



Master Farhad on Sport Kickboxing

Sport kickboxing provides many opportunities for individuals in developing and enhancing life skills.

This innovative, exciting sport provides the opportunity to improve physical and mental well-being through carefully planned fitness activities that are designed to enhance one's individual strengths and abilities.



Those who have become involved in Sport Kickboxing have cited noticeable improvement in their self-defense skills, physical and cardiovascular strength and endurance, as well as self-discipline, focus, confidence, and self-esteem.

Sport Kickboxing has proven to be beneficial, fun, and rewarding for children and youth as well, in developing life skills such as team building, interpersonal communication, respect of self and others, and achieving personal best.

Parents have cited notable improvement in their children's self-confidence, ability to interact with others, and ability to manage themselves in stressful situations. This unique sport also enables parents and children to train and work towards goals, in an academy together.

The competitive opportunities within Sport Kickboxing are maintained with focus on having fun, conveying respect, and striving for personal best. This provides a foundation through which children, youth, and adults can enjoy a positive, healthy experience.

Courage

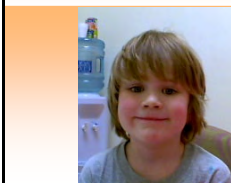
Aristotle believed that courage is one of the most important virtues because it helps facilitate the existence of all other human virtues. Courage is defined as, "the quality of character which shows itself in facing danger undaunted or in acting despite fear or lack of confidence." (Shorter Oxford Dictionary). Courage is like a muscle that can grow strong through exercise or it can become weak by a lack of use. To be courageous, we must continue to exercise its' power and exude courage even when it is out of our comfort zone. The following steps will help build your courage and tap into the natural courage within you:

1. Find a specific fearful experience in your life that you embraced with courage when you felt a lack of confidence.
2. It is very helpful to identify a specific time this happened. Take as much time as you would like to re-live these moments of courage. Your moments of courage are the points you are searching for and to which you want to connect (success or lack of success in the endeavor is not important).
3. If you would like, place your hand somewhere on your body where the courage seems to originate.
4. Take a breath and feel the power of your own courage.
5. Think of a recent time when this courage might have helped you to make a decision or to do something.
6. What possible outcomes may have been different if you brought forward your courage? Remember the situation, but release any anger, regrets, or blame if they arise.
7. Holding on to your feeling of courage, which is truly part of who you are, imagine a time in the near future where you may want to have more courage.
8. See yourself and your courage giving you the strength to overcome something that you would have previously feared. How does it feel?
9. As you are feeling empowered and connected to your courage, imagine it flowing in so many more of your future actions. Notice how it contributes in making you a whole, authentic person who is fully alive and living with purpose.
10. Remember, courage is part of who you are and is always available to you.

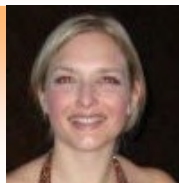
Take heart. Have courage.

Members of the Month Training Tips

Most Supportive



Jesse Ruchenski
Langley



Sarah Hoffman
Vancouver

Most dedicated Volunteer



Lida Blizard
Langley

Best Attended



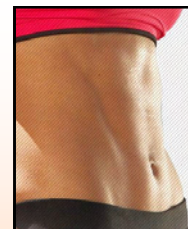
Sunny Sondh
Newton

Replenish Your Muscles' Glycogen Stores

You have worked out. In fact, you have worked out hard. Did you know that you have depleted your muscles' glycogen stores?

Glycogen is the fuel that powers your muscles. When you eat carbohydrates, it is stored in your liver and muscles as glycogen; however, the amount stored in your muscles is less than 400 grams. Now, here is something worth noting: according to studies, the most efficient time to rebuild your muscles' glycogen supply is immediately following your workout and continuing until two hours after your workout. After two hours, your body replenishes its glycogen much more slowly.

Many athletes finish their workout, have some water and don't eat food until much later. What they really should be doing is getting carbohydrates from any of the bread/starch, fruit, or milk groups as soon as possible. So, make post-workout refueling part of your routine. Your muscles will thank you for it.



Fighters Corner

WHAT YOU NEED TO KNOW FOR SPARRING - by Master Farhad Dordar

Before you start your sparring or fight you must pay attention to certain points listed below.

1. Opponent's height
2. Opponent's weight
3. Opponent's belt rank and experience

Having considered these points you will have to plan different strategies.

You must first recognize if your opponent is a kicker or puncher and determine their physical condition. A good fighter should find out 80% of their opponent's strategies within the first minute. You have two minutes to prove that you are better than your opponent. You can do this by applying the following 8 points:

1. Proper balance while doing the techniques
2. Pacing yourself (breathing and energy)
3. Making proper distance when attacking, defending, and counter attacking
4. Speed and power
5. Being relaxed and in control of your mind
6. Faking techniques and combinations
7. Moving with proper stances in different directions (defensive and offensive)
8. Strong physical conditioning

The week before a competition or fight you should spar five times: twice with someone who is heavier and lighter than you, and once with someone in the same weight class. One of the best ways of perfecting your skills is practice. However, it is also very important to learn the theories behind different techniques and combinations to achieve personal best. By visualizing them in your mind, you apply them in actual situations and better your performance.



Philosophy

Kikara Martial Arts Academies was founded by Master Farhad Dordar in 2003. The name Kikara represents the values of Master Farhad's philosophy. '**Ki**' means energy in Japanese (also known as 'Chi' in Chinese), and it represents the kick-boxing component of the SKF style. '**Kara**' stems from the Japanese word Karate, which means 'empty hand' and refers to a student's ability to offer a defense without the use of weapons. Master Farhad's vision was to create a brand of schools that offers a form of practical and effective mixed martial arts known as Sport Kickboxing. Kikara has set the standard for unsurpassed quality and service. All Kikara instructors are trained under the leadership of Master Farhad Dordar in this highly effective style. Sport Kickboxing provides its practitioner with a path to personal growth and development. Kikara is the future of the Martial Arts industry; it strives to share its' highly effective training and systemization with students, instructors, and school owners across North America.



Testimonials

Mike Sedgley

Training at Kikara Vancouver
Since Sept 2006

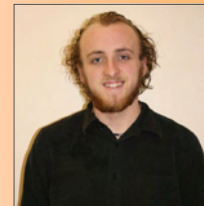
Total weight lost: 35lbs so far

How has martial arts impacted your daily life?

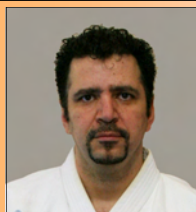
I noticed all sorts of little things. I am able to complete things easier as I am fitter. I am definitely much more confident. Walking great distances is nothing anymore whereas before it was a bother and if was longer than 10 mins I would have to plan for it. Just knowing that I am able to defend myself, gives me so much confidence that living in Vancouver and being approached by some strange person I am confident that my skills will protect me if need be. I don't live in fear to walk down the street. Just by being more fit I am looked at differently by random people. People's reactions to me now compared to before when I was less fit is very different. And it just plain fun...a good time.

What makes Kikara different from other schools?

I have not tried other schools. The things that I really like about Kikara is the mixed style aspect rather than focusing on just one method. Also the instructors have been really encouraging and helpful and a real catalyst for my improvement.



One on One with Sensei Kourosch



1. How long have you been training? 15 years.
2. If you had to describe your ideal student in one word what would that word be? Enthusiastic.
3. What is your favorite word? I can.
4. What is your least favorite word? No.
5. Next to Martial Arts training how do you like to spend your free time? I like to spend time with my friends.
6. What is Your favorite Technique? Spinning hook kick.

time? I like to spend time with my friends. 6. What is Your favorite Technique? Spinning hook kick.

Upcoming Announcements



Kikara Intra-school Tournament: This tournament will feature many exciting events such as: continuous point sparring, SKF face contact, SKF No face contact, team and individual form divisions, weapon forms, high jump kick and more. Details regarding the April tournament will be given in the March edition of the Kikara Martial Arts Newsletter.

Kikara Birthday Parties: Make your child's next birthday party memorable and exciting! Kikara is now hosting Martial Arts birthday parties, which include games, martial arts lessons, and plenty of fun for everyone! See your school's Program Director for more information.