March-April News Highlights

So far, the Year of the Dragon is off to a great start! We’ve had some terrific training events including the Titusville Cross Training the Sylacauga Spring Test and Training. Check out the photo highlights starting on page 5.

On March 31, 2012, Suncoast Yoshukai hosted the annual YKI Tournament in New Port Richey, Florida. There were 30 competitors and 68 medals awarded. Overall, the event was a success thanks to those of you who pitched in to help. A special THANK YOU is extended to Kyoshi Larry Mabson (USA Goju Ryu Dojo, Fort Lauderdale) and Sensei Barry Macchione (Main Street Dojo, Winter Haven) for their assistance with the judging and score keeping. Sensei Macchione also brought along several students who competed. We appreciate their support and good sportsmanship and hope to see them again at future tournaments. We would also like to thank Mr. Eddie Machen and Mr. Ben Cleveland for traveling all the way from Alabama to help support this competition. Mr. Cleveland took first place in Weapons with his Hamahiga No Tonfa kata – way to go!

On February 11, 2012, the TYKI Dojo (Titusville, FL) hosted their annual Cross Training Seminar. This year’s event featured hands on training with Aikido instructor Dr. Alan Drysdale and Yoshukai Karate instructor Mr. Ricky Copeland. Both Yoshukai and Akido students had the opportunity to practice aikido-based self-defense and karate-based fighting skills that complemented each other. The event was well attended and everyone had a terrific time.
Sensei John Matthews (Bamboo Dojo) receives Veterans Community Achievement Award from the Indian River County Veterans Council

On February 21, 2012, the Indian River Board of County Commissioners declared a proclamation to recognize Mr. John Michael Matthews for his lifetime of dedication to veterans of all branches of service. Mr. Matthews is recognized for his exemplary service to the Marine Corps, his lifetime of practice and instruction of multiple disciplines of the martial arts, his professionalism as a successful business owner, and his volunteer service to the Veterans Council of Indian River County. Mr. Matthews served the First Marine Division, Infantry Rifle Company, Delta III, Vietnam, 1968-1969, the Armed Forces Police in Da Nang, South Vietnam, 1969-1970, the Airborne Infantry School, Ft. Benning, GA., 1971, the U.S.M.C. reserves ANGLICO Unit, West Palm Beach, FL 1971-1972 and was honorably discharged in 1974 attaining the rank of Sgt.

Thank you Mr. Matthews for your dedication and continued service to our community and our country - Semper fi!

Promotions

2 Stripes
Everet Pierce
Logan Tessier

9th Kyu
Jason Chen
Mark Hawkins
Kevin Mendoza
Sneh Patel
Quentin Pierce
Luke Tessier

8th Kyu
Megan Bowden
Romulo Delacruz III
Shana Delacruz
Dawson Dobson
Dakota Dunfee
Lina Dutchik
Mark Harris, Jr.
Raymond Jairam
Marshall Johnson
Steven MacLeroy
Hanna Scrogham
Dylan Skinner
Eddie Vosper
Daija Wiggins

7th Kyu
Patrick Barnett
Logan Bowers
Jacob Childers
C.J. Eiswerth
Caden Hawkins
Cole Hawkins
Victoria Hawkins
Justin Kneiss
Rolf Peterson
Christine Rine
Taylor Stanton
Colby Williams
Continued…

Summer Camp 2012
Webber International University
July 19 – 22, 2012
Camp registration packages are now available!
Download now at:
Battle on the Ridge Winners

From left: Kaila Kelly, C.J. Eiswerth and Pat Fletcher, members of the Bamboo Dojo, score wins at the Battle on the Ridge Invitational (Goju USA) Tournament on April 7th, 2012!

GAINESVILLE CHALLENGE WINNERS

February 25, 2012, Paris Claudio wins the Women’s Black Belt Fighting Championship and takes 2nd Place in Empty Hand and Weapons Forms!

Parker Bledsoe wins the Under 12 Brown Belt Division Fighting Championship and took 2nd Place in Empty Hand and Weapons Forms!

Paris won a “live” sword and Parker won a beautiful boken - CONGRATULATIONS!!!
In Memoriam

William Joseph “Hanshi” Dometrich
March 15, 1935 – March 22, 2012
Hanshi Dometrich was one of the founders of Chito Ryu Karate in the USA

Rayburn D. Nichols, 9th Dan
August 13, 1939 – February 22, 2012
Sensei Nichols was one of the founders of the International Karate Foundation and was head of the Yoshukai Karate Alliance in Alabama

Our sincerest condolences to their family, friends and students...
Highlights of the Titusville Cross Training – February 2012

Photos by Glen Philips
A special THANK YOU to all who traveled to attend the Titusville Cross Training!
YKI Tournament Highlights
James P. Gills YMCA – March 31, 2012
Ultimate Fighting Champions
On March 10, 2012, the Sylacauga Karate School hosted their annual Spring Test and Training in Alabama. Mr. Mike McClernan, Mr. Dickie Cromwell, Mr. Mike Mendelson, Mr. Pat Fletcher and Mr. John Alford managed to squeeze themselves into a small SUV disguised as a full size “van” and made the long trip to Sylacauga. Did I mention there was BBQ involved? All had a good time and I understand they got pretty good gas mileage.
8 Benefits of High-Intensity Interval Training (HIIT)

And why it needs to be part of your regular workout routine.

Charlotte Andersen

High-intensity interval training (HIIT) describes any workout that alternates between intense bursts of activity and fixed periods of less-intense activity or even complete rest. For example, a good starter workout is running as fast as you can for 1 minute and then walking for 2 minutes. Repeat that 3-minute interval five times for a 15-minute, fat-blasting workout. It sounds too simple to be effective, but science doesn't stretch the truth. Read on for eight proven benefits of this powerful workout:

1. Efficient

Super-efficient HIIT is the ideal workout for a busy schedule—whether you want to squeeze in a workout during your lunch break or to get in shape for a fast-approaching event. Research shows you can achieve more progress in a mere 15 minutes of interval training (done three times a week) than the girl jogging on the treadmill for an hour. And according to a 2011 study presented at the American College of Sports Medicine Annual Meeting, just 2 weeks of high-intensity intervals improves your aerobic capacity as much as 6 to 8 weeks of endurance training.

2. Burn More Fat

Not only do you burn more calories during HIIT workouts, but the effect of all that intense exertion kicks your body's repair cycle into hyperdrive. That means you burn more fat and calories in the 24 hours after a HIIT workout than you do after, say, a steady-pace run.

3. Healthier Heart

Most people aren't used to pushing into the anaerobic zone (that lovely place where you can't breathe and you feel like your heart is trying to jump out of your chest). But in this case, extreme training produces extreme results. One 2006 study found that after 8 weeks of doing HIIT workouts, subjects could bicycle twice as long as they could before the study, while maintaining the same pace.

4. No Equipment Necessary

Running, biking, jump roping, and rowing all work great for HIIT, but you don't need any equipment to get it done. High knees, fast feet, or anything plyometric like jumping lunges work just as well to get your heart rate up fast. In fact, some equipment like dumbbells can make HIIT less effective because you want the focus to be on pushing your heart to its max, not your biceps.

5. Lose Weight, Not Muscle

Anyone who has been on a diet knows that it's hard to not lose muscle mass along with fat. While steady state cardio seems to encourage muscle loss, studies show that both weight training and HIIT workouts allow dieters to preserve their hard-earned muscles while ensuring most of the weight lost comes from fat stores. Win/win!

6. Increase Metabolism

In addition to increased fat burning and more muscle preserved, HIIT stimulates production of your human growth hormone (HGH) by up to 450 percent during the 24 hours after you finish your workout. This is great news since HGH is not only responsible for increased caloric burn but also slows down the aging process, making you younger both inside and out!

7. Do It Anywhere

You can do it in a boat, you can do it with a goat. You can do it here or there, you can do it anywhere! Dr. Seuss would have
loved HIIT. Since it’s such a simple concept—go at maximum effort for a short period of time followed by a recovery period and repeat—you can adapt it to whatever time and space constraints you have.

8. Challenging

This is not a workout you can do while reading a magazine or chatting with your friend. Because it’s so short, you will be working hard the whole time. The trade-off is this format offers seasoned exercisers a new challenge and new exercisers a quick way to see results. You may be in pain, you may be sucking wind, but you definitely won’t be bored!

Using the Tabata training method, you can complete an effective HIIT workout in just 4 minutes. To do a Tabata, an exercise developed by Izumi Tabata in the ’70’s for Japanese Olympians, all you have to do is pick a cardio activity such as running, jumping rope, or biking and go as hard as you can for 20 seconds. Follow that with 10 seconds of rest and repeat seven more times. While you can do a Tabata interval with just about any exercise, start with one in which you are very comfortable. Most people choose sprinting on a treadmill. Set a timer for 20 seconds on and 10 seconds rest. Do the exercise as hard as you possibly can for 20 seconds and then rest for 10, repeating 8-20 times total.

Mix it up. Tabata Training lasts 4 minutes and has 8 intervals in total, each one lasting 20 seconds with 10 seconds of rest in between. Within those 20 seconds however, you are going all out. Make sure you use a weight or pick an exercise where you can successfully go all out for all 8 intervals. Also make sure the exercises aren’t too difficult. The exercises should be hard enough to challenge you through the entire workout but easy enough so you can last the full 4 minutes. If you are trying to build strength, the Tabata method works great with compound movements such as the front-squat or squat-and-press. You don’t have to perform compound movements to make gains. You could use barbell curls for biceps, lateral raises for your shoulders or barbell bench presses for chest.

In fact, performing weighted exercises isn’t even necessary. The Tabata method works great with old-fashioned pull-ups, push-ups and crunches.

Try these combinations:

- Pushups for intervals 1 and 3
- Body weight Squats for intervals 2 and 4
- Medicine ball slams for intervals 5 and 7
- Sprinting or jumping rope for intervals 6 and 8

- Barbell Squats (intervals 1,3)
- Pushups (intervals 2,5)
- Chin ups (intervals 4,6)
- Sprinting in place (intervals 7,8)

http://www.shape.com/fitness/cardio/tabata-4-minute-fat-burning-miracle-workout
“Strength does not come from physical capacity. It comes from an indomitable will.
– Mahatma Gandhi

**Exercise of the Month**

**Tabata Training with Hindu Squats**

Tabata Training lasts 4 minutes and has 8 intervals in total lasting 20 seconds each. Within those 20 seconds however, you are going all out. Between each interval, you rest for 10 seconds.

Try Tabata training with Hindu Squats. If done correctly, this will get your heart rate up but it will also build strength in your legs and do wonders for your front kicks! Pay attention to form and don’t rush through the movement...

**Hindu squats** are similar to a traditional squat but instead of stopping when your legs are parallel to the ground, you continue down, dropping your butt towards your heels until your fingertips brush the ground. Going through the full range of motion gets your heart rate up faster and engages more muscles. Tip: Don’t be afraid—contrary to popular belief, researchers now say that for healthy people, squatting to the ground won’t hurt your knees.

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**United States**

- The Bamboo Dojo  
  www.thebamboodojo.com
- FIAMA Martial Arts Academy  
  http://www.fiama1.com
- Lee’s Martial Arts Academy  
  http://www.yoshuakarate.net
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  www.tyki.org
- West Palm Beach Dojo  
  johnrobertalford@gmail.com
- Yoshukai of Tampa Bay  
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