



## Master Farhad on Sport Kickboxing

### What are the benefits that Martial Art offers children, youth and adults?

Sport Kickboxing is a unique sport. It is one of the only sports that offer people a complete lifestyle. And that is why we think Sport kickboxing is for people of all ages and all fitness levels. It can help anyone to improve their life by helping improve their physical and mental ability, giving them perseverance, healthy thoughts and intelligence in order to achieve all of their goals in life. There are many other benefits to Sport Kickboxing such as mental and physical fitness, self defense, self discipline, stress relief, self esteem and self confidence and that is why we say Sport Kickboxing can improve everyone's life. The benefits of Sport kickboxing training will affect all aspects of people's lives and some of these will last a lifetime. Also, we should keep in mind that children and youths are the future of our society and if we are serious about giving them a chance to become positive and productive members of our society, we must give them all the necessary tools. They need to be inspired and they need positive role models.



Martial Arts can provide important ingredients such as focus, respect, self discipline and social power for the development of children and youths in today's society. It will improve their leadership skills and teaches them that in order to be successful in life they need to set higher goals and to achieve them. It can also teach them **self control** and **self confidence** to deal with the stressful and high pressure social environment youths have to deal with these days. More importantly they get all these benefits in a fun and positive environment doing something they love.

## Members of the Month

### Most Supportive



Jaiya & Aneesh Varshney  
Vancouver

### Most Supportive



Leslie Albright  
Langley

### Most dedicated Volunteer



Wesley Dye  
Newton

### Most Supportive



Isabella Aquilini  
Vancouver

## 10 Secrets of effective Martial Arts Conditioning

### 1 - Bodyweight before external resistance:

Many athletes make the mistake of beginning a strength routine and going straight for the heavy weights. This usually ends up causing an injury. An athlete has no business using heavy loads if he/she cannot stabilize, control and move efficiently with only their bodyweight. So your strength program in the beginning stages may actually include no weights whatsoever. And it will work better and faster than a typical program that relies primarily on weights and machines in the beginning stages. Do not rush to lift heavy loads – muscle recruitment and control are far more important than maximum strength for any athlete. Without control – the strength is useless.



ARASH DORDAR

**2 - Train to the 5th Power:** This is a concept I learned from Juan Carlos Santana – basically it refers to the following.

**a) Train in a standing position - Ground Based.** The majority of athletic training should take place in an upright position – standing. Of course there are exceptions to this rule, but in general, we always lose something when we go from a standing position to a seated or lying position.

**b) Train with free weights (destabilized)** Any machine limits the range of motion and controls the movement. This is fine for beginners, but athletes need to be able to stabilize and control their bodies in all three planes of motion simultaneously.

**c) Use Multiple Joints (the kinetic CHAIN is natural)** "Single - joint exercises, such as leg extensions and leg curls develop movement patterns that will interfere with patterns you use in sport. Such exercises lead to inappropriate muscle recruitment patterns that can impair movement and lead to injury".

**d) Train with explosiveness:** Explosiveness as I see it can be defined as 'as fast as possible with control'. Some people seem to feel that explosiveness is somewhat dangerous. Sloppy training, uncontrolled movements? That's dangerous. Training explosively more closely mirrors what happens in sport and/or life.

**e) Train functionally** - train movements not muscle groups. Again, isolated muscle group training, outside of rehabilitation has no place in athletic training. An athlete should focus on strengthening specific movements. True muscle isolation is impossible anyway, so let's focus on using that body to work in an integrated fashion.



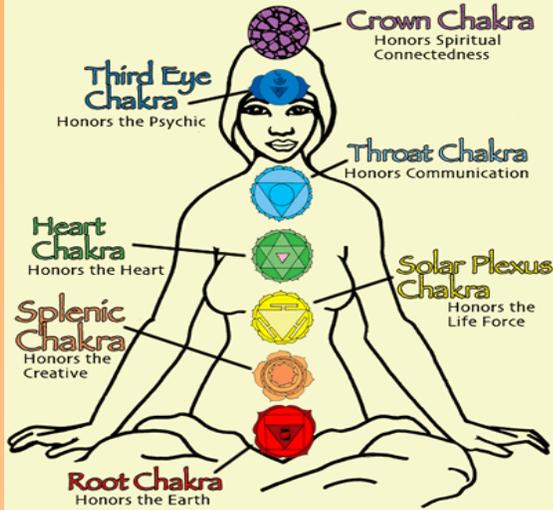
### 3 - Train unilaterally and multi-planar:

The majority of training programs take place in the sagittal plane with bilateral movements. Sports takes place in all 3 planes simultaneously with primarily unilateral movements

**4 - Use all primary methods to develop strength:** - Max Strength method - heavy loads - Repeated Efforts Method - multiple sets - Dynamic Effort Method - using relatively lighter weights and moving them at max speed (this is the least used method)

**5 - Variation:** Everyone seems to understand that training load should be progressively increased. Few understand that the training stimulus must also be progressively and periodically varied. All programs have positive and negative aspects no matter how well designed or specific - too much time on one program and you'll habituate to the positive aspects and accumulate the negative aspects

*Please look for the rest of this article in the next newsletter*



According to the ancient Indian sages, the body has thirteen subtle energy centres called *chakras*. Chakra is the Sanskrit word for "wheel": the word was chosen because the sages described them as fast moving vortices of energy. There are seven major chakras. The chakras are seen as storage centres for prana or Ki. Chakras can be thought of as dynamos through which energy is received and transmitted. Each of the chakras vibrate at a characteristic frequency and have been described to be a certain colour. **1st CHAKRA (RED) Muladhara (root place)** Located at the base of the spine. The muladhara chakra is connected to the sacral plexus, the rectum, the prostate and male reproductive organs. It is also called the physical chakra, because it's energy vitalizes the entire body. Once awakened, the kundalini energy ascends the spinal column and activates the remaining chakras. **2nd CHAKRA (ORANGE) Swadhisthana (self dwelling place)** Located 3 fingers width below the navel. The swadhisthana is related to the prostatic plexus, the adrenal glands, female reproductive organs and kidneys. It is thought to govern the impulses of creativity and sexuality. It is also the generating centre of physical energy. **3rd CHAKRA (YELLOW) Manipura (jewel city)** Located slightly above navel. The manipura is associated with the solar plexus, the spleen, the pancreas, the liver and the gall bladder. It is also called the abdominal brain because it is the place that we carry our emotions and make decisions. **4th CHAKRA (GREEN) Anahata (not struck)** Located in the centre of the chest. The anahata is called the heart chakra. It is connected to the cardiac plexus, the thymus gland and the pericardium. It controls respiration and relates to joyfulness and love. It is the place where the energies of mind, body and spirit come together. There are 3 chakras above and below making it the perfect union. **5th CHAKRA (BLUE) Vishudhi (to purify)** Located in the centre of the throat. The vishudhi relates to the thyroid gland, at the level of the throat, which regulates basal metabolism. It controls speech and sound and is the centre of communication and self expression. **6th CHAKRA (INDIGO) Anja (to command)** Located in the centre of the forehead. The anja controls the autonomic nervous system and is associated with the pineal gland which is located between the eyebrows. It is the seat of the mystical "third eye". **7th CHAKRA (VIOLET) Sahasrara (beyond all elements)** The sahasrara corresponds with the pituitary gland and the cortical layer of the brain. It is thought to govern spiritual consciousness. When this centre is opened, supreme bliss and universal energy combine in "the thousand petalled lotus." In China it is also referred to as the "hundred meeting place" because there are said to be one hundred energies that flow upward to meet at the top of the skull.



**1.How many years have you been training?** I have been training for 15 years under the supervision of my husband Master Farhad Dordar **2.How did you get involved with Martial Arts?** All of my family is involved in Martial Arts, My husband's entire family and my son Arash so it was a natural transition for me. **3.How do you motivate your students?** I make sure they have fun in class while learning and getting fit.

**4.Why Martial Arts is a necessity for women today?** It helps them attain mental and physical fitness and feel great about themselves. More importantly, it helps them to feel their inner power and find their confidence. **5.Have you ever had to use your skills to defend yourself?** Not physically but I attribute that to my self-confidence.

Angela's Story

Angela Lange Kikara White Rock:

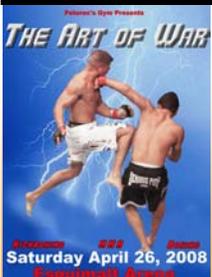
Joining Kikara was not a decision I made lightly. I had been making excuses for my weight for years, but the unavoidable truth was that I was overweight and it was affecting every aspect of my life. My turning point came while I was searching the internet for newest "magic" weight loss solution, when I came across a Body Mass Index (BMI) calculator - a standard tool used to assess healthy weight. At 5' 10" tall and 230 pounds, my BMI was 33, whereas a BMI over 30 is considered obese. I knew I was overweight, but the word "obese" finally made me realize I had to immediately make major changes. My lifestyle change had to include a structured activity that held me accountable while keeping me interested enough to stick with it.



Around this time I received a coupon in the mail for a free intro session at Kikara. I seized the opportunity and made an appointment at Kikara White Rock. At the end of the intro, I signed up. I was terrified for the first few classes but it immediately became evident that my classmates were all ages, sizes and abilities. The instructors and staff were knowledgeable, supportive, and encouraging. The classes are always different and challenging and for once in my life, I was actually looking forward to working out. Through training at Kikara three days a week and making other healthier lifestyle changes, I have lost 90 pounds and have gone from a size 20 to a size 6. I have a BMI of 20.1 (within the "normal" range) and have had no trouble maintaining my weight. I have also improved in less obvious ways: patience, perseverance and respect. I've made some great friends along the way too. I would encourage anyone, of any age, size, or ability, to give it a try.



News and Upcoming Announcements



- On **April 26th** 3 Kikara fighters will be competing in fight night in Victoria. **Sensei Christiaan Allaart, Sensei Sean Lloyd, Ms. Amanda Goodison** will be representing Kikara under the coaching and tutelage of **Master Farhad Dordar**. April 26th @ 6pm at Esquimalt Arena, Victoria B.C.
- Don't miss the **Kikara Intra-school Tournament on May 3rd 2008**, : 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 are available at each Kikara Location. Or visit [www.kikara.ca](http://www.kikara.ca)
- Kikara was selected the number 1 school again in 2007:** Yes; 4 years running Kikara has been the number 1 school in the lower mainland.

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