

# Kick Back

Sharkey Karate Studios Newsletter November 2007

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## “Empty your cup”

By Bart Scovill

I first heard this comment in an interview with Bruce Lee. Later, I learned more about this concept in Joe Hyams' book, "Zen in the Martial Arts." The quote comes from a story Bruce Lee was relating to Mr. Hyams where a master was trying to make a point to an arrogant visiting martial artist. This martial artist ostensibly came to learn from the master, but merely wanted to prate his own ideas. In the story, the master begins to fill the visitor's cup with tea, but when it is full, the master continues to pour and the tea runs out. When the visitor points this out, the master replies, "until you empty your cup, you cannot get any more tea." The basic concept is that if you are full of your own ideas, there is no room for new ones.

Bruce Lee was not only a master martial artist, he was also a master of learning from others. He was constantly emptying his cup and taking in new ideas. In his brief lifetime, he continued to learn from others causing him to change philosophies many times, and create martial arts systems based on these constantly renewing ideas.

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## Your moment of Zen: Tao Te Ching Chapter 66

By Lao Tzu

All streams flow to the sea  
because it is lower than they are.  
Humility gives it its power.

If you want to govern the people,  
you must place yourself below them.  
If you want to lead the people,  
you must learn how to follow them.

The Master is above the people,  
and no one feels oppressed.  
She goes ahead of the people,  
and no one feels manipulated.  
The whole world is grateful to her.  
Because she competes with no one,  
no one can compete with her.



## Quotes to Ponder

“The most essential factor is persistence - the determination never to allow your energy or enthusiasm to be dampened by the discouragement that must inevitably come.”  
— James Whitcomb Riley

Lots of people limit their possibilities by giving up easily. Never tell yourself this is too much for me. It's no use. I can't go on. If you do you're licked, and by your own thinking too. Keep believing and keep on keeping on.  
— Norman Vincent Peale

Persistence is to the character of man as carbon is to steel.  
— Napoleon Hill

Paralyze resistance with persistence.  
— Woody Hayes

The drops of rain make a hole in the stone, not by violence, but by soft falling.  
— Lucretius

The only victory that counts is the one over yourself.  
— Jesse Owens

## Holiday School Schedule

The school will be closed on the following days during the holiday:  
November 22nd—November 25th  
December 21st—January 02nd

## “Empty Your Cup”

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As martial artists, we can continue to learn from Bruce Lee's example. This doesn't mean we all need to create new styles as Master Lee did, but we can all become familiar with other styles to fill gaps in our training. As martial artists we should try to learn everything we can from others. Too many martial artists would rather pretend they already know it all and wallow in their own ignorance than risk admitting there may be more to learn.

This prideful approach leads to a tendency to tear down or dismiss ideas or concepts we don't understand instead of taking everything we can from it. This tendency comes from insecurity and defensiveness. Nobody likes to find out they may be wrong, but to continue to learn we must take this chance or risk stagnation. And when we find we were wrong about something, we should rejoice in its discovery because this is one more thing we are now close to getting right! The idea that any one person or system could be perfect and know everything is ludicrous. Every person out there knows something we don't. Every system out there has something they do better than our system. Once again, this is a good thing. Think of the learning potential!

Next time you're confronted with an idea that makes you angry or uncomfortable, don't immediately dismiss it or attack it. Take a moment to evaluate whether it's really a bad idea, or whether it merely challenges your own preconceptions. Even after you've honestly evaluated an idea and you still disagree, there is something to be gained. The exercise alone will help you solidify your own

### Stripe & Belt Testing

The next stripe testing for the Naperville location will be held Monday and Tuesday November 26th & 27th. Our next belt testing is tentatively scheduled for Wednesday November 28th 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 November 26th.



knowledge and concepts. Additionally, few well considered ideas are completely without merit, and careful evaluation may reveal a gem of knowledge hidden in a concept that may later have gone astray. Whatever value the idea possessed can now be assimilated into your own ideas, and the portions you have considered and rejected can now be comfortably dismissed without fear of missing something important. Even so, you should always be prepared to reevaluate a previously dismissed concept. It may later prove that there was nothing wrong with the concept, but you weren't yet ready to accept it.

In the movie *Broadcast News*, Holly Hunter's overbearing character was confronted by a coworker who asks her, "it must be wonderful always knowing you're right"? To which she replied, "no, it's terrible." That would be terrible. Knowing, or at least thinking, there was nothing left to learn from anybody else. So why take a chance on artificially creating this nightmare, even if it's in only one area of your life? "I thought I was wrong once, but it turns out I was mistaken." Remember, empty your cup, or you can't have any more tea!

### Private lessons

Don't forget that if you are looking for some extra help in learning a new form, sparring, getting ready for a tournament or preparing for an upcoming belt test, that Sharkey's Karate offers private lessons. Private lessons are 30 minutes long and begin at \$25.00 per session. If you would like more information or if you would like to sign up for private lessons, please see one of your instructors.





## Brief History of : Yasutsune Itosu

Yasutsune Itosu was born in Shuri in 1840 and died there in 1925, long before he was involved with taking karate into Okinawan public schools he had, himself, experienced superior training. At the age of sixteen his father had taken him to Bushi Matsumura to become the Bushi's student. Matsumura

accepted Itosu as a student and rigorous training ensued, including the Student's complete submission and obedience during the process. And, like his master had also done, Itosu experienced fighting a bull, As Itosu mastered the karate arts, his reputation as an outstanding performer of the same spread throughout Okinawa and scores of challengers appeared. Itosu's body bore the scars of many encounters but his mastery of karate continued.

Itosu was sixty-five years old in 1905. It was at a time when the Japanese became very nationalistic after winning the war with Russia and looked down upon other Asiatic nations such as Okinawa with a chip on their shoulders. A youthful Japanese Naichi policeman, proficient in Judo, issued a challenge to the aging Itosu, thinking it was the right time to learn how Okinawan karate would compare to the popular Judo of Japan. But when the young Judo-ka tried to get a hold of the elderly Itosu's clothing Itosu drove his fist into the Judoman's solar plexus, leaving him on the floor gasping for breath.

Itosu is credited with having created and developed, from respected ancient techniques, many of the katas performed in our karate of today. He believed and taught that the perfection of the body, the controlling of the breath, and the stilling of the mind through meditation and concentration are made possible by repeated and continued kata practice.

## AKA Banquet

The annual AKA Banquet is right around the corner. Saturday January 26th is the date set to celebrate our 43rd Annual AKA Members and Award Banquet. Come out and enjoy food, dancing and fun as we honor the top competitors of the season as well as the new members of the Hall Of Fame. See Sensei Jeremy for more details.

## Holiday Sale

Our annual Holiday sale will be held December 1st from 10:00am to 3:00pm. Stop in between those times and get some great deals on equipment, uniforms and t-shirts.

## 2007 AKA Winter Camp

Sharkey's Karate Studio, along with Sideswipe Performance Team, is once again raising the standard for the top sport karate training camps in the country. Are you ready to train with the stars from Sideswipe Performance Team? Be prepared for the Sharkey's Karate/ Sideswipe **Winter Camp IX** – where we teach you to own it!



The goal of the Winter Camp is to have all participants leave the camp feeling like they have learned something new – and had a great time doing it. Now that the holiday break is here, it is time to jump start everyone's engines and prepare for the new competition season. This camp is used as a launching pad for competitors to get a jump on their competition for the next year. The campers will have the opportunity to learn new forms (weapons, traditional, Extreme and musical) and will work on a huge array of fighting drills and techniques. Our world champion instructors will also help the campers tailor their forms to meet their full potential. Throughout the week, campers will experience and learn modern conditioning and training drills that will help them reach new levels.

**Come train with the martial arts stars from Sideswipe Performance Team!**

**Hurry Space is limited.**

See Sensei Jeremy, Sensei Hunter or Sensei Sharkey on how you can reserve your spot today