



# 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!



Summer 2007



**We do amazing KARATE BIRTHDAY PARTIES!**  
Would you like to have your child's party at our school?  
**Fun and Exciting** the area's top birthday party choice for your children. Includes refreshments, invitations, party favors and **We'll clean up afterwards!**

**For More information call us TODAY at 480-951-2236**



**Sai Weapon Class**  
**July 14<sup>th</sup> & July 21<sup>st</sup>**  
**1:45pm to 3:45pm**



**Does he look confident to you?**

*Well you're right, he is.*



What Can Martial Arts Do for Me?

## "Black Belt Discipline" - (Part 2)

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 - having your body be disciplined to listen to your mind. The same holds true for your body not succumbing to nervousness or stress. A disciplined body will be able to control its physical reaction to stressful or nerve racking situation. A mentally disciplined person will be able to communicate to the body in order to control the stress, and the body will listen. In this way, true discipline of character requires both mental and physical discipline.

Finally, martial arts fosters discipline because all students must

conform to the rules and regulations of the school. This is an important component of the students' training. Obedience in class provides an environment where all students can learn and be productive. Black Belt Club members of all ages are role models to the other students and therefore have a stronger responsibility to utilize their discipline skills in and out of class.

To our youngsters: Show ultimate respect for your parents at all times. You should complete your household chores without being reminded. Do extra tasks to help your parents at home. The most important way you can show that you are a true martial arts kid is to feel great and confident about yourself. Never hesitate to say "NO" when other kids want you to do something that you know is not right. Adult members can utilize their black belt discipline while you are driving in traffic

## "Whaddya Say?"

"Grace has been following the 7 home rules very closely & loves the challenge of learning the Martial Arts skills. All of the instructors are positive and encouraging. Just keep doing what your doing!" - **Stacey Akhbari**

"Matthew has improved his manners and deals very well with people - both young and old! I am looking forward to him learning more ways to defend himself." - **Mrs. Torres**

"Goshin has helped increase Justin's confidence and focus on tasks." - **Bobby Dubnow**

## Recent Parents Comments

"Alex has gained confidence, physical strength and knowledge of self-defense." - **Joanna Rose**

"Brayton is better behaved and more respectful." - **Michelle Rogers**

"Jake is excited to learn and shows motivation and pride in his accomplishments." - **Karen Williams**

"Cara has become a confident and responsible young lady with the help of her participation in karate at Goshin. Thanks for all your help." - **Susan Hagstrom**



or dealing with challenges that arise at work or at home. These are but a few of the ways that martial arts disciplines can impact your daily lives to help you live a happier, healthier, and longer life!

## "Hints for a Better Summer"

Schedules can get crazy in the summer - here are some tips on how to keep your kids motivated for class:

- Don't sit your kid in front of the A/C on the way to class because he will fall asleep.
- Announce class time around an hour before it is time to go, make sure they're doing something not so fun before class i.e. cleaning their room, taking out the trash etc.

## Home Rule of the Month

**Children will keep the household - especially their own room - neat and clean, and will make their own beds every morning.**

Being part of a family, is like being part of society, it involves taking responsibility and cooperating with a total team effort to accomplish goals. If the goal is a clean house, then each family member should be making a contribution that will add to the achievement of the goal.

Parents are the team leaders, and need to make sure that each family member knows specifically which tasks they are expected to perform and when.



## STREET SMART KIDS

**If shopping, teach children to immediately go to the cashier's area and ask for help if they become separated from you.**

# “Sensei Says” . . . . .Mr. Boggs

## Summer Karate Ten Minutes a Day

Summer brings vacations and a variety of other recreational activities. Often karate class attendance becomes sporadic and irregular. As a result, students get “out of habit” of attending. . . . When summer is over, it’s sometimes difficult to get “back in the groove.” Most people who quit classes never intend to “quit”, in fact they almost always use the term “take a break.”

But, the break almost always becomes permanent. How can you avoid this from happening to you and still enjoy

the summer? Shotokan senior instructor Teruyuki Okazaki once talked about practicing ten minutes a day, feeling that the accumulated 70 minutes a week is better than nothing and adds up over the long term. But can you really progress and learn anything in only ten minutes a day?

Shotokan founder Gichin Funakoshi once said something to the effect that “You need to keep a little flame under the pot, otherwise the water would cool”. After you have established a firm base, a little time each day serves as a little flame to keep you from “backsliding”.

Also, Karate is not an activity that should be relegated to particular days

(e.g., On Mondays & Thursdays I do Karate. On Tuesdays I bowl. On Fridays I play cards) Karate is meant to be integrated into everyday life. The “ten minutes a day” on the days you do not formally train can go a long way in this integration.

Have a great summer, and don’t forget to “keep a little flame under the pot!”

### Quote to Ponder

**“Life is a coin. You can spend it any way you wish, but you can only spend it once.”**

— Lillian Dickerson

## Mike Anderson ...

Mike Anderson's memorial service was well attended. It lasted for close to 3 hours as friends, family and students shared how he had impacted their lives. Through music and slides and reflections, Mike's life was celebrated and remembered.

A number of students of all ages and parents shared how he had impacted their lives in so many varied and positive ways - it was a great reminder that "every action, no matter how insignificant, ripples out and touches the lives of those around us" A bagpipe played as the service started and it ended with "Amazing Grace"

Multicolored Origami cranes were available as a reminder for all who attended to hope and believe that what is best will always manifest in our lives. *The service was a great tribute to a great man*



**The Memorial Day Break is Scheduled.**

**We will be closed the week of Monday, May 21 through Monday May 28. We will re-open Tuesday May 29, 2007**

**Our schedule for the summer will remain unchanged.**

**Feel Free to make up those class days in the weeks before or after.**

## “Dragon Tale” - Build a House You Can Live in



An elderly carpenter was ready to retire. He told his employer - a contractor - of his plans to leave the house building business and live a more leisurely life with his wife so he could enjoy his family. He would miss the paycheck, but he needed to retire.

The contractor was sorry to see his good worker go and asked if he could build just one more house as a personal favor. The carpenter said yes, but in time it was easy to see that his heart was not in his work. He resorted to shoddy workmanship and used inferior materials. It was an unfortunate way to end a dedicated career.

When the carpenter finished his work the employer came to inspect the house. He handed the front door key to the carpenter. “this is your house,” he said, “my gift to you.” The carpenter was shocked! What a shame! If he had only known he was building his own house, he would have done it all so differently.

So it is with us. We build our lives, a day at a time, often putting less than our best into the building. Then with a shock we realize we have to live in the house we built.

If we could do it over, we would do it much differently. But, we cannot go back. You are the carpenter.

Each day you hammer a nail, place a board, or erect a wall. “Life is a do-it-yourself project,” someone has said.

Your attitudes and choices you make today, build the “house” you live in tomorrow. Build Wisely!

### Need to Talk With Us?

If you have a question or would like to speak to us, we answer our phone from 9:00 A.M to 9:00 P.M. most days even during non-posted hours. Best time is between 9:00 A.M. until 2:00 P.M. Feel free to call! **Or... Send us an e-mail at**

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