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**BUILDING CHAMPIONS  
IN LIFE**  
for over 35 years

## KMAF NEWSLETTER

The month of August saw little competitive activity. As a result, this month's issue of Kim's Martial Arts and Fitness Newsletter has few tournament results to report. We have, however, included a number of articles and features that we hope will be of interest to everyone.

Alison Stevens has contributed a new feature this month- the competitor profile, the first of what will be a monthly column. Each month, a different competitor will be interviewed and profiled. This month, the competitor profiled is *Judoka* John Schneider.

Mr. Peter Georgiades, Judo shodan, practicing attorney, and a firearms instructor of some accomplishment (Firearms Instruction, Research, and Education—Fire—at [www.fireinstitute.org](http://www.fireinstitute.org)), has contributed the first of several articles in which he examines the legal implications of the use of force in self-defense situations.

This month's Training and Conditioning column describes grip training and methods to increase hand strength.

Mr. Moore

## ATHLETE PROFILE

### Kim's, Pitt Judoka named to US Armed Forces Judo Team

This April, the Armed Forces Judo Team Coach was scouting for active duty military judoka to attend the Military World Judo Championships this summer in Russia. At the US Senior Nationals in Virginia Beach, John Schneider, a 2nd Lieutenant in the Marine Corp answered the coach's inquiry. John became the only Marine invited to a ten day training camp to try out for the team. Training camp consisted of three workouts a day with weights or sprints in the morning and two Judo workouts in the early and late afternoon. John was selected for the team at the end of the camp, but was informed that a problem with the team's visas would prohibit travel to Russia. Although John did not get to go compete at this event, he felt it was still a great opportunity to train with the team. The Armed Forces is hoping to sponsor this Judo team to attend the Fall Classic/ Ladder Tournament this September in Florida.

John has been in the Marine Corps for seven years. He enlisted as an MP in the Marine Reserves and earned the rank of Sergeant. He has served all over the world, including an international coalition exercise in Estonia. In 2003, John served from Kuwait to Baghdad providing convoy security and handling Enemy Prisoners of Wars. A year later, John left Pittsburgh for Officer Candidate School on a flight contract at Quantico in Virginia. At Quantico, he attended a civilian flight school where he logged twenty-five hours and four solo missions in a Cessna 172, including one cross-country flight. During this time, he was also certified as an Instructor in the Marine Corps Martial Arts Program. John now resides in Pensacola, Florida awaiting the start of Aviation Pre-flight Indoctrination. This program will include six weeks of aerodynamics, meteorology, navigation, and water and land survival. Then for seven months, John will learn to fly Turbo-prop trainers (T-34). At the end of his training, the Marine Corps will determine whether John will get to fly jets, helicopters, or multi-engine aircrafts.

John has also been active in Judo for the past 7 years. He began taking classes at the University of Pittsburgh, where he received a B.A. in Administration of Justice and a Minor in Fitness. Earlier this year, John received the Judo Spirit Award at the Beltsville Shufu Open in Maryland after placing in both the 73kg and 81kg divisions. John continued his judo studies with Maurice Allan at Sport Judo in Alexandria, VA while stationed at Quantico. This year he has participated in the Liberty Bell, U.S. Senior Nationals, Am-Cans, Continental Crown, and many local tournaments in



“ju yoku go o seisu”

*This is a Japanese expression that means “softness overcomes hardness” or “flexibility overcomes stiffness.”*

Maryland and Virginia. His tokui waza (favorite technique) is Tai-Otoshi (Body drop). John is currently looking to find a dojo in Florida to continue his Judo training.

Alison Stevens

## JUDO NEWS

### Judoka's Ukemi Waza Prevents Serious Injury

On Saturday, July 30<sup>th</sup>, yonkyu (orange belt) Nolan Stahl was enjoying a carnival with family and friends in Castle Shannon when the unthinkable happened. Nolan fell backwards off an 18 foot bridge. Nolan says one of the thoughts that flashed through his head was that he must try to take a breakfall, like he practices every class at Judo. Nolan landed face first in a front fall in an inch of water. Although he suffered some scrapes and bruises, as well as an injured shoulder and knee, he had no broken bones. “I could have died. Taking Judo really helped,” Nolan said. His accident was featured on several local Pittsburgh television stations that weekend.

### PA Judo

Elections were held Sunday Aug 18 in Breezewood, PA:

President: Eugene Kim

Vice President: Cindy Nicholas

Secretary: Lisa Osmundsen

## TOURNAMENT RESULTS

### Corey Delmastro competes at the 2005 Junior US. Open Judo Championships

Corey Delmastro was the lone Kims' representative at the 2005 Junior U.S. Open Judo Championships held in Ft. Lauderdale, Florida on August 6<sup>th</sup>. Corey was 1 of 19 competitors in the Male under 17 years old 60kg division. His 1<sup>st</sup> match went into golden score after both players were tied with yukos. Corey had scored a yuko with Tomoe Nage, but had received 2 shidos that resulted in the tie. Corey lost by Ippon to this opponent from California, after submitting to a choke 3 minutes into overtime. His 2<sup>nd</sup> match lasted 15 seconds when Corey threw a Puerto Rican Judoka with Te Guruma for Ippon. Corey's final match was even for four minutes when his opponent from California scored an Ippon with Sumi Gaeshi. This tournament was a great experience for Corey, as it is considered to be the toughest junior tournament in the United States with over 550 athletes from 25 different countries in attendance.

## SELF DEFENSE AND THE LAW

### The Law of Self Defense. Abridged: Part I – The Scope of the Problem

One who studies a martial art for purposes of self defense is training to commit an act which could well change his life forever. Putting aside the personal and moral implications of directing force against another, and even assuming we are successful in protecting the physical integrity of our bodies and those of the people we undertake to protect, the legal consequences which may follow our doing violence to another can be personally, professionally and economically ruinous. In recognition of this, most martial artists have, at one time or another, sought to understand the legal limits placed upon the use of force. It is not easy.

In this state alone, there are a dozen statutes, with hundreds of separate sections, devoted to the use of force. Thousands of judicial opinions, encompassing tens of thousands of pages, are

devoted to articulation of the parameters of the law governing the use of force in both civil and criminal contexts.

There is so much written on the subject because the law is not simply a set of rules, such that one might expect to predict a legal outcome by mechanical application of a checklist. The law is actually an effort to codify and effectuate a set of social principles. The “black letter” rules we find in statutes and ordinances are only an imperfect attempt to put those social principles into practice. The “rules” are therefore subordinate to the principles, and must be interpreted accordingly.

The matter is further complicated because the principles the law seeks to serve change over time, and current principles are often in conflict. Our law makes one principle or idea paramount in one situation, and gives another precedence in a different situation. As circumstances change, the particular principle that will govern changes, which means the rules that apply also change.

For example, free speech is considered a fundamental freedom. The principles behind freedom of speech are, however, subordinated to the need to keep people safe from the panic which may ensue when someone seeks to amuse himself by yelling “fire” in crowded theatre. The decision to give precedence to public safety in the latter case is a decision fraught with value judgments about what is “right” and what is “wrong.” The considerations include such things as the importance of human life, the degree to which the other theatre patrons are “innocent,” the lack of social utility in entertaining a lone joker, the comparative importance of one person’s wish for amusement and the personal safety of dozens of other theatre patrons, the theatre owner’s property interest in his theatre and his business, and such things as insurance and how society as a whole will bear the burden of people being rendered non-productive as a result of injuries they might sustain in a stampede toward the exits.

A more pertinent example of how social (and therefore legal) priorities will shift as circumstances change is found in the application of the duty to retreat in the face of a physical threat. Whether the law imposes a duty to avoid the use of force by retreating, or permits one to stand their ground and fight, depends upon things such as how the confrontation developed, the relative physical capabilities of the involved parties (size, physical condition, skill level, intelligence, armament, disposition, attire), the nature of the threat, the amount of force likely to be necessary to resolve the situation, what might be lost if the belligerent party is permitted to have their way (property, dignity or life), where the confrontation is occurring, whether the belligerent party has indicated any willingness or desire to cease hostility, the disposition of bystanders, and what a hypothetical “reasonable man” might believe about any or all of the above in a given case.

To predict the type and amount of force that may be legally permissible in a given situation, one would have to understand a number of legal principles which have been evolving since before the United States existed, and know how those principles are currently manifest in our law. One must also know which principles have been held to be controlling in what factual situations, what rules have been enacted to vindicate those principles, and how those rules have been interpreted and are currently being interpreted. Above all, one must have a complete understanding of all of the facts operative at the time of the incident, including facts which the actors themselves may have been unaware of. Then one could sit down for several hours, work through the possibilities, and make an informed prediction of what the law demanded of a given person under a given set of circumstances. (I use the term “prediction” advisedly.)

Obviously, this is not practical. Even if one is bright, legally trained and has substantial legal experience, there is no time for legal analysis when an assailant steps from the shadows and swings a bat at one’s head. (Fortunately, as we shall see, the law does not require this of anyone.)

If we intend to think through the problem of using force to defend ourselves and our loved ones, we must necessarily do so in advance of any emergency. Consideration of basic principles which underlie the law governing the use of force will facilitate that process. At a minimum, it will help assure that whatever decisions we make in the course of developing

## Taekwondo Black Belt Ranks

### Il-Dan

*First degree*

### I-Dan

*Second degree*

### Sam-Dan

*Third degree*

### Sa-Dan

*Fourth degree*

### O-Dan

*Fifth degree*

### Yuk-Dan

*Sixth degree*

### Ch’il-Dan

*Seventh degree*

### P’al-Dan

*Eighth degree*

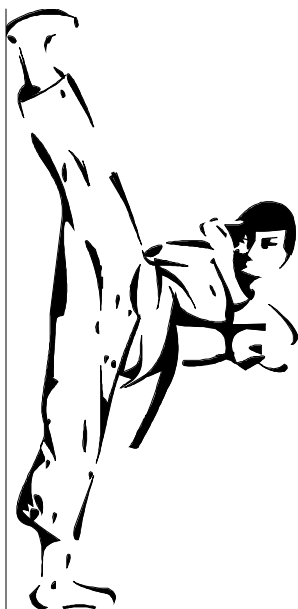
### Ku-Dan

*Ninth degree*

### Ship-Dan

*Tenth degree*





An-nyong ha-shim-  
ni-kka?

How are you?  
(formal greeting)

An-nyong ha-se-yo?

How are you?  
(informal greeting)

our personal approaches to the problem will be consistent with what the law requires.

In subsequent installments of this article, I will discuss what I consider to be the key principles which underlie the law governing the use of force. I will offer an explanation of how the law defines "force," "justification," "self-protection," "emergency standard of care," and related terms, and set forth sections of Pennsylvania statutes in full. My objective is to provide an informed overview, and hopefully to dispel some of the myth, legend, misapprehension, lies, misinformation, uninformed rant, stupidity and confusion which seems to pervade any public discussion of the law governing the use of force.

Next issue: "Part II - The First Step to Understanding is to Call Things By Their Right Names."

Peter Georgiades

## TRAINING & CONDITIONING

### Training & Conditioning IV- Grip Training

As mentioned in last month's Training & Conditioning column, hand or grip strength is a key performance attribute, important to all martial artists, particularly *Judoka*. It is equally valuable for Taekwondo practitioners, however, contributing to both strong striking and blocking techniques. Once again, when one examines traditional training methods, it is clear that modern grip training methods were anticipated in both Judo-the practice of *kumikata*, for example-and Taekwondo, where knuckle and fingertip pushups are commonly practiced. Karate practitioners have long employed iron *chashi* and inverted sand-filled jars to strengthen their grip.

Those of you that have had the (unfortunate) experience of training in my gym know that grip training is, for me, something of an obsession. Please bear with me! All of our previous discussion concerning strength training also applies to developing one's grip: barbells, dumbbells, kettlebells, bodyweight, etc. may be utilized. As a result, there are a variety of grip training tools that can be utilized effectively to increase one's hand strength-large diameter, a.k.a., "fat", bars and handles; pinch grip blocks; grip machines; handgrips; sandbags; rope; old *obis* and *gis*; etc! The use of these training tools is summarized below.

**"Fat" Bars and Handles-** As the name implies, these are dumbbells, barbells kettlebells and handles that are larger in diameter than standard weight training equipment. Normally, the diameter of the bar or handle one must grip is 1 1/8". Fat bars range in diameter from 1.92" and up. For those of you interested in weight training arcana, the rather odd 1.92" dimension comes from the diameter of the Thomas Inch challenge dumbbell. Thomas Inch was an early twentieth century British strongman (5'10 1/2"; 210 pounds) who was able to clean and press a 172 pound dumbbell with one hand, in spite of its exceptionally thick, 1.92" diameter, handle! Obviously, the thicker the handle, the more difficult it is to establish and maintain a grip and to lift. Training with large diameter equipment, then, forces one to develop a much stronger grip. Fat bars can be used when performing any barbell or dumbbell exercise.

**Pinch Grip Blocks-** This is a different sort of grip training tool. Rather than wrapping one's hand around a bar or handle, a block is pinched between the fingers and thumb. The thicker the block, the difficult it is to grip. These days, blocks are generally fabricated from steel. Resistance is added to the block by means of a loading pin. With training, it is possible to develop an absurdly strong pinch grip; a number of individuals have, after years of training, developed their pinch grip to a point that enabled them to perform chins while pinch gripping overhead ceiling joists!

**Grip Machines-** There are a number of machines available to train one's grip, nearly all of which consist of a sliding mechanism with two parallel handles that can be squeezed together. Resistance is increased by adding plates to a loading pin. Some machines also have pinch grip and hand-gripper type handles. Generally, grip machine work is performed like any other weight training movement, i.e., squats, bench presses, etc., for a designated number of sets and reps. Since it should be difficult if not impossible to hold anything after using a grip machine, its use should be last in one's routine!

**Handgrips-** Handgrips are small steel springs with handles that are used by attempting to squeeze the handles together. They are available from a number of companies and retail outlets, but the best grippers, by quite a margin, are sold by Ironmind, Inc., [www.ironmind.com](http://www.ironmind.com). Ironmind markets a broad spectrum a grip training tools in addition to a full line of high quality weight training equipment. Because they are small and portable, hand-grips can be used while engaged in other activities-riding a stationary bike (my personal favorite), walking, running, etc. Their small size also allows them to be taken along when traveling.

**Sandbags-** Sandbag training places a strong demand on one's grip. Consequently, training with sandbags necessarily improves hand strength. In addition to barbell and dumbbell movements, sandbags can be used to replicate judo movements, not only resulting in a stronger grip but also stronger Waza! Even simple exercises-repeatedly gripping and lifting a small sandbag, for example-work the grip quite strongly.

**Rope-** Rope can be utilized in a number of ways to build hand strength. When performing chins, for example, drape a length of rope over the chinning bar and grip the rope in lieu of the chinning bar. Try it and experience the difference! The same approach can be employed with lat machine pull downs, cable rows, etc. Rope climbing is a time honored method of developing hand and upper body strength. It is a method of training that has been used for decades by *Judoka*. If you have access to a climbing rope-use it! For a real challenge, try not to use your feet while climbing. Good luck! Rope can also be used to pull a sled (any small platform loaded with resistance; even an old tire) hand-over-hand for a great grip and upper body/pulling muscles workout.

**Old Obis and Gis-** Old belts and *Gi* jackets can be used much like rope to perform chins, etc., although utilizing old belts and uniforms is much more difficult. However, this form of grip training has the advantage of very nearly duplicating actual practice: highly specific, as Mr. Berry would say with approval.

There are a number of other approaches to grip training-wrist rollers, wrapping bars with towels, sustained deadlift holds, etc., etc.-that are simply too numerous to discuss in detail in this column. If you would like to know more about them, please contact me. As always, if you have any questions about grip training or any other training issue, please feel free to contact Mr. Berry or me either by email or at the main school in Brentwood.

Mr. Moore

## UPCOMING TOURNAMENTS

### Upcoming Tournaments

#### **Judo**

Fall Classic and Ladder Tournament, Sept 3-4, Miami, Florida

Rock and Roll Judo Tournament, Sept 24, Solon, OH (2 hrs from Pittsburgh)

Central PA Judo Invitational, Oct 2, Roaring Spring, PA

#### **Taekwondo**

Governor's Cup, Oct 9, Bucks County, PA

Tae-dan-hi kam-sa  
ham-ni-da

*Thank you very  
much.*

Ch'on ma-ne-yo

*You're welcome.*

