



Midwest Martial Arts Newsletter



Newsletter of the Southwind Shorin-ryu Organization

Welcome to the February 2015 Newsletter

Let's Talk about Love

For centuries, many cultures have designated a month of late winter as a time for love. In the northern hemisphere, that month is February. With a little reflection, we realize that love is more than a bond between two people. It is a behavior. It is a way of treating people we live with, work with, and train with.

During February, Mr. Moore encourages us all to reflect on how we show love. How do we show love to our parents, our grandparents, our neighbors, even our classmates and co-workers?

Love is not something we feel. Feelings come and go. Love is something that we do. Love is knocking on someone's door and offering help. Love is visiting with someone and running and errand.

How many ways can we show love?

What is Self-Esteem?

The Black Belt Club reading for this month is the chapter titled "Positive Self-Esteem" from *The Psychology of Winning* by Dr. Denis Waitley.

Our instructors surprise students with the question, "What is Self-Esteem?" Silence often follows. Self-esteem is, very simply, **your opinion of yourself.**

Say these three things to yourself every day.

- I am awesome!
- People depend on me!
- I am improving myself and the world around me.



Your News Center
for
Midwest Martial Arts

Gift Cards

Watch for the gift cards Mr. Moore is distributing in class. These are beautiful cards based on seasonal themes. They are absolutely FREE! You can give them to your friends to invite them to try karate classes FREE!

See Mr. Moore for details.

Website News!

We are currently filming new videos for the self-defense tricks on the website. Check in on the site to brush up on the tricks.

Scan the QRCode below to find the website on your tablet or smartphone



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