

March, 2011

NEWSLETTER



MARCH TEST RESULTS

Great job everyone. There seems to be a marked improvement overall. Will April be better?

Congratulations to everyone on earning their new ranks!

White Belt w/ Yellow Stripe

Abby Holland
Brian Opre
Diego Badallo
Sophia Sarcona

Yellow Belt

Chase Chaffee
Jessica Kressner
James Kressner
Mike Peruzzi

Purple Belt w/ Green Stripe

Maddy Carwright
Dylan H. Misovich
Jonathon Tschirmart
Lilly Hayden
Tomofei Ivanov

Green Belt

Andrew Kuzera

Blue Belt w/ Red Stripe

Joey Sosnowski

WOMEN'S SELF DEFENSE CLASSES !!!

March 20th and 27th
2:00 pm ~ 4:30 pm

Sign Up In The Office !!!

DON'T SWEAT THE SMALL STUFF

A philosophy professor stood before his class with some items on the table in front of him. When the class began, wordlessly he picked up a very large and empty mayonnaise jar and proceeded to fill it with rocks, about 2 inches in diameter.

He then asked the students if the jar was full. They agreed that it was.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles, of course, rolled into the open areas between the rocks.

He then asked the students again if the jar was full. They agreed it was. The professor picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else.

He then asked once more if the jar was full. The students responded with a unanimous "Yes".

"Now?" said the professor, "I want you to recognize that this jar represents your life. The rocks are the important things - your family, your partner, your health, your children ? things that if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter - like your job, your house, your car.

The sand is everything else. The small stuff.

If you put the sand into the jar first, he continued, there is no room for the pebbles or the rocks. The same goes for your life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take your partner out dancing. There will always be time to go to work, clean the house, give a dinner party and fix the disposal.

Take care of the rocks first - the things that really matter. Set your priorities. The rest is just sand.

K Community

Please provide the office with details on any item you'd like to have included in our newsletter.

S.M.A.R.T. RESOURCES

3D Heating & Cooling

Derek 586.532.1266

Auto Repair

Rich Metz 586.323.4290

Dance Instruction

Pauline Gatt 248.515.6777

Embroidery & Alterations

Michelle Schoenek 586.453.6291

Financial Planning

David Smolarek 248.498.4821

M & B PRINTING

Bob Roberson (248) 929-1136

Plumbing

Len Pezanowski 586.948.2822

Telecommunications

Jim Gatt 248.670.5004

Web Development & Advertising

Tom Makowski 248.244.8822

BIRTHDAYS IN MARCH

Fitzpatrick, Ryan
Heldman, Dakota
Johnson, Kyle
Panati, Rohil
Roe, Olivia
Selk, Connor
Wellman, Joey
Wellman, Sarah
Widdows, Ella
Sleiman, Josepha
Bonenfant, Brandon
Bonenfant, Gabby

WORDS OF WISDOM

It is neither wealth nor splendor, but tranquility and occupation which give you happiness..

~ Thomas Jefferson



SER•VI•TUDE noun

A state of subjection to an owner or master.

Sounds like an odd way to start a story, but do read on...

We all make choices in our lives. Some good and some not so good. No one is capable of making the right ones ALL of the time. Flipping a penny is 50/50, but at least you know that before the coin is thumb-flicked into the air. But what about the choices we make when we don't really know what's on the coin? What the particular meaning of "heads" or "tails" really means in the long term in your life and how people perceive you.

Everyone has decisions on how to react to what is taken as inappropriate behavior. And most of us would rather walk than fight. But too often, walking away is perceived as being scared or weak. That's simply a penalty of "walking away". Unfortunately, there are too many people out there that are used to a fight and walking away simply doesn't "fit" their view of true strength.

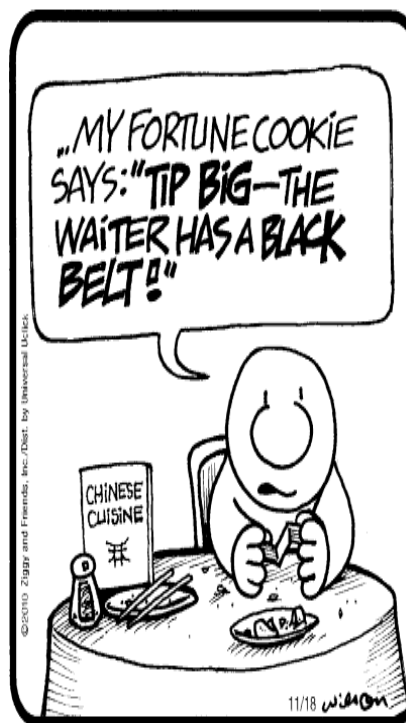
I'm here to tell you that walking away is always the better choice. Like the secret third side of coin that more often comes up and no one talks about. Its less glamorous, but your inner strength will beam to those intelligent enough to recognize it. And let's be frank: Do we really want to impress someone who's aim it is to bring you down to their level?

Sensei Martin Johnson told me a quote that is worth remembering:

"Don't take my good nature as a sign of weakness."

Choose battles wisely. Fight for defense of your body - not your ego.

Sensei Tom Makowski



**NEXT TEST
TO BE HELD ON
April 3rd, 2011**

Wednesday 7:15 pm Specialty Class Schedules

We wish to remind students that to be a part of these classes you are required to teach!

March	02	Bo Staff
March	09	Aiki Jujitsu
March	16	Kali Sticks
March	23	Aiki Jujitsu
March	30	Open Training
April	06	Bo Staff
April	13	Aiki Jujitsu
April	20	Kali Sticks
April	27	Aiki Jujitsu
May	04	Bo Staff
May	11	Aiki Jujitsu
May	18	Kali Sticks
May	25	Aiki Jujitsu