



**UNITED STATES KARATE LEAGUE
DEFENSE ARTS CENTER**

Dojo Newsletter
June 2007

Greetings to all instructors, students, family and friends of our dojo. Welcome to this issue of your newsletter! We are all looking forward to a summer of vacations, beach workouts and other events filled with fun, camaraderie, enthusiasm and most importantly, spirit. *Spirit* – the intangible noun... It drives not only our zest for living, learning and yearning, but our zeal to continue training. Without it everything we do would appear as a monotonous, robotic task: appearing to live on the surface and not from within – the place where spirit begins and grows. But it must be fueled and fed by oneself with desire, passion and the will to drive for excellence. It is the sole creation of each individual, as personalized as your fingerprint... Absolutely no one else can give it to you or do it for you because it's yours alone. Others can inspire it, but only you can feed its' need. We don't forget to feed our bodies with food and our minds with knowledge. The spirit is no different. Don't let it starve – feed your spirit and don't let it go hungry.

Have a great summer! - Christie
Dojo Office Manager & Student

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A Message from Sensei Ty Aponte, Shihan & President – USKL:

TRAIN WITH INTENT

We all have those days where we just don't feel like giving 110% towards our workouts. When we catch ourselves feeling this way, and even when we feel like we are already giving it our all, it is always important to reflect on what "original karate" was intended for, i.e. pure SURVIVAL. Keeping this in mind will help cultivate a better appreciation for the hard work and time the masters of old put into their training; tempering their bodies and refining their technique for combat readiness, while in the process, inspiring students to follow their example.

Training in karate in this modern era is considered one of our "leisure" activities or hobbies, which we take up in our spare time. Although there may still be a sense of training for self-defense, real life survival is no longer a primary motivating factor for us. Still, as dedicated karate-ka we need to retain that thinking and that spirit as much as possible to help push us to achieve other objectives which have evolved over the years with the art of Karate-do. The attitude of intent should remain purpose-driven, especially when you walk through the dojo doors. To help achieve this objective, one must have the mindset to train with a sense of urgency, as if your life were on the line – because someday it just might be. Stay intent not only on the opponent (imaginary or real) but also on constantly trying to polish one's self, both physically and mentally. This type of training elevates karate-do from a mere exercise or sport into a true budo art form.

Taking training to another level, Keiko (spirit training) as practiced in Japan, is a mental and physical approach where one is willing to endure disciplined, rigorous training to strengthen oneself, overcome limitations and develop strong will. An example of Keiko training consists of honoring past Budo traditions such as Summer Training during the hottest period of the year and Winter Training during the coldest, as well as training in the very early morning or very late at night. These are all extreme examples of tempering and challenging the mind and body to tolerate uncomfortable conditions in order to test and ultimately develop an indomitable spirit.

Being complacent and lackadaisical in your training is simply saying that you are bored. If that is the case you really should not be training. Schools and/or instructors who accept this attitude are setting students up with a false sense of security. Training should represent a physical challenge. Look forward to the sore muscles and the physical demands of training. Learn to push yourself even when you are physically exhausted. Once you get to this point push on further and you will experience a kind of rebirth where only your spirit, your desire, your will to go on, and can get you to the point where you will not only survive but thrive and grow. As sensei we are there to give you guidance and inspire you. Ultimately, however, the spirit is yours and the intent must come from within you.

With this in mind, you are urged to consider and reflect upon the following description, which hangs on our dojo wall, summing up what a workout should be:

WHAT IS A WORKOUT?

A workout is 25% perspiration and 75% determination. Stated another way, it is one part physical exertion and three parts self-discipline. A workout makes you better today than you were yesterday. It strengthens your body, relaxes the mind and toughens the spirit. With regular workouts, your problems diminish and your confidence grows. A workout is a personal triumph over laziness and stagnation. It is the badge of a winner - the mark of an organized, goal-oriented person who has taken charge of his or her destiny. A workout is a wise use of time and an investment in excellence. It is a way of preparing for life's challenges and proving to yourself that you have what it takes to do what is necessary. A workout is a key that helps unlock the door to opportunity and success. Hidden within each of us is an extraordinary force. Physical and mental fitness are the triggers that release it. A workout is a form of rebirth. When you finish a good workout, you don't simply feel better -- you feel better about yourself.

Sensei Ty Aponte

6/'07

A Message from Sensei Michael Whiteside, Shihan – USKL:
(original paper revised & edited with permission of Sensei Whiteside)

Karate-do, a Raindrop and Us

The thesis of this paper is comparing karate-do to the journey of a raindrop. First I will explain karate-do.

Karate-do

Generally a person comes to karate-do by means of practicing karate. He is first interested in kicking and punching. But the more he learns of karate, the more he hears about this thing. This thing called karate-do. The longer he trains in karate the more karate-do is stressed. After a while he finds out it was all about karate-do. So what does karate-do mean? Karate-do means the path or the way. The path or way is to develop spiritual qualities, courage, courtesy, integrity, humility and self-control. By following karate-do we try to reach peace with others and ourself. Remember as a founder of shoto kan karate, Gichin Funakoski puts it, “The ultimate goal of karate is not to win or lose, but to improve one’s character.” We should be able to win a fight without fighting and only fight in justice of karate-do.

So as you can see, karate-do is continually a process of growth – mental, physical and spiritual.

The Raindrop

So how does a raindrop get to be the main character in this paper? I will, with artistic license, draft it into this position. Why? Because in this paper, the raindrops represent us. We are the raindrops. The justification follows:

We can make several comparisons between a raindrop and ourselves. First, raindrops are formed in the sky and then fall to earth. When we are born our journey begins, just as raindrops start their journey on earth. People are born everywhere on earth. Raindrops fall everywhere on earth. Some raindrops have short or long lives, just as we live. Some have an easy journey, others have a horrific, turbulent journey. Just as people, some seem to have it easy, others rough. So as you can see, a raindrop can represent us. Do not forget that without water, earth would not hold any life.

The Journey Begins

We all start from different perspectives – place and time , and have different physical, mental and spiritual abilities. Rain falls on valleys, mountains, desert, oceans, etc. Each raindrop is unique as we are. Some are formed as snow, hail, sleet, or some other combination. Some students learn fast, others slower. Some learn the hard way- others seem to pick it up naturally. Raindrops can travel very easy or are tossed and turn every which way.

Some raindrops fall on mountains and rush forth to the sea or a lake. Some fall as snow and take a long, slow trip to their end. Some people train in karate and then quit very soon after - like rain falling on the desert. Some drops can start a river and others follow the ones that went before. Just as we do – some lead, some follow. Some students train more physical than mental or spiritual. We all have our own way. To every person, as in a raindrop, its journey is different but no less important. If we are faithful in our karate training we will begin to understand karate-do. Unfortunately, the road can be smooth or bumpy and rough. Just like a raindrop in a turbulent stream, waterfall or in a pond.

When training in karate we can cause harm to others and ourselves, or we can be a benefit by helping each other or other people. If we lose our control of emotions we cause harm. Yet by training correctly, we can learn to control emotions and be closer to karate-do. Just like raindrops in a river that slowly tear down a mountain, or give life to a valley. And we can give life by protecting and helping others.

With all this rushing water, what is it trying to do? Water is always seeking its lowest level. Water needs only gravity to seek its lowest level. Once there, it is very still and calm, then only other forces move the drops: wind, temperature, earth rotations, or the moon and sun's attractions. But if raindrops were left alone without outside forces they would be calm and peaceful. How does this compare to karate-do? Water's lowest level represents to be humble – not to be presumptuous, self-righteous or full of self pride. No one is higher than anyone else. No one is more important than anyone else. Just like rain. Rain is made of raindrops that fall here or elsewhere, but they are still alike. Rain is rain. Also, karate-do is to be at peace with others and ourselves. Just like a raindrop at peace in a calm lake. But as you have read, a raindrop never reaches true stillness. We also can

never reach true calmness or the ultimate goal or karate-do. Remember karate-do means the path or the way. It does not mean the end or even the destination. Karate-do is a journey of continual enlightenment. Like a raindrop travels until it goes back to the sky. We are defined by others on the quality of our journey and how it has related to the human race. The raindrop changes the earth and leaves its' impression on people's hearts and minds.

So a raindrop is us liken to karate-do. But there is one major difference between us: a raindrop will always follow a path of least resistance. But we have freedom of choice. Sometimes we make the right choices, and other times we do not. But unlike raindrops, we have the teachings of karate-do to help us make the correct choices.

Therefore, the next time you see a raindrop, remember it has its own path just as we do. Watch it as it starts. Follow its journeys to karate-do. Keep in mind its' life is precious, as we are. Let us hope our path will be more beneficial than harmful.

In summary, let us be like a raindrop and seek to be humble and peaceful. Karate-do. Osu!

*I came aware in the sky
The first sense I had was a falling
I kept falling
Until a leaf gently placed me on the ground
Then the fall continued
Until there were others
Sometimes so close we were as one
But always falling
Fast, slow, gently, rough
Until I felt the full presence of the sun rays
Then I was lifted to the sky*

04/25/04

**A Message from Sensei James Augur, Sandan – USKL
& Dojo Proprietor:**

“Concentrate! Don’t look at me! Don’t get distracted!” How many times have you heard these words from your instructors, and how many times have you nodded and gone on with your kata or sparring without really knowing what the instructors meant?

Concentration is one of the most important lessons of karate. Without concentration your techniques are ineffective, and your opponent scores on you easily. When engaged in an activity, you must only think of the present moment and focus your mind entirely on that one movement. This concentration is a goal we constantly seek to attain. With such concentration, we can overcome obstacles and problems in our lives.

Every year, the USKL would do a demonstration at the Fourth of July celebration in Claremont Memorial Park. One year, I was on stage working with Sensei Aponte. We were demonstrating self-defense techniques. I was the attacker and he would demonstrate basic techniques in response to my attack. Our demonstration ended, and I walked off the stage to go change in the bathroom. A passerby pointed at my leg, and said “What happened?!” I looked down to see blood running down my leg, staining my uniform. I rolled up the pant-leg to find a small cut. I hobbled to the first-aid station at the American Red Cross truck, where they disinfected and put a bandage on the cut. It occurred to me that the cut hadn’t started to hurt until I was made aware of it. I had been concentrating on my attacks and Sensei’s response to them and did not notice anything else.

Next time the instructor tells you to concentrate, try to see your opponent and focus only on your opponent. When you learn to concentrate, you will overcome distractions and achieve whatever goals you have set for yourself.

A Message from Sensei Lynn Aponte, Sandan – USKL:

Take Advantage of Every Moment

We've all heard the saying "life is short". As adults, we often tell ourselves that we want to start up something new (karate, dance, take a cooking class, etc.), but we find excuses for not doing it – "I don't have the time right now", "After I lose some weight", "When my kids get older", etc., etc.. Days turn to years and before you know it you are still not doing what you always wanted to do and you are looking back regretfully on all the wasted time. Life IS short, and although we all hope to live a long happy life, you never really know what cards you will be dealt. So start now. Push all of your excuses aside and take advantage of each day to do what you've always wanted to do. If you're still young, take advantage of all of the time and opportunities open to you. Make the most of your education now so that you will have the background to be able to pursue any career goal you choose, and make the most of your physical abilities and pursuing your interests so that you can develop the skills that will allow you to excel as an adult.

It's great to see that we have had an influx of parents and other adults joining our karate classes. I'm sure, like some of them, many parents sit in the back for years watching their child learn and enjoy karate thinking that they too would like to learn but feel that they are too old, not limber enough, or are just too embarrassed to take that step to join the class themselves. Growing up, I often found excuses for not joining activities. Now, as an adult, I have found activities that I enjoy and wish that I had started years ago when I first became interested. I'm glad that I do them and enjoy them tremendously, but I think how much better I could be now had I started years ago. So, whether it be karate or some other activity, class, etc., remember that everyday is an opportunity and you don't want to look back on your life with regret, wishing that you would have done something but just never did. It's never too late and you're never too old to start living your dream!

Sensei Lynn Aponte

Live with your whole being all the days of your life. Your reward will be true happiness.

- Rebecca Thomas Shane

A Message from Sensei Dave Turney, Sandan – USKL:

Have you ever considered what it takes to be a good student?

Is it enough to show up to class and expect your knowledge of the martial arts to expand? Is there a better way to train which would allow you to absorb more information and retain that information?

Have you been asking yourselves these questions and/or other questions that would allow you to reap the maximum benefit from your training and the wealth of guidance of your instructors?

I feel the "Power is in the Question". Let me explain - the clearer your question the clearer the answer. Let's use an example: before you go to train you say to yourself, "I just want to get through the class and get in a good workout". You'll probably get a good workout. But what did you learn? What if you asked yourself "what are my strengths and weaknesses" before your workout? Then put your attention on your weaknesses. Ask your instructors what you can do to become more proficient in those areas. The results: you still get a good workout and you learned how to overcome some of your shortcomings in the process.

As human beings we rarely want to put our attention on our shortcomings. We have the tendency to look around them or avoid them altogether. We don't want anyone to point out our weaknesses - that makes us feel uncomfortable or even embarrassed. But if we are honest with ourselves those shortcomings aren't going away until we're willing to put our attention to them. Let's face it we all have our share of weaknesses. It's going to feel uncomfortable for a while - but after time and putting our attention to them we become more equipped to handle them. And in handling our weaknesses we've become stronger as human beings. Our honesty with ourselves allows us to move past the lack of self confidence we might have which allows us to grow stronger, not only physically but emotionally as well.

We, as instructors, understand that being physically fit is a great endeavor and accomplishment. As students physical fitness is a requirement. But ask yourself before class: "what can I learn tonight"? After each class: what did I learn? Be honest with your observations and self examination. I think you'll find that you'll retain more and overcome physical shortcomings faster. And in the process you may learn more about yourself than you might have thought.

Ask strong, clear questions - in return you can expect great answers.

"When the student is ready, the teacher will appear".

Sensei Dave

A Message from Sensei Leo Shortle, Sandan – USKL:

“...From Students in a Class to Members of a Class.”

Sensei's Ty, James, Bob, Don and I have the privilege of taking college students in (hopefully) their freshman year and watching a transformation of sorts occur.

We see 17 & 18 year olds who are often not very coordinated or for that matter athletically inclined. They also are often times immature in many facets of their life with the exception of their academic life (which they all excel).

It is great to witness a metamorphosis occur demonstrating a time when students could barely make a fist to seeing students becoming more in command of their bodies as well as their minds. Their self confidence increases and we know as instructors that we are part of this process.

It is usually in the second year of college that students decide whether or not they wish to stay in karate or venture into something else. Those that stay in karate often find that they do better in their academic endeavors due to the discipline that karate brings. Those that decided not to continue have often reflected back and said I wish I had continued training. It is almost as if we instructors have some sort of crystal ball that we look into and say “Oh, continue training because you will benefit so much from it.” However, we all believe that concerning training karate, we use that old adage that “It's alright to offer but it's all wrong to demand.” We cannot force what we know on anybody.

The third year usually finds the students at a very demanding level (this is where the instructors do demand a higher level of performance). That is, the level of Brown Belt. The brown belt level is one where students begin to understand their power, yet they don't understand control nor do they understand how to use that power. Another thing students quickly adjust to as far as being a Brown Belt is actually how long they will be a Brown Belt. They will very often be a Brown Belt for as long as they have been in karate up to this point. That means that if they have been training about 2 years (since Freshmen) they will likely be a Brown Belt for another 2 years. In reality, being a Brown Belt means that the student is serious and has every intention of going towards his/her coveted Black Belt.

The fourth year, the students experience a grueling karate schedule. This is the year they also experience some teaching on their own. They often times help with the junior students. Their main focus, however, is their preparation for the Black Belt test. It is also extremely difficult because of their academic requirements. Towards the end of their final year in college the Black Belt test is given. I have been on the examination board and I am so proud of these young men and women who have prepared so diligently to perform what is required at a very high level of karate.

Does everybody pass their Black Belt test? Of course not - but most do pass because the instructors would not have asked them to test if we felt they were not ready.

It is most gratifying when we can look at a student and say, "Congratulations, you are now a Black Belt! You have gone from students in a class to members of a class."

Leo Shortle
Sandan – Instructor – Pomona College

A Message from Sensei Andrew Wildasinn, Nidan – USKL:

SPECIAL FORCES

As a lot of you probably know by now I've been teaching a class for children with special needs. I believe as long as someone is willing to learn they are teachable. Some learn a little quicker than others, some a little slower, but are teachable none the less. My son has special needs. His wanting to learn karate is what has inspired me to teach this class. My son is able to learn karate in a group setting like other kids do and this, as well as me teaching him karate, is very special to me. We have four kids in the class right now and it meets Wednesdays at 6:15 PM to 7:00 PM. I am grateful to Sensei Ty and the rest of the Yodansha board for supporting me and allowing me to teach this class. I'm also extremely grateful to Christie for assisting me with this class. Without her help I would have an extremely difficult time and the kids love her. If anyone would like to lend a hand assisting with this class, let me know.

A Message from Casey Chang, Jr. Shodan – USKL:

PATH TO ENLIGHTENMENT OF A KARATE-KA

What is the true way of the karate-ka?

Who is more dangerous? A karate-ka that knows 100 kicks and practices each kick once, or a karate-ka that knows 1 kick and practices that kick 100 times.

What is the sound of a karate punch?

If a karate-ka is not fast, strong, or flexible, what should they make up for this?

What type of person is a secure karate-ka?

What is mushin and its meaning to a karate-ka?

What is the meaning of a black belt?

What is the most powerful weapon?

What is the ultimate aim of karate?

If you answered the above questions correctly, you are on your way to enlightenment.

Black Belt Bio – A Profile of Sensei Charles Seipp

He is known affectionately as “Sensei Charlie” by the youth in the classes he instructs on Wednesdays. At the age of 6 he began his path as a karate-ka, the very age of some of the students he now teaches! Sensei Charlie literally grew up within the dojo’s walls to become a wonderful young man, admired and well-liked by his peers, adults, instructors and students.

It is with great pride and due to his academic success that his parents will be seeing him “off to college” in the late summer, and we will miss him greatly. We will be holding a party on Saturday, August 4th to honor him and bid a fond farewell (particulars of which will follow later this summer). Please join us in congratulating Sensei Charlie. Following is a newspaper article noting his achievements:

Saturday, May 5, 2007

Champion – A13

‘Three spirits’ open unlimited horizons for Don Lugo grad

By Melodie Henderson

Charles Seipp is a bright prospect by definition; the Don Lugo senior radiates the probability of success.

A “Bright Prospect” scholar, Charles applied to 10 A-list colleges and universities and was accepted to eight, including Dartmouth, Lewis and Clark and Bates.

In the fall, the Don Lugo High senior will leave Chiño and two very proud parents—Frank and Michele Seipp—and head to Williamstown, Mass., on a four-year, full ride scholarship to Williams College, a highly selective private liberal arts school. The scholarship includes one year of study abroad.

According to Charles, he was approached during his junior year by one of his honors English teachers, Sophie Yu, about entering the “Bright Prospect” program.

“Charles fit all of the qualities that the program required. I taught him as a freshman and junior, and he always had the motivation to be successful—

he’s highly intelligent,” Ms. Yu said.

“Ms. Yu has always been there for me, and she’s always trying to help,” Charles said.

The invitation to Bright Prospect came at a time when Charles was beginning to question his dedication to his education.

“I have worked hard since grade school, and around junior year, it started to feel like all hard work and no reward. My parents always said that if you work hard, there would be opportunities like this, and I was starting to feel like it might be a lie,” Charles said.

The program was founded in Pomona in 2001 to guide high achieving students from economically disadvantaged backgrounds to further their academic pursuits.

“Upward mobility through education—that’s what we’ve always told him,” Mrs. Seipp said.

Charles had to go through an intensive interview and essay process before he was accepted into Bright Prospect.

“Once you are in the pro-



Charles Seipp

gram, they really take the time to get to know you.” Charles said, adding that members took trips to the beach, plays and the Getty Museum. “They broadened my horizons,” he said.

Bright Prospect guides students through the college application process and requires them to research schools of interest. They also make arrangements, travel costs included, for students to go on a college tour.

Charles returned recently

from a three-college tour, which took him to Williams College, Dartmouth and Carleton. Students must be nominated by a teacher, and must have a superior academic record, meet strict income guidelines, demonstrate a willingness to work hard and go beyond what is expected.

These qualities that Ms. Yu recognized in Charles match those embodied in Shotokan, the Okinawan form of karate he has studied for 13 years with instructors Ty Aponte and Dave Turney, and has taught for five years. The three spirits, defined by Okinawan master Gichin Funakoshi, are "never give up," "good fighting spirit" and "a winning spirit."

Charles plans to attend Williams with a double major of chemistry and philosophy, a mind-over-matter outlook that seems to be reflected in his

description of martial arts.

"I love karate because it teaches you to recognize your limits—and also teaches you that you can surpass them," he said.

Choosing a liberal arts college was important to Charles, he said, because he believes a well-rounded education will help him decide what he wants to do with his life. This philosophy he credits to Don Lugo, English teacher John Ugalde.

"Mr. Ugalde really pushes us to learn, and he's so diverse. His outlook on life has inspired me—he loves to make you think, it's hard to leave his classroom without arguing," Charles said with a laugh.

While the door to Bright Prospect was opened for Charles by a teacher, he says he gets most of his support from his parents.

His mother added that the

key to Charles' success belongs to him.

"He is naturally driven. He got a C on his report card in grade school, and he came home looking at me like, now what? I told him I was glad he got a C. You will never understand success if you don't first experience failure," she said.

Charles admitted he is a fan of classic rock by artists such as Led Zeppelin, AC/DC and The Beatles, something else he got from his parents.

"It's actually kind of cool, because we've been to a few of the same concerts," he said.

Mrs. Seipp said that while it's very hard for her and Charles' father to think about letting their son go, they know it's the best thing for him.

"Part of the pain of it being the hardest thing, is knowing it's the rightest thing," Mrs. Seipp said.

Events Schedule/Calendar

Don't forget to mark your calendars. Flyers will be forthcoming for all events. Upcoming events include the following:

Saturday, July 21st – morning beach workout

Saturday, August 4th – Sensei Charlie's farewell (off to college) party

Saturday, August 25th – evening beach workout

As a reminder, **test schedules remain the same as follows and may be subject to change:**

Youth, 4 times per year: March, June, September, December

Adults, 3 times per year: April, August, December

Black Belt: At the discretion of the Chief Instructors

Memo from Maintenance

Please do not put paper towels in the toilet and/or ensure that they do not "fall in". Recently, we have had several plumbing plug-ups that have necessitated the use of "progressive plunging". Also, parents, please remind children to limit excessive tissue in the toilets. Thank you.

New Classes/Scheduling

Progressive Fighting Arts:

This class will be offered effective July, 2007 and will be held on Fridays at 6:30 to 8:00 PM. It will be taught by Sensei Jim Doiron, 4th Degree Black Belt. The class will cover defense techniques, kickboxing and street awareness, to name a few. The cost will be \$65. per month or \$15. per class. If you have further questions, please see Sensei Ty Aponte.

Special Forces:

This class is taught by Sensei Andrew Wildasinn, 2nd Degree Black Belt. It is available for individuals 8 years and older who have special needs. The class meets on Wednesdays at 6:15 to 7:00 PM. The dues is \$45. per month. If you have further questions or know someone who might be interested in and could benefit from this class, please see Sensei Andrew Wildasinn or Christie.

Saturday Class Changes:

The current combined intermediate/advanced class held at 11:00 on Saturdays is being “divided”, and an additional class will be added. This is being facilitated by large attendance of all ranks. The beginning adult and beginning youth classes will remain the same. The new schedule for Saturdays commencing July 2007, is as follows:

Beginning Adults: 9:00 AM (current/unchanged)

Beginning Youth: 10:15 AM (current/unchanged)

**Intermediate Youth & Adult – Includes ranks of green thru purple:
11:00 AM (current/unchanged)**

**Advanced Youth & Adult – Includes ranks of brown and black:
12:00 PM (new time)**

Weapons/Kobudo: 1:30 PM (new time)

Division of the classes will allow for more appropriate, individualized training benefiting the students’ rank and needs. Please note these changes and times. Thank you.

Photo Board Collage

Finally! The photo boards located by the drinking fountain and in the audience spectator area have been updated with new “karate Kodak moments”! There will also be some new photos on the bulletin board located in the office.

In addition to the new pics being posted, there are also some additional “free to good home” copies available to those who wish to have them on a “first come, first serve” basis. The extra copies will be in an envelope on the office door next to the dues box.

Recycling

Our dojo is now recycling. There will be a bin labeled as such next to the bay-door, across from the cubbies. We welcome **aluminum cans, plastic and glass bottles**. Don't throw recyclables in the trash (\$\$\$\$\$\$). If you have any questions, see Christie. Thanks for your help!

Uniforms

A clean GI shows respect and courtesy not only for oneself, but for our training partners and our dojo. There is also an issue of uniformity that is somewhat of a “personal nature”, but needs to be addressed, nonetheless. Directly and to the point: **toenails** – keep them clipped. Even though a karate-ka's hands and feet are extensions of him or herself and can be thought of as weapons, we must consider the safety and limiting of “sharp objects”, especially while doing 1-steps, sparring, etc. Your partners will appreciate your consideration. So, in short – **keep them short**. Thank you.

Miscellaneous

Do do do **dues!** Don't forget to "do your dues" on a regular, timely basis. This keeps your training costs down, resulting in our not having to use contracts to collect fees. If you are unsure as to whether your account is current, please see a member of the office staff.

Spirit Night is the last Thursday of each month, taught by Sensei Mike Whiteside, 5th Degree Black Belt. Spirit night promotes fun, knowledge, camaraderie and a **great** workout! All ages and ranks are invited and must be able to perform Heian Shodan. Time is from 8:00 to 9:30 PM.

"On-Going" Dojo Enrollment Incentive

USKL appreciates your confidence and all your referrals. Our dojo relies on your kind referrals for continued growth as we maintain the level of quality training we all strive for in our commitment to excellence.

As an incentive for your referrals we are offering the following:

For each individual you refer directly to the dojo who sign up in the same month, you will receive your choice of: 1-month's free training OR a free medium-weight uniform.

For every 2 individuals you refer directly to the dojo who sign up in the same month, you will receive you choice of: a heavy-weight uniform OR sparring package (includes headgear, hand pads & shin guards)

For every 3 individuals you refer directly to the dojo who sign up in the same month, you will receive your choice of any 2 of the above-listed items OR 3-months of free training!

Thank you for your continued support!

WEBSITE:

www.uskl.org

for message board, announcements, contacts and any additional information updates.

Lastly, a closing quote:

"Strength does not come from physical capacity. It comes from an indomitable will."

- Mahatma Gandhi