



## Leroy Self-Defense Clinic - Recap

The Leroy dojo held a two hour self-defense seminar on November 11<sup>th</sup>. There were roughly 30 people in attendance, ranging in rank from yellow to brown, with many Karate and Aiki black belts present as well.

The seminar explored defenses against several different types of grabs and punches, both from standing and kneeling positions. In addition, instruction was given in defenses against club and knife attacks. All in all, it was a very enjoyable and educational experience for all.

Many thanks to Renshi Merica and Shihan Swede for organizing and hosting this seminar at their Leroy dojo. Moreover, thanks to Hanshi Cavalier and Kyoshi Roztocil for their time and expertise in teaching.

## Attention ALL Black Belts - January Yudanshakai Meeting

**Attention:** The next Yudanshakai meeting will be held at Hombu on *Sunday, January 28<sup>th</sup>* at 10am until noon. Please make every effort to attend this meeting. This is an important communication and feedback forum for the Board and the Yudanshakai as a whole. If you are unable to attend, please designate a surrogate to attend in your place.

**Update:** Due to Hanshi's hospitalization, the meeting may be rescheduled. Further details will follow.

## Coming Soon - Tatsu-Do Clinic and Tournament

The Tatsu-Do Clinic will be held on *Sunday, February 18<sup>th</sup>* starting 11am, running until 2pm. The cost is \$7 per person. The clinic offers instruction in multiple areas such as kata, kumite, self-defense (both empty hand and weapons), kobudo, and more! The clinic is generally concluded with instruction from Hanshi and the Board members. You will *definitely* learn something new, and improve upon things you already know, no matter what your rank or experience. I have been attending them for the last ten years, and I *always* get a tremendous amount out of it!

If you have not gone before, then you absolutely should attend! Otherwise, bring yourself and someone else!!

Also, the Tournament is right around the corner (about three months!) It is also a lot of fun and great experience for everyone. Sign up and compete, particularly if you haven't before! Otherwise, just come and support your classmates and your style. We can always use the help!

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*In a beginner's mind there are many possibilities.*

~Shunryu Suzuki

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## Upcoming Events

### January

**Sunday, 28<sup>h</sup>**  
**Yudanshakai Meeting**

*Location:* Hombu

*Time:* 10am-noon

### February

**Sunday, 18<sup>h</sup>**  
**Tatsu-Do Clinic**

*Location:* Holcomb Gym,

SUNY Geneseo

*Time:* 11am-2pm

*Cost:* \$7 pp

### April

**Saturday, 28<sup>h</sup>**  
**Tatsu-Do Tournament**

*Location:* Livonia HS

*Time:* 9am - 7pm

*Cost:* \$3 spectators

Under 12,

\$20 pre-reg, \$25 at door

Otherwise,

\$25 pre-reg, \$30 at door

### July

**20<sup>th</sup> - 22<sup>nd</sup> (Fri-Sun)**  
**25<sup>th</sup> Annual Super Summer Seminars MA Camp**

*Location:* Colgate University, Hamilton, NY

*Cost:* ~\$200 pp (includes meals)

[http://www.zdkusa.com/2007\\_sss.htm](http://www.zdkusa.com/2007_sss.htm)

## 2006 Tatsu-Do Christmas Party - Recap

Approximately 130 people gathered at the East Henrietta Fire Hall for an evening good food, great company, and fun! There was a magician performing all sorts of tricks and illusions for everyone before dinner. The dinner was catered by the Caledonia Village Inn restaurant, consisting of fresh garden salad, two types of potatoes, vegetables, pasta, chicken and roast beef, and dinner rolls. Everything was delicious!

After dinner, the children took turns giving a pinata a good whack. In fact, the swinging was so good that they broke the stick! Not to fear - we just pulled out a bokken! They all had a great time smashing the pinata to pieces for the candy inside. Later that evening they worked on craft projects.

There were also several rankings done by Hombu, Auburn and Caledonia dojo. Moreover, there was a raffle for various items including T-shirts, sparring gear, pins, and the like.

Special thanks to:

Sensei Joseph Muscato for securing the hall,

Hanshi Cavalier and Kyoshi Roztocil for handling the organizational and promotional details,

Nancy and Samantha Mitchell for providing the pinata and craft projects, and

Margaret Hayes for the pictures.

Also, thanks to everyone to helped to setup the hall and clean up afterward.

I look forward to the 2007 Christmas party!



## Recommendations and Reviews

**Book:** *Way of the Peaceful Warrior* by Dan Millman, 210 pages, 1984, paperback

Review by Sensei Terry Beard

This is a fictional tale about the true life story of the author, Dan Millman, a world champion athlete who journeys into the realms of mysticism, romance, and the spirit to discover who he really is and what is truly important. Guided by a old yet powerful warrior named Socrates, he has many adventures, trials, and experiences that help him battle his inner and outer demons. This is an excellent book, full of practical stories and fables to help the budding warrior on his own path of enlightenment. The story is engrossing, and writing is superb. I would strongly recommend this book for everyone, particularly martial artists.

**DVD:** *Fearless* Starring Jet Li, PG-13, 104 minutes

Review by Sensei Terry Beard

This is quite possibly Jet Li's best movie ever, and is definitely one of the best martial arts movies I ever seen. This film tells the story of Chinese Martial Arts Master Huo Yuanjia (1869-1910). Huo Yuanjia was the founder and spiritual guru of the Jin Wu Sports Federation. This film is extremely well developed and balanced. It really has no weak points. The plot is straight-forward yet engaging, the acting is great, and the fight scenes are outright fantastic. Combined with some of the best cinematography I seen in a while, plus a seamless and beautiful musical score, it makes for an phenomenal film. There is some graphic violence in the movie, so it is not for young children; nevertheless, these moments are few and far between, and do not detract from the film as a whole. I strongly recommend that everyone add this movie to their home collection!

## Student Tips - The Power of Positive Thinking

One of the most destructive things anyone can do to themselves is say, "*I can't do it.*" This immediately sets the stage for failure and disappointment. Plus, it makes whatever you're trying to do *twice* as hard, as you are now battling the task and yourself! It is more likely that you are unwilling do it, rather than incapable. Here are something suggestions to help you overcome these sorts of tasks.

**Believe in Yourself:** Belief in oneself is one of the important aspects of accomplishing anything. If you believe you can do it, then you will probably succeed. However, if you believe you can't, then you will likely fail. The only real difference is the attitude with which you approach the task. You *must* believe you can do it, first and foremost.

**Ask for Help:** One of the most difficult things to do is ask for help. Most people dislike relying on other people, or having to admit that they are having difficulty. Nevertheless, setting aside your pride and ego, and getting help sooner rather than later saves time, effort, and frustration.

**Take Stock:** Remind yourself of all of things you can do now that at one time you couldn't do. For example, walking. Everyone had to learn to walk, including you. Draw upon you previous successes to help you with your present dilemma.

**Take a Different Approach:** If the way you are trying isn't working for you, then change it! Find a different way to accomplish the task. Think creatively. Look at the problem from a different perspective. Chances are there are many ways to do it, and one will work well for you.

**Never, ever, give up:** Most people give up just before they would have succeeded. Be patient with yourself, and allow yourself to succeed at your own pace. Keep trying! The surest way to fail is not to try.

## Teacher Tips - 8 Simple Rules for Motivating Students

It is difficult to motivate students to invest the time and effort necessary to succeed in the martial arts. Here is list of eight simple rules for keeping students focused and motivated. These rules are not original. Indeed, most of these time-honored suggestions apply to any course of study that students find hard and boring, and thus that makes them broadly applicable.

**Rule 1:** Emphasize the most critical concepts continuously. Reiterate these concepts throughout the class. Reward students for learning, retaining, and, hopefully, applying this knowledge in a variety of contexts.

**Rule 2:** Provide students with a "visual aid" when possible to explain abstract concepts. A significant proportion of today's students are visual learners. For these students, a simple diagram or practical example can truly be more valuable than a thousand words.

**Rule 3:** Rely on logic when applicable. Point out to students which information is merely "fact" that must be memorized and which material is based upon "logic." Show students how to employ logical thinking to learn and retain new information.

**Rule 4:** Use in-class activities to reinforce newly presented material. After a new concept or subject has been presented, allow the students to put the concept into action by some applicable activity. These activities can be short, but they must be developed to ensure that the students understand the critical concepts underlying the new material.

**Rule 5:** Help students create a "link" when teaching something new. If the student can "link" the new material to something already learned, the odds of learning the new material are greatly increased. Examples of possible "links" include: prior material learned in class (e.g., the critical concepts described in Rule 1), material learned in previous ranks, and "real-life" experiences of the students outside the dojo.

**Rule 6:** Recognize the importance of kihon (basics). This includes basic techniques, concepts, and even vocabulary. Students often struggle with basics, especially new students. To succeed students must become comfortable and proficient with kihon. As new areas are presented, new and/or confusing techniques or terms should be identified and introduced to the students. Present "real-world" examples and correlations to help them assimilate the information.

**Rule 7:** Treat students with respect. Patronizing behavior may be expected in primary school teachers, and "drill sergeant" strategies may be effective in military boot camps. However, most students will not respond well to these techniques. Give students their dignity, and they will give you their best efforts.

**Rule 8:** Hold students to a high standard. If students are not required to maintain a specified level of learning and performance, only the most highly motivated students will devote the time and effort necessary to learn. In contrast, maintaining high standards not only will motivate student learning, it will also be the source of student feelings of accomplishment when those standards are met.

## Kyu Promotions

Congratulations to everyone who has earned a new rank - well done!

### KYU RANKINGS

#### KARATE

##### Ikkyu (Brown with Two Stripes)

Tristan Kouwe (JR) . . . . 4th Qtr 06 Auburn

##### NiKyu (Brown with One Stripe)

Alec Reyer (JR) . . . . . 4th Qtr 06 Auburn

##### SanKyu (Brown)

Amelia Fantasia (JR) . . 4th Qtr 06 Auburn

##### YonKyu (Purple with Stripe)

Rob Browne . . . . . 1st Qtr 07 Auburn

Alex Wilczek (JR) . . . . 4th Qtr 06 Auburn

Zach Morris (JR) . . . . 4th Qtr 06 Auburn

##### RokuKyu (Green with Stripe)

Jesse Perkins . . . . . 1st Qtr 07 Bancroft

Joseph Carnicelli (JR) . . 4th Qtr 06 Auburn

##### ShichiKyu (Green)

Jeff Sherman . . . . . 4th Qtr 06 Auburn

Cory Knapp (JR) . . . . . 4th Qtr 06 Auburn

Joshua Gallaro (JR) . . . . 4th Qtr 06 Auburn

Nicholas Gallaro (JR) . . 4th Qtr 06 Auburn

##### KuKyu (Yellow)

Anna Alberry (JR) . . . . 4th Qtr 06 Auburn

Christopher Rusin (JR) 4th Qtr 06 Auburn

Emily Lawton (JR) . . . . 4th Qtr 06 Auburn

Max Morabito (JR) . . . . 4th Qtr 06 Auburn

Trevor Guzylak (JR) . . 4th Qtr 06 Auburn

Tyler Doan (JR) . . . . . 4th Qtr 06 Auburn

#### IAI

##### SanKyu (3rd Brown)

Tristin Kouwe . . . . . 4th Qtr 06 Auburn

#### AIKI

##### HachiKyu

Dave Schneider . . . . . 4th Qtr 06 Auburn

Josie Moore . . . . . 4th Qtr 06 Auburn

Rob Browne . . . . . 4th Qtr 06 Auburn