



Caltech Karate Club



Moore and Hufstedler Funds at Caltech
Attn: Administrator

Dear Sir or Madam;

The Caltech Shotokan Karate Club is very grateful for your recent grant of \$1457.23 for the purchase of training equipment.

With the grant, we purchased the following items:

- * Body protectors – worn around the midsection, so that students can receive full-strength punches and kicks without harm
- * Hand-held punching bags – used to simulate a moving target which can then be struck at full strength
- * Heavy kicking/punching bag and mounting hardware – used to provide maximum resistance, so as to perfect kicking and punching form.
- * Banana “Thai style” bag and mounting hardware – used to practice certain specialized techniques, especially stomp kicks
- * Punching mitts – used to protect the hands from abrasion and injury during repetitive punching exercises
- * Training manuals and DVDs – containing important hints on safe and effective training with the above equipment

The equipment was eagerly awaited by our members and we have already begun to use it (see photos). In the past, we did not have enough equipment to go around, which meant that many exercises could only be conducted during the advanced class, which is smaller. This situation was very disadvantageous for beginners, but now we have enough mitts and body protectors to serve a much larger group of students simultaneously.

Use of this training equipment allows our students to attain maximum realism and effectiveness with their techniques. A hanging bag can be kicked hundreds of times every day, which is important to achieve the tens of thousands of repetitions needed to master a technique. As our instructor Randy McClure says, “The bag is your friend.” Now our students can go to the gym between classes and work on their kicks. In the past, there was no way for our students to train by themselves, which held back our students from perfecting their favorite techniques.

The equipment also confers an important safety benefit and helps to prevent injury. Needless to say, it is dangerous for the unprotected student to receive full-power kicks and punches. What is less obvious: punching and kicking the air exclusively, without a solid target, can also cause joint problems. Protective equipment benefits safety for both the giver and the receiver of a karate technique.

米
國
松
濤
館



Caltech Karate Club



Finally, having new equipment gives a boost to the students' attitude toward training, encourages them to try new things and take risks, and attend class more often. Our well-stocked equipment locker is a source of great pride to the Caltech Shotokan Karate Club and the envy of our sister clubs at other schools.

We are extremely grateful to the Moore and Hufstedler Funds for their support.

Sincerely yours,

(Pamela Logan)
Assistant Instructor,
Caltech Karate Club.

米國松濤館