

AKKA NEWSLETTER

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MARYLAND KEMPO-KARATE OPENS TO PUBLIC BY: KEVIN LEAVY, SENSEI

MARYLAND



Sensei Kevin Leavy of Pasadena, MD has expanded the Maryland Kempo-Karate (MKK) dojo from private lessons to a formal class on Andrews Air Force Base, home to Air Force One. Sensei Leavy mentioned that President Obama has not made it to class yet, but they expect him any day. Classes meet Thursdays in the Aerobics Room of the West Fitness Center from 6:30-7:30pm.

Since February 2009, MKK has taught the Shorinji Torakenryu arts. MKK is also spreading the word about AKKA's web activity, summer camp in June, and the US Kempo team. Hopefully, the rest of AKKA will meet the fresh karateka at this year's summer camp in North Carolina. (Continued on pg. 3)



WOMEN IN THE MARTIAL ARTS

BY: ERIN MORGAN

I recently attended a martial arts seminar with minimal female attendance. Since it is my hope that more women will become dedicated students of the martial arts, I set out to discover what attracts women to train. In addition to my own experiences, I drew upon those of

other students and instructors in AKKA to determine if men and women share similar motivations. I discovered throughout many interviews that it is difficult for any person, not just a female, to state one specific reason why they began training. However, a few distinct and common themes surfaced during these discussions. Initially, it

became quite apparent that many women developed an interest in the martial arts because they wanted to learn how to defend themselves. Self defense is what initially attracted Sensei Deborah Parrish, who is notably AKKA's only female sensei...

(continued on pg. 4)



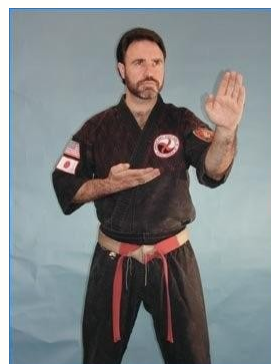
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AKKA *Vision* 2009 Budo Camp

Annual Ray Siniard Traditions Camp

June 5-7, 2009 • Catawba College, Salisbury, NC

Open to Students & Instructors of ALL Systems & ALL Skill Levels!



SEMINAR TOPICS INCLUDE:

- Holds & Releases / Locks & Counters / Basics of UPC (Unconventional Personal Combat) with Dr. James R. Cherry, Shodai Soke
 - Sogo Kempo Jutsu with Ray D. Ferrell, Nidai Soke
- Combat & Survival Stress Training with Kevin Caldwell, Soke Dai
 - Wing Chung & Hakkoryu Jujutsu with Garner Train, Shihan
 - Sogo Goshin Do with Matt Avant, Nidai Soke
 - Kobudo with Robert Zingg, Shihan
- Women's Self Defense & Rape Prevention with Ken Burt, Shihan
- Awareness & De-escalation Strategies with Jeremy Holloway
 - Chi Kung & Tai Chi with Mike Gentile

PLUS MUCH MORE!!!

Kids Program - June 6

Saturday, 12-4 pm

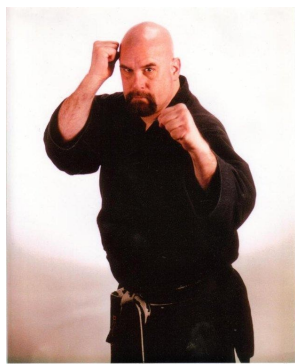
Includes:

- * Special children's instruction
- * Snack
- * Games
- * Swimming pool time!
- * Only \$65

For Camp facility info visit:
www.gocatawbaindians.com

For latest AKKA news visit:
www.torakenryu.com

To join AKKA's Facebook group: search 'American Kempo Karate Association'



Rate Information

- \$240 per person includes ALL meals, accommodations, training, T-shirt and closing party.
- Daily Rate - \$75 per person - includes training, t-shirt & 3 meals.
- Instructor Discount - Bring 10+ students and attend FREE - Bring 5-9 students for 1/2 off!

Register Online at www.TorakenRyu.com (follow web-link in lower left corner)

Or you can send your payment to: AKKA, 5760 Oak Drive, Charlotte, NC 28216

(Please make checks payable to **AKKA** and include your full name, age, address, telephone number, email, and T-shirt size.)

Questions? CALL (704) 393-1077

MARYLAND KEMPO-KARATE , CONT.

(continued from front page)

The unique make-up of the student pool brings much experience to the class, such as students like Mr. Mark Allen who was MKK's second student to join AKKA. He comes with a 4th degree black belt in Tae Kwon Do, Black Sash in Kung Fu, and also has training in other combatives. He is now an AKKA lifetime member!

like to extend a warm welcome to MKK's students and extend their gratitude for choosing to learn the Torakenryu arts. As Sensei Leavy helps new students discover our art, join MKK's dojo, and join AKKA, he hopes that the rest of AKKA will welcome them in the usual way. If you run into a member of MKK, please introduce yourself and help promote the new growth of one of our newest public dojos.

MARYLAND

虎拳流



少林寺

KEMPO-KARATE

WWW.MARYLANDKEMPO.COM

MKK Hosts Seminar!!!

In order to show their appreciation and to promote Sensei Leavy's endeavors, Soke Cherry and Nidai Soke Ferrell traveled to Maryland on May 16, 2009 for MKK's first seminar. On behalf of the entire American Kempo-Karate Assoc, Soke Cherry and Nidai Soke Ferrell would



YUDANSHA PROMOTIONS

Congratulations to **Malford Jeter** for earning his **Nidan** in **Shorinji Torakenryu Kempo-Karate** on April 18, 2009. He had a very good test and honored his previous teacher Sensei Ray Siniard, who passed away in 2006, with a great showing of martial arts skills. He is carrying on Sensei Siniard's legacy of commitment to honor and hard work through martial arts training and teaches through the Parks and Recreation Department in Brevard, NC. Great Job Malford!!!



WOMEN IN THE MARTIAL ARTS (CONT.)

BY: ERIN MORGAN

(Continued from front page) Sensei Parrish worked as a full time paramedic and recognized the vulnerable position she was frequently in, as well as having been attacked many times by patients while carrying out her professional duties. While reflecting on why she began training, Sensei Parrish said, "AKKA did a women's self defense seminar for medic employees. After that, I went to one class, then another, and I was hooked." Self defense is the most practical reason most women sign up for lessons. However, the indirect aspects of training are what seem to keep women committed to their training.

The aspects of training that continue to motivate women beyond self-defense are the discipline and increased self confidence that martial arts provide. The discipline that many women experience is similar to the discipline that is often found in other physical endeavors. Sensei Parrish related her experience in martial arts to the days when she was an avid dancer. She agreed that

she really enjoyed the martial arts particularly since she missed the discipline after an injury prevented her from continuing as a dancer.

In my own situation, the notion of improving my self confidence was also quite appealing in addition to learning self defense. For Abigail Ruffle, AKKA's newest shodan, martial arts was just one of many activities her parents signed her up for. She trained off and on throughout her adolescence and said, "I just kept coming back to it. It just became something I loved to do, a part of who I am."

As I progressed through my interviews, I began to wonder if students of both genders were receiving proper, or equal, training. It was repeated to me that individual students learn in different ways and that good instructors will tailor their teaching methods to each student. As Andy Brooks, AKKA's Florida State Rep, mentioned to me, "The cookie-cutter mentality is not so applicable in martial arts training, and can be particularly

detrimental to the training of females."

Female students in AKKA feel that they are treated equally by their instructors but a common finding is that male students go too easy on them. This can be significantly negative to the female student's training as she will not only miss out on proper training, but she may develop a false sense of security and poor self-defense habits. According to Sensei Parrish, the best way to handle this is to consistently address the issue as it arises and insist on the appropriate level of contact. As she has said to her training partners many times, "Don't treat me like a girl!" Sensei Doni Pulley of the Salisbury, NC dojo would like to add "during training, men sometimes must hold back...but everyone should attack as realistically as possible within the bounds of safety."

To ignore the notion that women face different threats than men and are anatomically and physiologically different, would make a

female's training less effective. Sensei Parrish acknowledged that "there are things that men and women do differently", but she was also quick to point out that "kempo is adaptable enough to deal with that."

Lastly, it is important to remember that women have natural abilities that can lead to formidable self-defense skills. Women are generally more open minded and suffer less from egoism. These traits make for great students and can help women learn faster because they are more receptive to new ideas and ways of thinking. Women will learn that they have some tactical advantages they can utilize too. For example, they usually have a lower center of gravity which can give them an advantage in certain throws.

Though not all women in martial arts want to be treated the same as men, they can expect it if they join AKKA, which is an organization that welcomes female students, treats them equally and seeks to train them in realistic ways that are best suited for their particular strengths and weaknesses.

