



# Tao News



February 2002

*Edited by Senpai Don Wismer*

## Champions!

We always knew we were champions -- all of us Tao students, without exception. Some of us like to go out and prove it, though -- and prove it they did!

**Reggie Levesque** of Hallowell H.Q. was the 2001 winner of 3 K.R.I. (Krane Ratings International) titles, a Triple Crown in kata, weapons, and fighting. He competed in all 5 of the K.R.I. world rated tournaments, in Providence RI, Quebec, Marlborough MA, Bermuda, and Guatemala City. Not only that, he won 2 K.R.I. National titles in kata and weapons at the Krane event in Newport RI, and he was the runner-up in fighting.

We also praise **Barry Sherman's** Best Sportsmanship award at our December Inner School Tournament.

## 2001 SMART Champs from the Tao

The statewide SMART group totals points in the various divisions at tournaments throughout the year, and then at the January banquet winners compete for the overall divisional Grand Championships. SMART saw the following awards to TAO students for 2001 and at the banquet:

### Black belts:

**Shihan Jeff Wood** won a Grand in kata.

**Sensei Bob DuPuis** was 2nd place in kata, 1st in weapons, and 3rd in fighting, and at the banquet won the Grand in weapons.

**Sensei Cindy Spear** earned the Grand in weapons, and placed 1st in points for kata and 1st in weapons.

**Senpai Felicia "Boo" Whitten** was 3rd in kata, 2nd in weapons, and 1st in fighting, and at the banquet won the Grand in weapons and fighting.

**Senpai Reggie Levesque** was 2nd in kata, 2nd in weapons, 1st in fighting, and 3rd in musical.

**Senpai Drew Rountree** earned 3rd in kata and 2nd in fighting.

**Senpai Brandon DuPuis** earned 2nd in kata, 3rd in weapons, and 2nd in fighting.

**Kohai Ellen Fairfield** was 1st place in fighting and 2nd in kata.

### Colored belts:

**Evan Travers** earned 1st in kata, 3rd in weapons, and 1st in fighting, and won the Grand in fighting.

**Tanya Travers** earned 3rd in kata, and 1st in fighting, and won the Grand in fighting.

**Tom Mellette** earned 2nd in kata and 2nd in fighting.

**Don McCollett** earned 2nd in kata and 1st in fighting.

**Chelsea McCollett** earned 2nd in kata and 2nd in fighting.

**Deb Barbezat**, who became a Kohai at the end of 2001, earned 1st place and Grand in kata for her red belt/black stripe division.

**Jen Hardy** took 1st in kata and fighting.

**Matthew Rimi** took 2nd place in his division in both kata and fighting, and then at the banquet won the Grand in both!

**Jonathan Berube** earned 1st in Kata and 2nd in fighting.

Trina Lewis took 2nd in fighting.

**Zach Cart** earned.....

**Ben Fairfield** earned 4th place in both kata.

**Darick Herald** took 4th in both kata and fighting.

**Ron Hardy** took 4th in kata and fighting.

And **Marcia Conley Carter** took 4th in fighting.

## Congratulations Champions All!

### December Promotions

At Hallowell H.Q., a large panel of black belts watched as the following students from all branches earned promotions: Kohai Drew Rountree, to Sho Dan, 1st Degree Black Belt. He is now referred to as "Senpai."

Brandon Stinson, to Sho Dan Ho, Probationary black belt. He is now referred to as "Kohai."

Deb Barbezat, to Sho Dan Ho, Probationary black belt. She is now referred to as "Kohai."

Tanya Travers, to red belt/black stripe.

Shawn Carroll, to red belt/black stripe.

Ron Hardy, to red belt/black stripe.

Darick Herald, to red belt/black stripe.

Barry Sherman, to red belt/black stripe.

*(cont. on page 2)*



**Senpai Felicia "Boo" Whitten**  
Hallowell H.Q.

## SPRING SCHEDULES

<b>Hallowell Headquarters</b> 301 Water Street Shihan Jeff Wood (207) 622-4002	Hallowell HQ. (cont.)  <b><u>Yoga - call Susan Coady at 685-9011</u></b> Monday: 9-10:30 a.m. Wednesday: 3:45-5:15 p.m. Thursday: 9:30-11 a.m.  <b><u>Tai Chi - call Sifu Dave Dumont at 622-3063</u></b> Monday: 5:30-7 p.m. Friday: 11:30-12:30 p.m.  <div style="text-align: center;"> <b>Winthrop Branch</b>                      Fitness Center, Union Street (downtown)                      Sensei Bob DuPuis*                      (207) 377-3615                 </div>	<b>Boothbay Harbor Branch</b> Boothbay Harbor YMCA Sensei Cindy Spear (207) 633-3496
<b><u>Karate</u></b> Monday No classes Tuesday 4-5 p.m., ages 5 thru 12 5-6 p.m., private classes 6-7 p.m., ages 5 thru 12 7:15-8:30 p.m., 15 and older Wednesday 6-7 p.m., all ranks and ages 7:15-8:30 p.m., black belt Thursday 4-5 p.m., ages 5 thru 12 5-6 p.m., private classes 6-7 p.m., ages 5 thru 12 7:15-8:30 p.m., 15 and older Saturday 10:30-12 noon, all ages all ranks	<b><u>Karate</u></b> Monday, Wednesday 7-8:30 p.m., 12 and up, all ranks Tuesday, Thursday 3-4, 4:15-5:15 p.m. 5-11 yrs., all ranks *Call for individual and group rates	<b><u>Karate</u></b> Tuesday, Thursday 4-5 p.m., children's white through yellow belt/green stripe 5-6 p.m., adult white through yellow belt/green stripe 6-7 p.m., green belt & up, all ages <b><u>Kick Boxing Workout</u></b> Tuesday, Thursday: 7:15-8 p.m.
		<div style="text-align: center;"> <b>Wiscasset Branch</b>                      Community Center                      Sensei Cindy Spear                      (207) 633-3496                 </div>
		<b><u>Karate</u></b> Monday 4:30-5:30 p.m., all ages and ranks <b><u>Kick Boxing Workout</u></b> Monday: 6-7 p.m.

**THE SHIHAN SAYS:**

**PRIVATE LESSONS:** They are available - call me at 622-4002.

**USE THE DOJO:** It is available for birthday parties and other meetings and uses. Call!

Join **S.M.A.R.T.** - only \$15 each! See your Sensei or call me.

**SENSEI DUPUIS SAYS:**

**PRIVATE LESSONS:** Call me at 377-3615 for individual and small group private classes, times and rates.

Keep plugging! Remember your next testing and be ready!

**SENSEI SPEAR SAYS:**

**PRIVATE LESSONS:** Call me at 633-3496!

**December promotions (cont.)**

Steve Lemieux, to red belt/black stripe.  
 Emily Fairfield, to red belt/black stripe.  
 Eugene Fairfield, to red belt.  
 Elizabeth Fairfield, to red belt.  
 Flint Travers, to green belt/red stripe.  
 Dan Rountree, to green belt/red stripe.  
 Jennifer Hardy, to green belt/red stripe.  
 Benjamin Fairfield, to green belt/red stripe.  
 Matthew Rimi, to green belt/red stripe.  
 Joshua Pykare, to green belt.  
 Max Chapin, to green belt.  
 Larry Fitzgerald, to green belt.  
 Zach Cart, to yellow belt/green stripe.  
 Courtney Putnam, to yellow belt.

**Many congratulations all!**

**Other Recent Promotions**

Christin Bailey, to yellow belt/green stripe.  
 Ashley Braga, to yellow belt/green stripe.  
 Sydney Braga, to yellow belt/green stripe.  
 Michael Rimi, to yellow belt/green stripe.  
 Michael Stoltz, to yellow belt/green stripe.  
 Jonathan Berube, to yellow/green stripe.  
 Ben Patten, to yellow belt/green stripe.  
 Brandon (B.J.) Sandler, to yellow belt.  
 Dennis Emidy, to yellow belt.

Pam Hardy, to yellow belt.  
 Gabe Nichols, to 3 yellow stripes.  
 Bailey Ellis, to 3 yellow stripes.  
 Kate Cart, to 3 yellow stripes.  
 Spencer Smith, to 3 yellow stripes.  
 Jeremy Briggs, to 2 yellow stripes.  
 Frannie Lemieux, to 2 yellow stripes.  
 John Hall, to 2 yellow stripes.  
 Devryn Valley, to 1 yellow stripe.  
 Joshua Seakins, to 1 yellow stripe.  
 Kevin Mooney, to 1 yellow stripe.  
 Amber Lund, to 1 yellow stripe.  
 Alicia Lund, to 1 yellow stripe.  
 Jonathan Seakins, to 1 yellow stripe.  
 Jonathan Joyce, to 1 yellow stripe.  
 Kelsey Nason, to 1 yellow stripe.  
 Kelley deWolfe, to 1 yellow stripe.  
 Johathan Moody, to 1 yellow stripe.  
 David Coleman, to 1 yellow stripe.  
 Keita Kobayashi, to 1 yellow stripe  
 Koji Kobayashi, to 1 yellow stripe.  
 Danielle Pease, to 1 yellow stripe.  
 Ethan Dukes, to 1 yellow stripe.  
 Cody Barry, to 1 yellow stripe.  
 Emily Boisvert, to 1 yellow stripe.  
 Michael Clark, to 1 yellow stripe.

Bradley Drummond, to 1 yellow stripe.  
 Alex Durfee, to 1 yellow stripe.  
 Healthier Durfee, to 1 yellow stripe.  
 Nate Schwehm, to 1 yellow stripe.  
 Brian Smith, to 1 yellow stripe.  
 Joshua Greenleaf, to 1 yellow stripe.  
 Anne Fairfield, to 1 yellow stripe.  
 Michale Hoffman, to 1 yellow stripe.  
 Jason Ainsley, to 1 yellow stripe.  
 Welcome new member, Walter Curtis III.  
*(I apologize if I've missed anyone -- get me the facts and I'll pub them in the next newsletter. In the meantime...*  
**Congratulations!** -- Ye Olde Editor

**Neck Coolers for Sale**

Emily Fairfield of Boothbay/Wiscasset is one of the club members who is planning to go to Japan this summer, and to fund it in part, she is making and selling "Neck Coolers." Sensei Spear tells me that these are made with a special crystal that when soaked in cold water, absorbs over 400% of its mass and stays cool for hours. (I could have used one of these at Kamp Karate!) Call Emily at (207) 882-5078 for particulars, or e-mail her at fairfld@gwi.net.

## The Maine Martial Arts Challenge

Formerly the Tao Open

We support the Maine Special Olympics and local Dare Programs.

### A MAINE TRADITION

25th Annual Martial Arts Tournament.

20 years Tao Open

5 Years Maine Martial Arts Challenge

### Karate Tournament

April 6 & 7, 2002

Maranacook Community School, Rt. 17 W, Readfield, Me.

15 Collectable Grand Championship Trophies  
as well as one of a kind 1st - 4th place awards.

Never again will these awards be offered at this tournament!

Registration Starts at 12:30p.m. Saturday for Black Belts W/2:00 p.m. Start time!  
Registration Starts at 8:30 a.m. Sunday for Colored Belts W/10:00 a.m. Start time!

#### Forms -Kumite- Weapons

I.P.P.O.N.E. Rated

Rated "A" Maine S.M.A.R.T.

Also covered in Action Magazine.

#### SPECTATOR PRICES

Sat. \$6.00 per person.

Sun. \$3.00 per person

4 & under free, 65 & over free,  
Both days!

Hosted by Sensei Robert DuPuis & the Tao Karate Club of Winthrop, Me.  
Affiliated with Jeff Wood's Tao Martial Arts & Fitness Center in Hallowell, Me.  
Other Tao locations - Boothbay Harbor and Wiscasset, Me.  
Call for more info. (207) 377-3615

### WELCOME TO ALL,

It gives us great pleasure to invite you to this year's 25TH annual MARTIAL ARTS CHALLENGE! That's right -- the silver anniversary, 20years AS TAO OPEN and 5 years as The Maine Martial Arts Challenge. Once again without fail we have over 160 divisions; male and female continue to compete separately. We have one of the best divisional breakdowns for the Seniors and Executive Seniors as well. With the exception to the 5 year and under group, white belts have been separated We are still offering the Physically Challenged division; Musical Division only in the Black Belt divisions. This year on Sunday, April 7, 2002 we will have the 1st place musical kata winners from Saturday entertain you with their winning katas to open the tournament. Once again we are running with two rating systems. The S.M.A.R.T. Ratings system is for the Maine competitors. Also I.P.P.O.N.E., a ratings system for the New England competitors. Both systems designed to add both strong and safe competition, as well as fairness to each competitor. As always the Black Belt divisions will be exciting events you will not want to miss. So make plans now to join us for TWO ACTION PACKED fun filled days at this years Maine Martial Arts Challenge

Respectfully,  
Robert DuPuis, Sensei  
Kathy DuPuis, Senpai  
Jeff Wood, Shihan



**Sensei Robert DuPuis (center)  
of the Winthrop Branch, with  
Tanya and Evan Travers**

**History Note:** "Moo Duk Kwan" means  
"School of Martial Virtue."

**Bruce Lee** says: "An animal jumps at every sound...a leaf responds to every push of air...but an enlightened man in combat moves only when he chooses - only when necessary - actually, the movement before it is necessary. He is not tensed but ready, he is never set but flexible. **Jeet Kune Do**, ed. J. Little (1977)



**Barry Sherman of the  
Boothbay Harbor  
branch**

## Attention all Students & Parents

The following prices went into effect January 1, 2002. Please include an extra \$15.00 for S.M.A.R.T. 2002 membership with your next month's dues, if you haven't done this already. All dues are expected to be paid in full within the first full week of each month. These are Hallowell H.Q. fees only -- see Senseis DuPuis, Spear, and Senpai Berry for their fee schedules.

### **Monthly dues for Colored Belts - white through red belt**

\$55.00 Monthly per individual - Group karate classes  
\$45.00 each for a family of two - \$90.00 Monthly  
\$35.00 each for a family of three - \$105.00 Monthly  
\$30.00 each for a family or group of 4 or more -  
\$120.00 Monthly

### **Monthly dues for Black Belts - Probationary through 4th degree**

\$55.00 Monthly for all probationary Black Belts  
\$45.00 Monthly for all 1st Degree Black Belts  
\$35.00 Monthly for all 2nd Degree Black Belts  
\$25.00 Monthly for all 3rd Degree Black Belts  
\$0 Monthly for all 4th Degree Black Belts

### **Per Hour Private Class Fees**

\$30.00 Per hour for one person  
\$50.00 Per hour for two people - \$25.00 each  
\$60.00 Per hour for three people - \$20.00 each  
Privates must be scheduled with Shihan at least a week in advance!

The following fees are true for all branches of the Tao:

### **Testing Fees effective January 1, 2002**

Stripers - \$15.00 per stripe (Half price for more than 1 stripe)  
Colored belts and stripes -

\$25.00 each rank ( 1/2 price on 2nd rank)

Probationary Black Belt - \$100.00

1st Degree Black Belt - \$75.00

2nd Degree Black Belt - \$50.00

3rd Degree Black Belt - \$25.00

4th Degree Black Belt - \$0

All testing fees must be paid within 10 days of your actual test. A registration form for testing must also be submitted. Testing fees will be held for 3 to 6 months for failure to test and/or failure of test. (N/C for next test if within the 3 to 6 months.)

### **Other costs associated with our classes!**

2nd month - \$40.00 Uniform / Gi

( middle weight white with belt )

3rd month - \$80.00 (Safety Equipment (hands, feet, head, mouth piece & cup)

- Occasional tournament if into competition

- Occasional seminar and or clinic

- \$60.00 ? Tao Kamp Karate - 2nd weekend of August

- \$65.00 Club Jacket - Not mandatory

- Occasional donation for fund drive

- \$20.00 Inner school tournament in November each year

Tao Karate Club  
301 Water Street  
Hallowell, ME 04347

Place  
Stamp  
Here