

A Word From Master Farhad

My fellow students one of my favourite sayings is: **“Happiness comes from confidence and confidence come from mental and physical power”**. I hope you are enjoying your summer. I am sure your Sport Kickboxing training is going well whether you are away or at the Academies. Maintaining your training will help you to stay fit and strong so when we see you in your regular classes, we can continue our exercises with some new exciting plans of training.



KIKARA Feature Student: Lida Lore

Martial Arts and so have always intrigued me after several years of contemplation, in January,

walked through the doors of Kikara Martial Arts Academy in White Rock. My hope was that I would not only benefit from the physical exercise, but also develop skills in self-defense. From the onset of meeting Karen and Sensei Benjamin Shaw, I have not been disappointed. I look forward to each class and use the opportunity of open gym to practice. **What has captured my interest is the physical exercise that challenges me to keep trying harder, the mental focus that clears my mind, and the opportunity to do this amongst a wonderful group of people from varied walks of life.** Most enjoyable for me however, is watching Karen and Sensei Ben interact with their students... especially with the children, spilling energy and enthusiasm, completely unrestricted...laughing and enjoying every minute of the class. And yet when asked to listen to perhaps a lesson in bullying, or caring for others, or conveying respect in their words, their tone and their language, they stop and listen intently to every word that is said. It is not because this is demanded; it is because of the deep respect for Karen and Sensei Ben. There is so much support in this environment; every person believes they can achieve the levels they desire. I truly enjoy learning martial arts, but it is the people at Kikara, that keep me coming through the doors every day.

What's Happening?

Congrats to KIKARA Guildford, which recently passed the 250-student mark. This is an important hallmark in a schools growth. Great job Guildford team!

A new batch of students has started training to become assistant instructors and assistant program directors. If you are interested in joining this team, please speak to your instructor or program director at your school.

Bag Training 101

Compliments of kickboxing.com

Perfect your technique and focus while building power, stamina and endurance.



Depending on what area of your training or individual techniques need improvement, breaking down your workouts into rounds and giving yourself rest time in between is essential to better performance.

To improve speed, it is important to keep the rounds short, 1 to 2 minutes with 30-second rest periods. Moving around the bag improves footwork and techniques that require speed.

To improve power, keep the rounds longer, 2 to 3 minutes with 1-minute rest periods to ensure full recuperation. Perform all techniques with full power while working on your aim.

Combining speed and power training is essential to good training. Bag training improves sparring as it gives you a chance to work on your combos. Allowing you to become comfortable with ducking, weaving, blocking and hitting without actually getting hit.

To reap the full benefit of bag training it should be included in your regular training at least 3 times per week, especially at the intermediate and advanced levels.

KIKARA Feature Family: Sofia, Kalina and Stephanie Galay



How has your family benefited from training at Kikara?

Since Sofia, Kalina and I started at Kikara, we've seen a lot of benefits in our family. **We're definitely all a lot healthier and in a lot better shape.** Our confidence has increased and we feel a lot more patient and relaxed. Not to mention the fact that we have really found something in common. It's great because we're all working together towards the same goal and we really support each other and push each other to that end.

Why would you recommend Kikara to another family?

The overall quality of the program and the instruction is what sets Kikara apart from other programs in my mind. It's a fun, all round, full body fitness! Sensei O'Neal is THE most amazing instructor... He is absolutely GREAT with the kids. I have never heard him say anything negative in class since we started here. He is supportive and encouraging and yet he pushes us without being overbearing. Not to mention he has a great sense of humour and always makes the class fun no matter how hard we're working!

I think the potential benefits for families who train together are huge! **Better health and fitness, helps to teach goal setting and it's something the whole family can do together!**

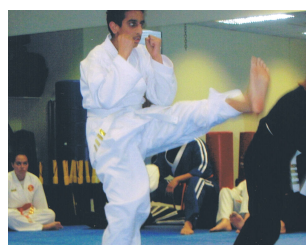
Did you Know . . .

Compliments of absoluteastronomy.com

That kickboxing has its routes in Muay Thai and was created by a Japanese promoter of boxing matches, Mr. Osamu Noguchi in the 1950s.

In 1966 the 'kickboxing Association' was founded in Japan.

The first kick boxer in the world was Tadashi Sawamura.



KIKARA Feature Student: Simran Sidhu

I joined Kikara in April 2005 with a goal of developing self-defence skills. I now have the confidence to try new things, my coordination is much better and I feel as though training has helped me with school. Physically I feel stronger and I have everyone at Kikara to thank for that. Sensei O'Neal always encourages me to give 100%. I look forward to achieving my black belt and acquiring new techniques along the way.

Upcoming Events

Sport Kickboxing Tournament (All schools) at BCIT in October. Stay tuned for more details on this great upcoming event.

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