

MORNING STAR MARTIAL ARTS

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CONGRATULATIONS!



Miss April, Emily, Josh, Stephanie, Kim, Seth and Ms. M

On July 13th, Morning Star Martial Arts was proud to promote five students to their next rank. Stephanie, Emily, Kim, Josh and Seth did an excellent job at demonstrating their forms and techniques.

Physical proficiency alone is not enough to promote at our school. Character is at least as important as skill. All of our students are potential Black Belts and pledge to “live by the principles of black belt” in every class. They know that qualities such as honor, integrity, good manners and respect must be practiced along with their technique.

These students are well on their way to becoming good black belts, they have shown themselves to be skilled students of good character. Congratulations!

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KENPO COOKS!

A snack for hardworking karate students!

- 3 cups square cereal, like Chex
- 1/2 cup toasted sunflower seeds
- 1/2 cup toasted cashews
- 1/2 cup toasted pumpkin seeds
- 1/2 cup raisins or dried cranberries

Mix together and enjoy. Pack in bags or containers to take to school or work. Makes a quick breakfast with a glass of milk or juice. Substitute what you like for any ingredient. Store in a sealed container.

“Shikin Haramitsu Daikomyo”

Every encounter is sacred, enlightenment could come at any time.

TECHNIQUE OF THE MONTH

Attacking Mace-(right step through straight punch)

1. Step back right _____ (stance?)
2. Left inward block _____ (Where does it hit?)
3. Right straight punch _____ (Target-What are you hitting?)
4. Grab right wrist _____
5. Right front kick _____ (Target?)
5. Left uppercut _____ (Target?)

Answers to questions are on page 3.

THE MORNING STAR

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Q: What is “torque”?

A: Torque is spinning or rotational force.

Character is not made in a crisis, it is only exhibited.

Robert Freeman

★ NEW RANKS ★

Stephanie.....GREEN BELT
 Emily.....ORANGE BELT
 Kim.....ORANGE BELT
 Joshua.....JR.ORANGE BELT
 Seth.....JR.ORANGE BELT

We are very proud of these fine students!

Breaking News!

Open House-We will be holding a joint open house with the Aquarian Yoga Studio on September 9th, from 12 noon to 2 pm. Come down and enjoy some of Ms. Mannarino's home baked Crumb Cake. Bring friends!

Demo-On Sunday, September 24th, at 11 am and 1pm, we will be doing a karate demo at the Temple Harvest Festival. All students are invited to participate and/or come down and support us. The festival will feature fun and games, hay rides, special exhibits, craft tables, food, and music by the renowned Temple Band.

DO IT FOR HOMEWORK!®

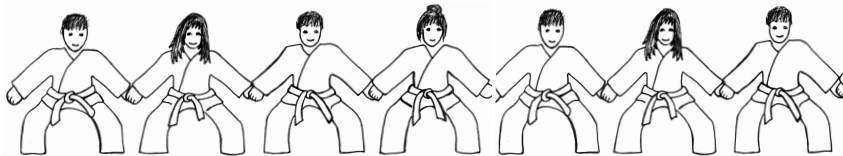
Preventive Self-defense

If possible, avoid letting a confrontation escalate to physical conflict. Nothing important or lasting is resolved by a fight, and *no one wins*. The best you can hope for is to not lose, and there are always injuries on both sides.

"Karate begins and ends with respect".
 When dealing with rational people, mutual respect is the key to avoiding conflict.

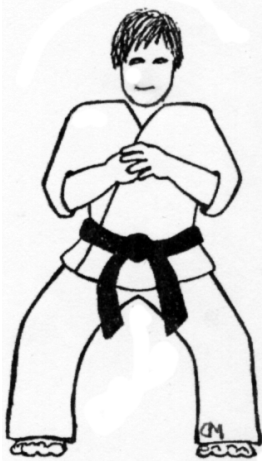
1. Try not to provoke an angry person. Speak softly, using words to try to defuse the situation.
2. Be aware of your surroundings. Avoid questionable situations and people.
3. Be aware of objects you are carrying that can be used for self-defense.
4. Walk with confidence.
5. In case of a robbery, hand over your valuables. They aren't worth a human life, yours or the thief's.
6. Eat right and exercise. Wellness is self-defense.
7. Learn some self-defense techniques, "to help myself and my fellow man".

Practice self defense, practice wellness. Be prepared.



You cannot do a kindness too soon, for you never know how soon it will be too late.

Ralph Waldo Emerson



CHARACTER AND KINDNESS CHALLENGE

LEVEL I

Students at Morning Star Martial Arts are always practicing to be good black belts. Good black belts are honest and courageous and live by the student creed. They are kind and respectful to others, and if they should slip, they apologize and work to make things right.

Ms. M will be giving each student a form. On it she is asking the students to list anything they feel they have done that qualifies as going out of their way to be a good person. Ms. M is looking for both ordinary and creative ways to be kind, helpful and to stick up for what is right.

Students who complete the challenge earn prizes and qualify to go on to the next level! See Ms. M for details.

Answers to fill-in questions on page 2- #1.left neutral bow stance #2.on the outside of his arm, above the elbow #3.upper right rib cage #5.groin or solar plexus #6.right rib cage