

TRIANGLE FAMILY KARATE



News Letter

Summer II - 2010

Issue 15

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Summer -2 Session Starts
The week of July 19th
Sign up early

Your questions and feedback
are always welcome

Respectfully yours,
Richard Sparacino
Instructor -2nd Dan

Welcome

Welcome to our Summer-2 2010 Newsletter, the 15th since we've started holding classes in January of 2008. As always you are encouraged to make Karate a family affair, practice at home with your children, and discuss / share these newsletters with them as you deem appropriate.

Past newsletters can be viewed at:
TriangleFamilyKarate.com/Articles.htm

Introduction

Participating in a martial art such as Karate has many benefits for your child. Among these are increased confidence, better self-control, patience, agility, and yes, self defense skills (both physical and verbal). But whether and when your child uses these skills, and how effective they are can vary widely with the situation.

Let's take a look at two general areas where you as a parent will need to give your child guidance. One of these concerns altercations with other children, such as in a school yard or bullying situation, and the other involves adults.

Children Bullying Children

Most parents will agree that it is important that children learn how and when to defend themselves.

When my own children were young, I gave them five simple rules:

1. Never start a fight!
2. Never fight over words ("sticks and stones may break my bones, but names will never hurt me")
3. Never fight if there is an adult close enough to intervene (in school, ...)
4. If you can avoid / walk away from a fight, Do It!
5. If somebody came after them and a fight was unavoidable, defend yourself, and I will back you up!

Each of you should give your child "your rules and beliefs" on when they should defend themselves. They are likely getting conflicting guidance from various sources, and you should be the definitive and overriding source.

Keep in mind that in many areas, schools have implemented and are communicating "Zero Tolerance" policies, where whoever fights, regardless of who started it, is punished. This fact might influence your thinking since in many cases the victim winds up being punished as well as the bully (I would argue that this being the case, your child might as well defend themselves).

Children and Adult Situations

Let's face it, most adults can overpower a child almost any given day. There is no way the child can

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fight the brute strength of an adult. This isn't to say there aren't any self-defense techniques the child should learn. The best thing a child can have going for them is a protective parent who teaches more than just the common "don't talk to strangers" rule.

Parents should set up a password that only you, your spouse and your child know. Make it clear to your child that he or she should never leave with anyone who doesn't know this password. When you decide on the word, make it one that would have no bearing on your everyday lives (hard for someone to guess).

In the event an older child or adult grabs your son or daughter, there are a few techniques that may help them

get attention or even escape. At a minimum, parents need to teach their children to yell NO - STOP and continue to yell. Yelling makes people aware of the fact that something is not right and that they should take note of the situation and intervene. Teaching this may seem a little foreign to many parents. There is a fine line between being polite and respectful to an adult, and knowing when to back away and say no to unwanted attention or touch

There are also a few maneuvers you can practice with your child when and if you feel it is appropriate. One is to pick them up in a bear hug from both the front and/or the back. At the first grab the child should begin yelling for all he or she is worth. As the yelling is going on, have them start kicking their feet.

The flailing feet can be very painful if a good solid strike is made to the groin. Also have them move their head back and forth in an attempt to hit the assailants face. Busted lips and bleeding noses are painful as well as psychologically daunting to an attacker.

In other situations, a good kick to the knees, feet, or toes can will slow the "bad guy" down and allow the child to escape. One of the most important things a parent needs to make clear to the child is to run away and put as much distance as possible between them and their assailant once they become free.

Lastly, strikes to the eyes and throat of an assailant should always be a part of any self-defense discussion you have with your child.

Some Karate Words of Wisdom to Ponder

"Wear your rank in your heart, and not around your waist."

"From white belt to black belt you shape the tool, at black belt you start to learn how to use it."

"A black belt is not a symbol of the end of the journey; but a mark that one is done packing for their journey – one that can never be complete, only traveled."

"To win a hundred victories in a hundred battles is not the highest skill. To subdue the adversary without fighting is"

"The ultimate aim of Karate lies not in victory or defeat, but in the perfection of the character of its participants."



July / August Class Schedule

July							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1 4:45-5:45 7-12 yrs	2 4:45-5:45 4-6 yrs 6:00-7:00 7-12 yrs	3	
4	5	6	7	8	9	10	
NO CLASSES THIS WEEK							
11	12	13	14	15	16	17	
<u>Belt / Stripe Testing</u>		5:30-7:00 Advanced 7-12 yrs 7:15 -8:15 ADULT CLASS	4:00-4:45 3-4 yrs 4:45-5:45 4-6 yrs	4:45-5:45 7-12 yrs	4:45-5:45 4-6 yrs 6:00-7:00 7-12 yrs		
18	19	20	20	22	23	24	
<u>NEW SESSION BEGINS</u>		5:30-7:00 Advanced 7-12 yrs 7:15 -8:15 ADULT CLASS	4:00-4:45 3-4 yrs 4:45-5:45 4-6 yrs	4:45-5:45 7-12 yrs	4:45-5:45 4-6 yrs 6:00-7:00 7-12 yrs		
25	26	27	28	29	30	31	
		5:30-7:00 Advanced 7-12 yrs 7:15 -8:15 ADULT CLASS	4:00-4:45 3-4 yrs 4:45-5:45 4-6 yrs	4:45-5:45 7-12 yrs	4:45-5:45 4-6 yrs 6:00-7:00 7-12 yrs		

August							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2	3	4	5	6	7	
		5:30-7:00 Advanced 7-12 yrs 7:15 -8:15 ADULT CLASS	4:00-4:45 3-4 yrs 4:45-5:45 4-6 yrs	4:45-5:45 7-12 yrs	4:45-5:45 4-6 yrs 6:00-7:00 7-12 yrs		
8	9	10	11	12	13	14	
		5:30-7:00 Advanced 7-12 yrs 7:15 -8:15 ADULT CLASS	4:00-4:45 3-4 yrs 4:45-5:45 4-6 yrs	4:45-5:45 7-12 yrs	4:45-5:45 4-6 yrs 6:00-7:00 7-12 yrs		
15	16	17	18	19	20	21	
		5:30-7:00 Advanced 7-12 yrs 7:15 -8:15 ADULT CLASS	4:00-4:45 3-4 yrs 4:45-5:45 4-6 yrs	4:45-5:45 7-12 yrs	4:45-5:45 4-6 yrs 6:00-7:00 7-12 yrs		
22	23	24	25	26	27	28	
		5:30-7:00 Advanced 7-12 yrs 7:15 -8:15 ADULT CLASS	4:00-4:45 3-4 yrs 4:45-5:45 4-6 yrs	4:45-5:45 7-12 yrs	4:45-5:45 4-6 yrs 6:00-7:00 7-12 yrs		
<u>Belt / Stripe Testing</u>		31 5:30-7:00 Advanced 7-12 yrs 7:15 -8:15 ADULT CLASS	Sep-01 4:00-4:45 3-4 yrs 4:45-5:45 4-6 yrs	Sep-02 4:45-5:45 7-12 yrs	Sep-03 4:45-5:45 4-6 yrs 6:00-7:00 7-12 yrs	Sep-04	

