



The Martial Arts Center Presents

Martial Arts News and Report

Volume 5 Number 2 February 1999



Humility

Of all the lifeskills involved with the martial arts, humility is certainly one of the more important. It's the ultimate expression of respect and consideration and is a product of modesty and good behavior

In the world of martial arts, it's believed that one can never be a true martial artist without humility being a part of one's character.

Humility is often misinterpreted as a sign of weakness. But in the martial arts, it's considered to be a sign of inner strength and self confidence. Humility comes from having the self-discipline to work toward personal growth. It originates from becoming aware of how your actions affect others. It's a way of showing off your self-confidence without flaunting who you are or what you've achieved.

Humility can be expressed as simply showing respect to others, regardless of their race or social status. It's a quality that leaders and winners will almost always possess.

Great leaders recognize the importance of stepping out of the limelight so that others may have the chance to shine.

Your role as a leader or winner in the world of martial arts starts with humility.

In our karate class bowing is a symbol of Humility.



"We have confidence in our strength and power, without boasting of it; we respect that of others, without fearing it."

-Thomas Jefferson

Fitness, Safety, Health

STRANGERS

Studies have shown that of the children assaulted, 85% of them knew their attacker. Just telling a child to "stay away from" or "beware of" strangers is no longer enough.

You should establish a prevention system for your child. You should show him/her how to become aware of the surroundings as well as the people around them. They should know that anyone who follows them, offers them food, a gift or a ride is someone to avoid. Your child needs to be taught to recognize these types of dangerous situations.

Children can be taught to look at a situation, assess how dangerous it could become and decide what action they can take to avoid it.

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**The Martial Arts Center
3712 Lemay Ferry Road
St. Louis, MO 63125**

314-894-8599

<http://www.KenpoUSA.com>

Strangers

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As a parent or guardian, you must arm your children with this mental defense.

Review with your child what a good touch is as opposed to a bad touch. They should be shown the areas of their body which shouldn't be touched without permission.

Your child needs to understand things to do:

1. SEEK HELP!
2. Ask questions about things.
3. Be able to say "STOP."
4. Tell someone & keep telling.
5. Be careful-and not ashamed.
6. Walk or run away from an adult that makes you feel uncomfortable.
7. Scream for help.
8. Report any advances toward them, even by friends.
9. It's not their fault. Many children believe the bad things that happen to them are a result of something they did wrong.



"You can't talk of the dangers of snake poisoning and not mention snakes."

-C. Everett Koop

The Symbols of Kenpo

You may have seen your instructor or even one of the other students at The Martial Arts Center displaying a weird hand symbol. These are the hand gestures of the "Old Pine Tree Style" of the Kenpo Karate system.

This month we will continue with the philosophical explanation of these symbols. The traditional meaning of the symbol KAI SHU is based on the Zen precept of the mountain. In many Japanese philosophical stories mountains are used to represent the strength of people.

In Kenpo, the representation of this symbol is based on the concept of humans and their many imperfections. Like people, and the mountain, when they are viewed from a distance they appear to be without flaws.



KAISHU

***Other names for this symbol are
The Mountain & The Window
to the Soul of Humankind.***

But, when the mountain and humans are viewed up close, the imperfections are apparent. The symbol is a looking glass to look into the soul to see only the good, and ignore the bad parts of the individual.

Studio Forum and Special Events

TAE-BO, CARDIO, WHADYAKNOW HERE WE GO!

In case you haven't noticed, our Cardio classes are busting out at the seams.

Just in time for the resurgence of the classes, we have ordered special Cardio Boxing Gloves.

These gloves are manufactured with the fancy Cardio Karate logo, and they will be available the first part of February.

Don't miss out, or they'll disappear faster than a front snap kick, and their only \$27.50 a pair.

WHAT EXACTLY ARE THE DIFFERENT PROGRAMS OFFERED AT OUR SCHOOL?

Program	Cost
Little Dragons	\$45.00 Per Month
Advancing Dragons	\$55.00 Per Month
Black Belt Club	\$10.00 Per Month
Adult Bi-Monthly	\$60.00 Per Month
Adult Weekly	\$100.00 Per Month

Family members can join for a 50% savings. That way you won't break the bank trying to pay for karate lessons.

Black Belt Club

Here it is, the newest addition to the already popular BLACK BELT CLUB! As indicated in last month's column, we're now rolling out the continuation programs. After our club members finish the first ten month "star" phase, the program continues with two six month programs known as SWAT and STORM.

Special Winning Attitude Team (SWAT)

	Mental	Physical	Reward
1st Month	Humility	Punch list	Red Star
2nd Month	Change	Kick list	Red Star
3rd Month	Patience	Belt fighting	Red Star
4th Month	Etiquette	Randori	Red Star
5th Month	Direction	Staff training	Red Star
6th Month	Philosophy	Swords	SWAT Patch

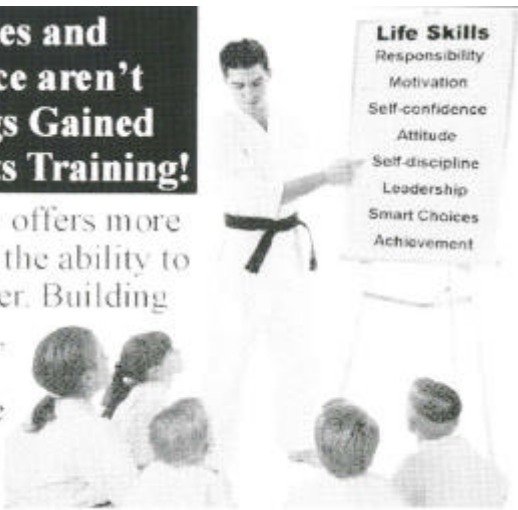
Special Team of Role Models (STORM)

	Mental	Physical	Reward
7th Month	Experience	Lock flow	Blue Star
8th Month	Friendship	Stick drills	Blue Star
9th Month	Sharing	Knife drills	Blue Star
10th Month	Tradition	Grappling	Blue Star
11th Month	Winners	Reaction	Blue Star
12th Month	Learning	Meditation	STORM Patch

NOTE: These continuation programs will follow the original "stars" format.

**Better Grades and
Self-Confidence aren't
the Only Things Gained
from Martial Arts Training!**

Our unique program offers more than just fitness and the ability to defend against danger. Building blocks of self-esteem, confidence and positive attitudes are being constructed at our studio everyday.



Special Offer
\$24.95

**2 Week
Introductory Course**

Call Today!

**(314) 894-8599
Offer Expires 03/31/1999**

Change has considerable psychological impact on the human mind. To the fearful it is threatening because it means that things may get worse. To the hopeful it is encouraging because things may get better. To the confident it is inspiring because the challenge exists to make things better. Obviously, then one's character and frame of mind determine how readily he brings about change and how he reacts to change that is imposed on him.

-King Whitney, Jr.

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Stamp
Here**
