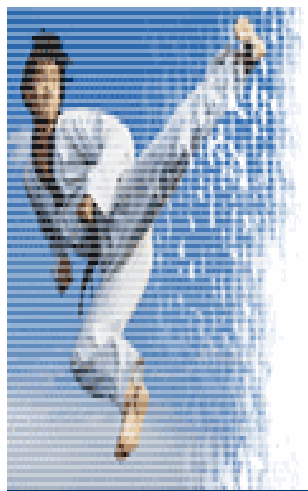


Please note: we welcome and value your feedback. Please let us know what you would like to see included in the newsletter and how you think the newsletter can be improved.



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

KMAF NEWSLETTER

Regrettably and sadly we mark the passing of our teacher, colleague and friend, Master Dorothy Nicholas. We will always cherish the memories and legacy she leaves with us.

In other news:

The months of March and April saw a flurry competition for both Judo and Taekwondo players. Students from Kim's Martial Arts & Fitness competed in six Judo tournaments—including the Pennsylvania State Judo Tournament and the US Judo National Tournament—and two Taekwondo Tournaments. A full report follows.

On May 13, Taekwondo practitioners were privileged to have the opportunity to attend a Taekwondo refereeing seminar conducted by Grandmaster Chan-Yong Kim. Grandmaster Kim carries a multitude of prestigious credentials, including the Chairmanship of the International Referee Committee of the World Taekwondo Federation. He is a 9th Dan in both Taekwondo and Yudo, and a 6th Dan in Hapkido. Grandmaster Kim also trained his son, Jimmy Kim, who won the Taekwondo heavyweight Olympic gold medal in the 1988 Seoul Games. The seminar is described in detail in an article in this issue.

This issue also contains the usual features: the Athlete's Profile, Training & Conditioning, and Recent Promotions.

Mr. Moore

MASTER DOROTHY NICHOLAS 1937-2006

I was honored and privileged to speak at Ms. D's memorial brunch following her funeral service. The text appears below.

We are here this morning to celebrate the life of Dorothy Nicholas, who I will always remember as Ms. D. And there is much to celebrate: a beautiful family, and a life lived with purpose, dedication and rare achievement. Many of you are familiar with Ms. D's accomplishments as a martial artist and martial arts teacher. She was among the highest ranked Judo and Taekwondo practitioners in the state of Pennsylvania, beginning her training when few women practiced martial arts and even fewer rose to her level of accomplishment. However, in my mind, the innumerable lives Ms. D. touched and the positive effect she had on those lives are a much greater accomplishment. During our twenty-year association I cannot tell you how many young people, and not so young people, benefited from her thoughtful instruction, kindness and, yes, when necessary, strict discipline. All of her students loved her; she was not only our teacher, but also our surrogate Mother, Aunt, Sister, and friend. We were all part of her family. Ms. D simply cared for and helped everyone met, and did so without compromise or the expectation of reward. It was simply how she lived her life. In today's world, that is a remarkable epitaph. As I stand here this morning and think of Ms. D, I recall her courage (never more in evidence than in the last weeks of her life), dedication, strength, uncompromising integrity, compassion, tenacity, humor, and love. Ms. D leaves us this as her legacy.

Mr. Moore

The following article concerning Ms. D. appeared in the obituary section of the Pittsburgh Post Gazette. Also, the Nicholas family has asked that donations in their Mother's memory be sent to the Kyu Ha Kim Martial Arts Education Charitable Trust, c/o Mr. Christopher D. Moore, 104 Soft Shadow Lane, Venetia, PA, 15367.

OBITUARY: DOROTHY NICHOLAS / MOTHER OF 6 WAS TOP JUDO BLACK BELT

Died May 10, 2006

Sunday, May 14, 2006

By Diana Nelson Jones, Pittsburgh Post-Gazette

Dorothy Nicholas found a job, a passion and the remedy for a bad back in judo when she was 35. She went on to become the highest-ranking judo black belt in Pennsylvania, an honor she passed on to her daughter Cynthia upon her death on Wednesday. She was 69.

Mrs. Nicholas, of Brookline, was the mother of six, all of whom competed in judo. Her husband was the first Pennsylvania judoka to become a national champion. George Nicholas won five master's titles before his death in 1989.

After following her husband and son George Jr. onto the mat, Mrs. Nicholas became the assistant to Kyu Ha Kim at his judo school, formerly in Whitehall, now Kim's Martial Arts in Brentwood. Mr. Kim dubbed her Mrs. D, a nickname that stuck among hundreds of students she eventually taught at the school.

She was inducted into the Martial Arts Hall of Fame in 1988.

George Nicholas Jr. said his mother enjoyed working out more than competing. "She liked to come to our competitions. When my Dad competed, Mom would go and yell out strategies and techniques to him."

Two of her children became alternates in judo on the U.S. Olympic team – Richard in 1980, when the United States boycotted the Games, and Cynthia in 1996.

Eugene Kim, who runs Kim's Martial Arts in Cranberry, said Mrs. Nicholas was "like my second mother. She worked with my father for 34 years as assistant instructor-slash-secretary-slash-manager. I don't think I've ever met a woman who was more passionate about the martial arts. Even in the last years when she couldn't do it physically, the thing that lit her up was talking about it."

George Jr.'s sister-in-law, Anna Maria Turnbull, grew up and still lives several doors away from the Nicholas family home.

"She was very family oriented. I never remember her not smiling, and she had this pretty, strawberry blond hair."

Before her involvement in judo and later tae kwon do, in which she also earned a fifth-degree black belt, Mrs. Nicholas had been a ceramist and taught ceramics, said Ms. Turnbull.

At the church they attended, the Church of the Resurrection in Brookline, Mrs. Nicholas gave free self-defense classes for women. "The most recent one was about six months ago. She was ill [with cancer] then but she was a fighter. It was only the last month she was down for the count. She was amazing that way."

Besides her son George Jr., she is survived by sons, Richard, Joseph and Brian; and daughters Kimberly Reick and Cynthia Nicholas Geyer, all of Brookline; and 13 grandchildren.

(Diana Nelson Jones can be reached at djones@post-gazette.com or 412-263-1626.)

ATHLETE PROFILE

Name: Salvatore DeSimone

Age: 9

Years in Judo: 4

Rank: Green

Tournaments Competed in this year: Ohio State Championships, PA State Championships, and Liberty Bell

Placed: 1st in All

Favorite Judo Competitors: Tanner Kim

Favorite Technique(s): Tomoe Nage

Other Sports or training: Baseball

Job/School: 3rd grader

TOURNAMENT RESULTS

Taekwondo

30th Battle of Columbus, March 25, 2006

Zachary Dunois

3rd Forms

3rd Sparring

Park's Taekwondo Championship, April 22, 2006

Zachary Dunois

1st Forms

1st Sparring

Liam Williams

1st Forms

1st Sparring

PA State Open Tournament, May 6, 2006 at State College

Zachary Dunois

1st Forms

1st Sparring

Michael Nikolich

3rd Forms

1st Sparring

Jessica Nikolich

4th Forms

1st Sparring

Liam Williams

2nd Forms

1st sparring

Judo

The Midwestern Judo Championships, March 12, 2006 in Chicago

3 rd	Ron Kozarian	Seniors
3 rd	Leah Kurtz	Juniors
2 nd	Liam Williams	Juniors
4 th	Nolan Stahl	Juniors

Pennsylvania State Championships, March 26, 2006 in Johnstown

Kims had a large turnout at States this year and won both the Junior and Senior Team Trophies.

Juniors

1st	Alicia Nocket
1st	Grant Coulton
1st	Nick Cavanaugh
1st	Nolan Stahl
1st	Tanner Kim
1st	Zechariah Cavanaugh
1st	Kevin Holman
1st	Salvatore Desimone
2nd	Bobby Costello
2nd	Ian Townsend
2nd	Jack McMann
2nd	Jared Myers
2nd	Krystal Caldwell
2nd	Will McMann
3rd	Tyler Kim
3rd	Zach Dunois

Also Participated:

Ben Ayers, Cort Altimus, and Liam Williams

Masters

1st	Bill Ehling
1st	Dave Desimone
1st	Lisa Osmundson
2nd	Bob Russell
2nd	Grant Colton
3rd	Bob Berry
3rd	Chris McMann

Also participated:

Chuck Schmidt and Peter Georgiades

Seniors

1st	Alison Stevens
1st	Chris Hreha
1st	Chrissie Kanick
1st	Nolan Scanion
1st	Ron Kozarian
3rd	JR. DeFilipo
3rd	Robert McNeilly

Also participated:

Ben Geisellman

Nage No Kata

1st	Sarah Tarbox & Shane Fuga
2nd	Bob Berry & Chuck Schmidt

Katame No Kata

1st	Chris Moore & Chuck Schmidt
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Liberty Bell Judo Classic, April 1-2 in Philadelphia

Kims sent a team of 12 juniors, four seniors, and one Master to compete at this large annual regional tournament. Five juniors won trophies adorned with ringing Liberty Bells.

1 st	Leah Kurtz	Girls 10-12 < 43
1 st	Sal DeSimone	Boys 6-9 < 22
2 nd	Kevin Holman	Boys 6-9 < 27
2 nd	Tanner Kim	Boys 6-9 < 42
3 rd	Zachariah Cavanaugh	Boys 6-9 < 30

**2006 Senior National Judo Championships, Kata & International Masters
April 21-22 in Houston, TX**

Kims' had a total of five seniors, two Masters and one Kata team participate in the 2006 Senior National Judo Championships in Houston, Texas. For Friday's competition, John Schneider, stationed in Florida with the Marines, and Connor Driscoll, living in San Jose, California, joined Alison Stevens and Ron Kozarian to compete. Ron started off the morning with an upsetting loss. His opponent did not proceed far enough in this 39-competitor bracket to pull him into the repechage. Alison's division had 12 competitors, and she received a bye in the first round. In the next round, she was awarded Ippon. She then suffered two losses in the semifinal and bronze medal matches to finish 5th in the women's 78 kg division. Alison's 5th place finish earned her one D level point to remain on the Senior Elite roster. Alison also competed Saturday in the Women's Senior Open division, but finished 0-2. Connor Driscoll lost his opening match in the +100 kg weight class by hansoku make, the equivalent of an Ippon for his opponent. His opponent did not move far enough in his bracket to allow Connor any repechage matches. John Schneider competed in the 90 kg division and lost his first match. He did not get pulled into the repechage. John also participated in the Men's Senior Open division on Saturday, finishing 0-1. Master Moore and Master Schmidt were our only kata team at this year's Nationals. Although they did not place in their class, they performed a very superb katame no kata.

On Saturday, Ben Geisselman participated in his first National Championships in the Senior 73 kg division. Ben and his opponent battled for about 2 minutes, before he lost his opening match. Ben's pool had 32 competitors and his opponent did not advance far enough to pull him into the repechage. Saturday afternoon Lisa Osmundsen participated in a best out of 3 against her opponent in the Women's Masters, 52 kg division. Lisa walked away with two victories and a gold medal. Chuck Schmidt competed in the Men's Masters, 90kg division. He lost his first match, but won his second to win the silver medal. Overall, the Kims' team fought very hard and had an enjoyable weekend in Texas.

Upcoming Judo Tournaments

5/13/06	Buckeye Open Judo Championships	Lodi, OH
5/26-28/2006	<u>Am Can International</u>	Amherst, NY
6/10/2006	Shufu Jr. Open	College Park, MD
7/15-16/2006	USJA Junior Nationals	Boca Raton, FL
7/22-23/2006	<u>USJF Junior Nationals</u>	Ft. Lauderdale, FL
7/29/2006	<u>Junior U.S. Open and Junior World Trials</u>	Ft. Lauderdale, FL
7/30/2006	<u>Keystone Games</u>	York, PA

Black Belt Promotions

Nathan Czapor	1 st Poom	Zachary Dunois	1 st Poom
Tyler Kim	1 st Poom	Zechariah Kavanaugh	1 st Poom
Hunter Black	1 st Poom	Lori Henderson	1 st Dan

GRAND MASTER CHAN-YONG KIM REFEREE SEMINAR

On May 13, Grandmaster Chan-Yong Kim, Chairman of the International Referee Committee of the World Taekwondo Federation, held a refereeing seminar for more than two dozen Kim's Taekwondo students. Grandmaster Kim's martial arts experience and extensive international refereeing qualifications make him the final authority on Taekwondo competition rules.

The seminar began with an overview of the current World Taekwondo Federation rules governing Taekwondo sparring. Although many of the participants had attended refereeing seminars in the past and several had extensive experience up to the state level, it had been some time since anyone had attended a formal instructional seminar. A number of rule and procedural changes have been implemented in the past several years, the highlights of which are noted below:

- Competitions are to be held in 10 m X 10 m rings
- Matches consist of three, two minute rounds, with a one minute break between rounds
- If the point differential in a match reaches seven points the match shall be called in favor of the fighter with the most points
- If the score in a match reaches twelve points, the match shall be called in favor of the fighter with the most points
- Hand signals to specifically identify the nature of a rules infraction are no longer employed
- Infractions are either a half point (*kyong-go*) or full point (*gam jeon*).

- A competitor is disqualified if he or she accumulates a total of four *gam jeon*
- *Kyong-go* consist of:
 - Crossing the Boundary Line
 - Evading by turning the back to the opponent
 - Falling down
 - Avoiding the match
 - Grabbing, holding or pushing the opponent
 - Attacking below the waist
 - Pretending injury
 - Butting or attacking with the knee
 - Hitting the opponent's face with the hand
 - Uttering undesirable remarks or any misconduct on the part of a contestant or a coach
- *Gam jeon* consist of:
 - Attacking the opponent after a break has been called
 - Attacking the fallen opponent
 - Throwing down the opponent by grappling the opponent's attacking foot in the air with the arm or by pushing the opponent with the hand
 - Intentionally attacking the opponent's face with the hand
 - Interrupting the progress of the match on the part of a contestant or a coach
 - Violent or extreme remarks or behavior on the part of a contestant or coach
- Verbal warnings, *joo-eui*, may be issued at the referee's discretion prior to issuing a *kyong-go*. The *joo-eui* has no bearing on scoring and may only be issued once per act per round. If a second infraction is committed in the same round, it must be assessed a *kyong-go*.

In addition to an explanation of the above, Grandmaster Kim kindly answered a number of questions from the participants. Grandmaster Kim, for example, clarified the legal scoring area on the torso for attacks with the fist. It is the portion of the torso covered by the hogu **except for the area immediately over the spine**. The same area that is legal for a foot attack.

After the initial classroom session, participants were drilled in the referee's commands and hand signals. Grandmaster Kim placed a great deal of emphasis on the correct use of voice and, in general, assuming and maintaining authority over the ring. Although a few hours is far too short to comprehensively review all of the Taekwondo competition rules, the time spent with Grandmaster Kim, his insight and instruction helped everyone present to improve their refereeing skills.

Mr. Moore

Training & Conditioning VIII

Shoulder Conditioning & Rehabilitation

In the last issue of KMAF Newsletter, we discussed the anatomy of the shoulder and reviewed strength training for the shoulder joint. Injuries to the rotator cuff are common among participants in a number of athletic pursuits, including martial arts. If you experience repeated pain in the shoulder joint, have the problem assessed and diagnosed by a medical professional, i.e., a sports medicine physician or orthopaedic surgeon. The medical professional will diagnose the injury using specific tests to isolate specific structures, diagnostic imaging (x-rays, MRIs), and arthroscopy. Arthroscopy is a minimally invasive surgery in which the surgeon

essentially pokes around inside the shoulder looking for the problem. Do not postpone an examination in the hope that somehow the pain will disappear. All too often an athlete elects to “tough out” a shoulder joint injury and it is left untreated. This increases the damage to the shoulder, often resulting in a more serious and involved surgery, and a longer rehabilitation period.

Once the nature of a shoulder joint injury has been determined, a medical professional can establish the appropriate treatment protocol. Treatment generally falls into two categories: conservative and surgical. The former includes stretching (see Mr. Berry’s article in this issue) and strengthening, and may also include the use of anti-inflammatory medication (IBuprofen and acetaminophen). The surgical option obviously entails surgical repair followed by rehabilitation.

When an athlete sustains a rotator cuff injury, it is generally limited to one of two possible locations: either the internal or external rotator cuff, each of which is associated with a specific muscle (subscapularis and supraspinatus/infraspinatus/teres minor) and requires a different approach to rehabilitation. In the case of internal rotator cuff injuries, the primary movement for rehabilitation is the **Internal Rotator Cuff Curl**. This movement is performed against relatively light resistance provided by a cable, thera-band, jump stretch band or similar elastic equipment. The elbow is anchored to the hip with a towel or small pillow sandwiched between the two. The elbow is held at a right angle and while keeping the elbow against the body (keeping the towel sandwiched), the forearm is moved against resistance towards the opposite hip across the midline of the body until the forearm is parallel to the body. In order to strengthen the external rotator cuff, the opposite movement is done. This exercise is called “**L**”-Flies, or simply the External Rotator Cuff Curl. This movement also requires that the individual anchor their elbow to the adjacent hip with a towel sandwiched, but rather than move the forearm inward, the forearm is moved away from the body against resistance, again while maintaining a right angle at the elbow joint. The “**L**”-Flye may be performed while lying on one’s side with a dumbbell, or while standing with a thera-band or other elastic cable. Both internal and external movements are to be kept fairly high, between 10 and 12 repetitions and 2 to 4 sets.

As usual, if you have any questions or would like to discuss any aspect of strength training and conditioning in depth, please feel free to contact Mr. Berry or me at the main school in Brentwood.

Mr. Moore

Shoulder Flexibility

As discussed previously in this newsletter, flexibility is a very important component in strength training and injury prevention. Upper body flexibility, specifically the shoulders, is equally important as lower body flexibility, but is often overlooked. Listed below are a few shoulder stretches that should be incorporated in your stretching routine.

Cross body shoulder stretch:

Begin with one arm extended straight out, shoulder high, palm down. Cup the elbow of that arm with the opposite hand and draw it across your body to a point under your chin.

Try to keep your elbow straight, but not locked.

Tricep Stretch:

Place the palm of one hand against the back of your neck. Using your other hand, gently pull your elbow so that the fingers of your hand slide vertically down the back of your neck.

Wall walking:

This is usually done standing and holding on to the top of a doorway, but is easier done from a kneeling posture. From this position, extend one arm directly in front, palm down, and “walk” your fingers forward to the point of maximum shoulder extension.

External Rotation stretches:

Begin by finding an appropriate wall or doorway. Place your forearm vertically, palm down against the structure with a 90° bend at the elbow. Turn your body away from the wall/ doorway as if there were a hinge vertically from your head to your feet.

All of these exercises should be held for 30 seconds and repeated on opposite sides. These exercises should get you off to a good start improving your shoulder flexibility, but as always, don’t hesitate to ask either Master Moore or myself if you have any questions.

Mr. Berry