

MAFAMONTHLY

September 2006

Martial Artists Respect Others

Some Lessons from
Confucius

By Ananya Bhattacharyya

Hundreds of years ago, there lived in China a great thinker by the name of Confucius. His thoughts have deeply influenced the way people live in China, Japan, Korea and other parts of East Asia, and have shaped the way in which the martial arts is practiced. He said, "Respect yourself and others will respect you," which is a valuable proverb for everyone, including, of course, martial artists. If in your heart you believe you are good, and you let this reveal itself through your actions, you will find that others will treat you well too.

And remember, not only should you respect yourself, you should also be gracious toward others. "Forget injuries, never forget kindness," Confucius said.

In many parts of Asia, the young are expected to be very courteous toward their parents, teachers, older brothers and sisters... and adults in general. In ancient times, the Chinese cupped one hand in the other before the chest as a salute. People in Japan still bow as a way of greeting one another. Depending on the occasion, the bow may be anything from a light nod to bending the upper body very low. If the person opposite you is of a higher social status than you, you are supposed to bow longer and deeper.

Of course, as a martial artist, you know all about bowing and practice it regularly at the dojo. But what other lessons can you learn about respect from Confucius that can make you a better person?

Firstly, you must not be arrogant. If you blow your own horn, chances are the people around you will not be too impressed or excited by it. Confucius said: "He who speaks without modesty will find it difficult to make his words good." In other words, it is smarter to let your actions speak instead of your words.



September Events at MAFA

- 9/4 Labor Day - School Closed
- 9/6 Board Breaking Day
(Buy your own board for \$1.75 each)
- 9/9 Belt Test
- 9/13 Promotions
- 9/15 BBC - Jool Bong 7:30 pm
- 9/16 Women's Free Crime Awareness and
Escape Tactics Seminar
- 9/19 Coach Day
(Parents join class to get involved)
- 9/25 Buddy Week
- 9/30 BBC - Staff 10:30 am

For more information and up-to-date information, please visit our website:
www.martialartfitnessacademy.com

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Martial Arts Respects Others

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Secondly, you must not let anger get the better of you, because in your rage you might do something that you regret later. "When anger rises, think of the consequences," he said, which is a great advice, since thinking about terrible consequences may quickly calm you down and make your anger disappear.

Thirdly, you shouldn't spend most of your time being critical of others. Instead you should examine yourself to see if you have any faults. When you do find something that is not right, you should try to make it right. "Make faithfulness and truth your masters... be not ashamed to mend your faults."

Wouldn't it be wonderful if we all did the right thing? Confucius said, "To put the world in order, we must first put the nation in order; to put the nation in order, we must first put the family in order; to put the family in order, we must first see to our personal life; we must first set our hearts right." So, if we set

our hearts right, the whole world can become a better place.



News & Information

September Events

Wednesday, September 6th
BOARD BREAKING DAY
 Buy your own board for
 \$1.74 each

Saturday, September 16th
**Women's Crime Awareness &
 Escape Tactics Seminar**

September 19th & 20th
COACH DAY
 Parents join the class
 and help coach your child!

September 25th - 29th
BUDDY WEEK
 Bring a buddy to class

Welcome Future Blackbelts

Aalap Diwanji
 Briahna Williams
 Jude Ellis

September Birthdays

9/3 Josef Dumais
 9/6 Gayle Oncog
 9/11 Brandon Yeh
 9/13 Audrey Garza
 9/13 Jason Vasquez
 9/18 Lauren Talictic
 9/20 Joshua Gerbrecht
 9/25 Katie Lewis
 9/29 Ritchie Booe



Spider-Man Shoes

For four days, Evan Thompson, an eight-year-old boy, was lost in the rough wilderness of Colorado, near Canon City—90 miles from Denver. Guess what saved him—footprints from his Spider-Man shoes! Searchers were able to follow the tracks left by his shoes and were able to locate him on May 30, five miles from where he was last spotted, in a place called Hole in the Wall Gulch. This had been his first camping trip.

Though 100 searchers with dogs and helicopters searched for him, four days passed before they finally found him. This was because the noise of the helicopters scared him and made

him hide inside a cave. He had eaten nothing since his last meal in the morning of May 27, though he did drink some water from a creek; so after his rescue he gobbled up some pizza and bananas.

Evan, who has returned to his home in Lakewood, said this incident will not stop him from going camping again, and we should all hope we can be as brave as him under such tough conditions.

Kid's Corner

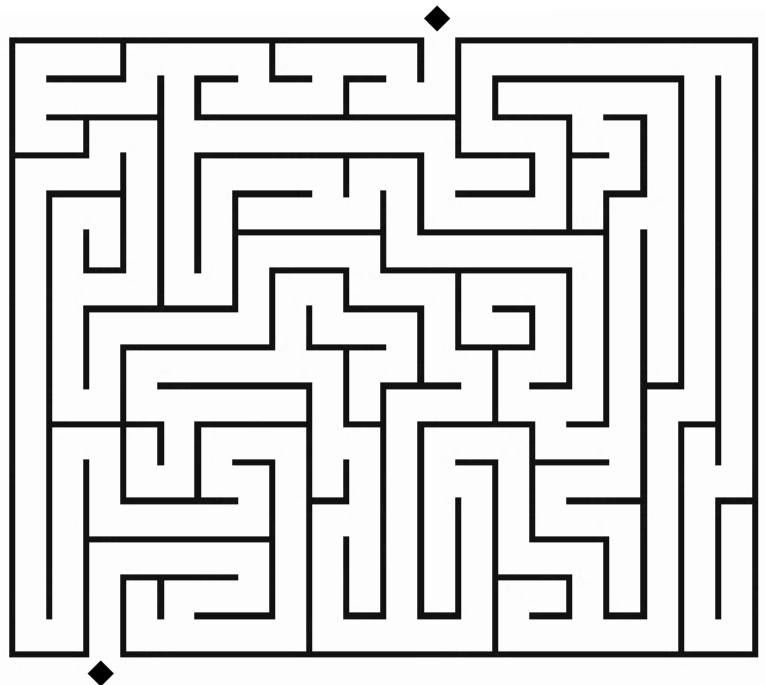
Unscramble the Words

Hint: These words are found in the stories above.

1. SPECRT _____
2. EAVRB _____
3. NDNESSIK _____
4. FONCUUSIC _____
5. JOOD _____
6. ATIRALM RSTIAT _____
7. OBW _____

The Maze

Can you find your way out?



September 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					1	2	
3	Labor Day No Classes	4	5	6 Board Breaking Day Buy your own board for \$1.75 ea.	7	8	9 Belt Test Children 10am Adults 11am
10	11	12	13 Promotions	14 Promotions	15 Black Belt Club (Bring Jool Bong) 7:30 pm BBC Members Only	16 Women's Seminar 11 am - 1 pm	
17	18	19 Coach Day Parents join class to help coach!	20 Coach Day Parents join class to help coach!	21	22	23	
24	25 Buddy Week	26 Buddy Week	27 Buddy Week	28 Buddy Week	29 Buddy Week	30 Black Belt Club (Bring Staff) 10:30 am BBC Members Only	