

MORNING STAR MARTIAL ARTS

Honor Integrity Respect

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SUMMER OPEN HOUSE



On August 11th, Morning Star Martial Arts held a summer open house. The program for this year featured kenpo demonstrations, food, games and prizes. New this year was an admission "fee", a food donation for a local food pantry.

While spectators enjoyed refreshments; Kibibi, Mercedes, Tommy and Chris performed Star Blocking Set and Short Form I. Afterward Miss April and Mrs. Mannarino explained and performed Short Form III, an advanced form. All four young students received medals for their participation, with Mercedes earning a special medal for her list of kind acts.

Then the games began! Guests were invited to participate and earn prizes. The adults seemed content to sit and be entertained by the children. Everyone went home with a prize and a smile. We'll do it again next year!

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Reading Program

Congratulations!



RED STAR READING PROGRAM

We believe that good reading habits help develop better karate students. With that in mind, last month we started a reading program at the studio to encourage our students to read. Reading time of just 600 minutes in two months will qualify you for a red star for your uniform! You can either be read to, read by yourself or read to someone else. Please ask Mrs. Mannarino for a chart to record your reading adventures, or if you are a student whose school requires a reading journal, just show it to Mrs. Mannarino for credit.

Reminder: Got A's? Get gold stars. Honor roll all last year? See Ms. M before September 30th for a special patch!

KENPO COOKS!

Plan ahead for a quick, easy, and nutritious breakfast!

Breakfast of Champions (A.K.A. Muesli)

3/4 cup old fashioned rolled oats (like Quaker)
1 cup orange juice
1/2 cup toasted seeds (like sunflower or pumpkin)
berries or cut up fruit

Mix oats and orange juice. Refrigerate in a covered container overnight. Next morning, top with seeds and fruit. Makes two servings.

★ NEW RANKS ★

Kibibi.....YELLOW BELT
Roland.....YELLOW BELT
Tommy.....YELLOW BELT
Aidan.....1st Stripe
Jacob.....1st Stripe

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



This is our moment. this is our time, this is our chance to stand up for what is right. **Bono**

THE MORNING STAR

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MORNING STAR MARTIAL ARTS

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Q: What is "point of origin"?

A: Point of origin is the location of a natural weapon (for example-hand or foot) at the time action begins. The natural weapon should ideally travel in a straight line to its target from its "point of origin".

TIGER KIDS!



This summer Morning Star Martial Arts began teaching 4,5 & 6 year olds in its Tiger Kid classes. This specialized program has fun built right into it. The students have unique uniforms and belts, and when they graduate to the children's program, they'll get to wear a special patch.

Aidan, Jacob M. and Jacob H. began learning basic skills on Wednesday afternoons in early August. Aidan and Jacob H. have since earned their first stripe. We lost one when Jacob M. moved out of town, but we gained one when Sebastian joined the class!

We wish Jacob M. much happiness in his new home!

KENPO CODE WRITERS.....shhh!

Your mission, should you choose to accept it, is to find a phrase hidden in this newsletter disguised in a centuries old secret code. For extra security, the message is hidden inside another, 2000 year old code. Lucky for you, someone, (the editor) has obtained the codebreaker at great risk of life and limb. To find the message, you must read the first article of the newsletter carefully and look for twelve letters that are underlined, like this...happy. When you find these letters, the "code" letters, write them down in the first row of spaces below. (You may ask for help from your family if you need it!) Be sure to write them down in the order they appear in the newsletter. Then use the secret codebreaker to assign a "plain" letter to each code letter, and write the "plain" letters in the spaces beneath the code letters. The plain letters will spell out the secret phrase. Then, this is very important, write your name and the secret phrase on a piece of paper and give it to Ms. Mannarino. If she gives you a pencil, it means you have completed your mission! Everyone who completes the mission by the deadline (September 27th) will be in a drawing for a prize! Good luck!

(The top line contains the "code" alphabet, the bottom line contains the "plain")

E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	A	B	C	D
a	b	c	d	e	f	g	h	i	j	k	l	m	n	o	p	q	r	s	t	u	v	w	x	y	z

write "code" letters here _____

write "plain" letters here _____

TECHNIQUE OF THE MONTH

Sword of Destruction- (*left roundhouse punch*)

1. Step back left. _____ (stance?)
2. Right outward extended block. _____ (where does it hit?)
3. Right front ball kick. _____ (where does it hit?)
4. Right inward handsword. _____ (where does it hit?)

Answers are on page 4 .

I'm a great believer in luck, and I find the harder I work the more I have of it.

Thomas Jefferson

CONGRATULATIONS!



When you see Miss April, please congratulate her on her marriage to her sweetheart John on June 24th. This accomplished young lady (black belt!) planned and made all the arrangements for her wedding and honeymoon. She also made her own wedding dress by copying a designer gown from a magazine clipping!

Also, congratulate Mercedes on her new baby brother and Mrs. Mannarino on her new grandson. Marc Anthony Mannarino, 7 pounds 14 ounces, made his entrance in August.

Dear Students and friends,

On behalf of Morning Star Martial Arts, I would like to thank everyone who came to our Open House on August 11th. We had twenty two people attend, and everyone contributed in some way, even if it was only to watch the fun!

We also collected two shopping bags full of food for the Wilton Open Cupboard food pantry and they were very grateful. See their letter on the bulletin board.

Be sure to go to our events page to see pictures taken at the open house.

Thank you again for coming, I hope you enjoyed it as much as I did!

Mrs. Carol Mannarino

It is not our abilities that show what we truly are, it is our choices.

Professor Albus Dumbledore

Answers to fill-in questions on page 2

1. right neutral bow stance 2. inside of attacker's left forearm 3. groin 4. left side of attacker's neck