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BLACK BELT  
PROMOTION

ARTICLES

NEWS

NOVEMBER 2009

# HANDS & FEET

MAY 2010

## CONGRATULATIONS

To Senpais Di and Steve who tied the knot on Saturday May 30th. It was a very moving ceremony with friends and family attending.

Senpai Leeann gave a very honest and humorous speech.

Mandy's cafe - Under the Red Verandah provided an excellent venue and fine food.

Both bride and bridegroom gave heartfelt speeches.

The occasion was enjoyed by all and we wish them the very best.

## Chocolate...

A huge thank you to all of you who have done so well in selling chocolates. Your hard work is very much appreciated. We've had a great effort put in so far and for everyone who hasn't got a box yet - don't despair! There are plenty left. If you don't get one in class just see Senpai Cheryl or Shane.

Remember we still have two awesome digital cameras up for grabs for those who sell the most. You have until the end of this month when Hanshi will announce the winners. Please return all money to Shane as soon as possible and if you need more to sell. **Thank you for helping to sell these on behalf of the Seido Kids. Osu!**

# TRAINING/RUNNING IN BARE FEET

Some members of an emerging class of very long distance runners known as ultrarunners have begun to advocate running barefoot or in thin-soled shoes:

**“Running shoes may be the most destructive force to ever hit the human foot.** ... Consider these words by Dr. Daniel Lieberman, a professor of biological anthropology at Harvard University: ‘A lot of foot and knee injuries that are currently plaguing us are actually caused by people running with shoes that actually make our feet weak, cause us to over-pronate, give us knee problems. Until 1972, when the modern athletic shoe was invented by Nike, people ran in very thin-soled shoes, had strong feet, and had much lower incidence of knee injuries.’ ...

“We’ve shielded our feet from their natural position by providing more and more support,” [Stanford track head coach Vin] Lananna insisted. That’s why he made sure his runners always did part of their workouts in bare feet on the track’s infield. ... ‘I think you try to do all these corrective things with shoes and you overcompensate. You fix things that don’t need fixing. If you strengthen the foot by going barefoot, I think you reduce the risk of Achilles and knee and plantar fascia problems.’

“‘Risk’ isn’t quite the right term; it’s more like ‘dead certainty.’ Every year, anywhere from 65 to 80 percent of all runners suffer an injury. That’s nearly every runner, every single year. No matter who you are, no matter how much you run, your odds of getting hurt are the same. It doesn’t matter if you’re male or female, fast or slow, pudgy or ripped as a racehorse, your feet are still in the danger zone. Maybe you’ll beat the odds if you stretch like a swami? Nope. In a 1993 study of Dutch athletes published in *The American Journal of Sports Medicine*, one group of runners was taught how to warm up and stretch while a second group received no ‘injury prevention’ coaching. Their injury rates? Identical. Stretching came out even worse in a follow-up study performed the following year at the University of Hawaii; it found that runners who stretched were 33 percent more likely to get hurt. ...

“In fact, there’s no evidence that running shoes are any help at all in injury prevention. ... Runners wearing top-of-the-line shoes are 123 percent more likely to get injured than runners in cheap shoes, according to a study led by Bernard Marti, M.D., a preventative-medicine specialist at Switzerland’s University of Bern. ...

“‘The deconditioned musculature of the foot is the greatest issue leading to injury, and we’ve allowed our feet to become badly deconditioned over the past twenty-five years,’ [the Irish physical therapist] Dr. Gerard Hartmann said. ... ‘Putting your feet in shoes is similar to putting them in a plaster cast,’ Dr. Hartmann said. ‘If I put your leg in plaster, we’ll find forty to sixty percent atrophy of the musculature within six weeks. Something similar happens to your feet when they’re encased in shoes.’ When shoes are doing the work, tendons stiffen and muscles shrivel. Feet live for a fight and thrive under pressure; let them laze around, as [miler] Alan Webb discovered, and they’ll collapse. Work them out, and they’ll arc up like a rainbow. ...

“[The change began in 1962 when Nike co-founder Bill Bowerman created] the most cushioned running shoe ever created - the Cortez. ... Bowerman’s deftest move was advocating a new style of running that was only possible in his new style of shoe. The Cortez allowed people to run in a way no human safely could before: by landing on their bony heels. Before the invention of a cushioned shoe, runners through the ages had identical form: Jesse Owens, Roger Bannister, Frank Shorter, and even Emil Zatopek all ran with backs straight, knees bent, feet scratching back under their hips. They had no choice: the only shock absorption came from the compression of their legs and their thick pad of midfoot fat. ...

“But Bowerman had an idea: maybe you could grab a little extra distance if you stepped ahead of your center of gravity. Stick a chunk of rubber under the heel, he mused, and you could straighten your leg, land on your heel, and lengthen your stride. ... He believed a ‘heel-to-toe’ stride would be ‘the least tiring over long distances.’ If you’ve got the shoe for it.”

Christopher McDougall, *Born to Run*, Knopf, Copyright 2009 by Christopher McDougall, pp. 169-181.

“It was with sadness that we heard of the passing of Aaron and Chris Connell’s grandfather on Friday the 16th of April. Our thoughts and sympathies are with them and their extended family”.

## Monday Class 5-6pm (Open)

### Senpai Colleen Biggs

Get fit fast! The 5:00pm class on Mondays is open to all students, from beginners to Black Belts and focuses on fitness and conditioning. The aim is to develop strength, speed, explosive power, co-ordination and stamina.

Every class commences with 30 minutes of bag work in the back Dojo followed by a more general workout, often involving pad work with partners, in the main Dojo. The emphasis is on a hard workout rather than syllabus, so it’s all about attitude rather than ability.

Students preparing for grading and promotion will find this class of considerable benefit to their training schedule due to the intense level of physical effort required. The atmosphere is supportive and encouraging, so don’t feel out of your depth just because you are starting out. The best way to train for Karate is to do Karate. This is a great way to lose pounds and tone up!

Sparring gloves and a drink are pre-requisites for this class. Although there is no contact sparring, this is a high-intensity, low-impact session. Be prepared to sweat lots, go hard and have sore muscles, but to feel great afterwards!

Osu.

*Senpai Colleen (Nidan).*

# Judo Visit

On Tuesday the 23rd of March the Black Belt class attended Senpai Graeme Spinks’ Dojo for some one-on-one time with his students. There were eight Black Belts from Seido with an apology from Kyoshi Mal who couldn’t make it due to a sudden family emergency. The class was attended by some 20 Judokas of varying belts with this class being the senior one.

The warm-up lasted for 25 minutes with lots of different exercises such as firemen lifts, wheelbarrow surfing, dead man lift and butterflies to name just a few. The warm-up was (how shall I put it?) challenging. They also had an adapted push-up (look forward to trying that in class). After our challenging warm-up we spent ten minutes or so practising a straddle choke (look forward to trying that as well).

We then paired up with Judokas for groundwork, which consisted of them trying to make us submit. Unfortunately for Sensei Graeme’s students we were not that easy to overcome, with some submits of our own achieved. I had the challenge of fighting Naomi Spinks, Graeme’s sister-in-law, who is an accomplished Judoka and a bloody good as well. If the opportunity arises, Naomi is one fight not to be missed. Naomi is exceptionally tough and exceptionally skilled. Due to our fight I now have to buy another gi (thanks Naomi). We finished at 7:30, which was quite enough, with a couple of hardy souls staying till the 8:30 end of class. I take my hat off to these guys and gals; they train hard and fight hard. It is an experience that we will repeat and we are indebted to Sensei Graeme for allowing us to train with his class. We have started planning our revenge – to have the Judokas visit our Shibu for some pad work and other circular activities, which will no doubt include Pomeroy’s.

*Sensei John.*

*Your Contact Details*

*Please let us know if your phone number, address or e-mail address has changed - reply by e-mail or fill in a form at the office and hand back to Shane.*

## **CITY 2 SURF**

*- Sunday 21st March*

*A big thank you to*

*Senpai Andy Walsh for*

*organising the BBQ at*

*QE II after this year’s*

*City to Surf fun run.*

*It was much*

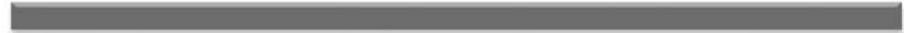
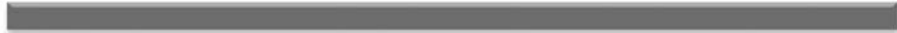
*appreciated by those*

*who completed the*

*course.*



**CONGRATULATIONS**





To our four new black belts: David Poole, Justin Wiki, James Tabak and Andy Welsh. Special guests at the promotion were the families of the candidates. and Steve Pomeroy who as many of us know owns the 'seido pub' Pomeroy's.

Senpai Justin's uncle who kindly presented Justin with his new obi. We congratulate them on their effort.

# Security

The side Dojo windows have been left open on a number of occasions recently. It is the responsibility of the last person out to check doors and windows, especially on the weekends. Please - if you open the windows during class, close them afterwards! Thank you.

## Timetable Changes

An updated Dojo timetable is attached. Sensei Troy's 6:15am Thursday class is now running as a conditioning class and Sensei Scott takes a new class 5:00-6:00pm on Tuesdays.



## Seido Kitbags and Bag Gloves

Check out the new "Seido Kitbags" to hold all your Karate gear -

**\$10** from the office.

We also now have a range of sparring/bag gloves at just \$25 a pair.

**Paddy was driving down the street in a sweat because he had an important meeting and couldn't find a parking place. Looking up to heaven he said, "Lord take pity on me. If you find me a parking place I will go to Mass every Sunday for the rest of me life and give up me Irish Whiskey! Miraculously, a parking place appeared. Paddy looked up again and said, "Never mind, I found one."**

Father Murphy walks into a pub in Donegal, and says to the first man he meets, "Do you want to go to heaven?"

The man said, "I do, Father."

The priest said, "Then stand over there against the wall."

Then the priest asked the second man, "Do you want to go to heaven?"

"Certainly, Father," was the man's reply.

"Then stand over there against the wall," said the priest.

Then Father Murphy walked up to O'Toole and said,

"Do you want to go to heaven?"

O'Toole said, "No, I don't Father."

The priest said, "I don't believe this. You mean to tell me that when you die you don't want to go to heaven?"

O'Toole said, "Oh, when I die, yes. I thought you were getting a group together to go right now."

**An Irish priest is driving down to New York and gets stopped for speeding in Connecticut.**

**The state trooper smells alcohol on the priest's breath and then sees an empty wine bottle on the floor of the car.**

**He says, "Sir, have you been drinking?"**

**"Just water," says the priest.**

**The trooper says, "Then why do I smell wine?"**

**The priest looks at the bottle and says,**

**"Good Lord! He's done it again!"**

# Measuring Endurance

Endurance is defined as the ability to sustain a sub-maximal physical activity for a long time. Endurance is considered to depend largely on the ability of our body to take up, transport and process oxygen. The lungs are responsible for the uptake of oxygen while the circulation transports the oxygen to the working muscles. Here the oxygen is used in the process of burning energy fuels (glycogen and fat) to produce the energy used for the activity in question. Although the muscles can also metabolise fuels without the presence of oxygen this process is less efficient and cannot be maintained for very long. The more oxygen there is available to the working muscle the longer an activity can be sustained at a relative higher (sub maximal) intensity.

As endurance is closely related to the ability of the body to transport and process oxygen it is most accurately measured by the highest rate of oxygen consumption of which a person is capable. Usually this is expressed as Liters of oxygen per minute or, when taking individual bodyweight into account by milliliters of oxygen per kilogram of bodyweight per minute. This is called maximum aerobic power, maximum oxygen consumption or VO<sub>2</sub> max.

VO<sub>2</sub>max can be measured very accurately in the laboratory. Oxygen intake is measured through a mask during progressive exercise intensity using large muscle groups (usually on a bike or treadmill). The amount of oxygen measured the moment where the oxygen uptake does not increase any further is defined as the maximum oxygen uptake. Doing an accurate oxygen uptake test in a laboratory is time consuming, expensive and uncomfortable and involves the use of complex equipment. Tests have therefore been designed to estimate oxygen uptake indirectly by measuring heart rate during a certain submaximal work load which can either be progressive or constant. There is a linear relationship between oxygen consumption (or the equivalent work rate) and heart rate. As the heart rate response is so closely related to our oxygen uptake prediction equations have

been calculated, based on large population studies, to help with the interpretation and classification of these indirect tests. Examples of the tests are the Astrand 6 minute bike test, the Cooper 12 minute run/walk and the multistage shuttle run test. The Astrand Test is popular in the health and fitness industry. It is generally accepted that the test has a standard error of up to 10%. The main disadvantage of the test is that cycling is a less familiar mode of exercise for many, often resulting in limiting localised muscle fatigue. Other factors which can affect the result are climatic conditions and age.

A sub maximal test will give a fitness level score which is directly related to cardiovascular fitness and therefore health. VO2 max is genetically determined but can be improved by up to 20% through specific training and even more if a significant amount of weight loss is achieved. As long as the same test is used follow up testing is useful to track progress in an individual's endurance fitness and therefore health.

Ref: ACSM's Guidelines for Exercise Testing and Prescription, seventh edition

*Dr John Hellemans, November 2008*

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# WILD FOOD FESTIVAL WEEKEND SECURITY IN HOKITIKA

A massive thank you to the team who gave up their weekend and went well beyond the call of duty providing security for the Beachfront Hotel in Hokitika over the Wild Foods Festival weekend in March.

I trust that everyone has recovered from the lack of sleep (think of it as training for camp). The dojo has benefitted to the extent of \$3,500 from this event - once again a big thank you to all those involved.

From those who attended, a special thank you to Senpai Wayne Davidson from Hokitika for his hospitality in hosting the Christchurch students.

Osu

