

THE MORNING STAR

MORNING STAR MARTIAL ARTS

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WHO'S YOUR HERO?

Is there someone you admire? Why? Is it their talent, character, success? The people you admire, your role models, are like blueprints for the person you want to become.

Usually our first role models are our parents. As we grow, we are introduced to stories in books or movies about fictional characters who dazzle us with amazing powers. Some of these characters become heroes for us. You might hear a budding martial artist say, "I want to be just like Jackie Chan!". This is great if the hero is a "good guy" with good character and pure intentions (easier with a fictional hero!).

Later on, real people with qualities we admire become our heroes, or role models. The amazing powers become attainable skills. The strength of Superman might be evident in a sports figure; the intelligence of MacGuyver in a scientist or teacher; the selflessness of Robin Hood in an advocate like Erin Brockovich.

Life coaches advise us to find people we admire and take on their desirable traits. The key word is "desirable". The danger is that real people are never perfect. We all know sad stories about famous people with fatal flaws: brilliant rock musicians who take drugs; athletes who commit acts of violence; public figures with shameful private lives. Just because we admire one of a person's traits

does not mean we should follow the same life path.

Mature individuals understand this. They make a conscious decision to have different role models for different traits based on their core values. But some fall into a trap. Sometimes people unconsciously absorb traits, even traits they dislike, as they strive to become more like their role model. In extreme cases you might see a person completely abandoning their core values to imitate their hero. (Who ARE all those Elvis impersonators?)

With this in mind, choose your role models carefully based on the person you want to become. Surround yourself with good people. Admire them for their good points and try to acquire them, but be aware of their failings.

Instead of saying "I want to BE just like Jackie Chan!", how about, "I want my karate to be as good as Jackie Chan's!".

Heros
Kenpo Cooks!
Question & Answer
Technique of the Month
Breaking News
Do It For Homework
Kenpo Training Camp
Karate Word Jumble

***Ignorant men
don't know what
good they hold in
their hand until
they've flung it
away.***

Sophocles

Faster Than a Speeding Take-out---- PIZZA!

- 2 cups whole wheat flour
- 1 pkg. (1 Tablespoon) dry yeast
- 3/4 tsp. salt
- 1 cup hot tap water
- 1 tablespoon oil
- 1 teaspoon honey

Place flour in large bowl. Stir in yeast and salt. Add water, oil and honey to flour and beat vigorously until well mixed. Cover bowl and place in warm spot for ten minutes. Punch down and place dough in a greased 14 inch pizza pan. Press with fingers to evenly cover bottom and up sides to form a rim. Preheat oven to 425°F.

Spread desired sauce and toppings on dough and bake for 15 to 20 minutes until crust is golden brown and cheese is melted. Serve and enjoy!

Suggested toppings:

- | | |
|------------------------------|-------------------------------|
| Tomato sauce, pesto sauce | mozzarella cheese |
| sliced fresh tomatoes | feta cheese |
| sliced garlic, onions | parmesan cheese |
| sliced red or green peppers | Sliced meatballs or pepperoni |
| spinach, broccoli, mushrooms | Crumbled leftover meatloaf |

TECHNIQUE OF THE MONTH

Mace of Aggression-(two handed lapel grab, pulling in)

- A1. Step forward with rt. foot, land with a heel stomp on his rt. foot, dropping to a rt. wide kneel. 2. Cover and pin his wrists to your chest with left hand. 3. Deliver a rt. inward diagonal hammerfist across his face.
- B1. Pull rt. hand to chest to cock, drawing him closer. 2. Immediately pivot to a side horse stance. 2. Deliver a rt. inward elbow to attacker's jaw.
- C1. Deliver a rt. outward elbow to head.

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Q: What is a form?

A: A "form" consists of basic defensive movements organized into a dance-like routine. It has been called a short story of motion.

***A simple life requires....
immersion of attention in the
moment;
to the matter at hand;
whatever needs doing;
one thing at a time.***

Recent studies on exercise have shown that engaging the mind while performing an exercise gives better results. In other words, when you are running or lifting weights, think only about running and lifting weights. Concentrate on your breathing, the muscles you are using, your technique. Your mind should be on what you are doing, not what you are having for dinner or someone who made you angry.

The benefits of mindfulness are enormous. Not only will you build more strength, but your technique will improve and you'll reduce stress. When you are thinking only about what you are doing, you are giving your mind a rest from whatever is troubling it. You are practicing a form of meditation.

This is why martial arts is famous for stress reduction. How can you think about that inconsiderate store clerk when a punch is heading toward your face? You can't, you find you are totally focused on avoiding injury. Take that focus, that concentration, and apply it to all of your karate practice. Don't just "put in your time". Add effort! Engage your mind!

Next, take it home. Your martial arts training can improve your life if you take the lessons you learn in class and apply them at home, work and school. Try It!

Breaking News!

Morning Star Martial Arts will be closed on the following dates:

Saturday, May 14th (Kenpo Camp)

Wednesday, May 18th

Saturday, June 4th

Thursday, June 9th through

Monday, June 13th.

See the Morning Star online at
www.ikkfederation.com

Go to the Kids Corner and click to read "newsletter".

KENPO TRAINING CAMP

On Saturday, May 14th there will be an all day training camp at Revere Karate Academy. Four excellent instructors from the IKKF will be teaching subjects appropriate for both beginner and advanced students. A poster on the bulletin board has more details, or call (781)289-9535. See Ms. Mannarino if you need a ride. It will be worth your time!

Honor is like a rugged island without a shore. Once you've left it, you cannot return.

Nicholas Boileau, Satires

KARATE WORD JUMBLE

Unscramble these five jumbles, one letter to a space, to form five Karate-related words.

RESOH SCANET

OO□O□ □O□□□□

RAENLUT

□□□O□□□

SCREPET

O□O□□□□

REVOC

□O□□O

RIGTAVY

□□□□□O

Now, rescramble the circled letters to complete the following sentence:

A form is a

OOOOO OOOOO

of motion.

