

# Kickin'

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## Be A Compassionate Person!


By Joseph Galea

**C**ompassion means caring about the needs of others. Feeling sorry for someone should be only part of your compassion. When you are compassionate you are also willing to take action to help others. Real martial artists are compassionate and will put others' needs before their own interests. Ask yourself the following list of questions to determine if you are a compassionate person.

- Do you donate money to help others in need?
- Do you volunteer time to help others in need?
- Do you spend time with others when they are lonely?
- Do you stand for others who cannot stand for themselves?
  - Do you offer your chair/seat to someone who is standing because all chairs/seats have been taken?
  - Are you concerned about others' feelings before your own?
  - Do you invite others to step in front of you when waiting in line?
  - Do you "go the extra mile" for others even when they don't expect your extra effort?
  - Would you save someone if he or she was in danger?

If you answered "Yes" to these questions, then you are a compassionate person. Compassionate people always do more than expected by those they help. Being generous and kind "behind the scenes" makes you an extremely compassionate person. The best part about being a compassionate person is the feeling that you will experience as a result of your unselfish actions.

Being compassionate is also fun. Bake cookies for a sick friend. Draw a picture for an elderly person to brighten his or her day. Invite a new person at school or work to your home for a social gathering. These are just a few examples of combining compassion with fun. Your Black Belt challenge is to create and do some of your own.

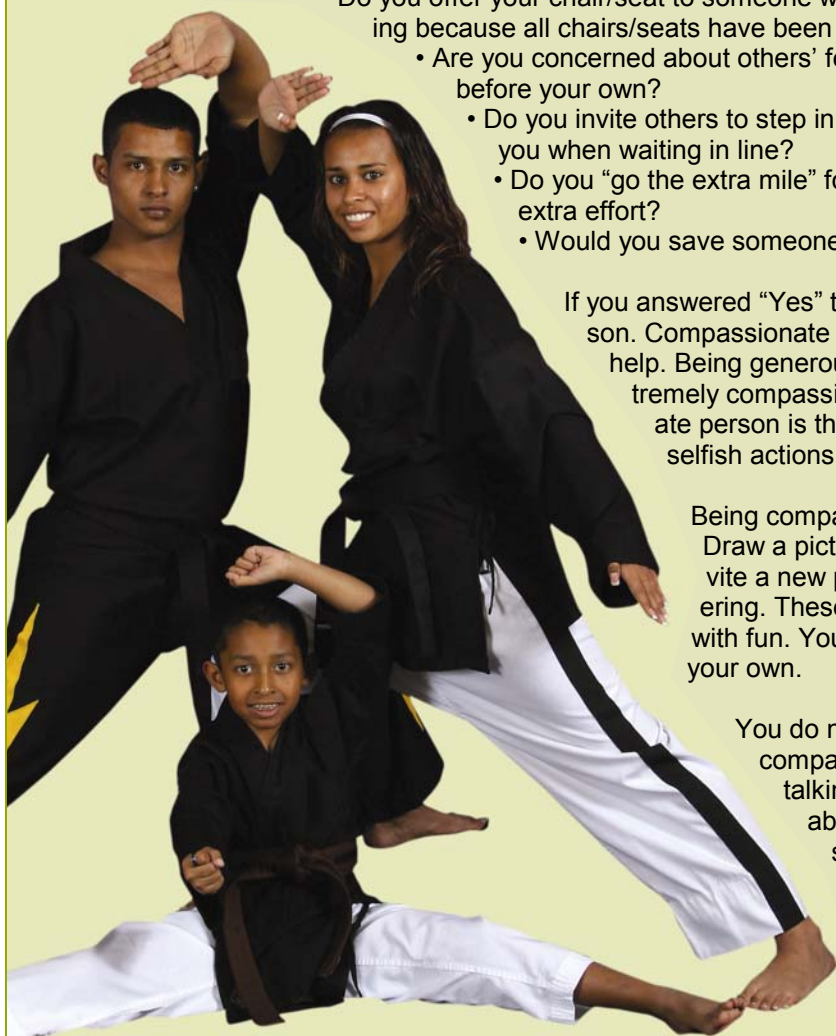
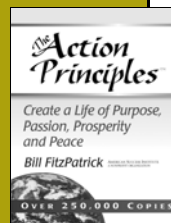
You do not need to donate much of your money or time to be compassionate. Simply sharing a smile with someone and not talking about others behind their backs show that you care about others' feelings. If you want others to be compassionate towards you, then you must be compassionate to others. If everyone would show more compassion every day, then the world would be an even better place in which to live. 

## action principles

### Accept Hard Work

Great accomplishments are the results of hard work. Be prepared to endure temporary hardship. At times, the work will be hard to do and you would prefer doing an easier task. Be enthusiastic when you work and you will reduce boredom. Commit yourself to hard work and be glad you aren't lazy.

*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](http://www.mastersuccess.com).*



## Martial Arts Success Stories

# personal Profiles



Congratulations to long time Sealy Karate Student, Michael Beckmann. Michael has been training with us for 6 years and is one of our candidates getting ready for Black Belt. Michael is a dedicated & athletic student with lots of determination. You will see Michael re-doing each of his belt levels as part of his 16 week cycle, maybe he'll join your class? Be sure to encourage Michael and all our candidates as they work towards their Black Belt.

**We're cheering for you Michael!**

# Healthkick

*Being Average Is Not Healthy Enough*

By Jennifer G. Galea MS RD

**A**ll the studies and all the data they produce prove that the health habits of the average adult are much below average. Simply put, having average health habits are unhealthy habits. When you consider four of the primary adult health goals—diet, weight, exercise and sleep—the average adult doesn't even come closer to achieving the recommendations for each.

In terms of diet, the average amount of calcium adults receive from dairy products or other appropriate calcium sources is significantly below needs, across all age groups and genders. The recommendation for vegetables is to eat at least three servings per day, or a combination of fruits and vegetables five times per day. Average adults do not limit saturated fat and avoid trans-fats as much as they should. Most adults (and children) consume too many high-calorie/ nutrient-poor beverages.

The average adult is also overweight, which increase his or her risk for chronic diseases, such as heart disease and diabetes. Lifestyle and a lack of exercise are also negative contributors. The current recommendation for adult exercise is at least 30 minutes per day, at least five days per week; but, only a dedicated few ever exercise that much. Adults need seven to eight hours of sleep a night—every night—but lifestyle choices and the assumed need to squeeze more activities into a single day are negatively affecting adults' work performance and human relationships.



You stop being average when you only strive for excellence. Your martial arts training teaches you to be outstanding, and to use your high standards to set your goals, not the average, mediocre standards of too many adults.

Start with small changes, add new ones, regularly, and remain focused and committed. Decrease your consumption of unhealthy foods or food types. Substitute healthier food choices and eat high-calorie or high-fat foods only as a treat rather than as a staple. Exercise more or more frequently. As you continue to add new changes gradually, while maintaining those that have become good habits, you will move past "average," quickly whiz by "above average" and cruise into "excellence," permanently, which is the goal of every Black Belt.

## Kickin' Kids Korner



Welcome to Kickin Kids, the mind-boggling, brain-teasing section of Kid's Zone. If you score: 9 or more, you are a Grandmaster; 7 or 8, a Master; 6, an Advanced Student; 5, an Intermediate Student; 4, a Beginner Student; 3, do 10 sit-ups; 2, do 10 push-ups; 1, do 10 sit-ups and 10 push-ups.

**Martial Arts Code-Breaking: Each code letter below represents another letter. Guess them all and you break the code! Each time the code letter appears in the text it will represent the same decoded letter. Hints: Each code has a key (the relationship between the code and decoded letters). Observe punctuation. Work on short words .rst.**

**Example: L Z Q S H Z K Z Q S R H R F Q D Z S**  
**Solution: M A R T I A L A R T S I S G R E A T**

The code letter is two letters AFTER the decoded letter in the alphabet, (L = N, H = J, etc.)

**"QWT ITGCVGUV INQTA KU PQVKP P**  
**GXGT HCNKPI**

**DWV KP TKUKPI GXGTA VKOG YG HCNN"**

**-EQPHWEKWU**

## Ask Shihan

Well another school year is upon us and we are welcoming back many students as well as saying goodbye to some others.

Sealy karate turns 19 years old September 3rd and we are starting to see the fruits of our many years in Guelph. We have a student named Dominic Blunn who is the son of Jason Blunn. I taught Jason 19 years ago when he was 13 years old. Now he has brought his son in to train with us. I have a picture of Jason grading to Yellow belt on Jan 16, 1992. Sensei Kaitlin had just been born 3 days earlier. Now she is leaving for school to pursue her acting career in Toronto after dedicating so much of herself to this school. She truly has been the inspiration for me to strive for CANI Constant And Never Ending Improvement in the dojo.

Raising a child who is so much better than I was at her age is truly the greatest accomplishment of my life but having a dojo full of so many quality people who have both been effected by our teaching and have in turn effected so many other people as well ranks right up there.

This has been a tremendous ride that has helped me grow as a person - and the ride continues.

## Student Accomplishments

Please join us in welcoming Beth Ayres as our new Program Director. Beth will be looking after student inquiries, sign-up/renewals, the after school program, the leadership program and assisting Sensei Dan at Guelph Montessori. Welcome aboard Beth.

We wish good luck to Sensei Kaitlin, Sensei Brittney & Sempei Jason who will be heading off to school, we will miss the energy and knowledge that they have shared with us.

Welcome back Sensei Steven who was off this summer working in construction.

Also good luck to Sophie Skoufis who has decided to head back to school to pursue her Masters in Business. Karate was a motivating factor in Sophie's decision to further her education. We're rooting for you Sophie!

Way to go Mark Gemmill & Michael Beckman who have both started their runs for the 16 week cycle & had times of less than 21 min. Keep it up & you'll pass Geoff Ireland's 5 km time of 18 min. 13 sec.

## Student News & Regular Reminders

### New Students

Welcome to new students:

Anthony Salamone,  
Julia Rozanski,  
Desmond Gilmour,  
Caden Harnum,  
Joseph Todd,  
Jessica Todd,  
Daniel Clark,  
Owen Robinson,  
Juliana Sodtke,  
Paige Sodtke,  
Sydney Austin,  
Henry Gusarovas,  
Jai Cunsolo Willox,  
Damiano Dickie

### Birthdays

Dakota Penhorwood-5th,  
Victoria Bell-7th,  
Julian Plater-9th,  
Madelyn Culham-11th,  
Agatha Nowakowski-14th,  
Kate Fitzpatrick-14th,  
Joshua Fitchett-17th,  
Sarah Kinchlea-20th,  
Blair Curtis-21st,  
Ethan Culham-25th,  
Joseph Freeman-28th,  
Kirsten Figliuzzi-29th,  
Deborah Briggs-30th,  
Austin Cameron-30th.

**Happy Birthday All!**

### New BBM's

Kevin Bizjak  
Trish Wilkinson

### Advantages of being a Black Belt Member?

Did you know that Black Belt Members receive purchase discounts as well as the opportunity to attend extra classes for sparring, bo, weapons & kata. Ask Sensei Dan for more details on how you can become a

**Black Belt member.**

### Student of the Month

Blair Curtis  
Ethan Bizjak  
Isaac Pilgrim  
Liam Sharpe  
Bronwyn Gemmill  
Declan Gemmill  
David Ku  
Michael Beckmann

**Congratulations!**

### Shiai - October 23rd

The last of this years' in-school Shiai's will be held on October 23rd at 11:00. All students should attend and bring family and friends. We encourage FUN and COMPETITION for all levels. There will be ribbons and trophies for all divisions. Come on out and show off your talents.

# September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
BBM Legend 1. = BBM Class 2. = Tutorial			1	2	3	4
5 1. Nunchucks 2. Creative Kicks	6 CLOSED	7	8	9	10	11
12 1. Bo 2. Nunchucks	13	14	15	16 Grading 7pm Tutorial 6:15 AAA 5:30 FREE Self Defense Class-8 pm	17	18
19 1. Grappling 2. Bo	20	21	22	23	24	25
26 1. Sparring/Stick Sparring 2. Grappling	27	28	29	30		

## Sealy Karate Schedule

Effective Sept. 7, 2010	(A)	(A)	(B)	(B)	(B)	(A)
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Takeo Tigers				4:00-4:30	6:00-6:30	10:30-11:00
White Belts	4:45-5:30	6:15-7:00	4:45-5:30	6:00-6:45	6:30-7:15	11:00-11:45
Yellow Belts	4:45-5:30	6:15-7:00	4:45-5:30	6:00-6:45	6:30-7:15	11:00-11:45
Orange Belts	4:45-5:30	6:15-7:00	4:45-5:30	6:00-6:45	6:30-7:15	11:00-11:45
Green Belts	6:30-7:15	4:45-5:30	6:45-7:30	4:30-5:15	5:15-6:00	11:45-12:30
Green Advanced Belts	6:30-7:15	4:45-5:30	6:45-7:30	4:30-5:15	5:15-6:00	11:45-12:30
Purple Belts	6:30-7:15	4:45-5:30	6:45-7:30	4:30-5:15	5:15-6:00	11:45-12:30
Blue Belts	6:30-7:15	4:45-5:30	6:45-7:30	4:30-5:15	5:15-6:00	11:45-12:30
Brown - Black Belts all ages	5:30-6:30	7:00-8:00	5:30-6:45	6:45-8:00	4:00-5:15	9:30-10:30
Adult Classes	12:00-1:00	8:00-9:00	12:00-1:00	8:00-9:00	12:00-1:00	9:30-10:30
					A-B class	
	8:00-9:00		8:00-9:00		4:00-5:15	
BBM Class	7:30-8:00	5:30-6:15	11:30-12:00	12:00-12:30		
			7:30-8:00	5:15-6:00		
BBM Tutorial	4:15-4:35	4:15-4:35	4:15-4:35			
	7:15-7:30					
Kickboxing					7:15-8:30	