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*“I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times.”*

*BRUCE LEE.*



## GRAND MASTER BOB CHANEY

On March 27<sup>th</sup> 2016 Grand Master Chaney passed away.

Grand Master Chaney is a legend in the world of Martial Arts with over 50 years of experience. In 2002 Grand Master Chaney along with Grand Master Chuck Norris and Grand Master Bob Wall “were in movies starring Grand Master Bruce Lee”. Grand Master Chaney was promoted to 8<sup>th</sup> Dan “degree” at the (ITF) International Tae Kwon Do Federation Ceremony. General Choi a Tae Kwon Do founder presided over the event.

Grand Master Chaney started his training in 1962 in the art form of Issinryu then switched to Tae Kwon Do in 1964 under Grand Master Ill Joo Kim who trained under Grand Master Byung Jick Ro.

Grand Master Chaney trained many champions in Muay Thai kickboxing , including Masters B. Bendell and Master J. Bendell.

Grand Master Chaney came to Bendell Karate several times throughout the years to hold training clinics to a fully packed school.

Although we have lost several fore fathers in our lineage of Song Moo Kwan, their knowledge still runs strong in our schools.

The current ranking for our branch of Song Moo Kwan is now Supreme Grand Master Ill Joo Kim, Grand Master D. Bendell, Master B. Bendell, Master J. Bendell, Master Sicher, and Master Mulford.

~ Rod Moss.

# DID YOU KNOW.....

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The martial arts many of you have decided to study is Tae Kwon Do which has a rich and long history in America. It is a Korean Martial art brought over to the United State of America by many great Korean masters. Bendell Karate masters are Supreme Grand Master Byon Jick Rhoo (d 2015), Grand Master Il Joon Kim, Master Bob Chaney (d. 2016). Grand Master Don Bendell, Master Brent Bendell.

Interestingly enough the kata which students are required to learn come from G. Funakoshi who studied under to masters in Okinawa. These kata have be translated to the Korean system when Byon Jick Rhoo studied under Funakoshi.

Funakoshi has 15 kata In the Shotokan karata. They are • Pinan 1-5 (Heian) • Naihanchi 1-3 (Naifanchi, Tekki) • Kushanku (Kanku) • Passai (Bassai) • Seisan (Hangetsu) • Wanshu (Enpi) • Chinto (Gankaku) • Jitte (Jitte) • Jion At Bendell Karate students learn the Pinan but are called Pyongon. The Naihanchi are translated at the chulki kata and the Passai's are translated as Bassai sho and Bassai Dai.

## A HISTORY OF THE KATA

The Pinan kata were originally taught by Itosu Anko who would later teach Funakoshi. The translation is often believed to mean "Peace and Harmony." However, the Okinawan language is a complicated language and has different meanings for words. Another more acceptable meaning is "Be Safe." It is believed the be safe was intended to mean be safe in the study of the learning karate. Anko was trying to standardize karate when he wrote the Pinans.

The Naihanchi kata is a complex kata with different theories of its origins. Some believe Matsumura Sokan passed the kata onto Anko who then developed the 2nd and 3rd versions of the kata. Others accept the Naihanchi kata as a long kata which was broken down into three katas so it would be easier to learn.

The idea of the naihanchi kata is to represent close quarter combat and grappling. Although this kata moves linear left to right, the fighting strategies allow for defenses against all angles of attacks.

Bahl Saek Dai and Bahl Saek Sho are the black level katas taught at Bendell Karate. These to kata's have different names also pronounced Passai and also found as Bassai. The translation for this kata is to storm a fortress or to take a position of disadvantage and move to a position of advantage.

There is a lot debate about this kata origins. One of the consistent beliefs is the kata came from China and originally name was "leopard-lion." The kata was brought back to Okinawa by Sokon Matsumrua.

Although Anko was a student of Matsumrua, Anko did not learn th Passai Kata from Matsumrue but from another master thus having his own version (interpretation) of the kata. Funakoshi then learned the kata from Anko and passed it down.

This is a short summery of the katas used in Bendell Karate. It is important to understand the names change but the kata's exist in many different systems of martial arts.

*"We can not solve our problems with the same level of thinking that created them."*

*ALBERT EINSTEIN.*

## MINI NINJAS

“One ... two ... three,” the instructor counts out those numbers to a bunch of 3 to 5 year old kids, “four.. five ... six,” the kids begin to start to lose control, “seven, eight.” Can they make it? “Nine and TEN !” Phew, is what the kids are thinking because they had to stand perfectly still for 10 long seconds. OH THE HORROR! What they don’t realize is that they’re developing abilities of self control. Of course, as a reward they get to do a bunch of kicks and hand strikes on Bob the zombie or the big bad red dog or the gruesome green alligator. Which they find fun.

This is just a typical class for the mini ninja and power ninja program something that still teaches the principles of the martial arts, self awareness, self discipline, teamwork understanding, listening skills, hand eye coordination, and much more. It’s just taught in a very fun and inviting way for 3, 4, and 5 year old kids.

These are the classes where an instructor will take a foamy bat and hit them on their head or poke them right on their belly. Or tell them to put their hands up and point it at the moon and then blow on it. Afterwards they have to become a snake a slither across the room. Then, they become frogs and jump and jump and keep jumping until they have to do something else. Such as rolls, circle steps, circle blocks, and much more. Classes are always filled with a lot of things for the little youngsters to do.

The mini ninja program was started back in the early 1990’s and has kept going ever since. The program always had the type of intention of trying to teach little kids, without them getting bored. It just feels like games. Although sometimes they are faced to do grueling tasks such as having to sit and listen, say yes sir, or having to stand still for 10 long seconds. Oh no! Not again.

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### **MARK YOUR CALENDARS!**

We are pleased to announce that Bendell Karate will be one of the primary sponsors for this year’s PRCA Royal Gorge Rodeo. This will be the 144<sup>th</sup> anniversary of this event making it the oldest continuous rodeo in the state of Colorado. This is a great honor for the Bendell Karate schools as it shows we are willing to support our community and this support will be seen by thousands of people. This year’s rodeo will take place on May 6<sup>th</sup> and 7<sup>th</sup> at the rodeo grounds in Canon City (1595 S. 9<sup>th</sup> Street, Canon City, CO



81212). Bendell Karate is asking for volunteers to assist at the rodeo. We will be throwing out T-shirts, checking tickets at the door and various other activates. You will not be asked to volunteer through the entire event so you will have plenty of time to watch the show. With your participation you will get free admission to the rodeo for you and your family. If you would like to volunteer for the event, please talk to Mrs. Dyer at the Florence school or Mr. Motto at the Pueblo West school.

**Let’s go out and support our community and represent Bendell Karate!**

# STUDENTS OF THE QUARTER

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## Pueblo West Student of the Quarter

### ARIANNA GUERRERO

Arianna Guerrero has been selected as the Bendell Karate Pueblo West School Student of the Month. Arianna is 9 years old, a third-grader at Cedar Ridge Elementary School. She has earned a blue belt in Karate, soon to test for a white stripe/blue belt. Her favorite subject at school is Math, and Arianna says she'd like to be a Robotics Engineer as an adult. That math should come in handy. Leisure activities are Karate and soccer. She likes to play outside.



Congratulations, Arianna, and keep up the good work!

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## Pueblo Parks & Rec Student of the Quarter

### MASON MCGEE



Mason McGee has been selected for Pueblo West Parks and Recreation Student of the Month. Mason is 8 years old, in the 2<sup>nd</sup> grade at Prairie Winds Elementary School. He and his dad are both in the Parks and Rec Karate program. Mason has earned an orange belt so far. Math is his favorite class at school, and he likes to play video games in his leisure time. He considers becoming a gym teacher as an adult.

Congratulations Mason!

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## Florence Student of the Quarter

### RYAN MOSS

Ryan age 10 has been with Bendell Karate for over one year now along with his younger brother Riley Moss, two cousins Joseph Hamilton, Isaac Hamilton, Aunt Robyn Moss and Grandfather Rod Moss, and two step sisters Salina and Akashah Beard.

In the beginning of his journey with the Martial Arts there was a great concern in that he would be able to do it, as with many students and their parents. But with Ryan's hard work and focus and the many skilled Instructors that we have, he has well overcome his obstacles and the worries of his parents.

Ryan has made great strides and has grown as a LEADER in the School' with helping other lower rank and new students to better themselves.

Ryan has to pay special attention for what is taught, for you see Ryan is LEGALLY BLIND. The best way I can describe his condition is take one of your hands and cover your eye and take a paper towel tube and put it over your other eye and putting a glass lens over the tube so that you can see in the distance.

I have never heard him or seen him feel sorry for himself, He just MANS UP and becomes the best the best he can be and not become a wimp. Years ago I remember Grand Master D. Bendell had a saying that has always stuck with me. " NEVER BABY THE WEAK FOR THAT IS WHAT WILL KILL THEM ". With that being said Ryan has been a great asset to the school and a great role model to never QUIT because it might get a little hard and not as much fun as we would like, for that is real life and we need to always remember they are JUST obstacles for us to overcome and better one self.

