



Tao News

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February 2003

Edited by Senpai Don Wismer

A Letter from Shihan

Greetings: All Students & Families
I hope you are all geared up for a new calendar year of school and karate classes. Please note the enclosed schedule and upcoming events list.

This past summer was very exciting for me as it started out with a trip to Japan, which is definitely on my list of top experiences in my life! Wow!! I have many pictures to show and a video is in the works. What a great time! The team all had a super time and experienced Japan to its fullest, living with host families. Many stories to tell! We will have a get together to share our experiences with all students sometime in the near future! Stay tuned.

Please note and remember the upcoming Tournaments, Team Tao Workouts, Team Tao, S.M.A.R.T. 2003 Registration and any other events you might be interested in. Also, keep in mind that we can supply any of your Martial Arts equipment needs and that we have gift certificates available, which are really popular around holidays and birthdays. Club jackets can also be ordered anytime of the year.

Finally, I would like to welcome back to classes all active Tao students and of course any that have been semi active or inactive. Your Martial Arts training is more important now than it has ever been. With today's everyday stresses and all of the worldly pressures, your training can make a difference. Parents, I can sympathize with you when it comes to the tight scheduling of your child's many activities.



Happy black belts after their (for some of them) surprise testing in December. From left to right, top row: Senpai Reggie Levesque, Sensei Joyce Wood, Senpai Don Wismer, Sensei Bob Dupuis, Senpai Kathy Dupuis, Senpai Brandon Stinson, Sensei Cindy Spear, Senpai Felicia "Boo" Whitten, Sensei Kevin Berry. Front row: new Kohais Barry Sherman, Emily Fairfield, Ron Hardy, Darick Herald.

Please remember that we encourage at least 2 classes a week and with our new fall & winter schedule we offer at least 5 classes a week. All of our classes stress and teach the Tao oath of Honor, Confidence, Respect & Courage, which they will be able to carry with them throughout life. Welcome back! Lets train!!
Respectfully,

Shihan Wood – Tao

S.M.A.R.T. State Champions

The Tao was exceptionally well represented at the 2002 Maine State Championships.

(in no particular order)

Brandon Dupuis was a triple crown winner: State Champion in forms, weapons, and fighting in his Division.

Evan Travers took State Champion in black belt 13-15 boys fighting.

Brandon (B.J.) Sandler took State Champion in Novice (13-15) forms and fighting.

Spencer Smith took State Champion in Novice (10-12) boys forms and fighting.

Chelsea McCollett took State Champion in kata, 10-12 intermediate female.

Emily Fairfield took State Champion in 16-17 advanced female kata and fighting.

(continued on page 3)



ANNUAL TAO INNER SCHOOL TOURNAMENT

(Boothbay Harbor ME) The Boothbay Harbor Regional YMCA was the site for the 3rd ANNUAL TAO INNER SCHOOL TOURNAMENT. Shihan JEFF WOOD of the Hallowell dojo, Sensei BOB DUPUIS of the Winthrop dojo and Sensei CINDY SPEAR of the Wiscasset and Boothbay Harbor Dojo's were the Promoters for this low key family oriented event.

About 65 competitors attended and were offered a variety of events to choose from: Musical, Flag Sparring, Self Defense, Kata and Kumite. Many of the students were competing for the 1st time. This was the perfect way to introduce students into tournament style competition. It is always easy to perform in a familiar setting.

I would like to comment about the improvement of the students I saw. My son is a member of the Tao and I usually attend all the quarterly testings. I have seen these students grow so much in the last five years but none have improved so much as Boothbay/Wiscasset student EMILY FAIRFIELD. EMILY will be testing for her Black Belt in December of 2002 and if anyone is ready for that step it would be her. (She was! -- Ed.) I would like to see her compete more often because I think she could make a mark in the Jr. Black Belt division.

Young Red Belt Chelsea McCollett is another competitor that has stepped it up another notch too. She is a solid all around performer and is coming into her own.

All the students performed well, and they are all winners for stepping in the rings and trying their best.

Memories of Japan

by Shihan Jeff Wood

Etched into my mind forever are many wonderful memories of our recent trip to Japan. Too many to list here for sure. However, a few of my fondest are our first rainy day trip through the streets of Tokyo, the subways, the train, our guides and the amazing cleanliness of the city. Another would be the first High School we went to and the reception that we received. I have traveled a lot and I must say the Japanese people are by far the friendliest, kindest people I have ever encountered. The hospitality was just unbelievable. We were all treated like celebrities. This was a dream come true for myself and my students, and as in all dreams something unbelievable always occurs. Such was the case when we visited the Perfectural Martial Arts Stadium in Hirosaki. I thought I had died and gone to Martial Arts heaven. The big dojo in the sky. It was just unbelievable. We all witnessed traditional Kendo, traditional Judo, traditional Archery and traditional women's Sumo, yes women's Sumo. On top of which we worked out with Karate Masters and their students and presented our demonstration. This is the largest Martial Arts Stadium in all of Japan. An honor just to walk through the door.

But my fondest memories aren't just of the meditation at the Buddhist Temple, the shrines, the gardens, the country side, Lake Tawada, the baseball game, our tour bus guide or the people in general. My fondest memories lie in my minds eye when I see the interaction of our 19 students and the many Japanese students in all the High Schools that we visited. How the sharing of something as simple as

origami or maple syrup that brings together an understanding of each other and their cultures. This in itself is a step toward World peace, a true exchange.

Thank you for the opportunity!!

The Editor adds:

What a jam-packed itinery the Mainers had! Here is the schedule for just one day, Monday July 15:

8:00 a.m.: Leaders and chaperones meet at the hote.

8:40 a.m.: Meeting

8:50 a.m.: Depart Prince Hotel

9:40 a.m.: Arrive at Johgakura Big Bridge

10:00 a.m.: Depart Johgakura Big Bridge

10:10 a.m.: Mt. Hakkoda (ride a ropeway gondola); take a walk at Tamoguchi Marsh.

11:40 a.m.: Depart Mt. Hakkoda

12:20 p.m.: Arrive at Okuirise Grand Hotel, lunch

1:20 p.m.: Depart Okuirise Grand Hotel

1:40 p.m.: Chooshi Ohtaki (waterfall)

2:00 p.m.: Arrive at Nenokuchi

2:30 p.m.: Lake Towada, ride a sightseeing boat

3:20 p.m.: Arrive at Kyuuya

3:30 p.m.: Arrive at Towada Kankoh Hotel

4:00 p.m.: Take a walk (at your choice)

5:00 p.m.: Come back from a walk.

6:00 p.m. Dinner.

WINTER AND SPRING SCHEDULES

Hallowell Headquarters 301 Water Street Shihan Jeff Wood (207) 622-4002	Boothbay Harbor Branch Boothbay Harbor YMCA Sensei Cindy Spear (207) 633-3496	Winthrop Branch Fitness Center Sensei Robert Dupuis (207) 377-3615
Monday 9-10:30 a.m., yoga class 5-7 p.m., Tai Chi Class 7:30-9 p.m., yoga class Tuesday 3-4 p.m., private karate class 4-5 p.m., karate, ages 6 thru 12, all ranks 5-6 p.m., private karate class 6-7 p.m., karate, ages 6 thru 12, all ranks 7:15-8:30 p.m., karate, 13+, all ranks	Karate Tuesday, Thursday 4-5 p.m., beginners & stripers age 5-10 5-6 p.m.: adult: beginners thru yellow/green stripe; children, yellow belt & yellow/green stripe 6-7 p.m., advanced, all ages green belt and up Kick Boxing 7-8 p.m.	Karate Monday, Wednesday 7-8:30 p.m., 12 years old and up Tuesday, Thursday 2:30-3:30 p.m., 9-12 years, all ranks 3:30-4:30 p.m., 5-11 years, all ranks 4:30-5:30 p.m., 5-11 years, all ranks
Wednesday 3:30-5 p.m., yoga class 6-7 p.m., karate, family, all ages/all ranks 7:15-8:30 p.m., karate, black/red belt class	Wiscasset Branch Wiscasset Community Center Sensei Cindy Spear (207) 633-3496	Augusta Branch 50 Stevens Road Sensei Kevin Berry (207) 622-9727
Thursday 9:30-11 a.m., yoga class 3-4 p.m., private karate class 4-5 p.m., karate, ages 6 thru 12, all ranks 5-6 p.m., private karate class 6-7 p.m., karate, ages 6 thru 12, all ranks 7:15-8:30 p.m., karate, 13+, all ranks Friday 11:30-1 p.m., Tai Chi class 7-9 p.m., yoga class Saturday 10:30-12 noon, karate, all ages/all ranks	Karate 4:30-5:30 p.m., all ages/all ranks Kick Boxing (resumes March 3) 6-7 p.m. <i>Below: those are Sensei Spear's karate feet smasking through concerete at the recent testing.</i> 	Karate Monday, Tuesday, Wednesday: 6:30-8 p.m., all ages and ranks Wiscasset Promotions On December 15th, promoted to white belt/3 stripes: Robert Gorrill and Cody Wyman. 2 yellow stripes: Jyllian York. Their first yellow stripe: Thomas Anderson, Victoria Cromwell, Matthew Mills, Matthew Hallowell, Emily and Mason Whitaker, Devin Smith, Jamie Golden, Kyle Smith, and Becca Nolan.

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 \$12 for the basic membership, \$24 for deluxe (includes magazine)! 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!

S.M.A.R.T. State Championships

(continued from page 1)

Darick Herald took State Champion in 18-34 male kata and fighting.

Pam Hardy took 45+ female novice State Champion in kata and fighting.

Senpai Felicia "Boo" Whitten took 18-34 black belt State Champion in fighting.

Sensei Bob Dupuis took 35-44 black belt point Champion in kata and weapons.

Ranking statewide in their divisions:

Chelsea McCollett, 3rd in kata, 1st in fighting.

Jonathan Berube, 2nd in kata, 2nd in fighting.

Spencer Smith, 3rd in kata, 1st in fighting.

Lysandria "Sandy" White, 2nd in ka1a, 1st in fighting.

B.J. Sandler, 1st in kata, 1st in fighting.

Emily Fairfield, 1st in kata, 1st in fighting.

Tanya Travers, 2nd in kata, 2nd in fighting.

Matt Rimi, 3rd in kata, 2nd in fighting.

Sherry Jewitt, 1st in kata, 3rd in fighting.

Trina Lewis, 2nd in kata, 1st in fighting.

Darick Herald, 4th in kata, 4th in fighting.

Pam Hardy, 4th in kata, 4th in fighting.

Dennis Dix, 4th in kata.

Ron Hardy, 2nd in kata.

Senpai Brandon Dupuis, 2nd in kata, 1st in fighting.

Senpai Felicia "Boo" Whitten, 1st in kata, 3rd in fighting.

Sensei Cindy Spear, 1st in kata.

Sensei Bob Dupuis, 1st in kata, 3rd in fighting, 1st in weapons.

Senpai Deb Barbezat, 2nd in fighting.

Jennifer Hardy, 3rd in fighting.

Kohai Evan Travers, 1st in fighting.

Congratulations!

Upcoming Events

March 16: Vermont Nationals tournament held in Brattleboro, Vermont. This event is I.P.P.O.N.E. rated (802) 257-0720.

March 22: Battle of Maine Martial Arts Championship. Hosted by Huard's Karate School. Held in Winslow, Maine. (207) 873-0407.

March 29: Tao colored belt testing, at Hallowell H.Q. 12:30 p.m.

April 5 & 6: Maine Martial Arts Challenge tournament held in Readfield, Maine. Hosted by Sensei Robert Dupuis of the Tao. This event is "A" rated by S.M.A.R.T. and an I.P.P.O.N.E. event. (207) 377-3615. Black belt competition on Saturday, colored belts on Sunday.

Remember Daylight Savings Time.

April 12: Central Mass. Open Karate Championship hosted by Tony Gould. This event is held in Gardiner, MA. (978) 827-7763.

April 26: Madawaska Tournament hosted by Ron Tardiff. This event is "A" S.M.A.R.T. rated.

May 10: Worcester Classic, Worcester, Mass. Contact Wayne Mello (508) 987-6124.

May 17: KICKUSA Nationals, Gardiner, Maine. Contact Brent Crisci, (207) 621-0770.

June 7: 4th Annual Vermont Martial Arts Challenge, Duxbury, Vermont. Contact Pete and Amy Desorda, (802) 244-7277.

June 14: 7th Annual Friendship Tournament, Westbrook, Maine. Contact Allen and Jennifer Viernes, (207) 854-9408.

June 28: Tao Testing: 10 a.m. colored belts, 12 noon black belts.

July 18: demo workout.

July 19: Old Hallowell Day Parade.

July 19: 19th Annual Green Mountain Karate Challenge, Rutland, Vermont. Contact Mark and Becky Stockton, (802) 773-9241.

August 8-10: Tao Kamp Karate held in Hallowell.

September 13: Pine Tree State Championship, Freeport, Maine. Contact Wanda Daniele (207) 846-4446 or Steve Day (207) 865-6295.

September 20: Tao colored belt testing, 12:30 p.m., Hallowell H.Q.

September 28: Maine Karate Classic, Sanford, Maine. Contact Sa Bum Nim Richard Smith, Jr., (207) 457-1113.

October 5: Connecticut Yankee Nationals, Waterbury, Connecticut. Contact Bob Cheezic (203) 879-5097.

October 10 or 11: David Hinkley (? – Dear readers, ask the Shihan about this.)

October 18: 3rd Southern Vermont Classic, Chester, Vermont. Contact Huzon Alexander, (802) 824-9656.

October 26: Battle of the Champions, Revere, Massachusetts. Contact Bruce Marshall, (978) 828-2149.

November 1 or 2: 29th New Hampshire Nationals, Keene, New Hampshire. Contact Ed Budd, (603) 352-3100.

November 2: Tao Inner School Tournament, Boothbay Harbor, Maine. MANDATORY!

December 6: Elm City Challenge, Waterville, Maine.

December 12: Tao Christmas Banquet and Awards.

December 13: Tao colored belt and black belt testing. Begins at 10 a.m.

December 21, 2003 through January 4, 2004: no classes. Happy holidays!

January 5, 2004: first Hallowell H.Q. classes for the new year.

Tao Team Members:

1. The last Friday of every month from 6 to 8 p.m. will be a team workout at Hallowell H.Q. unless otherwise scheduled.
2. No team workouts in the months of June, July or August. Have a great summer. See you at Kamp.
3. Remember Competitor Cards.

Tao Karate Club
301 Water Street
Hallowell, ME 04347

Place Stamp Here
