

Zen Letter #3
December 12, 2008

"Always keep your mind as bright & clear as the vast sky, the highest peak, & the deepest ocean, empty of all limiting thoughts."~Morihei Ueshiba, founder of Aikido....he also said, - "The purpose of training is to tighten up the slack, toughen the body, & polish the spirit."

Hello everybody! This is the 3rd letter I have written to the friends, families and students of Zen Dragon School of martial Arts. If you did not get the other two, and would like a copy, please let me know. I hope and pray that this letter finds you well. I have a lot of things to say, so I will get right to the points:

1) There will be a "Chess Night" in the dojo on December 19th from 5pm to 7pm. If you would like to come to this "intro to Chess" night, please do. I am very excited to play chess with the students. If you do not know how to play chess, I will be teaching the "How to play", on this night. If you have a chess board, please bring it. Bring a pillow to lay or sit on. Bring a notebook if you want to. Any student can attend that can play or is really willing to learn. ANY level of skill is okay. This will be a fun time for all.

2) We have a contest going on in the dojo.....Bring in a person to try class- If they join, you will get 40 dojo dollars(\$). That means, any thing in the catalogs- you get \$40 off. Bring in two people from different families....That is a total of \$80 dojo dollars- 3 is \$120, etc., etc. This does many things. First, it keeps fresh faces in the dojo (this is good). Second, It gets you FREE STUFF! Third, it really shows your pride in the School.

3) BONUS CONTEST: If you get 4 people to join, from 4 different families in a 40 day period- you win \$160 Dojo Dollars AND \$200 CASH. (please read it again) ~ Everybody knows 4 people who could benefit from the Martial Arts, they are amazing. YOU can do it,so get going!

4) Starting in January, ADVANCED BELTS - BLUE and above will start working on KAMAS. (martial art weapon). GREEN BELTS, have complete sparring gear and a BO (5'staff). This is very important, so get your gear and weapons now. <weapons MUST be respected and not misused in or out of the dojo>

5) Parents, please take an active role in your child's Martial Arts. Ask questions and take pride in their accomplishments. Show them that you care about your investment and their growth. It will make them more confident if you give them the compliments they so deserve. Encourage their training at home. We have wonderful training equipment for solo practiceor even help them by holding a target. The students who have support usually seem to excel and are happy kids all around. This is a good thing.

6) Never be too busy to come and watch your kids, husband, or wife train. Martial Arts are something that a person can do the rest of their lives. It keeps a person healthy in mind, body, and spirit. It sharpens the senses as well as quickens the reflexes. It builds lasting confidence. It teaches a person to set and achieve goals on a regular basis. It can even be a way to make a good living. I said this before, my parents STILL come to see me work out and train and I am always tickled to see them. They have been doing this for over 30 years.

Okay, so for now I am going to cut the letter off. There is LOTS more to talk about. I hope you are printing and saving these letters to go back on later. If you are not, please do. The more you show yourself or your kids the discipline required to excel in the Martial Arts, the more it becomes solid and habit. Make sure you talk over the contents of this letter with your family and your fellow students. Be positive with your actions and move unbending toward your goals. Parents, YOU are in charge of your childs future. Students, only YOU can make a better you. Stay Strong!

"What a man or woman thinks of their self, that is which determines, or rather indicates, their fate." - Henry Thoreau