

MORNING STAR MARTIAL ARTS

Honor Integrity Respect

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Karate stands on the side of justice.

Gichin Funakoshi

Some of the greatest martial artists of all time were highly intelligent writers and teachers. They left behind many volumes of writings on what it means to be a martial artist.

Physical technique is only part of the training. Martial artists must also train the head and heart. The father of karate, Gichin Funakoshi, wrote "the ultimate aim of karate-do lies not in victory or defeat, but in the perfection of the character of its participants." The great judo master Gigoro Kano's first rule was, "strive for perfection of character".

In other words, the development of good character is more important than physical technique. And according to Funakoshi, a man's level of character development in karate could be seen in his commitment to justice.

By justice, he did not mean passing judgement or dealing punishment. He wrote, "Justice is that which is right." Webster's dictionary defines justice as "the principle of rectitude and just dealing of men with each other; integrity - one of the cardinal virtues." Aristotle held that justice was the practice of virtue toward others.

The pure heart that strives to do the right thing in each situation is the heart of a true master. A thread that runs through much of these writings is that a master will act without hesitation for the cause of justice, regardless of the personal cost. "When I examine myself and see that I am in the right, then whether I am faced by one thousand or ten thousand opponents, I must press onward." To not act when justice is at stake demonstrates a lack of courage.

The lesson here is, you are responsible for right action. Live rightly, live with integrity, and when the cause is just and you need to act, don't hesitate-just do it. A clear conscience is priceless!



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WELCOME!
 Grace
 Zephyr
FRES Tiger Kids
 and
 Welcome Back
 Kim!
NEW STUDENTS



★ **NEW RANKS** ★

Kim.....BLUE BELT
 Aidan.....2nd Stripe
 Jacob.....2nd Stripe
 Sebastian.....1st Stripe

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

A mind is like a parachute, let someone else pack it and you may be in for trouble.

Author unknown

KENPO COOKS!

Old Time Apple Cake

Easy to mix in one bowl!

- 1 cup sugar
- 3 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 a knife inserted into center comes out clean. Cool on rack.

Always do right. This will gratify some people and astonish the rest.

Mark Twain

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Q: What is borrowed force?

A: When you use the attacker's force against him to enhance the effectiveness of your actions, you are using "borrowed force".

WILTON HARVEST FAIR KARATE DEMO!

On Saturday, October 20th, the Wilton Main Street Association's annual Harvest Fair will take place in Wilton on Main Street from 9am -3 pm, rain or shine. Events planned for the day are children's games, hayrides, sidewalk craft sales, a petting zoo, and and a karate demo by us, the students of Morning Star Martial Arts!

Our school has been asked to perform a karate demonstration at 2 o'clock on lot 48. We would love to have every student in it! In addition to our own students, some excellent martial artists associated with our school will also be on hand to demonstrate some interesting Filipino martial arts. It'll be fun to participate *AND* fun to watch!

See Mrs. Mannarino if you'd like to be in the demo. Practice your star block set and forms and wear your uniform and belt. And don't forget to bring family and friends, 2 o'clock, October 20th. Be there!

POOKY DOINGS!



It has been foretold.... on October 31st and November 1st at 5:15 pm, the halls of Morning Star Martial Arts will be haunted by all manner of shadowy figures! Where usually there are neatly uniformed karate students, there will instead be spookily dressed individuals practicing the art of kenpo! Who are they and where did they come from? If you are student in one of the aforementioned classes, come and find out!

To avoid being recognised (there are spies EVERYWHERE!), Ms. Mannarino suggests that you come incognito, just in case! Your disguise, if you choose to wear it, should be durable enough to stand up to the rigors of a karate class. After all, as strange as the creatures look, they might know some kenpo!

Always do more than is required of you.

George S. Patton

TECHNIQUE OF THE MONTH

Deflecting Hammer- *(right front thrust kick)*

Start with your hands up.

- A1.** Step back with left foot. **2.** Pivot to a right neutral bow. **3.** Deliver a right downward diagonal (deflecting) block against outside of your and opponent's right leg. This should pull his body forward. **4.** Left hand checks at your solar plexus.
- B1.** Deliver a right inward elbow to his head. **2.** Left hand pins his right arm to chest.

Does this technique use borrowed force? If so, how? See Mrs. Mannarino with your answer!

Help the karate students find their way to the black belt!



If you want a little peace, you have to learn how to fight. You have to walk through the darkness to get to the light.

Sammy Hagar