

# maFastbreaks

A MEMBER NEWSLETTER FROM MARTIAL ARTS INDUSTRY ASSOCIATION

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## Be a RESPECTED World Class Winner

I recently sent an e-mail to a well-known martial artist about a project we are doing together. I like working with him, not because he is a former Olympian, but because he is usually prepared, courteous, prompt and respectful, and he's not afraid to say he doesn't know something. I remember being surprised when I first met him, because he was quiet and humble compared to other "big names." When his name is mentioned, I always say how nice he is and how easy he is to work with, but I had never told him.

I thought now was the time, so I quickly typed how much I enjoyed working with him and how he is a positive role-model to so many. Before I sent it, a co-worker came in and saw his project and related a similar tale of how she feels guilty if she can't get right back to him, because he is so well-mannered and courteous. He asks questions and listens instead of bellowing demands and power. I quickly

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## Annual SELF-DEFENSE Check-up

Summer is such a wonderful time of year no matter where you live. People go outside more and enjoy evening outings. Guess who else loves the warmer weather? Criminals love to use this time of year to exercise their nefarious skills. Below are a few self-defense reminders. How many more can you remember? Why not make a self-defense refresher course an annual summer event? Don't forget to invite a friend to join you.

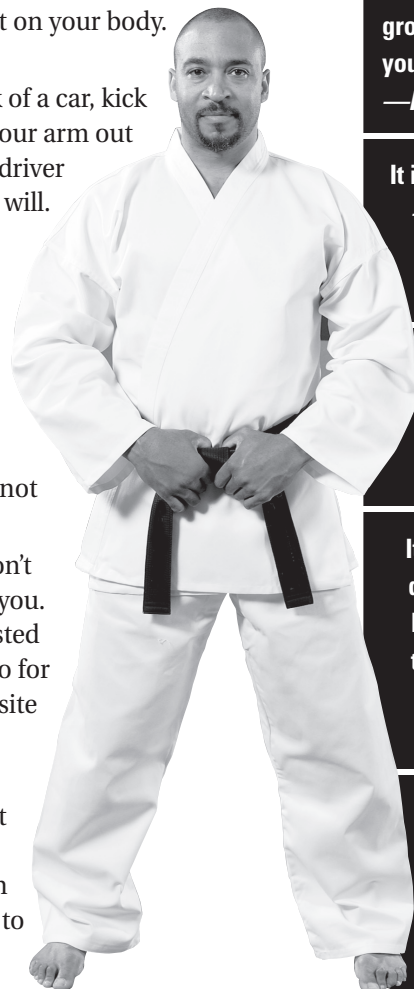
The elbow is the strongest point on your body. If you are close enough, use it!

If you are thrown into the trunk of a car, kick out the back tail lights and stick your arm out the hole and wave like crazy. The driver won't see you, but everybody else will.

If you believe someone is following you, turn around and look. Looking at a person, especially if you make eye contact, gives you important information about his or her appearance and intent. It also signals that you are alert and will not be an easy target.

If a thief asks for your wallet, don't hand it to him. Toss it away from you. The thief is probably more interested in your wallet than you and will go for the easy money. Run in the opposite direction!

When you get in your car, lock the door and drive away. Don't get in and do things like check your make-up or look through bags. An attacker can use this opportunity to



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### Quotes to Ponder

I had never cared about acceptance as much as I cared about respect.

—Jackie Robinson

Do you know what my favorite part of the game is? The opportunity to play.

—Mike Singletary

You've got to do your own growing, no matter how tall your grandfather was.

—Irish Proverb

It is the will that makes men

—success takes perseverance.

—Bruce Lee

The secret in education lies in respecting the student.

—Ralph Waldo Emerson

It is not enough to have great qualities, we should also have the management of them.

—Francois de La Rochefoucauld

Everybody has different problems, but everyone has some kind of problem.

—Justine Randal

# Annual Self-Defense Check-up

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get in the passenger side, put a gun to your head, and tell you where to go.

Before getting in your car, look in your car, at the passenger side floor and in the back seat.

Avoid using ATM's in isolated areas and don't display, carry or brag about large amounts of cash.

If someone grabs you, you might not be stronger, but you can be smarter. If you are grabbed from behind, around the waist, pinch the attacker either under the arm between the elbow and armpit or on the upper inner thigh—HARD! Try pinching yourself; it hurts!

Of course the usual common sense things still apply. Always be aware of your surroundings, take someone with you if you can, and if you see any odd behavior, don't dismiss it, go with your instincts. You may feel a little silly at the time, but you'd feel much worse if the guy really was trouble.

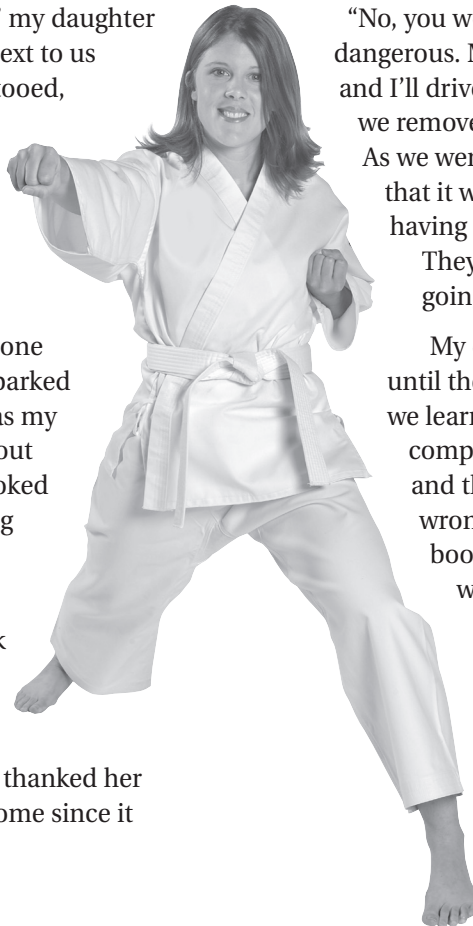


## Judge Any Book Covers Lately?

"Oh my, gosh! Where did she learn to drive?" my daughter yelled. A pick-up flew into the parking space next to us at the grocery store. Out hopped two loud, tattooed, body-pierced, young women with two kids. We would have liked to have driven away, but our car was dead. We looked at them and joked about how they would be the last people on earth to help us.

I tried to move every cable and wire to get the car to start, but it wouldn't spark at all. No one offered to help, not even the young man who parked directly in front of us. It was almost 9:00 p.m. as my two daughters and I sat in the car laughing about how at least we had groceries. I got out and looked under the hood again, hoping to see something different, when the women from the pick-up approached.

One woman was getting the kids in the truck when the driver came over to see if there was anything she could do to help. Yes, I felt ashamed, but the worse was yet to come. We tried to jump it, but it wouldn't turn over. I thanked her and told her we would just leave it and walk home since it was only two miles.



"No, you won't," she said. "It's too dark and dangerous. My sister can take the kids in the store and I'll drive you three home." Just then, before we removed the jumper cables, my car started. As we were collecting everything, I discovered that it was her sister's first night home after having served overseas for the past year.

They had stopped to buy flowers before going to their parents' house.

My daughters and I were very quiet until the younger one said, "Well, I guess we learned a lesson tonight. We always complain about people judging others and that is what we just did. Boy, were we wrong!" Perhaps old adages, like judging a book by its cover, stick around, because we still need to be reminded of those ageless lessons.

# Be a Respected World Class Winner

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added my co-worker's appreciative words to the email.

Children are taught to respect their parents and other family members at an early age, but then many encounter a stage where authority is questioned and acting respectful is "not cool." However, when children are surrounded by others who act respectfully, such as in a martial arts class where it is not only "cool," but rewarded, the earlier learning is reinforced. Earning new belts and progressing successfully in any martial arts style is based on more than physical skills and techniques. The student's mental and emotional attitude is also judged.

Showing respect is simple and is the foundation for most martial arts. The martial arts teach students to show respect to their instructors, schools, teachers, fellow students and authority figures, and that respect is then returned. All professions have a few self-imposing individuals who make a mockery of respect by being obnoxious, but they usually garner pity instead of respect. A truly respected person doesn't need to try so hard, because what comes from within outshines all the fake glitz. Shouldn't we all strive to earn the respect of those we come in contact with daily and be world class winners?





# ***Camp: Early Registration Extended***

Sport Sword for ages 6 - 10

NEW dates - June 20th - 22nd or July 18th - 20th • 1pm to 4pm

Early registration extend - Registration fee is \$99.99 • Limited spaces left.

Child Abduction Prevention for ages 6 and up

Dates: July 11th - 13th • 1pm to 4pm

Early registration extended - \$99.99 compared to \$149.99 for the late registration.

Space is limited.

Registration Forms are available at the front desk

**Black Belt College**

June 13th @ 7:45pm • Topic: changes to Palgwe 8

**Graduation Open House for Mr. Jack Mikkaite**

June 19th

1 - 5 pm

615 8th Street

All FMAC students are welcome.

**Baby Shower for Masters' Nicki & Erik Strabala**

June 25th

1 - 5 pm

615 8th Street

Flyer at front desk  
for more information.