



Watson's Family Karate School

Kick'n News Letter

The Quest for the Black Belt

By Allie Alberigo

Many years ago, a martial arts student lived in a temple. One day, his teacher and the temple elders decided to send the student on a quest. Upon being summoned, the student was both elated and fearful as he appeared before the elders. They told the student that he must travel to a temple in a far-off foreign land to complete his training. When he arrived, the teachers there would share all their secrets with him.

The student's travels were filled with many trials and tribulations; he battled many vagabonds, bullies and street thugs. He finally arrived at the distant temple, after walking for almost a year, tattered, weathered, but a different man. He was greeted as a champion and was led directly into the chamber of elders.

The elders handed him a beautiful, leather-bound book, *The Book of Knowledge*. The book had only one page, which was a mirror. Of course, the student/warrior only saw his reflection. He became frustrated and asked, "Is this a joke?" The elders said, "You are the only one besides us who has made the journey and survived. You are the living example; you can now take our place as the elder and run the temple, so we can leave." The warrior threw the book to the ground, breaking the mirror.

Loudly, he said, "I am happy to be able to have lived the lessons, but I will not waste my time in this jail when so many things are still to be learned." He then left.

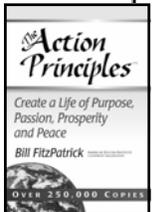
This story is a fine example of the quest for martial arts training. Today, students are not as patient as they once were and they do not realize that lessons are not always clear. The lessons are their experiences, failures, successes, bumps and bruises, frustrations, and their trust in their teachers.

Lessons are constantly presented to you, if you chose to learn. The road to success is paved in sweat, hard work and determination. A very wise man once told me, "The only thing of any worth is something you worked hard for." Trust in your teacher, but work hard and live the lessons – train to live – live to train. Be the example – live the Black Belt, don't just tie it around your waist.

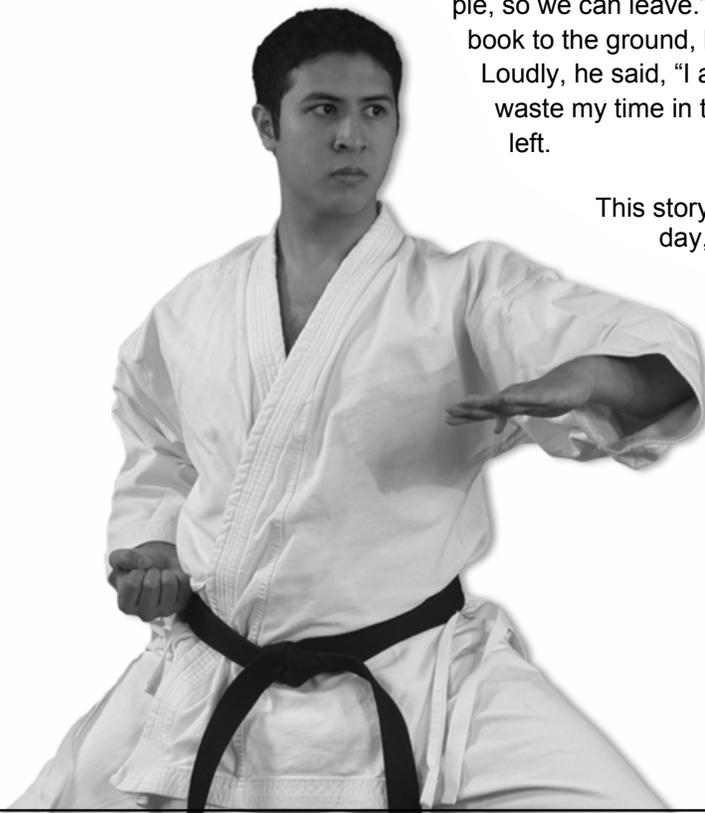
action principles

Respect and Defend All Life

Knowledge, practice and courage are your weapons against fear. Fears can be rational or irrational, but they always personal and real. Everyone faces fears. To diminish a fear, you must face it. The best way to deal with most fears is with a combination of logic and bravery.



Bill FitzPatrick is a 5th-degree Black Belt, holds a Master's Degree in Education and runs the non-profit American Success Institute at: www.mastersuccess.com.



Watson's Coming Events

November 9 –11 Black Belt Grading

All classes are as normal anyone with question on participating in the grading should speak to Mr. Watson.

November 24 Black Belt Presentation and Demos

This is for everyone not just black belts

November 14 Sigung Chong Seminar

Will be teaching Tom Hoi a two person KUNG FU SET.
We will be learning both sides of the form.
Sign up in advance space is limited \$60.00 per person

December 1st Children's Christmas party

Karate members only this does include Little dragons come party with us 12 noon until 2 pm. To get a ticket please bring in a non perishable food item or a new unwrap toy for us to donate to the Aurora Food Party or the Yellow brick house. Christmas is time to help others so lets see how much we can all help.

December 8th Adult Christmas party

Will be held at Graystones Restaurant, the Price is \$50.00 per person which includes food tax and gratuities. To enter the dance part you must be over 30 years old.

We wish everyone a happy holiday season