



Winter 2007

# Goshin News

## Goshin Karate & Judo Academy

6245 E. Bell Road #120 Scottsdale AZ. 85254 \* 480-951-2236

www.GoshinKarate.com - GoshinKarate@cox.net

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



### Cherish Your Children

Abductors look for lonely, sad children who need a friend. Make time for your children. Be affectionate and loving so that they don't need this from somebody else.



**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**



## "Perfect Practice Makes Perfect" - How to make Practice Count

Practice makes perfect - or so the saying goes. Or is it... perfect practice makes perfect? But how do you help organize your child's practice to keep them interested and motivated? After all, poorly structured practice time could do more harm than good. There are ways that you can help make the most out of their practice time.

### Top Tips

- Practice should be a regular part of your child's daily routine. Good times may be when they get home from school before homework or before school. Do your Kata's, brush your teeth, go to bed.
- Don't push young children into long practice sessions - five or ten minutes will probably be enough.
- It helps if you work with them and encourage them as they practice, especially with younger children.
- Don't make practice a punishment, or your child may start to see it as a chore.

- We recommend a practice book (A Karate Note Book) to fill in, with comments on whether they have enjoyed a particular technique, or found a exercise challenging. This encourages the student to be involved and reflect on their motivation and progress.
- Encourage your child to practice slowly and to take difficult moves apart to try and find out what the difficulty is. Things don't get better by just doing the move over and over again with the same errors.

Help your child with a practice plan to include:- Warming-up - Working on current Belt Standards but don't forget to review the other DVD's they have practiced - Any new material they have been assigned - they should try to master any challenging techniques first - Encourage them to end with some moves that they enjoy doing.

### "Whaddya Say?"

"Matthew has become a well rounded kid—intelligent, smart, respectful and friendly. He has good self-control and has been very patient practicing his moves in order to be promoted to his blue belt. He is so proud of his promotion and so are his parents."

- Mr. Torres

"It has given David self-confidence and a sense of accomplishment that his hard work pays off. You do a great job. Very encouraging."

- Lisa Wodecki

"Karate has helped Katie with her focus and listening skills. Continue talking about respect, 911 and other

### Recent Parents Comments

topics. Everyone is very positive with our daughter and the other kids. Just keep doing what your doing."

- Stacey Akhbari

"Alexis likes the discipline and learning things her siblings don't know. Keep her going."

- Cathy Triplett

"It helps Jacob be more responsible and disciplined about home and school work. The flexibility in the schedule is great. It allows us to take classes at so many different times. It is also great to see the leadership team and have the opportunity for other children to be part of the leadership team."

- Gretchen McGill



### On Improvement...

*Everyone knows that practice is vital to improving and maintaining the standard of playing an instrument or learning Karate. In the early stages, young adults are encouraged to practice as much as they can, though how much they do depends on the time they have available – oh yes, and how well motivated or self-disciplined they are!*

### Home Rule of the Month

**Children will always be respectful of their parent, 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 committing violent crimes against others 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

## “Sensei Says” . . . . Mr. Boggs



### Kata's What are they for?

**Kata's are an important element in traditional karate but why do we learn & practice them?**

Every time you test you may wonder why you have to learn a new Kata. It is important to realize that they were not designed for belt testing. Kata's were used by past karate masters to record self defense techniques that could be used against the most common attacks.

**Hidden Treasures** - Kata is a treasure trove of self defense techniques. All of the moves in any Kata have meaning and most can be used in a variety of ways, some more obvious than others.

Kata moves are designed to be

used against all forms of attack. Each move or sequence could be capable of ending a fight by itself.

For Example, the first two moves in Pinan 2 (Nidan) could be used to apply a shoulder lock to take your opponent to the ground. Pinan 3 (Sandán) includes a number of throwing techniques and chokes appear in both Pinan 4 (Yondan) and Pinan 5 (Godan)

**By any other name** - The name given to various moves within a Kata may be up to interpretation. Because some of the more dangerous and brutal techniques were changed or renamed when karate was first introduced to the Japanese school children in the early 20th century in order to make the art more acceptable. What may now look like a high block was maybe a strike to the opponent's neck or even their throat. This is why it can be difficult to establish the true meaning behind some of the move's.

When you are practicing your Kata's, try to imagine how you could use each technique against an opponent. For example, could a particular block be used as a strike?

Gichin Funakoshi, the founder of Shotokan Karate, was made to practice the same Kata for years and years by his teacher to ensure that he learned all the fighting applications or bunkai. One of Funakoshi's students, Hironoshi Otsuka said that Tekki 1 (Shodan) which is our Pinan 2 was a deep Kata that would take more than a lifetime to master because there are so many techniques and principles to be practiced.

#### Where to start?

Your first step towards mastering your Kata is to practice them often as you can to make sure that you remember all the moves. You can then move on to learning the applications for the different techniques and the principles that support them.

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



**The Thanksgiving Break is Scheduled.**

**We will be closed Wednesday, November 22, 2007 through Saturday November 24th. We will re-open Monday the 26th.**



**The Winter Break is set for December 23 - January 2nd**

**Feel free to make up these classes.**

## “Dragon Tale” - The Cracked



A water bearer in India had two large pots, each hung on the ends of a pole, which he carried across his neck.

One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water. At the end of the long walk from the stream to the house, the cracked pot arrived only half full.

For a full two years this went on daily, with the bearer delivering only one and a half pots full of water to his house.

Of course, the perfect pot was proud of its accomplishments, perfect for which it was made. But the poor cracked pot was ashamed of its own imperfection

and miserable that it was able to accomplish only half of what it had been made to do.

After 2 yrs of what it perceived to be a bitter failure, it spoke to the water bearer one day by the stream. 'I am ashamed of myself, and I want to apologize to you. I have been able to deliver only half my load because this crack in my side causes water to leak out all the way back to your house. Because of my flaws, you have to do all of this work, and you don't get full value from your efforts,' the pot said.

The bearer said to the pot, 'Did you notice that there were flowers only on your side of the path, but not on the other pot's side?

That's because I have always known about your flaw, and I planted flower seeds your side of the path, and every day while we walk back, you've watered them.

For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house.

**Moral:** Each of us has our own unique flaws. We're all cracked pots, but it's the cracks and flaws we each have that make our lives together so very interesting and rewarding. You've just got to take each person for what they are, and look for the good in them.

## 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!**