

MORNING STAR MARTIAL ARTS

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Recently, I was invited to speak to a group of high school students about one of my favorite subjects, the martial arts path to health and wellness. With the help of my colleague, Phil, and my husband, Frank, the presentation was a resounding success! The students, their teachers and we all enjoyed the experience thoroughly. One of the topics I spoke on was:

Choices

A Cautionary Tale

The older you get, the more choices you'll be faced with. Every time you do something or don't something, you are making a choice. Some of these choices will affect the lives of you and those around you for years to come.

Be aware of this. Choose consciously and wisely.

I lost two friends in the past year. Both were smart and funny and dear to me. One had a wild youth. He told me he realized too late he'd destroyed his health with bad choices. Substituting alcohol for good food probably brought on osteoporosis (yes, men can get it!) and he lost four inches in height. A smoking habit that grew to four packs a day weakened his heart and led to multiple heart attacks. The last time I saw him, about two weeks before he died of heart failure, he was on oxygen and couldn't walk more than a few steps before stopping to rest. He was only a little older than me but he looked like he was 85.

My other friend took good care of himself all his life. He was the picture of health, the result of a good diet and active lifestyle. Go figure, he also died. There was a difference, though. He died in a skiing accident...at the age of 82!

My question is: how would YOU rather live YOUR life?

You probably know some people in poor health, many through no fault of their own. Some people are genetically predisposed to conditions such as heart disease, arthritis or diabetes. Your genes are the hand you are dealt at birth. You can't choose them, but you can choose your eating, exercise and lifestyle habits. Good choices may not affect the length of your life, but it will improve the quality. Stack the cards in your favor!

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In case of dangerous driving conditions the school will be closed. Please call the school at 654-7701 before you venture out. If no one answers, 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.

KENPO COOKS

Old Time Apple Cake

No electric mixer needed!

- 1 cup sugar
- 3 medium apples, peeled and diced
- 1 egg, slightly beaten
- 1 cup flour
- 1 tsp. baking soda
- 1 tsp. cinnamon
- 4 Tbl. wheat germ, divided

In large bowl sprinkle sugar over apples; let stand about 30 minutes or until juicy. Stir in egg, flour, soda, cinnamon, and 3 Tbl. wheat germ. Blend well. Turn into greased 8" square baking pan; sprinkle with remaining 1 Tbl. wheat germ. Bake in 375°F oven 30 minutes or until pick inserted into center comes out clean. Cool on rack.

Life is not always a matter of holding a good hand, but sometimes, playing a poor hand well.

Jack London

TECHNIQUE OF THE MONTH

Clutching Feathers *(left handed hair grab)*

- A1.** Pin his wrist to your head with your left hand. **2.** Step back with left foot. **3.** Deliver a right middle knuckle fist just under his armpit as you... **4.** Pivot to a right neutral bow.
- B1.** Clear his arm away with a right extended outward block. **2.** Pivot to a right forward bow. **3.** Deliver a left palm heel strike to his chin.
- C1.** Pivot back to a right neutral bow. **2.** Deliver a right raking backknuckle diagonally across the nose.

What follow-up moves could you add to this technique? Give your answers to Ms. Mannarino!

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Q: What is "frictional pull"?

A: This involves using friction to pull on and unbalance your opponent.

DO IT FOR HOMEWORK!®

Last month I talked about making time for exercise during commercial TV breaks. This month I want you to take a look around and find the hidden piece of exercise equipment in front of your TV. Here's a hint: *you probably sit on it when you watch TV.* No, not the treadmill, the COUCH! Ha! Here's some ideas for using this common though underused piece of exercise equipment.

Begin by turning on your show and relaxing on the couch while you watch. As soon as the first commercial comes on, start with some...

Push-ups!- If you have trouble doing push-ups on the floor, do as many good push-ups as you can with your hands on the *back* of the couch. When that gets too easy, put your hands on the *arm* of the couch, then progress to the *seat*, soon you'll be doing them on the floor!

Next, you deserve a rest after all those push-ups! Lie back on the cushions and do...

Crunches!- Do about 20, then go back to doing push-ups. Alternate these two exercises until the commercial break is over. Ahhh... Catch your breath while you watch your favorite program.

When the next commercial comes on, get up from the couch and sit right down again, *but not all the way!* Do...

Squats!- Go halfway down like you're going to sit, then straighten up and do it again, 20 times! Whew. Last time? Good! This time really sit, and wrap your hand around a nice, cold...*dumbbell!* Do...

Biceps Curls!- Start with you arm hanging straight down from your shoulder and your elbow braced against your thigh, curl hand up to shoulder. Do as many as you can. Switch hands and repeat. Then go back to doing squats until the program starts again. And remember, anytime you've had enough, you can always turn off the TV!

There you have it, four exercises using a piece of exercise equipment nearly everybody owns. No excuses anymore!

NEW STUDENT

Catrina

WELCOME!



*I realized
early on that
success was tied
to not giving up...
If you simply
didn't give up,
you would outlast
the people
who came in on
the bus with you.*

Harrison Ford

SELF- DEFENSE WORKSHOP

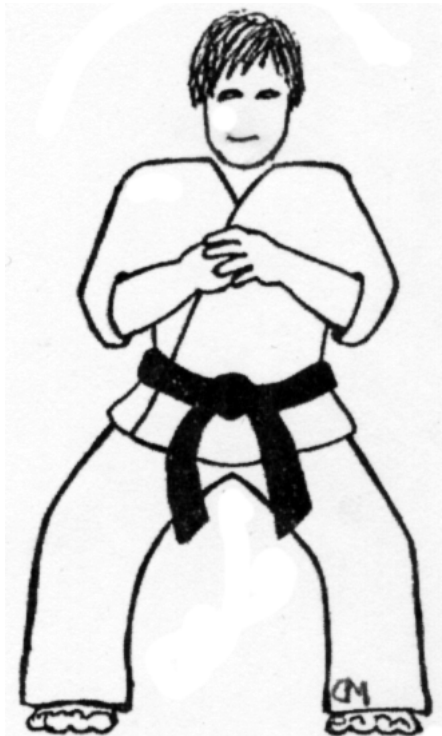
On March 22nd at 6:30 pm, Morning Star Martial Arts is planning the first in a series of self-defense workshops for teenagers and adults. They will not be karate classes, these workshops will concentrate on practical self-defense. Students, friends and families are welcome.

There is no fee, but items will be available for sale with the proceeds going to help victims of domestic abuse. Space is limited so please pre-register to reserve a place.

Call 654-7701 for more information.

Those who think they have no time for bodily exercise will sooner or later have to find time for illness.

Edward Stanley, Earl of Derby



**The best warriors
do not use violence.**

**The best generals
do not destroy indiscriminately.**

**The best tacticians
try to avoid confrontation.**

**The best leaders
become servants of their people.**

**This is called the virtue of non-competition.
This is called the power to manage others.
This is called attaining harmony with the
heavens.**

Lao-Tzu

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. For extra security, the message is hidden inside another, 2000 years old code. Lucky for you, someone, (the editor) has obtained the codebreaker at great risk of life and limb. To find the message, you must read the first article of the newsletter carefully and look for twelve letters that have a small dot underneath them, like this...happy. When you find them all, write the code letters down in the first row of spaces below. (You may ask for help from your family if you need it!) Be sure to write them down in the order they appear in the newsletter. Then use the secret codebreaker to assign a "plain" letter to each code letter, and write the "plain" letters in the spaces beneath the code letters. The plain letters will spell out the secret phrase. 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 have completed your mission! Everyone who completes the mission by the deadline (March 21st) will be in a drawing for a prize! Good luck!

(The top line contains the code alphabet, the bottom line contains the "plain")

E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D
a	b	c	d	e	f	g	h	i	j	k	l	m	n	o	p	q	r	s	t	u	v	w	x	y	z

write "code" letters here _____

write "plain" letters here _____

One hundred percent of the shots you don't take don't go in.

Wayne Gretzky