



# IRON TIGER MARTIAL ARTS

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NEWSLETTER

April 2007



## The Power of Forgiveness



Webster's dictionary describes forgiveness as having the ability to pardon or stop being angry. The world would be very difficult to function in without the power of forgiveness. Forgiveness helps families come together during the holiday seasons, such as, Thanksgiving & Christmas. The gift of forgiveness helps us maintain the ability to move on with our lives thus reducing the need to look back in time at past problems. We are always at our best when we forgive. Without forgiveness a percentage of our thoughts are occupied with negativity. We can't push plans of success forward. If you conquer obstacles with a clear mind, success will always be near. You can improve your life immensely through practicing the art of forgiveness.

Are you a forgiving person? How would you respond to each of the following situations?

1. A friend accidentally spills his drink over your favorite pair of shoes. Would you:
  - a. Spill your drink over your friend in revenge?
  - b. Never speak to your friend again?
  - c. Forgive your friend because it was an accident and friendship is far more important than a pair of shoes?
  
2. You are told that one of your best friends has been saying untrue, mean things about you behind your back. Would you:
  - a. Say mean things about him or her?
  - b. Stop speaking to your friend?
  - c. Approach your friend and ask what is wrong?
  
3. Your brother blames you for making a mess in the kitchen, even though you were not home all day. Would you:
  - a. Hit your brother?
  - b. Refuse to help clean the kitchen because you know that it wasn't your mess?
  - c. Explain to your brother that you didn't make the mess, but offer to help him if he needs the help?

We all need to be a little more forgiving in life. Most problems are small ones & can always be overcome through the power of forgiveness. If you truly want to be a forgiving person in life, find it in your heart to forgive someone today for what they have done to you. It will reduce your stress and improve your life.



Do you have a birthday coming up? Celebrate it at your karate school. Everything is done for you on this special day.



**Happy Birthday to the following students:**

William Cytowicz 4/5

Steven & Melissa Staubitz 4/19

973-728-4900

What is the best way to practice martial arts?

In past years karate students showed their allegiance to the karate system they were practicing. Although this should remain true today; no martial arts system can truly claim themselves as a well rounded system until they have learned all ways to teach how to defend ones self. As a Master, I am told countless stories of young people, some as young as 15 years old, holding the rank of Master. I can assure you that no student can truly consider themselves a Master without mastering at least three of the five main ways of defending one's self. These are 1- Kata or form. These are patterns of movements put together to form a series of defensive movements. 2- Self defense, this is up close fighting where the student learns to lock joints, joint manipulate and attack pressure points to safely control an adversary. This is called Jujitsu. 3- Throwing- The art of throwing is unique and must be studied in unison with Jujitsu. 4- Grappling- learning how to defend yourself from the floor. 5- Sparring- to develop proficiently in offense and defense attacks. Counter-attacks through techniques like side stepping. There are a multitude of other areas of practice that must be present at all times when using your karate skills. Chi or one's internal energy should be developed to the point where a karate strike, block or joint lock is felt through your internal power when used. Without these skills & knowing how to perform or teach it, no one should be called master. Karate systems that have recognized the idea that one

method of training would not work in the real world, have taken steps to change the way to apply techniques in different situations. Some schools teach many ways of defense but at a basic level. This occurs time & again because of the limited expertise these schools offer. It is rare to find a school that offers a good workout, excellent technical skills, an explanation of skills, & a full system of punching, blocking, throwing, and grappling. All of these skills can be apply instantly given the situation you are in.

To be continued

## Announcements

**Iron Tiger Martial Arts summer camp registration has started. Camp will run from June 25th, to July 27th 2007. You can join for one day out of the week or the whole week. We have plenty of events from week to week, such as karate instructions, field trips, child safety courses, yoga, stretching and more. Every Friday is a pizza party. We start camp at 8:45 every morning and end at 3 P.M. The fee is \$37 a day. For more info please call us at 973-728-4900**

## Congratulations

to the following students whom with great effort & in the spirit of martial arts, passed their promotional exam with the rank of

### **Yellow Belt**

**Raymond Mistrangelo  
Joe Perry  
Joe Mantione**

### **Yellow Tip**

**Stacey Weaver  
David Campagna  
Oliver Kreil  
Alison Bos  
Arianna Bos  
Angelica Sacarona**

## UPCOMING EVENTS

- \*Womens' Self-Defense Seminar**
- \*How To Get Out Of A Ticket**
- \*Open House On Families In A Safe Environment**
- \* Iron Tiger Web-Site**
- \* Safety Classes**