

Kick Back

Sharkey Karate Studios Newsletter September 2007

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Sharkey's Karate Studio to host Open House featuring Sideswipe

Saturday, October 6, 2007, Sharkey's Karate Studio will be hosting an Open House to celebrate their new renovations made over the summer. Stop by the school from 11:00am—3:00pm and meet the crew Sideswipe Performance Team featuring Matt Mullins, Craig Henningsen and Brendon Huor, as seen on NBC's America's Got Talent. Sharkey's Karate, located in Naperville, Illinois will be hosting free martial art lessons by Sideswipe as well as performances from the team throughout the day. There will be free t-shirts available, door prizes drawn every 30 minutes during the celebration as well as free autograph pictures from the Sideswipe Crew. Bring your friends, family and neighbors out for this great event.

Are You a Leader or a Follower?

By Joseph Galiea

Most people can be categorized as either leaders or followers. Leaders are often described as dreamers, self-starters, creators and motivators. All leaders embody these qualities to some degree; a rare few reflect these qualities in every aspect of their lives. It's those rare few who are the most successful in their professions or areas of expertise. Part of our responsibility as martial arts instructors is to develop leadership qualities in our students. You do not have to be the coach of a team or the teacher in a class to be considered a leader. You can be a team mate, a student, a daughter, or a son and also be a leader. What's most important is that leaders know how to act appropriately in all situations and how to treat others



Are You a Leader...

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correctly. Having good manners is an essential aspect of being a "great" leader and a great martial arts student.

Do you demonstrate leader qualities? Here are a few common manners that leaders display at all times:

- Leaders always reply to adults with a polite "Yes, sir" and "Yes, ma'am"
- Leaders make eye contact when they are speaking to others and when other speak to them
- Leaders respond to questions with complete answers and not a simple shrug or acknowledgement
- Leaders know how to win and lose with sportsmanship
- Leaders respect others' opinions, even when those opinions are different from their own
- Leaders perform random acts of kindness, even when it is not expected or required
- Leaders don't cheat, lie, or steal
- Leaders are responsible
- Leaders are accountable for their own actions
- Leaders know that being organized takes effort
- Leaders ask for help when they need it
- Leaders offer help to others who need it
- Leaders say "Thank you", "Good morning", "Hello" and "You're welcome"
- Leaders always look for ways to improve their skills and abilities
- Leaders read articles like these and apply what they've learned

Do you consider yourself a leader or a follower? It is not difficult to be a leader, if you try. You're a leader when you use the manners listed above at home, at school or work, in the public and with families and friends. You can be the one to inspire others. You can be the one who sets the right standards. You can be the role model for others to emulate. This is the essence of being a leader as well as being a martial artist.

Stripe & Belt Testing

The next stripe testing for the Naperville location will be held Monday and Tuesday September 24th & 25th. Our next belt testing is tentatively scheduled for Wednesday September 26th beginning at 5:00pm. Applications can be picked up at the front desk for belt testing. Remember that you must have permission from Sensei Sharkey in order to test. Please have all approved applications turned by Monday September 24th.

The Return of Dojo Days

Our inner school tournament will be taking place Sunday September 30th from 10:00am—1:00pm. This tournament is open to all ranks and ages and everyone is encouraged to attend. We will have competition in Lil' Sharks Ippons, Traditional Forms, Creative Forms, Extreme Forms, Creative/Traditional Weapons, Extreme Weapons and Sparring.

You can enter as many events as you wish for only \$35.00. Registrations can be found at the pro-shop. Here is a great chance to show off your skills against your classmates in a tournament setting as well as meet a belt promotion requirement.





Brief History of Judo

By Keo Cavalcanti

Dr. Jigoro Kano, founder of modern Judo, was born in the town of Mikage in the Hyogo Prefecture, on October 28, 1860. Shihan Kano never viewed the martial arts as a means to display physical prowess or superiority. As a pacifist, he studied them to find a way to live in peace with other human beings. In his youth Kano studied Jujutsu under a number of different masters. Sensei Teinosuke Yagi was his first

teacher, but at the age of 18 he entered the dojo of Tenshin-Shinyo under Sensei Hachino. Judo had its origin in the ancient Japanese art of jujutsu, a system of hand-to-hand combat. The bushi of feudal Japan (samurai) are usually credited for developing jujutsu (at their time the art was known as Yoroi kumi-uchi, a grappling method for fighters fully clad in Japanese armor). However, the Nihon Shoki (the Chronicle of the Japanese nation) documents public unarmed competitions (hikara-kurabe) dating back to 230 B.C.

Jujutsu has been known by several names throughout Japanese history: taijutsu, yawara, kempo, kugusoku, kumiuchi, koshinomawan. What is unique to the art is that one did not use brute strength to overpower an opponent, but rather skill, finesse and flexibility. Economy of energy, balance, and grace were the outstanding hallmarks of the good jujutsu practitioner. Unlike the Western hand-to-hand fighter, the jujutsu fighter was expected to be soft and pliable, winning by appearing to yield. In classical form, during the feudal period, jujutsu was part of the bushi training, along with archery, spear fighting, swordsmanship, horsemanship, maneuvering, and etiquette. Its importance grew with the rise of the bushi class after the late Heian period. Throughout subsequent periods of Japanese history (Kamakura, 1185-1336; Muromachi, 1336-1573 into the Tokugawa period, 1603-1868) the art became more diversified and specialized, being taught in schools (ryus).

Quotes to Ponder

"The best example of leadership, is leadership by example. "

- *Unknown*

"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You must do the thing you think you cannot do. "

- *Eleanor Roosevelt*

"I start with the premise that the function of leadership is to produce more leaders, not more followers. "

- *Ralph Nader*

"The quality of a leader is reflected in the standards they set for themselves. "

- *Ray Kroc*

"The task of the leader is to get his people from where they are to where they have not been."

- *Henry Kissinger*

"You cannot be a leader, and ask other people to follow you, unless you know how to follow, too."

-*Sam Rayburn*