



The Martial Arts Center Presents

Martial Arts News and Report

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Self-Discipline

Self-discipline is an essential tool of success. With this life skill, anything is possible but without it, very little is ever accomplished. Like all of the building's blocks of success, self-discipline is acquired by life's experience. Exposure to good leadership often leads to becoming self-disciplined.

There are two types of discipline, positive and negative.

An example of positive discipline would be a parent or teacher encouraging you to do your homework. They know the result of you doing your homework will

result in you becoming more intelligent while developing a self-disciplined study habit.

An example of negative discipline is a parent or teacher telling you not to

smoke while having a pack of cigarettes in their pocket. The old saying, "Do as I say, not as I do," may receive temporary results but chances are it won't encourage the child to avoid smoking.

Although discipline is an important step toward the development of self-discipline, it's only effective when



delivered from a positive example. Positive self-discipline is achieved through exposure to positive acts of discipline. These examples usually come from people we

look up to.

Everyday, we experience conscious and subconscious actions and self-discipline.

From our subconscious acts like getting up for work to

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Fitness, Safety, Health

LOSE WEIGHT? START STRENGTH TRAINING!

The number of calories burned in any one strength workout is not very high - but a person with more muscle mass uses up more calories all the time, even while sleeping.

In one study, one group of people exercised aerobically three times a week for 30 minutes, while another split the sessions between aerobics and strength training.

Aerobics group members lost four pounds during the study, but people who added strength training lost 10 pounds...and gained muscle mass.

"Our greatest glory is not in falling but in rising every time we fall."

-Confucius

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Self-Discipline

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our study habits, we're continuously involved with acts of discipline. Aside from subconscious actions, we also make conscious choices of using self-discipline. We're all confronted from time to time with desires that are either not in our best interests or in the best interests of others. We have the ability to make a conscious choice to use self-discipline and to do the responsible thing.

Self-discipline is a strong personal value. It's a value we should all work to develop. Some of the hardest lessons we learn in life have to do with self-discipline. We see examples of this value all the time. The undisciplined individual looks for ways to get out of responsibility. People with self-discipline are hardworking, self-motivated and become high achievers.

Through self-discipline we gain other valuable traits like self-motivation and perseverance. We learn that anything is possible when we utilize self-discipline.

道場訓

一つ 人格完成に努むること
一つ 誠の道を守ること
一つ 努力の精神を養うこと
一つ 礼儀を重んずること
一つ 血気の勇を戒めること

The Symbols of Kenpo

You may have seen your instructor or even one of the other students at The Martial Arts Center performing an unusual hand symbol. These are not the secret hand symbols of the great water buffalo lodge, these are the hand gestures of the "Old Pine Tree Style" of Kenpo Karate.

This month we will try to pass on the philosophical meaning of these unusual hand symbols. The traditional meaning of the symbol HO KEN is based on the Zen precept of Tan Tien or centering. When the Buddhist monks sit in silent meditation they place their hands on their lap using this symbol.

In Kenpo, the representation of this symbol is based on the concept of the Dragon and Tiger. The closed right hand represents the Tiger. The fist is the symbol of the Tiger's strength and tendency toward confrontation.

This symbol represents all physical movements.



HOKEN

*(Other names for this symbol
The Weapon & The Shield,
The Warrior & The Scholar)*

The open hand is used to represent the Dragon. It is the spiritual guide for the pair. It is known as the most important of the two symbols, because it represents common sense.

This symbol represents all spiritual training.

Studio Forum and Special Events



WELCOME TO OUR NEW NEWSLETTER!

A New Year means a new newsletter. We have totally revamped our layout to help provide better information, in a fun and pleasing format.

Look on this page from month to month for special events, updated schedules, Black Belt Club announcements or anything that may be of interest to you, our fabulous students.

WHAT EXACTLY ARE THE DIFFERENT PROGRAMS OFFERED AT OUR SCHOOL?

Program	Cost
Little Dragons	\$45.00 Per Month
Advancing Dragons	\$55.00 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 go broke trying to pay for karate lessons.

JUST A REMINDER

In order to keep the cost of lessons down, we at the Martial Arts Center have established a tuition due date as the 10th day of every month.

This allows us to budget our expenses, and keep the studio operating within our fiscal constraints

We ask once again that all students respect this payment due date, and make whatever arrangements are necessary to accommodate this request. Thank you for your help!

Black Belt Club

As our first group of Black Belt Club participants nears the coveted Black Star, everyone is asking: "What next?"

Next month we will be unveiling the continuation program that will include:

Special Winning Attitude Team (SWAT)
Special Team of Role Models (STORM)
Certified Junior Instructor and
Certified Instructor.

Each of these new programs will be explained in detail in our February newsletter.



This Month Learn To Fly At Our "Flight" School . . .

Learning to defend yourself with a "flying" side kick is just part of what can be learned at this "flight" school. The leadership building blocks of self-discipline, respect, honor, motivation and self-confidence are an integral part of everyday training sessions. Classes are starting now for the whole family. Don't delay, call today and begin your "flight" lessons NOW!

Special Offer

\$24.95

**2 Week
Introductory Course**

Call Today!

Offer Expires 02/28/1999

The Instructor's Words!

We all have dreams. Many of us have more than one. As a Martial Artist, I hope one of these dreams involves becoming a Black Belt or a higher rank of Black Belt.

By pursuing just one of your dreams you enjoy the continued satisfaction of achievement that occurs while on your way.

Never stop trying and never stop dreaming!

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