

# Martial Arts Chronicle

Joslin's East West Karate

Roseville/Granite Bay

## Building Rock Solid Adults!

I think that anyone that has been into our school can see the qualities we represent. We teach a complete arrayed of life skills. If you missed the most recent Black Belt Extravaganza you really missed something very special. If you looked close enough you would have seen unshakeable self confidence, peak levels of goal getting self discipline, rock solid intestinal fortitude, mind numbing focus abilities and the flame of passion that radiates from within. If you didn't notice these qualities you weren't looking hard enough. You may have only seen unbelievable physical skills. Things like flying kicks, razor sharp striking control, thousands of years of historical tradition revealed and some martial arts secrets brought to light. Some people miss the point. Some get it. I

asked an adult in class what benefits they have experienced since joining our school. These people are business professionals within our community. Bankers, Lawyers, Police Officers and Investors. Not kids, but adults who are involved in our community. They came up with quite a list of things they have personally experienced.

- Weight Loss**
- Stress Control**
- Toned Muscle**
- Self Confidence**
- Inner Strength**
- Temper Control**
- Body Balance**
- Energy**
- Improved Health**
- Positive Attitude**
- Happier**
- Self Esteem**
- Better Personal Relation-**



- ships**
- Self Discipline**
- Goal Setting**
- Self Defense Skills**
- More Awareness**
- Self Control**
- Coordination**
- Flexibility**
- Over all Feeling of Wellness**

On the other side of the paper was the excuses why not to start now. There were only a few.

#1 TIME

## Manly Men?

**The man in the mirror is all wrinkly!**

Wrinkling starts after 30 for most men. Could be a lack of hydration, a breakdown of collagen, a loss of subcutaneous fat. But it's probably the sun, which accounts for almost 90 percent of the appearance of age, says Ronald M.

Klatz, M.D., author of *Anti-Aging Secrets for Maximum Lifespan*.

**How to turn back the clock:** Two words: moistur-ize. A moisturizer with sodium PCA (most name-brand moisturizers have it) "penetrates the pores, drives hydration in, and maintains it within the skin,"

Dr. Klatz says. Or grab a tube of alpha-lipoic-acid cream and put it on after you shave. "It can reduce lines, wrinkles, even scars," says Nicholas Perricone, M.D., author of *The Wrinkle Cure*. Ask your doctor to recommend a brand.

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**Are you ready to break out of your same old boring health club routine?** To start moving with the power, grace, and confidence of a true warrior? To sharpen the blade of your body and mind? Then don't wait another second – Call [530.888.7227](tel:530.888.7227) in Auburn area. **FREE-trial class!** Take care of yourself or you will be no good for anyone else!

### Inside this issue:

Articles	2
Masters Column	3
Parents/News	4
Kids Corner	5
Awards	6
Events	7
Businesses	8

## Rock Solid Kids!

(Continued from page 1)

There are 168 hours in a week. It is the same for you, me and the president of the United States. We all get the same amount of time. How we spend that time is the difference. We need to take time to take care of ourselves. If you don't take care of your health you are deferring much bigger problems. Have you ever seen a really overweight person that had their hair done really nicely? This same person would never dream of going out without washing and fixing their hair but think nothing (or very little) of going out with 100 extra pounds hanging from their body. Their health is at risk. They are much more likely to die of disease than if

they paid attention to their health. If you don't have time now....you will NOT have time later! Another Excuse we hear is people can't budget it in.

### #2 COST

When would you like to start making more money? When it costs 50-100 bucks to fill a gas tank it is time to start thinking how to raise your income. I guarantee you this, if you apply the principals of the martial arts you will attract success to you like a magnet. People will trip over themselves to have you on their team! Leaders are not born...they are made!



## The Poor Man

There was once a poor man who spent his life door to door, village to village, in a high mountain valley, offering his begging bowl with the words, "I am a poor man..." No matter what he received, clothes, sometimes even a fine robe, sandals, food, money, his cry was still the same, "I am a poor man..."

As people came to know him, he became part of the local color. He was everyone's "local beggar," and he enjoyed his title. It gave him a place, made him feel that he belonged.

One day a stranger passed through the village. On his way, he stopped to ask the people about the idle rich man who was sunning himself at the outskirts of the village. They were all puzzled. "We have no rich men here," they said. "We have a beggar," joked one person, laughing.

"This was no beggar. He wore fine clothes, had good sandals on his feet, was well-fed, was not working, although I confess I saw no horse." The people were still puzzled and asked the stranger to describe the rich man. As the stranger began, the beggar came down the street toward them. "Well, here he comes now," said the stranger, "so you can see for yourself."

The people began to laugh. "Why, that is

no rich man, that is our beggar."

It was the stranger's turn to laugh. "A beggar, dressed so richly? You jest."

"No, no, you don't understand. We know him. Those are not his clothes; he wears anything anyone gives him. Underneath, he is just a beggar." Everyone agreed and laughed at the absurdity of it all.

"A beggar in rich man's clothes, eh?" The stranger queried.

"Exactly, can't you see his begging bowl?"

"I can also see his money pouch, it is fat."

"Well, of course, we give him money, too – not much but he spends it frugally."

"He can afford to if he gets everything given to him."

"But remember, it is his life savings, for he has been begging for a long time now, ever since I can recall," said one old man.

"Then perhaps someone should tell him he is no longer a poor man so that he can stop this masquerade."

"But he isn't masquerading. Truly, he is a beggar."

"I don't know who has placed the heaviest burden on him, you or himself, but the burden is long overdue for a



change."

With that, the stranger rode on, leaving behind some very disillusioned people. To accept the stranger's words was to admit they had been cheated, but by whom? Themselves or the beggar?

As for the beggar, fear of the unknown had kept him in his place. He knew only begging, he had never given anything to anyone. His one dream of being a rich man, which he had convinced himself could never happen, had been fulfilled... and he wasn't ready for it. Without the fulfillment of that dream, he was a poor man... but who would believe him now? He realized that he couldn't start again in an area where he wasn't known, as new eyes would see him as the stranger saw him. Now the words the stranger spoke when they first met outside the village traveled back to the poor man on the wind:

J. Baxter

## Master Instructor Column *By Kyoshi Ronald Joslin*

### Build a House You Can Live In

An elderly carpenter was ready to retire. He told his employer of his plans to leave the house-building business and live a more leisurely life with his wife enjoying his extended family. He would miss the paycheck, but he needed to retire. They could get by.

The contractor was sorry to see his good worker go and asked if he could build just one more house as a personal favor. The carpenter said yes, but in time it was easy to see that his heart was not in his work. He resorted to shoddy workmanship and used inferior materials. It was an unfortunate way to end a dedicated career. When the carpenter finished his work the

employer came to inspect the house. He handed the front-door key to the carpenter. "This is your house," he said, "my gift to you." The carpenter was shocked! What a shame! If he had only known he was building his own house, he would have done it all so differently.

So it is with us. We build our lives, a day at a time, often putting less than our best into the building. Then with a shock we realize we have to live in the house we have built.

If we could do it over, we'd do it much differently. But we cannot go back. You are the carpenter. Each day you hammer a nail, place a board, or erect a wall. "Life is a do-it-yourself project," someone once said.



**Kyoshi Ron Joslin**

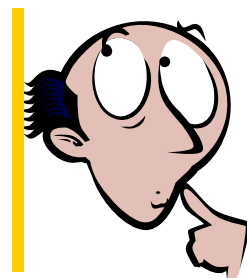
Your attitudes and the choices you make today, build the "house" you live in tomorrow. Build wisely!

Live each day as if it is your last!  
Story Reprinted.

## Your Brain is the Greatest Computer Ever Created

Have you ever walked into a room and couldn't remember what you went there for? Have you ever grasped the hand of a potential client and then when the handshake broke, the name seemed to disappear from your memory? Or have you ever left a prospect and as you drove away remembered a key point that you should have shared with them? Of course you have... we all have. However, I have some great news for you. Your memory is nowhere near as bad as you may think it is. Recently, I was a guest at a radio station in Waco. The disc jockey wrote a 50-digit number on a sheet of paper and told his listening audience and then played a three-minute song for his audience. As the listeners enjoyed the song I memorized the 50-digit number. When the song was over we went back live on the air and I handed him the paper. I then proceeded to say the number

forwards and then I said it backwards. The disc jockey looked at me in utter disbelief and stunned he said, 'Ron... you are incredible!' I looked him straight in the eye and replied, 'You know... you are right!' I said, 'Jay, the greatest computer ever created does not come from Dell or Gateway. The greatest computer ever created does not sit on the assembly line of a computer factory. Instead, you and I are the greatest computers ever created. And yes... you are right. I am incredible... but so are you.' The human memory has the ability to hear a 100 digit number or more once and then repeat it forwards and backwards, it has the ability to memorize a Shakespearean play word for word or memorize the stats of every baseball player for the last 100 years, and the human memory has the capability to meet 100 people in 20 minutes and recall every single name! Now, the



question is, are you doing these things? If not, the reason is simply that you have not been trained to. Two thousand years ago a Greek named Simonedes developed a memory method called 'Loci'. With this method, Simonedes numbered locations in his home. He started in the doorway and then logically proceeded around his home. He reviewed these items so many times mentally that if you asked him what was number 25 then he could instantly tell you what piece of furniture that number corresponded to. These 25 objects were

## Dear Parents

As parents we have a job to do. We can't *always* be our child's best friend. Sometimes we have to make the decisions that are in the best interest of our child's future. We want our kids to "find" themselves. To discover their unique abilities and talents that will define who they are. But it is up to us as parents to make the choices that will truly benefit them. As parents we probably don't allow our kids to pick their bed times, or what will be served at the table for dinner each evening. We know they need their rest to become bright and healthy. They need to eat correctly and get a balance of protein, veggies and fruit for a growing body. What about their mental health? Who can learn and prosper in an environment of

fear or mental anguish? I don't think it has changed much since we were kids, maybe it's gotten worse due to a lack of discipline in their homes. The bullying, the name calling, the exclusion from certain groups. Kids are wondering why. Why don't the other kids *like me*. Why do they *call me names*. Why is *Jennifer more popular*? Why is *Buster picking on me*? Maybe your kids are like we were. They may have a hard time sharing these demons. At Joslin's East West Karate we work on and thru these fears. Parents', it doesn't happen over night. But remember the help you *wish* you had as a kid, but didn't? Make the investment now for your child's future. Before the behavior becomes a permanent trait.



**Kids need courage to face life's challenges!  
Invest in your child's future...NOW!**

## Bits and pieces

- Michael Adam, Got a Perfect Score for his speech on Global Warming and made the honor roll again (3<sup>rd</sup> Quarter) 4-24-2008
- Tyler Kromrey got his Bear rank and gold and silver arrow points in boy scouts. Wrote 2 stories and made an art portfolio. 5-17-2008
- Nikki Marston was awarded by the Lioness Club for excellence in academics, athletics, and community service. June 2008
- Nathan Rodriguez achieved strait A's this trimester, all 3 trimesters he was on the honor roll and principals list. 6-3-2008
- Katie Sassman made highest Honor Roll & Student of the Month for respect. June 2008
- Mavis Shawl got 3 A's in a row on Science tests, Her and her Volley ball team won scrimmage against the Saint Joes varsity boys team with 3-25 point rounds. April 2008
- Manuel Engberson won 1<sup>st</sup> in Sparring and Continuous Sparring. 2<sup>nd</sup> in Kata at GSKA Tournament.
- Matthew Pavlakovich Was promoted in Boy Scouts to the rank of "Tenderfoot". June 3<sup>rd</sup> 2008
- Nikki Marston, 1 of 2 freshmen in the district chosen for all-star cheer squad '08-'09 season
- Jack Welty won 1<sup>st</sup> place in his classroom spelling bee. He also came in 3<sup>rd</sup> place for the most laps run in a school year, a total of 30 miles.
- Michael Adam made 4th-Quarter honor roll. Also received an award for perfect attendance.



**Submit your good news in the tidbit box by the snack machine.**

## Soda: Some Real Facts

Who doesn't love a can of a chilled, refreshing soda? However, it is probably a good idea to limit our consumption of these aerated beverages. According to the New York Times, "In studies, soda drinkers of all ages have been shown to have higher rates of broken bones and fractures than their non-soda-drinking peers." This may simply be because soda drinkers don't drink nutritious drinks containing calcium, such as milk. According to a 2000 Harvard University study, "Ninth- and 10-grade girls who drink soda pop have three times the risk of bone fractures compared with those who don't drink carbonated beverages." There have also been reports of links between drinking diet soda and greater risk for diseases such as diabetes, obesity, high cholesterol and high blood pressure.

As martial artists we are dedicated to leading healthy lifestyles, and limiting our soda consumption would be a good step in that direction.

## Kid's Corner...



## Word Play

Look at the clues and see if you can make new words by changing just one letter in each of these words:

1. Change PEAR into an animal.
2. Change GIVE into a number.
3. Change SHOP into something to wear.

Put a different letter in front of OST each time to make words with the following meanings:

1. The greatest amount
2. Misplaced
3. Mail

Can you unscramble the letters to find a kind of fruit?

P E N P L A P E I

Can you also use some of the letters to find three 4-letter words with the following meanings?

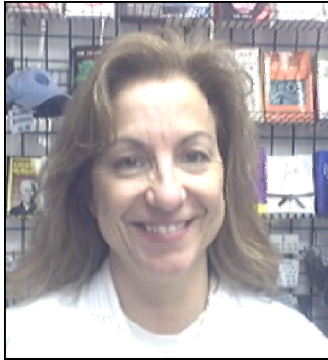
1. Jump
2. Bucket
3. Type of tree

Can you find some bad weather in the words below?

LEAST OR MOST

1. PEAR - BEAR 2. FINE - FIVE 3. SHOP - SHOE
1. MOST 2. LOST 3. POST
- 9-LETTER WORD = PINEAPPLE
1. LEAP 2. PAIL 3. PINE
- LEAST OR MOST = STORM

# Awards For Outstanding Members of Our School



**Assistant Instructor**

**Wendy Moniz**



**Instructor of the Month**

**Lisa Amezcua**



**V.I.P Champion!**

**Max Swartz**



**Outstanding Teen/Adult Noah Karrer**



**Best Attitude Adult Allison Cook**



**Outstanding TT/LD/JR Grace Moore**






**Best Attitude TT/LD/JR Natalie Eppler**



**Most Improved Bassil Saifan**

# Monthly Events Calendar

## September 2008



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1  Labor Day	2	3 Belt Testing	4	5	6
7	8	9	10	11	12	13
14	15 Stripe Testing	16	17  Awards Night	18	19	20 Buddy Day
21	22	23	24	25	26  Comedy Sportz	27
28	29	30				

### Schedule of Events

- 8/30-9/1 Labor Day (Closed...) Have a great weekend.
- 9/3 & 9/4 Belt Testing.
- 9/8 & 9/9 Stripe Testing.
- 9/10 Awards Night - Students earn their new ranks. *Finy Tigers* 5pm, *Little Dragons* 5:30, *Juniors & Adults* 6pm
- 9/13 Buddy Day- bring a friend to class with you! Let them experience the fun too.
- 9/26 ComedySportz. Comedian teams face off for an improvisational competition. Bring a guest for free admission or \$3.00 each at the door. 6PM

 Remember: *No Regular Classes on Special Event Days* 

## October 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8 Belt Testing	9	10	11 Black Belt Extravaganza
12	13 Stripe Testing	14	15  Awards Night	16	17	18 Buddy Day
19	20	21	22	23	24	25  Halloween Party
26	27	28	29	30	31	

### Schedule of Events

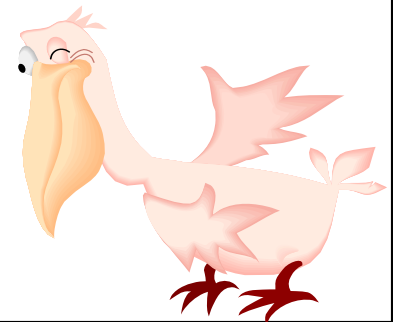
- 10/8 & 10/9 Belt Testing.
- 10/11 Black Belt Extravaganza. Support your new Black Belt, see kata, board breaking and self defenses by Joslin's best.
- 10/13 & 10/14 Stripe Testing.
- 10/15 Awards Night - Students earn their new ranks. *Finy Tigers* 5pm, *Little Dragons* 5:30, *Juniors & Adults* 6pm
- 10/18 Buddy Day- bring a friend to class with you! Let them experience the fun too.
- 10/25 Halloween Party. Unbelievable fun. Bring a bag of candy for entry.

## Please Support These Local Businesses

- Alterations By Melody**– 609 High St., 888-8935  
**Andy's Barber Shop**– 211 Palm Ave. 885-5292  
**Auburn Car Tunes**– 3910 Hwy 49, 888-882-5132  
**Auburn Car Wash**– 11740 Atwood Rd. 885-9274  
**Auburn Power Sports**– 1460 Canal St, 823-5768  
**Audio Image/Cover Up Upholstery**– 485 Hwy 49, 885-6313  
**Awful Annie's**– 160 Sacramento St 888-9857  
**Bagel Junction**– 13332 Lincoln Way 889-0558  
**Bangz 'N Bladez Salon/Sun Club Tanz** 823-5060  
**Bedrosian Tile**– 4055 Grass Valley Hwy. 888-1500  
**Best Gas & Bear River Market**– 10021 Wolf Rd. 268-3090  
**Bob the Locksmith**– 3037 Grass Valley Hwy 885-1551  
**Brigitte's Hair Studio**– 1513 Grass Valley Hwy 823-1148  
**Brock's Custom Cycle**– 11860 Atwood Rd. 885-4044  
**Café Delicias**– 1591 Lincoln Way 885-2050  
**California Kid Cuts**– 13486 Luther Rd 823-KIDS (5437)  
**California Tan**– 2564 Hwy 49, 889-2826  
**Camp 20 Coffee House**– 46 N. Main St.-Colfax 346-8823  
**Carroll's Office Machines**– 13488 Luther Rd 823-1611  
**Depoe Bay Coffee Company**– 893 High St. 889-1021  
**Dr. Lee Dental Office**- Meadow Vista 878-2224  
**Edelweiss Restaurant**– 627 High St., 885-1772  
**Edelweiss #2**– 111 Sacramento St. 889-8123  
**El Portal Taqueria**– 13354 Lincoln Way 745-9585  
**Elm Dry Cleaners**- 365 Elm Av. 885-9922  
**Grist Mill Deli & Bakery**– 445 Hwy 49, 887-0576  
**Hometown Realtors**– 1676 Auburn Ravine Rd 888-1248  
**Kau Kau Hawaiian BBQ**– 13358 Lincoln Way 887-1688  
**Lucky Dragon**– 1501 Hwy 49, 888-6868  
**Maria's Mexican Tacos**– 13483 Bowman Rd 823-8540  
**McDonald's**– 2865 Bell Rd. 885-0731  
**Midas**– 11840 Atwood Rd– 885-2055  
**Mountain Mike's Pizza**-2520 Bell Rd. 888-8050  
**Neighborhood Automotive**– 2135 Hwy 49, 885-AUTO  
**Pappy's**– 1179 Grass Valley Hwy 823-5449  
**Pelican's Roost**– 904 Lincoln Way 745-9566  
**Pizza Express**– 2705 Bell Rd., 823-9700  
**Placer Mailing Services**– 383 Nevada St., 889-0170  
**The Ride Shop**- 10021 Wolf Rd. 268-8162  
**Save-On Cleaners**– 437 Hwy 49, 888-7006  
**Schultz Tire Factory**– 12000 Locksley Lane, 823-7020  
**Sierra Outdoor Center**– 440 Lincoln Way 885-1844  
**Szechuan Restaurant**– 13400 Lincoln Way 887-9303  
**Talk of the Town Café**– 17100 Placer Hills Rd., 878-6161  
**Truck Smart**– 4055 Hwy 49, 888-7825  
**Ultimate Beauty Source**– 13408 Lincoln Way 889-1669

### FEATURED BUSINESS— Pelican's Roost 745-9566

This is a great place to eat in Auburn. Everyone we've talked to has the same experience...awesome! This is a family run business (like ours) and the food is very good. They have fish & chips, burgers, soups, salads and much more. Everyone will find something they like. Across from the clock tower, great food, great people and convenient location! Tell them we sent you!



actually mental files for Simonedes. Then if he had a list of items he wanted to recall he would place them mentally on these objects in his home. Let's say that you are a professional who wants to give a speech without notes. Simply turn the key points into pictures and then file them to your 'house files'. When you are called upon to speak simply mentally walk through the house and give your talk without notes. For example, recently I gave a one hour keynote in Atlanta at a home builders conference. I wrote my speech out the night before. The first thing I wanted to do was talk about the book, 'How to Win Friends and Influence People.' So I visualized the book on my front door and then mentally walked through my house and gave the one hour talk without notes! That can work for you as well. Anything that you want to recall simply turn it into a picture, place it on your house files and get ready to be amazed! YOU are the greatest computer ever created!

**KICKBOXING!** You can now reach your fitness goals in our exercise program. Enjoy a class with no uniforms, in a relaxed atmosphere where learning safety concepts is fun and rewarding. Our program was designed with adults in mind. It is safe, we won't embarrass you and it is the most fun you can have while getting into great shape! 888-7227

### Joslin's Karate & Kickboxing

4065 Grass Valley Hwy. #201  
Auburn, CA 95602 530-888-7227

[www.greatkarate.com](http://www.greatkarate.com)