

Zen Letter #2  
November 22, 2008

"Knowing is not enough, we must apply. Willing is not enough, we must do." - Bruce Lee

Hello everybody! I hope this mail finds you content and well. As I write this, it is Saturday evening. Today was a very special day to me, my Karate Master was in Hagerstown and I got to spend a few hours with him. His name is Master Paul Wood and he is an 8th degree black belt. He earned his 8th dan, (degree), in 1987. I can not even begin to explain my respect for this man. All six of my Black Belt stripes came from him. Master Wood is a US Marine and a retired Police Chief of Hagerstown. He has promoted over 100 Black Belts over the years. These are my Martial brothers and sisters. He, (in his 60s), still jogs over 2 and 1/2 miles every day and still practices his karate techniques faithfully. There was a time that he could punch through almost 6 feet of concrete. Just so everyone knows, he is Zen Dragons' Grandfather teacher. Without this man Zen Dragon School of Martial Arts would not exist. There is something else I feel is important to write. Never once did I give any less than 100% of myself to his teachings. To this day, I am a faithful student to my teacher. There were times I did not understand why he would do something. There were and are times when I really do not understand the "whys" of some things. There are even some things that I still do not really understand....but I have and will always be loyal and dependable to Master Wood. I KNOW that his guidance has made me a stronger, more confident person. I also know that he is not perfect....but he does his best. He has done very, very, well for himself. Master Wood could have stopped working a loong time ago and lived comfortably for the rest of his life. He chose to keep working, because of his bushido mentality, I am sure. Now, you might be wondering, "Where is all of this going?". Well, I feel it is my obligation and Honor to fully explain many aspects of these wonderful Arts to you. The Arts that you or your child are involved in are very special indeed. This is so much more than a sport, it is a way of life. We are always students who never stop learning. There are few sports where one has a 40 or 50 year coach. Mastery over life, if Mastery over ones self. Every job is a self portrait of the person who does it. Thank you Master Wood for all that you have done in my life, I look forward to the next 30 years with you. Oos!

"We all have dreams, but in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort." - Jesse Owens

Okay, now on to Zen Dragon NEWS and UPDATES!!!

1) First of all, the Time changes we made in Novermer worked like a charm. Tiny Dragong move to 4:15 fits perfect on Tue. SO- here is what is next. I am going to move Tiny Dragons class, (starting in December), from Saturday mornings to Thursday at 4:15, also. That will make it Tuesday and Thursday from 4:15 to 5:15. This will give many families the weekend off. So again, Tiny Dragons will be on Tue. and Thur. from 4:15 to 5:15 starting in December.

2) Golden Tigers will move on Saturdays. It will now be from 11:00 to 12:15 Saturday mornings. GOLDEN TIGERS is a class for Green belts and above for students over 7 years old. It will teach weapon forms, katas, Padded weapen sparring, Self defense techniques, Grappling techniques, Joint Locks, Sparring, as well as History, tradition, and Phylosophy. This is a wonderful "add on" class for the students looking for that little something extra in their training. I have Great fun teaching this class. I also will do my best to divide the class into both rooms and keep it "age" and "level" appropriate. There is a slight increase in tuition with Golden Tigers (ask Heidi for details.) I will write more on this class in a later letter.

3) Now from 12:15 to 1:30 is ALL BELT & ALL AGE CLASS (December also). This is something that I have talked to with my top Instructors and we are all in agreement, this is going to be marvelous. Zen Dragons Saturday class schedule will be more streamlined and effective.

4) BLACK FRIDAY SALE is THIS Friday at the dojo (Nov. 28th). We are having our first ever BIG sale off many, many, items in time for Christmas. 10% to 20% to 30% savings. People MUST BE PRESENT to enjoy the sale. The times are from 5pm to 7pm at the dojo. Do Not Miss It!!!! Ask Heidi or Sara for details or write me back. Mark it down.

Well, that is it for now. I suggest you print this out and read it again so that it all makes sense. It is a lot to take in. Again it is a pleasure to write these "Zen Letters". Please, write me back with any questions or just to say "got it." My E-door is always open to you. Stay Strong and always keep it real.  
Peace and Zen to you all, David Bowers Owner/Founder of Zen Dragon School of Martial Arts

"To affect the quality of the day, that is the highest quality of the day." - Henry D. Thoreau