

# Leopard Pause

## Giving Your Best Effort

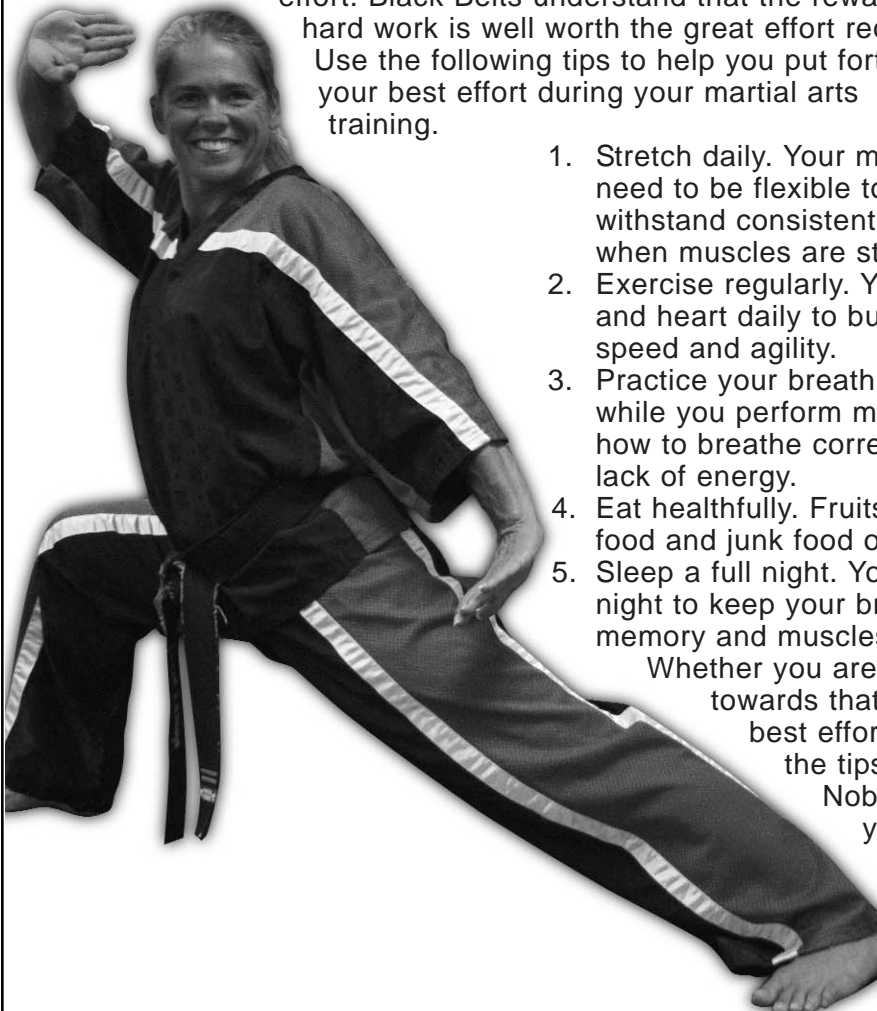
by Joseph Galea

Giving your best effort means you must work your hardest at every task. More importantly, it means you must work your hardest to achieve your goals. People who always give their best effort are far more successful in life than those who do not try hard at all. It is very important to give your best effort during your martial arts training. Don't limit your hard practice to the classroom; also practice at home. Both training hard during class and practicing hard at home will enhance your growth and development. Black Belts understand that they must always do their best. They have trained for years to reach excellence. They have experienced setbacks and persevered through those setbacks. One cannot be a Black Belt without knowing how to put forth great effort. Black Belts understand that the reward for hard work is well worth the great effort required. Use the following tips to help you put forth your best effort during your martial arts training.

1. Stretch daily. Your muscles need to be flexible to withstand consistent training. Most martial arts injuries occur when muscles are strained beyond their reach.
2. Exercise regularly. You should exercise your legs, abs, arms and heart daily to build the strength necessary to maintain speed and agility.
3. Practice your breathing. It is necessary to breathe properly while you perform martial arts techniques. If you do not know how to breathe correctly, your performance will suffer from a lack of energy.
4. Eat healthfully. Fruits and vegetables give you energy. Fast food and junk food only tire you faster.
5. Sleep a full night. You need about eight hours of sleep each night to keep your brain focused and your body strong. Your memory and muscles begin to fail when your brain is tired.

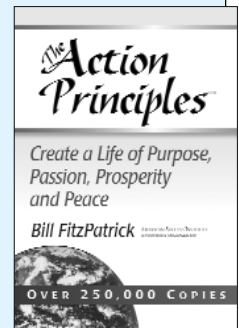
Whether you are already a Black Belt or are still reaching towards that goal, there is no excuse for less than your best effort. Combine your drive for excellence with the tips above and you can reach great heights.

Nobody has a bigger impact on your life than you. When you teach yourself how to give your best effort all the time, then you've taken a big step toward accomplishing your dreams and goals. ☺



## ACTION PRINCIPLES Lead by Example

Start acting today as the person you want to be: a person of character who is always striving to be a leader. Your words, manner, attitude and actions reflect your leadership qualities and abilities. As a leader, you should never expect others to do what you are unwilling to do. Leaders are fair, firm, friendly and dependable.



Bill FitzPatrick is a 5th-degree black belt, holds a Master's Degree in Education and runs the nonprofit American Success Institute: [www.mastersuccess.com](http://www.mastersuccess.com).

## Kempo Success Stories

### Personal Profile

By Nick Kleman, Age 10



I joined martial arts to learn self-defense and to interact with other kids of different ages. I was not interested in many different kinds of sports, and my family and I live in the country, so there is not much to do. My uncle has his Black Belt, and I thought maybe I could do the same, so I enrolled in a class. I have been taking lessons for a couple of years, and I am now a Brown Belt.

Although we drive a half-hour each way to practice twice each week, it is so worth it. I always look forward to going. I haven't missed classes many times. I am exhausted after practice because I receive a real workout, but my mom always takes me for a drink following class. I really love all of the instructors and the other students in my classes. I now have much more confidence in myself, and that makes me feel much better when I'm with other people.

Nick Kleman studies the martial arts at Burns Tae Kwon Do in Sellisgrove, Pennsylvania.

# Healthkick:

## Stress, A Formidable Opponent

by Jennifer G. Galea MS RD

Martial arts training will definitely help you combat illness and disease. It provides training for the mind and the body, both of which are crucial for physical, mental and spiritual health.

During your training, you exercise muscles and joints throughout your body. Keeping your muscles and joints strong and flexible is a key component to overall health. Exercise has a direct effect on cardiovascular health and flexibility, both of which defend you against illness and disease.



Exercise also has a direct impact on stress levels. Stress presents a separate health risk factor. According to experts, as reported in Consumer Reports on Health, "Stress is now considered as much of a risk factor as smoking, overweight, or lack of exercise for a variety of diseases. Stress itself can contribute to unhealthy lifestyle choices, such as overeating."

Martial arts training is a significant weapon in the battle against stress because it's not only a form of body exercise, but also the primary form of "mind exercise" that is critical to the mind's control of stress. The relaxation and meditation techniques, as well as breathing exercises, that you learn, train the body to reverse the stress response. You experience reduced heart rate and blood pressure, decreased muscle tension and slowed brain waves.

These "anti-stress" techniques are actually being "prescribed" by physicians to help in the treatment of illness and disease. By incorporating martial arts training into your daily routine now, regardless of your current health, you are preparing the defenses that will help your body both prevent and treat the many diseases and conditions that are currently linked to increased stress. Among these conditions are reduced immunity, hypertension, coronary artery disease and increased risks of heart attack and stroke. Less stress enables you to make more appropriate lifestyle choices, such as healthy food selection and optimal physical activity, which are conducive to your continued good health. ☺

## Announcements

Apr 29, 2006 We will be sponsoring another World Tai Chi Day at the Coral Gate Park. Regular Tai Chi classes will resume soon. Please sign up in the office or with Sifu.

Feb, 2006 Bo staff classes are scheduled for Saturdays in February. Cost: \$120 (bo staff included)

Student Referral In 2006, we will be sponsoring a referral program. Bring in friends or family. Points are earned if they sign up and pay for their lessons.

- 3 Win a new Tiger patch
- 5 Win a new Dragon patch
- 7 Win a Bo staff or other weapon
- 10 Win a month of weapon classes.
- 11+ Win a special grand prize

Ask Sifu for guest passes and flyers.

**Job Opportunity** Would you be interested in becoming an instructor or program director, answering phones and managing student activities? Please contact Sifu right away for current opportunities all over San Diego county. Black Belt not required for all positions.

We have an **urgent** need for these jobs!

# 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)	2/16	1/23
Beginner Ranks	(P-B)	2/16	1/23
Intermediate Ranks	(G-Br)	2/16	1/23
Advanced Ranks	(Blk)	July 2006	

## 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 2006. Be ready candidates. Rise to level you need to be at to succeed. ☺

## Leadership Team News

The Leadership Team is open to new members. Extra GOLD class on Mondays.

## Demo Team News

The Demo Team meetings resumed. Sign up for the Demo Team in class to get on the roster. Open to all students with excellent attendance records and ATC.

## Welcome New Members

## Happy Birthday

No February Birthdays.

### Call for Writers and Artist

If you like to write or draw, please send us your articles and drawings for possible use in upcoming issues.

From time to time, we solicit articles from other instructors and students. And we're always on the look out for great photos or drawings by our talented students.

Any subject related to Kempo or the martial arts in general is appropriate. Review your favorite movie or draw your favorite ninja.

Submit all ideas to your instructor. Digital is best.



# Leopard Pause

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## New Books Soon

Mr. Bagnas is nearing completion of his next two books on Golden Leopard Kempo. These will be the second and third volume to his Handbook series.

Volume 2 will cover student information for Black Belts from First Degree all the way to Fifth Degree. It is an innovative and ground breaking work in Shaolin Kempo. Proceeds from sales of the first book will help fund its publication.

This book will cover many sought after kata and blocking sets. It will also help student understand the advancement process for advanced students.

Volume 3 will cover some new information for Black Belt students, the jujitsu aspect of our art. Often neglected by other instructors, Mr. Bagnas has adapted various curriculums to forge a new jujitsu program. It will allow advanced students to have a guide for their new material. Each section counts towards the Yudansha Unit System for Black Belt advancement.

For more information about advancing in Black Belt ranks, please reference the Introduction chapter of the Student Handbook, Vol 2. It provides the latest information on testing and learning, all authorized by the Golden Leopard Kempo Organization.

Mr. Bagnas would like to announce plans for a fourth volume on the internal arts of Tai Chi Chuan and Chi Gung. As you know, Mr. Bagnas sponsors an annual event at the park to support World Tai Chi Day across the world. This handbook will help students interested in this art to follow along and remember key sequences.

Pre-sales of these books, Handbook Volume 2 and Handbook Volume 3 are scheduled to begin by March 2006.

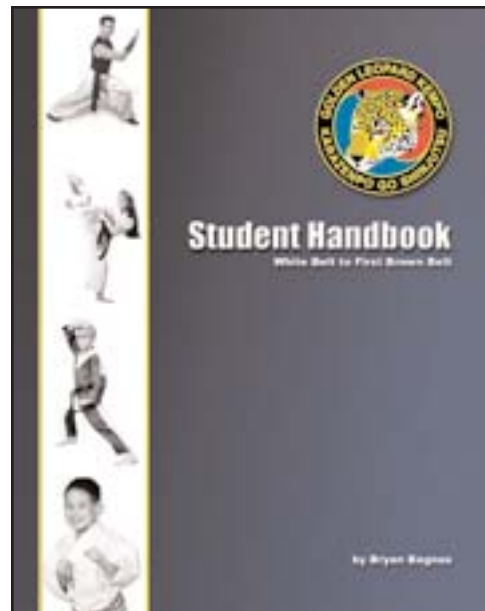
## Student Handbook

### Do you have the latest Golden Leopard Kempo handbook?

It is important for your training. The Handbook contains information that is vital for you to read and have in your reference library. It will be a great benefit in your Kempo development and memory retention, allowing you to look up information when you get stuck during self-study.

The Handbook also contains our history, a complete description of our requirements, and test questions. The Handbook is printed in a spiral bound format so you can keep it open on the floor or on the table. There is plenty of room for you to make notes in the margins.

If you aren't yet taking advantage of the Handbook, now is the time to get with it. The Handbooks sell for \$45 each.



## Memo to Students

Just to remind those who do not have the Student Handbook, all tuition programs are one-year (48 weeks of classes) commitments paid in monthly installments. Therefore, most students are on the Gold plan with monthly payments of \$75. All programs automatically renew on your anniversary unless you let Sifu know ahead of time.

There are three levels of membership: Gold, Silver, and Bronze. Each requires a different amount of time to terminate your membership.

Prgm	Annual Fee	Mo. Pmt
<b>Gold</b>	\$ 900/yr	\$75/mo
	Requires 6 months notice to quit.	
<b>Silver</b>	\$1,140/yr	\$95/mo
	Requires 3 months notice to quit	
<b>Bronze</b>	\$1,500/yr	\$125/mo
	Requires 1 month notice to quit.	

This system takes effect immediately but doesn't supercede existing special programs or membership clubs. If you have any questions, please contact Sifu if you have questions.

### Full Uniform, Please

Now that the summer is over and the weather is getting cooler, you are required to wear a full school uniform.

You must wear your gi pants with your gi jacket. If you have outgrown your uniform, please buy a new one.

## Merchandise Prices

### Patches

Golden Leopard Patch . . . . . \$7  
 US Flag Patch . . . . . \$7  
 Hawai'i Flag Patch . . . . . \$7

Other patches are available upon request. Sifu has a catalog of nice patches in his office.

### Uniforms

Uniform (Black) . . . . . \$45  
 Replacement Belt . . . . . \$5

You can buy just the jacket or pants as separate items. Ask Sifu for pricing if you want to do that.

## Membership Notice

Grandmaster Gascon's Black Belt Society is allowing kyu ranks (colored belts) to join his association. All of my students are eligible to join. If you would like to join, please bring \$36 to Sifu for the annual membership dues and he'll send it up to the KGS/BBS headquarters for you.

You'll receive:

- ◆ the official KGS patch
- ◆ a certificate of membership
- ◆ and discounts on KGS seminars

Please make the check out to KGS/BBS. All the money goes to our Grandmaster Gascon. Mahalo.



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Special Delivery

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There's dozens of choices if all you want is a workout, but you also need to keep your mind and spirit in shape to achieve your goals and only Kempo shapes the total self:

**BODY, MIND, SPIRIT.**

You're guaranteed a cardio-intense, physical workout, but you'll also gain greater confidence and learn how to concentrate with less effort and more results - all of which makes your spirit **STRONG AND POSITIVE.**

Call our school to schedule your **FREE** beginner's course.

# KEMPO SHAPES MORE THAN YOUR BODY!



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