

## [Newsletter June 2010](#)

“Violence by definition is the loss of self control. Martial arts teach self control; therefore the martial arts are not violent- people are.

Guns do not kill people bullets do.

We must re- validate and great dignity to the meaning of the old definition of black belt. Either it does not mean anything any longer( in this fanatical martial arts marketing atmosphere or it has become the finish line, which determines at what point during ones journey they call it quits. SAD! Let’s restore the dignity of a Black belt

Joe Lewis ...Martial Arts champion. It is important to recognize that the martial arts training is not always about developing high quality physical skills. It’s about fitness and self defense. Those mostly arise, however, from the mental and emotional development that is the result of rigorous martial arts training. To add to another point that Joe Lewis makes, the 1st-2nd- and 3rd degree black belt must be the starting point for the personal development, just as the high school diploma should be the starting point for ones learning throughout life.. For a beginning student, achieving Black belt is an appropriate “benchmark “to begin quality personal; development for life. It is not and end in itself.

### [A great book](#)

It’s hard to recommend to anyone that they should read a certain book or see a particular movie. No one knows what the other person will like or dislike.

Well here goes.....



This book was recommended to me by Gerard

LaRocco...Nick LaRocco's dad...he said that was he began reading it he could not put it down...it was the same for me

### **"Lone Survivor"**

The eyewitness account of operation Redwing and the lost heroes of Seal team 10.

Marcus Lutrell

### **Two great quotes**

*"I don't depend on anybody.  
When I win I get the glory.  
When I lose I get the defeat"*  
Matt Hughes...UFC fighter

The Wisdom teachings of the Dalai Lama

“Elimination of violence is not as difficult a task as it may initially appear. Only a small portion of the world’s five billion people are engaged in acts of violence. The overwhelming majority are engaged in acts of loving, caring and sharing. It is thus my belief that in the human mind that dominant force is not violence, but on the contrary, the compassion and peacefulness”

### **Summer Camp**



Summer camp is awesome, the Best week of the summer.

You are NEVER too old to have FUN  
July 5, 6, 7, 8, 9. 9:30 AM to 3 PM

Monday ...in the Dojo ...Bring a bag lunch  
Tuesday...Chinese restaurant.....need a Nokado tee  
Wednesday...Atlantis the Aquarium...shorts and a Nokado Tee  
Thursday...Bowling shorts and a Nokado tee  
Friday...movies ...shorts and a Nokado tee...money for snacks  
Training in the Dojo everyday  
Dodge ball...weapons....belt level...Ninja Stars  
Make a movie  
Sign up NOW.... \$315.00...\$155.00 deposit

### Half day camp

August 2, 3,4,5,6  
9:30 to 12 noon  
In the Dojo all day  
Weapons, belt level training, Doge ball  
\$150.00

## Calendar

June 10...Adult Black belt test ...Kings Park Dojo...6:30 PM  
June 19 ...Kings park Day Demonstrations at 12:30 and 2 PM  
June 18...Grappling class...Commack Dojo...6:30 PM  
July 5 to the 9th...Summer camp ...Kings Park Dojo 9:30 AM to 3 PM  
July 14...Seminar with Grand master Crosson...5 PM children \$29.00...7 PM adults \$49.00...BRING YOUR CAMERAS  
July 15th...Black belt test...Dojo to be determined  
July 29...Ni Dan San Dan Yon Dan Go Dan test ....Commack Dojo 6:30 PM  
July 31...FREE SEMINAR with Kyoshi Allie Alberigo and Shihan Andrew Stigliano....Children only 9 AM...ADMISSION...you have to get your car washed \$20...all the proceeds go to the Palo Mine ranch  
August 9,10,11,12,13...half day camp...Kings Park Dojo ...9:30 to 12 noon  
August 12...Dan Level test ...Kings Park Dojo...6:30 PM  
August 14....Jr. Ni Dan test.....Kings Park Dojo 10 AM  
September 6...Labor Day Dojo closed

## The 10 Life – Changing AHAS

- 1) Choose  
You always have a choice
- 2) Thing good thoughts  
Your thoughts affect your life
- 3) Start. Do it now  
Action banishes fears
- 4) Honor your health.  
Tend your body, mind, and spirit
- 5) Get a system  
Life is easier when you manage yourself
- 6) Expect surprises! Be flexible and open

Problems are opportunities

7) First love yourself. Then love others.

Love is the ultimate operating system.

8) Say what you mean. Do what you say.

Your integrity is up to you.

9) Give. Be grateful

There is plenty for everyone.

10) Have fun! Celebrate life

Having fun is good for you