

# Leopard Pause

by Joseph Galea

## Martial Arts Can Help Young Children Interact with Others

**W**hen children enter the world, they are 100 percent dependent upon their relationships with their immediate families for all their needs. As they age, they begin to expand their relationships to others. Martial arts can provide a pivotal advantage for any young child during this critical developmental stage.

According to Bruce D. Perry, M.D., Ph.D., an internationally recognized authority on children in crisis, "Affiliation has its roots in attachment (the ability to form and maintain healthy emotional relationships) and in the capacity to control one's frustration and anxiety. Without these two strengths, no child can begin to form and regulate the relationships with others necessary to develop affiliation skills."

The primary benefit of martial arts training for young people is geared around the emotional and mental development of the child. By the time your child has mastered even the most basic physical skills, he or she has most likely also mastered many forms of class etiquette and group interaction. Perry also states, "Children must learn how to join in, communicate, listen, negotiate, compromise, and share."

Parents, we're doing our part in the classroom. Here's how you can help promote affiliation:

1. Give your child social opportunities that match his or her level of development. Once your child has mastered parallel play, she is ready for interactive play with a peer. When she can share, introduce games in which three children play.

2. Don't micromanage your child's play. If your child invites a friend over and they end up in different rooms doing solitary things, don't worry.

Both children will enjoy the playtime best if they aren't forced.

3. Keep expectations age-appropriate. Young children are not capable of complex affiliation skills. When your child can begin to invite friends over, make these first visits short and positive; it's better to end a good visit early than have children burn out on each other.

4. Provide chances to practice social skills. Home life offers many opportunities to share, negotiate, compromise, and listen – all of which your child will need to do when he spends time with other children.

5. If your child is shy or immature gradually encourage social play. Start slow and give your child plenty of opportunities to interact with other children in a safe and predictable setting.

**Source: Scholastic Parent & Child, February/March 2002.**



# personalProfile

## Kempo Success Story

Why I Practice at Home  
By Seana Thomason, Age 10\*



I practice at home because it makes my technique better. I do it because my instructor told me that I'm not just trying to become better at the martial arts, but that I'm learning how to learn. Whenever I practice with concentration, I'm training my mind to be stronger and to learn faster.

Since I have been practicing at home, which I do for about 20 minutes every day, I think I have become better at a lot of things. If you're a martial arts student, you should practice at home, too!

\* Seana is not a member of our school.

## Fix MyForm!

This is my High Block! Can you find 3 ways to help improve my form?

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_



1) Make a narrower stance. 2) Tuck the thumb on your left hand. 3) Point your front foot straight ahead.

## Kickin' Kids k o r n e r



Welcome to Kickin Kids, the mind boggling, brain teasing section of Kids Zone. Check out the 10 words that are partially spelled. Can you fill in the missing letters to figure out what the words are? If you score (9 or more), you are a Grandmaster, (7 or 8) a Master, (6) an Advance Student, (5) an Intermediate Student, (4) a Beginner Student, (3) Do 10 Sit-ups, (2) Do 10 Push-ups, (1) Do 10 Sit-ups and 10 Push-ups. Guess the Bonus word and add +1 to your score. Good luck!!!

\_ C H \_ O L                      L I \_ T \_ N  
C \_ M M \_ \_ I C \_ T \_        I S \_ L \_ T \_ O \_  
S \_ C I \_ L                      G \_ O U \_

Bonus: R E \_ \_ T I \_ N S \_ \_ P S

Answers: School, Communicate, Social, Listen, Share, Isolation, Group Relationships

## Did You Know?

1. It is estimated that millions of trees in the world are accidentally planted by squirrels that bury nuts and then forget where they hid them!
2. A goldfish's attention span lasts only three seconds!
3. Animals that lay eggs don't have belly buttons!



## Testing Information

All rank and stripe testing is done in your regular class. All test candidates must wear a clean uniform and bring the appropriate gear. Also, you must be early to class. Tardy students will not be tested.

### Little Leopards

The updated curriculum will award stripes for the successful completion of Skills. After all eight skills have been awarded, then the Little Leopards will be tested for their new color belt.

Level	Current Rank	Has earned Red Stripe	Has earned Black Stripe
Candidate Ranks	(W-O)	9/17	9/24
Beginner Ranks	(P-B)	9/17	9/24
Intermediate Ranks	(G-Br)	9/17	9/24
Advanced Ranks	(Blk)	in 2003	

### Testing Guidelines - Candidate Testing

To be eligible to test for your next belt, all the testing requirements must be met.

1. Minimum time of 8 weeks at your current belt rank.
2. Trained in a minimum of 16 classes.
3. Red stripe from an instructor, showing knowledge of the curriculum.
4. Consistent Black Belt attitude during class.

### Beginner and Intermediate Testing

To be eligible to test for your next belt, all the testing requirements must be met.

1. Minimum time of 12 weeks at your current belt rank.
2. Trained in a minimum of 24 classes.
3. Red stripe from an instructor, showing knowledge of the curriculum.
4. Consistent Black Belt attitude during class.

### Advanced Testing

All black belt testing is held once per year at the discretion of Sifu. The next exam is June, 2003. Be ready candidates. ☺

### Leadership Team News

The Leadership Team meetings are Saturday morning after Demo Team meetings.

### Demo Team News

The Demo Team meetings are Saturdays, 8 AM at the Coral Gate Park.

### Congratulations, New Members

Welcome, all new members.

### Happy Birthday

Zoe Smart Poage

We're scheduling another  
Kick-a-thon  
for Project Action.

Also, this October 1st will  
be out 10th year as a dojo!  
Thank you all. Mahalo.



## Leopard Pause

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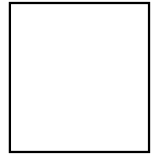
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Special Delivery

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**This Summer, Get  
 Fit and Stay Fit!**

**Concentration. Confidence.  
 Respect. Fun!**

**For the whole Family**

**T**here are 168 hours in every week. With just two of those hours, we can increase your child's ability to concentrate, focus on the positive, and say no to unhealthy peer pressure at school. Our classes focus on self-defense and how to improve relationships with teachers and classmates. When children practice the martial arts they come away with a lifetime's worth of success skills.



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