

## Hokori

For the warrior the teachings of the specialized techniques of the Ryu held the balance of life and death. It gave him confidence for he was privileged to practice techniques and strategies which had already been tested and proven in battle. Given a practical training method that had been handed down by the Masters of the school, he devoted his time to the continuous severe training. He perfected his reflexes, seeking the freedom of a liberated body which could meet the situation spontaneously without the binding chains of ego and thought. The Ryu was not only the study of fighting techniques. It was an educational process in which the Martial virtues of self sacrifice, and courtesy, confidence and courage discipline and patience. The warrior sought to refine his spirit by practicing Martial virtues as set forth by the founder of the Ryu, for the master was believed to have been given divine insight into the ways of life and death. Daily training was Shugyo helping top purify and cleanse the body, mind and spirit.

Within each Ryu there were closely guarded secret strategies, techniques and teachings which passed on only to a few of the most trusted and honorable warriors. For these secrets could fall into the hands of the enemy and that could mean almost certain defeat. The ultimate teachings were only hinted to most and few who witnessed the elegant to were in battle lived to describe it. Clothed in secrecy, legends developed around those who were said to have attained this mysterious power.

Aikido

And the harmony of nature

Mitsugi Saotome

## Calendar

November 11...Veterans Day...Dojo closed

November 26, 27, 28, 29...Thanks Giving Holiday....Dojo closed

November 30...Staff meeting...Kings Park Dojo ...7:340 PM

December 3...Adult test...Kings Park Dojo...6:30

December 17...Dan level exam...Kings Park Dojo ...6:30PM

December 19...Jr. Black belt test ...Kings Park Dojo ...10 AM

December 24, 25...Christmas Holiday...Dojo closed

December 31, January 1...New years ...Dojo closed

January 14...Black belt test...Northport Dojo ...6:30PM

January 18...Martin Luther King Day....Dojo closed

January 9...Jr. Black Belt test ...Commack Dojo...10 AM

January 25...Staff Meeting...Kings park Dojo...7:30 PM

January 30....

## Snow

I know that it is early but I wanted to just touch base about the winter season at the Dojo...By 12 noon we will make a decision whether we will be closed if it is

snowing. The general rule of thumb is that if school is closed then the dojo will be closed. Sometimes it snows heavily in the morning then it stops the roads clear and everything is fine, that is very hard to predict, so I promise I will do my best to make the proper choice. If the roads are slippery then there is no sense in taking a chance and sliding on the ice or snow. Don't forget it is not only the early class that we are concerned about, the later class leaves when it is dark and the roads are more treacherous.

## Fighting in the Dojo

All of the instructors and assistant instructors in the dojo are doing the absolute BEST job that they can while Sinboning a match.( refereeing).We take all of the precautions that we can to make the fighting experience in the Dojo a learning and educational one for your child. Grappling is a one on one practice that is invaluable for you and the child that is participating. It teaches us how not to get hurt in a REAL fight in School, work or on the street... Occasional a student will get bumped or bruised. In the 30 years that the Nokado School of Self defense has been open there has NEVER been a serious injury in the DOJO.I appreciate your faith in us .Remember all students are required to wear a protective mouthpiece, and the males a groin cup.

## Bringing Friends

The best way to Nokado and your Sensei that you like the Dojo is to bring a friend or relative. I wanted to remind you to let the instructors and staff know when you bring a guest because if they SIGN up in our regular JIU JITSU program that YOU receive a FREE month of lessons. If you bring 2 people that sign up you get a FREE NOKADO jacket for the second person. For the third person get another FREE month or a PRIVATE lesson ...for the 4<sup>th</sup> person you bring in that signs up you get NEW FIGHTING gear...and if you get 5 people to sign up in ONE YEAR ....you get a FREE YEAR of lessons...All friends and guests must fill out a registration form for the dojo.

## From the Sword and the Mind

“The final state of any discipline is where you forget what you have learned, discard your mind, and accomplish whatever you set out to do without being aware of it yourself. You begin by learning and reach the point where learning does not exist”

Always in the spirit  
God bless

Soke O.