

Empowering adults with CP: Martial arts and self-defense

Max Kuroda

**World Seido Karate Organization
Aikido Association of America
United States Judo Federation**

**A Workshop on Adult Cerebral Palsy in Honor of Arnold Werner, M.D.
Michigan State University**

12 May 2008



Timeliness and relevance

- **Independence and employment among 101 adults with (moderate/severe) cerebral palsy**
Murphy KP, Molnar GE, Lankasky K. Employment and social issues in adults with cerebral palsy. *Arch Phys Med Rehabil* 2000;81(6):807-11.
 - Living independently – 67%
 - Competitively employed – 53%
- **Violence and abuse statistics on adults with CP lacking – however, children with disabilities are 3.4 times more likely to be victims of some type of maltreatment than nondisabled peers**
Sullivan PM, Knutson JF. Maltreatment and disabilities: A population-based epidemiological study. *Child Abuse & Neglect* 2000;24(10):1257-73.
- **Children with CP at increased risk for all forms of abuse (adjusted OR 1.8, 95% CI 1.0-3.4) and for physical abuse (adjusted OR 3.0, 95% CI 1.3-6.8).**

Spencer N, Devereux E, Wallace A, Sundrum R, Shenoy M, Bacchus C, Logan S. Disabling conditions and registration for child abuse and neglect: A population-based study. *Pediatrics* 2005;116(3):609-13.

The “punch” line

- Recognize and appreciate the benefits of participating in physical activities
- Suggest activities and perform pre-participation evaluations
- Identify and suggest ways to minimize risks for injury (e.g., how can activities be adapted, what safety precautions should be taken?)
- Be an advocate
 - Urge participation in physical activities
 - Know what resources are available for physical activities
 - Recognize and reduce barriers to participation

**“Anything you can do or dream you can,
begin it. Boldness has genius, power,
and magic in it.” Goethe**

- **Collective spirit of the training community**
- **Disciplined and consistent effort**
- **Integration of body-mind-spirit**
- **Self-confidence and competence**
- **Independence, coping abilities, competitiveness, teamwork**

Body

- **Improve general health**
- **Maintain or improve muscle strength, flexibility, and balance**
- **Maintain or improve anaerobic power and capacity**
- **Maintain or improve joint structure and function**
- **Slow functional decline**
- **Is martial arts training safe?**
 - Proficiency in basic techniques before advanced techniques
 - Attention to detail under watchful eyes of instructors
 - Constant polishing ('renma')
- **Will spasticity and/or hypertonia increase?**

Dodd KJ, Taylor NF, Damiano DL. A systematic review of the effectiveness of strength-training programs for people with cerebral palsy. *Arch Phys Med Rehabil* 2002;83(8):1157-64.

Mind

- **Respect**
 - Striving with patience ('Osu!')
 - Focusing on teachers and opponents minimizes error, maximizes safety
 - Following protocols for etiquette, humility, fair play, and to maintain order
- **Encouragement and reward**
- **Will aggression and hostility increase?**

The shinzen



World Seido Karate Organization
Thousand Waves Martial Arts & Self-Defense Center, NFP
1220 W. Belmont Ave.
Chicago, IL 60657
(773) 472-7663
www.thousandwaves.org

“Technique rather than strength; *spirit* rather than technique!”

Kaicho Tadashi Nakamura

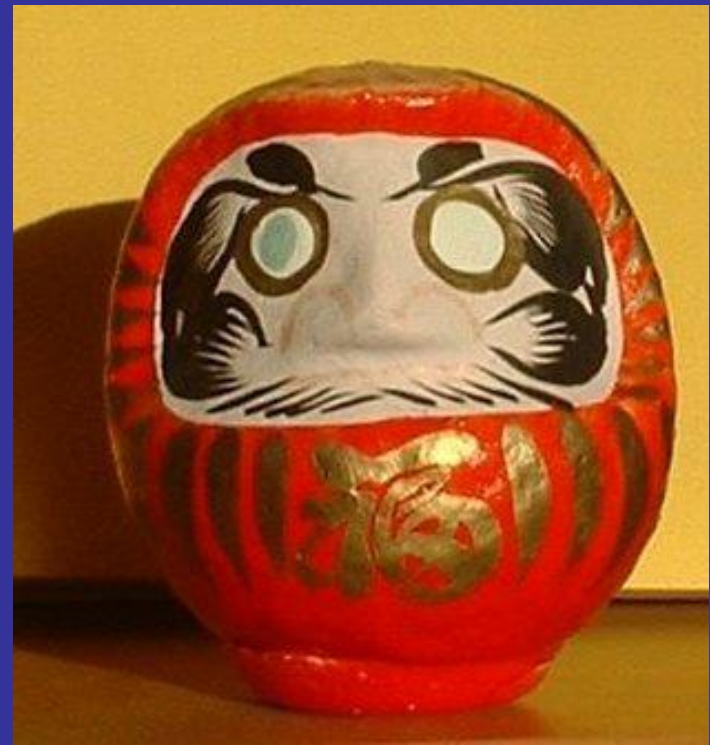
- **Beginner’s mind (‘shoshin’)**
- **Seated meditation (‘seiza’) with eyes closed (‘mokuso’) at the beginning and end of class**
- **Appreciation (‘gassho’) with deep breathing (‘ibuki’) at end of warm-ups**
- **Non-quitting spirit**
- **Shout of spirit (‘KIAI!’)**

Non-quitting spirit: The Daruma doll

七転八起

'Nana Korobi Ya Oki'

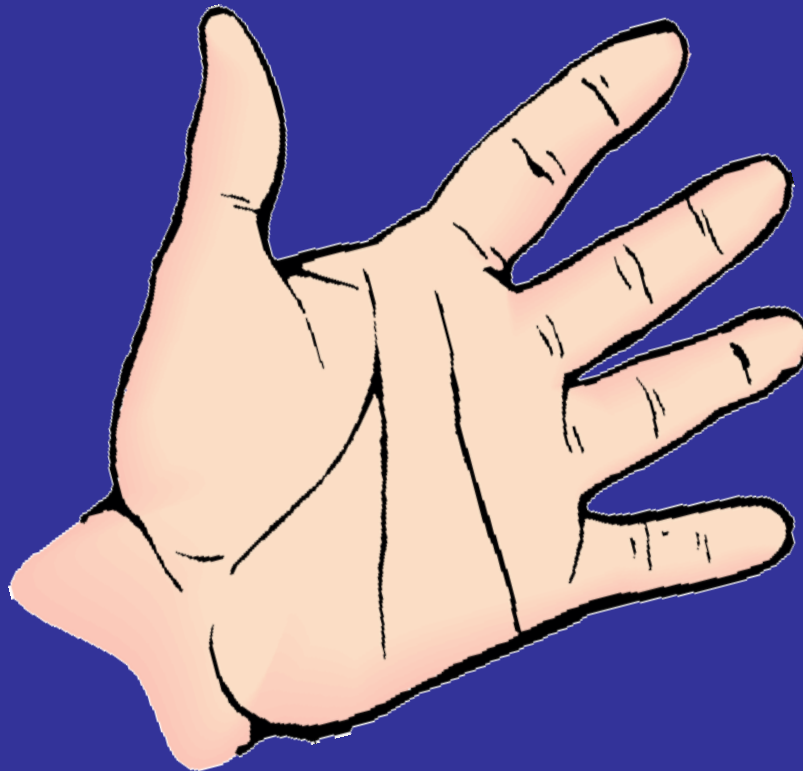
Seven Tumble Eight Getting up



KIAI!

Five Fingers of Self-defense

Think **Yell**



Run

Fight

Tell



Let's see some action ...

- **Trust your instincts (gut) and focus on behaviors not appearances**
- **Set verbal boundaries assertively**
 - Name the behavior – “You’re getting too close.”
 - State your needs – “I need my space.”
 - Broken record – State your needs repeatedly!
- **Know you are worth defending!**

Some natural weapons

- Knife hand ('shuto')
- Fist ('seiken')
- Palm heel ('shotei')
- Bear claw ('kumade')
- Hammer fist ('tettsui')
- Elbow ('hiji')
- Knee ('hiza')
- Heel ('kakato')

Fighting from the ground

- Practice getting to the ground safely
- Kick and KIAI! with each kick
- Use cane or other objects to keep attacker at a distance
- Scissor and trip attacker
- 'Turtle up' (if necessary)

Common objects as weapons

- To strike – books, pots and pans, shoes, ETC.
- To shield – chair, backpack, coat wrapped around arm, ETC.
- **KEYS** are recommended –
 - Keys go virtually everywhere we go.
 - Keys force us to have them out and available for quick access to house/car.
 - Keys are unlikely to be used against us.
 - Keys are effective against multiple targets on the attacker.
 - Keys can be used to mark the attacker with identifiable cuts.
 - Keys are empowering in that they remind us to walk with awareness.

Final thoughts and summary ...

“Karate-do (the way of karate) is a way of being which must be experienced by each individual in his or her own unique way. Its goal is to train the body, mind, and spirit in order to realize the fullness of human potential. Karate is not a sport. There is no competition with others. The real competition is with the self. Karate, like life, which it mirrors, is a struggle: a struggle with our own weakness, with our own egos and our selfishness, with our narrow-mindedness and prejudices.”



Kaicho Tadashi Nakamura

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Kaicho Tadashi Nakamura
Chairman
World Seido Karate Organization
New York Headquarters

Nidaime Kyoshi Akira Nakamura
Vice-Chairman
World Seido Karate Organization
New York Headquarters

Jun Shihan Nancy Lanoue
Co-director
Thousand Waves Martial Arts and Self-defense, NFP,
Chicago, IL branch

Kyoshi Sarah Ludden
Co-director
Thousand Waves Martial Arts and Self-defense, NFP,
Chicago, IL branch

Senpai P. Marie O'Brien
Director of Violence Prevention Programs
Thousand Waves Martial Arts and Self-defense, NFP,
Chicago, IL branch

Kristen Kleckler
Photographer
Thousand Waves Martial Arts and Self-defense, NFP,
Chicago, IL branch

Sensei Stephen Toyoda
Dojo-cho
Tenshinkan
Aikido Association of America

Sensei Susan Kim
Women's program
Tohkon Judo Academy
United States Judo Federation

Sensei Nicole Leung
Women's program
Tohkon Judo Academy
United States Judo Federation