



Midwest Martial Arts Newsletter



Newsletter of the Southwind Shorin-ryu Organization

Welcome to the SPRING 2015 Newsletter

How Can I Stay Physically Fit?

As the end of the school term nears, our activities will change. Some of us will become MORE active with a summer job, or camp, or a yard project. On the other hand, most of us will become LESS active because the Gym teacher is not making us run and jump and play sports every day.

Even people with significant disabilities that require the use of a cane or wheel chair must find ways to get plenty of exercise. Most of us are lucky enough to have the use of our legs and arms.

Summer is the time to make up your own games with your friends. Most made-up games can be dangerous, so BE CAREFUL!!!

Five ways to stay physically fit this summer:

1. Invent weird games with your friends.
2. Run errands on your bike.
3. Take on extra chores at home.
4. Help neighbors with yard work and housework.
5. Exercise pets for neighbors and friends.

Physical Fitness Test in June

Members of the Black Belt Club will be meeting at Lake Shawnee on **June 14th** for the annual Physical Fitness test. This is the time of year, we measure progress on our most strenuous physical fitness activities: push-ups, sit-ups, wall-sit, range-of-motion, and . . . everybody's favorite . . . THE TWO-MILE RUN!!!

If you have doubts about the importance of physical fitness or the relevance of the two-mile run, rent and watch the movie *Red Belt*. Early in the movie, one of the students loses a sparring match during a belt test. He explains to his instructor, "I got tired." The instructor says, "What's the rule about getting tired?" The student answers, "Don't get tired."

"Don't get tired" means "DON'T GIVE UP." Staying physically fit provides you with the best chance to NEVER GIVE UP!

Your News Center

for

Midwest Martial Arts

Discount Cards

Watch for summer discount cards on the table by the door.

You can give them to your friends to invite them to try karate classes at amazing discount rates!

See Mr. Moore for details.

Website News!

Training videos are working again! Many people had trouble viewing the training videos because of some outdated coding. The videos now play much more quickly and reliably with some new html5 code. If you have trouble with the website, tell Mr. Miller or Mr. Moore. Scan the QRCode below to find the website on your tablet or smartphone



The link to our training videos is the black button in the footer of the site with the Japanese characters.

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