



## Upcoming Events

**November 12, 2011**

### Pre-Test Training

1:00 – 4:00 PM

James P. Gills YMCA  
8411 Photonics Drive  
New Port Richey, FL  
(727) 375-9622

For more information:  
[mkmendelson@yoshukai.org](mailto:mkmendelson@yoshukai.org)

**January 14, 2012**

Winter Testing  
10:00 AM

Staff Training  
2:00 – 5:00 PM

Bamboo Dojo  
Vero Beach, FL  
For more information:  
[mike.mcclernan@yoshukai.org](mailto:mike.mcclernan@yoshukai.org)

**March 31, 2011**  
**Suncoast Yoshukai**

Tournament  
10:00 AM – 4:00 PM

James P. Gills YMCA  
8411 Photonics Drive  
New Port Richey, FL  
(727) 375-9622

For more information:  
[mkmendelson@yoshukai.org](mailto:mkmendelson@yoshukai.org)



# YKI Newsletter

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## i-defense CROSS TRAINING SEMINAR HIGHLIGHTS

By Mike Mendelson

Mr. Ricky Copeland and I made a trip overseas this past month to visit Mr. Alfons Pinders and his Martial Arts Academy **i-defense** karate school located in Essen Germany. The flight to Germany was uneventful. If you have ever taken a long road trip with your parents sitting in the backseat with two or three siblings shoulder to shoulder for hours on end, well you get the picture. After a night of no sleep we arrived in Dusseldorf around 8:00 AM and found Mr. Pinders there to greet us. We drove to his beautiful home in Essen about thirty minutes away and went right to sleep. Actually, I believe the correct term is "crashed." Yes, we both crashed for the rest of the day. I do remember waking at some



point to go for a walk in the forest and then to the village beyond where we partook of many local beverages and excellent food. And then we crashed again.

On Saturday, we attended a cross training seminar hosted by Mr. Pinders. The event included instructors from two other styles, Mr. Carl Brocher (Jujitsu) and Mr. Hans-Joachim Matusek (Aikido) as well as Mr. Pinders, Mr. Copeland and myself. We taught several sessions to a multitude of students with a variety of backgrounds. Most had some form of martial arts training either from Mr. Pinders' school or from one of the other schools. Some had no martial arts training at all yet they all had one thing in common, they were hungry for knowledge and they came to learn. Although it was a long day, everyone enjoyed the training and walked away with newfound knowledge. Overall, I was very impressed with Mr. Pinders' students and his school. He offers a variety



of programs including Yoshukai karate, MMA, kickboxing, yoga and several other programs designed to teach physical fitness and healthy living through exercise.

That evening, the students hosted a Bar-B-Q in honor of Mr. Pinders' 50<sup>th</sup> birthday. All the food was prepared by the students or their parents and wow, was it great! I particularly loved the bratwurst and German potato salad and I believe Mr. Copeland was partial to the German chocolate cake. The



highpoint of the evening was when the students presented Mr. Pinders with an airplane ride over the town as a birthday gift. They also presented Mr. Copeland and myself with a case of wine. We had a wonderful time with a really great group of people.

The following day turned out to be one of the highlights of our trip when Mr. Pinders graciously shared his airplane ride with Mr. Copeland and I. We flew over the village and surrounding countryside and the view was spectacular! Our special thanks to Carlo Hunerfeld and his son for such a great day.

We spent the remainder of our time in Germany, teaching a few classes and traveling around the area sightseeing before returning home. Both Mr. Copeland and I had a wonderful time and we would like to thank Mr. Pinders and the fantastic folks that make up his school for their hospitality and friendship.







