



Goshin News

Goshin Karate & Judo Academy

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"One of the Top 100 Martial Arts Schools in North America" ... Not Just Different... BETTER!



Spring 2009



Never Keep a Secret from your Mom & Dad

Teach your children to tell you if someone has asked them to keep a secret from you.



Practice 10 Minutes a Day! That's ...

Need to talk to us?

If you have questions or would like to speak to us we answer the phone from 9:00 AM until 9:00PM.

The best time to reach us is Monday - Friday 9:00AM until 2:00 PM.

Feel free to call us.



2008 Recap—Thanks for your Support

We just finished our Annual Customer Survey and here is what some of our parents said, "We love the staff they are trained & professional" "It feels like family here" "The equipment is top notch" It is a clean & friendly environment". More important they felt like we were giving their children an advantage in life.

This year we are developing a Life Coach/Personal Development center mindset to teach our students to manifest the principles of the martial arts. Integrity, Honesty, and Self Control are the guiding principles of karate, as given by, *Master Gichin Funakoshi, the father of modern karate. "The ultimate goal of the Art of Karate is not in victory or defeat, but rather in the perfection of the character of its participants",*

We have kicked off a new

Leadership Team with an on-line leadership website where our students can document their successes & acts of kindness (Goals and Achievements) they have performed outside of the dojo. The website is motivating the rest of the Academy to become "Action Heroes".

We have started a school blog GoshinKarate.blogspot.com that has become a resource for our community, our students, and their families. Mr. Boggs' blog addresses issues about safety, eating healthy, listening skills, conflict resolutions, and dealing with anger to name a few.

We finished re-filming the entire Goshin curriculum in HD and are finishing the editing of our New student DVD's and an on-line Digital Dojo.

We supported the St Mary's Food Bank by collecting over 600 pounds of food and the Chrysalis



YourWorthDefending.com

Crisis Center where we collected over 1000 pieces of clothing to help the homeless and battered women. Here at Goshin - We are truly more than kicking and punching.

Goshin Karate & Judo Academy was named the Martial Arts "School of the Year by the United States Martial Arts Hall of Fame in August of 2008 and in January 2009 Goshin Karate & Judo Academy was named the Best Martial Arts Instruction in the Greater Phoenix area by Best of Greater Phoenix. com.

Home Rule of the Month # 2

Children will always be respectful of their parents, teachers and elders

Everyone likes and needs respect. Unfortunately in today's society we see less and less respect and more and more disrespect. Everyday in our cities people are shot because the assailant feels that the victim was "Dissing" - disrespecting them. Perhaps the best reason to give respect is that it is a great way to get respect. By respecting others - their rights their feelings and their opinions and in the case of parents, teachers and elders - their knowledge, authority and life experience we gain respect from others for ourselves

"Whaddya Say?"

"Dylan is more confident in himself. He is proud of his accomplishment. We are VERY happy with your service"

~ Mrs. Denise Mortensen

"Martial Arts has increased Daniel's sense of awareness and his self-discipline. The emphasis on character traits and the positive encouragement from all the instructors is what we like the best about Goshin"

~ Mrs. Mariam Jeng

"Your Academy has increased Camille's coordination and confidence. We like that the progression in the martial arts is not just felt or relied on by the students but the instructors demonstrate the same

Recent Parents Comments

desire for each student to grow and learn through discipline."

~ Mr. Lawrence Jones

"I like everything about your program because it teaches Seth & Anna respect and how to defend yourself."

~ Mrs. Leslie Taylor

Your school has help Graceson & Gaetano understand more about setting goals and achieving them and also better focus! You reinforce the same value that we teach at home and most of all they are enjoying every class and the things they are learning. Keep up that good work."

~ Mrs. Crystal Mule

"Miguel loves it! He is motivated to participate and do his best."

~ Mr. Armando Roman

“Sensei Says” Leadership



Theory Vs Practice

It's Spring Time, a time for new beginnings, fresh starts, and the shedding of old habits and ways that have held us back. Let's explore and shed some of the old ways of teaching leadership so we can make room for a fresh new start to making a real difference in the lives of our students.

The old way of teaching leadership to youth and adults was to introduce our students to other leaders who have been successful. Our goal was to inspire our students to take action because of this other person's success. We would introduce these people through many different forms. We (martial arts schools and elementary/middle schools)

would bring in uplifting speakers, point our students to some empowering books, introduce powerful training materials, and have one-on-one mat chats, discussions, and even training drills to teach leadership in our schools. After years of doing things this old way I've found a pattern emerging from working with other leadership instructors, a change is needed, this old way is no longer working as children (and adults) are losing interest, ignoring practice, and not learning the way they should.

Leadership is a theory, it's an idea. It is very difficult, if not impossible, to learn in a book or from a lecture or even by studying other leaders. To become a leader, you're students will need to **PRACTICE** being a leader. You need to practice at home, practice at school, practice in your community, practice through acts of kindness, and practice through donating your time on projects that are important to you.

Then, later on in life, when you need this highly sought after skill we call leadership, you'll

have it. When the opportunity presents itself for leadership skills to be needed, you'll have this incredibly powerful tool in your tool belt.

I challenge our Goshin Karate students to experiences, the past success to draw from, the confidence in themselves, and the integrity to lead a group to success in the future. Our student's future leadership depends on their intensity level and amount of practice today.

Understand that you can't learn baseball, piano, math, or martial arts by reading a book on the subject. To be great at playing the piano, you have to practice. To be excellent at math, you have to practice. To become a great martial artist, you have to practice. It's absurd to think that you can become a leader by reading a book on the subject. To become a great leader, you will have to practice a very specific set of leadership skills!

My Role As The Instructor

As head instructor in charge of your leadership development program, I have a very important role. To provide tools and training for our students to

develop real leadership traits that they can take with them for the rest of their lives. My role as an educator is to provide material in such a way that our students are fully engaged and learning something very real about leadership.

“The Goshin Way” of teaching leadership will not be found in a book or through someone else's empowering talk, but instead, “The Goshin Way” of teaching leadership will be found in making the student the Action Hero of their own journey. *Inspired by Gary Engles*



Quotes to Remember. . .

“The only two ranks that matter are white belt and black belt. White belt represents courage [the courage to risk failure] and black belt represents persistence and follow through... The world is full of great starters, but it is the ability to follow through to the end that separates the best of us from the rest of us.”

~ John Graden

Thoughts become things,
Choose the good ones.

~ Roger Boggs

What is the True Meaning of the Black Belt?

A parable tells about a martial artist who kneels before a master sensei in a ceremony to receive the hard-earned Black Belt. After years of relentless training, the student has finally reached a pinnacle of achievement in the discipline.

"Before granting the belt, you must pass one more test," the sensei solemnly tells the young man.

"I'm ready," responds the student, expecting perhaps one more round of sparring.

"You must answer the essential question: What is the true meaning of the Black Belt?"

"Why, the end of my journey," says the student. "A well-deserved reward for my hard work." The master waits for more.

Clearly, he is not satisfied. The sensei finally speaks: "You are not ready for the Black Belt. Return in one year."

As the student kneels before his master a year later, he is again asked the question, "What is the true meaning of the Black Belt?"

"It is a symbol of distinction and the highest achievement in our art," the young man responds. Again the master waits for more. Still unsatisfied, he says once more: "You are not ready for the Black Belt. Return in one year."

A year later the student kneels before his sensei and hears the question, "What is the true meaning of the Black Belt?"

This time he answers, "*The Black Belt represents not the end, but the beginning, the start of a never-ending journey of discipline, work and the pursuit of an ever*

higher standard."

"Yes," says the master. "You are now ready to receive the Black Belt and begin your work."

You may not be hoping for a Black Belt, but you might be at a crucial point. Maybe you're facing a life change, perhaps even a painful one. Or maybe you are awaiting something you have worked hard to attain - graduation, a new job, a promotion, or even retirement.

All wise people see that changes can be new beginnings. Change need not be feared. And neither should we be looking for a permanent resting place, for a full and happy life is never stagnant. Does the change you face represent, not just an ending, but a new beginning in your life's journey? If so, you may be ready to move forward.