

# THE MORNING STAR<sup>®</sup>

MORNING STAR MARTIAL ARTS

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*Karate stands on the side of justice.*  
Gichin Funakoshi

Some of the greatest martial artists of all time were highly intelligent writers and teachers. They left behind many volumes of writings on what it means to be a martial artist.

Physical technique is only part of the training. Martial artists must also train the head and heart. The father of karate, Gichin Funakoshi, wrote "the ultimate aim of karate-do lies not in victory or defeat, but in the perfection of the character of its participants." The great judo master Gigoro Kano's first rule was, "strive for perfection of character".

In other words, the development of good character is more important than physical technique. And according to Funakoshi, a man's level of character development in karate could be seen in his commitment to justice.

By justice, he did not mean passing judgement or dealing punishment. He wrote, "Justice is that which is right." Webster's dictionary defines justice as "the principle of rectitude and just dealing of men with each other; integrity - one of the cardinal virtues." Aristotle held that justice was the practice of virtue toward others.

The pure heart that strives to do the right thing in each situation is the heart of a true master. A thread

that runs through much of these writings is that a master will act without hesitation for the cause of justice, regardless of the personal cost. "When I examine myself and see that I am in the right, then whether I am faced by one thousand or ten thousand opponents, I must press onward." To not act when justice is at stake demonstrates a lack of courage.

The lesson here is, you are responsible for right action. Live rightly, live with integrity, and when the cause is just and you need to act, don't hesitate-just do it. A clear conscience is priceless!



## *Inside This Issue*

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**EXTRA! EXTRA!**  
*Read more about it!*

There are many excellent books about martial arts. These are some of our favorites!

The Karate Experience, A Way of Life, by Randall Hassell.

The Twenty Guiding Principles of Karate, by Gichin Funakoshi

The Complete Idiot's Guide to Martial Arts, by Cezar Borkowski & Marion Manzo

## KENPO COOKS

### Lunch Box Burrito

1 flour tortilla

1/4 cup refried beans (or mashed seasoned pinto beans)

1/4 cup shredded cheddar cheese

Chopped green pepper

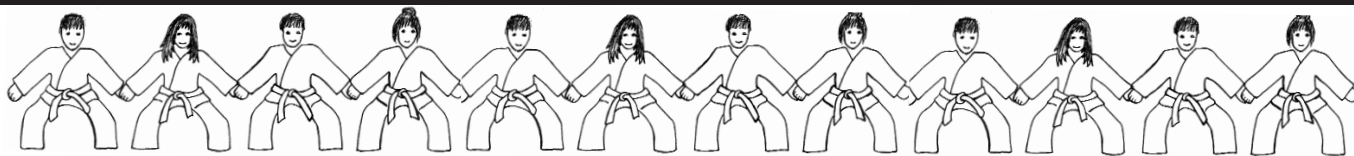
Salsa

Soften tortilla in microwave by heating it between paper towels for ten seconds. Spoon beans into center of tortilla. Top with cheese, green pepper and salsa. Fold tortilla around filling envelope style.

Wrap and refrigerate until lunch time. To serve, wrap in a paper towel and heat in microwave for 1-2 minutes.

*Always do right, this will gratify some people and astonish the rest.*

*Mark Twain*



## TECHNIQUE OF THE MONTH

Attacking Mace- (right step through straight punch)

A1. Step straight back with rt. foot. 2. Pivot to a left neutral bow stance as you deflect his punch with a left inward block to the outside of his rt. arm above the elbow. 3. Cock your rt. fist near your chest, palm up.

B1. Pivot to a left forward bow stance. 2. Deliver a rt. straight punch to the rt. side of his rib cage. 3. Check his rt. elbow with your open left hand.

C1. Slide your rt. hand along the outside of his rt. arm and grab his rt. wrist.

D1. Pull his wrist downward diagonally to the right. 2. Deliver a rt. snapping ball kick to his chest. 3. Cock your left fist at your left ribcage.

E1. Step down forward with rt. foot, checking his left knee. 2. Pivot to a right forward bow stance. 3. Deliver a left uppercut to his rt. ribcage.

### THE MORNING STAR

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**Q:** What is karate-do?

**A:** "Karate-do" refers to the total discipline of karate as a way of life. The literal translation is "the way of the empty hand".

***Those who think they have no time for bodily exercise will sooner or later have to find time for illness.***

*Edward Stanley, Earl of Derby*

## **DOCTOR'S ORDERS!**

Exercise, what is it *good* for? Absolutely everything!

According to Cedric Bryant, an exercise physiologist, exercise can have a positive impact on every physiological system of the human body. We were built to move!

Exercise can lower high blood pressure, control blood sugar, raise "good" cholesterol, prevent certain cancers and maintain bone health. It can increase energy, elevate mood and relieve depression. It helps control weight by burning calories while it suppresses appetite. People who exercise regularly sleep better, have fewer aches and pains, and stronger immunity to disease. The list goes on and on.

So, why doesn't everybody exercise? Excuses range from not enough time to not enough money and everything in between. It's not so much that people don't want to exercise, they somehow feel it is too self-indulgent to make time for.

This couldn't be further from the truth. In fact, you might want to think seriously about an exercise activity you enjoy before your next medical check-up. Why? Because more and more doctors are writing prescriptions for exercise! That's right, exercise is NOT self-indulgent, it is *medically necessary*.

Would you ignore a doctor's prescription

for an antibiotic? Probably not. Should you wait for a doctor to write you a prescription before you start to exercise? Of course not! Exercise is a low cost investment in good health, and good health is priceless.

Not only that, but this "medicine" comes in a variety of delicious flavors. You are in control, you can pick your favorite. It's all good; tennis, yoga, running, swimming, dancing, and my personal favorite, karate. Do what you love, it'll keep you motivated. Pick your passion, then just do it!

If you are reading this, you may have already found your passion, martial arts. Excellent choice. Learning new skills in class keeps you motivated and practice at home is convenient. You don't need a team, snow, a pool, or expensive equipment. All you need is a few minutes, some floor space and the desire to improve.

While it's true you can't spend every waking moment on your chosen activity, you can still keep active. Work exercise into your life every way you can. A few minutes walking here and there, climbing stairs, push-ups on your desk, it all adds up.

Forget the excuses. Get moving! Do it for yourself and the people who love you. Exercise is the prescription for a healthier, happier, more enjoyable life. Doctor's orders!

*I expect to pass this way but once,  
any good therefore that I can do,  
or any kindness that I can show to any  
fellow creature, let me do it now.*

*Let me not defer or neglect it,  
for I shall not pass this way again.*

*Etienne De Grellet*

# Karate Word Search III

Use the key words at the bottom of the page. Words will be arranged diagonally downward or upward, or horizontally left to right. See how many extra words you can find!

B	I	A	D	B	H	I	A	C	R	O	S	S	O	V	E	R	A	C
O	S	T	O	A	I	F	B	H	A	H	N	O	B	N	O	A	M	H
N	C	H	E	C	K	C	A	O	P	N	E	K	S	O	T	W	A	G
D	A	R	V	C	L	O	O	P	W	S	A	C	C	A	N	A	X	U
O	N	U	B	A	H	E	E	L	T	H	O	A	U	D	A	W	F	O
E	C	S	A	N	T	N	O	R	I	N	S	T	R	U	C	T	O	R
A	S	T	W	I	S	T	I	G	O	A	L	T	E	K	I	C	R	H
N	A	U	D	E	T	K	A	Q	O	S	T	A	N	C	E	H	M	T
P	L	O	O	P	E	D	R	Y	U	O	N	P	R	O	T	O	N	P
A	U	L	I	H	N	P	R	I	C	E	L	A	O	L	R	O	U	E
R	T	L	H	O	D	R	A	C	H	O	U	Y	P	B	A	K	A	T
R	A	A	D	H	A	N	D	S	W	O	R	D	O	K	A	K	N	S
Y	T	M	N	P	O	B	U	O	N	J	A	I	D	L	I	I	M	E
T	I	A	N	I	G	I	R	O	F	O	T	N	I	O	P	C	A	P
N	O	T	A	N	I	N	W	A	R	D	B	L	O	C	K	K	R	O
O	N	W	S	N	A	O	X	T	C	H	E	O	T	K	A	R	T	I
B	A	W	H	I	P	S	P	A	R	E	C	I	L	S	W	A	I	N
A	N	L	A	N	O	E	W	A	N	O	H	O	C	H	I	T	A	O
X	N	O	W	G	R	A	B	K	Z	O	N	E	N	O	U	F	L	Y

CROSSOVER  
HEEL  
BRACE  
GI  
THRUST  
INWARD BLOCK  
LOCK  
ROUNDHOUSE  
PINNING  
SNAP  
CHOP  
HOOK KICK  
TECHNIQUE

POINT OF ORIGIN  
TAO  
SWEEP  
ATTACK  
LLAMA  
KENPO  
BLOCK  
FIST  
STANCE  
DOJO  
STEP-THROUGH  
CHECK  
FORM

PARRY  
INSTRUCTOR  
GRAB  
MARTIAL  
OBSCURE  
SALUTATION  
SPAR  
HANDSWORD  
GOAL  
WHIP  
TWIST  
KNEE  
ZONE