

MORNING STAR MARTIAL ARTS

Honor Integrity Respect

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Ripple in still water....

Gichin Funakoshi, the father of modern karate, said "Karate begins and ends with respect." Everyone and everything on earth has value and is entitled to be treated respectfully. Kindness, generosity and goodwill are the outward expressions of a respectful heart.

Kindness, generosity and goodwill are traditionally associated with the "Christmas spirit". Although not everyone celebrates Christmas, these values are universal.

During the holiday season, many of us are busy buying gifts, sending cards, and baking goodies for friends and family. It is a time of thinking about others and planning surprises to please them, but treating people with kindness, generosity and goodwill is the real source of joy in this season.

This behavior, however, is not meant to be confined to a season or religious holiday. After the season is over, it should not be "business as usual" if that means being hurtful and selfish. The lessons of the holiday season, like the character lessons in karate class, are meant to carry over to every day of your life.

Of course, it's easy to become discouraged when kindness and respect aren't immediately returned.

But like giving a gift, getting something in return (although nice), isn't the point. The respect and kindness you show to others makes the world a better place and you a better person. The feeling you have when you do something nice is what you get back.

Watch what happens when you drop a pebble into a pool of water. The ripples it creates spread out to the edges of the pool and then return to the center. Kindness is like that. Like ripples in a pond, kindness spreads out from the source eventually affecting large numbers of people. And sooner or later, it returns to the source.

Take it from the father of modern karate, keep the spirit of this season in your heart all year long. Make "business as usual" mean always treating others with kindness, generosity and goodwill!



Inside This Issue

New Ranks
New Students
Kenpo Cooks
Question & Answer
Technique of the Month
What's the Buzz?
Christmas Tree Crossword



★ NEW RANKS ★

Emily.....PURPLE BELT
Kim.....PURPLE BELT
Lucia.....YELLOW BELT
Giavanna.....JR. YELLOW BELT

We are very proud of these fine students!

What's the Buzz?

It's been awhile since the last newsletter. Here's what's been happening!

~After School Enrichment

This September Ms. Mannarino volunteered her time to teach Kenpo at the new After School Enrichment Program in Wilton. The first session ended just after Thanksgiving. Nearly all of the sixteen students completed the program and earned two stripes on their white belt. Some came to Expo Night and performed the Star Blocking Set for an admiring crowd.

One of our regular students, Lucia, participated and assisted with the classes. Her presence was greatly appreciated, as this club was the only one with only one adult volunteer. Thank you Lucia, and congratulations on your yellow belt!

~Girl Power!

Last month, Ms. Mannarino and Miss April were invited to teach Kenpo to a group of Scouts from the Swift Water Council. The 70 girls (and one boy!) were divided into 4 groups. They learned basics, grab escapes and punch/kick combinations. We had fun, and the response was very enthusiastic!

~Wing Chun!

Last month we were visited by an entire martial arts school. Mr. Trevor Hart brought his Wing Chun students to the school for a lively exchange of ideas. We all had fun finding similarities between Kenpo and Wing Chun (the first art Bruce Lee was taught). We hope they return soon!

~Simply Self-Defense

A second session of our self-defense program ended in October. This time the students were a group of young women who worked together in Manchester. They learned all the basics, from how to spot and avoid danger to using strikes in various situations. They left with skills, tools and confidence they didn't have before they walked in.

~Meet our New Instructor

One our new students is a black belt from another Ed Parker Kenpo school. Mr. Andrew Jeffery has been assisting in classes as he reviews his techniques and forms. He has a different approach to teaching kenpo and is the go-to guy for the "cool stuff"!

~Where are Phil and April?

Mr. Duldalao will be back soon and Miss April will be back from college for the winter break.

~Self-Defense, Knives and other things!

Ms. Mannarino, Mr. Duldalao and Mr. Jeffery have been advancing their training with classes at Peter Freedman's Ketsugo Jujutsu School in Weare. See Ms. Mannarino if you are interested in some extracurricular martial arts classes!

THE MORNING STAR

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MORNING STAR MARTIAL ARTS

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Peace begins with a smile.
Mother Theresa

KENPO COOKS!

Ginger Ninjas

You don't need an electric mixer for these cookies!

- 1 cup molasses
- 1 1/2 sticks butter(3/4cup)
- 1 cup sugar
- 4 1/4 cups sifted flour
- 1/2 tsp. salt
- 2 tsp. cinnamon
- 2 tsp. ginger
- 1 tsp. baking soda
- 2 eggs, beaten
- 1/2 tsp. vanilla

In medium sized pot, bring butter, sugar and molasses to a quick boil. Lower heat, cook about 5 minutes; then cool.

Stir in flour, salt, spices, and baking soda; eggs and vanilla. Mix well and chill.

On well floured board, roll out about 1/8 inch thick and cut with cookie cutters. Transfer to a greased cookie sheet. (Dough will get soft at room temp.)

Bake at 375°F for about 8-10 minutes. Makes 60.

TECHNIQUE OF THE MONTH

Sword and Hammer- (rt. flank shoulder grab, opponent standing between 3 & 4 o'clock)

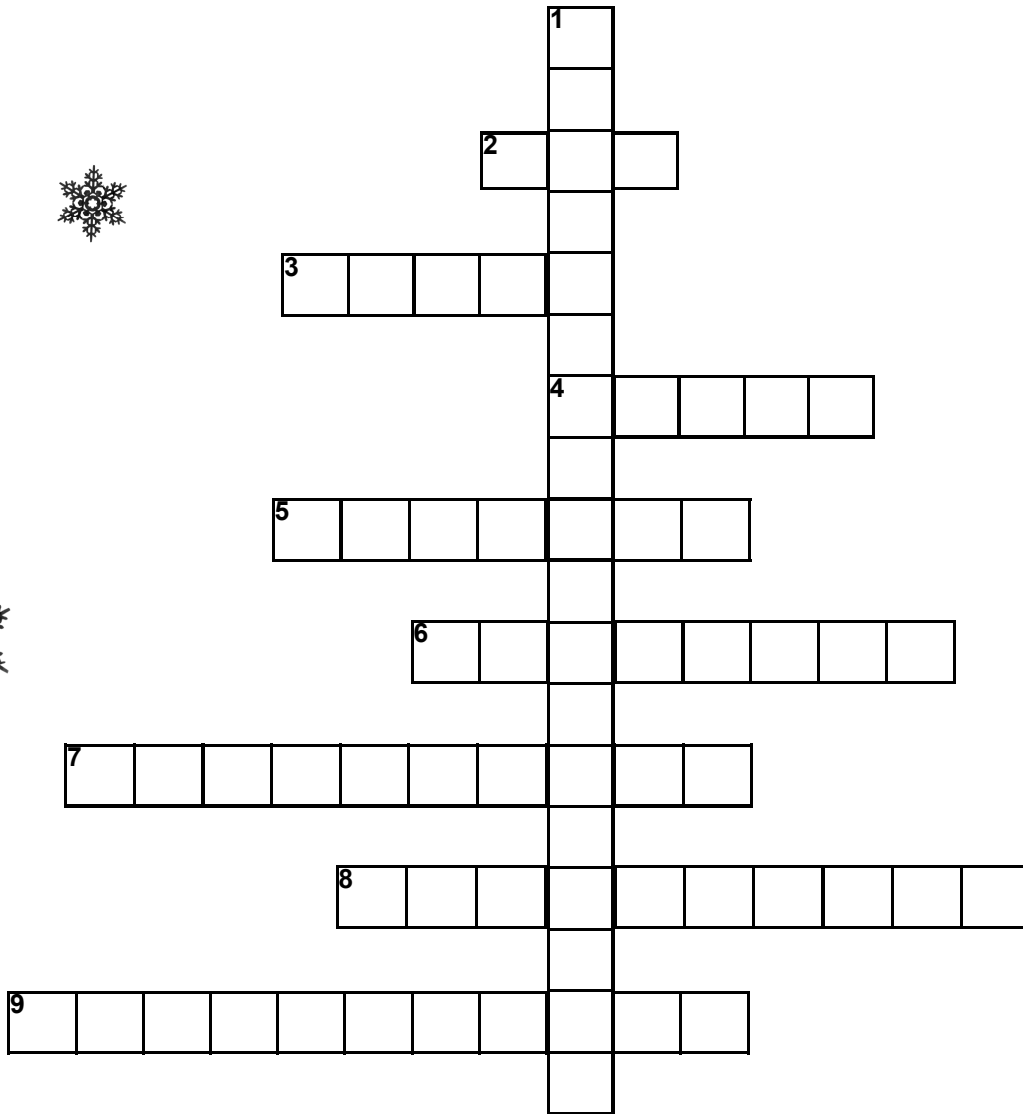
- A1. Pin opponent's left wrist to your shoulder with your left hand. 2. Step with right foot toward 3:30 (into his center line). 3. Strike throat with a right outward hand sword.
- B. As opponent bends backward, pivot right arm at elbow & deliver a right back hammerfist to the groin.



Q: What is meant by the *clock* positions in techniques? (for example 3 o'clock or 4:30)

A: The positions are related to the direction you, the defender, are facing. Imagine you are standing in the center of a clockface, with the number 12 in front of you, the number 6 (6 o'clock or 6:00) behind you and so on. Your attacker can come from any other clock position, and you can step towards any other clock position to defend.

Christmas Tree Crossword



DOWN

1. A yellow belt technique for a left punch.



ACROSS

2. The basic stance of Kenpo is the neutral ___ stance.
3. A code of ethics for students of the martial arts.
4. A skill you must develop to progress in martial arts.
5. Karate begins and ends with _____.
6. The type of outward block used in #1 down.
7. The type of left punch #1 down defends against.
8. "One who has gone before", or sensei.
9. The first arm movement in Delayed Sword.

