

Leopard Pause

Be A Compassionate Person!

by Joseph Galea

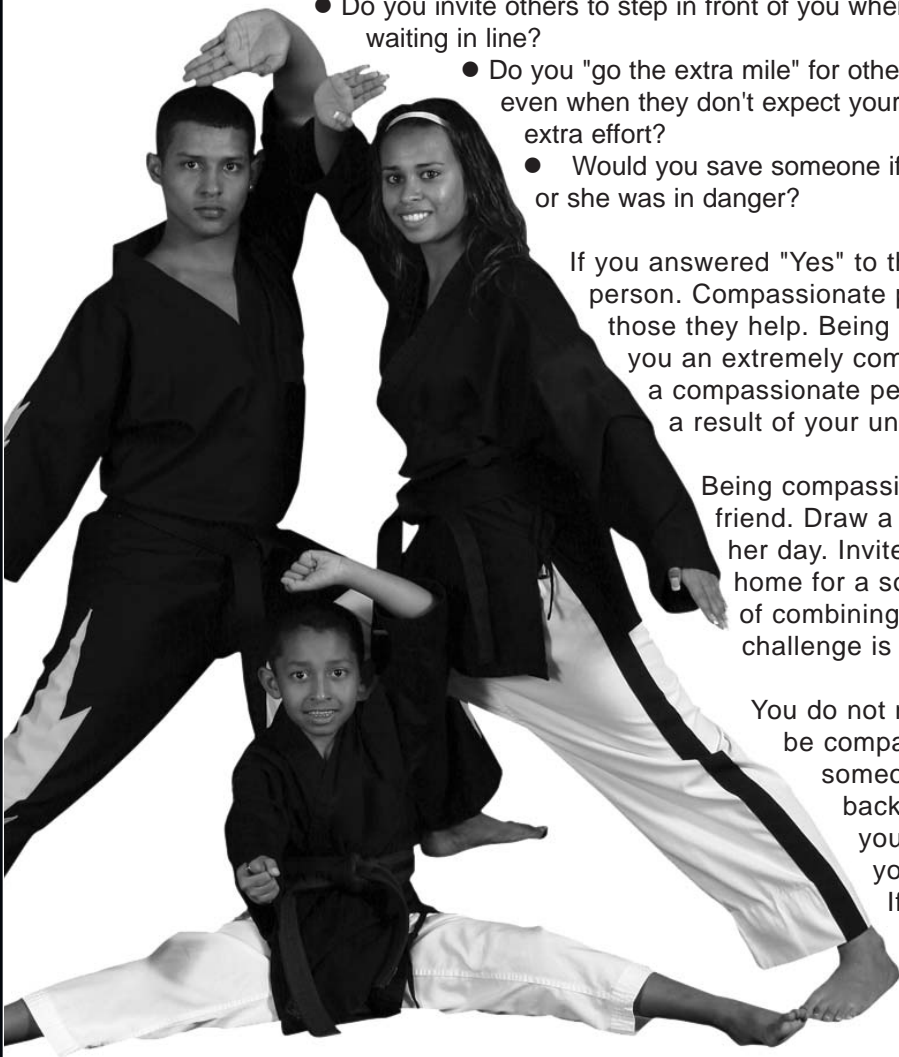
Compassion means caring about the needs of others. Feeling sorry for someone should be only part of your compassion. When you are compassionate you are also willing to take action to help others. Real martial artists are compassionate and will put others' needs before their own interests. Ask yourself the following list of questions to determine if you are a compassionate person.

- Do you donate money to help others in need?
- Do you volunteer time to help others in need?
- Do you spend time with others when they are lonely?
- Do you stand for others who cannot stand for themselves?
- Do you offer your chair/seat to someone who is standing because all chairs/seats have been taken?
- Are you concerned about others' feelings before your own?
 - Do you invite others to step in front of you when waiting in line?
 - Do you "go the extra mile" for others even when they don't expect your extra effort?
 - Would you save someone if he or she was in danger?

If you answered "Yes" to these questions, then you are a compassionate person. Compassionate people always do more than expected by those they help. Being generous and kind "behind the scenes" makes you an extremely compassionate person. The best part about being a compassionate person is the feeling that you will experience as a result of your unselfish actions.

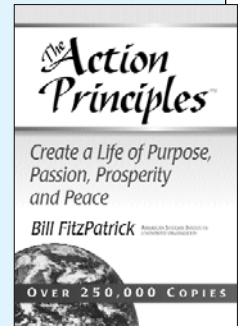
Being compassionate is also fun. Bake cookies for a sick friend. Draw a picture for an elderly person to brighten his or her day. Invite a new person at school or work to your home for a social gathering. These are just a few examples of combining compassion with fun. Your Black Belt challenge is to create and do some of your own.

You do not need to donate much of your money or time to be compassionate. Simply sharing a smile with someone and not talking about others behind their backs show that you care about others' feelings. If you want others to be compassionate towards you, then you must be compassionate to others. If everyone would show more compassion every day, then the world would be an even better place in which to live. ☺



ACTION PRINCIPLES Accept Hard Work

Great accomplishments are the results of hard work. Be prepared to endure temporary hardship. At times, the work will be hard to do and you would prefer doing an easier task. Be enthusiastic when you work and you will reduce boredom. Commit yourself to hard work and be glad you aren't lazy.



Bill FitzPatrick is a 5th-degree black belt, holds a Master's Degree in Education and runs the nonprofit American Success Institute: www.mastersuccess.com.

Kempo Success Stories

Personal Profile

By Michael Zewicki, Age 10



I have been training in the martial arts for six years. I started training because I was very shy. I always sat in my mom's lap wherever we went, even at family gatherings. My parents decided I should join martial arts, hoping that I might lose my

shyness. After six years of training, I am no longer shy and have gained confidence. I am now a Junior Leader in my school's Little Dragons Class.

I am able to read in church and make book reports in front of my class without feeling shy and nervous. Martial arts keeps me focused and provides me with a structure for home and school. I enjoy going to class because I learn new forms, it gives me a good workout, it's fun and I make new friends.

Martial arts training has also helped me to set many goals, such as becoming a Black Belt. Through my years of training, I have worked very hard to accomplish many of my goals. My school is awesome and I am proud to be a student there!

Michael Zewicki is a student at Mark Weber's Lakeshore Tae Kwon Do in Manitowoc, Wisconsin.

Healthkick:

Being Average Is Not Healthy Enough

by Jennifer G. Galea MS RD

All the studies and all the data they produce prove that the health habits of the average adult are much below average. Simply put, having average health habits are unhealthy habits. When you consider four of the primary adult health goals-diet, weight, exercise and sleep-the average adult doesn't even come closer to achieving the recommendations for each.

In terms of diet, the average amount of calcium adults receive from dairy products or other appropriate calcium sources is significantly below needs, across all age groups and genders. The recommendation for vegetables is to eat at least three servings per day, or a combination of fruits and vegetables five times per day. Average adults do not limit saturated fat and avoid trans-fats as much as they should. Most adults (and children) consume too many high-calorie/ nutrient-poor beverages.



The average adult is also overweight, which increase his or her risk for chronic diseases, such as heart disease and diabetes. Lifestyle and a lack of exercise are also negative contributors. The current recommendation for adult exercise is at least 30 minutes per day, at least five days per week; but, only a dedicated few ever exercise that much. Adults need seven to eight hours of sleep a night-every night-but lifestyle choices and the assumed need to squeeze more activities into a single day are negatively affecting adults' work performance and human relationships.

You stop being average when you only strive for excellence. Your martial arts training teaches you to be outstanding, and to use your high standards to set your goals, not the average, mediocre standards of too many adults.

Start with small changes, add new ones, regularly, and remain focused and committed. Decrease your consumption of unhealthy foods or food types. Substitute healthier food choices and eat high-calorie or high-fat foods only as a treat rather than as a staple. Exercise more or more frequently. As you continue to add new changes gradually, while maintaining those that have become good habits, you will move past "average," quickly whiz by "above average" and cruise into "excellence," permanently, which is the goal of every Black Belt. ☺

Announcements

Apr 29, 2006 We will be sponsoring another World Tai Chi Day at the Coral Gate Park. Regular Tai Chi classes will resume soon. Please sign up in the office or with Sifu.

Apr, 2006 Taichi classes are scheduled for Saturdays in the Park. Cost: \$50 (for four classes.)

Student Referral In 2006, we will be sponsoring a referral program. Bring in friends or family. Points are earned if they sign up and pay for their lessons.

- 3 Win a new Tiger patch
- 5 Win a new Dragon patch
- 7 Win a Bo staff or other weapon
- 10 Win a month of weapon classes.
- 11+ Win a special grand prize

Ask Sifu for guest passes and flyers.

Job Opportunity Would you be interested in becoming an instructor or program director, answering phones and managing student activities? Please contact Sifu right away for current opportunities all over San Diego county. Black Belt not required for all positions.

We have an **urgent** need for these jobs!

Testing Information

All rank and stripe testing is done in your regular class. All test candidates must wear a clean uniform and bring the appropriate gear. Also, you must be early to class. Tardy students will not be tested.

Little Leopards

The updated curriculum will award stripes for the successful completion of Skills. After all eight skills have been awarded, then the Little Leopards will be tested for their new color belt.

Level	Current Rank	Has earned Red Stripe	Has earned Black Stripe
Candidate Ranks	(W-O)	3/16	3/23
Beginner Ranks	(P-B)	3/16	3/23
Intermediate Ranks	(G-Br)	3/16	3/23
Advanced Ranks	(Blk)	July 2006	

Testing Guidelines - Candidate Testing

To be eligible to test for your next belt, all the testing requirements must be met.

1. Minimum time of 8 weeks at your current belt rank.
2. Trained in a minimum of 16 classes.
3. Red stripe from an instructor, showing knowledge of the curriculum.
4. Consistent Black Belt attitude during class.

Beginner and Intermediate Testing

To be eligible to test for your next belt, all the testing requirements must be met.

1. Minimum time of 12 weeks at your current belt rank.
2. Trained in a minimum of 24 classes.
3. Red stripe from an instructor, showing knowledge of the curriculum.
4. Consistent Black Belt attitude during class.

Advanced Testing

All black belt testing is held once per year at the discretion of Sifu. The next exam is June 2006. Be ready candidates. Rise to level you need to be at to succeed. ☺

Leadership Team News

The Leadership Team is open to new members. Extra GOLD class on Mondays.

Demo Team News

The Demo Team meetings resumed. Sign up for the Demo Team in class to get on the roster. Open to all students with excellent attendance records and ATC.

Welcome New Members

Happy Birthday

Lauren Kilday
Estrella Herrera

Call for Writers and Artist

If you like to write or draw, please send us your articles and drawings for possible use in upcoming issues.

From time to time, we solicit articles from other instructors and students. And we're always on the look out for great photos or drawings by our talented students.

Any subject related to Kempo or the martial arts in general is appropriate. Review your favorite movie or draw your favorite ninja.

Submit all ideas to your instructor. Digital is best.



Leopard Pause

Golden Leopard Kempo

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Leopard Pause is published for Golden Leopard Kempo students. The purpose of Leopard Pause is to improve communication and serve as a link between students and instructors. Photocopying is encouraged for distribution to other Karazenpo Go Shinjutsu students or for interested, potential students. Reprints from Leopard Pause are permitted if credit is given and a copy sent to the editor. Electronic copy is available at the web site below.

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New Books Soon

Mr. Bagnas is nearing completion of his next two books on Golden Leopard Kempo. These will be the second and third volume to his Handbook series.

Volume 2 will cover student information for Black Belts from First Degree all the way to Fifth Degree. It is an innovative and ground breaking work in Shaolin Kempo. Proceeds from sales of the first book will help fund its publication.

This book will cover many sought after kata and blocking sets. It will also help student understand the advancement process for advanced students.

Volume 3 will cover some new information for Black Belt students, the jujitsu aspect of our art. Often neglected by other instructors, Mr. Bagnas has adapted various curriculums to forge a new jujitsu program. It will allow advanced students to have a guide for their new material. Each section counts towards the Yudansha Unit System for Black Belt advancement.

For more information about advancing in Black Belt ranks, please reference the Introduction chapter of the Student Handbook, Vol 2. It provides the latest information on testing and learning, all authorized by the Golden Leopard Kempo Organization.

Mr. Bagnas would like to announce plans for a fourth volume on the internal arts of Tai Chi Chuan and Chi Gung. As you know, Mr. Bagnas sponsors an annual event at the park to support World Tai Chi Day across the world. This handbook will help students interested in this art to follow along and remember key sequences.

Pre-sales of these books, Handbook Volume 2 and Handbook Volume 3 are scheduled to begin by May 2006.

Merchandise Prices

Patches

Golden Leopard Patch \$7
 US Flag Patch \$7
 Hawai'i Flag Patch \$7

Other patches are available upon request. Sifu has a catalog of nice patches in his office.

Uniforms

Uniform (Black) \$45
 Replacement Belt \$5

You can buy just the jacket or pants as separate items. Ask Sifu for pricing if you want to do that.

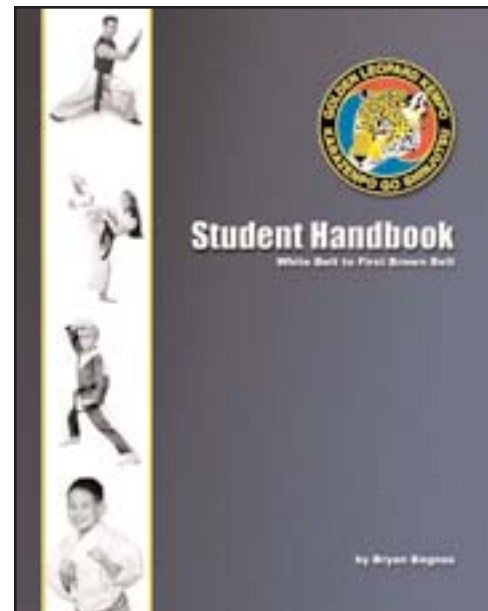
Student Handbook

Do you have the latest Golden Leopard Kempo handbook?

It is important for your training. The Handbook contains information that is vital for you to read and have in your reference library. It will be a great benefit in your Kempo development and memory retention, allowing you to look up information when you get stuck during self-study.

The Handbook also contains our history, a complete description of our requirements, and test questions. The Handbook is printed in a spiral bound format so you can keep it open on the floor or on the table. There is plenty of room for you to make notes in the margins.

If you aren't yet taking advantage of the Handbook, now is the time to get with it. The Handbooks sell for \$45 each.



Kobudo Seminars

We will be hosting two hour seminars throughout the summer on weapons. They will feature the bo staff, kama, sai, tonfa and nunchuku.

All seminars will include a padded version of the weapon for training except for the bo staff -- that's real wood.

Costs will be \$120 and \$100 if you pre-register two weeks in advanced. Enrollment is limited and these classes will conclude with a kata. You need these kata to advance as a Black Belt student so now is a great time to learn them.

Membership Notice

Grandmaster Gascon's Black Belt Society is allowing kyu ranks (colored belts) to join his association. All of my students are eligible to join. If you would like to join, please bring \$36 to Sifu for the annual membership dues and he'll send it up to the KGS/BBS headquarters for you.

You'll receive:

- ◆ the official KGS patch
- ◆ a certificate of membership
- ◆ and discounts on KGS seminars

Please make the check out to KGS/BBS. All the money goes to our Grandmaster Gascon. Mahalo.

Memo to Students

Just to remind those who do not have the Student Handbook, all tuition programs are one-year (48 weeks of classes) commitments paid in monthly installments. Therefore, most students are on the Gold plan with monthly payments of \$75. All programs automatically renew on your anniversary unless you let Sifu know ahead of time.

There are three levels of membership: Gold, Silver, and Bronze. Each requires a different amount of time to terminate your membership.

Prgm	Annual Fee	Mo. Pmt
Gold	\$ 900/yr or \$75/mo	Requires 6 months notice to quit.
Silver	\$1,140/yr or \$95/mo	Requires 3 months notice to quit
Bronze	\$1,500/yr or \$125/mo	Requires 1 month notice to quit.

This system takes effect immediately but doesn't supercede existing special programs or membership clubs. If you have any questions, please contact Sifu if you have questions.

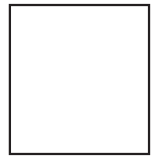
Full Uniform, Please

Now that the summer is over and the weather is getting cooler, you are required to wear a full school uniform.

You must wear your gi pants with your gi jacket. If you have outgrown your uniform, please buy a new one.



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 Corporate Headquarters
 3268 Glancy Drive
 San Ysidro, CA 92173



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