



Volume 1, Issue 7

Newsletter Date  
5-30-2017

Key dates of Interest

June 8-11, Summer Camp—Sensei Imura

June 28-July 1 AAU Nationals Raleigh North Carolina

August 4-6 Lafayette Training Camp

Aug 16-20 JKA World Championships – Ireland

Sept. 30 ULL Collegiate tournament

Nov 10-12 JKA AF Nationals

## 2017 JKA/AF Summer Camp

The JKA AF is excited to announce that Sensei Imura Takenori from Japan will be our guest instructor. Sensei Imura is 8th Dan and Vice General Manager of Technical Division. We are looking for strong support. All proceeds from the camp after expenses will assist the Team Travel to 2017 World Championships in Ireland.

- 6th Shoto World Cup Karate Championship Tournament (Osaka, 1996) 1st Place Group *Kata*
- 5th Shoto World Cup Karate Championship Tournament (Philadelphia, 1994) 1st Place *Kata*
- 4th Shoto World Cup Karate Championship Tournament (Tokyo, 1992) 2nd Place *Kata*
- 2nd Shoto World Cup Karate Championship Tournament (Brisbane, 1987) 1st Place *Kata/Group Kata*



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# 1st Maine Traditional Karate Invitational— Khim Torres

What a great turn out! Our 1st Maine Traditional Karate Invitational Tournament was participated by 4 selected dojos from Topsham, Auburn, Greene & Connecticut. Competitors, Judges, Parents and Family had a great time! It was such an honor to see that everyone worked together to unite traditional karate community in Maine. This wouldn't be possible without the help of Greene community. Thank you and we

look forward to seeing you all again in our next event.



## Kata Results:

### Div. 1 Kata Beginners 5-6

1. Caleb Harrington
2. Ethan Westman
3. Charlotte Shovilin

### Div. 2 Kata Beginners 6-7

1. Liam Laflamme
2. Isabella Miller
3. Miguel Torres/Levi Laflamme

### Div. 3 Kata Beginners 7-14

1. Gavin Corson
2. Paxton Plourde
3. Alex Potvin
4. Gaige Rancourt

### Div. 4 Kata Intermediate 7-14

1. Brady Boone
2. Charlyn Marquis
3. Jonah Luong
4. Isla Shovilin

### Div. 5 Kata brown belt 8-9

1. Andre Nopal - US Team member
2. Charles Ellis

### Div. 6 Kata brown belt 11-13

1. Mika Torres - US Team member
2. Fanek Herrmann

### 3. Bronwyn Balboni

### Div. 7 Kata brown & black 12-14

1. Ariana Touchette - US Team member
2. Sarah Morgan
3. Gwendolyn Scherrer

### Div. 8 Kata brown 13-14

1. Ben Farris- US Team member
2. Jaimey Leigh Weidner
3. Dominick Litchfield

### Div. 9 Kata black 15-16

1. Michael Umayam- US Team member
2. Yuki Torres- US Team member

## Kumite Results:

### Div. 1 kumite Beginners 5-6

1. Caleb Harrington
2. Ethan Westman
3. Charlotte Shovilin

### Div. 2 Beginners combined 5-6

1. Liam Laflamme
2. Levi Laflamme
3. Isabella Miller
4. Miguel Torres

### Div. 3 kumite Beginners 7-14

1. Isla Shovilin
2. Paxton Plourde
3. Gavin Corson

### Div. 4 kumite intermediate 7-14

1. Brady Boone
2. Jonah Luong
3. Charlyn Marquis

### Div. 5 kumite brown 8-9

1. Andre Nopal - US Team member
2. Charles Ellis

### Div. 6 kumite brown 11-13

1. Mika Torres- US Team member
2. Fanek Herrmann

### Div. 7 kumite brown & black 12-14

1. Ariana Touchette- US Team member
2. Gwendolyn Scherrer

### Div. 8 kumite brown 13-14

1. Ben Farris- US Team member
2. Dominick Litchfield

### Div. 9 kumite black 15-16

1. Yuki Torres- US Team member
2. Michael Umayam- US Team member





# Health—How much Water?

Adequate hydration is certainly important, however, water itself has no energy. We get our energy from food and energy containing fluids (gator ade, juices, even alcohol). The problem with water is how much is enough? How much do you need? This is actually very complex. Research on soldiers by J. Adolf in the 1930's and 40s showed that a man needs about the same amount of water in mL as the number of kilocalories he consumes / day. So, if he is consuming 2,500 kcal, he needs 2,500 ml of water. Furthermore, the water does not have to be in liquid form...it can be from water stored in foods or the water used to deliver the foods (soup). Sounds pretty simple...but it isn't. How much do you need to eat? The American College of Sports Medicine says that you can multiply you weight in pounds x 11 and that times (x) an activity. There are various activity factors: 1.2 for doing nothing, 1.6 for fairly active, 2.4 for extremely active. So, a 175 pound fairly active man / woman would need about  $175 \times 11 \times 1.6 = 3080$  Kcal and that translates to about 3 Liters of water (3080 mL ~ 3 L). Again, they don't have to drink that much, just consume it.

For us, the best way to stay hydrated is to measure body weight (nude or close to it) before training / exercise, then re-weigh

afterwards (nude or close to it) and replace the weight lost by 1.5 x weight lost ... with water. Use real weight scales, not the Tonita bioelectric impedance scales, they are thrown off by recent exercise. The normal person won't gain any extra weight, they will just pee it off...but they will maintain their hydration. People cannot train themselves to get along with less water...what happens is that water in muscle is metabolized and we waste away, shrivel into a raisin (I have friends in New Orleans who look like this ;-)

Thirst lags behind actual water need. So, simply quenching thirst is not enough to adequately hydrate...and carrying around a gallon of water is not the wisest thing to do. The best way to adequately hydrate is to replace lost weight with water (1.5 x amount of weight lost through sweat/ evaporation). If you are NOT thirsty, you are probably adequately hydrated.

Ferdia Torres might have been referring to the energy they feel from the metabolism of carbohydrate. Gotta remember that one part carb needs 3 parts water to store it, transport it, get it to cells where it can be metabolized to produce energy. As for creating more red blood cells

(erythropoiesis)...there has to be a reason for the body to do this and hypoxia (low O2) is usually the best reason. This can occur as a result of traveling to and living at altitude (Denver), or from chronic stress on the cardiovascular system as in cardio-exercise, or, living in a low [O2] tent (they have these now), or blood doping.

Lastly, water makes up about 50 to 70% of our body (less if more fatty, more if less fatty). It is the major component of muscle and plasma. Plasma is our 'cooling fluid' and we need this to transport foods, vitamins, O2, CO2, etc. throughout the body. BTW, green tea is an excellent fluid to drink!

Green T. Waggener, Ph.D., MPH  
Assistant Professor



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**TRAINING TIP** -About two weeks prior to the tournament, since Ireland is about 6 hours ahead of us, do some early morning training and try to go to sleep earlier than usual. On tournament days drink coffee if you already do so...but not if you don't. Eat a familiar meal two to four hours ahead of competition, familiar snacks w/ water within 2 hours of competition. After competition eat a high carb meal within 2 hours of competition. Carbs need water to distribute through out the body. Beer...only for the judges.

Bi Laidir! [bee lawdir = be strong!]

Green T. Waggener

**Based on my experience..** Drinking a glass or two of water first thing in the morning would help increase energy. Did a little bit of research.. on that and found out that drinking water on an empty stomach stimulates your red blood cells to grow faster... More red blood cells results in more oxygen in your blood thus having more energy.

Ferdinand Torres

2017 USA Team Assistant Coach



Ferdinand Torres -Sandan  
Maine  
JKA/AF



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## From the Coach's Corner: May 2017

We step into May with a newly selected USA team 2017 - congratulations to all who trained hard and was selected. Here comes the true discipline as you step up your training to prepare for our upcoming JKA World Championship in Ireland. Keep up your regiment, but train smart, avoid injuries to present your best possible condition to compete for USA in August!

I hope to see you all next month at JKA/AF National Camp in New Orleans June 8-11, 2017 where we can convene to build our Team Spirit, hone our skills and work on some strategies to compete. Remember that we are One Team with One Purpose, so let's help each other the best way we can. OSS!



Jose Ferrand—Rokudan  
Miami FL  
JKA/AF

Keep well and safe training,  
Jose Ferrand

2017 Team USA Coach



## Sparring Stamina—John Caluda, USA Team Asst. Coach

Start with squats or burpes for 50 seconds as fast as you can. Then 2 minutes sparring non stop with a fresh opponent who is pushing you to fight by pressing and or attacking.

Short breaks when you clash and start again. Do three rounds.

Between rounds get fresh opponents if possible and do 30 sec plank and 30 sec crunches while resting.

Take 2 min break and start over from the Squats or burpes.

3 sets all together.

Your legs and stamina are the first things to go when you are nervous. you need to over train now to get ready for that.

When Training reverse punch don't finish square like in basics. Rotate shoulders and hips 45 degrees past square.

When you are nervous and under pressure you will shorten your techniques naturally. So over rotating during practice will help compensate for your nervousness during competition.



John Caluda—Rokudan  
Louisiana  
JKA/AF



This years USA AAU Nationals are being held in Raleigh North Carolina. Sensei Mikami and the JKA/AF have been longtime friends and supporters of the AAU. AAU Karate has always provided valuable experience for our athletes, coaches, and officials. It is a venue that allows our competitors to gain experience both nationally and internationally. The AAU has extended an invitation to Sensei Mikami and the JKA/AF to attend the 2017 Nationals. Several JKA/US team members, students, and officials, have committed to attending this years event. For those who are interested in competing, please register online through the Southern District ( Rannie Ladner). For further questions contact Jerry Kattawar ( [jkattawar@live.com](mailto:jkattawar@live.com)).