

# JULY 2006

## ARE YOU AS SMART AS A GOOSE?

1: As each goose flaps its wings it creates an “uplift” for the birds that follow. By flying in a “V” formation, the whole flock adds 71% greater flying range than if each bird flew alone.

Lesson: We can achieve our results quicker and easier because we are traveling on the thrust of one another. Martial Arts gives us the direction, focus, and ability to create our “uplift” of success.

2: When a goose falls out of formation, it suddenly feels the drag and resistance of flying alone. It quickly moves back into formation to take advantage of the lifting power of the bird immediately in front of it.

Lesson: If we have as much sense as a goose we stay in formation with those headed where we want to go. We should role model the success of others instead of trying to fly alone. We should make decision based on what works, not what we think is best.

3: When the lead goose tires, it rotates back into the formation and another goose flies to the point position.

Lesson: We can not do it alone. We have to build and rely on the support of our team. It pays to share the hard tasks and responsibilities. As with geese, people are interdependent on each other’s skills, capabilities and unique arrangements of gifts, talents or resources.

4: The geese flying in formation honk to encourage those up front to keep up their speed.

Lesson: We need to make sure honking is encouraging. In groups where there is encouragement the production is much greater. The power of encouragement (to standby one’s heart or core values and encourage the heart and core of others) is the quality of honking we seek.

5: When a goose gets sick, wounded, or shot down, two geese drop out of formation and follow it down to help and protect it. They stay with it until it dies or is able to fly again. Then, they launch out with another formation of catch up with the flock.

Lesson: If we have as much sense as geese, we will stand by each other in difficult times as well as when we are strong. We should show support in each other and follow the rules that make our dojo strong. We should encourage the success of our classmates and learn from their accomplishments. When we see one of our friends having trouble, we should be there to help get them back into formation.

## HALF-CIRCLE JU-JITSU

Study sheets for each belt rank in Half-Circle Ju-Jitsu (yellow, orange, blue, and green) are now available.

All who successfully complete each test will receive a beautiful Half-Circle Ju-Jitsu certificate (suitable for framing) and colorful patches for their uniforms.

Join the elite group of martial artists with rank in both karate and ju-jitsu.

Pick up your study sheet and sign-up for your belt review today !

### STUDENT OF THE MONTH

The student of the month for July is Lane Hammons. Lane started karate January of 2006. His parents are Ellen and Barry Hammons. Lane competed in his first tournament this past April and won two trophies. He always pays attention in class and makes new students feel welcome. We are proud to have Lane as a student. Keep up the good work. Congratulations Lane!

### MASTER MAX BISHOP

Master Bishop will be teaching Thursday and Saturday, July 13 and 15. He is an expert in ground fighting and also trained with Gene Labelle who is considered "the father of grappling".

Class time will remain the same on both days.

### Hall of Fame Tournament

The Hall of Fame Tournament is next month, August 4th and 5th in Gatlinburg, Tn. The last day to register is July 21, 2006. You must register on line. This year is the first year that all registration must be done before you arrive at the tournament. If you do not register on line at [www.ihof.us](http://www.ihof.us) you will not be able to compete.

Gatlinburg is a wonderful family vacation destination. There is so much to do that you could stay for a month and not get bored. They also have wonderful places to eat and great shows to see. Plan your vacation now and join in on the fun.

We are asking everyone that has sold any raffle tickets to return the money and ticket stubs to the office as soon as possible. Any unsold tickets need to be returned to the office

We want to thank everyone who helped sell tickets at Wal-Mart. We sold a total of 212 tickets when we were there.