

Leopard Pause



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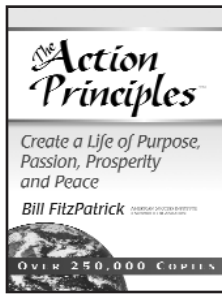
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The Power of Forgiveness

Control Conflict

Long-term relationships are almost always more important than short-term problems. Be an active peacemaker, building bridges of understanding. Use kindness, whenever possible, as your weapon against evil. Neutralize shouting with soft words. Answer threats with serene confidence. Speak plainly. Don't use foul language or sarcasm. Let go of your anger.

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

The definition of forgiveness is to let go of your bad feelings for others when they hurt you. You develop real character when you learn how to forgive others. Forgiveness is a great, positive power. When you can forgive, then the quality of your life will improve immensely.

There are many reasons why you might feel bad about others. Some bad feelings are caused by accidental situations that may not be the other person's fault. Your forgiveness is very important to help him or her feel better. In other situations, it may be very difficult to forgive someone who has been intentionally mean or unfair. You have the power to determine what reasons caused bad feelings, and then decide the best possible solution that could lead to forgiveness.

Are you a forgiving person? How would you respond to each of the situations below?

1. A friend accidentally spills his drink over your favorite pair of shoes. Would you:
 - a. Spill your drink over your friend in revenge?
 - b. Never speak to your friend again?
 - c. Forgive your friend because it was an accident and friendship is far more important than a pair of shoes?
2. You are told that one of your friends has been saying untrue, mean things about you behind your back. Would you:
 - a. Say mean things about him or her?
 - b. Stop speaking to your friend?
 - c. Approach your friend and

ask what is wrong?

3. Your brother blames you for making a mess in the kitchen, even though you were not home all day. Would you:

- a. Hit your brother?
- b. Refuse to help clean the kitchen because you know that it wasn't your mess?
- c. Explain to your brother that you didn't make the mess, but offer to help him if he needs the help?

If you answered (a), then you are a revengeful person and will most likely have more enemies than friends. If you answered (b), then you hold grudges and you will most likely lose friendships because you didn't practice forgiveness.

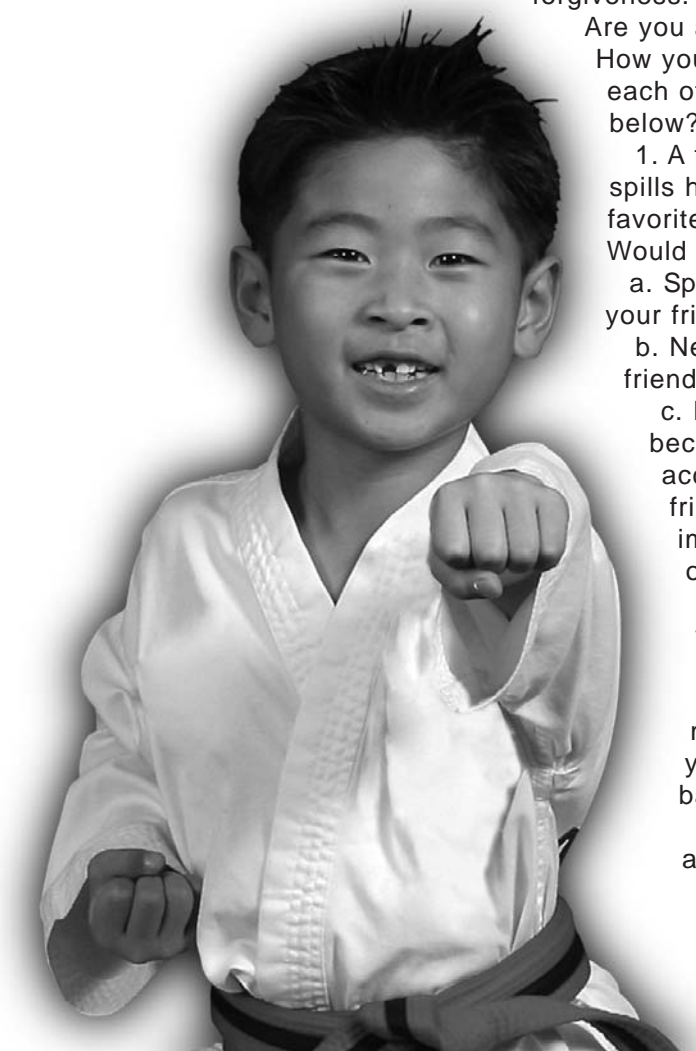
If you answered (c), then you are smart enough to stop and think about situations before reacting. You know how to forgive others, so the quality of your life will be much greater and you will have more friends than you ever imagined possible. ☺

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:

One Fish, Two Fish

By Jennifer G. Galea MS RD

Including fish in your diet provides numerous health benefits, especially the cardiovascular system (heart and circulation). New scientific evidence supports the many benefits of omega-3 fatty acids, such as those found in fish.

All these benefits are compelling reasons to consume fish (not fried) twice a week, as recommended. Recently, however, the media has been filled with warnings of potential contaminants, such as mercury and dioxins. Two

new published reports conclude that the health benefits of fish far outweigh any potential risks. The rule is to eat a variety of fish each month to minimize the risk. For example, if your first meal of fish is tuna, then select cod for your second. Eat fish no more than three times per week (two is better), and consume a four- to six-ounce portion at each of those meals.

Visit oceansalve.org for more detailed information about contamination. EcoFish (seafoodsafes.com) identifies sustainable fisheries that do not contain unsafe levels of contaminants.

Follow these basic guidelines to receive the health benefits of fish:

- Eat only six ounces of tuna per week, and make sure canned tuna is light, not white albacore.
- Avoid fish that is known to be high in mercury, such as swordfish, tilefish, shark and king mackerel.
- Choose wild salmon if available. The safest farmed salmon comes from Chile (and other South American countries), Canada and the US. Canned salmon is an option, as most

of it is wild and inexpensive. Women who are pregnant or may become pregnant, and young children, should eat farmed salmon no more than once per month.

□ Fatty fish, such as sardines, herring and anchovies, are good choices.

□ Mackerel, striped bass (farmed), and sablefish (also called black cod) are other good fish choices. They are low in contaminants and high in heart-healthy omega-3 fatty acids. ☺



Kempo Success Stories

Personal Profile

Martial Arts Has Taught Me Patience And Self Esteem

By Sydney Culp, Age 9

My name is Sydney and I am nine years old. I have been training at Jim Graden's Karate for two years. I enjoy every day that I train at the school. Each day that I go to the martial arts school I learn new kicks, punches and katas, or I learn how to improve on the ones that I have already been taught. I like learning the different katas most of all because they are like dancing, and they are fun.

Martial arts have taught me patience and self-esteem, which has helped me at home and in school. Martial arts have also taught me that everyone is equal; it does not matter if you are a White Belt or a Black Belt. Everyone is taught to work towards Black Belt excellence. I am currently at a Brown Belt recommended rank, and my next goal is to learn the second half of a kata called Chung Moo.

Sydney Culp trains at Jim Graden's Karate in Seminole, Florida.



Announcements

Notice:	Black Belt Test is this month.
April 28, 2007	World Tai Chi Day, 9th Anniversary, Coral Gate Park
March, 2007	Bo Staff Seminar. Cost: \$130
Student Referral	In 2007, 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!

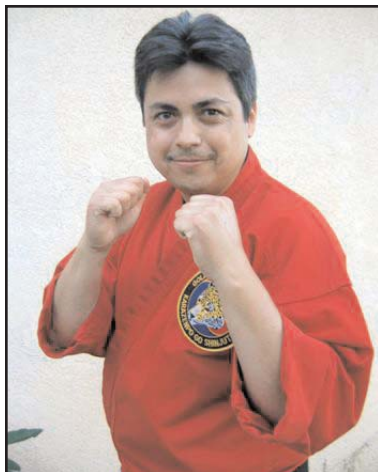
Testing Information

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)	4/10	4/17
Beginner Ranks	(P-B)	4/10	4/17
Intermediate Ranks	(G-Br)	4/10	4/17
Advanced Ranks	(Blk)	April 2007	



From Sifu's Desk

World Tai Chi and Chi Gung Day at the park usually caps this month. We sponsor our little event to coincide with many larger, worldwide events. In this allows us to act locally yet think globally. And it's a great way to share Tai Chi with others even if we don't know them. So join us on the last Saturday of April for Tai Chi. It's a great way to start the day.

With summer coming soon, it's a great idea to start getting private lessons and taking advantage of the other monthly seminars. Think about how cool it'll be when you practice you bo staff kata out on the beach, or how sharp you'll look doing your advanced kata at a tournament. Don't waste the time playing video games or hitting the happy hour. Get your fill of good, old fashion Kempo training. ☺

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 April 2007. 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 Tuesday.

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 membership.

Happy Birthday

Adrian Sepulveda	Dwight Poage
Aurora Hernandez	Karen Flores
Cameron Taft	German Cobian
Rachel Bagnas	

The Practice Priority

By Bryan Bagnas

There are some beginning students who believe that all the practice they need occurs at class. This is a recipe for failure. You must practice to get better and you must practice at home. When you make practicing a priority, you are paving the way to improvement. We have an old saying around the dojo, "If you're not getting better, then you're getting worse." Don't allow yourself to get worse than you are now.


Break down your practice into interesting bits. Do katas on one day. Then do combinations the next. Do your material at the park on sunny days. Next, do your material in the pool mostly underwater. Wash your car in stances or in deep stretches. Watch TV shows in the Horse Stance and do push ups during the commercials. Your only limit is your imagination.

Practice leads to success in all endeavors, not just Kempo. Take your ability to practice and enjoy the art to all your activities like basketball, flower arrangement, art, or crafts. You can use your Practice Priority at work too. Is there something hard to do or something takes a long time to finish - practice doing it or work on making it streamlined. A touch of prevention (and planning) is worth a pound of cure.

Use class time to refine and clear



up matters uncovered during your personal practice. If you don't review your material, how will you know where your difficulties lie? Your instructor can clear up confusing points or help you recall tricky techniques. But if you don't know what to ask, then you can't fix it. Remember, don't wimp out and find excuses to skip class. Make practice a priority and you will be successful. ☺



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.

This month, you can buy 4 and get one free. Bring a friend who signs up and you get a fifth lesson free.

Leopard Pause

Official GLKO Dojo Newsletter

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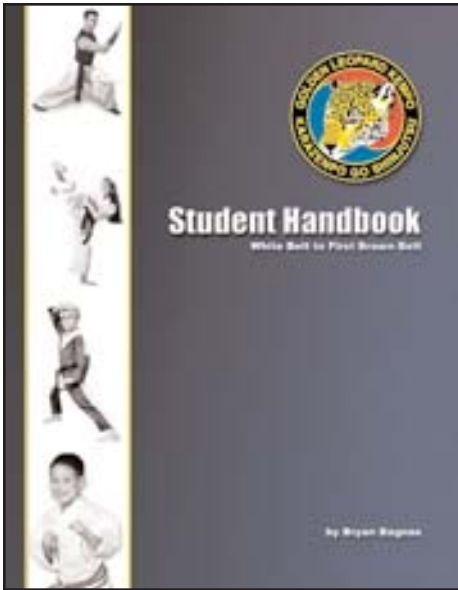
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<http://www.goldenleopard.org>

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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
25	26 Focus	27	28 Focus	1	2	3
4	5 Teamwork	6	7 Teamwork	8	9	10
11	12 Control	13	14 Control	15	16	17
18	19 Balance	20	21 Balance	22	23	24
25	26 Memory	27	28 Memory	29	30	31

Kobudo Expanded

We are going to introduce a new series of practical weapons later this summer to the Kobudo program. If you are interested in Knife Throwing, Spear Throwing,

Naginata, Hanbo or the Kuwa, please contact Sifu right away. We need to schedule guest instructors for several of these programs.

Student Handbook, Vol. 2: First Degree Black Belt to Fifth Degree Black Belt has been updated with new information and fixed a few typos. Get yours today.

Master Insights, Vol. 2 is now in production. Look for it this summer.

Learn How to Use Kobudo Weapons

From the mysterious shores of the Ryu Kyu Kingdom of Okinawa, the ancient art of weapon fighting was pass down from generation to generation. Now, you can be apart 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 \$130 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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MEDIUM

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8	4						6	1
		7	2		9	5		

HARD

1

Last month's solutions #8

Very Easy

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

Easy

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4	9	8	1	8	7	5	3	2
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Med.

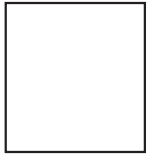
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9	1	2	3	4	7	8	6	5
5	4	8	9	8	2	7	1	3
8	3	7	5	8	1	4	7	8
9	5	3	6	2	8	1	7	4
1	2	4	8	7	5	3	9	6
7	9	6	1	3	4	2	5	8

Hard

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



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Kempo Karate: Your Perfect Parenting Partner!

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