



THE

KIA!!

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The Okinawan Karate-Do Academy
Newsletter

Lesson of the Month Service

Extending time and
effort to help others.



Birthdays:

4/10

Matthew Lieb

4/20

Wendy Duncan-

Hewitt

4/27

Alysia Lockhart

4/28

Eliana Hudson

4/29

Morgan Raskin



Losing One's Temper Brings On Problems.....

THERE WAS A BOY WITH A BAD TEMPER. HIS FATHER GAVE HIM A BAG OF NAILS AND TOLD HIM THAT EVERY TIME HE LOST HIS TEMPER, TO HAMMER A NAIL IN THE BACK FENCE. THE FIRST DAY THE BOY HAD DRIVEN 37 NAILS INTO THE FENCE. THEN IT GRADUALLY DWINDLED DOWN. HE DISCOVERED IT WAS EASIER TO HOLD HIS TEMPER THAN TO DRIVE THOSE NAILS INTO THE FENCE.

FINALLY THE DAY CAME WHEN THE BOY DIDN'T LOSE HIS TEMPER AT ALL. HE TOLD HIS FATHER ABOUT IT AND THE FATHER SUGGESTED THAT THE BOY NOW PULL OUT ONE NAIL FOR EACH DAY THAT HE WAS ABLE TO HOLD HIS TEMPER. THE DAYS PASSED AND THE YOUNG BOY WAS FINALLY ABLE TO TELL HIS FATHER THAT ALL THE NAILS WERE GONE. THE FATHER TOOK HIS SON BY THE HAND AND LED HIM TO THE FENCE.

"YOU HAVE DONE WELL, MY SON, BUT LOOK AT THE HOLES IN THE FENCE. THE FENCE WILL NEVER BE THE SAME. WHEN YOU SAY THINGS IN ANGER, THEY LEAVE A SCAR JUST LIKE THIS ONE. YOU CAN PUT A KNIFE IN A MAN AND DRAW IT OUT, IT WON'T MATTER HOW MANY TIMES YOU SAY 'I'M SORRY,' THE WOUND IS STILL THERE. A VERBAL WOUND IS AS BAD AS A PHYSICAL ONE."

[HTTP://WWW.FARIBORZ.COM/TEMPER.HTM](http://www.fariborz.com/temper.htm)

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www.OKDAOnline.com

STUDENT OF THE MONTH

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NAME: FARRAKHAN MUHAMMAD
PET'S NAME: DOJO
FAVORITE FOOD: GRAPES, ORANGES, FRIES
FAVORITE SUBJECT: SPELLING
FAVORITE KATA: PINAN NIDAN
SHORT TERM GOAL: TO WIN 2 TROPHIES
AND 3 METALS.
I WANT TO BE...A HOTEL OWNER.



NAME: EMMANUEL PRICE
PET'S NAME: NONE
FAVORITE FOOD: STEAK
FAVORITE SUBJECT: MATH
FAVORITE KATA: CHINTO
SHORT TERM GOAL: TO KNOW ALL I NEED
TO KNOW
I WANT TO BE...A DOCTOR/PRO FOOTBALL
OR BASEKTBALL PLAYER

KEY POINTS TO REMEMBER WHEN PRACTICING KATA

THERE ARE FOUR STEPS TO FOLLOW AS YOU LEARN A NEW KATA:

- * LEARN THE SCHEMATICS OF THE FORM (THE BASIC MOVES AND THE PATTERN OF MOVEMENT)
- * LEARN THE PROPER PACE OF THE FORM
- * LEARN TO DO THE FORM WITHOUT THINKING
- * BECOME ONE WITH THE KATA (MAKE IT YOUR OWN)

THE FOLLOWING ARE THE SIX ESSENTIAL ELEMENTS OF EVERY KATA:

- * EYES (ALWAYS LOOK BEFORE YOU MOVE IN A NEW DIRECTION, LOOK WITH INTENSITY)
- * PACE (EVERY KATA HAS A RHYTHM TO BE FOLLOWED)
- * BREATHING (INHALE AND EXHALE IN THE APPROPRIATE PLACES)
- * TECHNIQUE (CRISP CLEAN FORM IS THE BACKBONE OF A GOOD KATA AND SHOULD NOT BE SACRIFICED FOR SPEED OR STRENGTH)
- * FOCUS (CONCENTRATE FULLY ON THE KATA, USE EXPANSION AND CONTRACTION IN THE APPROPRIATE PLACES)
- * KIAI (IT SHOULD COME FROM THE BELLY NOT THE THROAT AND MUST BE DONE WITH INTENSITY)