

WINTER 2008

“There is No Try: Do or Do Not!”

This is what the famous Martial Arts master Yoda said to his apprentice Luke Skywalker when Luke was on the verge of quitting. Students of the Martial Arts and people in all walks of life use negative words quite often: “I can’t do it;” “I hate it;” “I am ugly, fat or terrible;” “I am weak;” etc. The interesting thing is the English language has many words to describe quitting, failing, sadness, anger, but fewer words to describe success and happiness. Your mind often plays tricks on you, telling you things that are not true. You build a false picture in your own mind and it changes your attitude. Have you ever heard that the brain is like a muscle and in order for it to grow you have to work it?

In order to build muscles you need to work them regularly; in order to build discipline you need to practice it regularly; in order to have a strong mind you need to practice exercises that build it regularly. Often when we are tired, we get frustrated and our level of anger rises to the surface. But when we love someone we have more tolerance, and when we feel good, almost anything can be accomplished and our level of patience is at an all time high. In order to be a success in life, you need to master your own mind. You’ll find that most people who experience success *have* mastered their minds.

The thing about meditation, it is not easy. Sometimes when you try to sit quietly, your mind jumps around from thought to thought, as though it was a wild monkey jumping from tree to tree. After some time you may have had so many thoughts that you couldn’t keep track of them. Meditation teaches you focus and helps you control your thoughts. Imagine if you could be positive on a daily basis without letting anything negative affect your attitude – how much more productive would you be? Our goal must be to take the mental practices we need to work on and exercise them on a daily basis in order to strengthen our brains, just as we strengthen the muscles in our bodies

Good luck with your New Year's Resolutions!

ALL REGULAR CLASSES START THE WEEK OF JAN 2, 2008

I Quit !

Recently I bumped into a former student. I said hello and he immediately said “Sensei” and bowed. I asked him to come back to training He said he wished he never quit. We spoke a bit more and I asked why he had quit. He said he was a kid at the time and **his mom let him quit!** Students often tell me they will be back someday. This rarely happens.

Martial Arts teaches you how to learn in many ways – with mental, physical, and spiritual lessons. Students develop confidence through many mini successes and failures. Each day is a lesson. So don’t think of Martial Arts as an extra curricular activity; think of it as a life-enhancement program.

Don’t let your children quit! Martial Arts training is invaluable! I know this because many students have become successful college & university graduates, police officers, doctors, lawyers, accountants, soldiers, nurses, and entrepreneurs; there are thousands of success stories. Martial Arts will enhance your child’s life; the training is simply too valuable to miss. Help your children keep their commitment to training and learning.

“I’m on a quest, to be my best, at home, at school, at work, in the dojo, and in the community.”

WELCOME NEW STUDENTS

Remember when you were the new student on the dojo floor? Remember to help new people as part of the respect you practice each class. Show them where to put their boots, how to wait quietly, and how to listen and watch. Set the best possible example!

Some students have been promoted to Kicks for Kids **Advanced**. The learning continues, with a greater challenge. Kumite or sparring is introduced, and there are many new opportunities for learning Kata and Self-Defence.

INSTRUCTOR CHALLENGE

Are you a coloured belt? Would you like the chance to be an Instructor? We provide opportunities for growth for students of all belt levels. One of the best ways to learn is to teach someone else. You become a much better student when you are concentrating on showing someone else how to make a certain move, turn, block, punch, kick, or how to improve their Kata. Sensei Lowry welcomes all Teens and Adults to come to any children's class and/or family class and begin to learn how to be an Instructor. All you need is a winning attitude and a positive approach.

In order to test for a Black Belt, there are many requirements. One is that you must have 90 teaching hours as a Brown Belt, under the direction of a senior Instructor. Start now at a colored belt level, and learn how to work with students! You will greatly benefit from this experience.

UPCOMING EVENTS & CALENDAR

ALL BELTS

All belts are invited to attend a **Seminar** at East Wind Budo Life Dojo in Ottawa on Saturday, January 26, 2008. This will be a follow-up to the teaching seminar from last year, with practical applications. If you understand 'Shido-geiko', then you know that the best personal training comes from learning how to train others. Watch for details.

KICK-A-THON IN FEBRUARY!

The next big event for our Club! You will be receiving forms and information. This is your chance to help your club, learn new kicks, and **win some great prizes!!** Watch for the display of **prizes!!**

SPRING GASSHUKU

Our Fall event was a great success. Congratulations to those who participated in the seminars and tournament. The Spring Gasshuku will likely be held out-of-town. Make plans now to attend, and keep up-to-date on your training.

FEES

We appreciate those who pay their fees on time, in advance, including seminars and gradings. This cuts down on paperwork, and leaves us more time for training on the dojo floor. The simplest and most economical way for all students to pay is to use the PPS or Member Solutions pre-authorized payment system. Some of these fees for 2008 will show a small increase (three dollars monthly) to offset the rising costs of heat, hydro, taxes, insurance, and maintenance. Check the schedule posted in the office. Pre-authorized payments will show the increase as of March 1, 2008.