



WHITE EAGLE MARTIAL ARTS

SEPTEMBER/OCTOBER 2007

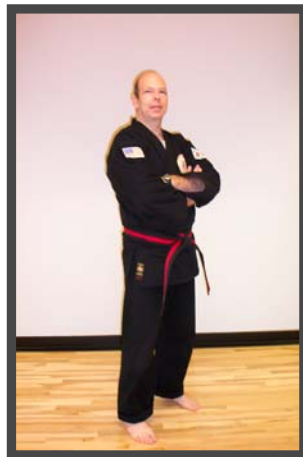
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WHAT STYLES DOES WEMA TEACH?

- TANG SOO DO
- AMERICAN KARATE
- KEMPO KARATE
- HAPKIDO
- TAI CHI CH'UAN

A MESSAGE FROM MASTER RAY



Staying focused on the prize!

The new school year is starting and I wanted to remind you to stay focused on your school work and to do your best.

All too often when we go back to school we are thinking about other things that have nothing to do with grades. Things like 'who's going to be my teacher?' or 'what is the food going to be like?' I can remember when school started, I would have many thoughts going through my head, but none of the thoughts that I was focusing on was of my performance for the year, at least not when I was young.

The reason we have a hard time remaining focused is because we become so involved with the day-to-day things in life and become more concerned about the drama than what is really important. This happens to

all of us and we all have to watch out for and not get tied up in the day-to-day drama. Leave that for the soap shows that are on during the day!

School is for learning!

One of the things about learning in school is that while you are learning your subjects, you are also learning about yourself. Whether you realize this or not, how you act and react to your subjects is also a learning process. This is the same when you are in martial art classes. You are learning about different things, but also about yourself and how well you can stay focused on your lesson. So what is important is to see how you react to your lessons and how well you can make yourself focus on doing good work no matter what lesson you are working on. This applies whether you like the lesson or not!

Why is this important? Well, this depends on how you answer the next question.

What are you going to be when you grow up? A leader? A manager? A bum?

What you need to understand is that the decision to learn to focus now could possibly affect your entire life. What I mean by

this is, if you choose not to apply yourself this year and want to coast through another year of school and not get good grades, you may find yourself not able to recover from this decision next year. You might be starting a habit (a bad one at that) in the way that you study that could last a lifetime! All too often when we don't enjoy what we are doing, we will not put anymore effort into what we are doing than what we have to. The end result from this is that we are now getting lower grades because we did not care about the grade. Instead we only thought about how much we did not like the project.

You can't allow yourself to get into that position! That is 'not to care'. Your grades (most of the time) are due to your ability (or lack there of) to maintain your focus in the subject... Please don't read this wrong though. I also know there are times when you have great focus and still can get a bad grade. That is a whole other subject matter and I mean no disrespect.

What I am trying to do with this message is to help you to look at school and other things with a different view. If you do that, then this was a good thing!

- CONTINUED ON PAGE 2

STAYING FOCUSED ON THE PRIZE-CONTINUED FROM PAGE 1

You cannot afford to not have the prize in focus because you are upset that Bobby stole your lunch money or Susie broke up with you. You can not founder on the drama that is in your life when in reality, it really is not important. Can you imagine a warrior in the 16th century going to battle and not being focused on the fight because he broke up with his or her boyfriend or girlfriend the night prior to the big fight? Needless to say – I don't think that happened too much.

Again I do not want to insult anyone and so I am just

reminding you that you are starting a new year and we (your instructors) all want you to have a successful year.

So what I am going to ask of the instructors is to request a copy of each of the student's report cards. Also if there is a student in college – that they report their grades to me.

When I was growing up in Maine, my instructor did the same with me and had my mother report my grades to him. If I had a bad grade, I was made to explain what happened to him.

This did make me try harder because I did not want to disappoint him.

You can do what you set your mind to and become a stronger individual by staying focused on what is important. This works for all of us no matter how old we are!

-Sah Bum Nim

“You can do what you set your mind to and become a stronger individual by staying focused...”

LETTER FROM THE EDITOR

I remember not so long ago what it was like that last week before going back to school. It really is a convulsion of mixed emotions. I was kind of excited to go back, but not really. I was kind of excited to see friends again, but not really. I was kind of excited to meet my new teachers, but not really. And I was kind of excited to start with a clean slate again, but....you guessed it....not really.

I used to have dreams (nightmares) of not being able to find my classroom or being late, which really was quite absurd when you think about it. But, the point is, we all went through what you, as a student, or you, as an adult, go through when going back to school, back to college (or to college for the first time), or even back to work after a (albeit) short vacation.

What I found is that once I got back, after a few days of listening to teachers read me a syllabus and telling me what I was going

to do that year, that I fell into a routine. I quickly learned which teachers I liked and which subjects I liked. I got used to teaching styles. I got used to the walk between classes. And yes, I even remembered my locker combination without writing it in a notebook. And you know what? It really was not all that bad. It gave me something to do every day and lots of new things to learn. The human mind craves knowledge and knowledge is power.

As we venture into a new school year and we look towards setting new goals, use the time to reflect on your martial arts training. I know a lot of you have been away for the summer (or parts of it) and coming back to class is kind of like going back to school. But the important thing is to get back into it and really figure out where you want to go with martial arts. Where are you now? Where do you want to be next year when summer rolls around?

What do you like? What do you not like? Especially for the colored belts, now is the time to figure out who YOU are in martial arts. Find out your “routine” and stick to it. Find what you like and build on it. Find what you do not like and learn from it. You will be a better person as a result.

A final thought: As you think about these things, don't lose sight of living in the moment. Sure, we all want to do the right thing today so that tomorrow is better, but don't lose sight of the little things.

As much as you might think that you don't like going back to school, you only get to do it twelve times (or sixteen if you count college). It will all be over before you know it and if you don't stop to appreciate this, it will be gone and you can never go back. And then you'll be stuck like all the rest of us, with our 8-5 jobs with only eight days off in a year! -Katie



Ms. Katie Manninen:
Cho Dan

FEED YOUR BRAIN

According to an article in Natural Health Magazine, August 2007, Harvard U conducted an experiment on 84 housekeepers.

They informed half of the housekeepers how their muscles worked during their working hours (exercise) and how many calories they burned during their activities.

In two weeks it was reported they saw an overall decrease in

body mass by .05% and an increase of energy and general sense of well being.

There was no change in the group that was uninformed.

Ahh... If that's only what it would take. It makes me wonder what else we could accomplish if only we were informed.

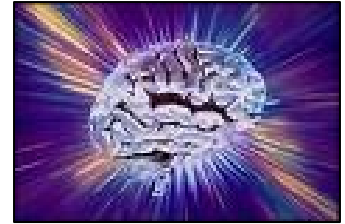
What are you interested in? Do you have a hobby? What's

going on in the world around you?

Feed your brain with new experiences and watch it grow. It is one of the few parts of your body that doesn't have to stop growing.

-Contributed by Nadine Keller

THANK YOU NADINE!



Your brain is a superstar: Treat it like one!

BACK TO SCHOOL....AND....ALMOST ONE YEAR!!

Hello all!

WEMA Reading is *still* solidifying its roots! We finally have an array of color guppies and they're looking pretty sharp. We've focused our energy on building a strong core of people who act more like family than students. It's nice to see our younger students acting more like adults and our adults acting more like younger students.

As our August activities quickly approach we look forward to spending time with our friends and comrades. We've acknowledged the chaos of everyday life that encroaches on our personal lives and we're learning to slow down and appreciate those precious moments of quality time. As we transition from summer to autumn we note that we're arriving at our anniversary within the World Gym. Wow... how fast a year goes by!

Finally, a word to all of our younger students:

I just want you to keep in mind that for every single youth disheartened by the thought of "going back to school" there is an adult somewhere celebrating lavishly over your return!

Whoaaaaaaa!!!!

:) Cheers!

-Instructor Jon



Mr. Jon McIntyre: Cho Dan Bo

PROTOCOL TIPS FOR THE MONTH

- Always show up to class 15 minutes early so that you can stretch and warm up.
- Remember to bow to a senior student before speaking to them.
- Remember to bow when entering or leaving the dojang. This is a sign of respect!
- Bowing to your peers is a sign of respect and honor for others. Keep this in mind!
- Do not lean or sit against the walls of the dojang! This is disrespectful!
- If you are late, stand at the side of the class and raise your hand. Wait until the instructor

acknowledges you to join.

- Always end a question to an instructor with "Sir" or "Ma'am"
- If you need to leave class, raise your hand and ask for permission to leave the class.



You don't want this guy mad at you because you don't know your protocol!

PROMOTIONS

Congratulations to our July promotions:

- Eric Teufel
- Sean Kilroy
- David Ta
- Max Barletta
- Alicia Hornberger
- Nicole Teufel
- Adrian Rosebrook
- Karen Hornberger
- Chad Gittle
- Dominic Nocito
- Bobby Lorinc
- Vicki Lorinc
- Robert Lorinc
- Frank Gallagher
- Patrick Gallagher
- Tyrese Kadle
- Matthew Right

The next gup test will be on September 8th due to the Labor Day weekend.

Be sure to check the web to see if you are eligible to test!

**PRACTICE
HARD AND
GOOD LUCK!**



Kevin Green gets his stripe. Will you be next?

CLASS SCHEDULES

White Eagle Martial Arts meets and practices at three locations on every day of the week except Friday. Any location is open to our students. Come see what makes us different from all of the other guys!

**We are not like
every other school.
Come dare to see
why we are
different!**

SPRING VALLEY CLASS SCHEDULE

- Sunday: 12:15-1:00PM - White Belts
- Monday: 7:15-8:15PM - Orange & Up
- Tuesday: 2:30-3:30PM - All Belts
- Thursday: 2:30-3:30PM - All Belts
- 7:15-8:15PM - White Belts
- 7:15-8:15PM - Orange & Up
- Saturday: 10:00-10:45AM - White Belts
- 11:00-11:45AM - Orange & Up

White Eagle Martial Arts

Spring Valley YMCA

19 Linfield Trappe Road

Limerick, PA 19468

TOWAMENCIN CLASS SCHEDULE

- Wednesday: 6:30-7:30PM -All Belts

White Eagle Martial Arts

Towamencin Fire Company

1590 Bustard Road

Harleysville, PA 19438

READING WORLD GYM CLASS SCHEDULE

- Monday: 7:30-8:30PM - All Belts
- Wednesday: 2:30-3:30PM - All Belts
- Saturday: 10:30-11:30AM - All Belts

White Eagle Martial Arts

Reading World Gym

2920 St. Lawrence Ave

Antietam Valley Shopping Center

Reading, PA 19606

Don't forget to check the web for
White Eagle events and information!

September 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8 Gup Test
9	10	11	12order Tshirt	13	14	15 Promotions
16	17	18	19	20	21	Paintball/Picnic
23	24	25	26	27	28	29Gup Test
30						



WHITE EAGLE MARTIAL ARTS

PO Box 428
Douglasville, PA 19518
<http://www.whiteeaglema.org>
E-mail: wema@earthlink.net

Have something you want
included in the newsletter?

Send submission by 10/15/07

to:

karatekatie@earthlink.net

"HEALING LIVES THROUGH MARTIAL ARTS"

October 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 Promotion
7	8	9	10	11	12	13
14Black Belt	15	16	17 Testing List Out	18	19	20
21	22	23	24	25	26	27 Gup Test
28	29	30	31Halloween			