



NEWS 12/2022

# KENPO

FRIENDS ACROSS EUROPE



# KENPO



## ***FRIENDS ACROSS EUROPE***

### **Introduction to our second edition**

*A word from the editor, Matt Snell – 7<sup>th</sup> Degree Black Belt from England.*

Welcome to our second Kenpo, Friends Across Europe newsletter. The purpose of this newsletter is for us all to share recent news on our clubs, our current and future plans and ultimately to stay in touch and share information with each other.

Thank you once again to all the contributors, for you time and your efforts to get your submissions in to me.

It's been a great year for me, now we are really feeling we are back on track and Covid is becoming a time of the past, or at least less of an issue for us all.

There have been some great events this year across Europe, and many more planned for next year, with seminars and competitions in various countries. Look out on our Facebook page and newsletters for details of each event.

Merry Christmas everyone and have a great new year. Looking forward to a great year of Kenpo in 2023.





# FLAMING FIST



## Martial Arts Academy – England UK

### Our Academy

**Past** – It's been a busy six months at our academy. We hosted several brown and black belt training days for our UK and overseas students. We hosted our own Junior Championships with nearly 30 of our children taking part in three of four events, covering sparring, self-defence techniques, Kenpo forms/sets and for our junior brown and black belts we had a weapons division. It was really inspiring and rewarding to see our students take part in the events. The other juniors that didn't take part all showed interest in attending next year.

We visited Kathryn Franke in German for the grading of her students and also to host two days of seminars covering many aspects of Kenpo. We had a great time at American Kenpo Arena in Spain, teaching and judging for the competition. It was a great standard of entrants and very enjoyable to judge.

**Present** – We have gained many new students and are back to almost pre-Covid numbers now. We are currently looking at creating adverts for the New Year so we are ready to attract new students. We are also planning small changes to our junior syllabus so it aligns to our senior black belt throughout the junior ranks.

We are also working hard on getting our own annual camp back up and running, after a two-year absence. This will be held in England in April 2023. We have some great instructors lined up and are currently planning the two-course brotherhood meal. We called it the "Phoenix from the Flames" as that's what it feels like. We have emerged from the flames of Covid to soar and share Kenpo once again with our Kenpo family.

**Future** – Our head instructor's next visit overseas is to Germany to the International Friendship Camp hosted by Frank Pfennig. We will hold more brown and black belt training weekends for our UK and overseas students. Hosting our own camp once again, plan our trips overseas, Germany in October 2023 and anything else we can fit in between running our own club, another junior championship, grading and advancements of our junior and adult students.





# FLAMING FIST

empty hands e.V. - Flaming Fist Kenpo Germany



## Our Academy

**Past** - After the 4th International Friendship Kenpo Camp could not take place in January, the time finally came at the end of July. The international Kenpo family finally met again. Two great, joint training days with many ideas and suggestions were again a lot of fun for all participants.

In mid-September we went once again to Exeter for brown belt and blackbelt training. We had a great time and would like to take this opportunity to thank our Head Coach Mr. Snell and his Blackbelts.

At the end of October, a grading for our new yellow belt Joel and our new purple belt Stephan took place. It was great to see the passion and diligence with which both of them worked for it.

In November we went to our Spanish friends in Madrid for the Arena Championships and his seminars. We are already looking forward to the next time.

**Present** - We are in the middle of planning for the 5th International Friendship Kenpo Camp on 14 and 15 January 2023.

A small anniversary that we want to make a harmonious and memorable time with all participants.

**Future** - In 2023, we want to further expand the self-defence courses started this year at the University of Applied Sciences. There is a lot of interest among female students. This recently prompted the University of Applied Sciences to offer Flaming Fist Kenpo Germany as a university sport. We are curious to see how this will develop.



# ASIA BUDO CLUB

Bushido“ e.V. , Germany



## Our Academy

**The Past** - The Asia Budo Club "Bushido" e.V. looks back on very strenuous 2 years, which have also left their mark on the size of the club.

But there were also good moments. Our anniversary could now be made up for this year for the 31st existence of the club and was a great experience.

Great seminars could be held again and a piece of normality took hold, so we are optimistic about the year 2023.

**The Present** - It is important to stabilize the club in the various areas: Kenpo Karate, Arnis Kinamutay, Taiji, Dance. Our trainers are ready for the challenges!

**The Future** - We are planning various seminars. Exact dates are not yet known, but the promises have been made.

Taping/ First Aid; Seminar leader Kathrin Franke - 11.02.2023  
Arnis Kinamutay and Taiji; Punong Guro Sascha Gothe (Xi Yao) - March 2023.

Nerve pressure points and energy channels, insights into Mu Sul Hapkido; Kyoshi Erwin Pfeiffer May/June 2023.

Outdoor training weekend of the Asia Budo Club our Black Belts - 01/02.07.2023.

Agos Kamay Seminary; Grandmaster Carlos Pulanco - August 2023  
British Kenpo Karate; Senior Professor 7th degree Black Belt Mr. Matt Snell- October 2023.

In cooperation with the children and youth network, we will again hold an event on "Self-Assertion/Self-Defence" in June. Other projects include self-defence courses for young people and women.

With all the planning, one thing should not be neglected: the joy and fun of exercise, the community, fitness for body, mind and soul to stay healthy. I say thank you for all, what you give and I wish you Merry Christmas and a happy New Year, a good time to relax together!





# ACTION KENPO



Herselt, Belgium

## Our Academy

**Past** - This year is a special year for Action Kenpo Karate Herselt. As an instructor I'm happy to announce that we have our first blackbelt in our club.

Edwin Exelmans and I went to Action Kenpo Karate Utrecht (Netherlands) to do a test with three other Kenpoka. All of them did their test for first degree black belt, which comes with a title: Junior Instructor.

The practitioners Edwin Exelmans, Tom Djajadiningrat, Menno Rieff and Harm Wassens worked for 3 hours to do their test. Meanwhile eight black belts were in the board to decide if what they saw was good let them be part of the kenpo karate black belts.

All four did their best and tested well. It is not only a test for Edwin as a student, but also a test for me as a teacher for me. I'm happy to see I did a nice job.



From left to right:

Erik Branger, Gunther Groenestein, Edwin Exelmans, Harm Wassens, Menno Rieff, Hans Hesselmann, Jacco de Hoog, Tom Djajadiningrat, Roberto Gilliot, Marcel de Jong, Agaat Wartena, Marco Jansen and Jaap van de Ridder.

# KATSUDO KENPO



Nieuwegein, The Netherlands

## Our Academy News

**Location** - The Katsudo Kenpo School 3<sup>rd</sup> floor of Herenstraat 100 in Nieuwegein.

Website: [www.katsudokenpo.nl](http://www.katsudokenpo.nl)

**Past** – The past few years were a challenge for us just as much as for everyone else. We did manage to survive the pandemic however, by doing all we could under the circumstances. We taught many classes online and did outdoor session as soon as they were allowed, albeit we had to train without contact for quite some time, but as of January, this year we're allowed to train again without limitations.

Starting up again we already had our kids camp in June where 50 kids were entertained with Kenpo and games for a whole weekend. This was our second camp in cooperation with our colleagues Roberto and Roxanne from Houten, and it won't be the last. Also, this year we had guest instruction at camp from Ernst Blikslager from Kamau Kenpo in Rotterdam. We had a decent delegation of our people at The Calling in Exeter this year, where our head-instructor tested and was promoted to 6<sup>th</sup> degree black.

**Present** – Right now we're fully back in business with all our classes (especially the kid's classes) overflowing with students. So much we had to stop taking new students in for a while. Tournaments are starting up again with our recent Dutch national Freestyle championships as a highlight. Sparring Team Katsudo did pretty amazing, resulting in 12 golden trophies and medals.

Our crew managed to organise an excellent crew day which consisted of a meeting between instructors, a training for all brown and blackbelts and food and drinks afterwards. This first one will be followed by many more we hope, but more about that I the future paragraph below.

Last but certainly not least in the present is the graduation of Bobby Geuze to certified instructor, being the third certified instructor in our school, of which we are of course very proud.

**Future** – We have plans are to send a small delegation to the Friendship Camp in January where we hope to get reacquainted with our friends from Flaming Fist and al others that are regular guests to this wonderful start of year event.

We hope to promote Michael Ray to 2<sup>nd</sup> degree black in February, which will only be the third student we've ever promoted any higher than 1<sup>st</sup> black (Theo and ferry went before him in December 2021). Kids Camp will return in our agenda in May, preparations have already started. And then another small delegation will be at the Outdoor Camp in Southern California if all goes well, as well as at The Calling in Exeter again.

And we're planning quarterly crew days for our instructors with guest instructors, which will be a great way to tighten the friendships we have in our school and to maintain them for many years to come.





# KENPO IRELAND



## Alan Corrigan promotion to 10<sup>th</sup> Degree

### Alan Corrigan promoted to 10th Degree at Croke Park

Croke Park, a stadium steeped in history with a 138-year tradition across Gaelic football and hurling. A modern-day amphitheatre for major music acts like U2, Coldplay and the Rolling Stones.

On Saturday afternoon for the first time Croke Park hosted a 10th degree black belt presentation with over 150 students and black belt instructors witnessing this historic event. On the day in question long term Kenpo Karate instructor Alan Corrigan was promoted to 10th degree by Senior Grand Masters Maurice Mahon and Shay Paget. SGM Mahon is an original black belt from 1965 under John McSweeney and one of the first Irishmen to receive a black belt in martial arts.

He is also responsible for bringing Kenpo Karate to Jersey in 1968. SGM Paget also hails from a similar timeframe. A man that the immortal Barney Coleman once called “the master” and one who has few peers in the technical elements of Kenpo Karate.



Master Corrigan's journey in martial arts began in 1972 at the Little Flowers martial arts club in Meath Street, Dublin. A lifetime of dedication he has been Chief Instructor at Loreto College Kenpo Karate Schools since 1985 and is a European Director of the A.K.I - American Karate International.





# KENPO IRELAND



## Alan Corrigan promotion to 10<sup>th</sup> Degree - continued

A well-known international competitor with multiple Grand Champion victories at I.K.C competitions, his technical ability is well noted and highly regarded.

A recipient of numerous Hall of Fame awards, but most significantly the Hall of Fame award from the Kenpo Yudanshakai. A man who leads by actions, his instruction has allowed Loreto College Kenpo to consistently be amongst the elite karate clubs on the Irish and international competition circuit. With fifty years in the martial arts the flame still burns brightly.



# LORETO KENPO



## Loreto College Kenpo Ireland

### Our Academy

The top right picture is of the squad ready for the Kenpo International Championships.

Out of a squad of ten competitors they managed to take home eleven gold and thirteen silver medals.

The Loreto College instructors are extremely proud of all the students and how they conducted themselves in a dignified and professional manner.

Picture two is the instructors and juniors of Loreto College Kenpo Karate Schools with newly promoted students. Joseph Nix and Lydia Lennon to orange belt and Jennah Lennon and Oscar Geoghegan to yellow belt.

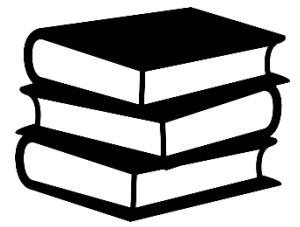
Bottom right shows Isabelle Stanley after achieving rank of orange belt with mother and father Tracy and Kenneth Stanley.

Then finally, in the picture below Frank McLoughlin is being presented with his purple belt from Instructor Alan Corrigan.





# KENPO READS



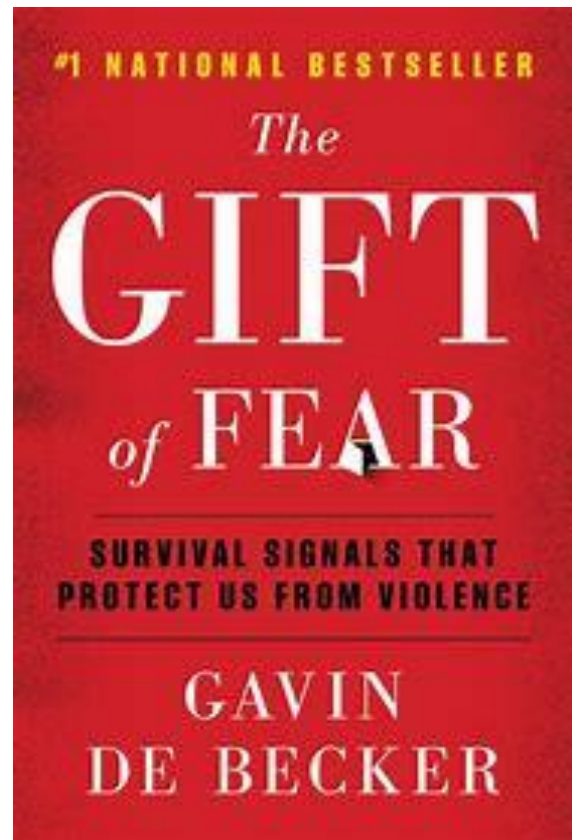
## Books for Martial Artists

### **The Gift of Fear by Gavin De Becker**

My pick for this issue is *The Gift of Fear* by Gavin De Becker. I really enjoyed this book and the way it looked in to the subconscious mind and how you take in more information than you sometimes know or recognise.

It'd about listening to that screaming voice inside you and is trying to tell you something is wrong. Some can it a gut feeling, intuition or inner voice. The book gives a great insight to real events and situations where people have, or haven't listened and the consequences of that choice. A great read.

Reviewed by Matt Snell



### **American Kenpo Mastery- Jamie Seabrook**

A useful and informative guide for the beginner starting out on their Kenpo journey.

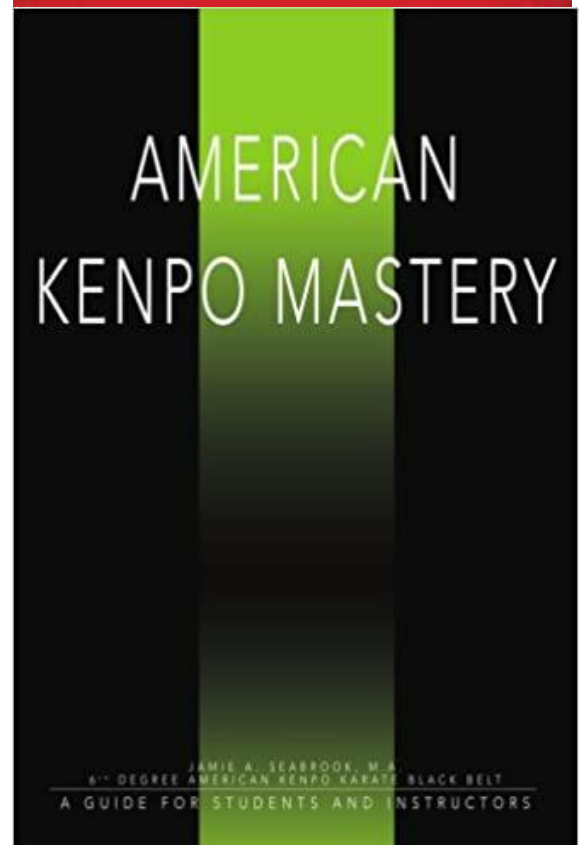
American Kenpo Mastery gives an insight to Kenpo through its five chapters introducing the history of Kenpo in chapter one, forms and sets in chapter two, discussing elements of self-defence techniques in chapter three.

Chapter four focuses on sparring and finally chapter five addresses testing procedures and rank advancement. With an appendix A detailing the different curriculums taught in American Kenpo and an appendix B detailing the authors personal notes relating to self-defence techniques.

Finally, there is a glossary of Kenpo terms to close the book giving the reader a general overview of American Kenpo.

A good reference book to start your Kenpo library.

Reviewed by Andy Tedder



# KENPO GAMES



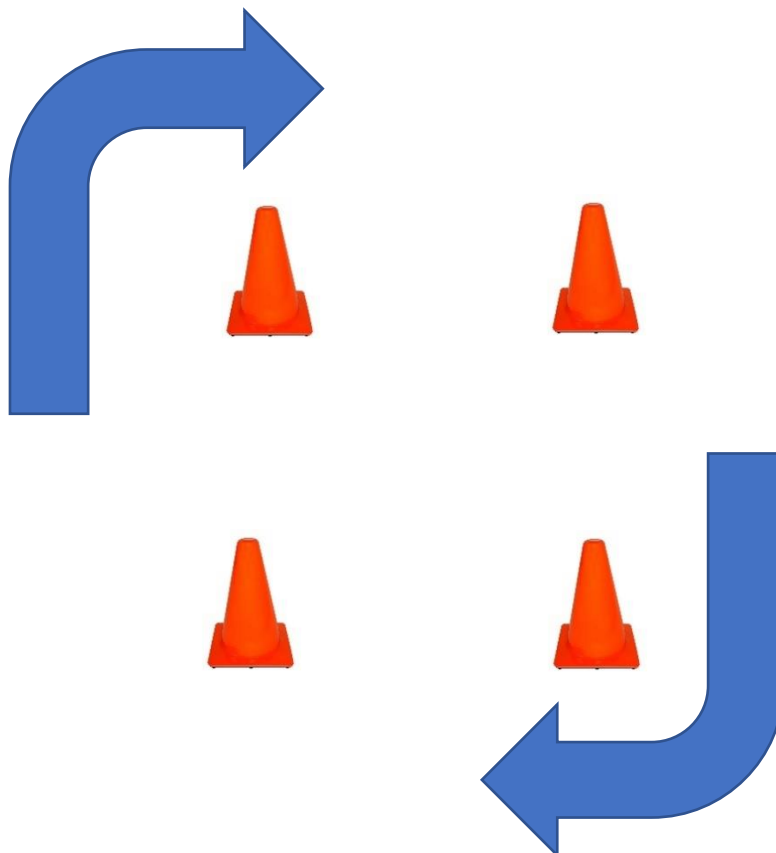
## Fun Kenpo Games for Children

In our last issue we told you about a game we play, using stances with made up names as a fun way of having the juniors follow simple instructions and help them work on their stances (Instructors note we call this hidden repetition, repeating basics in a different way).

In this game we mark an area out with cones or mats, and spread the children around the outside of the area. We use the stances but we make it more physical by having the children circle an area, either jogging or fast walking, then when we shout out a stance name. They then have to stop, face into the circle and do the stance. The last ones into the stance are out of the game. They then sit in the middle of the area. We also shout switch to change direction for them, clockwise/anticlockwise.

When we get down to just four students, we change the game to a racing game. We start one on each corner and they have to circle in the same direction and catch the person in front of the by touching them. After about a minute we switch directions, which can be fun especially if someone has gotten close to one another. We also make the area smaller and smaller.

If we get down to two people that just can't catch each other we then go to a stance off between the two of them. Great fun.



### The STANCE GAME

The following commands shouted out quickly, children sit down if stance is incorrect.

1. Horse
2. Attention
3. Dojo (bow from Waist, eyes look up)
4. Tiger (cat stance with Claws)
5. Dragon (one legged stance, knee held high, arms reaching up)
6. Respect (Cat Stance and hands come together and push forwards)
7. Warrior (one legged stance, guarding hand position)
8. Samurai (Drawing sword from opposite hip and hold high above head, while other hand checks)

### The Following are FUN STANCES

9. Ninja (hide)
10. Eagle (flap arms)
11. Sumo (get big)
12. Crab (move side)



# KENPO TIMES



## Manon Aben – Portugal 2022 Event Review

**Event Review** - Kenpo weekend in Lisbon 19-23 of October 2022

Alexandre Ribeiro and his team organized this event some time ago and he asked me if I could teach at some seminars. They did a great job!

As I live in the south of Portugal it was easy for me to attend, and I hopped on the bus and 3 1/2 hours later I was in Lisbon. The venue was held at the Camera Municipal in Loures, a huge complex with a lot of space for the seminars and the championship.

People from all over the world were attending and it was good to see old friends again and make new ones. There were more than 13 countries including USA, Portugal, Spain, Greece, Ireland, France, Belgium, Italy, Chili, Jersey, Denmark, the Netherlands and more

There were apparently 712 competitors who entered 1.407 events during four days of seminars, forms, sparring; featuring women, men and children of all ages and belt ranks

There was a wide variety of seminars with great people who shared their knowledge of Kenpo

A few of the people who were teaching: GM Doreen DiReinzo, GM Gilbert Velez, M John Ward, M Norbert Sandler, John Dean, Alexandre Ribeiro Jannie Ellekjær Nielsen and many more were outstanding I had many insights, and learned so much again!

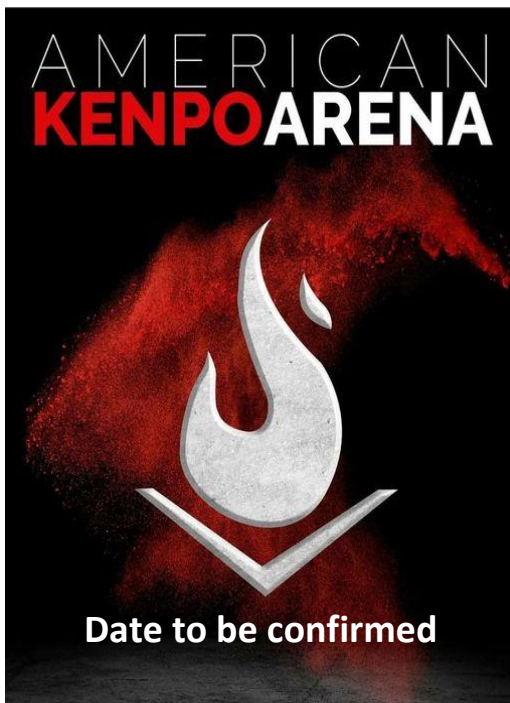
I always believe that if you have an open mind, you never stop learning! It was so special for me to be asked to teach at a big event like this and I would love to do it again. Thank you for all who made my visit such fun!



# KENPO EVENTS

## European Kenpo Events

There are many events taking place each year so watch out for posting on our Facebook page for details and updates





# KENPO INSIGHTS



## Useful Tips, Knowledge and Drills

### Explanation of Physics into Kenpo

Kenpo consists of punches, kicks, chops and whatsoever. But how is it that the power of impact of a punch is different between persons?

That is what I am going to clarify with the physics behind it with some examples.

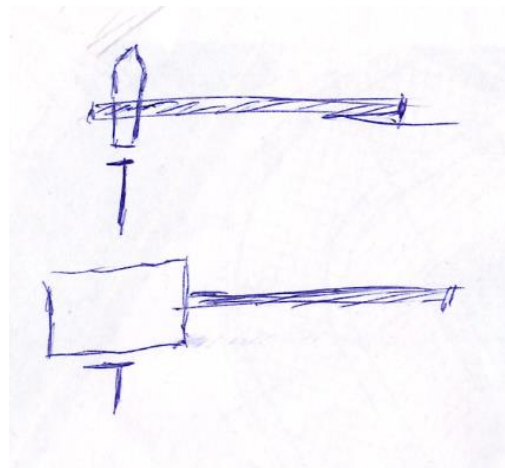
Let's look at throwing a punch and just look at the punch and not at the body alignment, torque and so forth. The punching arm and fist have mass. That is different per person. That mass can be used to increase the impact on a target.

Let's look at linear momentum, from Newton. The formula is:  $p = m \times v$

That means the amount of linear momentum is the product of mass and velocity (speed).

If you compare it with a nail, that needs to go into wood. If you have a light hammer, you need a lot of speed to put it into the wood. When using a heavy hammer, you don't need a lot of speed to put it into the wood. In both situations the hammer is good to handle.

With this example in mind, let's go back to our punching arm. If a person with a lighter arm wants to punch as hard as a person with a heavier arm, he/she needs to increase the speed of the punching arm. The only thing we need to adjust is the muscle speed and the bone structure.



### Muscle speed and bone structure

The movement of your body is an interaction between your muscles and your bone structure. The bone structure gives you strength. The muscles move your bones in the correct position to walk, sit, breath, punch, kick.

To move your bones quick, you need to train your muscles to tense/relax in a quick way. That can be done on punchbags or pads in the training. But it can also be done by visualising the quickness of your muscles. Just visualise that you are punching, without tensing your muscles.

Your mind and muscles are increasing the speed, without intensively using them.

# KENPO INSIGHTS



## Useful Tips, Knowledge and Drills

When you look at the bone structure it, this should be strengthened. If your muscles are very quick and your bones are not strong, you have a slight problem. The density of the bones needs to increase to get them harder. This can be done by doing techniques on each other with hitting the targets and increasing the power. This should be done with respect of each other without increasing risk on injuries. It can also be done by hitting a makiwara or just a wooden pole, because every time you hit that target harder and harder your body will work to increase the density of the bones.

Keep in mind, not to hit hard from the first time.

All these trainings to strengthen your muscles and bones, you need to nurse them by giving it healthy food most of the time.

### Applying Physics to a Technique

Let's look at the technique Hooking Wings. That is a double handed push. The defender steps back with the left foot into a right cat-stance. Meanwhile the two hands form the shape of a hook, to pull the hands of the attacker away. After that the attacker kicks with the right foot to the groin. After that a lot will happen but keep that beside.

Two defenders do the technique: a 90kg person and a smaller 60kg person.

The 90kg person has more weight to transport and as Newton says: Mass is slow. In that case it is good to do the above description. This person has enough mass to produce a lot of linear momentum.

The 60kg person has less mass but can shift quicker. For that person, it can be useful to step back with right into a left neutral bow. From that position it is a great position to kick with the right foot. The foot needs to travel a longer distance but when you look at the linear momentum, it is for that person better to gain speed.

The linear momentum for both persons should be almost the same and the result of it can be also the same.

So, when you look at a technique and it doesn't give you the right results, look at the linear momentum and see if you can adjust the mass or velocity to increase the linear momentum.

Enjoy your love of Kenpo.







Our next issue will be in June 2023,  
so please send any suggestions or  
submissions to Matt Snell at  
[flamingfistkenpo@yahoo.com](mailto:flamingfistkenpo@yahoo.com)

