



# MARTIAL ARTS FOR EVERYBODY

## A Word From Master Farhad

Fall is one of my favourite times of the year. The changing of the leaves reminds me that a new season is upon us and that it is time to set new short term goals.

Have you considered what you want to achieve by the end of this year? With just three months left, I encourage you to not only set your goals, but to write them down. A recent study I read stated that people who write down their goals are 10 times more likely to achieve their goals than those who don't!

Perhaps you have a goal to be able to do the splits or to be able to do three rounds continually working the bag. Maybe you want to get an 'A' in that class. Whatever it is, I encourage you to set your goal, write it down and keep it in a place where you can see it on a daily basis. Finally—go for it! You can do it.

## Most Supportive Student of the Month



Randy Codizal  
KIKARA Guildford

I joined KIKARA in October 2003 and wanted to improve my kickboxing skills. Sensei Oneal was an excellent instructor, and to get good training I needed to go to a good instructor.

Kickboxing is demanding, and offers better cardio training than others sports. The classes are always different and there is always something new to learn. I have had an opportunity to meet lots of new people, improve my confidence and physical conditioning; kickboxing has turned into a hobby keeping me busy.

## SKF Fall Tournament

Congratulations to all the competitors in the SKF fall tournament. A special thanks goes out to all the volunteers who contributed to the successful event. We look forward to seeing all of you again at the SKF spring tournament.

## Career Opportunities

KIKARA currently has positions available for program directors and head instructors in White Rock, Langley, and Newton; and assistant instructors for the Vancouver location.

For more information on these exciting career opportunities with KIKARA, please visit [www.kikara.ca](http://www.kikara.ca).

## What's Happening?

White Rock and Newton to be open soon! The sound of sawing, hammering, and other noises are underway—our two newest locations are going to be open by the end of October. We will have our official launches at these locations November 6<sup>th</sup> and 13<sup>th</sup>, so book those special days in your calendars now.

KIKARA Martial Arts Academies has investment opportunities for those who would like to invest in our exciting and growing business. Please contact Master Farhad at 604-551-2832 or Craig Faulkner at 604-837-9850 if you are interested.

On September 26<sup>th</sup>, many of us were involved in the 10<sup>th</sup> annual SKF tournament at BCIT. Check out our website for results and pictures.



Interview with:  
Daniel Botero  
KIKARA Vancouver

### 1. How long have you been training in total?

I have been training for 7 Years.

### 2. What has been the impact of martial arts training in your life and lifestyle?

Martial arts has impacted my life in numerous ways. The following aspects have been strongly affected: discipline, focus, concentration, strength, physical fitness, my social life, and my schooling. Martial arts has helped me become more optimistic. You have heard it before, "Martial arts is a way of life". I strongly believe in this statement, but more importantly, I live by it!

### 3. What do you like about sport kickboxing style of training?

Coming from a very traditional background in martial arts, to the modern style of sport kickboxing has completely changed my views and the aspects I like about martial arts in general. What I most like about sport kickboxing is the strong emphasis on reality based defense. Sport kickboxing is a combination of all the most effective kicks and western boxing, yet it still holds tradition with application of katas and karate techniques.

## Technical Tips

**Movement:** when moving forward in Karate stance the knee stays bent so the hips can travel in a parallel line to the floor. Move the back foot inward first until it is close to the other and then move it outward while moving forward in order to maintain shoulder width stance, then straighten the back knee.

**Weaving:** turn hips and shoulders to about a 25 to 30 degree angle, bring your chin down bending from the waist, simultaneously turning hips and shoulders to the opposite side so the head would follow the bottom half of a circle. Come back in to guarding stance on the other side of the circle.

**Hooks and weaving:** weaving after a hook is always a continuation of the hook movement. In this case, the hook does not snap back. Instead the elbow will just come down to the side of the body and your shoulders stay in the same angle and you start your weave immediately.



**Interview with:**  
Savannah Locke  
KIKARA Guildford

**1. What do you want to be when you grow up?**

I want to be an actress.

**2. What do you like the most about KIKARA?**

I like doing the forms, because... I don't know why I just like them, and I like all my new friends.

## Z95.3 Prize Winners

Congratulations to Alison Perry and Terrence Vioria who won a \$500 Fido phone package, dinner for 12 at the Old Spaghetti factory, and a 6 month membership for KIKARA Martial Arts.

## How do you know you're hooked on martial arts?

When the Twelve Days of Christmas becomes: one boxing bag, two boxing gloves, three shin pads, four gi's, five rolls of adhesive tape.... twelve cases of Tiger Balm.

When you shut the refrigerator door with a sidekick.

When the books on your nightstand are by authors like Gichin Funakoshi, Hirokazu Kanazawa and Musashi Miyamoto.

When the first word out of your parrot's mouth is KIA! and you teach your cat how to spar.

## Student of the Month



Kristy McCourt  
KIKARA Vancouver

**1. When did you join KIKARA?**

I Joined KIKARA in the summer of 2002.

**2. Why did you join KIKARA?**

I wanted to become more balanced and more disciplined, plus I needed to break up my regular boring routine of the gym. I originally joined with the intention of just staying for the summer because I thought my class schedule at UBC would be too tough, but KIKARA grew on me and I'm still here 2 years later. I find kickboxing to be a good way to unwind after a long day. I've learned quite a lot and still have much to learn.



**Interview with:**  
Ashley Ezart  
KIKARA Guildford

**1. What do you want to be when you grow up?**

I want to be a veterinarian.

**2. What do you like the most about KIKARA?**

I like doing the forms, and I'm better in P.E. because I can run faster.

**3. What would you do if someone were bullying you at school?**

I would tell them to stop it and then run away and tell an adult.

## Business Opportunities

KIKARA is in the process of finding new locations and business partners for cities in the Lower Mainland and the rest of the province. If you have an area that you think could benefit from a KIKARA location, please let us know.

## Upcoming Events

Intraschool tournament

November 27

White Rock Location  
Opening October 2004  
102-2355 King George Highway  
Phone: (604) 541-4229  
Email: [whiterock@kikara.ca](mailto:whiterock@kikara.ca)

Newton Location  
Opening October 2004  
104-13569 76<sup>th</sup> Avenue  
Phone: (604) 592-5402  
Email: [newton@kikara.ca](mailto:newton@kikara.ca)

Langley Location  
Opening Soon  
Phone: (604) 534-5313  
Email: [langley@kikara.ca](mailto:langley@kikara.ca)

Vancouver Location  
1727 West Broadway  
Phone: (604) 733-9553  
Email: [vancouver@kikara.ca](mailto:vancouver@kikara.ca)

Guildford Location  
#2-15326 103A Avenue  
Phone: (604) 588-4400  
Email: [guildford@kikara.ca](mailto:guildford@kikara.ca)

[www.kikara.ca](http://www.kikara.ca)