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# Pirates vs. Ninja:

## JING at Anime Expo and Comic Con!

This past summer, JING and five other art groups performed a martial arts theatrical extravaganza, "Pirates vs. Ninja", for the halftime of the annual Masquerade contest at Anime Expo and Comic Con. "Pirates vs. Ninja" was based on the movie "300", with the Ninjas from Naruto in the role of the Spartans, Pirates from the movie "Pirates of the Caribbean" and the anime "One Piece" in the role of the Persians, and cameos from The Matrix, Avatar, and Star Wars.

The 45-minute stage show was produced by JING, written and directed by Ernesto Matamoros and Wilder Herms, with audio and lights provided by gMo (Gulielmo Cuiear), and featured the talents of six different groups across Southern California, including JING.

JING students did most of the production and backstage work of the show: Krishangi Groover contributed enormously by managing all the props, microphones, and stage cues, and helping with writing and blocking and acting; Matthew Tay, Adam Pruneda, Alamin Asad, and Dustin Stern-Garcia provided stealthy on-stage talent as "stage ninjas" — people dressed all in black who make things "magically" happen onstage without notice of the audience —, and acted as the "Everything Crew" managing props, blocking, writing, set-up, and break-down before and after the shows. JING even provided a dedicated makeup and cue girl — Elida Villavicencio — and a very



Sakura does Wushu!



The Ninjas' Oracle.

helpful costumer — Genesis Hearne.

The creative and technical force for the performance came largely from Keith Cooke's Champions Martial Arts in LA: writing a theatrical martial arts piece for the Anime Expo audience originally served as a creative exercise for Ernesto Matamoros and Wilder Herms, then rapidly grew to a much larger scale. Everybody's friend gMo was quickly pulled into production for his expertise with music and editing, honed from years editing for the film industry. The 30-plus performers came from various schools and groups in Southern California: JING, Keith Cooke's Champions Martial Arts in LA, and South Coast Martial Arts contributed their highly skilled martial arts; the EMC Monkeys, a martial arts and stunt group from LA, wowed the crowds with their fight sets and crazy stunts; the Squids of Fury, a local San Diego break dancing group, danced and acted in multiple roles, to many laughs; and the Pirates Charles provided live music and talented acting.



Kakashi Sensei trying to reason with the Pirate Barbosa (in "bearskin coat") and his musical accompaniment.

The Anime Expo performance was held in the Long Beach Convention Center, which seats 8,000-9,000. The performance at Comic Con was held at the San Diego Convention Center in a hall that seats up to 5,000, with the performance also simul-cast in two other locations. In regards to the amount of technology and manpower behind the show, JING has re-

(Continued on page 3)

# LEGEND OF THE SEVEN ELEMENTS

PHOTOGRAPHS FROM THE SHOW

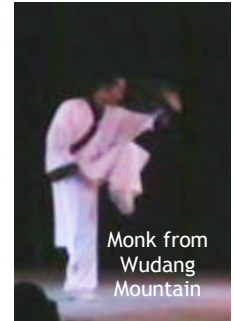
taken August 25 and September 1, 2007 at South Coast Martial Arts



Philip Sahagun of SCMA.



Matthew Tay and Jing Jing



Monk from  
Wudang  
Mountain



Wesley Gonzales of JING!



All the performers of Legend of the 7 Elements!



Master WeiWei's Taiji Broadsword

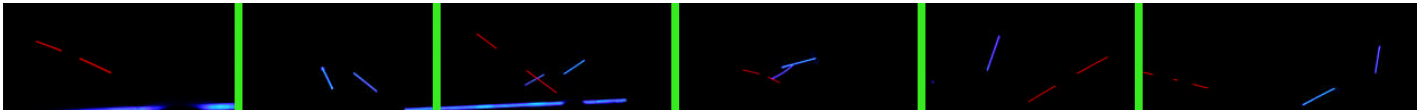
*(Pirates vs Ninja, Continued from page 2)*

ferred to it as "The biggest thing we have ever done!"

JING has been the main performance at Anime Expo's Masquerade Halftime since 2004. This year was JING's first performance at Comic Con, thanks to JING Taiji student John Ruff, who happens to be the Assistant Director of Masquerade at Comic Con; it was Mr. John Ruff who offered JING

into the running for the Halftime performance, for which JING had to beat out two other groups to win the right to perform.

The crew looks forward to another possible performance at a conference next spring. Asked about that performance, and hopefully more, in the coming year, Jing Jing Evans replies, "We are all looking forward to putting on another awesome show!"



The Light Saber Fight between Kakashi Sensei (red staff) and the Pirate Barbosa (blue double sabers).



Waterbending, without getting water on the stage.



Ninjas rapidly blocking bullets fired from the Pirates' orange-tipped guns!



# Team JING

## Performance & Competition

Team JING is the Wushu Performance and Competition Team of JING! Whereas Wushu is normally a solo activity, aside from the cheering and jeering of classmates, Team JING focuses on Group Forms and Fight Sets, ie Team Wushu.

- have the passion to work hard, play hard, and be a Cool Kung-Fu Master,
- Be quick and adaptable to different situations, from tiny stages to concrete floors, and
- be prepared to work as a Team!

The primary goals of the Team JING are to

- improve the athletic, artistic, and acting skills of all Team Members,
- provide a creative outlet for innovative choreography,
- increase awareness of Chinese Martial Arts through live performance,
- gather trophies and medals in Group Martial Arts, and
- have a lot of fun doing large-scale Kungfu!

Chris Mendoza, the Team Coach, has been putting the brave young recruits through mind-bending formations and drilling them with anxiety-inspiring (from the adjacent Taiji floor ) weapons.. We are very proud of all the extra choreography that Matthew Tay and Krishangi have done, and are all excited about Dustin and Jeremy's fight set. 加油!

Team JING will have its first official performance on **Saturday, September 29, at 12:45pm at the Mira Mesa Street Fair**. Come cheer on your intrepid Performance Team!

The only real requirements for joining are that recruits must

## What color shirt do you wear at JING?

"White. It makes me jump higher."

- Dustin Stern-Garcia

"Black because there is too much Yang energy."

- Matthew Tay

"It depends what color the memo said to wear."

- Liyan Lagevardi

"I just ordered maroon, but it hasn't come in yet."

- David Adams (it has since come in, so make sure to compliment David on his lovely shirt!)

"I wear anything that's not black, red, or white. Especially not white."

- Wesley Gonzales (who wore mostly white or red until he became part of Team JING!)

"Purple. Throughout history it has been a color that has been valued. And it looks good on me."

- Chris Mendoza

# Jing Asks!

# Student Spotlight!



**Krishangi Groover**

The meaning of Krishangi's name is "one who is very delicate." Some may consider this to be quite an interesting name for someone who has been practicing martial arts for over 13 years and considers her weapons her most prized possessions. Krishangi was born in Shady Grove, Maryland and has lived in Virginia and New York before settling in San Diego. She is currently an undergraduate student at SDSU and majoring in Geochemistry. She speaks some Spanish, and reads both Hindi and Sanskrit. Something you may not know about Krishangi is that she took ballet, jazz, and classical Indian dance for 5 years. Krishangi is currently an instructor as well as a student at JING. She says that her favorite quote is "lower stances" and her favorite move is the Black Dragon Twist. When asked to share her favorite memory at JING, Krishangi says "It was when I broke my staff during my performance at JING's 5th Anniversary Party. People still tease me about that."

**Steve Butler**

Steve was born at home in Chicago, Illinois. He is currently a Ph.D candidate in Mathematics (more specifically, Combinatorics) at UCSD. Steve is learning Taiji at JING, and states that his favorite martial arts movie is Jackie Chan's "Miracles." Something interesting that you may not know about Steve is that he juggles: oranges, eggs, beanbags, clubs... you name it, and Steve probably can juggle it. When asked what he enjoys most about being a student of JING, Steve says, "I really enjoy the instructors. They are all very knowledgeable and very patient." Steve also adds with a grin, "And I also like everything on the walls; it's beautiful and really adds to the place." For those of you who may not know, Steve is responsible for all the amazing arrangements of art and weapons and medals on all the walls. Looking back on his time at JING, Steve shares that his favorite memory was the move from the school's previous location to the new one. "You got to see the word JING spelled out using the rubber mats," Steve explains. "not everyone knows that is under there."

Is there a JING student that you would like to know more about? Please nominate them for the next newsletter!

## THANK YOU!!!

**Shout Outs!**  
From Jing Jing

- **Everybody** who helped us move, especially those who let us use their vehicles and took care of specific jobs like “keep plants safe while moving” and “move large pieces of mirror without cracking.” THANK YOU!!!
- **Bill and Laura Stegner** :) Thank you for setting up the North-west quadrant of the school and spearheading many useful changes and adjustments, and giving us just too many great ideas. JING is incredibly proud to be aligned with Bujinkan Anaguma Dojo. Thank you!
- **Jonathan Caubang** – Thank you for helping Laura run Bujinkan while Bill and Lance were in Japan training!
- **David Adams and all the assistant instructors** – Thank you for your unending patience, clear delivery, and wholehearted instruction!
- Thank you to **everyone who came and tested**. You all did awesome. We are very happy and impressed with your hard work and cool kicks.
- **Steve Butler!** Who put up our shelves, arranged and put up all of the artwork on the walls, arranged all the medals, set up the electricity for the stereo, fixed the wooden dummy, put up the white curtains covering the electrical pipes in the back, and even supplied the school with non-skipping music (our very own JING iPod)! The man is fearless on a 24-foot ladder, powerful with tools, and has a much-appreciated creativity. And he juggles and speaks Chinese and wears awesome t-shirts. I can’t say enough good things about Steve Butler.
- **Ernesto Matamoros** – Thank you for writing and directing and acting in an awesome Ninja vs Pirates show, bringing all the different groups together for it, and putting up with all the fancy prima-donnas! You Rock!
- **Krishangi Groover!** Krishangi is an angel. She was our #1 Props-Master for our Ninja vs. Pirates shows, to the point of even bringing her own props! You should have seen Krish with the scripts before the show, noting down which microphone goes where when and how all the hand-offs go! Krishangi is AMAZING. Krishangi and Matthew came up with the Water Bending and how to make the props for it (Bujinkan lent us two black poles, bless their school), and wrote their own lines for their comedy part. If I ever needed to know where anything was, I would begin by yelling “Krishangi! Where is xxxxx?” and she always knew. And of course, before/during all this, when we were moving, Krishangi more or less single-handedly organized the Entire Retail Area. For weeks after we moved, the only way I knew where anything was, was by asking “Krishangi, where is xxxxx?” (Kind of like at AX and Comic Con). Krishangi is an angel.
- **Matthew Tay.** So, in addition to all the set-up and break-down and random work he did for the shows, Matthew acted as my own Super-Assistant: he took a lot of dictation/notes for me while I was driving, would remind me of important things to do, and even did extra research! In addition to that, whenever I wanted an honest opinion of how acts looked, including my own fan form, I would just ask Matthew, “What do you think of this? That? Too long, too short, too girly, too manly? Do think it’s appropriate for the audience we will be facing?” Matthew was extremely helpful. And on top of that, Matthew has been coming to the studio early to help Steve and Krishangi organize and arrange and make places look pretty (he is also unafraid of heights and rickety ladders), and he has choreographed almost all of the Taiji and group sets for our upcoming shows!
- **Dustin Stern-Garcia,** Thank you for coming into Comic Con last-minute and being so amenable to all the crazy last-minute changes and adjustments!
- **Liyan Lagevardi,** beautiful woman and Microsoft Publisher user that you are, for so generously helping me put this newsletter together, from coming up with ideas of what to write about to taking lots of great pictures and writing things and putting thing together and being so kind when I was so difficult and being so patient when I was so slow. Thank you, Liyan. Everybody, thank Liyan for this Newsletter!

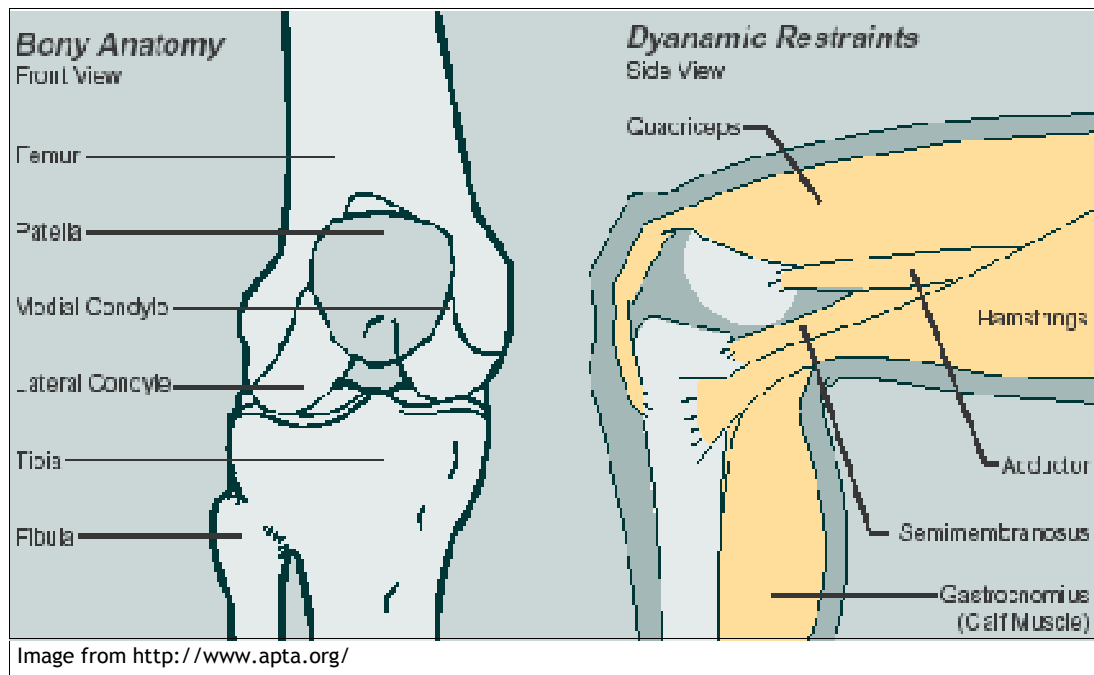
*Do you have a shout out to someone at JING? Fill out a Shout Out Form for the next Newsletter!*

# Photos

Thanks to Liyan (JING BBQ) and Ashley (JING on a Saturday) and the McNeils (JLDP rock climbing) and Ella (Taiji Seminar) for the great pictures!



# Martial Arts and Your Knees



**Having healthy knees** is extremely important for everyday happiness, as everyone knows, and keeping the knees safe and strong is a very important part of martial arts training. Acute injuries such as strains, sprains, and tears can easily turn into chronic pain if not treated properly, and make practice very difficult. Poor alignment during training can also result in chronic injuries and pain, reversing some of the otherwise great effects of martial arts training. This article will provide an overview of the different causes of acute and chronic knee injury and pain, as well as provide tips for the prevention and treatment of knee pain.

Acute knee injuries in martial arts practice most frequently occur as a result of bad falls – falling in the wrong position, falling too hard, falling unexpectedly. Chronic knee injuries are usually caused from sudden increases in workload upon the knee, imbalances in the strengths of opposing muscles, inflexibility, and misalignment of the body (torso to hips to knees to feet).

Preventing acute injuries, ie sprains, strains, rips, tears, and etc, requires adequate preparation on the part of the student. Students should always work up slowly, building the muscles to stabilize and strengthen movements before executing them full-force. It is also very important to warm up, both physically and mentally, before attempting jumps, sweeps, falls, flips, or other potentially dangerous movements. When you *do* jump and fall/land, think “land like a dragonfly, not a flying dragon” (quote courtesy of Krishangi Groover).

Preventing chronic knee injuries is deceptively simple, but vital. Chronic pain caused by an imbalance of muscles can be prevented by strengthening weak muscles. Pain caused by inflexibility can be prevented through proper stretching; for example, tight thigh, hip, and calf muscles are often culprits of chronic knee pain.

Misalignment of feet and knees during stances is

probably the most common cause of chronic knee injury and pain in martial arts training, though. Please see the pictures on the next page for some common errors and adjustments.

If a knee-related injury does occur, the following treatments should be implemented:

- Acute injuries: **RICE** = Rest Ice Compression Elevation
- Chronic injuries: Raise your stances and lighten up your training schedule until the pain is completely absent. Also, be very aware of your foot-knee alignment and the direction that your knees are bending.

Also, tell your coaches about knee pain the **moment it begins!** Only if they know about it can they help you fix it!





## More safety tips for Martial Arts:

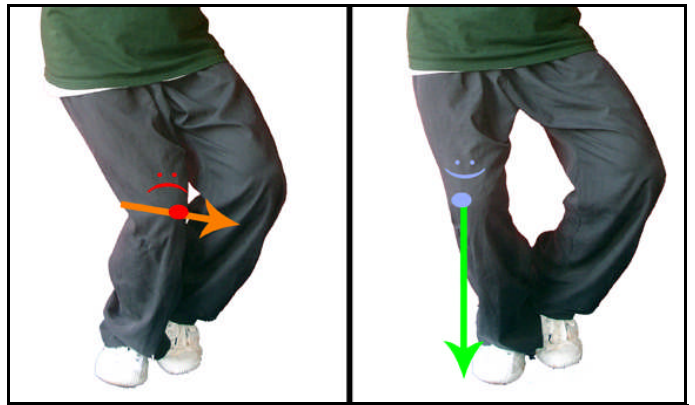
- Warm up
- Cool down
- Stretch while you are warm
- Keep it up! (You're not allowed to stop training, ever!)

## Online resources:

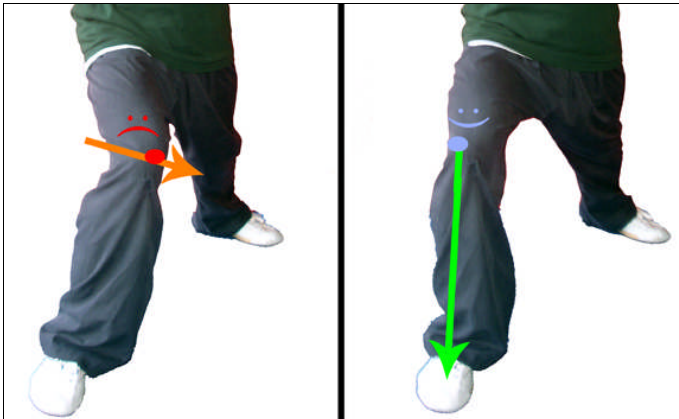
- a great general knee health website:  
[http://sportsmedicine.about.com/cs/knee\\_injuries/a/a101000d.htm](http://sportsmedicine.about.com/cs/knee_injuries/a/a101000d.htm)
- a great site with many useful exercises and stretches for specific areas of pain --  
<http://www.mckinley.uiuc.edu/handouts/overusekneeinjuries/overusekneeinjuries.htm>
- a fabulous guide to everything about the knee --  
<http://www.mayoclinic.com/health/knee-pain/DS00555/DSECTION=2>

**Key**

-  Approximate location of strained kneecap
-  Direction of *unhealthy* bend
-  Approximate location of happy kneecap
-  Healthy alignment



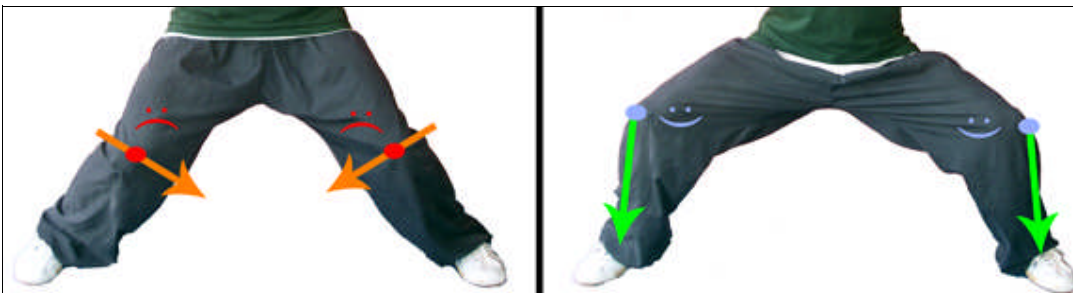
**T-stance:** The knee must be aligned over the foot!



**Front/Bow stance:** The front knee should be pushed outwards and aligned over the foot. **ALSO**, the knee should be above the foot – do not allow the knee to reach beyond the front toes!



**Empty-stance:** Again, the knee must be aligned over the foot!



**Horse Stance:** Again, keep the knees pushed outward and aligned over the feet.



**Drop Stance:** Keep the entire foot (of the extended leg) *flush* to the ground. Allowing the foot to rest on its inside edge results in stressing the knee sideways. This is also true with Bow Stances.



**Drop Stance:** Keep the knee of the bent leg pushed out over its foot. It should not be a problem if it reaches past the toes, as it is not supporting any weight, but it could be bad if it falls inwards.

**Knee Safety Tips**

**Core Muscles**

- Strengthen them! Core muscles help the body maintain balance and alignment.

**Hips**

- Stretch them!

**Knees**

- Keep the knee over the foot, and never beyond the toe when in front stretches and stances.

**Feet**

- Have proper arch support, and *keep your arch hollow* (ie keep your weight to the ball, heel, and *outside* of your feet).

- Keep your weight-bearing foot/feet *flat* on the ground.

**Knees are meant to bend forwards and backwards, NOT sideways.**

## Upcoming Events!



### Mira Mesa Street Fair — JING Performs!

Date: Saturday 9/29/07  
Time: 12:45 pm  
Location: Camino Ruiz, between Mira Mesa Blvd and New Salem Road  
More info: ask Jing Jing

### San Diego Asian Film Festival

Date: Thursday 10/11/07— Thursday 10/18/07  
Location: Hazard Center UltraStar Cinema in Mission Valley  
More info: www.sdaff.org

### JING 6th Anniversary — JING Showcase Performance & Party

Date: Saturday 10/27/07  
Time: Party begins at 2pm  
Performances begin at 2:30pm  
Potluck begins after performances.  
Bring something yummy :)  
Location: JING Institute  
More info: ask Jing Jing, or  
www.sdtaichi.com/events.html#events  
**No group classes on Saturday 10/27/07!**

### Thanksgiving

Holiday: Wednesday 11/21/07-Saturday 11/24/07

### Winter Break

Holidays: Monday 12/24/07 - Saturday 1/5/08

### JING goes to see Cirque du Soleil: Corteo

Date: Sunday 1/20/2008  
Time: Show begins at 5pm  
Dinner follows  
Location: Del Mar Fairgrounds  
**Please Reserve Tickets with Jing Jing!**  
More info: ask Jing Jing  
www.cirquedusoleil.com



## LANGUAGE CORNER



English	Chinese	Pinyin
Fast(er)	快 (一点)	kuài (yì diǎn)
Slow(er)	慢 (一点)	màn (yì diǎn)
High(er)	高 (一点)	gāo (yì diǎn)
Low(er)	低 (一点)	dī (yì diǎn)
Begin / Go	开始 / 走	kāishǐ / zǒu
(Cheering!)	加油	jiā yóu
Stop	停	tíng

English	Japanese	Romanji
Fast(er)	(もっと) 速く	(motto) hayaku
Slow(er)	(もっと) 遅く	(motto) osoku
High(er)	(もっと) 高く	(motto) takaku
Low(er)	(もっと) 低く	(motto) hikuku
Begin / Go	始め / 行け	Hajime
(Cheering!)	頑張れ	Ganbare!
Stop	止め	Yame!