

THE MORNING STAR[®]

MORNING STAR MARTIAL ARTS

Honor Integrity Respect

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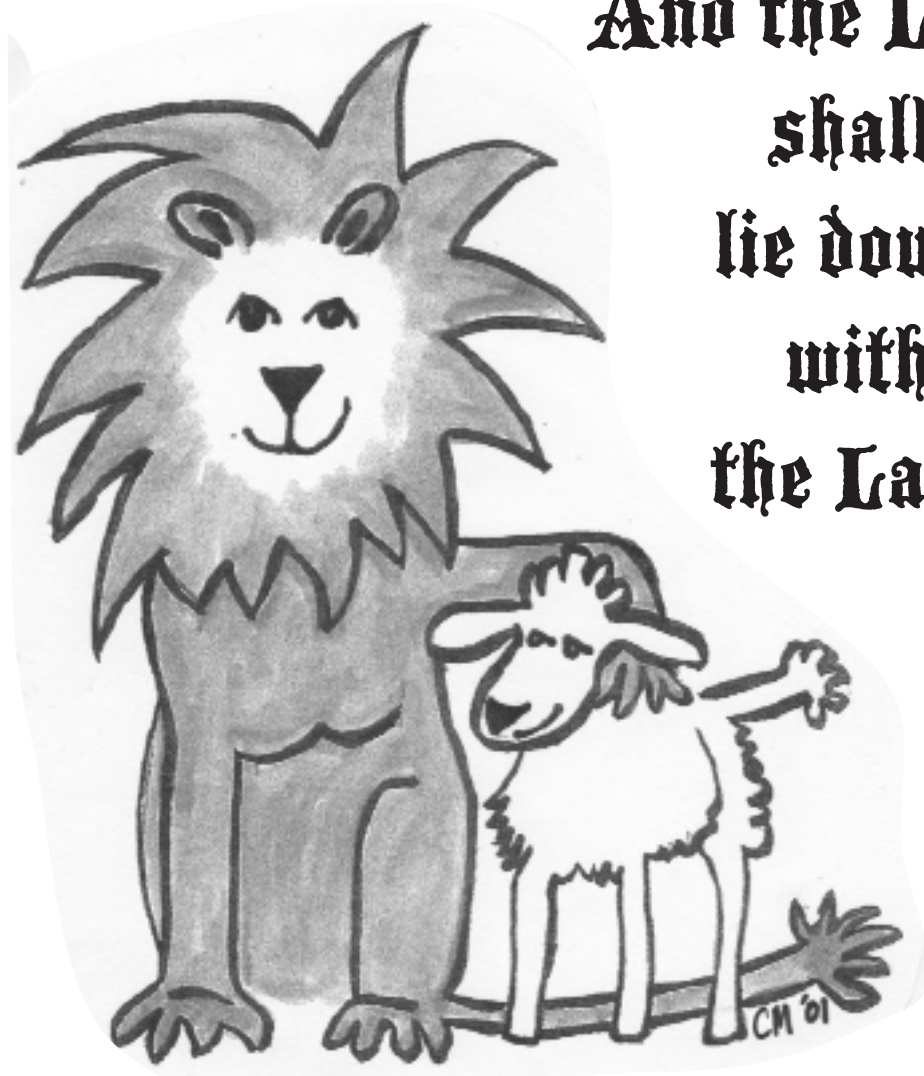
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**And the Lion
shall
lie down
with
the Lamb...**

**May you and yours have a
happy and peaceful holiday!**

KENPO COOKS!

The No Excuses For Not Having Breakfast-

Make your own Breakfast Sandwich!

(in less than five minutes and for under a dollar)

1 English muffin

1 egg

1 or 2 slices packaged precooked bacon

butter for cooking egg

First, split the English muffin and put in toaster. While it's toasting, warm up the bacon in the microwave. Next, melt some butter in frying pan on medium low heat. Break the egg into a bowl and beat it with a fork. Pour the egg into the frying pan and spread it around by tilting the pan so it looks like a pancake. Cook for about 30 seconds, then flip it over and cook another 30 seconds. By this time, the muffin should be toasted and the bacon warmed up. Fold up the egg pancake into quarters and put on the bottom half of the muffin. Put the bacon on top, then the other half of the muffin.

Kindness is the golden chain that binds society together.

Johann Wolfgang von Goethe

TECHNIQUE OF THE MONTH

Attacking Mace

(right step through straight punch)

1. Step back right.
2. Left inward block.
3. Right straight punch under his arm.
4. Grab right wrist and pull.
5. Right front kick.
5. Left uppercut.

How are you moving the "target"(getting out of the way)? How are moving his weapon? What targets on the attacker are you hitting? See Ms. M with your answers.



★ **NEW** ★
RANKS

Aidan.....3rd Stripe

Jacob.....3rd Stripe

Sebastian.....2nd Stripe

Please congratulate these fine students on their perseverance and dedication. We are very proud of them!

THE MORNING STAR

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MORNING STAR MARTIAL ARTS

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Q: What does it mean to *cover out*?

A: A *cover out* is a foot maneuver, (usually a single crossover and step through reverse), done at the end of a technique to put you a safe distance from your opponent.

KENPO CODE WRITERS.....shhh!

Your mission, should you choose to accept it, is to find a phrase hidden in this newsletter disguised in a centuries old secret code, the Beale Cipher. (Part of the original Beale Cipher used the Declaration of Independence as its key text, and is believed to spell out the directions to a treasure worth over 20 million dollars. In 150 years no one has ever solved the entire message, or found the gold!) Lucky for you, someone, (the editor) has obtained the coded message at great risk of life and limb. To crack the code and reveal the message, you must first read the article on page 4 of the newsletter (the key text) carefully and make a list of the first letters of each word, not counting the title, through the end of the third paragraph. Now assign a number to each of these letters. It should go up to the number 119. Be sure to number the first letters of the words in the order they appear in the article. You will find that some letters will have more than one number. Then look at the coded message below and find the letter that correspond to each of the numbers. (You may ask for help from your family if you need it!) The letters will spell out the secret phrase, an interesting fact about a famous martial artist. Then, this is very important, write your name and the secret phrase on a piece of paper and give it to Ms. Mannarino. If she gives you a pencil, it means you've completed your mission! The mission deadline is January 31st to be in a drawing for a prize! Good luck! *This message will self-destruct on February 1st, 2008.*

Here is the coded message, each group of numbers separated by spaces is a separate word:

12,63,1,15,52, 2,45, 76,71 30,7,39, 35,15,3 8,56 52,13,27.40,17,18,58,8,76 105,104,26,69, 22 40,58,29,64
50,51 5,15,39,41,25,104,15,54,55 11,7,17,59,19 76,35,87,15,83,45 63,44,45 22,40,40,35,119,1,4 33,35
40,58,13,39

When the power of love overcomes the love of power, the world will know peace.
Jimi Hendrix

DO IT FOR HOMEWORK!®

How did Jackie Chan become such a skilled martial artist? Practice, practice, practice! Practice is the key to developing skill.

Although you attend one or two classes a week, what about days when you have no class, or classes are canceled because of icy roads? Do you take a vacation from training? Silly, training IS the vacation!

Why not do some extra practice at home? You can do the same exercises, or perhaps you have some favorites of your own. You can practice your techniques and forms. Write down questions that pop into your mind to ask at the next class. You might discover things that were not mentioned in class. (Write them down in your notebook. Don't have a notebook? Start one!)

Use a page in your notebook to make a training log. Write down what you practiced, like forms, techniques, exercise or basics (kicks, etc.) Try to do something every day. Not only will your skill improve, but you will enjoy class even more.

You'll get the same good feeling from practice at home that you get from class. In addition, your family will marvel at your hard work and dedication. Although you might feel guilty, no one has to know how much you're enjoying yourself!



Winter Weather!

In case of dangerous driving conditions the school will be closed. Please call 654-7701 before venturing out. If no answer, try 261-6454. In any case, use your own good judgement.

Extra help is always available and make-up classes are an option in case of extended bad weather.



You say you want a resolution.....



Even if you don't celebrate the holidays of Thanksgiving and Christmas, the values they represent are universal. Thankfulness, kindness, generosity, peace and goodwill are the spirit of the season.

The holidays seem to bring out the best in everyone. Look around you, people are smiling at strangers; holding doors open for each other; even stopping for pedestrians in crosswalks! It's contagious.

It happens that the holidays come at the end of the year, before a new year begins. Traditionally, the year's end is a time to reflect on the past and resolve to make the next year better than the year before. This usually just involves some sort of self improvement like breaking a bad habit or losing weight.

While these are definitely worthy goals and I would not discourage anyone from pursuing them, here's another idea. What if one were to make a resolution to extend the spirit of the holiday season through the next year?

Visualize the kind of year 2008 could be if you lived it in the spirit of Thanksgiving and Christmas. Imagine the kind of world we could create if everyone kept the spirit of this season alive through the next year.

Think about it. People being kind and courteous to each other; treating each other with compassion and respect; sending cards and handwritten notes; and baking COOKIES! Sound good? Sure it does. Especially the cookies.

Your smile, your kindness, a letter or phone call (or cookies!) could have a life changing effect. Plus, acts of kindness are contagious. They have the power to spread out from the source eventually infecting(!) large numbers of people.

It isn't too early to think about your New Year's resolutions. Consider adding a non-traditional resolution to next year's list. Resolve to keep the spirit of the holidays in your heart all year. ***Let's change the world!***



*I expect to pass this way but once,
any good therefore that I can do,
or any kindness that I can show to any
fellow creature, let me do it now.
Let me not defer or neglect it,
for I shall not pass this way again.*

Etienne De Grellet

More Ways to Be Kind and Be Green!

1. Donate unneeded warm clothing to homeless shelters.
2. Donate old cellphones to Bridges. They are reprogrammed to dial emergency numbers and given to victims of domestic violence. See Ms. Mannarino.
3. Use less non-recyclable wrapping paper. Try reusable gift bags; or make wrapping paper out of the Sunday comics; or decorate plain brown paper with holiday designs.

