



Tommy Tran – Gold; Mary Elizabeth – Bronze; Alex Tran - Bronze

The Zanshin Chronicle

September &
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IN THIS ISSUE

2014 USANKF Nationals —What a huge success!

By Kami Sandlin

Wow!!! We couldn't be more proud of our 2014 USANKF National competitors. They represented Kanzen Karate Do in the best way. This year's tournament was located in Reno, NV and took place on July 10-13.

We boarded the plane bright and early on the 8th to begin our week of competition. The flight was uneventful and for that we are thankful. Once we landed in Reno our fellow karateka were beginning to roll in. The hotel shuttles were running non-stop as all competitors begin to arrive from all over the country.

The tournament consisted of two different competitions. One is Elite and the other is Open. The first and second place winners of the Elite division are USA Junior or Senior Team members with the two third place winners team alternates. The Open division competitors compete in their age/weight groups for 1st, 2nd and 3rd place, and National Championship title.

Our week of events began with getting

Alex weighed in since he was competing in the Elite division -61kg. Afterward, the day was filled with training; then some fun time in the mega arcade and poolside. We knew we needed to relax since the next few days would be heavy competition.

Day 3 was the first official day of competition with Mary Elizabeth competing in 10-11 short weapons. Mary E did a fantastic job and won the Bronze medal. Alex Tran competed in 16-17 Elite Kata. The competitors are well known and Alex had his work cut out for him. Alex won several rounds of Kata. He competed against Kyle Hicks, the Junior Athlete of the Year, losing that bout. This put him in 3rd place where he took the Bronze metal making him a USA Junior Team alternate along with Jaron Goo from Japan International in Hawaii. Alex said, "I had a lot of success at the Nationals even though I did not come home with a Gold medal around my neck. My Sensei once told me that if you don't win, you learn. Either way it's a "win, win" situation. I also realize that I still have a lot of things



What's in the newsletter name?

Zanshin – Japanese word for mental alertness.

Page 2



The Family that Kicks Together

Some insight to the benefits of training as a family.

Page 3

(Continued from page 1)

to improve on that I can make better for next year's competition."

Day 4 was quite the busy day. Mary Elizabeth competed in 10-11 Open Kata and Tommy Tran competed in 14-15 Open Kata.

Day 5, Alex Tran competed in 16-17 Elite Kumite. Alex being Ao and his opponent Aka. He fought a warrior's battle. He used techniques he had been working on, such as the hip toss, and executed it beautifully. In the end the match went to Aka.

Day 6, the battles continued with Mary Elizabeth demonstrating her inner Warrior Spirit keeping us all on the edge of our seats. She did amazing; maybe not bringing home the medal but bringing home something more valuable, pride in herself and the confidence that she did her best. Tommy Tran was up next sparring in 14-15 Open Kumite +60kg. Only our Tommy could make it look so easy. "Gyaku Tsuki's your best friend," Sensei Larry says. My how his words rang true during Tommy's matches. He ultimately brought home the Gold and worked hard to do so. During one of his matches his opponent closed in with the score being 7-7; one more point or time and the match was done. Tommy



moved in with "old faithful, Gyaku" and the Gold was his. "I never thought that I would be competing at a National level again until I realized how much potential I had. Competing at Nationals made me realize that if you are scared of something you have to face it", says Tommy.

In Mary Elizabeth's words, "Nationals are great because you have fun. You get to meet new people from other dojos. You can also give your Sensei a heart attack. You may win, you may lose. Sometimes things don't go your way. If you win, good job; if you lose, good job. Lose with pride, win with pride. The funniest part was pranking

Alex and Tommy. Listen to your Sensei on the floor. Sensei Larry is a great Sensei and an awesome coach. He eats, sleeps and breaths Karate. Senpai Kami is the queen of fund raising. Thanks Senpai Kami for supporting us! Thanks everyone for supporting us too."

SENSEI'S SPARK NOTE

We compete in many tournaments during the season. We win or we learn; no losers here!

Zanshin — What's in the Name?

By Kami Sandlin

The "remaining mind" also known as zanshin, is a Japanese term used in many martial arts.

Here at *Kanzen* it is used to describe

good focus before, during and after each technique or action—completing the task at hand without hesitation.

"In [karate](#), *zanshin* is the state of total awareness.^[6] It means being aware of one's surroundings and enemies, while being prepared to react," says Wikipedia.

Students are taught to leave all external stresses or internal whispers outside of the dojo and really focus on their training while on the floor. This is very important for a of couple reasons First, it allows students to free their minds of worldly issues giving them relief. Secondly, while training you are preparing your body for battle and need a clear



mind to focus on your training.

As the picture illustrates, one of our students has good zanshin as she listens to her coach for direction.

Good zanshin should be used even outside of the dojo, such as when listening to others or driving a car. We should practice zanshin in all that we do.

PREPARED
SURROUNDINGS
ZANSHIN MEANS
SAVING KARATE STATE
ONE'S ENEMIES TOTAL AWARENESS
WIKIPEDIA REACT

The Family the Kicks Together

By Sally Anne Perz

Various types of exercise have been studied in great depth and one thing is certain: the benefits of regular physical activity are vast! Those who exercise regularly experience energy boosts, mood balancing, disease prevention, weight control, and fun! Exercising regularly is absolutely, beyond a doubt, considered to be one key to good health (the others keys are healthy eating and a healthy outlook!)

Understanding that exercise is beneficial is the first step toward making it a part of your life. Some people might need more encouragement than others to stay fit, and there are a few things that make it easier to exercise consistently. With all of the different activities one can choose, finding a way to be active really isn't difficult! Sometimes people struggle with finding a way to be active and enjoying it! As is true for most things in life, exercise is usually more enjoyable with people you enjoy!

Our family has done all sorts of exercis-

ing together over the years: swimming, walking, running, Wi Fit, and DVD programs like PgoX and Les Mills Pump. We enjoyed the benefits that come from solid exercise, but were still looking for something more. We had a few family members in martial arts (Tae Kwon Do) many years ago, but moved out of state and couldn't find a similar program that suited us. Several of the kids longed to do martial arts again and we finally decided sign up our entire family for karate..

Exercising in our living room was fun, walking at the park was refreshing, but working out several times a week with a great group of people is entirely different. Working toward a common goal, meeting students at all levels, learning from skilled teachers: this offers something that our other exercise choices didn't begin to offer.

Our family is enjoying karate together and we absolutely love it! We highly encourage other families to consider taking karate together! Even if **you** are the only one in your family that wants

to learn karate, we encourage you to take the first step and sign up! You will be welcomed into the dojo family at **Kanzen!**

The family that kicks together sticks together! Yes indeed! We are all thoroughly enjoying learning karate at **Kanzen Karate Do**. We were welcomed into the karate family and have benefitted immensely from our time there. We have found one thing in particular that was lacking in our other programs: community! There is something motivational about being a part of a group of people who are all enjoying learning together – some for exercise, some for fun, and some for competition – but all working together!

SENSEI'S SPARK NOTE

Family Karate whether husband, wife, father, mother, son, daughter, brother, sister creates a bond that strengthens a family unit while building an individual's strong character and staying fit!



Upcoming Events

SEPTEMBER 2014

09/02/2014

1st day of the After School Karate program at Odenville. This class covers the elementary, intermediate and middle schools.

09/03/2014

1st day of the After School Karate program at Moody Elementary.

09/05/2014

6:30PM - Belt testing for all that were invited. If invited you received your form, please arrive 15-30 minutes early to warm up and work out any nervous jitters.

09/20/2014

Kata seminar with Shihan David Pope. The Heians, Gojushiho Dai and Kanku Dai will be the focus. All levels are welcome.

9:00AM – 11:00AM – 1st session
11:00AM – 12:45PM – Lunch break
1:00PM – 3:00PM – 2nd session

\$ 30.00 1st family member; \$ 20.00 2nd family member and \$ 15.00 3rd or more family members

09/27/2014

Competition Fund Raising Yardsale. Location will be 7318 Weatherford Trace, Trussville, AL 35004 off Roper Road .

Bring in any items to donate for the sale. If you have a lot or larger items please get with Senpai Kami for picked up.
(205) 508-0818

OCTOBER 2014

10/01 – 10/31/2014

For the month of October we will recognize Breast Cancer Awareness. Pink Belts are available for purchase for \$ 7.75 each. You will wear this belt in place of your belt for the entire month.

10/04/2014

10 :00AM – 4 :00PM - Oktoberfest. All Students are encouraged to participate in working the booth and performing in the demonstration at 1 :30PM. Be at the Booth by 1 :00PM in your Gi.

10/18/2014

6 :30PM – 10 :30Pm - Parents Night Out Fundraiser. Bring your child or children for a fun night at the dojo. We will serve pizza for dinner. Spread the word ; we will also keep children who are not currently students at the dojo. The price is a donation to our competition team. If you are not sure what to donate, consider that a babysitter will cost an average of 10.00 per hour.

FOR MORE INFORMATION

PHONE: (205) 508-0818 (text or call)

EMAIL: senpaikami@kanzenkaratedo.com

Little Tidbits

Technique Tidbit

Pull Back – Keep those elbows tight to the body. Fist rests on waist area with shoulders back pushing your shoulder blades together.

Fitness Tidbit

Before you get in the shower each day do the following:

- 20 Jumping jacks
- 20 Squats
- 20 Lunges
- 30 seconds of Plank
- 20 Push ups
- 20 Crunches

Health Tidbit

Stay hydrated. Drink at least 64oz of water each day. 6 benefits as per <http://www.webmd.com/diet/features/6-reasons-to-drink-water?page=2#>

- Drinking Water Helps Maintain the Balance of Body Fluids.
- Water Can Help Control Calories.
- Water Helps Energize Muscles.
- Water Helps Keep Skin Looking Good.
- Water Helps Your Kidneys.
- Water Helps Maintain Normal Bowel Function.

Did you Know???

- Asparagus is a good source of vitamins A, C and E, B-complex vitamins, potassium and zinc.
- Don't eat bananas on an empty stomach; combining them with a bit of protein will help to normalize the insulin response caused by the sugar in the banana.
- Cilantro treats nausea, soothes inflammation, rheumatic pain, headaches, coughs and mental stress



Cilantro



Class Schedule

(Effective August 11, 2014)

Mondays & Wednesdays

3:15PM – 4:15PM Moody Elementary After School Program
 5:00PM – 6:00PM Basics/Beginners
 6:00PM – 7:00PM Intermediate
 7:00PM – 8:00PM Advanced

Tuesdays & Thursdays

10:00AM – 11:00AM Golden Dragons
 12:00PM – 1:00PM All Levels
 3:15Pm – 4:15PM Odenville After School Program
 5:15Pm – 5:45PM Little Dragons
 6:00PM – 7:00PM Basics/Beginners
 7:00PM – 8:00PM Advanced

Friday

6:30PM – 8:30PM Competition Team

Saturday

9:00AM – 10:00AM Kata (All Levels)
 10:00AM – 11:00AM Kumite (All Levels)
 11:00AM – 12:00PM Kumite and/or Weapons (all Levels)

Basics/Beginners:

White/Yellow

Intermediate:

Orange/Purple/Red/Green/Blue

Advanced:

Brown/Black

Note:

You must train in your class as per your belt rank. As you progress in rank, you can and are encouraged to train in the classes prior to your belt level.

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OSU!!!