

Mountain Spirit Warrior

"ברוך ה צורי המלמד ידי לקרב אצבעותי למלחמה"

July 2007

עיתון בעברית מופיע אחרי העיתון באנגלית

Head Instructor: Moshe D. Katz, 4th dan black belt, kickboxing, jujitsu, krav maga

Instructor: Esther, Black belt 2nd dan; kickboxing, jujitsu, krav maga

Black Belts: Nadav Alon, Eitan Susman, Yisrael Kaplan

Certified by:

Sensei Itay Gil, 6th dan, former trainer of the Israeli Counter Terror Force

Wingate Institute of Sports, Martial Arts Dept. Roni Kluger, 7th dan

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Training with the Uchi Deshi

The year was 1986. I had just signed up and become a member of the Oyama Kyokushin dojo in New York City. I came to the dojo (school, training hall) five days a week, sometimes twice a day, and trained until my *gi* (uniform) was drenched in sweat and my body had been pushed to the limit, and beyond. The drink of water from the fountain at the end of each lesson was like a drink from heaven. Sometimes I would treat myself to a drink of papaya after departing from the dojo. Every morning I saw familiar faces; other students who came to the 7:15 a.m. lesson, getting in their kicks and punches before work. Doctors, lawyers, professionals of all types gathered for the morning ritual. There were other familiar faces each morning; the *Uchi Deshi*. Until then I had only come across this concept in history books, I did not know it still existed. *Uchi Deshi* is the live-in apprentice; the young man who moves in with the seasoned master to learn a trade. Be it a carpenter or blacksmith, tailor or martial arts instructor, the young man would leave his home, move in with the master and learn the trade. He would receive room and board and repay the master by helping him with his work. Eventually the young man would become a master and go out on his own. This has largely disappeared in modern times, but in 1986 it still survived in the dojo, the “Place of the Way”, the traditional training hall. They were called *Uchi Deshi*, which is Japanese for “Inside student”, or “live in apprentice”. They were young men who came from Japan to train as karate instructors under the guidance of the grand master, Saiko Shihan Shigeru Oyama. They were chosen after a rigorous selection process during which most of the candidates either dropped out or were rejected.

Indeed the demands were difficult. The conditions were tough; they lived in the dojo, slept in sleeping bags on the dojo floor, cooked their own food, eat together in the dojo kitchen and were almost never allowed out. All this was in stark contrast to the freedom enjoyed by the average citizen or student. They woke up early each morning to the same difficult schedule; teaching classes, taking turns managing the front desk, registering students and selling equipment, handling administrative tasks, cleaning the dojo and the bathrooms and perhaps even more responsibilities which I was not aware of. Their rewards included personal training with Saiko Shihan, round the clock training and involvement in karate, room and board. Other rewards were rapid advancement in rank and the promise that when they reached instructor level, third *dan*, they would be assigned their own dojo. Their new school would be part of the karate organization, operating as a franchise to the main (*Honbo*) dojo. They would remain loyal to their instructor and come back for periodic training. Their school would participate in national and regional events sponsored by the head dojo such as tournaments and special training. Saiko Shihan would visit their dojos and of course would be responsible for the testing of all black belts. Once a year, January first at 6 a.m. students from all over, members of the Oyama organization, would gather at the headquarters in Manhattan for *Hatsu Gieko*, or “First Training”. After hours of grueling training the students would be treated to a class of sake. (Japanese alcoholic beverage made from rice)

When I joined in 1986 there were six *uchi deshi*, all young Japanese men. When I say Japanese, they were not of “Japanese descent”, they were recent arrivals from Japan and

only spoke a limited English, which led to many humorous moments during our training. The instructions that Saiko Shihan would yell out to them were almost always in Japanese, which added to the Japanese feel of the dojo. In fact the dojo was steeped in Japanese tradition. At the time, all the instructors except one were Japanese. The respect, the tone of voice; everything about their behavior was very traditional. Every command was carried out at once and was, of course, accompanied with a bow. There was special respect given to the higher ranks. Rank was a matter of great significance, never to be taken lightly. Each student was greeted with “Osu!” Black belts were always called and referred to as “Sempai” There was Sempai Mark, Sempai Bob, no one would ever call them just Mark or Bob, it was unheard of. Years later when I returned for a visit people called me Sempai; it felt nice. Above the Sempai’s were the Sensei (instructor) and then the *Shihans* (higher rank instructors) and then, Saiko Shihan (Grand master) himself.

The *uchi deshi* were of course most serious and tough, but they were also very friendly and enjoyed laughing. Occasionally, when most of the other students had left I would hear them telling jokes in Japanese and laughing out loud. Saiko Shihan himself smiled often and enjoyed laughing. But they worked hard. After the regular sessions I would often see Sempai Sakai privately take a piece of wood and continue doing extra push ups, others would work a little more on their *kata* (forms) or do some weight lifting.

The dojo was open seven days a week. On weekdays it was open from 7 a.m. to 11 p.m. The first lesson of the day began at 7:15 a.m. I woke up at about 5 am and took the train to NY City. It was a challenge for us to see if we could arrive before the *uchi deshi* came down to open the dojo door. We would wait outside in the cold, a few students gathering, and soon enough a sleepy looking *uchi deshi* would open the door and let us in to the silent building. We would walk up the stairs, enter the dark waiting room, get our keys and go to the locker room. After changing into our gi’s we would enter the actual dojo, the training area, bow, say Osu! and begin warming up before class. The windows were always open; I can still remember how cold those winter mornings were. No one ever complain.

After the first lesson of the day was over, the students went back to the locker room. It was always a great feeling, we survived another grueling workout, we made a little more progress, and now we earned our showers. We showered and changed into work clothes, mostly suits and ties, and headed off to the city. There was a period of time when I was able to stay later and I discovered a great post – class workout with the *uchi deshi*.

About 15 minutes after the regular class, the special class began. All the *Uchi deshi* had to participate in this class. This lesson was completely different from the regular classes. Sometimes Saiko Shihan showed up to lead this class and sometimes he did not, but the *uchi deshi* were disciplined and the class proceeded just the same.

We did sets of the following routine: 60 pushups on our knuckles on a board of wood, 60 squats, stretching on a 30 count to both sides and then a full split sideways and front, run around the dojo and repeat the sequence. We did the entire sequence six times. Sometimes Saiko Shihan would stand over us with a bamboo stick. I remember the first

time. He kindly rebuked one of the *uchi deshi* for doing the push ups too slow and smacked his rear with the bamboo stick. The student let out a yell. I thought to myself, ‘Come on, stop making a scene, I’m sure it was just a light friendly tap’. Then it was my turn. He yelled at me “Mash! (that is what he called me at the time) Stronger! Faster! And he let out three sharp whips with his bamboo stick. I realized the first student was not making a scene at all. Those strikes were for real. In the locker room, looking at the mirror I noticed three bright red lines across my rear. That day I was very generous on the subway, gladly giving up my seat to others. I could not sit down.

The special training continued with the heavy bag, more running, and then some independent work, kata and so forth. After this workout the shower felt even better.

At the time the *uchi deshi* included Sempai Maasaki Teruo, Sempai Sakai, Sempai Yamamoto, Sempai Nishia, Sempai Suzuki, and I believe Sempai Nishiyama. Over the years I visited the dojo several times and gradually saw this tradition weakening. I do not know if it still exists. Still, sometimes I can see them right in front of me, I can hear the Japanese grunts, I can smell the sweat, I can see them smiling. I still do my push ups on wooden boards and count in Japanese and I am inspired by the seriousness of our training all those years ago. It was so pure, so perfect. The training created camaraderie; we respected each other because we knew how hard each of us was training. We felt good about ourselves. Some days it was hot as can be, other days it was so cold our feet were freezing, we trained just the same. My knuckles became hard and calloused, my punches became stronger and my confidence increased. When I walked out of the dojo each morning I felt different, I faced the day with a new vigor, I felt nothing could stop me. ☺

Looking Back

There is an old saying, “You can never go home”, which means you cannot turn back the clock; you cannot go back to the way things used to be. You can go back to your old neighborhood where you grew up, you can visit your old home but things will not be as you remember them. You will not be 10 years old again playing baseball with your friends. Your parents won’t be young again. Your old friends will not be there, and the kind old man who ran your favorite candy store or sporting goods shop will have long since past on.

But yet the past is alive; it is part of who you have become. All those experiences and personalities shaped the person you are today. The old teachers are still alive; they live on through you and your actions.

At my age many of my teachers and role models are no longer with us; they have done their job and passed on. Yet I feel them alive in me; when I study a page of Talmud I can still picture my high school teacher Rabbi Yakov Wehl who passed away just weeks ago, when I struggle with a difficult dilemma my father is with me, offering wise advice, and when I teach karate I often see the teachers who shaped my *budo* (martial) attitude. Although these teachers are still alive and well, the events and experiences I think of took place long ago and far away. I was a different person. When I teach today I can still see

the stern but kind face of **Saiko Shihan Shigeru Oyama**. When we do our kicks I feel like I am back at the kyokushin dojo sweating and working hard, refusing to give up, refusing to show how tired we are. The dedication I saw in those early days of my martial arts training, the discipline and the respect for tradition and for our teachers, has become a part of me. No, I can not go home. And if I went back to visit today the faces would be new and unfamiliar, *I* would be unfamiliar to myself! Yet, I carry those experiences with me. I do not slack off because that would be disrespectful to my training and to my teachers.

I look back and I am inspired by the memories. I look forward and I am inspired by the possibilities. ☺

Black Belts

Sometimes people wonder what it takes to earn a black belt. Here is a clue. Looking back at the July 2001 issue of our newsletter I glanced at the attendance list and “New Rank” section. Of the students who earned ranks that month, only a few are still training with us and they are all black belts. Of those on the attendance list all today are high ranked outstanding martial artists well on their way to earning a black belt. Conclusion: Stick with it and you will get there. Persistence and dedication pay off. ☺

Head Advice From a Mother

Please Read This

Once again I will address the issue of headgear. You may have noticed that for the past few months I have kept the article on “Head gear anyone?” in the newsletter. Still, very few of our students own headgear. One mother, who trains in martial arts herself, has learned first hand how important headgear is. She has seen the effects of kicks to the head and has felt it herself. There is nothing as convincing as first hand experience. She now insists upon headgear for herself and her children. She asks me why I don’t *demand* that *all* students wear headgear. Well, I do, but people refuse to buy it. When I am in the USA I buy as many as I can fit into a suitcase. I sell it to my students at the US price, without tax and without shipping costs, and almost without profit. I have the further inconvenience that the head protecting gear is very bulky and takes up valuable space in my suitcase. Why do I bother? Because it is important for your health, very important.

When I visited Los Angeles I had the great privilege of training with **Benny the Jet Urquidez**, former world kickboxing champion, and with his wife, Sensei Sarah. When it came time for me to get in the ring and fight, they realized I had no headgear. At their studio, despite being very tough guys (and girls), no one is allowed to fight without headgear. For me they made an exception because I was not their responsibility and they said, “Israelis are very tough, very stubborn”. The point is none of their fighters ever fight without professional headgear. In no American martial arts club can you get insurance if you do not have headgear. Yes, it is *that* important.

I spoke with two local doctors about the need for headgear; both stated quite clearly that it is essential.

So what is the problem? Money. I sell two kinds, one for 160 NIS (\$40), one for 200 NIS (\$50). Many people here have little extra money to spend, I understand. Most karate schools demand that as soon as you sign up you must purchase hundreds of dollars worth of equipment, if you quit tomorrow – your loss. Because I understand money is tight, I allow you to purchase equipment gradually. First, protective cup, shin guards etc. You should own your own boxing gloves, karate pants, a dojo T-shirt, and a judo jacket for judo training, bag gloves to protect your hands while punching the heavy bag. All this equipment is fully endorsed by professional in the field. I allow you to purchase it gradually to make it easy on your pocket but I would be amiss if I failed to remind you periodically that this equipment was designed for a reason. It is in your best interest. How much is a mouth guard? 10 NIS (\$2.5), why waste the money! If you broke a tooth, how much would dental treatment cost? (Any dentists out there who can answer us?) I am sure it is many times that 10 shekel you “saved”.

A Classic: a mother asks how much I charge for a groin protector, I say 40 NIS (\$10) and I will accept a post dated check. She says, “Do you really believe it is necessary?” I said, “You are a married woman, you should know by now. Someday you hope to be a grandmother” so buy one less pizza and get the groin protector, save up a bit and get the headgear. Comedian Woody Allen once said the head is the second most important part of the body. Take the advice of the comedian, the doctors, the scientists, and most importantly the martial arts mom, get the headgear!

Dojo Spirit

Every month we have Student Recognition where students receive honorable mention for their accomplishments. Perhaps the most important category to me is “Dojo Spirit”, how do you earn it?

When you join the dojo you are thinking of yourself, your own benefit, your own self-interest. Eventually you might come to understand that it is in your own best interest that the dojo be successful. Eventually you might actually care enough about the dojo to help out simply because you care.

This takes many forms: you might help teach a class, you might help out a new student, you might help put things away that, other, less sensitive students, carelessly left out. If you are away for a while, due to exams or poor health, you might call the instructor and let him know. But there is more. All too often I hear the same old story: there is no one my age to train with. We might have a bunch of students 15 years old but one will show up and on that given day at that given hour, there are very few 15 year olds, so he will decide there is no point in coming again, since, “there is no one my age” The result is that now there is one less student in this age category so that when the next student shows up

it is even less likely that they will find someone their age, and so on and so on. Usually the student will not talk to me, they will just disappear.

What should you do? First, if you show up and no one your age is there, make the best of it and keep coming back. Since you are here it is more likely that when the next 15 year old shows up there will be "someone my age". By you being there you are improving the dojo. Another solution is to coordinate with other students so that you will be there the same time.

I am reminded of the party story. You go to a party and look around; there are very few people there so you decide to go home. A few more people show up, they look around and say "this is lame, lets go home". Over the course of the evening perhaps 50 people showed up but at no point were there more than 10 people, so no one stayed around at the boring party. Had people made the "sacrifice" of sticking around a little longer it would have been a successful party. The end result? The host will decide it is not worth the effort and will not bother organizing another party. The end result is everyone loses out. Come to the dojo, don't be lazy and don't be selfish. Help make the dojo a success. You can use the phone and call a friend, "Hey lazy bones! I am at the dojo waiting for you!!"

Have some dojo spirit, care about the dojo, it is in your own best interest.

Abraham Lincoln on Drinking

To Lincoln's self-reliance and self-worth can be added a conscious striving for self-restraint. This impulse led him to avoid alcohol, he was anxious over the loss of self-control and rationality. □

A Bit of Wisdom

A wealthy old lady decides to go on a photo safari in Africa, taking her faithful aged poodle named Cuddles, along for the company.

One day the poodle starts chasing butterflies and before long, Cuddles discovers that he's lost. Wandering about, he notices a leopard heading rapidly in his direction with the intention of having lunch.

The old poodle thinks, "Oh, oh! I'm in deep doo-doo now!" Noticing some bones on the ground close by, he immediately settles down to chew on the bones with his back to the approaching cat. Just as the leopard is about to leap the old poodle exclaims loudly, "Boy, that was one delicious leopard! I wonder if there are any more around here?"

Hearing this, the young leopard halts his attack in mid-strike, a look of terror comes over him and he slinks away into the trees. "Whew!", says the leopard, "That was close! That old poodle nearly had me!"

Meanwhile, a monkey who had been watching the whole scene from a nearby tree, figures **he can put this knowledge to good** use and trade it for protection from the leopard. So off he goes, but the old poodle sees him heading after the leopard with great speed, and figures that something must be up. The monkey soon catches up with the leopard, spills the beans and strikes a deal for himself with the leopard.

The young leopard is furious at being made a fool of and says, "Here, monkey, hop on my back and see what's going to happen to that conniving canine!

Now, the old poodle sees the leopard coming with the monkey on his back and thinks, "What am I going to do now?", but instead of running, the dog sits down with his back to his attackers, pretending he hasn't seen them yet, and just when they get close enough to hear, the old poodle says.

"Where's that damn monkey? I sent him off an hour ago to bring me another leopard!"

Moral of this story....

Don't mess with old farts...age and treachery will always overcome youth and skill!
Bullshit and brilliance only come with age and experience.

If you don't send this to five "old" friends right away there will be five fewer people laughing in the world.

Head Gear Anyone?

I recently saw a DVD called "***Fight Science***". National Geographic in America originally broadcasted the program. One section of the program details how a knockout takes place and what actually occurs in the brain. I will not go into detail but I will say this; anyone who watches this program will not hesitate to spend a few shekels on a headgear for themselves or their children. The trauma of a concussion, or knock out, is quite serious. We do everything possible to protect our students from injury but this is a contact art and protective gear is important. In the USA students without proper gear cannot join a martial arts program, they cannot benefit from insurance. I have US made headgear at US catalog prices (you can even pay in dollars if you like). I urge you to purchase one as soon as possible. If you wish to watch the National Geographic program, contact me. P.S. all students must own a pair of shin guards; otherwise they cannot participate in kickboxing classes. ☺

Personal Equipment

I am still amazed that some people come to the dojo without personal protection equipment; groin protectors, shin guards, gloves etc. It is like sending a kid to school with no pencils or notebooks. Please make sure you have the protection you need. Get the

most out of your training. Do not take “No Pain no gain” too literally, you don’t want to be a situation of “Too much pain, no brain”. ☺

Sensei Itay To Be Featured on History Channel (In the United States)

Recently the crew of the History Channel from America arrived in Israel. They are doing a 7 part series on martial arts from around the world and decided to include Israel. Once in Israel the name Itay Gil came up as one of the leading military combat instructors and soon he became the focus of their research. So for those of you with access to American TV, keep your eyes open.

Tzvi Polinsky

One needs patience to be a teacher, but it pays off. Tzvi Polinsky is in second grade. He has been training with us for a couple of years and the results can easily be seen. His judo roles (*zamfokemi*) are as natural to him as walking, his judo throws, such as *O goshi*, have become part of his natural body movement. His kicks are accurate and powerful, executed with perfect body form. As he gets older and his fine motor skills improve he will have all the elements necessary to be a black belt. He has also become a competent and responsible assistant, I like to call him Sensei Tzviki Licki. (Sensei = instructor) ☺

Try Something New This Summer – Pilates for Women

Summer is a great time to try something new and get in shape. Susan Kleid’s Pilates class has proven very successful during its first year of operation. As a Physical Therapist and a trained Pilates instructor, Susan brings to the class expertise and knowledge that has greatly benefited her students. Get in shape this summer and get rid of those old aches and pains in a relaxed and enjoyable environment with good friends. Classes offered on Monday and Thursday mornings *throughout the summer*; 8:30 to 9:30 am.

**For details and more information, contact Susan Kleid, 054 474 3549
Or 590 0148 ☺**

Student Progress – Menachem Keller

First stripe	September 13, 2004
Second stripe	October 6, 2004
Third stripe	November 8, 2004
Fourth stripe	December 1, 2004
Yellow belt	January 5, 2005
First stripe	January 19, 2005
Second stripe	January 19, 2005
Third stripe	February 14, 2005
Fourth stripe	March 2, 2005

Orange Belt	April 6, 2005
First stripe	April 6, 2005
Second stripe	May 9, 2005
Third stripe	June 6, 2005
Fourth stripe	June 27, 2005
Advanced Orange	September 5, 2005
Green Belt	January 9, 2006
First stripe	January 23, 2006
Second stripe	February 22, 2006
Third stripe	March 22, 2006
Fourth stripe	March 22, 2006
Advanced Green	May 17, 2006
Blue Belt	November 28, 2007
First stripe	February 14, 2007 ☺

Student Progress – Shira Liker

First stripe	September 21, 2006
Second stripe	October 12, 2006
Third stripe	October 31, 2006
Fourth stripe	November 14, 2006
Yellow belt	December 12, 2006
First stripe	January 23, 2007
Orange Belt	March 15, 2007
First stripe,	May 10, 2007
Second stripe,	June 19, 2007

Student Interview with Aviad Shtechelberg by Shilo Wohl and Avishai Farkash

Question: When did you join the dojo?

Aviad: More than half a year ago.

Question: How did you get to the dojo?

Aviad: My mother suggested I go, so I went.

Question: With whom do you most enjoy training?

Aviad: With Menachem Lippin, because he is very serious, and I know him.

Question: Which kinds of techniques do you like the most?

Aviad: Grappling and jujitsu because there is a lot of flow and they are very useful.

Question: Who is your role model?

Aviad: Menachem Keller.

Question: Do you actualize what you learn in the dojo at school and on the street?

Aviad: Yes, but I have not had any serious fights.

Life Wisdom

“Quarrel not at all”. “No man resolved to make the most of himself, can spare time for personal contention. Still less can he afford to take all the consequences including the vitiating of his temper, and the loss of self-control ” (*President Abraham Lincoln*)

“Get busy living or get busy dying.” (*Shawshank Redemption*)

“Wake me up, wake me up inside, can't wake up, save me, call my name and save me from the nothing I've become.” (*Evanescence*)

“The moment has not yesterday or tomorrow. It is not the result of thought and, therefore, has not time.” (*Bruce Lee*, Tao of Jeet Kune Do)

“You can educate a fool but you cannot make him think.” (*The Talmud*)

“Learning of many things does not teach intelligence.” (*Heraclitus 535 - 475 B.C.E.*)

“They can conquer who believe they can.” (*Vergil*)

“Self respect is the fruit of discipline.” (*Abraham Heschel*)

“Welcome my son, welcome to the machine.
What did you dream? It's all right we told you what to dream.” (*Pink Floyd, Roger Waters*)

“Truth has to fall on fertile ground.” (*Gift of the Red Bird*)

“Always remember that Freedom is not free.”

Dojo News

Summer - Dojo Is Open

As always the dojo remains open throughout the summer and all groups are continuing. This includes the regular dojo classes, Esther's girls' class, the kid's class on Tuesdays, the boys class on Tuesday, the yoga classes and the Pilates classes.

Summer Groups

Pilates: for women only, Taught by Susan Kleid, certified Pilates instructor and Physical Therapist, Monday, Thursday 8:30 am (come for one or both) 1 hour session.

Yoga: For women only; taught by Edna Eliyahu, Sunday, Thursday 7 p.m. (come for one or both) each session one and a half hours.

Girls Karate and Self Defense, in English, taught by Esther, certified second degree black belt, Wingate certified sports and exercise specialist,

Tuesday 5 p.m. Thursday 5:30 p.m. each lesson one and a half hours.

Boys, ages 5 and 6: Tuesday 3 p.m. taught by Moshe

Boys, teens, Tuesday 4 p.m. taught by Moshe

Regular dojo hours listed at the end of the newsletter.

Nunchuks Lessons Anyone?

Now and then a student asks me to teach a *nunchunks* class. The answer is I will be happy to, *if* enough students purchase nunchucks. We sell them at the dojo, rubber nunchucks are 40 NIS, wooden nunchucks are 50 NIS.

Leadership Meeting

Saturday night June 16: Part of the Leadership Team met and made several suggestions, decisions:

* During the summer we will try to have several special training sessions such as outdoor training, possibly beach training.

* Sometime in the next month and a half there will be a belt test at Sensei Itay, advanced belts only (Blue and up)

* We will hold another sale during the summer: martial arts supplies plus things from China.

* We will be stricter about separating the younger students from the older students so that the older students can enjoy their training more. Some parents bring their kids at the wrong hours or leave them at the dojo too long and this annoys the older students who then stop attending. The older students will make an effort to show up more often, recruit friends to the dojo, and train hard.

* The girls of Esther's class will make an effort to recruit new members to keep that class full and vibrant.

* The leadership will interview one student per month for the newsletter and will try to write articles.

Following the meeting we watched a DVD about realistic knife defense.

New Members: *Shilo* Wohl, *Shmuel* Agranat, *Shira* Liker and *Miriam* Polinsky.

June at the dojo

Rena Mackler has become a regular twice a week and the result is a vast improvement in her technique and fighting spirit. **Raffi Roskind** has also become more of a regular and has improved in all areas. **Ayelet Siegel** earned her orange belt and **Dalia Dublin** earned her yellow belt. **Shira Liker** became the first member of Esther's girls group to reach

100 hours of training this year. **Esther Taub** and **Adi Susman** followed. **Shabtai Siegel** is getting ready for his green belt, his kicks look good and his fighting spirit is second to none.

Eitan Susman Enlisting

Eitan Susman has been training with us since 1994. He earned his black belt in 2005. He is an outstanding martial artist, a great teacher and a great friend. He will be enlisting at the end of this month. We wish him success, fulfillment, happiness, but most of all safety. Come back to train! I have no doubt he will make us proud. Nadav Alon, our first black belt is also currently serving in the army. Other students are serving in elite combat units and are in fact being trained by none other than Sensei Itay. May all our soldiers come home safe and sound.

New Ranks

Raffi Roskind	Third stripe, June 4
Yaakov Gross	Second stripe, June 4
Kobi Levenberg	Third stripe, June 5
Dalia Dublin	Yellow belt , June 6
Yonatan Yosef	First stripe, June 6
Yehuda Klein	Third stripe, June 6
Dudi Schwartz	Yellow/White Belt , June 11
Mazal Or Keller	Yellow belt fourth stripe, June 11
Yosef Wolgel	Yellow/White Belt , June 12
Leora Kurtzer	Yellow belt second stripe, June 12
Eyal Shemesh	Third stripe, June 13
Michal Shemesh	Yellow Belt , June 13
Rena Mackler	Fourth stripe, June 18
Yehuda Frist	Yellow belt third stripe, June 18
Ayelet Siegel	Orange Belt , June 19
Shira Liker	Orange belt second stripe, June 19
Adi Susman	Orange belt second stripe, June 19
Avital Kleid	Orange belt second stripe, June 19
Daniel Witkin	Fourth stripe June 19
Nachliel Rossner	Third stripe, June 19
Yedidya Liker	Fourth stripe, June 19
Gilad Mizrahi	Second stripe, June 19
Leora Kurtzer	Yellow belt third stripe, June 19
Menachem Lippin	Yellow Belt, June 20

Mordechai Arzuan	Yellow belt first stripe, June 20
Yaakov Gross	Third stripe, June 20
Miriam Polinsky	Orange belt second stripe, June 21
Mordechai Arzuan	Yellow belt second stripe, June 25
Gilad Mizrahi	Yellow/White Belt , June 26
Michal Shemesh	Yellow Belt first stripe, June 27
Oded Keller	Yellow Belt Third stripe, June 29
Elisha Klejman	First stripe, June 29

Upcoming Belt Tests

Cost: Yellow belt 80 NIS, Other belts 90 NIS

Sraya Levenberg	Yellow Belt
Boaz Vax	Yellow Belt
Jonathan Rossner	Yellow Belt
Doron Spielman	Yellow Belt
Noa Horwitz	Orange Belt
Aviel Laureano	Orange belt
Mazal Or Keller	Orange Belt
Shabtai Seigel	Green belt

Student Recognition

Dojo Spirit	Ariel Biton, Shira Liker, Miriam Polinsky
Fighter of the Month	Ariel Biton
Junior Kick boxer of the month	Shabtai Siegel
Female Fighter	Shira Liker
Junior Female Fighter	Rena Mackler
Fighting Spirit	Shilo Wohl
Improvement Fighting Spirit	Mazal Or Keller
Fighting Spirit	Michal Shemesh
Fighting Sprit, Girls	Mandy Klein
Winning Spirit	Miriam Polinsky
Improvement Kickboxing Fights	Justin Dublin
Awesome Sparring Sticker	
Grappling fights, Excellence	Naama Susman
Grappling fights, Improvement	Yaakov Gross
Grappling Improvement	Elisha Klejman
Dedication and Improvement	Noa Horwitz

Overall Improvement	Yehuda Frist
Submission of the month	Kobi Levenberg, wrist lock, June 5
Submission of the month	Elia Markowitz, elbow lock, June 8
Submission of the month	Doris Strauss, leg lock, June 13
Submission of the month	Justin Dublin, <i>Jujigatame</i> vs. Mordechai, June 18
Submission of the month	Yehuda Frist, Choke, vs. Levi, June 18
Submission of the month	Shmuel Agranat, leg lock, June 25
Submission of the month	Aharon Attias, arm bar from side mount, June 25
Combination Attack	Yaara Glickstein
Kicking Improvement	Rena Mackler
Kicking Improvement	Yehuda Klein
Kickboxing Improvement	Shabtai Seigel
Kickboxing, Defense	Mordechai Arzuan
Kick of the Month	Raffi Roskind
Kick of the Month	Doris Strauss, side kick, June 13
Kick of the Month	Menachem Keller, side kick, June 25
Kick of the Month	Shabtai Siegel, middle kick to stomach
Side Kick stripe	Aviad Shtechelberg
Punch of the Month	Raffi Roskind, Jab, June 18
Punching Excellence	Menachem Keller
Leg Block	Mordechai Arzuan
Punch of the Month, junior	Yehuda Frist
Punching Improvement	Bezalel Attias
Punching Combinations	Menachem Keller
Bare Knuckle Fighting	Ariel Biton
Defense Vs Punch	Aharon Attias
Defense vs. Kick	Mazal Or Keller
Power Stripe	
Knife Defense	Shilo Wohl
Grappling Technique	Aharon Attias
Grappling Technique	Doris Strauss
Grappling Excellence	Shira Liker
Grappling fights, Excellence	Zahave Frist
Grappling techniques, Excellence	Menachem Keller
Kicking, Power and accuracy	Aharon Attias
Judo Excellence	Tzvi Polinsky
Judo Improvement	Ayelet Seigal, Avital Kleid
Judo Takedown	Tzvi Polinsky, O goshi,

Amazing rolls Menachem Keller, Tzvi Polinsky, Avishai Farkash,
 Application of Technique Rachee Klein
 Technique Improvement Shira Liker
 Excellent Test Yosef Wolgel
 Takedown Doris Strauss vs. Michal, June 13
 Takedown Yaara Glickstein, leg grab, June 13
 Takedown Menachem Keller vs. Menachem Lipin, June 20
 Excellent Helper Avishai Farkash
 Excellent Teaching of Techniques; Dalia Dublin,
Welcome Back; Yonatan Yosef, Noam Dov Strauss, David Kremer,
 Elia Markowitz, **Welcome** Elisha Klejman,

Fights of the Month

Esther Taub, Miriam Polinsky, **Grappling**, June 5
 Dalia Dublin, Jennie Klein, **Kickboxing**, June 6
 Dudi Schwartz, Raffi Roskind, **Grappling**, June 11
 Michal Shemesh, Yaara Glickstein **Kickboxing**, June 13
 Mazal Or Keller, Michal Shemesh, **Judo + Grappling**, June 13
 Eitan Susman, Ariel Biton **Kickboxing**, June 15
 Rena Mackler, Raffi Roskind **Kickboxing**, June 18
 Justin Dublin, Yaakov Gross **Kickboxing**, June 18
 Menachem Lippin, Mordechai Arzuan **Kickboxing**, June 20
 Avishai Frakash, Shilo Wohl, **Judo + Grappling**, June 25
 Aharon Attias, Mordechai Arzuan, **Judo + Grappling**, June 25
 Shmuel Agranat, Yaakov Gross, **Grappling**, June 25
 Yaakov Gross, Elisha Klejman **Kickboxing**, June 29
 Kobi Levenberg, Mordechai Arzuan **Kickboxing**, June 29
 Ariel Biton, Aharon Attias, **Grappling**, June 29

June 2007 Attendance (79)

Mordechai Arzuan 31, **Avisahi** Farkash 23, **Mazal Or** Keller 23, **Yaakov** Gross 20,
Michal Shemesh 18, **Shilo** Wohl 17, **Doris** Strauss 17, **Menachem** Keller 15, **Yaara**
 Glickstein 15, **Bezalel** Attias 14, **Baila** Stein 14, **Aviad** Shtechleberg 14, **Yehuda** Frist
 13, **Mandy** Klein 13, **Oded** Keller 12, **Aharon** Attias 12, **Shira** Liker 12, **Rena** Mackler
 11, **Esther** Taub 11, **Avital** Klieid 11, **Leora** Kurtzer 11, **Chaya Sara** Wolgel 11,
Miriam Polinsky 10, **Noam Dov** Strauss 10, **Elisha** Klejman 10, **Dalia** Dublin 9, **Noa**
 Horwitz 9, **Tzvi** Polinsky 9, **Rachel** Klein 9, **Adi** Susman 9, **Menachem** Lipin 8, **Ahuva**
 Maltz 8, **Ariel** Biton 8, **David** Nikifortzav 8, **Levi** Rubinsky 7, **Zahava** Frist 6, **Ayelet**
 Seigel 6, **Avraham** Friedman 6, **Doron** Spielman 6, **Jonathan** Rossner 6, **Eliyahu**
 Robinsky 6, **Elroi** Carmel 6, **Elad** Levi 6, **Yakir** Levi 6, **Daniel** Biton 6, **Yonatan** Yosef

5, **Gavri** Eigner 5, **Orli** Kulesko 5, **Jennie** Klein 6, **Dudi** Schwartz 5, **Raffi** Roskind 5, **Eyall** Shemesh 5, **Kobi** Levenberg 5, **Justin** Dublin 5, **Shmuel** Agranat 5, Avigail Ben Zaken 4, **Yedidya** Liker 4, **Yosef** Wolgel 4, **Daniel** Witkin 4, **Sraya** Levenberg 4, **Yehuda** Klein 4, **Nachliel** Rossner 4, **Daria** Zilbergratz 4, **Gilad** Mizrahi 4, **Yehuda** Y. Mackler 3, **Naama** Susman 3, **Shabtai** Siegel 3, **Yehuda** Ziv 3, **Elia** Markowitz 2, **David** Kremer 2, **Eitan** Susman 2, **Moshe** Maltz 2, **Yedidya** Rotnamer 1, **Noa** Laureano 1, **Elia** Laureano 1, **David**a Taub 0, **Eliezer** Friedman 1, **Rafi** Stein 0, **Yisrael** Kaplan 1, **Debbie** Goldstein 1, **Aviel** Leoriano 0, **Eli** Furer 0,

The 200 Club (5)

Avishai Farkash 217, **Elia** Laureano 214, **Aviel** Laureano 205, **Mazal** Keller 201, **Menachem** Keller 200,

The 100 Club (21)

Oded Keller 192, **Noa** Laureano 190, **Shirel** Laureano 183, **Shilo** Wohl 163, **Naama** Susman 154, **Noa** Horwitz 151, **Tzvi** Polinski 147, **Gavri** Eigner 137, **Doris** Strauss 135, **Mordechai** Arzuan 128, **Eli** Furer 123, **Bezrael** Attias 114, **Michal** Shemesh 113, **Shabtai** Siegel 113, **Dalia** Dublin 107, **Yehuda** Frist 107, **Shira** Liker 107, **Dudi** Schwartz 106, **Baila** Stein 103, **Esther** Taub 101, **Adi** Susman 100,

Family Attendance

Keller: Mazal 23, Menachem 15, Oded 12 = 50
Klein Family: Jennie 6, Rachee 9, Mandy 13 = 28
Strauss Family: Doris 17, Noam Dov 10 = 27
Attias Family: Bezalel 14, Aharon 10 = 24
Shemesh Family: Michal 18, Eyal 5 = 23
Frist Family: Yehuda 13, Zahava 6 = 19
Polinsky Family: Tzvi 9, Miriam 10 = 19
Liker Family: Shira 12, Yedidya 4 = 16
Wolgel Family: Chaya Sara 11, Yosef 4 = 15
Mackler Family: Rena 11, Yehuda 3 = 14
Dublin Family: Dalia 9, Justin 5 = 14
Susman Family: Naama 3, Adi 9, Eitan 2 = 14
Biton Family: Ariel 8, Daniel 6 = 14
Rubinsky Family: Levi 7, Eliyahu 6 = 13
Siegel Family: Ayelet 9, Shabtai 3 = 12
Maltz Family: Ahuva 10, Moshe 2 = 12
Levi Family: Elad 6, Yakir 6 = 12
Rossner Family: Jonathan 6, Nachliel 4 = 10
Levenberg Family: Kobi 5, Sraya 4 = 9
Friedman Family: Eliezer 1, Avraham 6 = 7
Laureano Family: Noa 1, Elia 1 = 2

Leadership Team : *Eitan* Susman, *Gavri* Eigner, *Menachem* Keller, *Avishai* Farkash, *Yaara* Glickstein, *Shmuel* Agranat, *Shilo* Wohl, *Shira* Liker, *Miriam* Polinsky,

Dojo Hours

Monday 3:30 - 9:30 P.M.
Tuesday 3 - 4 P.M. **Boys** ages 5 - 6,
Tuesday 4 - 5 P.M. **Boys** grades 6-7,
Wednesday 3:30 - 9:30
Thursday 5:30 - 7:00 **Girls** class (With Esther)
Friday 12:45 - 2:00 (Younger group) 2:00 -3:30 (Older group)

Yoga; (Women only)

Instructor: Edna Eliyahu
Sunday, Thursday 7:00 - 8:30 PM

Pilates (Women only)

Instructor: **Susan Kleid**, call 590 0148
Monday, Thursday; 8:30 - 9:30 AM

Personal Training

Personal training now available in your home or at dojo with Esther. She is a certified personal trainer; Wingate certified aerobics instructor, spinning and weight lifting teacher as well as second *dan* black belt. Reach your fitness goals with the experience and expertise of a certified expert. Call 054 570 4159 for further details.

Dojo Membership Dues

180 NIS per month

100 NIS Yearly Insurance

We require post-dated checks for the entire year through August
Newsletter Editor: Moshe D. Katz

Feel Free to submit an article, letters, and interviews

לחימה חופשית

~% + ~, 'ודו + ג'וג'יטסו = הגנה עצמית + בטחון עצמי

"ברוך ה' צורי המלמד ידי לקרב אצבעותי למלחמה"
"ה' עזוז וגיבור, ה' גיבור מלחמה"

כתובת: מצפה נבו 50/3 מעלה אדומים

054 589 0357 02 535 7265

מאמן ראשי: משה כ"ץ, חגורה שחורה דאן 4

מאמנת: אסתר, חגורה שחורה דאן 2

מוסמך על ידי:

סנסי איתי גיל, דאן 6, מאמן הימ"מ לשעבר, מג"ב, לוחמה בטרור

פרופסור ארתור כהן, דאן 6, מומחה לנקודות תורפה, ארה"ב USA

מכון וינגייט, קנצ'ו רוני קלוגר דאן 7, ישראל

World Martial Arts Masters ד"ר ג'רי ביזלי, דאן 9, ארה"ב USA

World Black Belt Bureau, מסטר קנג רי, דאן 9, קוריאה

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תמוז ה' אב ~, יולי July 2007

במהדורה זו

אימונים עם ה אוצ'י דשי

ראיום תלמיד: אביעד שטכלברג מאת שילה וואהל ואבישי פרקש

יערה גליקשטיין

חדשות הדוג'ו: פגישת צוות מנהיגות- החלטות, שיעור נונצ'אקו, דרגות חדשות, ציון לשבת, **קרבות החודש**,

נוכחות חודש יוני, תחרות משפחות,

אימונים עם ה אוצ'י דשי

השנה היתה 1986. נרשמתי ללמוד קרטה בדוג'ו אוימא, סגנון קיוקושין, בעיר נו יורק. הגעתי לדוג'ו חמישה ימים בשבוע, רשמתי ביומן כל שיעור, לפעמים הגעתי פעמיים ביום, בוקר וערב. התאמנתי עד שהחליפת קרטה היתה רטובה מזיעה וגופי היה עייף, עד שדחפתי את עצמי למירב יכולתי ומעבר. השתיה מהברזיה בסוף האימון היתה כמו משקה גן עדן. לפעמים הייתי מפנק את עצמי וקונה משקה מיץ אחרי האימון. כל בוקר ראיתי פנים מוכרות. השיעור התחיל ב7:15 בבוקר, הגענו לפני העבודה: עורכי דין, רופאים, מנהלים, בנקאים, סטודנטים, ככה התחלנו את היום שלנו וככה היינו שמחים. תודה לאל שהיו שם מקלחות. היו עוד פנים מוכרות, פנים יפניות, פניהם של ה אוצ'י דשי.

עד אז רק קראתי על המושג הזה בספרי ההיסטוריה. בעבר הרחוק בחור שרצה להיות סנדלר, למשל, היה הולך וגר אצל סנדלר ידוע, גר איתו בביתו, לומד אצלו ועובד איתו עד שהוא עצמו נהיה מומחה מוסמך ואז פותח לעצמו חנות. היום כבר אין את זה. בדוג'ו, אולם האימונים של הקרטה, זה עדיין היה קיים שאני התחלתי ללמוד. אוצ'י דשי, מילה ביפנית: תלמיד בית, כלומר תלמיד שמתגורר אצל המורה. תלמידים אלו

הגיעו ישר מיפן כדי להתאמן אצל מורינו הדגול סייקו שיהן שיגורא אויאמא. הם נבחרו מתוך מועמדים רבים ועברו תהליך ארוך כדי להגיע לכאן.

באמת התנאים היו קשים והדרישות רבות. האוצ'י דשי גרו בדוג'ו, ישנו בשקי שיינה על הרצפה של הדוג'ו, היו צריכים לבשל את האוכל בעצמם, אכלו ביחד, ניקו את הדוג'ו וכמעט לא יצאו. קמו מוקדם כל בוקר לאותה השגרה היומית: ללמד את שיעורי הקרטה, לטפל בכל נושא הקבלה והרשמה ומכירת ציוד, עניינים ניהוליים, לנקות את השירותים והדוג'ו ועוד. בתמורה קיבלו אימוניים אישיים מסייקו שיהן, הזדמנות להתאמן שעות ביום, אוכל ולינה, ועליה מהירה בדרגה. שהיגיעו לדאן 3 קיבלו תפקיד מורה ראשי בדוג'ו משלהם. הדוג'ו החדש יהיה סניף מהדוג'ו הראשי והם יחזרו להתאמן מידי פעם.

כשאני הצטרפתי בשנת 1986 היו שישה אוצ'י דשי, כולם בחורים צעירים מיפן. כמעט ולא דברו אנגלית. הדוג'ו היה מאוד מסורתי, אסור היה לקרוא למישהו בעל דרגה יותר גבוהה, למשל, בשמו הפרטי. לבעלי חגורות שחורות היה תואר "סמפיי" (עוזר מאמן).

ה אוצ'י דשי היו חבורה מאוד רצינית, כמובן, אבל גם מאוד ידידותיים ואהבו לצחוק, בעיקר מבדיחות ביפנית. אבל הם התאמנו קשה, למשל אחרי סיום האימונים הייתי רואה את סמפיי סאקאי לוקח קרש עץ וממשיך לעשות עליו עוד שכיבות שמיכה, אחרים היו משפרים את הקאטא, עובדים על השק או מרימים משקולות.

הדוג'ו היה פתוח שבע ימים בשבוע. בימות השבוע הדוג'ו היה פתוח מ 7 בבוקר עד 11 בלילה. השיעור הראשון של היום התחיל ב 7:15 והמשיך עד 8:15. אני קמתי כל בוקר בחמש, נסעתי ברכבת כדי להגיע לדוג'ו. ראינו את זה כאתגר, האם נצליח להגיע לפני שהאוצ'י דשי פותחים את הדלת. חיכינו בחוץ בקור העז של הבוקר עד שתלמיד יפני ישנוני ירד ופתח את הדלת. עלינו במדרגות החשוכים לבנין הדומם, קיבלנו מפתחות ללוקרים, החלפנו בגדים ונכנסנו לדוג'ו. עשינו קידה, אמרנו "אוס" והתחלנו את החימום שלפני השיעור.

אחרי השיעור התלמידים חזרו לחדר הלבשה, ונכנסו למקלחות. איזה הרגשה נהדרת, שרדנו עוד אימון והתקדמנו קצת. החלפנו בגדים וכל אחד נסע למקום עבודתו, חוץ מהאוצ'י דשי. בשבילהם האימון רק התחיל. היתה תקופה שלא הייתי צריך לעבוד, איזה כיף, נשארתי לאימון של האוצ'י דשי.

רבע שעה אחרי האימון הרגיל, האימון המיוחד התחיל. האימון היה חובה עבור כל האוצ'י דשי. השיעור הזה היה מאוד שונה מהשיעורים הרגילים. לפעמים סייקו שיהן עצמו לימד את האימון ולפעמים לא, אבל האוצ'י דשי היו מאוד ממושמצים והאימון התנהל עם או בלי מורה.

הנוהל היה כך: שישים שכיבות שמיכה על האגרופים על עץ, שישים סקואט, גמישות רגליים, ריצה, ושוב פעם, כל הסידרה 6 פעמים. לפעמים סייקו שיהן היה עומד שם עם מקל במבוק ונותן מכות בישבן לעודד אותנו להתאמץ יותר. האימון המשיך עם עבודה על השק, עוד ריצה, ואז עבודה עצמאית, כל אחד מה שהוא צריך.

באותה התקופה קבוצת האוצ'י דשי כלל: סמפיי מאסאקי טאראו, סמפיי סאקאי, סמפיי יאמאמוטו, סמפיי נישיה, סמפיי סוזוקי וסמפיי נישייאמא. ☺

לזכור: כדי להשתתף בקרבות חייבים מגן אשכים ומגני עצם.

ראיון תלמיד עם אביעד שטכלברג מאת אבישי פרקש ושילה וואהל

שאלה: מתי הגעת לדוג'ו?
אביעד: לפני חצי שנה.

שאלה: איך הגעת לדוג'ו?
אביעד: אמא שלי הציעה ללכת, אז הלכתי.

שאלה: עם מי אתה אוהב לעבוד?
אביעד: עם מנחם ליפין, כי הוא מאוד רציני ואני מכיר אותו.

שאלה: איזה סוג תרגילים אתה הכי אוהב?
אביעד: קרקע וג'וג'יטסו, כי יש בזה הכי הרבה זרימה וזה מאוד שימושי.

שאלה: מי מודל לחיקוי בשבילך?
אביעד: מנחם קלר.

שאלה: האם אתה מייסם את מה שאתה לומד בדוג'ו בבית הספר וברחוב?
אביעד: כן, אבל אני אף פעם לא השתמשתי רציני.

יערה גליקשטיין

יערה מתאמנת כבר משנת 2004 ומגיעה להישגים יפים. יש לה בעיטות מצוינות, הטלות ג'ודו טובות והרבה רוח לחימה. היא גם עוזרת עם הילדים הקטנים והם אוהבים אותה. לא מזמן היא הוזמנה להיות חלק מצוות מנהיגות. עוד מעט חגורה ירוקה.

ציוד אישי

כל אחד צריך לדאוג לציוד אישי: מגן אשכים, מגני עצם, מגן שיניים, כפפות ומגן ראש.

חדשות הדוג'ו

פגישת צוות מנהיגות- החלטות

במוצאי שבת פרשת קורח נפגש חלק מצוות המנהיגות. חברים חדשים הצטרפו: שילה וואהל, שמואל אגרנט, שירה ליקר ומרים פולנסקי. כמה החלטות נתקבלו:

- במהלך הקיץ יהיו כמה אימונים מיוחדים כולל אימונים בפארק ואולי בחוף הים.
- בקיץ יתקיים מכירת ציוד נוספת.

- נקפיד יותר על הפרדה בין התלמידים הצעירים והבוגרים כך שיתאפשר אימון יותר מהנה לבוגרים. הבוגרים מצידם יעשו יותר מאמץ להגיע באופן קבוע ולהביא חברים.
- נקיים מבחן אצל סנסיי איתי לדרגות גבוהות במהלך החודש הקרוב.
- הבנות יעשו מאמץ לחזק את שיעור הבנות של אסתר.
- צוות המנהיגות תראיין תלמיד אחד לחודש עבור העיתון. גם יהיה מאמץ לכתוב כתבות.

שיעור נונצ'אקו

מידי פעם שואלים אותי ללמד נונצ'אקו, הנשק המסורתי שנהיה מפורסם אחרי שברוס לי השתמש בהם בסרטיו. התשובה היא כן, אם יש מספיק תלמידים שרוכשים נונצ'אקו, וזוכרים להביא אותו לשיעור, אז אשמח ללמד. אפשר לקנות נונצ'אקו בדוג'ו. גומי \bar{n} 40 ש"ח. עץ \bar{n} 50 ש"ח.

דרגות חדשות

4.6.07	יעקב גרוס \bar{n} פס שני
4.6.07	רפי רוסקינד \bar{n} פס שלישי
5.6.07	קובי לבנברג \bar{n} פס שלישי
6.6.07	יהודה קליין \bar{n} פס שלישי
6.6.07	יונתן יוסף \bar{n} פס ראשון
6.6.07	דליה דבלין \bar{n} חגורה צהובה
11.6.07	דודי שוורץ \bar{n} חגורה צהובה/לבנה
11.6.07	מזל אור קלר חגורה צהובה פס רביעי
12.6.07	יוסף וולגל - חגורה צהובה/לבנה
13.6.07	אייל שמש \bar{n} פס שלישי
13.6.07	מיכל שמש \bar{n} חגורה צהובה
18.6.07	רינה מקלר \bar{n} פס רביעי
18.6.07	יהודה פירסט \bar{n} חגורה צהובה פס שלישי
19.6.07	ידידיה ליקר \bar{n} פס רביעי
19.6.07	דניאל ויתקין \bar{n} פס רביעי
19.6.07	אילת סיגל \bar{n} חגורה כתומה
19.6.07	שירה ליקר \bar{n} חגורה כתומה פס שני
19.6.07	עדי זוסמן - חגורה כתומה פס שני
19.6.07	אביטל קלייד - חגורה כתומה פס שני
19.6.07	ליאורה קרצר \bar{n} חגורה צהובה פס שלישי
20.6.07	מנחם ליפין \bar{n} חגורה צהובה
20.6.07	מרדכי ארזואן \bar{n} חגורה צהובה פס ראשון
20.6.07	יעקב גרוס \bar{n} פס שלישי
21.6.07	מרים פולינסקי - חגורה כתומה פס שני

25.6.07	מרדכי ארזואן ם חגורה צהובה פס שני
26.6.07	גלעד מזרחי - חגורה צהובה/לבנה
27.6.07	מיכל שמש ם חגורה צהובה פס ראשון
29.6.07	עודד קלר ם חגורה צהובה פס שלישי
29.6.07	אלישע קליימן ם פס ראשון

ציון לשבח

	רוח הדוג'ו ם אריאל ביטון, שירה ליקר, מרים פולינסקי
	לוחם החדש ם אריאל ביטון
	רוח לחימה ם מרדכי ארזואן
	רוח לחימה- מיכל שמש, מזל אור קלר
	רוח לחימה ם קובי לבנברג, שילה וואהל
	התקדמות בעיטות ם יעקב גרוס
	בעיטת החודש ם רפי רוסקינד, לו קיק
13.6.07	בעיטת החודש ם יערה גליקשטיין, מידל קיק,
	בעיטת החודש ם אביעד שטכלברג, בעיטה צידית
	בעיטת החודש ם מנחם קלר, בעיטה צידית
	בעיטת החודש ם שבתי סיגל, בעיטה לבטן
	אגרוף החודש ם רפי רוסקינד, ג'ב
29.6.07	אגרוף החודש ם בצלאל אטיאס,
	שילוב אגרופים ובעיטות ם יערה גליקשטיין
	שילוב אגרופים ם מנחם קלר
	הגנה נגד בעיטות ם מזל אור קלר
	הגנה נגד בעיטות ם מרדכי ארזואן
	התקדמות קיקבוקסינג ם מיכל שמד
	הבנת ג'ודו ם יעקב גרוס
	התקדמות קרבות קרקע ם אלעד לוי
5.6.07	בריה ם קובי לבנברג, שורש כף יד,
8.6.07	בריה ם אליה מרקוביץ, נעילת מרפק,
	בריה ם דוריס שטארוס, נעילת רגל
18.6.07	בריה ם ג'סטין דבלין, ג'ולגאטאמה
19.6.07	בריה ם שריה לבנברג, בריח על הרגל
19.6.07	בריה ם יקיר לוי, בריח על הרגל
25.6.07	בריה ם שמואל אגרנט, נעילת קרסול
25.6.07	בריה החודש ם אהרון אטיאס, נעילת יד

- התקדמות ג'ודו ה' אילת סיגל, אביטל קלייד
12.6.07 תרגיל ג'ודו ה' קובי לבנברג או גושי
12.6.07 חניקה ה' עדיאל אביוף
13.6.07 הורדה לקרקע ה' יערה גליקשטיין נגד מיכל
20.6.07 הורדה לקרקע ה' מנחם קלר נגד מנחם ליפין
29.6.07 הורדה לקרקע ה' קובי לבנברג נגד מרדכי
גילגולים ה' מנחם קלר, אבישי פרקש,
עוזר מצטיין ה' אבישי פרקש
ברוכים החוזרים: נועם שטראוס, אליה מרקוביץ, דוד קרמר,
ברוכים הבאים ה' אלישע קליימן

קרבות החודש

- 5.6.07** מרים פולינסקי, אסתר טאוב, **קרקע**,
11.6.07 דודי שוורץ, רפי רוסקינד, **קרקע**,
13.6.07 מיכל שמש, יערה גליקשטיין, **קיקבוקסינג**,
13.6.07 מיכל שמש, מזל אור קלר, **ג'ודו וקרקע**,
15.6.07 איתן זוסמן, אריאל ביטון, **קיקבוקסינג**,
18.6.07 יעקב גרוס, ג'סטין דבלין, **קיקבוקסינג**,
18.6.07 רפי רוסקינד, רינה מקלר, **קיקבוקסינג**,
20.6.07 מרדכי ארזואן, מנחם ליפין, **קיקבוקסינג**,
25.6.07 אבישי פרקש, שילה וואהל, **ג'ודו וקרקע**,
25.6.07 אהרון אטיאס, מרדכי ארזואן, **ג'ודו וקרקע**,
25.6.07 שמואל אגרנט, יעקב גרוס, **קרקע**,
26.6.07 יקיר לוי, אלעד לוי, **קרקע**,
27.6.07 מיכל שמש, מזל אור קלר, **קיקבוקסינג**,
29.6.07 אריאל ביטון, אהרון אטיאס, **קרקע**,
29.6.07 מרדכי ארזואן, קובי לבנברג, **קיקבוקסינג**,

נוכחות חודש יוני 2007

מרדכי ארזואן 31, מזל אור קלר 23, אבישי פרקש 23, יעקב גרוס 20, מיכל שמש 18,
שילה וואהל 17, דוריס שטראוס 17, יערה גליקשטיין 15, מנחם קלר 15, בצלאל אטיאס
14, ביילא שטיין 14, אביעד שטכלברג 14, יהודה פריסט 13, מנדי קליין 13, עודד קלר 12, אהרון
אטיאס 12, שירה ליקר 12, רינה מקלר 11, אסתר טאוב 11, אביטל קלייד 11, ליאורה קרצר 11, חיה
ששרה וולגל 11, מרים פולינסקי 10, נועם דב שטראוס 10, אלישע קליימן 10, דליה דבלין 9, נועה
הורביץ 9, צבי פולינסקי 9, רחל קליין 9, עדי זוסמן 9, מנחם ליפין 8, אהובה מאלץ 8, אריאל ביטון 8,

דוד ניקיפורצב 8, לוי רובונסקי 7, זהבה פריסט 6, אילת סיגל 6, אברהם פרידמן 6, דורון שפילמן 6, אליהו רובינסקי 6, אלרועי כרמל 6, אלעד לוי 6, יקיר לוי 6, יונתן רוסנר 6, דניאל ביטון 6, יונתן יוסף 5, גברי אייגנר 5, אורלי קולסקו 5, ג'ני קליין 5, דודי שוורץ 5, רפי רוסקינד 5, אייל שמש 5, קובי לבנברג 5, ג'סטין דבלין 5, שמואל אגרנט 5, אביגין בן זקן 4, ידידיה ליקר 4, יוסף וולגל 4, שריה לבנברג 4, יהודה קליין 4, דניאל ויתקין 4, עדיאל אביוף 4, נחליאל רוסנר 4, דריה זילברגרץ 4, גלעד מזרחי 4, נעמה זוסמן 3, יהודה מקלר 3, יהודה זיו 3, שבתי סיגל 3, אליה מרקוביץ 2, דוד קרמר 2, איתן זוסמן 2, משה מאלץ 2, ידידיה רוטנמר 1, נועה לאוריאנו 1, אליה לאוריאנו 1, אליעזר פרידמן 1

תחרות משפחות

משפחת קלר: מזל אור 23, מנחם 15, עודד 12 = 50

משפחת קליין: מנדי 13, רחל 9, ג'ני 6 = 28

משפחת שטראוס: דוריס 17, נעם 10 = 27

משפחת אטיאס: בצלאל 14, אהרון 10, = 24

משפחת שמש: מיכל 18, אייל 5 = 23

משפחת פריסט: יהודה 13, זהבה 6 = 19

משפחת ליקר: שירה 12, ידידיה 4 = 16

משפחת פולינסקי: צבי 9, מרים 10 = 19

משפחת מקלר: רינה 11, יהודה 3 = 14

משפחת דבלין: דליה 9, ג'סטין 5 = 14

משפחת זוסמן: נעמה 3, עדי 9, איתן 2 = 14

משפחת ביטון: אריאל 8, דניאל 6 = 14

משפחת רובינסקי: לוי 7, אליהו 6 = 13

משפחת סיגל: מאלץ 9, שבתי 3 = 12

משפחת מאלץ: אהובה 10, משה 2 = 12

משפחת לוי: אלעד 6, יקיר 6 = 12

משפחת רוסנר: יונתן 6, נחליאל 4 = 10

משפחת לבנברג: קובי 5, שריה 4 = 9

משפחת פרידמן: אליעזר 1, אברהם 6 = 7

משפחת לאוריאנו: אליה 1, נועה 1 = 2

קבוצת המאתיים

אבישי פרקש 217, אליה לאוריאנו 214, אביאל לאוריאנו 205, מזל קלר 201, מנחם קלר 200,

קבוצת המאה

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ביילא שטיין 103, אסתר טאוב 101, עדי זוסמן 100,

צוות מנהיגות החדשה: איתן זוסמן, מנחם קלר, גברי אייגנר, אבישי פרקש, שמואל אגרנט,
שילה וואהל, יערה גליקשטיין, מרים פולינסקי, שירה ליקר.

דמי חבר
180 ש"ח לחודש