forces in a punch as a function of time. By Newton's Law Of motion, it can be said that

$$F = \frac{d}{dt} (M_P V_P) \text{ Equation 1}$$

F = Force

M_P = Mass of the punch in motion.

V_P = Velocity of the punch

This could be further expressed as:

$$F = M_P \frac{d}{dt} V_P + V_P \frac{d}{dt} M_P$$

Equation 2

The second term of equation (2) is equal to zero since $\frac{dm}{dt}$ (Rate of change of mass with respect to time) is equal to zero. Therefore,

$$F = M_P \frac{d}{dt} V_P \text{ Equation 3}$$

Now, the term $\frac{d}{dt} V_P$ is the rate of change of velocity with respect to time and this is by definition acceleration.

Therefore, $F = M_P A_P$ Equation 4

where A_P = acceleration of punch

Thus, it is shown that the force a punch carries is a function of its mass and its acceleration and since the mass of a punch is constant, the only way to increase the force F is to increase the acceleration.

A graph of acceleration versus time can be obtained by differentiating the velocity vector function of the graph in Figure 2. This could be represented in a graphical form as shown in Figure 3.

A point of interest should not be missed is the fact that as "t_f" is reduced, "A_{MAX}" increases because $\frac{dv_P}{dt}$ at "t_f" increased. In other words, as

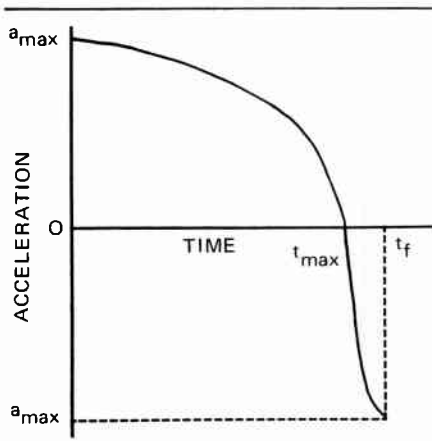


FIGURE 3

the punch is delivered faster, the acceleration at "t_f" is increased and, consequently, the force F is increased proportionately.

FRONT PUNCH (Forward Bow)

Now in the case of the punch in a forward position, what is really happening is very interesting. As the body is shifted in a forward bow position prior to the moment of impact, the momentum of the punch is augmented by a certain percentage of the body momentum, since the body moves several inches in the forward direction as the punch is executed. This could be represented, mathematically, as follows:

$$F = \frac{d}{dt} (M_P V_P) \text{ Equation 5}$$

F = Force of punch

M_P = Mass of punch

V_P = Velocity of punch

M_P V_P = Momentum vector of the punch.

Now, by shifting to a forward bow position just prior to impact, the body moves slightly forward with a mass "M_B"

and a velocity V_B. Therefore, prior to impact, Equation (5) could be written as follows:

$$F_{FB} = \frac{d}{dt} (M_P V_P) + \frac{d}{dt} (M_B V_B)$$

Equation 6

where

F_{FB} = Force of punch in forward bow position.

Equation (5) could be reduced to the following:

$$F_{FB} = M_P \frac{d}{dt} V_P + M_B \frac{d}{dt} V_B$$

Equation 7

which is

$$F_{FB} = M_P A_P + M_B A_B \text{ Equation 8}$$

where

a_P = acceleration of the punch

a_B = acceleration of the body

M_B = mass of the body

M_P = mass of the punch

Note that Equation (8) has been modified by the addition of one term, namely, "m_B a_B". When comparing it to Equation (4), which is the representative equation for the force of a punch in neutral bow position, this added term is the additional force of a punch in a forward bow position.

Note further that M_B is not the total mass of the body of the party delivering the punch, but just a portion of the body mass contributing to the momentum increase of the punch momentum.

It can be concluded from this analysis that a punch in a forward bow position carries more momentum than a punch in a neutral bow position.

The amount of momentum increase is a factor which would be very difficult to measure quantitatively for it involves measurement of body velocity and mass transfer.

However, qualitatively, it can be safely stated that in order to increase the force of a punch in a forward bow position, the shift from neutral to forward should be performed just prior to the moment of impact and the quicker the shift, the more the acceleration of the body and, consequently, the larger the force increase. This could be represented by vector method, as shown in Figure 4.

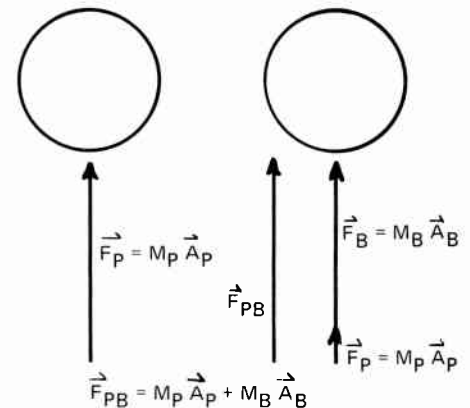


FIGURE 4

Continued on Page 40

Figure 4. Vector Representation of Punch in Forward Bow Position.

As can be seen by comparing Figures 4 (a) and 4(b), it is clear that the force of a punch in a forward position is augmented in magnitude and direction by an amount "F_B" which is the contribution of the body shift in the direction of the punch.

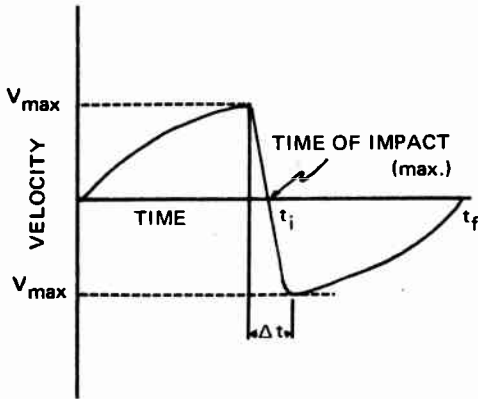


FIGURE 5

FRONT WHIPPING PUNCH (Neutral Bow)

There are two basic ways of delivering a front whipping punch: (1) in a regular neutral bow and (2) using body action.

First, let us discuss the regular whipping punch in a neutral bow. When a whipping punch is delivered, the punch starts at an initial velocity V₀ = 0 and reaches a maximum velocity V_{max} at some time during the forward motion of the punch.

At impact the magnitude of velocity is zero and on the return path it reaches a maximum at some time and then returns to a velocity of zero (0). The important portion of the punch path is the moment of impact. At that time the velocity vector changes direction from positive to negative.

Since a vector is a function with both magnitude and direction, the moment where the directional change is maximum is the time at which the rate of change of velocity $\frac{dV_p}{dt}$ is maximum ... and consequently, it is time where the acceleration is maximized, which results in a maximum force by the familiar equation,

$$F_p = M_p A_p$$

when A_p is maximum, M_p being constant, therefore, F_p is maximum.

A graph of velocity versus time and acceleration versus time is represented in Figures 5 and 6.

Figure 5 represents the velocity vector of a whipping punch. It is assumed that the forward velocity is equal to the return velocity and this is the reason

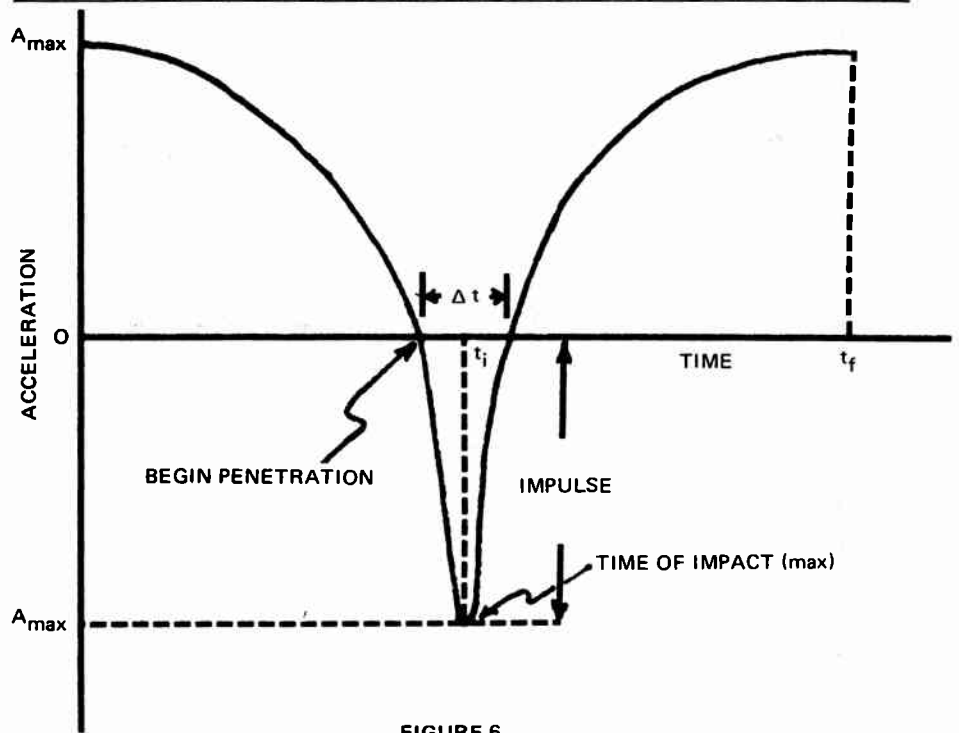


FIGURE 6

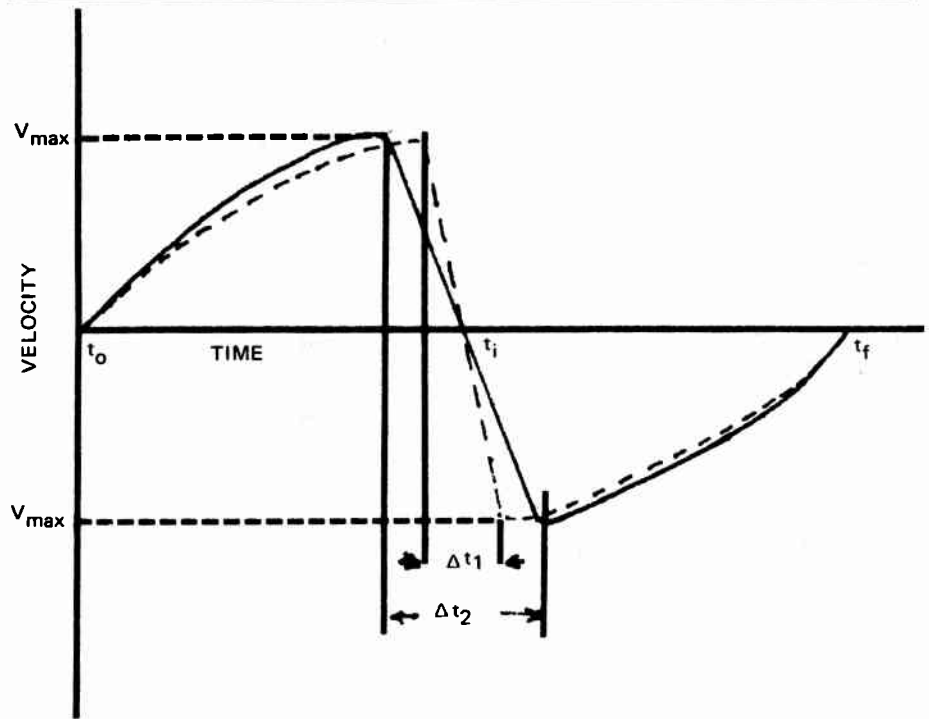


FIGURE 7

why the initial acceleration is equal to the final acceleration.

A point of interest is at t_i (impact time). At that moment the velocity of the punch came to zero, but the magnitude of its acceleration is maximum, which is what is sought in order to obtain a greater force--as was proved previously.

In order to increase the force F_p of the punch, it is necessary to decrease "Δt" and, by doing so, it increases

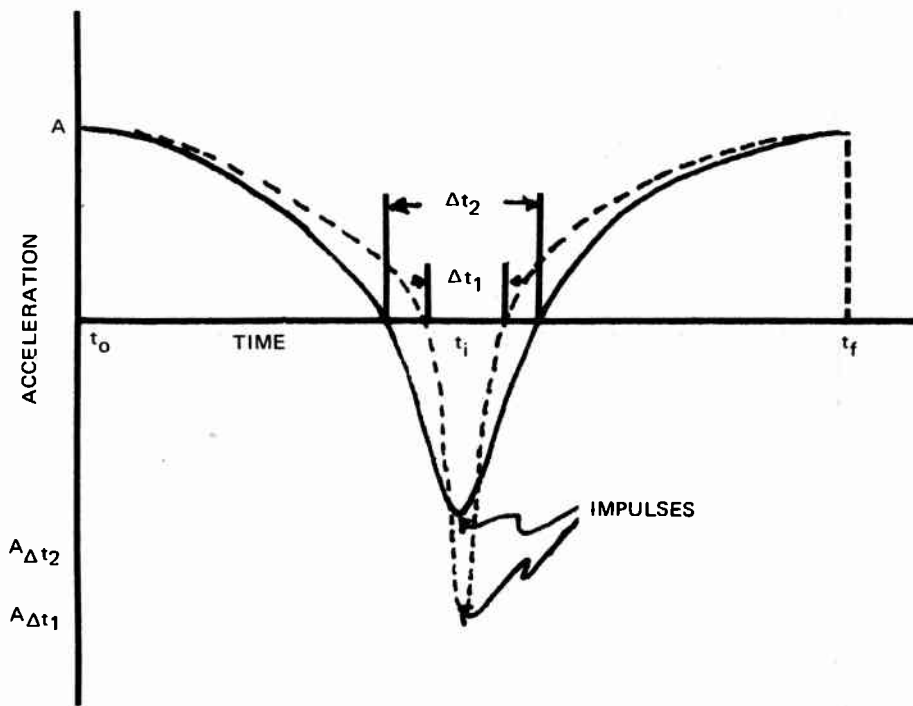


FIGURE 8

" a_{max} " as is shown in Figures 7 and 8. Figure 8 is obtained by differentiating the functions of Figure 7. The Magnitude increase of Figure 8 is a result of an increase in the rate of change of the function around " Δt " of Figure 7, namely, an increase in $\frac{d}{dt} V_p$ results in an increase in " A ".

The second method of delivering a whipping punch is by using body whip action. The only thing that this does is increase the momentum of the punch by a certain amount and further decrease the delivery time " t_i " which as a result increases the acceleration at impact. The punch has more force than a regular whipping punch.

Another interesting phenomenon is the fact that a whipping punch should be retracted in less time than it is delivered. This has been taught in karate classes but the real reason for this particular statement could be proved by the following diagrams:

Figures 7 and 8 represent the velocity and acceleration as functions of time for a regular whipping punch whether the delivery time is the same as the retraction time and Figure 9 represents the velocity and acceleration as functions of time for a whipping punch where the retraction is shorter than the delivery time.

The superposition of Figures 7, 8 and 9 is shown in Figure 10. It is clear from

the velocity function of Figure 10, that the slope at " t_i " which is $\frac{\Delta V}{\Delta t}$ is steeper for a punch with a shorter retraction time than a punch with the same reaction time as the delivery time. The fact that the slope $\frac{V}{\Delta t}$ at " t_i " is steeper is an indication that the acceleration is larger and, thus, the force F_p is greater.

CONCLUSION

Several conclusions can be drawn from the preceding qualitative analysis of a punch.

It was proved, first of all, that the basic karate punch has a greater force than a round house punch and that the force of a karate punch is a function of acceleration.

The punch in a forward bow was shown to have more force than a punch in a neutral bow position by an amount proportional to a part of the body momentum.

It was further proved that a whipping punch has its maximum force at the moment of impact when the velocity is zero and the acceleration is maximum.

Perhaps the most important fact from this treatise is the fact that a punch with a retraction time shorter than the delivery time has a larger force than a punch with equal delivery and retraction time.

This has been demonstrated by showing the increase in acceleration at " t_i " time of impact.

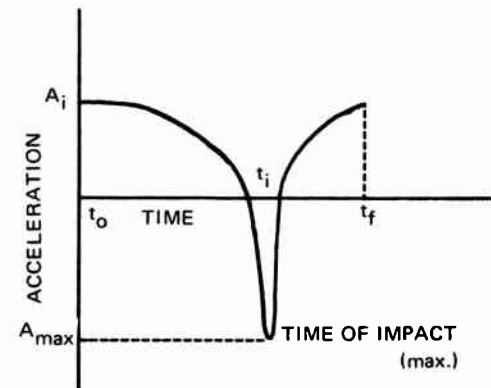
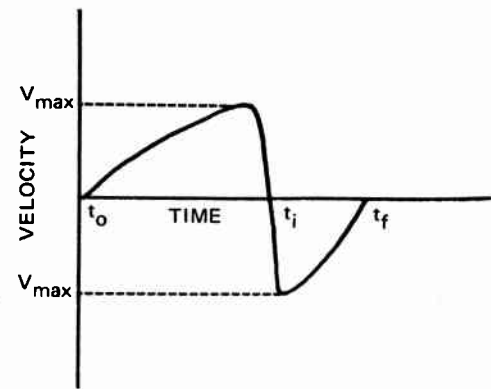


FIGURE 9

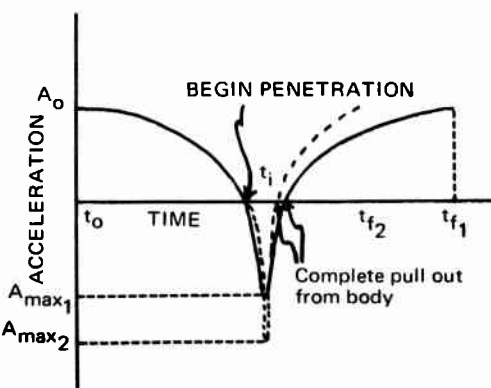
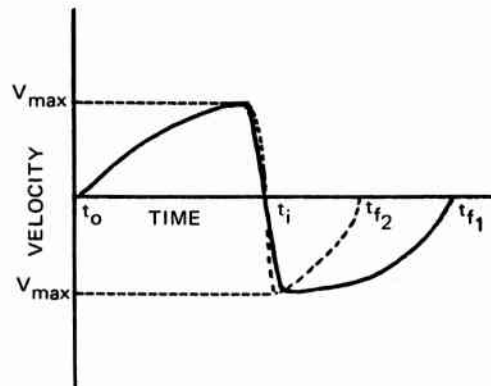


FIGURE 10



EAST COAST KARATE

BY AARON BANKS

It's truly a sad state of affairs when a well-known men's lotion has to import people from the West Coast to do their commercials for them.

The company is located in New York, but doesn't seem to want the respect from the East Coast, for the East Coast has plenty of extremely good karatekas.

It is a very confusing situation. They once advertized in a program I had from the professionals and that was that.

Their commercials are with people who know nothing of

karate, except possibly for one commercial -- and even that one was ridiculing the art and the practitioners.

I called the company to complain and said to them, " Why don't you stop the put down and start showing karate the real way. The commercials will look better and you will be telling it like it is. "

They told me, " People will understand the commercial better the way it is. "

I felt this was a put down for the viewers of television and a put down for the art I have practiced and taught so many years.

Now then, about bringing people from the West Coast. If there was nothing on the East Coast as far as ability and spirit, I could understand this move. But as I have pointed out, before, this is not so. Nor am I saying anything against West Coast karate.

East and West are both leaders in this country of karate and karatekas, as well as the Mid-West.

All I am saying is, it is a put down for the East Coast by this particular company -- and anyway, I do prefer another men's lotion.

I wish they would chop the word karate from their vocabulary until they truly know what the word means. If they change their mind about the future, I sure can change my mind. Let's hope so !!

*

The first Connecticut Professional Karate Bouts were a total success as far as fighting went. But spectator-wise they were a total failure.

A bad situation throughout the East Coast is existing as far as the spectators are concerned. The main problem still exists--the general public has not been reached.

Jimmy Santiago, Jeff Goldberg, Earl Victoria, Bob Cheezk, Teddy Wong, Ray Martin, George Wells and so many others are competing for New York's professional titles.

*

PERSONALITY NEWS -- Chuck Merriman, the European representative for the United States (Japan Exposition Open), came up with the great idea of explanations of kata (form) during tournaments. This will truly eliminate many people who do katas without knowing the reasons behind it Bravo Chuck !!

Frank Ruiz is working and training Earl Monroe as a professional. Monroe is a good fighter and a very humble person. We need more people like him around to keep the image of karate clean and decent.

Rex Lee doing for Connecticut karate what yours truly has done for New York and Ed Parker for California--a real mover.

Pete Liningaro throwing (possibly with yours truly) in April, his third Staten Island Championship. The second one was a fantastic success, although it had a strong boycott against it. But Pete says " he couldn't care less ! "

Don Nagle, the top Sensei of Isshinryu Karate on the East Coast, turned to chief referring in the Japan Exposition Open in New York City.

See you next issue.

FREESTYLE TECHNIQUES

ACTION KARATE is happy to introduce another new feature with this issue, which, like many other new features in ACTION KARATE, will be open to all contributors.

Anyone in the arts who participates in tournament freestyle competition and has a special technique of his or her own is most welcome to contribute to this new feature, "Freestyle Techniques."

Tournament freestyle fighting is on the rise in the United States and while it is our desire to help karate and karate tournaments grow bigger and better all the time, it is also our desire to see more and better participants at all tournaments throughout the country.

Thus we will present various freestyle techniques in this section each issue. Techniques that have proved successful for tournament fighters in the past and may prove successful for you.



Photo 1

From time to time, we will present various techniques from the karate champions, past and present. Of course, there are some techniques these champions will want to keep themselves and we won't invade their privacy to do so, but we will present many helpful hints for any and all interested in freestyle competition.

Several important factors must be considered when freestyling other than just height, weight and experience. These factors we present as our first helpful freestyle techniques.

One important factor is how you position yourself to your opponent. In other words, your left leg forward opposite his left leg forward, etc. . . .

You can position left to left (photo one), right to left, right to right or left to right. How do you decide which positioning to use?

Here are the factors to consider :

Are you right-handed or left-handed? Which is your strongest side? What is your opponent's strong side? What are your



Photo 2



Photo 3

opponent's chief weapons -- in other words, what is he best at? Is your opponent a kicker, hand-man or both? What are your strongest points?

After you have given some thought to the above questions, you are now ready to provide your own answer to the question at hand.

That is, how will you fight your opponent? (Photos two and three.)

This then is one technique -- the technique of thinking first and acting later, instead of the other way around.

Remember the old adage -- only fools rush in!

We'll change that to -- only fools rush in, without thinking first!!!

What are some of your favorite freestyle techniques? What works best for you?

Send your techniques to "Freestyle Techniques," Action Karate Magazine, P.O. Box 4086, Pasadena, Calif., 91106. We will print the best ones right here each issue.

THE WOMAN'S GUIDE TO SELF DEFENSE

Editors Note:

With the kind permission of Mr. Ed Parker, we have again reproduced a section of his book, "The Women's Guide for Self Defense". ACTION KARATE will from time to time reproduce sections from other prominent books on karate.

COUNTER TO A FRONT BEAR HUG



Fig. 1



Fig. 2

Fig. 1 Opponent grabs you from the front and pins both of your arms.

Fig. 2 Drop back with your right foot, simultaneously thrusting both thumbs to opponent's groin. (This should cause opponent to react by moving his waist back, thus giving you more leverage for the next move.)

TECHNIQUES

COUNTER TO A REAR BEAR HUG



Fig. 6



Fig. 7



Fig. 8



Fig. 9

Fig. 6 Opponent grabs you from the back and pins both of your arms.

Fig. 7 Kick your right heel into opponent's left knee.

Fig. 8 Immediately use the same right heel to kick inside of opponent's right knee.

Fig. 9 Slide the knife-edge of your foot all the way down opponent's shin, continuing into a right heel stomp to the instep of opponent.



Fig. 3



Fig. 4



Fig. 5

Fig. 3 Drive your right knee into opponent's groin as your left hand grabs his right wrist and right hand keeps his head from hitting your head.

Fig. 4 Immediately kick with the knife-edge of your right foot to the inside of opponent's left knee.

Fig. 5 As you plant your right foot, (which could very easily be changed into a shin scrape and a right heel stomp to opponent's instep) strike forward with the heel of your right hand to opponent's chin.

COUNTER TO A FRONT STRANGLE OR CHOKE



Fig. 10



Fig. 11



Fig. 12

Fig. 10 Opponent places both hands on your throat in an attempt to strangle or choke.

Fig. 11 Force opponent's arms down with both of your hands as your right foot drops back.

Fig. 12 Maintain pull on opponent's arm as you drive your right knee into his groin.

Continued on the bottom of page 46

THE WOMAN'S GUIDE TO SELF DEFENSE

COUNTER TO A REAR STRANGLE OR CHOKE (TOP AND SIDE VIEW)



Fig. 16-A



Fig. 16-B



Fig. 17-A

Fig. 16 A & B Opponent places both hands on your neck in an attempt to strangle or choke.

Fig. 17 A & B. Step to your left as both of your hands grab both wrists of your opponent. (Squat low to make grab easier.)

COUNTER TO A FRONT STRANGLE OR CHOKE (Continued from Page 45)



Fig. 13



Fig. 14



Fig. 15

Fig. 13 Cock, pivot (to your left) and drive the knife-edge of your right foot into the inside portion of opponent's left knee while your hands control his right arm.

Fig. 14 Pivot farther to your left and stomp back and down on opponent's instep.

Fig. 15 Immediately deliver a right back scoop kick. Using the back of your heel, kick up and against opponent's jaw. (You must keep your left knee bent in order to get force into your kick.)



Fig. 17-B



Fig. 18-A



Fig. 18-B

Fig. 18 A & B. Step back and to your left with your right foot as you cross opponent's arms.



Fig. 19-A



Fig. 19-B

Fig. 19 A & B. Keeping opponent's arms crossed, kick with the knife-edge of your right foot to the inside of opponent's right knee.



Fig. 20-A



Fig. 20-B

Fig. 20 A & B. Plant your right foot forward pulling your opponent in with your left arm and push out with right arm to cause opponent's left elbow to break against his own right arm.

What happens when you strike your opponent in the side of the rib cage ?

Or how about a karate blow to the throat, the spot under the nose or the kidney ?

What would happen if you struck an opponent full force with a near perfect blow in these regions instead of just coming close to score a point in a karate tournament ?

Or what if you were in actual combat -- what would be the result of these blows to your opponent ?

Brian Adams' new book, "The Medical Implications of Karate Blows," answers these questions accurately and in great detail, as well as 20 other karate blows familiar to most schools of karate, including killing, paralyzing and partially disabling blows in varying degrees.

"The Medical Implications of Karate Blows," a highly informative book on a little touched subject concerning the ancient art of karate, is a 128-page, hard-cover edition filled with great knowledge and medical information gathered over a great many years of study in the field of karate.

The author Adams is a black belt instructor and, in fact, began his outstanding work as a thesis to earn his black belt in the International Kenpo Karate Association.

The president of the IKKA, Ed Parker, has high regard for Adams' new book and endorses it highly.

"I wholeheartedly feel Adams' book will contribute great-

ly to those earnestly seeking further knowledge in the art of karate," says Parker. "It will especially make practitioners aware of the effectiveness of the art they practice and therefore regulate their actions when confronted in a combative predicament."

Adams presents his work through the use of good photography and drawings to emphasize the informative text. Two photographs illustrate each technique with results demonstrated by the use of many good, oversimplified anatomical drawings and explanatory diagrams.

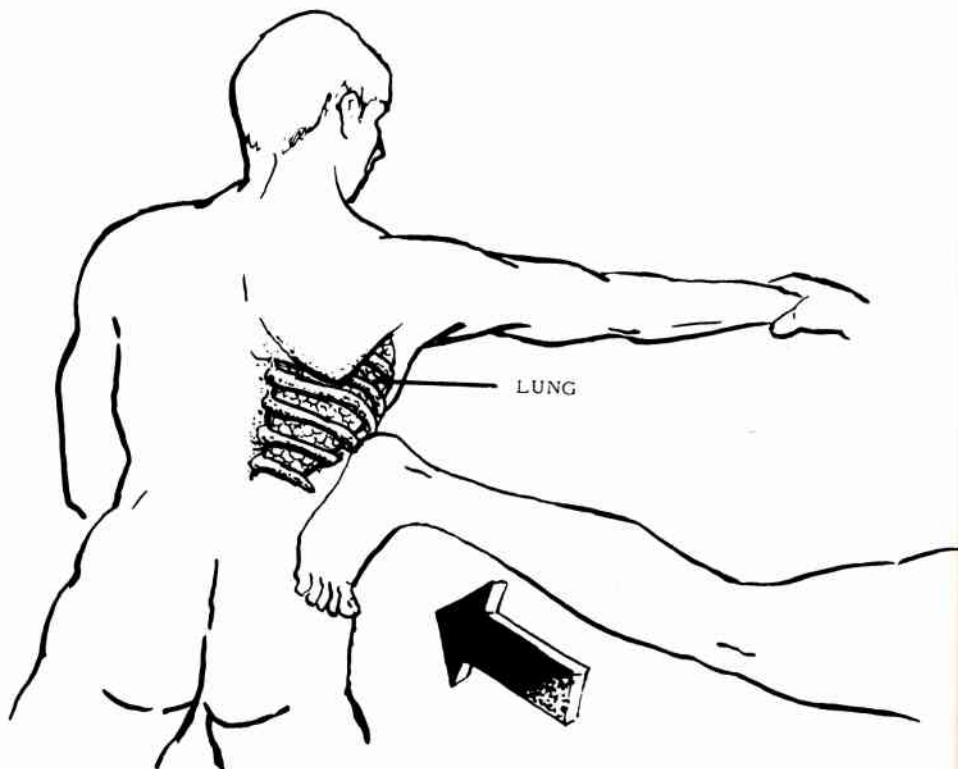
A good example of "The Medical Implications of Karate Blows" is found in Chapter 6 -- "Striking the Spot Under the Nose." As in all the chapters, a weapon (chop -- side of the head) and a target (region under the nose) are given following two clear, descriptive photos.

Next is listed the medical implications, according to how the blow lands, i. e. to its varying degree and force.

As Adams points out, whenever the human element is involved, there is no such thing as absolute perfection. Thus, many of the sections indicate there is more than one possible result, as the blow may be off target.

Medical implications for the strike to the spot under the nose are listed as the following: 1. A split lip, chipped or missing teeth and eye-watering pain; 2. A bursting fracture of the Maxilla; 3. Unconsciousness and/or concussion and 4. Respir-

ACTION KARATE BOOK REVIEW



"THE MEDICAL IMPLICATIONS
OF KARATE BLOWS"

Striking the side of the rib cage.

atory paralysis and death, developing from broken or dislocated teeth and blood caught in or near the wind pipe, which may cause a spasm of the vocal chords with closing off of the air supply.

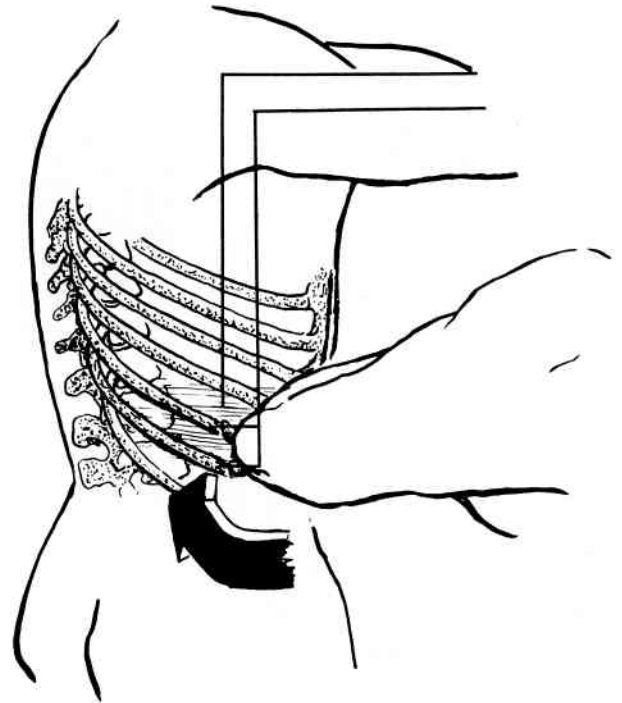
Each chapter follows a like pattern as the main focus of the book is the examination of the medical implications of these karate blows and not the strict technique involved.

With all its medical and eye opening contribution to the art of karate, the most important contribution to Adams' book could be to help standardize the judging of karate matches. Since there is little or no contact during actual karate freestyle competition, the effect of certain point-scoring blows can't be directly observed.

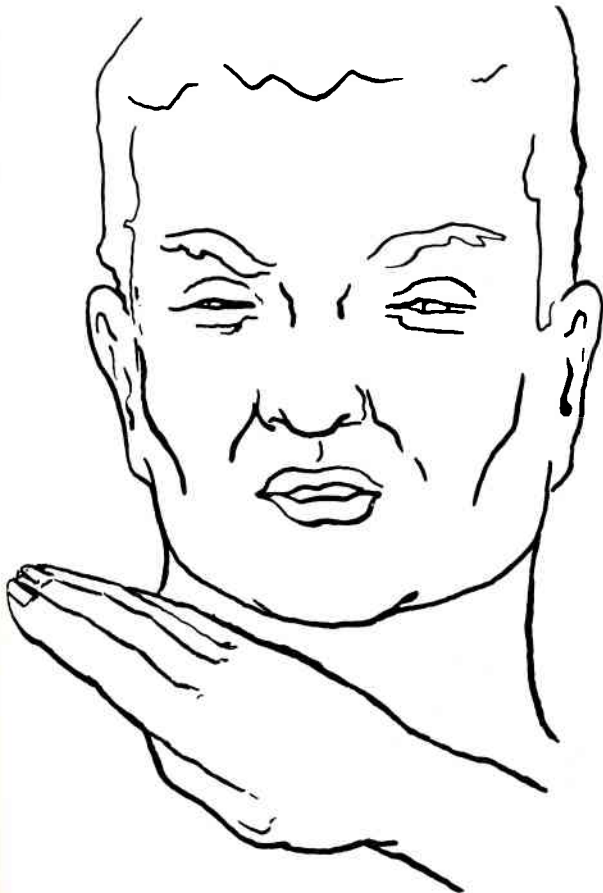
Thus controversy often arises and slows the growth of karate and karate tournaments. But the knowledge of anatomical fact can bear directly on such controversies. And indeed help standardize scoring in tournament competition by answering this question: What are the possible effects of a particular karate blow if landed properly -- and fully on target ?

Brian Adams answers this question in an interesting and highly informative manner in his outstanding, well organized book, " The Medical Implications of Karate Blows. "

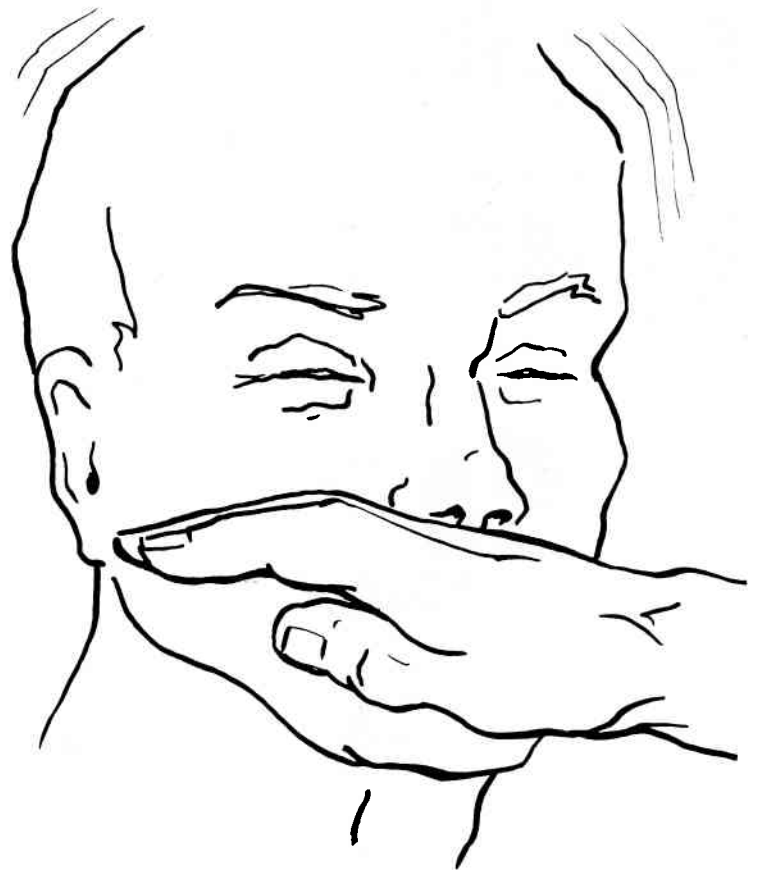
" The Medical Implications of Karate Blows " can be purchased at a price of \$6.00 from Universal Book Co., P.O. Box 2201, Westminster, Calif. 92683.



Striking the kidney.



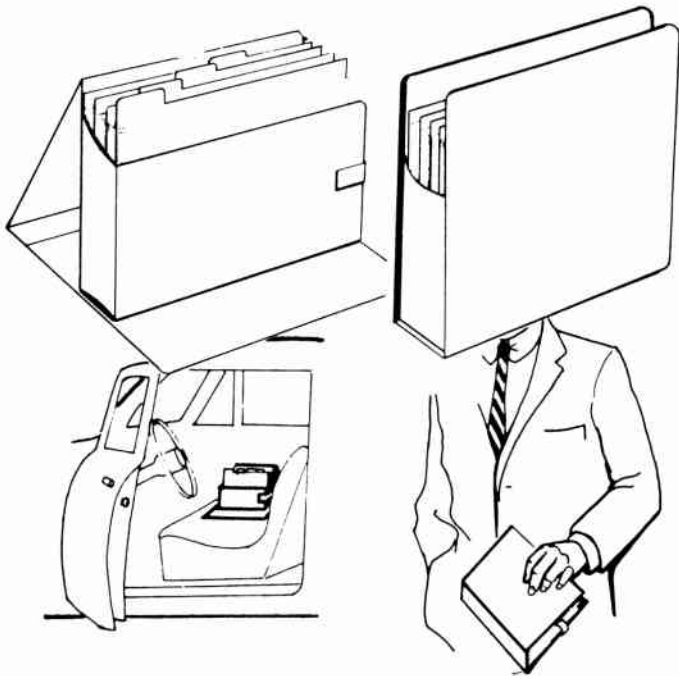
Striking the throat.



Striking the spot under the nose.

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Karate Slang

ACTION KARATE would like to thank Ed Parker for the following list of slang terms used at West Coast tournaments. With this list, we initiate another new ACTION KARATE feature.

What are the slang terms used in your area ?

ACTION KARATE, with the following list, is starting a vocabulary of descriptive terms depicting the karate scene. Contributions to this page are welcomed from you and your area and will be passed along here each issue.

HEADHUNTER — One who constantly strikes to his opponent's head with either hand or foot.

IRON — A term used for trophies.

HAND MAN — One who primarily uses his hands when competing.

FOOTMAN — One who primarily uses his feet when competing.

COMBO MAN — One who uses hands and feet in a series of techniques while competing.

BANGER — One who has no control.

ACTOR — One who fakes injury.

JAMMER — One who constantly crowds his attacker.

YOYO — One who goes in and out without follow-up techniques.

LINE RIDER — One who purposely and continuously steps out of bounds.

SLEEPER — A late starter.

FLURRY FIGHTER — One who uses a series of fast techniques and waits, then goes again in spurts.

DIVER — Another term for actor.

WALL PAINTER — One who competes with vertical movements of the hands.

WINDMILLER — One who continuously circles his hands.

DANCER — One who continuously bounces around.

COUNTER MAN — One who waits for his opponent to press the action.

CHARGER — One who rushes straight in.

SLAPPER — One who continuously slaps his Gi as a means of distraction when competing.

BUMMER — One who doesn't fit; or a bad call.

HEAVY FOOT — One who is a strong kicker.

SPINNER — One who uses an excessive amount of spinning back kicks.

GRABBER — One who constantly grabs his opponent's Gi as he kicks or punches.

SINGER — One who shouts constantly.

The above slang terms are but a few used at West Coast tournaments. ACTION KARATE awaits the slang terms used in the tournaments in your area.

Send your list of slang karate terms to Karate Slang, Action Karate Magazine, P.O. Box 4086, Pasadena, Calif., 91106



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THE DR. SAYS...

Over the past month, while watching professional sports, I reflected on the apparent condition of the athletes involved.

None of us in karate are expected to fight for fifteen three minute rounds or to play sixty minutes of football -- this in spite of repeated injuries -- and yet to play at maximum ability at all times. Very few men who I know in karate would have the stamina to compete with a professional boxer for ten rounds, which brings me to the theme of this month's article. "Conditioning."

Conditioning may be simply defined as that procedure which enables the human body -- and mind -- to achieve a level of performance above that which, without it, could not have been attained. Any trainer of athletes will tell you that conditioning requires progressive, extended workloads done in a prescribed, disciplinary manner. And this conditioning is threefold-- physical, mental, and dietary.

In turn, the physical may be broken into three parts :

1. Endurance.
2. Strength.
3. Speed or quickness.

Mental : 1. Reflective or inner.
2. Aggressive or outer.

Dietary : 1. Anabolic or Building.
2. Instantaneous or immediate energy.

In later articles, I would like to go into detail about mental and diet, but for the present let us reflect on the physical.

Endurance is primarily based on the cardio-pulmonary status of the individual. In other words, the ability of the heart and lungs to oxygenate and to remove the waste products of musculature metabolism. One of the best ways I know to improve endurance is running, or as it is commonly called, road work. This should not be just running at a steady pace, but intermittently interspaced with sprints. Run at a steady pace for one minute, sprint for twenty seconds, run for one minute, sprint for thirty seconds -- increasing the sprint periods each time and each day increase the distance run by small increments.

Next should be the repetition of basic kicks and punches. Each one done slowly and deliberately with attention paid to form, slowly increasing the rapidity of action but not trying for speed. These functions should again be done daily and each day increasing the numerical count.

We now come to strength, or power. This can be achieved by the use of progressive resistant loads, i. e., weights. Again a prescribed schedule is in order to improve the upper and lower extremities -- trunk, neck, etc.



By Victor Scholz, M.D.

Finally we come to speed, which may be defined as the quickness in which a movement can be performed. This is primarily a reflex action and can be achieved only by the continuous repetition of the movement, each time trying to increase the speed of movement. As speed is increased, the use of a light, swinging bag is recommended in order to achieve accuracy or focus of movement and then, finally, the use of the heavy bag to ultimately correlate speed, accuracy and power.

Now, I am fully aware that the above program is going to take several hours daily, but this program can be split into morning road work, one half hour of evening weight work, one half hour of speed work and the usual two to three hours per week of dojo workouts.

If this seems like a lot, believe me, it is the minimal for any serious athlete and until karate men, from white belt through black, realize there are no short cuts, that consistency of performance is dependent on the consistency of effort, then and only then will we develop many outstanding karate men rather than the pitiful few that are now so apparent.

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UNITED STATES NATIONAL OPEN

Continued From Page 28

him to the out-of-bounds line. There he made his stand and launched an assault of his own. It was an admirable display of strategy and courage by both fighters. The crowd stirred with excitement as the two game-cocks tore at each other.

Then it happened! As they clashed, a blow landed. There was immediate retaliation and both men flailed at each other with malicious intent.

Luckily, their passion took the focus from their blows or they might have accomplished their wishes. Referee Numano flew between them and with difficulty separated the two. A warning was given to both men and a cooling-off period ensued.

A new start was given by Numano and the exact same thing happened—Wong's charge, Martin's counter offensive, and the slugging. Another warning and cooling-off period followed.

When action resumed, the same thing happened for the third time. Neither man showed any intention of obeying the warnings and chief referee Numano was perplexed. At this point the bout should have been stopped as it had degenerated into a brawl.

It is difficult to say who started the slugging and this writer will not attempt to single out either man. But both were guilty of perpetuating the action. They knew they were losing points but it didn't matter. It was a blatant show of disrespect for the sport, chief referee Numano—and themselves.

In fairness to the fighters, however, it must be pointed out part of the responsibility lies with the referee and judges. If a fighter has been intentionally hit, or if he thinks he has, the natural tendency is to hit back. Unless he has confidence that those in charge will do their job and disqualify the offender.

Between brawls, Martin and Wong showed occasional flashes of brilliance. The bout went the three round distance, with accompanying cooling-off periods, and Martin emerged the winner, 46 to 35.

In the final match of the evening Jeff Goldberg of Connecticut and Walter Mattson of Massachusetts collided in the second heavyweight bout.

Both fighters demonstrated strong technique and good sportsmanship, but Goldberg built an early lead that was too large to overcome, even though Mattson made a game comeback!

Winner—Goldberg 71 to 51

This championship was an important one and it made one thing clear—quality makes for a good tournament.

PRELIMINARIES

Lightweight

Roger Petro-Roy 26, Tom Yannielli 18

Middleweight

Rick Crocelto 16, Bob Boyle 10

Light Heavyweight

Art Rabessa 16, Paul Olson 5

Heavyweight

Neil Hoffler 16, Van Canna 6

CHAMPIONSHIP FIGHTS

Lightweight

Ralph Petro-Roy 25, Jimmy Santiago 15

Middleweight

Bob Cheezic 33, Earl Victoria 31

Light Heavyweight

George Wells 20, Paul Graves 16

Heavyweight

Roy Martin 46, Teddy Wong 35

Jeff Goldberg 71, Walter Mattson 51

ACTION KARATE DIRECTORY

Continued from Page 22

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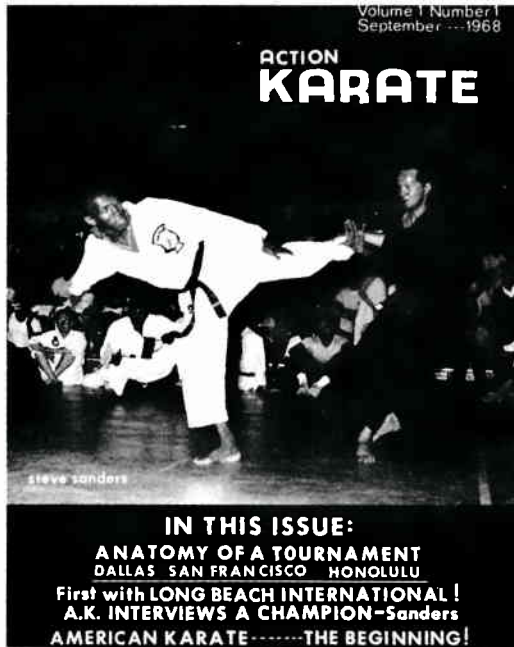
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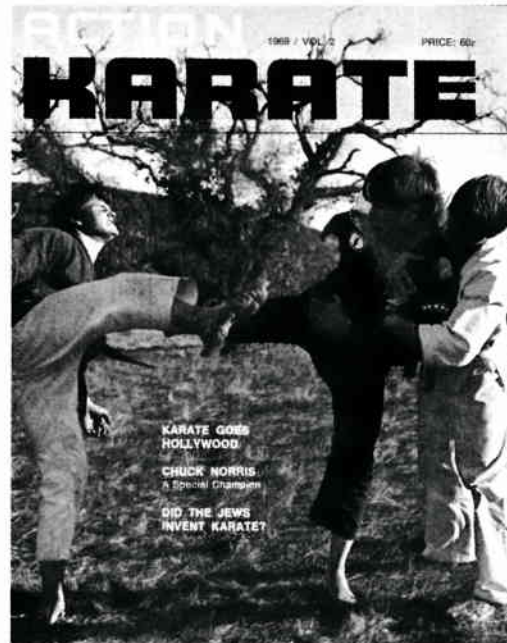
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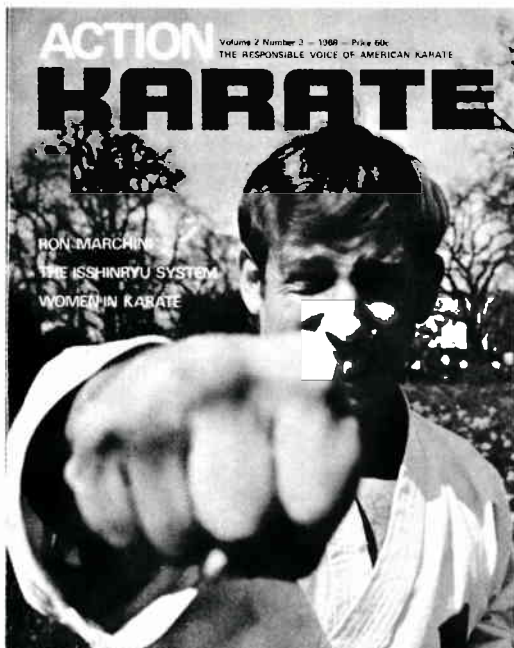
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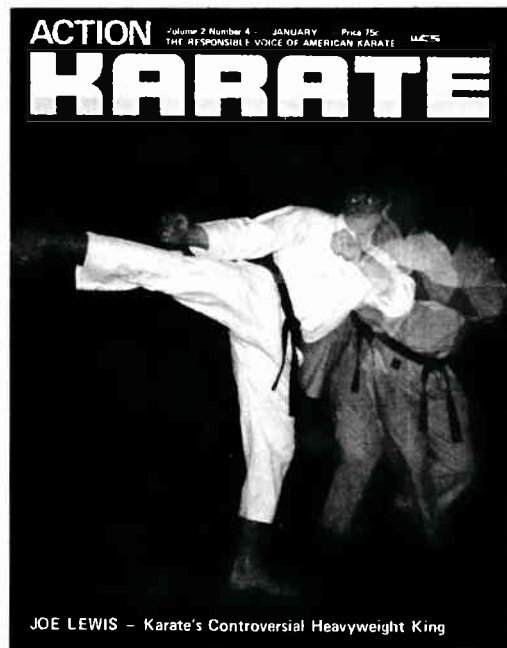
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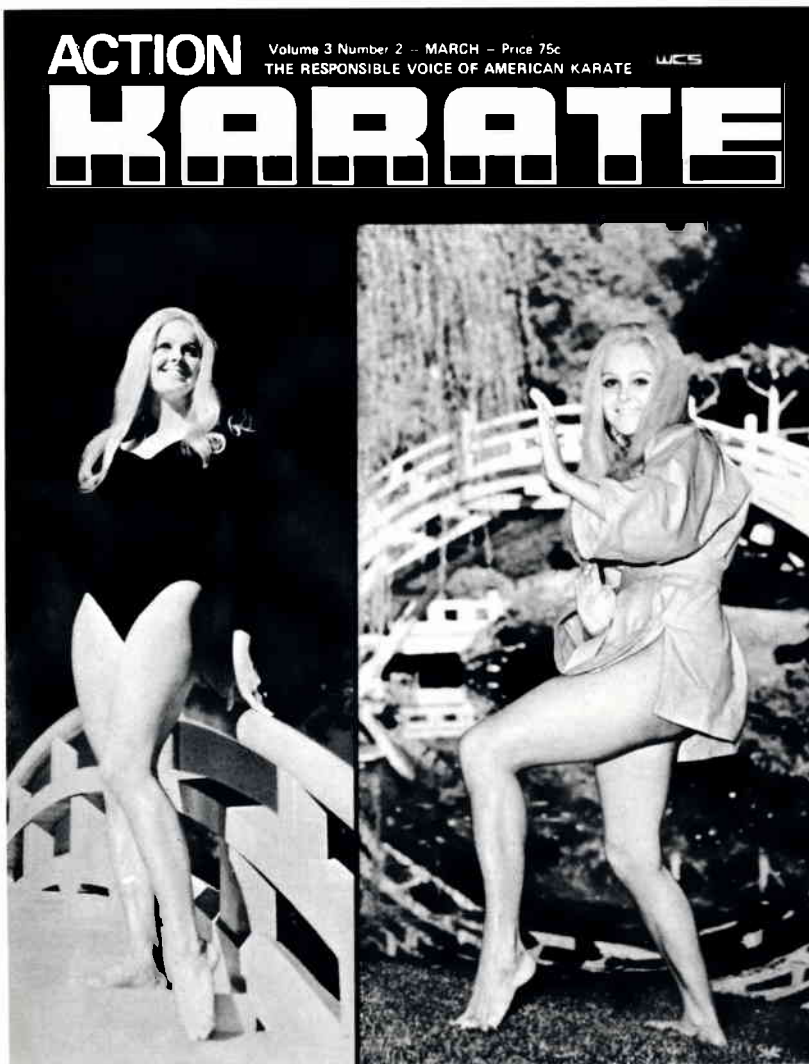
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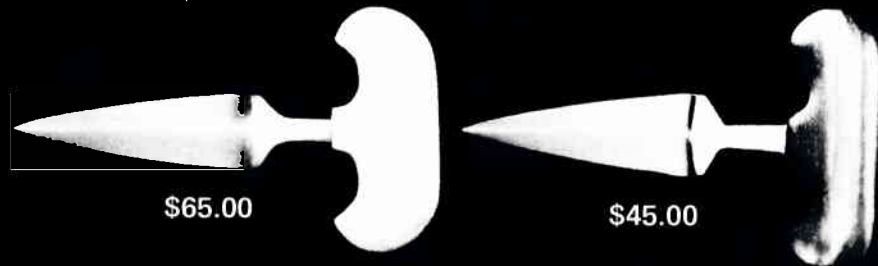
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Hibben Knives are guaranteed during the lifetime of the blade as to materials and workmanship under normal usage. They are 100% handcrafted knives, hand forged from the 440 series High carbon - High chromium steel. We use the finest materials available. If not pleased, return in new condition for full refund within 10 days. Orders to your design guaranteed as to materials and workmanship.

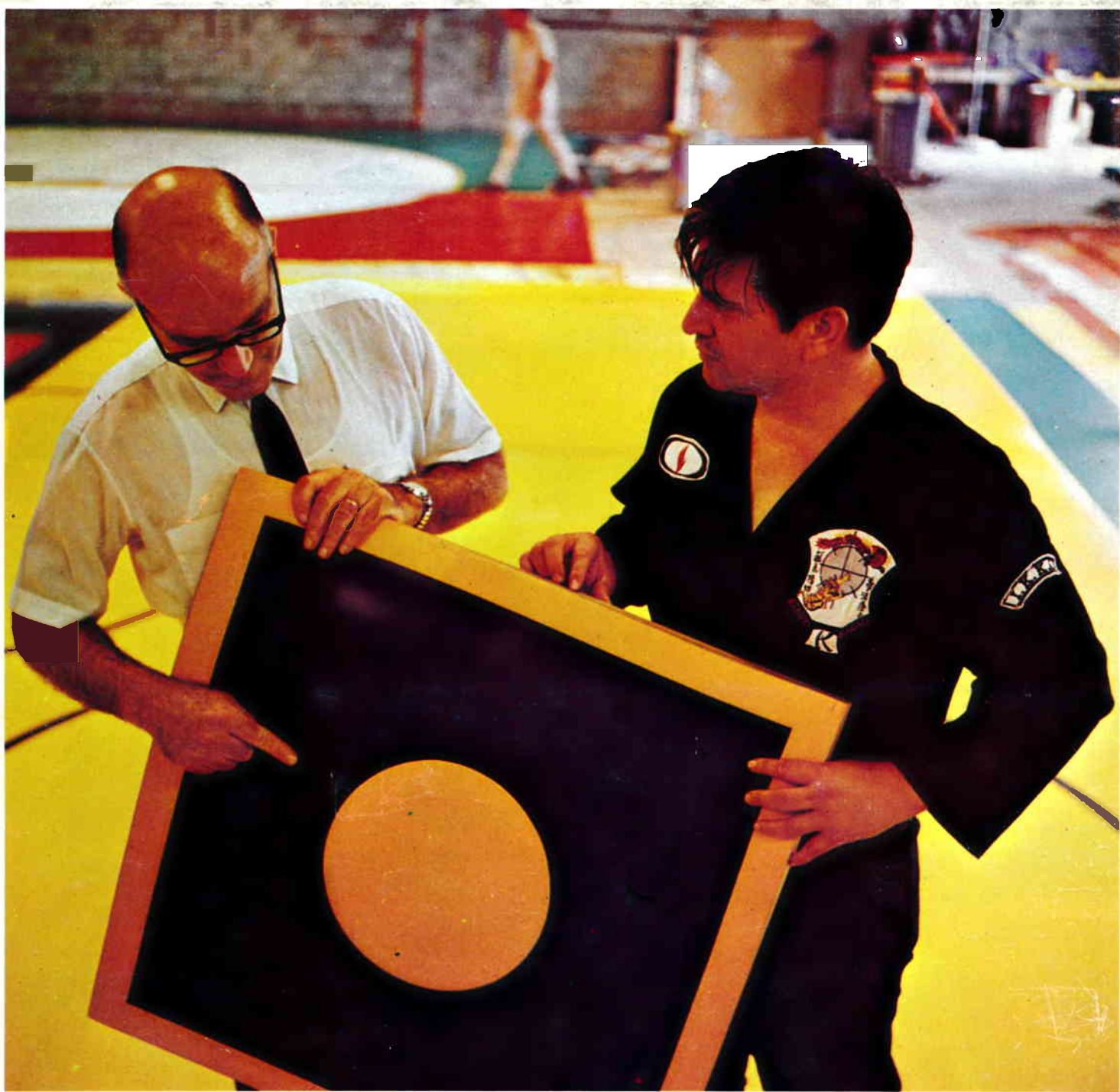
HOW TO ORDER

The more complete your specifications are the more rapidly we can process your order. Hibben Signature Line Knives should be ordered by name, size, and additional specifications, such as : type of handle, modifications desired (if any), and should include an outline drawing of the owner's hand (made by placing the hand on a piece of paper and tracing the outline.

Quality is our watchword. Each blade is individually tempered to the exact degree over an extended period of time to insure you the highest quality and keenest cutting edge obtainable. Before final polish and addition of the handle, each blade is hardness tested and "magnafluxed" as a final check in the Hibben quality process. The net result is a companion that will last several lifetimes, an incomparable blade that lends meaning to the phrase Adventure In Your Hand.

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