



May, 2011

MAY TUITION IS DUE

Happy Birthday to:

Ms Ann Marie Hernandez
May 2

Mr. Sultan Jaouhari
May 8

Mr. Chase Hernandez
May 14

Mr. Joshua Moore
May 22

Mr. Samuel Kaucher
May 26



INSTRUCTORS

Mr. Dan Moore
281-795-1229 (c)
moore5518@yahoo.com

Mr. Josh Moore
J-mo-12@hotmail.com

Mr. Bill Bell
713-478-4646
bellbw@comcast.net

CLASSES

Clear Lake Christian Academy
14325 Crescent Landing Drive
T/TH 6:00– 7:00 pm

INFORMATION

For more information, visit our website at
www.moore-eagletkd.com

By Benjamin Paris from blackbeltmag.com

Martial Arts Techniques

Traditionally, martial arts were identified as fighting arts that originated in Asia. However, as the understanding of martial arts has expanded, combative arts created outside of Asia began to be labeled as martial arts. Martial arts techniques come in many shapes and sizes. There are empty-hand techniques during which the practitioner does not have a weapon. These generally involve strikes, kicks and grappling techniques. There are techniques for various weapons—knife, stick, blunt and other edged weapons. There are also disarming and self-defense techniques during which the practitioner is specifically trying to overcome an aggressor. Martial arts techniques also can include “softer” techniques, like breathing exercises, chi-disruption techniques and meditation.

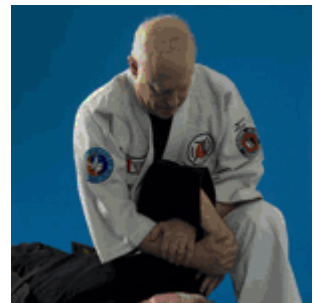
Chokes

Chokes—which also are called chokeholds or strangleholds—are grappling holds applied to an opponent or attacker’s neck that can cause unconsciousness or death. They are commonly used in combative sports, close-quarters and hand-to-hand combat, law enforcement, martial arts and self-defense. In classic films, the villain or monster wraps his powerful hands around his victim’s neck and squeezes the life out of him. In reality, chokes require less physical power and use either leverage or an opponent’s clothing to making breathing difficult, cut blood flow to the brain or both. There are two main categories of chokes. Air chokes (also called tracheal chokes) compress the upper-airway passages, causing a powerful gag response, pain and suffocation. Blood chokes (sleeper holds) pinch the carotid arteries and jugular veins (main brain blood vessels), cutting off blood circulation to the brain and quickly rendering a person unconscious. Commonly used chokes in close-quarters combat and combat sports are the anaconda choke, arm triangle, *gogoplata*, guillotine choke, rear-naked choke, triangle choke and the Peruvian necktie. Losing a UFC fight with a sub-par performance also could be considered a choke.



Joint Locks

Joint locks manipulate wrists, elbows, knees, etc., beyond their normal range of motion in order to break or dislocate bones, injure muscles, tear tendons or rip ligaments. These grappling techniques, used in martial arts such as chin na, jujutsu, judo and Brazilianjiu-jitsu, force an opponent/attacker into a submissive, nonthreatening position. Arm locks, such as the armbar, elbow lock, key lock, juji gatame (cross-arm lock) and shoulder lock, attempt to hyperextend, hyper-rotate or hyperflex the elbow and/or shoulder. Leg locks, such as the ankle lock, heel hook and kneebar, aim to disable the hip, knee or ankle. Small-joint manipulations twist the toes and fingers. Wrist locks rotate, supinate, pronate, hyperflex or hyperextend an opponent’s wrist. Spinal locks, including the neck crank, can opener, cattle catch, crucifix neck crank, twister and spine crank, are the most dangerous of the joint locks.



UPCOMING EVENTS

ATFI Patterns Seminar

July 15 - 17, 2011 at University of Texas Rec Center - room 1.104
(and Black Belt Testing)

Kingsland Color Belt Tournament

August 20, 2011 @ Kingsland Baptist Church
20555 Kingsland Blvd, Katy, Texas 77450



How to Correct Mistakes in the Ring

Kicks - Kicks are strikes that involve the legs, knees, feet or toes. Depending on the intention of the practitioner, his power and/or speed, simple kicks, like the front, side, back or roundhouse kick, can generally be performed one of two ways. First, the practitioner can deliver the kick with a quick snap of the knee and hips. Second, he can deliver it with a powerful hip thrust in which he locks his knees to deliver a focused straight-leg kick. Advanced kicks require better balance, speed and flair on the part of the practitioner for successful delivery. These kicks include the ax, butterfly, calf, crescent, flying, hook, jumping, multiple in which the same foot kicks many times, spinning with half- or full-body rotation, jumping spin kicks with up to three body rotations in midair, and vertical kicks. These kicks also can be delivered in combinations with each other. Besides being used as offensive weapons, some styles employ kicks to push back an opponent or to block and/or deflect an attacker's strikes.



Strikes - Characterized as a physical hit with any part of the body or an inanimate object, strikes are meant to cause pain, injury or death to an opponent. For martial artists, striking usually involves hitting with the legs or arms. For the legs, the practitioner strikes with his foot or knees. For the arms, the practitioner uses his elbows, wrists, fists or fingers in a variety of ways. Finger strikes can be executed by individual fingers or in combination for soft-tissue and vital strikes. Sometimes the practitioner will hold his hand in a clawlike grasp to rip at flesh or grab at soft tissues and vital points. Closed-hand techniques include punches and hammerfist strikes. Various open-hand strikes like the spearhand target soft-tissue areas. Open-hand strikes like the knifehand, chop, cupped hand and palm strike instead attempt to bludgeon larger areas with powerful hits. Depending on the martial art, the head, shoulders, butt and hips also can be used for striking an opponent.



Weapon Techniques

Martial arts weapon techniques refer to nonballistic weapons. Historically, the earliest known weapons were simple clubs (wood, bone, stone); the individuals with clubs discovered they had an advantage over their unarmed adversaries. This led to armed conflicts in which both parties carried weapons. With both opponents armed, it became necessary to develop weapon techniques to defeat the opponent—small differences in technique and timing could spell the difference between life and death. The various archaeological ages (Stone, Bronze and Iron) ushered in weapons that were increasingly intricate, efficient, sharp and deadly. More complex weapons often required more advanced training methods: thus the arms race was on. As martial arts weapons evolved, so did defensive tactics. Specific defensive weapon techniques included blocks, parries, using an object (i.e., shields) and, of course, running. Offensive tactics were devised based on whether a weapon was bladed/pointy (swords, knives, daggers, axes, pole arms and maces), nonbladed (simple clubs, hammers, pole arms) or projectile (hand-thrown and device-assisted missile weapons). Offensive maneuvers mostly centered on out-swinging, -thrusting, -slicing, -poking, -clubbing, -bludgeoning, -slashing, -twirling and -shooting your opponent. Many of these striking techniques resembled empty-hand movements, thus inspiring the philosophy that weapons are an extension of the hand.



Verse of the Week - Loving the Unlovely

"He that loveth not, knoweth not God, for God is love." 1 John 4:8"

Loving the unlovely -- God did that for you! Just because someone is different from us does not mean we should dismiss them or consider them inferior. You do not want to be judged or dismissed because of your color, culture or any other differences; so do not do it to others!

Since God's Word is very clear about us not becoming like others in their sinful practices, we are tempted to conclude that somehow we are better than they are. That is sin in itself. On the other hand, we fear that if we accept them, we are endorsing their sin. No, the truth lies in remaining respectful and accepting of others in the same way Jesus did. Whether it was racial differences (Samaritans), lifestyle differences (the woman at the well), or class differences (Nicodemus), Jesus managed to love people as they were, while inspiring them to a higher standard.

It's easy to say, 'love the sinner while hating the sin,' but living it out requires practice, patience, understanding, and reliance on our Heavenly Father's guidance. You can work alongside someone who is having an affair, while praying for them and not having one yourself. Remember, we ourselves were once sinners, now saved by the grace of God. Avoid the trap of self-righteousness and act with humility and grace when you encounter someone whose lifestyle makes you uncomfortable. Learn from them as much as possible. Allow them to dispel your preconceptions and stereotypes. Begin to see them not as a collection of demographic differences, but as people loved by God; people who need the same grace you received!