



# MARTIAL ARTS FOR EVERYBODY

## A Word From Master Farhad

How did you feel when you passed an exam in school, or completed a physical task you had never been able to do before? I bet you felt really good! Each time we achieve a goal we build our self-confidence and we feel good about ourselves.

Setting short and long term goals is important because it gives us something to strive for, and for each milestone we set we have to have a plan for how we are going to achieve it. Striving for our targets helps us learn how to motivate ourselves and builds patience. These qualities that are developed through setting and achieving objectives all relate directly to how much self-confidence we create within ourselves.

When you set goals you must have realistic expectations of yourself. Take into account your physical and mental capabilities when setting goals and make sure to set milestones that are realistic for yourself.

Sport Kickboxing has a system that has inherently built in short and long term goals within its belt and grading system. Each belt gives a new challenge for students and with each achievement a student develops self-confidence and inner strength.

Practice makes perfect! Stumbling blocks towards success are a lack of self-knowledge, impatience, and laziness.

## Most Supportive Student of the Month



Sarah Marchant  
KIKARA Vancouver

I joined KIKARA in September 2003. I had been looking into kickboxing for my daughter, she changed her mind and

I signed up. After years of yoga and swimming, I decided it was time to try something new. At the same time I knew very little about martial arts.

Within a month of classes I noticed an improvement in my fitness level. It feels great to skip again, something I have not done since I was twelve years old. I must say "knees up" still presents a challenge, but I humour myself along. I have to admit the circuit has become a favourite. I like the combination of cardio, boxing, and kickboxing techniques and of course the two-minute rounds add the extra challenge. I also enjoy learning the forms and self-defense techniques.

I really like the fact that so much focus and discipline is required as well as the emphasis on respect. I look forward to moving up through each belt.

## What's Happening?

KIKARA was proud to be the main sponsor for two major martial arts events recently. The first interschool tournament was held on May 31st at Vancouver KIKARA. With many students competing in forms, sparring, and a very exciting high jump competition--the day was lots of fun and a great success. The next interschool tournament is coming July 31st--so mark it on your calendar now! On June 26th, KIKARA brought its brand to the Top Rank ring fights, held in North Vancouver. With well over 1000 people in attendance, and over 10 great matches to watch, it was a great night for fans and competitors alike. Three KIKARA Vancouver members competed, and won all three matches--congrats to Sean Pallan, Mike Sparrow and Sensei Ali Pourmosa. Please check website for pictures.

TURN UP THE RADIO! If you have been listening to Z 95.3 you've probably heard our radio campaign that has been playing. Congrats to: Sara Headrick and Jake Smith who won a 6 month membership at KIKARA, a day for 12 at Splashdown waterpark, and dinner for 12 at the Old Spaghetti Factory!

KIKARA will be opening two more locations over the coming summer: one in White Rock, and one in Newton to serve both of these growing communities. Both new facilities will offer the same great look, feel and style that exist today in Vancouver and Guildford.



Interview with:  
Ted & Henrietta Johnson  
KIKARA Guildford

### 1. How long have you been training in total?

We started together in October 2003

### 2. What has been the impact of martial arts training in your life and lifestyle?

It's great to participate in an activity as a couple. We both weight-train and kickboxing is a wonderful supplement to that. Our flexibility and cardio has increased and it's easy to stay motivated because we're always learning something new.

### 3. What do you like about sport kickboxing style of training?

We love the various kinds of techniques we learn such as self-defence, combos, forms karate, judo, etc. it's never boring! The instructors and staff are professional and friendly and they're always striving to bring out the best of our abilities... it's awesome.

## Technical Tips

### Be Aware

Nobody expects to be attacked when they are going about their daily business, and the vast majority of people probably won't be. Violent attacks can come without warning and when you least expect. The following are some tips that can help you better prepare yourself in case of an attack.

### A strong body and good cardio

Have an exercise routine to help you make your body stronger. Sit-ups and push-ups will help you build strength on your upper body. Having a strong body doesn't just mean physical strength, it also means having a body that can absorb blows while you fight back and escape.

### Concentration, Communication, and Psychology

Try to maintain your concentration and be aware of your surroundings. Don't let verbal taunts or quick movements distract you. Try not to be nervous, take deep breaths and be as calm and relaxed as possible. Believe in your ability to defend yourself don't panic! . Talk to your attacker and try to make a connection with your attacker. Find a weak spot and exploit it. Use whatever tactics you can in order to diffuse the situation.

### Speed, Power, and Timing

Target, partner, bag, and balance training are all-important aspects of developing your self-defense skills. If you learn how to use your skills and use them with power and speed you have a greater chance of delivering a blow that will injure your attacker, and allow you to escape. Learn about timing of your techniques; when is the best time to deliver a blow for maximum effectiveness.



**Interview with:**  
Sara Hansen  
KIKARA Vancouver

### 1. How long have you been training in total?

I have been training for just over a year.

### 2. What has been the impact of martial arts training in your life and lifestyle?

In certain progress checks we are asked if there have been any positive or negative effects from martial arts training. With everything in life, great things come from finding balance. I have given up some habits that weren't good for me and in return have become more energetic, physically conditioned, emotionally more balanced. I can't believe it took me a year of procrastination to start.

### 3. What do you like about sport kickboxing style of training?

Sport Kickboxing has shown me the importance of respect for others and myself, perseverance when you are feeling challenged, self-discipline and patience. Every class is different and focuses on cardio, flexibility and good old fashioned sparring. Never a dull moment and my instructors are so inspiring.

## Student of the Month



Caroline Ogawa  
KIKARA Guildford

I like everything about KIKARA. Ever since I joined about a month ago, I look forward to the classes and the new skills and techniques that we learn from Sensei Oneal.

Sensei Oneal is an awesome instructor with a great sense of humour and smile, while teaching us self-discipline and self-improvement. I really like the atmosphere of the school, everyone is so friendly, and also with the new equipment and funky beats that they play while we train, it makes it that much more enjoyable. I recommended KIKARA to my friends and some have joined, and others are interested in joining. Sport kickboxing is something I've always wanted to try, and now I can't get enough of it! It's slowly helping me gain self-confidence, and that was one of the main reasons I joined, along with learning self-discipline, and getting back into shape. It's a great stress reliever after a long day at work or a bad day in general. In conclusion, I'd like to say that KIKARA is #1! Yaaaaay!

### KIKARA Prize Winners

Congratulations to Deerle Vanderwerghart from KIKARA Vancouver and Fred Mercer from KIKARA Guildford, who won a six month membership at KIKARA. In addition, thanks to Jennifer Pickering and Lauren Mercer for inviting the guests, both will be receiving a personal MP3 player.



### Business Opportunities

KIKARA is in the process of finding new locations and business partners for cities in the Lower Mainland and the rest of the province. If you have an area that you think could benefit from a KIKARA location, please let us know.

### Career Opportunities

KIKARA currently has positions available for program directors and head instructors in White Rock, Langley, and Newton; and assistant instructors for the Vancouver location.

For more information on these exciting career opportunities with KIKARA, please visit [www.kikara.ca](http://www.kikara.ca).

### Upcoming Events

KIKARA intra-school tournament (at Guildford KIKARA)

July 31

SKF fall tournament

September 25

White Rock Location  
Coming September 2004  
102-2533 King George Highway  
Phone: (604) 541-4229  
Email: [whiterock@kikara.ca](mailto:whiterock@kikara.ca)

Newton Location  
Coming September 2004  
104-13569 76<sup>th</sup> Avenue  
Phone: (604) 592-5402  
Email: [newton@kikara.ca](mailto:newton@kikara.ca)

Langley Location  
Opening Soon  
Phone: (604) 534-5313  
Email: [langley@kikara.ca](mailto:langley@kikara.ca)

Vancouver Location  
1727 West Broadway  
Phone: (604) 733-9553  
Email: [vancouver@kikara.ca](mailto:vancouver@kikara.ca)

Guildford Location  
#2-15326 103A Avenue  
Phone: (604) 588-4400  
Email: [guildford@kikara.ca](mailto:guildford@kikara.ca)

[www.kikara.ca](http://www.kikara.ca)