

NEWSLETTER

OFFICIAL NEWS LETTER VOL.. 5 EDITION 1 MARCH 1992

President's Message

Dear IKKA Members,

We have just begun a new year a short time and already have had our annual Brown & Black Belt Camp which was held on February 15 & 16. The Camp had outstanding instruction from IKKA Black Belts from all over the United States and Canada. All the instructors and students present at the Camp benefited from the combined expertise of these outstanding Martial Artists. A brown and black belt test was held the night before on February 14th for 13 exceptionally qualified practitioners. We extend our congratulations to all of those who successfully tested.

It is exciting to see the growth of our organization as knowledge is shared and we continue to grow in numbers. As we approach the anniversary of Ed Parker's 61st birthday, we look back with pride at all that has taken place this past year to improve our organization. We now go forward with zeal and commitment into the future with the knowledge and direction left to us by Ed Parker and the dedication we have to carry on his great work throughout the world.

We look forward with anticipation to the European Camp and the chance to be with our IKKA family from the East Coast. The International Karate Championships will be another time at which we will meet for testing, learning at Kenpo Night and taking part in another Kenpo demonstration.

This year has brought many challenges but each experience has been a learning one and we feel stronger from having had the experience.

Thank you all for being you and for the love and support you give to our organization. I know that my husband is proud of the Kenpo knowledge you are sharing, with those in your area and helping to make this world a safer and better place in which to live.

With deep respect,

Leilani Parker
IKKA President

A Tribute to Ed Parker on His 61st Birthday

On March 19th, 1991, hundreds of IKKA schools around the world changed their normal schedules at their schools to remember Ed Parker. The idea was conceived by Brian and Lee Duffy of Austin, Texas. It was a chance to stop and reflect on the countless ways Ed Parker has touched our lives and a chance for new stu-

dents to get to know what this great man believed in. So as his 61st birthday approaches, we would like to share some touching expressions of appreciation from Graham Knowles our Representative in South Africa.

... "Truth is ETERNAL, his teachings exemplary. He is a master, a creative innovator of unusual genius. He lives in our hearts, his memory honored By all true Kenpoists in Africa. I love your husband, he taught me how to think, how to reason, how to be true. I know that I shall visit with him again,

sit at his feet and be taught, and from time to time meet him now and then in the one great celebration that will never end. Thank you for sharing your husband with us. Thank you for being the light in his life. Thank you

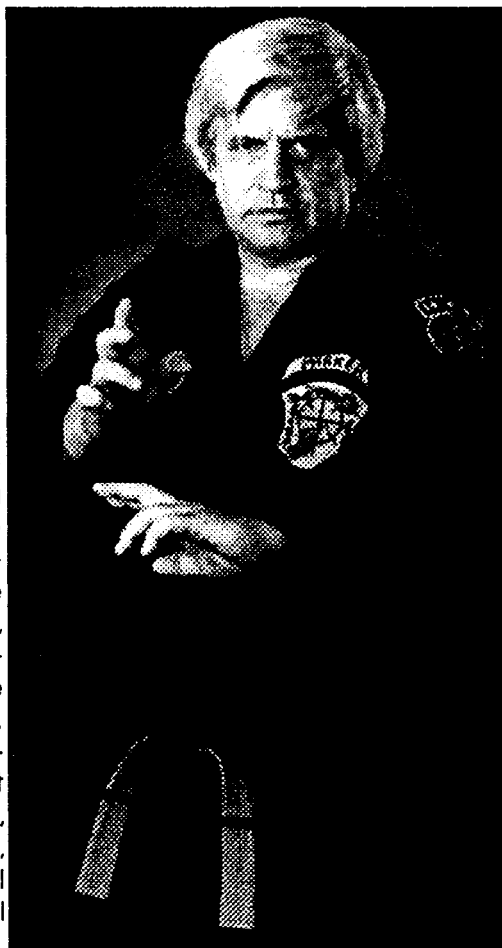
for loving this spiritual giant who has sowed so many seeds of good, of righteousness and brotherhood. The seeds sown are not on thorny ground I promise you that on the soil of Africa, the name of Ed Parker will be held high amongst all who hear of the great heritage he has left us with. We will be true, we will be loyal, we will be a good fruit.

I have heard and not doubted, seen and not been deceived, have felt and KNOW, that he lives and we shall see him again and continue our association."

So many thousands of people have been touched by Ed Parker and all have their own stories to tell. Each benefited from his teachings, his friendship, and the love he truly felt for his instructors and their students. A birthday is a time to celebrate the beginning of one's

life, and as long as his memory lives in our hearts and is perpetuated among our students, his spirit will never die.

-Sheri P. Kongaika





(IKKA Camp Cont.)

Freestyle." She says, "You have to learn to take a punch and give a beating," and if you've ever seen her fight, like last year at the IKC, you KNOW SHE CAN. Her seminar was a cornucopia of drills designed to deceive your opponent, read him, jam him, and much more. She is a down to earth, clearspoken individual who gives a great class.

Lastly, Mr. Ernie George, 7th degree, taught "Taking Control of the Sticks." During his class, the students learned the basic grips and uses, a complex two-person drill employing blocks and strikes, and a full technique on



both sides form 7 called "Reversing Storms." Mr. George has performed in the IKC finals' demonstrations, and also appears in Mr. Parker's informative videotapes.

Overall, these instructors are excellent and truly showed us that there



Kenpo Physics

by Kevin Lampkin

When I had first contacted Ed Parker a few years ago he had given me kind and wise advise, as he had done to countless others, on matters ranging from making sure I was reseiving proper instruction to tips on running a successful Kenpo school. Mr. Parker also gave advise to me on choosing my next Black Belt Thesis for the IKKA. He suggested that since I had been teaching physics at the University of Louisville and my degrees are in science I should write a thesis on Kenpo Physics. He states, "You will discover

that to understand Kenpo techniques and how they function, you must have knowledge of physics." (Infinite Insights Into Kenpo, vol. IV, p. 182) I will present in these articles simplified physics concepts and how they relate to Kenpo fighting priciples. This article will discuss BODY MOMENTUM and BACK-UP MASS. The following analogy should give insight on these topics.

Bob and his sister Carol are walking down the street when they are assaulted by a thug, Burt. Burt, whose mass is 200 kilograms (440 lbs.), rushes 5 meters/second (11 miles/hour) toward Bob. Bob weighs 100 kg (220 lbs.) and decides to counter with a rear cross knife-edge kick to Burt's abdomen. Bob's footwork moves his body at 10 m/sec (22 miles/hour). Does Bob's kick stop Burt's onrush?

Burt also rushes toward Carol. Carol, who weighs 50 kg (110 lbs.), is faster on her feet, moving at 20 m/s (44 miles/hour) and kicks Burt with a rear cross thrusting knife-edge kick. What happens?

To analyze this you must understand the principles of momentum. Assume that Bob and Carol have good balance, footing, timing and they keep their body mass behind and in line with their kick to Burt (definition of BACK-UP MASS).

Momentum is thus defined: momentum = mass X velocity. Burt's momentum equals 5m/s X 200 kg = 1000 kgm/s. Bob's momentum equals 10 m/s X 100 kg = 1000 kgm/s. Carols momentum equals 20 m/s X 50 kg = 1000 kgm/s.

Therefore, you can see that both Bob and Carols momentum were enough to equal and stop Burt's attack. Now, whose kick "hurt" the most? Carols kick had more damaging energy. To understand this you need to understand kinetic energy. We will discuss kinetic energy in the next newsletter. Meanwhile, see if you can find in Ed Parker's books and videos, information about kinetic energy. (Hint: many answers are in The Zen of Kenpo as well as some of his earlier writings.)

Correspondence

With the continued effort to publish the IKKA Newsletter every two months, we have an increasing need for news, stories, etc. The Association would like to invite individuals from every part of the country and world, to share their stories. If you would like to become a regional correspondent for the Association, contact Larry at the Association Headquarters.

The Publisher

If your black belt promotion was not published in this newsletter please let us know and we will be sure to publish it in our next newsletter.

Publisher.....Leilani Parker
Editor/Artwork.....Sheri Kongaika
Correspondence.....Larry Kongaika
Kenpo Physics.....Kevin Lampkin

We would like to thank Ms. Renee