



# Midwest Martial Arts Newsletter



Newsletter of the Southwind Shorin-ryu Organization

## Welcome to the November 2014 Newsletter!

### 34<sup>rd</sup> Annual Karate Spectacular

Shawnee County Parks and Recreation has announced the **34<sup>rd</sup> Annual Karate Spectacular** to be held at the Central Park Community Center on Saturday, December 6. This is an "Open Tournament" which means that all styles may participate. All students ranked Brown Belt and below are eligible to compete. Competition is held in weapons, empty-hand kata, and sparring. With a flat entry fee of \$20, this is the most affordable tournament in the area. We hope that as many students as possible take advantage of this opportunity to compete, to observe other schools, and to receive help and encouragement from other instructors.



Your News Center  
for  
*Midwest Martial Arts*

### Topeka Parks and Rec Karate Spectacular Details

**DATE:** Sat., Dec 6,  
2014

**LOCATION:** Central Park  
Community  
Center  
1534 SW Clay  
Topeka, KS

**CHECK-IN:** 9:00 a.m.

**BEGINS:** 11:00 a.m.

**FEE:** \$20.00

**SPECTATORS:** \$3 Adults  
\$2 Youth

### Expressing Gratitude

In 1863, President Abraham Lincoln began the tradition of proclaiming a day of Thanksgiving during November. Many other countries around the world observe similar expressions of gratitude.



Labor Thanksgiving Day in Japan is celebrated during November and is a modern version of *Niname-sai* (新嘗祭) which is an ancient celebration of hard work.

The desire to express gratitude seems to be universal among human beings. When you say "thank you" in English or "arigato" in Japanese or in any other language, you are projecting yourself positively. You are making someone feel good. You are behaving like a true winner.



During November the Black Belt Club members reflect on the first five chapters of *The Psychology of Winning*

- Positive Self-Awareness**
- Positive Self-Esteem**
- Positive Self-Control**
- Positive Self-Meditation**
- Positive Self-Expectancy**

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