



Spring 2007

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!



The Recent Promotions have been added to our website

See the "NEW" web site www.GoshinKarate.com (created by Jennifer Althoff)



If you would like to add a picture of your most recent promotion to the website please e-mail me the photo GoshinKarate@cox.net

What Can Martial Arts Do for Me? "Black Belt Discipline"

When the word "discipline" is used in context of martial arts training, a non-practitioner usually thinks of strict classes and well behaved students. Our students know that while we expect exceptionally good behavior from our class we expect the same behavior out of the class, as well. This is a result of the students' true character and the development of black belt discipline.

Discipline, however, extends to more than good behavior. It is an internal attribute that is crucial for the successful and happy life. Discipline shapes students attitudes and how they view life and the people around them. Our students learn how to use discipline as a powerful tool so that they can enjoy a high quality of life and achieve all their goals.

True character discipline is accom-

plished through the development of both mental and physical control. Martial arts is an activity that teaches students how to relax, focus, and be at peace with one's inner self. Harmony, self-control, and patience are examples of "State of Being" that can be achieved by someone who has exercised a strong mental discipline. How many times have you been faced with a situation that, in retrospect, you know you could have handled better? More importantly, how often have you known that if you had been more patient, the outcome would have been better for everyone involved? The problem is that your responses were most likely triggered by anger or stress. Martial arts develops "Mental Muscles" through natural breathing patterns that are exercised during training. This helps reduce anger and stressful tensions and gives you more control.

3 HOURS OF
POWER
WOMEN'S SELF-DEFENSE

Mental discipline is also developed through classroom challenges. With every new technique, there is a lesson to be learned. Sometimes students will find a particular technique very easy to learn while other techniques will be more difficult to grasp. It is important for students to focus on the positive. Negative words such as CAN'T are forbidden. The process of how students react to these challenges is a part of their mental growth.

Physical discipline is really just "Mind over Matter." When working out and trying to achieve all your objectives, sometimes you have to "convince" your body to keep going. Maybe you are telling your body not to feel the ache in your leg. This is physical discipline. ...To Be Continued

"Whaddya Say?"

Recent Parents Comments

"Ryan has benefited from all areas of the program. He has matured emotionally, mentally & physically ." - Beth West

"Audrey used to think that girls didn't have muscles. Now she knows that girls can be strong too!" -Ann Kellett

"Spencer is learning confidence, self control and respect. You have excellent instructors and a warm environment."

- Susan Eller

"It's the discipline and requirements that Nick & Jake work on

their own to get to their next belt that benefits the boys the most. We absolutely love the attitudes of all the instructors! Great combination of keeping it structured and yet fun and interesting."

- Thomas Moffo

"Adam has been focusing better. He really looks forward to his karate day. He gets positive reinforcement when he has a good day and is more responsible at home. "

- Michelle Ziff

"Goshin has helped increase Rebecca's confidence."

- Carey

Home Rule of the Month

Children shall greet their Parents when they enter the house "Hi Mom-Hi Dad" and tell their parents "Good Bye" when they leave.

Parents need love, too! Children that greet their parents as they come home, or say goodbye when they leave, show their parents that they love and respect them, and don't just take them for granted. Don't you perk up when somebody greets you?

"Children aren't happy with nothing to ignore. And that's what parents were created for."

- Ogden Nash



GOSHIN
Karate & Judo Academy

“Sensei Says” Mr. Boggs



Over Heard

Master:

“Grasshopper, you must learn patience.”

Student: “Yeah, Yeah, Yeah, How long will that take?”

Why do some children seem to succeed in life while others don't? I know that every child who is in the martial arts has parents who love them. Parents must love and care deeply about their children or they wouldn't spend the time or effort to get them to and from class. My best students are the ones that attend class regularly and practice at home. I have been told many times by parents that their kids love Goshin Karate & Judo Academy and our classes. They tell me how much their school grades, their behavior, coordination, athletic skills, and confidence have improved.

Even so, some parents say they “don't want to push” their children. They say sometimes their kids don't want to stop playing or watching television long enough to come to class. Some parents say their children aren't as excited as they once were and the parents think they should let them quit.

Being in the Martial Arts for almost 20 years, I have worked closely with pediatricians, education professionals, parents, and their children. All children are in a developmental stage. They need and expect guidance. Most kids would always eat

ice cream instead of vegetables if their parents allow them to. They may not always brush their teeth or attend school without their parents guidance and discipline. From my observation, the most successful adults were taught as children that quitting is NOT ok. The martial arts, like everything in life, is a journey up a steep mountain. There are peaks and valleys, highs and lows. We must continue our journey in order to reach the top.



Goshin Promotes 5 New Karate Black Belts



11 of the Goshin Black Belts show up for the Black Belt Review

To our newest Goshin Black Belts (Payam Bipar, Deanna Clark, Angie Daigneault, Andrea Daly, and Juliet Wilson) let me Congratulate you on your accomplishment. Your first black belt is something that you will remember for the rest of your life. A lot of people ask me “What's Next?” Your black belt is just the beginning. There is still so much to learn. I still learn everyday. I learn by teaching. I learn by training. It is a part of me, A passion! It is something I miss when I am unable to attend. It's a family. It's a way of life. You have to determine your direction and commitment and set your path to get there. **Again Congratulations to all of you.**

Goshin Picnic April 22nd

Sunday, April 22nd is the Goshin Annual Picnic at Cactus Park (The NE corner of Scottsdale Rd. and Cactus.) The time is 12:00—4:00 P.M. It is a potluck: We will furnish burgers, hot dogs and lemon ade. Please bring a covered dish to share. Signup sheets will be posted in the office. Volleyball is available.

Dragon Tale - “The Ming Vase”



“The greatest gift you can give your instructor is to compliment and refer this school to others.”

Master Woo sat down and began to tell his students a story to help them understand just how valuable each and every one of them was. “Many, many years ago in China, there were artists who made special vases. These vases are now called Ming vases, named after the emperor who ruled at the time. One day, I saw in the newspaper that one of these vases sold for over a million dollars.” “do you think that this vase sold for so much because of the clay it was made of?” asked Master Woo.

The students shook their heads, no. Then he asked, “Perhaps it was a special paint that was put on the vases that made it so valuable?”

Again they shook their heads, no.

Then he asked, “What made the vase so Valuable?” One young student said, “Because it was a masterpiece.” Master Woo then asked, “What makes a masterpiece so valuable?” The student said, “Because it is one of a kind.”

“Aha!” exclaimed Master Woo, “It was so valuable, worth over a million dollars, because it was one of a kind. That is why you are so valuable, and you, and you.” he said pointing at each student, “Because you are one of a kind!”

His eyes twinkled as he continued, “Even if you are an identical twin,

you are still different from anyone else who ever lived. There is no one who has your color of eyes, your color of hair, who walks like you, talks like you, who has your personality and abilities. In the history of the world there has never been another you. Even more than a Ming vase, you are all masterpieces, worth more than a million dollars.”

The students had never thought about themselves this way before and each of them smiled as they realized just how valuable each of them really was.