

December 2009 Newsletter

Hello I hope that this December 2009 newsletter finds you in good health and happy spirits. It has been a great fall and I hope that you are ready for the holiday season this year. I am really excited about the Dojo at this time of year a, it is such a pleasant time to train. Everyone is busy, the energy is always on an all-time high and I really enjoy being around my students at this time of the joyous time of the year.

Holiday Shopping

November 28, 2009

Kings park Dojo 10% OFF sale o everything i n the Dojo...The gi ft that makes sense...use it al l ye ar l ong. Don't f orget t he D ojo ha s some G REAT gi fts for t he holidays. It is an awesome time to get a new gi, grappling gloves a new pair of profession bag or boxing gloves or just a new Dojo tee shirt or sweatshirt.

The century Holiday catalog has some really nice gift ideas too.

New website

Hello after about 6 years we have a BRAND NEW WEBSITE
nokado.com

Check it out

Kan No Mei

Only immature technicians use the physical eye. This is the eye of strategy and clever tricks. They can not move with their spirit, they can only chop with their ego. For the physical technique is a game. The physical eye is in a hurry, it can only enjoy the victory. Why can't people understand that the meaning of victory is no conflict. The meaning of no conflict is no separation. The physical eye can not see the truth of Satori.

Training in Budo is the study of reality, of life and death, and the pursuit if spiritual strength and which to face this reality. The truth of reality can not be faced by a heart which is filled with questions of victory and defeat. When the objective of training is to win, a sports consciousness is developed. It becomes a game not reality. There must be rules to protect the contestants and the outcome decides nothing. the only questions asked in competition are , who is the strongest according to the rules , whose technique ids the fasted according to the rules . You will never know your true self through competition for you will only know your true reaction, only your strategy. Standing on the edge of absolute punishment when the only answer ids life or death, the reaction, therefore the result is completely different. Unhampered by rules, where the only consideration is survival, the very weak can become very strong, and the very strong may lose their power in fear

Aikido

And the harmony of nature

Mitsugi Saotome

Calendar

November 28...Holiday sale ...10% off 12 to 4 PM...Kings Park Dojo
December 12....First day of Hanukkah
December 21...First day of winter
December 24, 25, 26, 27....Christmas Holiday Dojo closed
December 31, January 1, 2, 3...New years Holiday ...Dojo closed
January 7...Adult test ...Kings Park Dojo 6:30 PM
January 18...Martin Luther King Day...Dojo closed
January 21 ...Dan level test ...Kings Park Dojo ...6:30 PM
January 23... Black belt test ...Kings Park Dojo...10 AM
January 30 ...Jr. Black belt test ...Commack Dojo

The meaning of the belt

At Nokado School of Self defense each belt has a special meaning

White belt, the white belt signifies **Purity**. Like when the snow falls and no one has touched it is pure and clean.

Yellow belt, the yellow belt represents the **Sun**, a new day

Orange belt, the orange belt is the **Seed** that we plant in the ground

Green belt, the green belt is the **blossom** of the seed

Blue belt, the blue belt represents the **ocean** and the dangers beneath it.

Brown belt, the brown belt is the **autumn** of our training, like in the fall when the leaves on the tree turn brown and fall from the branch the tree grows

Black belt, the black belt means **First man or First woman**

Live your life by these words

I CAN
I WILL
I MUST

I have a GREAT holiday
Always in the spirit
God Bless
Soke O.