

Leopard Pause



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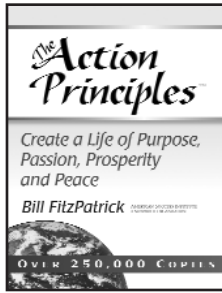
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What Is the True Meaning of Generosity?

Walk the Talk

When you live your life with concern and love for others, wonderful things will happen. You will be fulfilled. You will feel a warm pride from your selfless acts that will then allow you the grace of humility. To be first, you must put yourself last. The true leader goes to the end of the line.

Say what you mean and mean what you say.!



Bill FitzPatrick is a 5th-degree Black Belt, holds a Master's Degree in Education and runs the non-profit American Success Institute at: www.mastersuccess.com.

By Melody Shuman

Generosity means sharing what you have. To be truly generous, however, you must do more than give money or objects that have little or no value for you. You must give of yourself and your time, which are often more precious, and with no expectation of being compensated. True generosity is sharing what is meaningful or has value, without expecting any thanks or consideration, in return.

In the martial arts, there are many ways to be generous. Offer your time to assist another student with his or her training. Don't expect any help in return, however. Help to defend those who are unable to defend themselves. Coordinate fund-raisers to help underprivileged people in your community.

Entertain seniors at retirement centers with martial arts demonstrations. Are you a generous person? Ask yourself the following questions to measure your generosity.

- ◆ Would you share your lunch with a friend if he or she didn't have one?
- ◆ Would you volunteer to baby sit for a friend without being paid?
- ◆ Would you help a family member or friend with a project, without expecting anything in return?
- ◆ Would you lend your jacket to a

younger person, even though you are cold?

◆ Would you spend time with an elderly family member instead of a day with your friends?

If you answered, "Yes," to all of these questions, then you are a very generous individual. Many people probably like you, and you have great relationships with your friends and family. You are a truly generous person and you make society a better place to live.

There are many ways to show your generosity. Be generous with your time, money, possessions and even talent. The most important thing to remember is that our society needs everyone to be more generous. If every one of us added just one more generous act of kindness each day, then we would feel great for our sharing, and those we help would enjoy life more. ☺

Learn Advanced Kempo Kata

Over the last ten years, many students have sought Sifu Bagnas for his knowledge of Black Belt-level kata. For a limited time, Sifu will teach kata from the Shaolin Set to any student regardless of rank. Usual taught from First to Fifth-degree Black Belt, these katas are true treasures of Kempo. Sifu Bagnas won trophies at tournaments performing these high-level forms.

Each kata is taught over two class sessions. Sign up now for only \$100.

Space is limited to four students due to the area needed to teach the forms.

Healthkick:

Look Like A Million Bucks!

By Jennifer G. Galea MS RD

I recently discovered a "diet" book, with a rather interesting idea: the same characteristics that help people achieve their financial goals can also help them achieve their weight goals. The book is How the Rich Get Thin by



passion. They are motivated and driven. They schedule their exercise sessions, as they would other extremely important "meetings." They eat the right foods, just as they put the right fuel in their sports cars. They see themselves as they want to be: achievers. They see themselves as healthy and fit, so they live each day that way.

Of course, the book compares the techniques to achieve health goals to those needed to achieve career success and wealth, but, in fact, the same tools and techniques can be applied to anyone at any point in their lives. All people who have successful, healthy lifestyles have had to implement these techniques in one form or another: schedule daily workouts; eat real foods, which are non-processed, whole foods; and set goals for your weight and your fitness. Plan how to achieve a healthy lifestyle, and then actually do it. Treat your body, as though it is worth millions of dollars... in truth, however, it is priceless! 🙏

Jana Klauer, MD. It includes many tips and techniques, and a diet plan, which is based on five "non-negotiables": exercise daily; include protein in every meal; add calcium to your diet to boost your metabolism; conquer your food cravings; and eliminate all processed food. I've addressed each of these topics separately in past newsletters, but I find the major concept of this book very compelling.

How do the "Park Avenue princesses," as they've been called, actually develop those great bodies? Of course, not all "rich people" are thin, but for those who are, there is a common thread: they treat their health goals the same way they treat other goals in their lives, with purpose and

Kempo Success Stories

Personal Profile

The Impact of Kempo on My Life
By Ali Maglio, Age 15

Martial arts has had a large impact on my life. I find I am most happy when I focus my entire energy on a meaningful activity, such as martial arts. For example, when I am in the middle of a sparring match, all I think about is the fight. I clear my head of anything that may have been bothering me outside of the martial arts. When I perform my kata in front of the class or at a tournament, I really experience the intensity of it, while throwing myself into the execution.



I have learned to immerse myself in these actions, and focus on my goals without extemporaneous thought. After I had been training for a while, I started gaining a drive and endurance with which I was able to push myself further and further. Now, in addition to my self-confidence, I also have a desire to do better, as well as an ability to endure more pressure or pain (physical or mental). Martial arts has been a very beneficial influence on my life.

Ali Maglio trains under Rafi Derderian at the Academy of Martial Arts in Johnston, Rhode Island.

Announcements

- Notice: We will be closed on Oct 26 & 31. Attend the make-up sessions.
- October, 2006 Tonfa Seminar. Cost: \$130 (includes tonfa)
- November, 2006 Sai Seminar. Cost: \$130 (includes sai)
- 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. Ask Sifu for guest passes and flyers.
- 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

Job Opportunity

Would you be interested in becoming an Assistant or Program Director, answering phones and managing student activities? Please contact Sifu right away for current opportunities all over San Diego county (Mira Mesa, East Lake, La Mesa, Clairemont). Black Belt not required for all positions just a good attitude. We have an **urgent** need for these jobs!

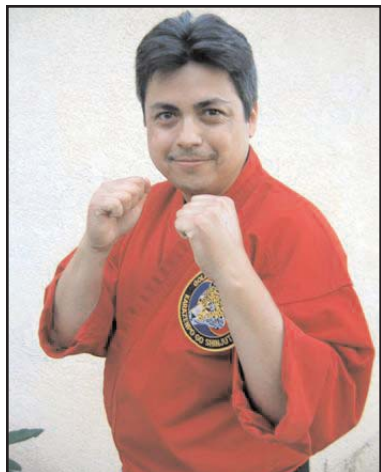
Testing Information

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)	10/17	10/19
Beginner Ranks	(P-B)	10/17	10/19
Intermediate Ranks	(G-Br)	10/17	10/19
Advanced Ranks	(Blk)	December 2006	



From Sifu's Desk

With a month under our belts, the new Little Leopards class is going well. One star pupil has passed each of the skill tests since the beginning of September. The skill schedule will be included in this newsletter to help parents plan better. This great program teaches youngsters vital skills for Kempo like balance, fitness, and focus.

As a school, we are trying to qualify for entry into a world-recognized Kobudo federation. It requires that we have ten students in our Kobudo program, which can include instructors. Therefore, I urge all of you interested in traditional weapons to sign up for our seminars and weapons classes. By joining such a prestigious organization, we will gain access to rare kata and expert training in that art.

We also wish to bring Great Grandmaster Gascon to our humble school. Please let me know if you wish to attend a rank promotion ceremony, seminar or just a potluck with the Grandmaster. There will be a price for each event and discounts are only for members of his Black Belt Society. Any belt rank or level can join and allows you to wear the Daruma KGS patch.

Next month, we will be holding tryouts for the GOLD Leadership Team and the Demonstration Team. Now's your chance to join either or both those special teams. ☺

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 December 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.

Happy Birthday

Ana Maria Herrera
Michael Bagnas
Matthew Bagnas

Should Katas End Where They Begin?

To answer your question on kata and the ending point is not easy to give a definitive answer. Some feel that it is a spiritual emotion and others feel it's a place to start your life and still others feel its nothing more than to structure the kata and build discipline.

1. Spiritual: One that starts kata in a place is setting an area of dominance. This is to say that she owns that place and that she is on a journey to defend herself. The ending place is where she should return as one soldier returns home from battle.

2. Philosophical: Others feel that its a place that you are born and the ending of kata, after you have defended yourself and lived life to its fullest, is a place to end your life, passing. And that is why kata ends in the same place it starts from.

3. Structure: Most, however, feel that it is nothing more than to help build discipline. Meeting in the same spot is very important.

4. Impeccable: One thought is what I feel is most correct is this. If you finish where you start it will show that you performed the stances correctly and that the technique you executed is correct. Or at least done correctly!

5. Journey: One Soke from Japan, that I have never meet, feels that the start place is just that, a start. And that the ending is just that and ending, nothing more. He felt that the technique itself was most important

aspect of kata and not if you end up in the same place you start in.

I had some one ask the same question a few months ago and as I research it I found that most Okinawan katas did not end up in the same spot. The Chinese systems did not either. I also found that some Okinawans did in fact demand that kata end in the same spot as did some Chinese arts.

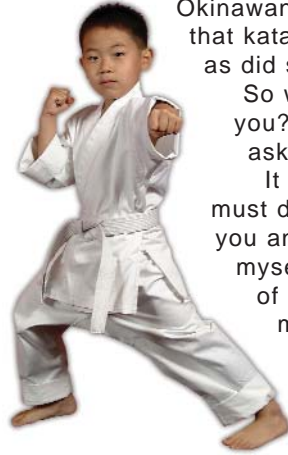
So where does this leave you? And the question you asked?


It leaves you here. You must decide what is best for you and how you feel! I, myself, try to keep in the rule of structure and spiritual means, as this feels best for me. I never take away from a student that does not end in the same spot, but I will assist then in

making sure that their stances are correct as well as technique. Then after years of practice they find the spiritual side for themselves and this is when you see your student really shine! It makes me feel proud when I see them find their own way in the arts and not leading them 100% of the time.

Find you own path in kata and find that special spiritual breath that you are seeking. You will. I know it.

Based on the email from Cuevas, Soke Nidai Sho Shin-Jitsu Kempo





Private lessons

Getting stuck on the new material? Having difficulties remembering all those techniques? Get some private time with Sifu. Sign up for private lessons and get one-on-one training with the Kempo Master. Learn three times faster with private lessons. Schedule them at your convenience.

Each session is 45 minutes and costs \$50 each.

During the month of October, you can buy 4 and get one free.

Leopard Pause

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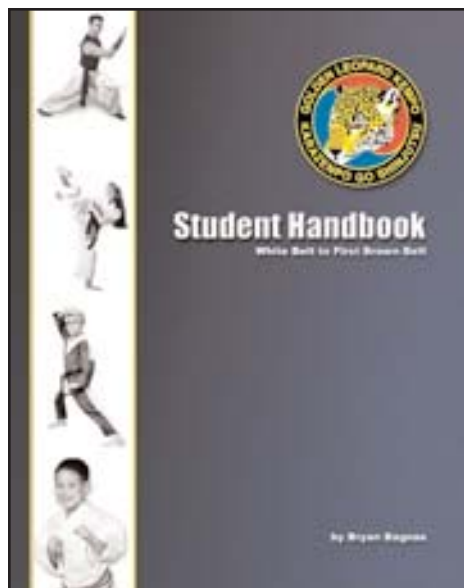
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Little Leopard's Skill Calendar



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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Memory	3	4 Memory	5	6	7
8	9 Discipline	10	11 Discipline	12	13	14
15	16 Fitness	17	18 Fitness	19	20	21
22	23 Coordination	24	25 Coordination	26	27	28
29	30 Focus	31 Halloween	1 Focus	2	3	4

Warm Ups for Walking

Before you start to walk, do the stretching exercises shown here. Remember not to bounce when you stretch. Perform slow movements and stretch only as far as you feel comfortable.

Side Reaches

Reach one arm over your head and to the side. Keep your hips steady and your shoulders

straight to the side. Hold for 10 seconds and repeat on the other side.

Wall Push

Lean your hands on a wall with your feet about 3-4 feet away from the wall. Bend one knee and point it toward the wall. Keep your back leg straight with your foot flat and your toes pointed straight ahead. Hold for 10 seconds and repeat with the other leg.

Knee Pull

Lean your back against a wall. Keep your head, hips, and feet in a straight line. Pull one knee to your chest, hold for 10 seconds, then repeat with the other leg.

Leg Curl

Pull your foot to your buttocks with your opposite hand. Keep your knee pointing straight to the ground. Hold for 10 seconds and repeat with the other foot.

Learn How to Use Kobudo Weapons

From the mysterious shores of the Ryu Kyu Kingdom of Okinawa, the ancient art of weapon fighting was passed down from generation to generation. Now, you can be a part of the legacy. Learn the five principle weapons of Kobudo: the bo staff, sai, tonfa, kama and nunchuku.

Each course is four sessions long and will teach handling, drills and a kata. Join the class for \$120 which includes the appropriate weapon or \$100 if you have your own. Class size limited to six students.

Instructions (How to Play):

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9. That means no number is repeated in any row, column or box.

su | do | ku

© Puzzles by Pappocom

Check out the computer program by Pappocom at www.sudoku.com.

Merchandise Prices

Patches

- Golden Leopard Patch \$7
- US Flag Patch \$7
- Hawai'i Flag Patch \$7
- Tiger Head Patch \$10

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

Uniforms

- Uniform (White, 8 oz.) \$40
- Uniform (Black, 8 oz.) \$45
- Uniform (White, 10 oz.) . . . \$50
- Uniform (Black, 10 oz.) . . . \$55
- Replacement Belt \$5

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

Books

- Student Handbook, Vol. 1 . . . \$45
- White to Brown Belt
- Student Handbook, Vol. 2 . . . \$85
- 1st Black to 5th Black

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V. EASY

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EASY

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HARD

3

Last month's solutions #2

Very Easy

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Easy

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Med.

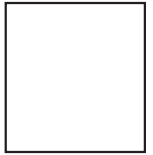
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8	3	6	5	9	2	7	1	4
1	4	2	8	3	7	5	9	6
5	9	7	6	1	4	8	3	2
6	5	3	2	7	1	9	4	8
9	8	4	3	5	6	2	7	1
7	2	1	4	8	9	6	5	3

Hard

2	8	5	4	7	3	9	1	6
1	6	4	9	8	5	7	3	2
3	7	9	1	2	6	4	5	8
8	4	7	3	9	2	1	6	5
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6	2	3	5	4	1	8	7	9
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7	9	2	6	3	4	5	8	1



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Special Delivery

Self-Defense Training First!

Ask for Your Free Family
Beginner's Course

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- Women learn how to remain calm, stay in control and avoid becoming victims.
- Men learn how to defend themselves and protect their families, in virtually any threatening situation.

Call our school today to schedule a free beginner's course in self-defense training for your family.



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Coral Gate Communities

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