



# Midwest Martial Arts Newsletter



Newsletter of the Southwind Shorin-ryu Organization

## August-September 2014

### Exclusive Women's Self-Defense Course

On August 8<sup>th</sup>, the Women's Self-Defense Course began its fall session at Midwest Martial Arts. Orientation was provided by Mr. Moore and guest speakers Officer Evan Friedrichs and Officer Charles Wilson of the Topeka Police Department. The class members are meeting at 7:00 Friday evenings beginning September 8<sup>th</sup> after the classical karate classes have dismissed. Watch for announcements of new introductory sessions for this class.

### Welcome, New Students and Parents!

It takes a lot of guts just to walk through the doors of Midwest Martial Arts. Remember how shy you were the first time to stepped into the room and out onto that big floor in your bare feet. Remind yourself of how much courage our new students must have to begin training.

Be sure to introduce yourself to new students and parents. Shake hands. Tell them your name. Ask their names. Compliment them on something. Anything: "Love your shirt." It's not hard. Show leadership. People will want to be friends with you.

### Website = Training Resource

If you haven't tried using the website, now is a good time to start. Several new features have been added over the last year including flashcards for learning Japanese terms. Check out the front page to see whether you are in the new introductory video. Scan the QR code at left into your smart phone to find the Midwest Martial Arts website.



Your News Center  
for  
*Midwest Martial Arts*

### *Black Belt Club* *Theme for August* **Positive Self-Discipline**



"Until the fence is fixed, we're going to rely on self-discipline."

**It doesn't work on cows.  
But we're not cows.**

### *Black Belt Club* *Theme for September*

### **Positive Self-Dimension**

**"Karate training helps to end a dualistic way of life in which a person is separated by lack of commitment from the world around him"**

Osensei Shoshin Nagamine

**"No man is an island."**

John Donne

Check out our website at <http://SouthwindShorinryu.org>