

Leopard Pause



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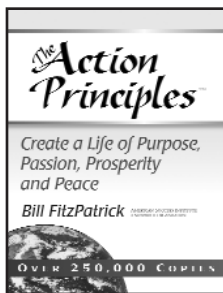
All About Promise-Keeping

Develop Your Special Talent

You were born with a special talent. It may be to sing, write, teach, paint, mentor, preach, defend or befriend. You have something special to offer the world. You must continue to learn and try new things to find your special talent.

The world needs your gift. Be aware that even a special talent can go stale if you don't continue to use it and hone it.

Bill FitzPatrick is a 5th-degree Black Belt, holds a Master's Degree in Education and runs the non-profit American Success Institute at: www.mastersuccess.com.



By Melody Shuman

Promise-keeping means making worthwhile promises that you are able to keep, and then you actually do keep.

You make promises-we all do-but, for various reasons, too many of those promises are not kept. To be a great person, you must fully understand the importance of keeping promises and recognize those situations where making a promise is appropriate. There are many types of promises: Silly promises, bad promises, good promises and promises about situations that are beyond your control. When you understand these different types of promises, then you can improve your ability to keep promises.

A silly promise is when you promise someone one million dollars for whatever reason, and you don't have one million dollars. A bad promise

could be promising to lie for a friend, or helping someone cheat on a test. A good promise is best defined as having an honorable or worthwhile objective, such as completing your chores when asked or

returning borrowed money.

Promises beyond your control include a promise that it will not rain next week, or that you will catch a ball during the game that would have been a home run.

It is

important to use common sense when making and keeping promises. You may find yourself making promises that you know are silly, bad or beyond your control, but you make them anyway. Pay attention to the different types of promises you make, and when they are silly, bad and beyond your control, begin to eliminate them. Only then, will you master good promise-keeping.

Often, the most difficult part of good promise-keeping is the desire, the motivation, to take the actions required to keep the promises you make. To learn the action part of promise-keeping, make a list of all of your recent good promises, which you are, haven't kept. Write next to each promise the action you will take to keep your promise-and then go do them! With this exercise, you'll start to make only good promises, and act on them. With some effort and concentration, you'll become a master at promise-keeping, and your friends and family will have greater respect for you and your actions. ☺

Learn Advanced Kempo Kata

Over the last ten years, many students have sought Sifu Bagnas for his knowledge of Black Belt-level kata. For a limited time, Sifu will teach kata from the Shaolin Set to any student regardless of rank. Usually taught from First to Fifth-degree Black Belt, these katas are true treasures of Kempo. Sifu Bagnas won trophies at tournaments performing these high-level forms.

Each kata is taught over two class sessions. Sign up now for only \$100.

Space is limited to four students due to the area needed to teach the forms.



Healthkick:

No Grains or Whole Grains?

By Jennifer G. Galea MS RD

Many of the latest diets, and even some news reports, proclaim the need to eliminate "carbohydrates" from your diet, but do they really mean all carbohydrates? Carbohydraterich foods include whole grains and fruits as well as pasta, potatoes and sugar.

The healthiest choice is to eat whole foods, while incorporating all food groups into your diet. For grains, make sure that your "carbohydrates" are whole grains, and not empty "white" foods.



According to a recent survey, most people (86%) agree that eating whole grains is an important part of an overall healthy diet, but 53% reported eating whole grains less than once per day! Only 25% of those surveyed had at least one serving per day.

Considering that the current nutrition recommendation for grains is six to 11 servings per day, your personal goal should be to make at least three of them whole grain, if not all of them. Non-whole grain foods (such as white potatoes, regular pasta, white rice and white bread) are devoid of most of the nutrition that grains provide, such as fiber and phytochemicals, while still providing significant empty calories.

Avoid mashed potatoes, processed white bread and sugars of all varieties. Choose carbohydrates, composed of whole grains, instead. There are many varieties: wheat, oats, corn, rye, barley, spelt, groats,

wheat berries, millet, flaxseed and brown rice.

To make the transition to "whole grain" eating, try some simple substitutions. Mix whole grain pasta with your regular pasta (and eventually replace it completely). Make sandwiches with whole grain or mixed grain bread, or even combine whole grain cereal with a favorite breakfast cereal.

Whole-grain eating can be much more interesting than just replacing pastas, breads and breakfast cereal; you can incorporate new grains, or at least new forms of grains, into your diet. Try something new as a side dish or mixed with other dishes. Try whole grain varieties of common foods, such as waffles, crackers, tortillas and breads.

As with any dietary change, modifying your whole grain intake will take time. Start with simple substitutions.

Add to those some new whole-grain food items and recipes. Your new diet will be more interesting and much healthier. 🍷

Kempo Success Stories

Personal Profile

How Kempo Has Benefited My Life

By Michael Beckett, Age 15

By participating in martial arts, my life has improved. I made new friends and learned to feel good about myself. I know being a Black Belt is to continue to learn something new each day, to set an example to others, to be a leader and to be willing to serve my community.

Before I joined my instructor's Karate studio, I had low confidence and mild depression. When I joined, however, I gained confidence. Previously, I had used my anger and size as my weapons. I did not want to fight, but I was teased and bullied at school. I've learned how to eliminate anger as a source of strength, and never to use my techniques in offense, but only in defense, no matter what happens. I now have enough confidence in myself to walk away from a fight.



Michael Beckett trains under Sifu Ed Güereña at Ojai Valley Kenpo Karate in Oak View, California.

Announcements

July, 2006

Bo Staff Seminar. Cost: \$120 (includes bo)

July 22, 2006

Kempo Karate Seminar on the East Coast featuring 4 Grandmasters. \$100 for the day, near Boston.

August, 2006

Sai Seminar. Cost \$120 (includes sai)

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. Ask Sifu for guest passes and flyers.

- 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

Job Opportunity

Would you be interested in becoming an Assistant 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!

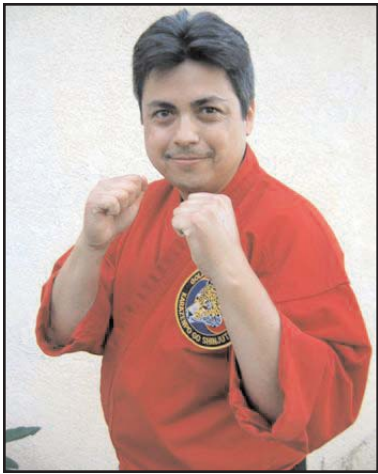
Testing Information

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)	7/13	7/20
Beginner Ranks	(P-B)	7/13	7/20
Intermediate Ranks	(G-Br)	7/13	7/20
Advanced Ranks	(Blk)	July 2006 (It's this month!)	



From Sifu's Desk

We have a new format for our little newsletter. There are lots of changes to the layout that we hope you enjoy. Most of the regular features still remain but have moved around. A few new features are now apart of our publication - a puzzle page, stories, quotes and the return of "From Sifu's Desk".

We also achieved syndication rights for a wonderful game called Sudoku. This brain teaser game of logic is addictive. This month's issue will have an introduction to the game by the author and examples. After that, we'll run one puzzle a month. The following month will have the solution for the previous issue and a new puzzle. The difficulty levels for series will start simple then become more difficult. Let me know if you enjoy these Sudoku puzzles.

Last month, the Valadez Kenpo Association awarded our school, Golden Leopard Kenpo, 2006 School of the Year. As the head of the school, I am deeply honored by this award. I didn't even know we were nominated for the category. The award is in the main dojo near the Kamiza.

Through the GLKO, I plan to release a series of eBooks on Black Belt Class topics. This series is based on high-ranking classes I gave in the North Park and La Mesa dojo. My notes are expanded and edited for distribution. You don't have to be a Black Belt to get these eBooks. Now's your chance to get a peek at things to come.

As always, we enjoy receiving letters, articles and drawings from our students for publication in the newsletter. Or ask the Headmaster a question to answer. Mahalo. ☺

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 December 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.

Happy Birthday

Rachel Allen
Eoin McKenna

Desiree Pimentel

The Dog and the Leopard

A wealthy man decided to go on a safari in Africa. He took his faithful pet dog along for company. One day the dog starts chasing butterflies and before long he discovers that he is lost. So, wandering about he notices a leopard heading rapidly in his direction with the obvious intention of having lunch.

The dog thinks, "Boy, I'm in deep doo doo now." Then he noticed some bones on the ground close by, and immediately settles down to chew on the bones with his back to the approaching cat.

Just as the leopard is about to leap, the dog exclaims loudly, "Man, that was one delicious leopard. I wonder if there are any more around here?"

Hearing this the leopard halts his attack in mid stride, as a look of terror comes over him, and slinks away into the trees.

"Whew", says the leopard. "That was close. That dog nearly had me."

Meanwhile, a monkey who had been watching the whole scene from a nearby tree, figures he can put this knowledge to good use and trade it for protection from the leopard. So, off he goes. But the dog saw him heading after the leopard with great speed, and figured that something must be up.

The monkey soon catches up with the leopard, spills the beans and strikes a deal for himself with the leopard. The cat is furious at being

made a fool of and says, "Here monkey, hop on my back and see what's going to happen to that conniving canine."

Now the dog sees the leopard coming with the monkey on his back, and thinks, "What am I going to do now?" But instead of running, the dog sits down with his back to his attackers pretending he hasn't seen them yet. And just when they get close enough to hear, the dog says, "Where's that monkey? I just can never trust him. I sent him off half an hour ago to bring me another leopard, and he's still not back!" ☹

KGS 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.



Private lessons

Getting stuck on the new material? Having difficulties remembering all those techniques? Get some private time with Sifu. Sign up for private lessons and get one-on-one training with the Kempo Master. Learn three times faster with private lessons. Schedule them at your convenience.

Each session is 45 minutes and costs \$50 each.

During the month of June, you can buy 4 and get one free.

Leopard Pause

Official GLKO Dojo Newsletter

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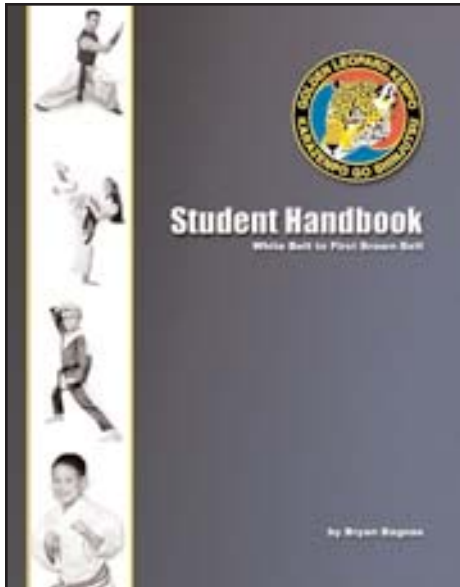
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True Meaning of the Black Belt



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.

One of the best parables I've ever heard tells about a martial artist who kneels before an Instructor in a ceremony to receive the hard-earned Black Belt. After years of relentless training, the student has finally reached a pinnacle of achievement in the discipline.

"Before granting you the belt, you must pass one more test," the Instructor solemnly tells the young man.

"I'm ready," responds the student, expecting perhaps one more round of sparring.

"You must answer the essential question, 'What is the true meaning of the Black Belt?'"

"Why, the end of my journey," says the student. "A well-deserved reward for all of my hard work." The master waits for more. Clearly, he is not satisfied.

The Instructor finally speaks: "You are not ready for the Black Belt. Return in one year."

As the student kneels before his master a year later, he is again asked the question, "What is the true meaning of the Black Belt?"

"A symbol of distinction and the highest

achievement in our art," the young man responds.

Again the Instructor waits for more. Still unsatisfied, he says once more: "You are not ready for the Black Belt. Return in one year."

A year later the student kneels before his Instructor and hears the question, "What is the true meaning of the Black Belt?"

This time he answers, "The Black Belt represents not the end, but the beginning, the start of a never-ending journey of discipline, work and the pursuit of an ever-higher standard."

"Yes," says the Instructor. "You are now ready to receive the Black Belt and begin your work."

All wise people see that changes can be new beginnings. Change need not be feared. And neither should we be looking for a permanent resting place, for a full and happy life is never stagnant.

Can you affirm that the change you face represents, not just an ending, but a new beginning in your life's journey? If so, you may be ready to move forward.

Sudoku: A Logic Puzzle Box

Here's a puzzle with numbers. Do you have to use arithmetic? No! Nothing has to add up to anything else. Instead, you solve the puzzle with reasoning and logic.

Where do you start solving a Sudoku puzzle? Anyplace you can!

For example, take a look at the Very Easy puzzle. Let's try and place a 7 in

the top-left box (call it "box 1"). You could just guess where the 7 goes, but that might get you into trouble. It's more fun to reason it out.

Note the 7 in box 3 (the top-right box). It's the 7 for the whole top row, so the 7 for the box 1 cannot go in Box 1's top row. Box 2 also has its 7 already. It is the 7 for the whole 2nd row, so the 7 for box 1 cannot go in Box 1's middle row. That leaves just the 3rd row. In box 1, there is only one empty cell in the 3rd row - so we can write the 7 in, between the 9 and the 2.

Now let's try and find the 6 for box 1. If you look down at box 7 (the bottom-left box), you will see it already has a 6. That is the 6 for all of the 1st column - and of course you can only have one 6 per column. Box 4 (the middle-left box) also has its 6. That 6 is the only 6 allowed in the 2nd column. So the 6 for box 1 must go in the 3rd column. This time, there are two empty cells left in box 1. However, look to the right. There's a 6 in box 2, and it eliminates one of the possible locations for the 6 in box 1.

With that kind of thinking, you can finish the Very Easy and Easy puzzles. The Medium puzzles will need a little extra.

Learn How to Use Kobudo Weapons

From the mysterious shores of the Ryu Kyu Kingdom of Okinawa, the ancient art of weapon fighting was pass down from generation to generation. Now, you can be apart of the legacy. Learn the five principle weapons of Kobudo: the bo staff, sai, tonfa, kama and nunchuku.

Each course is four sessions long and will teach handling, drills and a kata. Join the class for \$120 which includes the appropriate weapon or \$100 if you have your own. Class size limited to six students.

You will need some other tricks and techniques, but discovering them for yourself is part of the fun. The Hard puzzles, however, will need a lot extra!

A Very Easy puzzle might take you half an hour, the first time. But you will soon get your time down - maybe to 10 minutes or even less.

On the other hand, be careful of Very Hard puzzles. How hard can they be? Put it this way. If you were on death row and due to be executed in the morning, and the guard told you if you solved the puzzle your life would be spared - you'd die.

That's not to say that Very Hard puzzles are impossible - they are just, well, very hard. And of course, if you are prepared to "guess", you might strike it lucky and solve it faster.

Each Sudoku puzzle from Pappocom has just one solution.

Each Sudoku puzzle from Pappocom can be solved using logic alone. If you prefer guessing, you can - but there is a logical way to solve every puzzle.

We will feature one Sudoku puzzle each issue in graduating difficulty over the next few months. Solutions to the puzzles will come out in the next issue so you have a month to solve it.

su | do | ku

© Puzzles by Pappocom

If you enjoy these brain teasers, let us know in class or by email. Enjoy.

Check out the computer program by Pappocom at www.sudoku.com.

Merchandise Prices

Patches

Golden Leopard Patch \$7
 US Flag Patch \$7
 Hawai'i Flag Patch \$7
 Tiger Head Patch \$10

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

Uniforms

Uniform (White, 8 oz.) \$40
 Uniform (Black, 8 oz.) \$45
 Uniform (White, 10 oz.) . . . \$50
 Uniform (Black, 10 oz.) . . . \$55
 Replacement Belt \$5

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

Books

Student Handbook, Vol. 1 . . . \$45
 White to Brown Belt
 Student Handbook, Vol. 2 . . . \$85
 1st Black to 5th Black

	3	2			8			7
						1		
7				4			9	
6					7		3	
1								5
	9		4					6
	1			3				9
		7						
2			5			7	4	

MEDIUM # 3

8	1					7		3
			6		7			8
9		2	3	1		6		
	4			7		5	6	
		7	9		1	2		
	6	3		4				9
		4		9	2	1		6
6			5		4			
7	8						5	9

V.EASY # 1

								6
2			9		6			1
		7		2	5			
8			6					3
7	3						8	9
5					8			7
			3	4		6		
	5		8		2			1
1								

HARD # 4

						7	9	
2					7		6	
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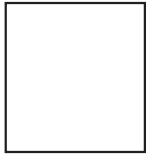
EASY # 2

1			5					4
		9	7			8		
				6			1	3
4			2					
	8						6	
					6			8
6	5			2				
		1			7	9		
8					4			1

V.HARD # 5



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