

August, 2010

NEWSLETTER



AUGUST TEST RESULTS

Good work this month everyone! It never ceases to amaze the board when we notice how the higher the rank, the better the student's overall techniques get. A maturing of capability. Awesome!

Congratulations to everyone on earning their new ranks!

White Belt w/ Yellow Stripe

Shane Joachim
Sterling Giard
Bryan Fick
Rachel Semaan
Jennifer Semaan
John Klobuchar
Ashley Kmetz
Chad Goodwine

Yellow Belt

Jacob Klobuchar

Purple Belt

Sonny Theut
Jason Gao
Ethan Cartwright

Purple Belt w/ Green Stripe

Emily Miserendino
Jack Darbonne

Blue Belt w/ Red Stripe

Andrew Fick

Red Belt

Evan Pezanowski

THE GINGHAM DRESS

A lady in a faded gingham dress and her husband, dressed in a homespun threadbare suit, stepped off the train in Boston, and walked timidly without an appointment into the Harvard University President's outer office.

The secretary could tell in a moment that such backwoods, country hicks had no business at Harvard & probably didn't even deserve to be in Cambridge.

"We'd like to see the president," the man said softly. "He'll be busy all day," the secretary snapped. "We'll wait," the lady replied. For hours the secretary ignored them, hoping that the couple would finally become discouraged and go away.

They didn't, and the secretary grew frustrated and finally decided to disturb the president, even though it was a chore she always regretted. "Maybe if you see them for a few minutes, they'll leave," she said to him!

He sighed in exasperation and nodded. Someone of his importance obviously didn't have the time to spend with them, and he detested gingham dresses and homespun suits cluttering up his outer office. The president, stern faced and with dignity, strutted toward the couple.

The lady told him, "We had a son who attended Harvard for one year. He loved Harvard. He was happy here. But about a year ago, he was accidentally killed. My husband and I would like to erect a memorial to him, somewhere on campus."

The president wasn't touched. He was shocked. "Madam," he said, gruffly, "we can't put up a statue for every person who attended Harvard and died. If we did, this place would look like a cemetery."

"Oh, no," the lady explained quickly. "We don't want to erect a statue. We thought we would like to give a building to Harvard."

The president rolled his eyes. He glanced at the gingham dress and homespun suit, then exclaimed, "A building! Do you have any earthly idea how much a building costs? We have over seven and a half million dollars in the physical buildings here at Harvard."

For a moment the lady was silent. The president was pleased. Maybe he could get rid of them now.

The lady turned to her husband and said quietly, "Is that all it cost to start a university? Why don't we just start our own?" Her husband nodded. The president's face wilted in confusion and bewilderment.

Mr. and Mrs. Leland Stanford got up and walked away, traveling to Palo Alto, California where they established the university that bears their name, Stanford University, a memorial to a son that Harvard no longer cared about.

You can easily judge the character of others by how they treat those who they think can do nothing for them.

K Community

Birthdays this month:

Clinard, Nicole
Gao, Jason
Kuzera, Andrew
Meldrum, Ryan
Moore, Mason
Pawlowicz, Kimberly
Pezanowski, Tayler
Rochfort, Gary
Siegle, Ryan
Vlassapoulous, Jacob
Perkowski, Jeffrey
Marchetti, Chantz
Johnson, Trey

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

WORDS OF WISDOM

People will forget what you said, People will forget what you did. But people will never forget how you made them feel.



SOUND OFFS

Why is a loud sound off so important in the martial arts? Several reasons: It exudes confidence; It instills fear in your opponent; it lessens the pain from a strike or fall; and it makes you stronger.

Don't believe that last one? Consider this: A team of scientists and technicians brought in a world champion brick-breaker and ran a controlled test to see how much difference a sound off makes.

The man was asked to break a four-foot stack of bricks using a double-forearm strike. The team of scientists and technicians used highly advanced force indicators, speed sensors, and high speed photography equipment. Gadgets were attached to the bricks, the champion's arms, and the camera set up to record the event. It was asked that he do one attempt with a sound off, and do it again without the sound off. The differences in power would be recorded by their equipment.

The first attempt was successful. The high speed cameras had captured the force of the man's arms against the stack of bricks. Slow motion playback revealed the lines of force as it penetrated the entire stack and broke it in half. The sound off was deafening. The calculated force was determined to be 2000 pounds. One ton!

The second attempt had the same preparation, the same stack of bricks, and the same set up, but without the sound off. The slow motion playback showed the lines of force going downward, but not all the way through the entire stack. You could actually see the lines bounce back upward before it could be released out the bottom. The force recoil was so strong that it traveled back up the man's arms and threw him some ten feet backward!

The calculated force was 1500 pounds. A 25% drop in power!

If you're ever unfortunate enough to be put in a position to have to defend yourself, doesn't it make sense to use the extra 25% power? All you have to do to get it is to **SOUND OFF !!!**

**NEXT TEST
TO BE HELD ON
September 12th, 2010**

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!

August	04	Bo Staff
August	11	Aiki Jujitsu
August	18	Kali Sticks
August	25	Aiki Jujitsu
September	01	Bo Staff
September	08	Aiki Jujitsu
September	15	Kali Sticks
September	22	Aiki Jujitsu
September	29	Open Training
October	06	Bo Staff
October	13	Aiki Jujitsu
October	20	Kali Sticks
October	27	Aiki Jujitsu