

Nokado School of Self Defense

March 2011



Hello I hope that this March 2011 newsletter finds you in good health and happy spirits. It has been a COOLLDD month with lots of SNOW, ICE and freezing rain. WE were forced to close the Dojo several times due to the weather. Remember you can make up any missed classes during the following week or month. This Month looks so much better weather wise. I hope that you are looking forward to the spring, warmer days and dusting the barbeque off and being outside more.

IN THIS ISSUE

[Calendar](#)

[Testing
at
Nokado](#)

[Great
Quotes](#)

Calendar

March 7, 14, 21....Women's Self Defense ...kings park Dojo...\$29.00
March 10...Arthur Schwartz...Black Belt test ...Kings Park Dojo...6:30
March 17....Happy St Patrick's Day
March 19....Children's testCommack Dojo
March 26...Jr. Black Belt test...Kings Park Dojo
March 27....Long Island Open tournament...Freeport recreational

Center

April 2, Jr. Black belt test ...Northport Dojo ...10 AM
April 9...Children's test...Northport Dojo...10 AM
April 14....Adult test
April 16...Jr. Black Belt test ...Kings Park Dojo...10 AM
April 22, 23, 24....Easter weekend ...Dojo Closed
April 28....Dan level test
April 30....Jr. Black Belt testCommack Dojo
May 7....Jr. Black Belt testNorthport Dojo
May 14....Jr. Ni Dan testkings Park Dojo...10 AM
All dates are tentative

March 5

First EVER Saint Patrick's Day parade...in Kings Park...YES we are

Marching



Everyone wants their next belt

The only way that you will not get your Black belt is by quitting

- 1) NeverEVER ask to test
- 2) The way you are chosen to test is by YOU displaying in the Dojo that YOU know your techniques
- 3) Sometimes you will move faster in a particular rank than another
- 4) Just because you tested with another student please do not assume that you will test with them all the time....that is not true....some student's train 4 or 5 times a week. Some students train in 3 classes in one day...(that is why the Black belt Club is So good)
- 5) The higher you go in belt level the longer it takes to go from one belt to another....you may be able to demonstrate the technique , but at the higher level you need to know the why and how the technique works and the philosophy behind it.
- 6) I can not test you if you do not know your requirements
- 7) There are two ways to pass a testyou can be "OKAY"...or you can be "EXCELLENT"...we only accept excellent at NOKADO

Here is a great saying for you

- 1) It takes ten years to learn Jiu Jitsu
- 2) It takes ten years to practice what you have learned
- 3) Then it will take you ten years to figure out what to do with it



This Day

This day, I thankfully accept all of the good things that are coming my way. This day is full of excitement, love, energy, health and prosperity. This day, people are calling on me to be of service to them and I respond by giving my best. This day, I think and practice health in my life refusing to accept anything less than perfect health. This day, I accept the abundance and prosperity that is mine and willingly share it with others. This day I focus on the moment and give no thoughts to the past or the future. This day I spend in total enjoyment of what I do. This day, I fill with loving thoughts and actions toward all other people and myself. This day, I spend in grateful appreciation of all that is mine. This Day, this hour, this minute, this moment is all that I have and I choose to use it in celebration

Great Quotes

"All human unhappiness comes from not facing reality squarely, exactly as it is "
Budda

"All we are arises with our thoughts"
Budda

"The secret of living a life of excellence is merely a matter of thinking thoughts of excellence."
Charles Swindoll

Always in the spirit
God Bless

Soke O.

