

MORNING STAR MARTIAL ARTS

Honor Integrity Respect

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WILTON HARVEST FAIR DEMO



It was a gorgeous Saturday afternoon on October 20th. All the best of New Hampshire was on display; blue skies, fresh cool air and bright fall colors. The Wilton Harvest Fair was going on in downtown Wilton, complete with fresh produce, local crafts, musicians and of course - a martial arts demo!

Students from Morning Star Martial Arts and Peter Freedman's Ketsugo Jujutsu demonstrated their skills for an large, appreciative crowd. Jefferson and Liberty from the FRES After School Tiger Kid Club showed their skill at basics, and Kibibi and Grace did beginner forms and sets. Mrs. Mannarino and Miss April performed and explained an advanced kenpo form.

When it seemed like the whole town was watching, Fred Lorman and Ryan Birmingham from Ketsugo Jujutsu stepped up. They wowed the crowd with an amazing display of Filipino martial arts using sticks and knives.

We thank everyone who came down to watch or participate! If you missed it, well, there's always next time!

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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.

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

Breaking News!

Last month Ms. Mannarino attended a kenpo seminar in San Antonio taught by Mr. Jeff Speakman and several jujutsu workshops in Weare at Peter Freedman's Ketsugo Jujutsu school. All were very informative and she will be sharing what she learned with her students. It is highly recommended that students attend martial arts workshops when possible to expand their knowledge. The knowledge you gain will give dimension and understanding to the kenpo we teach at Morning Star Martial Arts. If you haven't already, give us your e-mail address so we can keep you informed of opportunities as they come up.

Start by doing what's necessary, then what's possible, then suddenly, you're doing the impossible.

St. Francis of Assisi

THE MORNING STAR

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MORNING STAR MARTIAL ARTS

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Q: What is a *block*?

A: A block is a defensive move that uses physical contact to redirect or stop an offensive move (attack).

Ant and Grasshopper

Once upon a time, long, long ago, before the first winter even, there lived two friends, Ant and Grasshopper. They had a delightful summer, but after a few months the sky turned gray and the wind blew cold. Mystified, they went to Mantis for advice. She told them that in a few months it would be very cold, and the plants would die and all the food would be covered by snow.

“What will we do?!” they cried, wringing their feelers in despair.

She told them both to gather enough food to last the winter and put it in a safe place underground.

“That job is TOO hard!”, Grasshopper objected.

“Ah Grasshopper, fear not! There is more than enough food to put away. Besides, you are large and strong and the work will go quickly,” Mantis said.

But all Grasshopper could think of was the mountain of food he needed to gather. He felt paralyzed by the enormity of the task, so he just sat and sulked.

Tiny Ant, on the other hand, set to work right away. Piece by piece he gathered food and carried it to a small cave he had dug. Before long, he had enough to keep him fed through the cold months. When Spring arrived, he was fat and healthy.

Grasshopper was never seen again. It is not known whether he flew to Florida or starved to death in the snow.

The moral of the story is:

Even goals that seem impossible can be accomplished if broken down into small tasks.

or : A sulking grasshopper gathers no food.

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!

You don't have to see the whole staircase, just take the first step.

Dr. Martin Luther King Jr.



Scenes from the Harvest Fair....



Beginner basics



Ms.M and Miss April demonstrating Short III

*right and below:
Fred and Ryan*



Basics with SPIRIT!

Excellence is achieved by the mastery of fundamentals.

Vince Lombardi