

## MORNING STAR MARTIAL ARTS

*Honor Integrity Respect*

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### RECREATIONS IN RE-CREATIONS

OR

**did you know there are monsters in your socks?!**



*Mercedes and her (Earth) friendly monsters*

Yes, folks, it's true. There's still some life in the holiest of your worn out socks. It's positively inhuman to condemn them to smother in a landfill somewhere! Give them a chance to reveal the monsters dwelling within. All you need is a little imagination, scissors, needle and thread to bring out their hidden personalities. Once allowed to show their true colors, they can live out their new lives decorating your bookshelf. Or present them as a gift to someone who you trust to give them a good home.

If you need some expert help, ask Mercedes. She can guide you through the simple process. Or, if you have some worn out socks laying around and your interests lie in other recycling endeavors, give them up for adoption to a budding sock artist for a makeover. Just make sure beforehand that the adults in your house agree that the sock(s) have outlived their original foot covering purpose. The Earth will thank you!



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# KENPO COOKS!

Just for fun, if you use a dryer at home, here's a use for that pesky lint that clogs up the dryer filter!

## Lint Modeling Clay

1 cup dryer lint, lightly packed

7 tablespoons flour

1/4 cup water

food processor or blender

Put 1/2 of the lint, all the flour and the water into the food processor and blend. Add the rest of the lint and blend until it can form a soft ball.

Make beads by rolling little balls and poking holes with toothpicks. Use just like clay!

## STAR READERS!

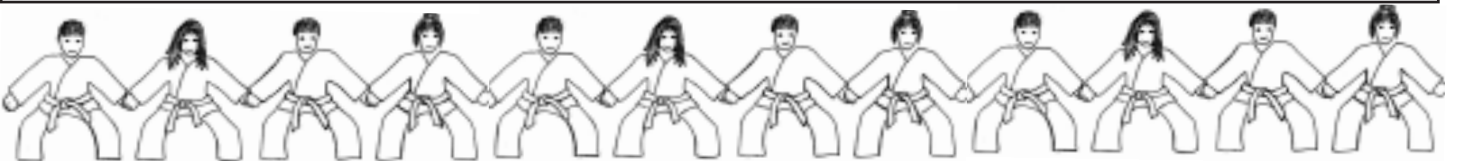
Kibibi, Grace, Sebastian and Jacob have all earned Red Stars for participating in our reading program. Wear them with pride!

***Every three months, the U.S. throws away enough aluminum to completely rebuild our entire commercial airline fleet.***

## *More Crafts From Scraps*

1. Canceled postage stamps from old mail make beautiful collages and mosaic pictures.
2. Scraps of thin cardboard can be decorated to make greeting cards and bookmarks.
3. Crayon stubs can be shaved and melted to decorate paper. Adult must supervise!
4. Small scraps of yarn and popsicle sticks make lovely "God's Eye" ornaments to hang in windows.
5. Old, favorite, T-shirts can be sewn up and stuffed to make pillows.
6. Colorful pages from old magazines can be used to make beads or used for origami projects.
7. Old nylon stockings make soft stuffing for sock monsters and pillows.

See Ms. Mannarino for instructions, or if YOU have other ideas to share!



## THE MORNING STAR

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***Use it up, wear it out, make it do or do without!***

**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*".

# Breaking News!

- ~Buddy Day is scheduled for Wednesday, April 9th at 5:30pm. Bring your friends!
- ~School will be closed from April 25th through May 5th. This is the week of area school vacations.
- ~During the week before vacation, classes will be held on Monday, April 21st and Thursday, April 24th. Tiger Kids will meet on Monday, the 21st, instead of Wednesday. There will be no classes on Tuesday(22nd) and Wednesday(23rd).
- ~Are you a Green Warrior? Ask Ms. Mannarino how you can earn a cool school patch!



**DO IT FOR HOMEWORK!©**

## Save the Earth: Practice Karate!

No, really! Think about it. You can do karate anywhere, anytime. The only energy used is your own. Practicing Karate doesn't pollute, destroy forests, require dangerous chemicals or harm wildlife (except the kind on two legs, and then only in self-defense!). So train with a clear conscience.

But seriously, it is Earth Day on April 22nd. Do something to bring about positive change in your environment while you exercise and get in better shape.

Plant a garden, start a compost bin, bicycle to a yard sale, clean out the basement or garage. Haul old books, clothing and toys to a church rummage sale. Separate recyclables and bring to the recycling center. Create a backyard wildlife refuge. Need exercise equipment? Get it second hand, or make your own from recycled materials. Make it a habit, because *everyday* is Earth Day.

Let me know what you've done, no matter how small you think it is. We'll put it in the next newsletter. Students making a difference!

## NEW RANKS

- Kibibi**.....ORANGE BELT
- Tommy**.....ORANGE BELT
- Grace**.....YELLOW BELT
- Aidan**.....4 th Stripe

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

## 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. M with your answer!***

***We throw away enough iron and steel to continuously supply all U.S. auto makers.***

**According to the EPA, the U.S. consumes more than 380 billion plastic bags each year. An estimated 45 million barrels of oil is used to produce the plastic for these bags, most of which end up in landfills. At \$100 a barrel for that oil, that's almost \$4,500,000,000 a year thrown away! I can think of much better uses for that money, can't you? Bring your own shopping bag!**



## How many martial artists does it take to change a light bulb?

Ah, the burning question. Well, the truth is there is no one right answer, because it depends on the martial art *and* the martial artist. Here are some answers:

1. Wing Chun practioners or Ninjas- 0. They don't need light bulbs, they work in the dark!
2. Chuck Norris- just 1. Chuck Norris would make the light bulb change itself!
3. Nearly any other martial art-5,7,10,25, etc... One to change the bulb, the rest to argue that it's not the way the "master" showed them how!
4. If it's a "Green Warrior", just one, who'll replace it with an energy efficient compact flourescent!

But seriously, martial arts isn't just about self-defense against violence from another person. It's also about honor, integrity, justice, and respect. Respect, not only for ourselves and other people, but for everything on the beautiful planet we live on.

Most people are waking up to the fact that the earth is in an environmental crisis. This situation has been caused partly by human carelessness and greed.

The earth's resources of fuel, water and clean air are dwindling. Greenhouse gases are changing the earth's climate. At the north pole the ice cap is melting and polar bears are drowning.

How can we change the course of this impending disaster? Confucius said, "*A journey of a thousand miles begins with a single step.*"

You don't have to walk 1000 miles to end global warming, though if you walked instead of taking a car it would help! All you need do is examine the way you live and take steps to *waste less*.

It can be as simple as changing a light bulb! *OR...making monsters out of old socks!*

## 10 Simple Things Anyone Do to Defend the Earth

1. Turn off lights, TV and computer when not being used.
  2. Don't let water run continuously when brushing teeth or washing dishes.
  3. Reuse scrap paper for lists, notes or crafts, then recycle it.
  4. Bring a shopping bag to use when shopping. Recycle used plastic bags at the supermarket.
  5. Change a light bulb! Consider using compact flourescent bulbs in some locations to save energy.
  6. Separate and recycle; paper, cardboard, glass, plastic, aluminum and steel (tin) cans.
  7. Donate unwanted but wearable clothing to churches and homeless shelters. Use unwearable clothing for craft projects or rags. See Ms. Mannarino for ideas on scrap crafts.
  8. Avoid styrofoam cups. Bring a travel mug, your coffee will stay hotter and taste better.
  9. Support your local farmer; buy locally produced food when possible and save tons of energy.
  10. Plan a garden. You can grow your own organic food to save energy *and* money.
- 11?** I know, I said 10, but this one is a lot of fun! Start a backyard wildlife refuge. It's easy, see Ms.M.