



THE DRAGON'S BREATH

Welcome to the third edition of The Dragon's Breath!

The third edition of the newsletter is officially released! The next edition is scheduled for release in mid-October. I would appreciate any and all feedback you can provide.

Send all content suggestions, announcement, corrections, and such to the email address at the bottom of the page.

May Iai Clinic - Summary

Commentary courtesy of Kyoshi Roztocil

There were approximately 20 attendees in all, with about a quarter being complete beginners. Our youngest participant was 10 years old (Anna Roztocil). Hanshi was present to help everyone with their technique and improve their form. The intermediate people familiar with Iai worked simulated attacks and defenses. Advanced students worked kata for a while then practiced kumitachi.

At the end of the clinic we had goza cutting for all the participants. Some people that had never cut before were surprised to find how good Iai form translates to good cutting. Sensei Donaldson, a first time cutter, diagonal cut through a goza and left the severed piece in place! The 10-year-old Anna also cut on her first try. Everyone else had fun cutting, with advanced Iai cutting full goza, and beginners using half goza.

Hanshi brought a new Practical Katana he wanted us to try, which cut great.

Condolences to the Marco Family

Cecilia Impaglia Marco, mother of Master Gerry Marco, passed away on July 7th at the age of 94. Our heartfelt condolences and prayers go out to the Marco family, friends and loved ones in this time of loss.

Master Marco is a black belt of Shihan Hillman at the Auburn Dojo.

Hombu Under Renovation

The Hombu is under serious remodeling in order to provide more workout area. The downstairs is being converted back into a dojo. *[Editor's Note: this was the original Hombu dojo, prior to the new section being built.]*

Thanks to all the students who have helped with the remodeling efforts.

Stop by and check it out!

Too often we give children answers to remember rather than problems to solve.

-- Roger Lewin

Upcoming Events

July

Saturday, 29th

Shodan Exams

*Location: Sunrise Dojo,
Caledonia*

Time: 10am

Diana Martini (Hartness)

Tom Schmitt (Parker)

September

Sunday, 24th

Yudanshakai Meeting

Location: Hombu

Time: 10am

December

Saturday, 2nd

Tatsu-Do Christmas Party

Location: Henrietta Fire

Company #1 Hall

Time: 6-9pm

Food, fun, and fellowship!

Cost: TBD

Black Belt Corner

Black Belt Workout

Sunday, Hombu, 10-12, \$10

August 6th

September 10th

October 1st

November 5th

December 3rd

Yudanshakai Meetings

Sunday, Hombu, 10-12

September 24th

January 28th, 2007



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Upcoming Exams

Saturday, July 29th

There will be two Shodan exams starting at 10:00 am at the Caledonia Sunrise Dojo.

The tests are for *Diana Martini*, a student of Shihan Hartness, and *Tom Schmitt*, a student of Shihan Parker.

All are welcome to attend. If you have good ukes (green belt / above) please bring them.

Teacher Tips - Different Minds, Different Methods

Everyone is different, particularly when it comes to how they learn. Nevertheless, sensory learning can be grouped into three general categories: visual (learn by watching, reading, etc), auditory (learn by listening), and kinesthetic (learn by physical execution). Although most people learn by some combination of these, one of these areas tends to be dominant. For example, a predominately auditory person learns best by having things explained to them, as opposed to watching them being done. There are other contributing factors, such as whether the person is introverted or extroverted, or whether they function better in a group or individually. Nonetheless, determining how a student is predisposed to learning is a big step toward getting them to learn more efficiently and effectively.

Thus, when working with a student, be sensitive to how they react to various methods. If watching you do a technique isn't working, try explaining it to them verbally. Next, try correcting their form as they execute the technique. When they "get it", a light will go on, and their body language will change to reflect this.

When working with a group, do them all. That is, demonstrate the technique, explain it verbally, and correct people's form while they do it. This way everyone will get something out of it.

Student Tips - See It, Say It, Do It!

Repetition is the only truly effective way to commit something to long term memory. However, there are ways of helping things along!

When you are trying to learn something, particularly something new, follow this method:

- **See It** - visualize what you want to remember. If it's a technique, see yourself doing the technique. If it's textual, like vocabulary, then see a picture of what it represents along with the word. For instance, instead of seeing the word "dojo", see a picture of your dojo along with the word.
- **Say It** - verbalize what you're doing. Say it out loud, in whatever amount of detail is useful for you.
- **Do It** - if it's a technique, do it several times, paying close attention to what you are doing and how it feels to do it. If it's vocabulary, then write the word down.

By doing this, you are making multiple associations in your brain to this subject. The more associations something has, the easier it becomes to remember and recall.



Rankings

Here is a list of the recent rankings.

Congratulations to everyone!

DAN RANKINGS

KARATE

Shodan (first degree)

Fred Woodworth 07/06/06	Hombu
Lawrence Hoffman 07/07/06	Hombu

KYU RANKINGS

KARATE

NiKyu (Brown with One Stripe)

Hunter Bowden 5/10/06	Auburn
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Sankyu (Brown)

Julia Whipple (JR) 04/19/06	Auburn
Alec Reyer (JR) 04/24/06	Auburn
Sean Dougherty (JR)	... 05/10/06	Auburn

YonKyu (Purple with Stripe)

Andrew Temple 2Q 2006	Hombu
Arthur Temple 2Q 2006	Hombu
Cassie Piriano (JR) 2Q 2006	Hombu

GoKyu (Purple)

Rob Browne 03/13/06	Auburn
Alex Wilczek (JR) 05/24/06	Auburn
Zach Morris (JR) 05/24/06	Auburn

RokuKyu (Green with Stripe)

Stephaine Piriano 2Q 2006	Hombu
Scott Long 2Q 2006	Hombu
Sean Long 2Q 2006	Hombu
Alex Abery (JR) 2Q 2006	Hombu

ShichiKyu (Green)

Joseph Carnicelli (JR)	.. 05/31/06	Auburn
John Allen 06/14/06	Bancroft
Kathleen Wright (JR)	.. 06/28/06	Auburn
Chris Richie 2Q 2006	Hombu
Bradley Shull (JR) 2Q 2006	Hombu

HachiKyu (Orange)

Jason Tyre (JR) 04/12/06	Auburn
Samantha Mitchell 05/12/06	Bancroft
Jamond Billyard 05/17/06	Bancroft
Andre Tanquay Jun 2006	Auburn
Jeff Sherman 06/12/06	Auburn
Noah Elliot (JR) 2Q 2006	Hombu
Morgan Stanton (JR)	... 2Q 2006	Hombu
Michael Williams (JR)	.. 2Q 2006	Hombu
Katelyn Cavalier (JR)	.. 2Q 2006	Hombu
Bryce Stanton (JR) 2Q 2006	Hombu

KuKyu (Yellow)

Cory Knapp (JR) 04/24/06	Auburn
Katelyn Swain (JR) 04/28/06	Bancroft
Victoria Bragg (JR) 06/03/06	Auburn
Andrew Bragg (JR) 06/03/06	Auburn

IAI

IkKyu (1st Brown)

Josie Moore 05/27/06	Auburn
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AIKI

GoKyu (1st Brown)

Josie Moore 05/06/06	Auburn
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