



Midwest Martial Arts Newsletter



Newsletter of the Southwind Shorin-ryu Organization

Welcome to the December 2014 Newsletter!

A Tournament Reflection

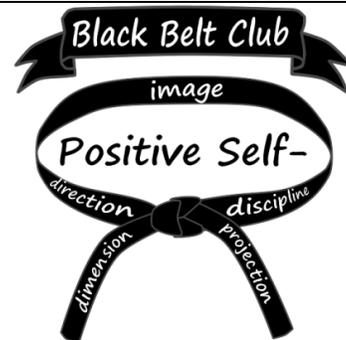
Our members represented Midwest Martial Arts in all three events and in every age group at the Shawnee County Parks and Recreation **34rd Annual Karate Spectacular** on Saturday, December 6. We were unable to compile a table of results for each competitor, because every black belt in attendance was needed to officiate. We can truthfully state that every one of our members did well and that we are very proud of everyone who participated.

Instead of our traditional table of results, we might take a moment to reflect on the deeper purpose of competition. Everyone loves to finish well, and a first-place finish at a tournament can leave you feeling high for several days or weeks. But every competitor takes away more from a tournament than a first-place trophy.

It is often said that a single tournament is worth a month of training. You receive tips from other instructors. You observe styles from other schools and individuals. Most importantly, you undergo stress conditioning. Perhaps nothing in life is more stressful than combat. Most of us will never use our karate in combat, but we can still prepare for combat by introducing stress. Competition is the most effective way to introduce stress in a training situation.

It is also said that learning a martial art without stress training is like learning to swim without water. Our members who compete at tournaments have experienced the highest form of stress—short of real combat. Congratulations to all our participants. You have gained more benefit than any belt or diploma or trophy can ever express.

Your News Center
for
Midwest Martial Arts



During December, Black Belt Club members reflect on themes 6-10:

6. Positive Self-image
7. Positive Self-direction
8. Positive Self-discipline
9. Positive Self-dimension
10. Positive Self-projection



During this month, Leadership Club members reflect on themes 6-10:

6. Confidence
7. Approachability
8. Adaptability
9. Compassion
10. Vision

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