

CHOP TALK

Bendell Karate Newsletter - Pueblo West, Florence and Pueblo Parks & Rec



Bendell Karate - This is Our Promise

Karate produces the finest product in the world. This product is people who are empowered, self-reliant, polite, and respectful of others. These are people, who can go forth in our society and make a real impact. They will become the leaders of tomorrow, creating new possibilities and pioneering futures that were not otherwise going to occur. Bendell Karate is fully engaged in this process.

“A person’s potential is limited only by their own concept of who he or she is”. The Martial Arts opens the door to a far greater personal potential for each student. Martial Arts is all about “**who**” you choose to “**be**” in the world, and what you are personally willing to stand for, and then possessing the heart to live it. We say that making a difference in the world honors the integrity of the human spirit and fulfills the possibility of being alive.

Bendell Karate offers a promise to you that we will provide the best training in all areas of the Martial Arts. The physical training is the mechanism by which we communicate and instill the true benefits of Martial Arts. These benefits come from the Five Tenets of Martial Arts, which build character, integrity and honor.

Bendell Karate not only teaches a broad variety of physical self defense, we teach Character, Integrity, Honor, and the importance of setting goals in life. Students receive a tremendous sense of pride in obtaining intermediate goals in the journey to reaching their life goals.

Bendell Karate supports and teaches the five Tenets of Martial Arts in every class. These Five Tenets are as follows:

The Five Tenets of Martial Arts

Respect: Respect is acting with consideration of others, exhibiting good manners, demonstrating politeness and courtesy.

Humility: Martial Arts students are expected to be modest about their accomplishments. A feeling of pride in achievement is good, but it should not be broadcast idly about.

Perseverance: Perseverance is being persistent, steadfast, enduring to the end. Perseverance is the ability to pursue a goal until it is achieved. Only dedication and perseverance can produce the knowledge to obtain a life Goal.

Self-Control: Self control is learning to manage or govern oneself. Martial Arts teaches self-control in several ways. Control of temper and emotion is required in order to interact with others. Self-control allows action to overcome fear.

Indomitable Spirit: An indomitable spirit is to stand up for what he believes in regardless of the consequences. It is to be invincible, unyielding, and unconquerable.

This is what you can count on from Bendell Karate.

Parents have the opportunity to assist in obtaining these goals for their children by supporting our efforts in your home and in their school. When we raise the bar of expectation, the student learns that they can obtain goals that they formally believed to be out of reach.

MESSAGES FROM THE MASTER

Bowing

In the martial arts there is a lot of bowing going on. People bow when they enter the school, they bow to each other a lot, they bow to the instructor, they bow before sparring. They seem to bow to everything but the water fountain. We often have a hard time understanding this because the bow is not used in this country and the last time it was really used heavily was during the dark days of slavery when slaves had to bow to their masters.

In the orient the bow does not mean the same thing as it once did here. It doesn't mean that one person is acknowledging the other as a superior or a master, even if that person is the Master of the school. Bowing, to the Japanese, Chinese and Koreans, is much the same as shaking hands here. It's a sign of friendship, respect and mutual admiration, not subservience.

In the martial arts bowing is very important because it reminds us of the importance of what we are doing, and the need to always be aware and in control. When a student bows into the training hall he is saying that he has respect for the training that goes on there. He is also saying that he will do his best to uphold the honor of the school and to strive to be as good a student as he can be.

When students bow to the instructor at the beginning of the class, they are showing their respect for the Sensei's years of training, his knowledge and his skill. When the teacher bows back he is doing more than acknowledging the student's bow; he is also showing his respect for the students. Remember that a teacher was once a student himself and he knows full well how tough it is to be a beginner and to struggle up through the ranks.

When students bow to each other before training or sparring they are saying, "I will try my best to show you honor and respect, and not to injure you in any way." This is especially important before sparring match because it reminds us that this is not a fight, but another aspect of training and that this person is not the enemy but a friend and fellow student. It helps one to be reminded of the need for restraint and control over techniques.

It may seem like there shouldn't be any need to continue the bows after the first time, but since the martial arts are potentially deadly, and always dangerous you can never be too concerned with safety, good manners and good sportsmanship.

Next time you bow, remember that this is the key to understanding the respect and etiquette of the martial arts.

Master Brent Bendell

ACHIEVEMENTS



We wanted to share with everyone that on October 23, 2015 Mr. Vaughn and Mr. Reichert received their 3rd Degree Black Belt. With their hard work, dedication and commitment they were able to achieve the goal that they set.

Please join us in congratulating Mr. Vaughn and Mr. Reichert in their accomplishments.

Goals - Smart Goals

Setting Goals is one of the most important life skills that any student of Martial Arts can do for themselves. Goals are specific changes in yourself that you are willing to achieve.

Students should work with their Instructors and Parents to set both short term and long term (life, career) goals. These goals should include what we are going to accomplish in both their Martial Arts career and our Life career, i.e. becoming a doctor, an architect, etc.

We must work to achieve our goals, otherwise they are just wishes. You may use these techniques to help set effective and compelling goals.

SMART GOALS:

S – Specific, states exactly what you want to achieve. (Better Grades)

M – Motivating, The goal offers some exciting reward. (Get paid for A's)

A – Achievable, It is possible to reach your goal. (Good grades can be earned)

R – Relevant, The goal means something to you. (Pride in good grades)

T – Traceable, Progress toward your goal can be measured. (Grades, scores)

Example:

To become a doctor, you must graduate from medical school. To be admitted to medical school, you must have graduate from college with good grades. To be admitted to college you must have good grades in high school. To have good grades in high school, you must do all of your assignments, homework, and study hard today.

STUDENTS OF THE QUARTER

Florence Student of the Quarter

TYLER BENDELL

Tyler age 11 started her training full time when she was 9 years old.

I've known Tyler her whole life and she always has been one of the strongest and positive people that I have ever met. Although with her many challenges and obstacles in her life, she always has the biggest smile on her face.

In her training at the karate school I always see her trying her best and working hard, and when push-ups are dealt out, she never wimps out and does them with a big smile.

"I look at her as being a great role model for the other students, parents and Instructors"

Rod moss



Pueblo Parks and Rec Student of the Quarter

DUSTIN CAROTHERS

Dustin Carothers is the selection for Student of the Quarter for Pueblo West Parks and Recreation Karate. Dustin is 8 years old, in the 2nd grade at Cedar Ridge Elementary School. He's been taking Karate lessons for 2 years now, and has earned a blue belt. Dustin likes to hang out in his room, work on his tablet, and play with his baby brother. He is considering a career as a policeman when he is an adult.

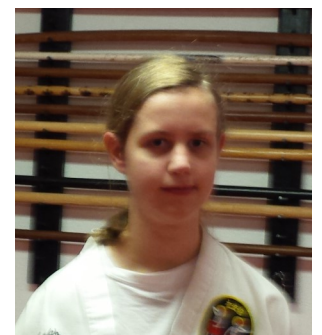


Pueblo Student of the Quarter

SOPHIA GIRARD

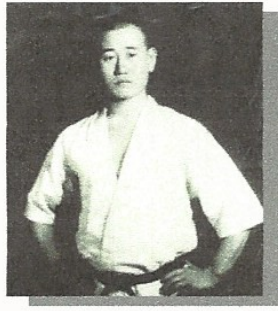
Sophia Girard is 15 years old, a freshman at County High School. Her favorite class is English. She has taken Karate lessons at Bendell Pueblo West School for a few years, attaining the rank of Green Belt.

Sophia is interested in working in animation and likes to draw and write scripts.



QUOTE OF THE QUARTER

"A man can fail many times, but he isn't a failure until he begins to blame somebody else." ~John Burroughs



SURPREME GRAND MASTER BYUNG JICK RO

“A LEGEND HAS PASSED BUT THE LEGACY STAYS STRONG”

1919-2015

On July 3rd 1919 Byung Jick Ro was born in Keasung city korea.

Being in frail health as a youth he had to start school a year later than the rest of the children in his community. At the age of 12 after watching ancient Martial Art techniques at some of the local Temples, his interest grew strong. With his intense dedication and training hard, his health improved and he grew stronger.

In May 1936 as a young man he moved to Japan to attend college. With his strong passion for the Martial Arts led him to seek out Shotokan founder and Father of todays modern Karate, Gichin Funakoshi. He subsequently earned his black belt in Shotokan Karate.

In 1944 he returned to Korea where he continued his own training to create additional hand and feet techniques. With the combination of what he learned from the early years and what he developed is the foundation of what we know as Song Moo Kwan Taekwondo.

In March of the same year in his home town, he opened Kaesung DoJang in the Kwan Duck Jung archery school “Establishing the first original founding Kwans or styles”

3 to 4 months later he had to close his school due to WWII when Japan occupied Korea.

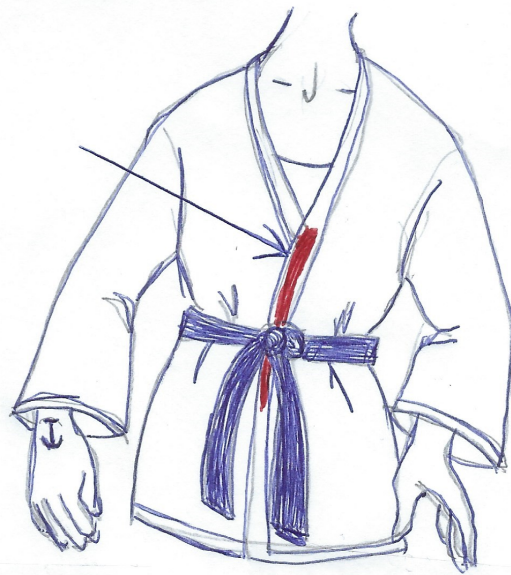
In May 1946 he opened a new school and for the next few years with his Kwan “style” and additional Kwans, the Martial Arts spread through Korea.

War would again force him to abandon their dreams and close their doors due to the Korean War.

In May 1953 Supreme Grand Master Ro and the other delegates from each of the other original founding Kwans held a conference and established the Korean Kong Soo Do Association. Supreme Grand Master Ro was chosen to serve as its Executive Director and Master Instructor.



BEFORE



AFTER

Wardrobe Malfunction?

Ladies and Gentlemen:

Are you tired of fussing with your unruly uniform?

Tucking and straightening constantly?

Ms. Lynn can stitch up the front, turning your jacket into a pullover top that won't fall open.

Adults \$10.00, Kids \$6.00