



# Midwest Martial Arts Newsletter



Newsletter of the Southwind Shorin-ryu Organization

## Welcome to the Spring 2016 Newsletter

### St. Jude Children's Hospital Benefit Karate Tournament

The St. Jude Karate Tournament on March 19 was lightly attended but hosted some of the finest kumite matches to be seen at student tournaments. Midwest Martial Arts instructors officiated in many matches and saw excellent sportsmanship and very skilled technique. A young, intermediate-level competitor named James Beine who trains with Mr. and Mrs. Smith's kickboxing school near Carbondale fought several rounds with advanced students and performed extremely well.

Midwest Martial Arts was represented by three members who did very well. The results are as follows:

NAME	AGE	RANK	EVENT	PLACE
Laron Kinmon	18-34	Brown	Weapons	1 <sup>st</sup>
Laron Kinmon	18-34	Brown	Kata	1 <sup>st</sup>
Laron Kinmon	18-34	Brown	Kumite	1 <sup>st</sup>
Fred Miller	35-54	Black	Weapons	3 <sup>rd</sup>
Fred Miller	35-54	Black	Kumite	2 <sup>nd</sup>
Eric Webb	35-54	Black	Weapons	3 <sup>rd</sup>
Eric Webb	35-54	Black	Kata	3 <sup>rd</sup>
Eric Webb	35-54	Black	Kumite	1 <sup>st</sup>

### What is Faith?

Our Leadership/Masters club members might answer this question a little bit differently from most people. During March, our members read and reflect on the chapter titled "Faith" from Building Leaders the West Point Way by Major General Joseph Franklin.

In addition to the obvious religious context of faith, General Franklin stresses the importance of faith in the people around you. Your leaders have faith in you, and you have faith in your fellow members.

Whenever an instructor asks you to lead an exercise, step up to the job and have faith in yourself; others will see your confidence and place trust in you.

*Faith* also means confidence. Take every opportunity to build confidence in yourself and in others. The website has a guided meditation on building confidence. You can access this free guided meditation by clicking on the "Guided Meditations" link in the sidebar.

Your News Center  
for  
*Midwest Martial Arts*

#### Black Belt Club Themes

- MARCH: Positive Self-Control
- APRIL: Positive Self-Motivation
- MAY: Positive Self-Expectancy

#### Website News

The new website <http://midwestma.com> is for interested students who are considering either karate training or women's self-defense training.

The website <http://southwindshorinryu.org> is now restricted to enrolled members. Many of you have already registered as users. The entire family can use the same registration e-mail and password. If you have any problems with the website, see Mr. Moore or Mr. Miller. Use the QR Code below to find the website on your tablet or smart phone.



You can now access the training videos through a link at the top of the sidebar.

Enrolled students check out the website at <http://SouthwindShorinryu.org>