



Midwest Martial Arts Newsletter



Newsletter of the Southwind Shorin-ryu Organization

October 2014

Positive Self-Projection



The Black Belt Club theme for October is always Positive Self-projection. If you walk into the do-jo, and Mr. Moore is not busy with a student, he will often acknowledge you and wave at you across the room. That is positive self-projection. When beginners come to their first class, Mr.

Moore often has all the instructors and members line up and introduce ourselves to each beginner individually. He is helping us practice positive self-projection. Always remember that you can **project yourself positively** by listening carefully to people and by encouraging them. And always be cautious that you can **project yourself negatively** by complaining and criticizing.

Vision



The Leadership Club theme for October is always Vision. When we first enroll in classes, Mr. Moore tells us to name our goals for our training and even to write them down. He expects us to do the same when we apply for membership to the Black

Belt Club and the Leadership Club. Midwest Martial arts is a goal-driven school because we are taught to have vision for ourselves and because the instructors have vision for us, too.

Your News Center
for
Midwest Martial Arts

Halloween Ninja Night

October 11th

7:00 - Midnight

*Fun!
Pizza!
Movies!*



*Open to members age 5-12
and guests*

See Mr. Moore for details.

Website = Training Resource

Now is a good time to check out the newest material on the website. Mr.

Moore has recently made videos of the basic bok-ken (wooden sword) positions and the formal sword (木劍) kata as well. There are also 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.

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