

# **April newsletter 2010**

Hello,

I hope our April 2010 newsletter finds you in good health and happy spirits. I am hopeful that all the snow is gone and that we can enjoy a great spring, sunny skies and green lawns. March was a GREAT month at the Nokado School of Self Defense I want to personally congratulate all the new Black belts at the Dojo.

**John Baca**

**Bryan Perino**

**Jack Ryan**

**Keith Allocco**

**Alexandra Nastasi**

**And our Jr. Ni Dans**

**Jackie Thorne**

**Caitlyn Passaro**

**TJ Passaro**

**Katie Wong and**

**Ross Piskorz**

**Be like Water**

**Practical wisdom from the Martial Arts**

**Joseph Carillo**

**Resolution**



## Feeling the rhythm

Today, I will be present to people of my life and the various rhythms they employ

as they work towards their aspirations

Today, I will be present to openings as they appear in the rhythms of others,

and use those patterns to respond appropriately.

Today, I will look for opportunities to enter the rhythms of those with whom I am in

conflict with and redirect them toward more peaceful patterns.

Today, I will look for opportunities to open myself to the rhythms of those whom I am intimate,

feeling safe inviting them in even closer, and basking in the rapture of our mutual happiness.

Today, I will follow the rhythm of my joy.

Finding your range - Expanding your comfort zones - Those who attain the Tao...

Can jump into fire, Without being burned, Walk upon reality, As if it were a void.

And travel on a void, As if it were reality, They can be home, Wherever they are.....

*T'u Lung*

## Calendar

March 11...Black Belt test...6:30 PM....Kings Park Dojo

March 13...Jr. Ni Dan Test....10 AM...Dojo to be Kings Park Dojo

March 20...Children's test ...Kings Park Dojo

**April 2,3,4,5 ...Easter Dojo Closed**

April 10...Adam Levine book signing in the Kings park Dojo 12 PM

**April 26...Staff meeting in the Kings Park Dojo at 7:30**

April 29....Ni Dan San, Dan test....Kings Park Dojo 6:30 PM

May 6...Adult Kyu Level exam...Kings Park Dojo 6:30 PM

May 8...Jr. Black belt test ...Kings Park Dojo ...10 AM

May 22...Jr. Black belt test ...Commack Dojo ...10 AM

**May 30...Memorial Day ...Dojo closed**

June 10...Adult Black belt test ...Kings Park Dojo...6:30 PM

June 12...Jr. Black belt test ...Kings Park Dojo...10 AM

July 5 to the 9<sup>th</sup> ...Summer camp ...Kings Park Dojo 9:30 AM to 3 PM

July 15<sup>th</sup>...Black belt test...Dojo to be determined

August 12...Dan Level test ...Kings Park Dojo...6:30 PM

All dates are tentative

## [Help kids develop healthy habits](#)

### **Parents set the example**

If we as parents were to receive a report card for keeping our children healthy, many of us would get failing grades. Currently, nearly one third of children between the ages of 2 and 19 are overweight or obese. Carrying extra weight is hard on a child's body and mind. It raises the risk of heart disease, diabetes, excess fat in the liver and orthopedic problems. Plus there is a psychological effect: Kids simply want to fit and need their peer's acceptance.

### **To improve your report card**



Clean up your won act. Children learn what they live, and you're the teacher. A family that eats healthfully and exercises together can grow old together.

Retool how you cook Emphasize fruits and vegetables, lean cuts of meat and low fat diary.

### **Avoid "portion Disaster"**

It's not only what your kids eat, but how much they eat that counts. Don't push extra helpings. Teach them to eat until they are satisfied, not uncomfortable full.

Limit sedentary down time. Our bodies not just our thumbs are mad for movement. Play, catch take a walk, or go for a swim. The options are limitless.

By Dr. Tedd Mitchell

## **Grappling class**

April 30 2010

Commack Dojo

Anyone that trains in the adult class is welcome to attend

### **Adam Levine**

Just a note that Adam Levine, 4<sup>th</sup> degree Black Belt and captain of the Demonstration team has written a book called "Knights in the Reign of Hellfire", it is terrific book and a quick read. We will be having a book signing at the Kings Park dojo on April 10<sup>th</sup> at 12 noon...bring your camera to get a picture of you and the author."

Have a great month

Always in the spirit

God bless

Soke O.