

MORNING STAR MARTIAL ARTS

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THE ORIGINS OF AMERICAN KENPO



American Kenpo is the name Ed Parker gave to the fighting system he developed over the last thirty years of his life. It has its origins in the Chinese ch'uan fa, a fighting system practiced by the monks of the Shaolin Temple. In 1235, when the Mongols were overrunning China, the head priest of the Shaolin Temple escaped to Japan. There he was sheltered by the Shinto priest, Kosho. Already a master in many of the Japanese fighting arts including swordmanship and archery, Kosho began the study of ch'uan fa with the Shaolin high priest. Eventually, he combined these fighting systems to found Kosho Ryu Kenpo, or "Old Pine Tree Fist Law".

When Kosho's family converted to Buddhism, they applied the peaceful philosophy of Buddha to

their ancestral martial art. As a result, Kosho Ryu Kenpo emphasized avoidance of physical confrontation, redirecting force if possible and fighting as a last resort.

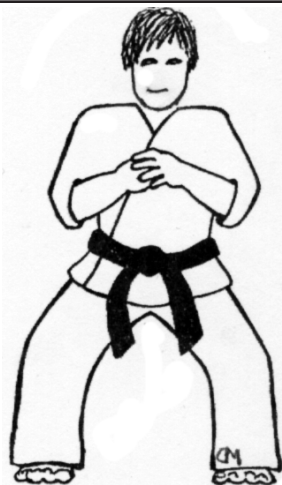
The art was passed down through the family for 650 years. In 1923 the 21st lineal descendant, Dr. James Mitose, was born in Hawaii. He began teaching the art to outsiders, U.S. Army cadets, before WW II. Later he accepted other students, among them, William Chow, who later awarded Ed Parker his black belt.

Ed Parker opened a school in Provo, Utah, while attending Brigham Young University. When he relocated to California he trained with martial artists such as Bruce Lee, Chuck Norris and Danny Inosanto. All the while he continued to evolve and refine his system, applying logic and science to the fighting arts he learned. If he was still alive, he would still be fine tuning American Kenpo.

Although Ed Parker modified the art he learned from William Chow and added elements of Jujutsu, Karate, Wing Chun, Kali and Silat to name a few, he stuck to the philosophical tradition of Kosho Ryu Kenpo. Restraint, propriety, humility and integrity are the cornerstones of this philosophy. Ed Parker believed the true martial artist places a high value on peace and harmony. Only in the most extreme circumstances are the fighting arts brought into play.

Inside This Issue

Origins of American Kenpo
Kenpo Cooks
Question & Answer
Wise Words
Technique of the Month
For the Parents
Breaking News
Do it for Homework!
Karate Word Search



Faster Than a Speeding Take-out--- PIZZA!

- 2 cups whole wheat flour
- 1 pkg. (1 Tablespoon) instant dry yeast
- 3/4 tsp. salt
- 1 cup hot tap water
- 1 tablespoon oil
- 1 teaspoon honey

Place flour in large bowl. Stir in yeast and salt. Add water, oil and honey to flour and beat vigorously until well mixed. Cover bowl and place in warm spot for ten minutes while you heat the oven to 425°F. Punch dough down and place in a greased 14 inch pizza pan. Press with fingers to evenly cover bottom and up the sides to form a rim.

Spread desired sauce and toppings on dough and bake for 15 to 20 minutes until crust is golden brown and cheese is melted. Serve and enjoy!

Suggested toppings:

- | | |
|------------------------------|-------------------------------|
| Tomato sauce, pesto sauce | mozzarella cheese |
| sliced fresh tomatoes | feta cheese |
| sliced garlic, onions | parmesan cheese |
| sliced red or green peppers | Sliced meatballs or pepperoni |
| spinach, broccoli, mushrooms | Crumbled leftover meatloaf |

Anger is never without a reason, but seldom with a good one.

Benjamin Franklin

TECHNIQUE OF THE MONTH

Sword of Destruction- (left roundhouse punch)

1. Step back left. _____ (stance?)
2. Right outward extended block. _____ (where does it hit?)
3. Right front ball kick. _____ (where does it hit?)
4. Right inward handword. _____ (where does it hit?)

Answers are on page 3.

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Q: What is does it mean to “cover”?

A: To cover means to reposition your body into a protective stance while moving away from your opponent.

Anyone who has never made a mistake has never tried anything new.

Albert Einstein

For the parents of our students

In honor of Mother's Day and Father's Day, we are inviting you to participate in our classes. Your lives are busy and exercise is often neglected in favor of activities for your children. Since you drive your children to class, you are already there. Join our classes for two months, no extra charge or driving is involved. You will not only have a better understanding of what your child is learning, but you might get hooked on exercise! (And your kids might stop nagging you about getting in shape!)

DO IT FOR HOMEWORK! ©

If you have access to stairs, you have a ready made piece of exercise equipment!

Warm-up: You can warm up on a stairs. Just step up and down repeatedly on the bottom step, switching feet occasionally, for 3-5 minutes. Or, go all the way up and down for a few minutes at an easy pace. Yes, *climbing stairs is exercise, just like at a gym!* Wear a backpack for more of a challenge.

Push-ups: If you have trouble doing full push-ups on the floor, do them on the stairs. Start with your hands on the 4th or 5th step and do as many as you can in good form (keep body in a straight line from shoulders to heels). When this gets easy, stand further away and put your hands on the next step down, and so on. Soon you'll be doing perfect push-ups on the floor!

Cross Overs: Using the railing for balance only, stand on the far right side of the bottom step. Cross your right foot over the left and step up on the far left side of the next step. Then cross your left foot over and step up on the far right side. Go all the way up, walk down and repeat.

No excuses anymore, you can exercise wherever there are stairs!



**Better stand tall when they're
calling you out
Don't bend, don't break, baby,
don't back down.**

**It's my life
And it's now or never
'Cause I ain't gonna live forever
I just want to live while I'm alive
Bon Jovi**

Breaking News!

~T-shirts are in! If you ordered one, see Mrs. Mannarino to pick it up. If you didn't, not to worry, she ordered extra. Get one for yourself, Mom, Dad, or your little brother or sister. They make great family gifts.

~We will be sparring in some classes. Any student serious about participating needs to have a mouthguard, and boys will need a groin protector. These items are available at sporting goods stores, or see Ms. Mannarino.

Answers to fill-in questions on page 2

1. right neutral bow stance 2. inside of attacker's left forearm 3. groin 4. left side of attacker's neck

Karate Word Search IV

Use the key words at the bottom of the page. Words will overlap and be arranged diagonally downward or upward, or horizontally left to right. See how many extra words you can find!

A	I	M	T	B	D	A	J	W	E	L	C	O	M	E	N	R	A	C
O	S	T	O	A	I	F	B	H	A	H	N	O	B	L	O	A	M	C
N	C	H	E	T	R	A	I	N	P	N	E	K	S	B	T	W	A	O
D	A	R	V	C	L	G	O	P	F	S	A	C	C	O	N	A	X	V
O	N	U	B	A	H	E	E	L	T	I	O	A	U	W	A	W	F	E
E	C	D	A	N	T	N	O	T	I	N	S	T	R	U	C	T	O	R
R	O	U	N	D	H	O	U	S	E	A	L	T	E	K	I	C	R	H
E	A	C	D	E	T	K	A	Q	O	S	T	A	N	C	E	H	W	T
S	L	K	O	F	E	D	S	Y	F	O	N	C	R	O	V	O	E	P
P	U	L	I	E	N	J	R	T	O	E	L	K	O	L	T	O	A	E
E	T	L	H	N	D	A	M	E	R	I	C	A	N	K	E	N	P	O
C	A	A	D	S	A	B	D	S	M	I	R	D	O	K	C	K	O	S
T	T	M	N	E	O	X	U	N	N	J	K	I	D	L	H	I	N	E
T	I	A	N	W	G	I	R	E	F	O	T	E	I	O	N	C	A	P
N	O	B	A	C	K	K	N	U	C	K	L	E	O	K	I	C	K	O
O	N	A	S	N	S	O	X	T	C	H	E	L	T	K	Q	R	T	I
B	A	S	T	E	P	T	H	R	O	U	G	H	A	S	U	A	I	N
A	N	I	A	N	A	T	K	A	W	K	H	O	C	M	E	T	A	O
X	N	C	W	G	R	A	B	L	O	C	K	E	S	T	A	N	C	E

WELCOME
 TARGET
 BACKKNUCKLE
 AMERICAN KENPO
 JAB
 TRAIN
 NEUTRAL
 ELBOW
 ROUNDHOUSE

DEFENSE
 TECHNIQUE
 ATTACK
 BOW
 WEAPON
 BLOCK
 FIST
 COVER
 STEP-THROUGH

KICK
 FORM
 INSTRUCTOR
 SPAR
 STANCE
 LLAMA
 RESPECT
 DUCK
 BASIC