

The Dojo Times

-February 2010-

FROM SENSEI

As you may have seen we have some new students at the academy. I would like to welcome **Lily and Derrick Welch** to the children's class. I would also like to welcome **Maureen Kirby, Karen Kay, Ken Ruff, Nick, Chris** to the adult Karate and Jujutsu programs.

In addition please welcome **Sensei Roberta Harvey**. Harvey Sensei is a Sandan (3rd degree blackbelt) awarded to her from another school. Believe it or not she has not trained in 7 years and is a welcome addition to the MacPhail Academy Black Belt class.

January kicked off with a great work out at Sensei Murphy's dojo, Uechi Ryu America in Randolph. It was a room full of blackbelts all working hard on kumite. In addition we learned some "Down Kumite" which combines Karate with some Nihon Jujutsu techniques. A lot of fun!

Our next *Hong Kong Association Work Out* is for "All Ranks" and will be held on our home turf here at The MacPhail Academy. I ask for everyone's support. The cost is \$10- and all proceeds go to support the Uechi Ryu Karate Association Hong Kong. The instructor that afternoon will be Sensei Steve Diorio. Steve is 6th Degree Black Belt and has trained in multiple martial arts. His focus will be on Kata.

Special **thank you** to Mr. Glenn Burchett for sharing his knowledge and experience in the style of Gracie Jiu-jitsu. We had an excellent turn out and look forward to his return. Until his return we have a lot to work out. Please look forward to a revised curriculum with added exercises...yep, it's gonna hurt!

UPCOMING EVENTS

- 1) **Feb 11th - 1-2-3...GO!** The classes will be every Thurs from 4:30-5:15. Cost is \$49 for all 4 classes-\$20 off for existing karate students and Club Ex members.
- 2) **Feb 13th - Crazy T-shirt Day!** In addition it will also be ***Crazy Hair Day!***...So do it up! Bring your coolest, funniest, most original t-shirt and then style or color your hair the craziest way you can...pics will be taken.
- 3) **Feb 20th - Uechi Hong Kong All Ranks Work Out:** the Academy will host Sensei Steve Diorio whose topic will be kata. Cost is \$10 and goes to support the UKAHK. *Guaranteed to be a good time!*
- 4) **Feb 27th - Fitness Challenge:** The academy will conduct the finals And determine who has exceeded their baseline numbers. Patches, awarded that day.

HEALTHY CORNER

Stretching! Stretching is a critical part of any exercise routine. As we grow and develop, certain muscles that we use every day require some maintenance. Exercising the muscle is NOT enough to take care of it. Stretching helps to lengthen the muscle fibers, prevent injury, and improve basic body movement. If you already stretch, hold the stretch a little longer, if you don't stretch at all, try adding one new stretch per week...you will feel better!

TEST YOUR KNOWLEDGE

When opening in Sanchin Kata we perform the first ___ movements of Sanchin.

The name of the Uechi master who traveled from Okinawa to China, studied Pan Gai Noon and later returned to Okinawa to teach his son was named _____ and his son was named _____.

When making a fist we martial artists know to close our fist _____ by _____. This is also the way we open our fist (T/F) -circle one-.

Definition

Karate-

Sensei-

Sempei-

Kiai-

Dachi-

IN CONCLUSION

By now you have seen the sign and the promotion that the MacPhail Academy is offering **3 free months** of karate or jujutsu to all Club Ex Members and parents of karate students. **NOW** is your chance to try what you always wanted to do, who knows, you just might like it. Thank you to those people who have taken advantage of the offer. You are all doing terrific!!!

Please answer the above questions for extra credit, then color the attached picture and we will hang it up for everyone to see.

Please visit the website as there will be regular additions and modifications to it...you may even see your picture. www.macphailacademy.com

See you in the dojo...

-Sensei

February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11 1-2-3...GO! 4:30-5:15PM	12	13 Crazy T-shirt & Hair Day! Sparring
14 Valentine's Day	15 President's Day Yes, there is class.	16	17	18 1-2-3...GO! 4:30-5:15PM	19	20 Uechi-Ryu Hong Kong Workout 1-2:30pm \$10 @ MacPhail Acad.
21	22	23	24	25 1-2-3...GO! 4:30-5:15PM	26	27 Fitness Challenge Test Patches awarded No Gear!
28	March 1	March 2	March 3	March 4 1-2-3...GO! 4:30-5:15PM	March 5	March 6

