



Tao News



February 2005

Edited by Senpai Don Wismer

PROMOTIONS

(at September testing, Farmingdale H.Q., unless otherwise noted)

Boothbay Harbor / Wiscasset students:

Christopher Hoffman to green belt

Wallace Jackson to 1 yellow stripe

(separate October testing)

Winthrop students:

Keita Kobayashi to green belt/red stripe

Koji Kobayashi to green belt/red stripe

Devin West to green belt/red stripe

Thomas Conley to green belt/red stripe

Danielle West to green belt

Allison Conley to green belt

Niki Gibney to green belt

Takuji Kobayashi to green belt

Haley West to green belt

Kelly deWolfe to green belt

Keighla Burns to yellow belt

Mary Erb to 3 yellow stripes

Lyndsey Perkins to 3 yellow stripes

Christopher Erb to 3 yellow stripes



Shihan Jeff Wood

Our heartfelt condolences to Shihan Jeff Wood on the death of his brother, and to Sensei Joyce Wood on the death of her cousin..

Excerpt from the December, 2004 **Cane Masters Newsletter**

(this and other issues freely available at www.canemasters.com)

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The Use of Force

...what validates the use of force? I studied with a 3rd Dan Hapkido, law enforcement officer, who taught at our school for a while. His name was Ed Burch. He has since died in a plane crash. If you use his stuff, I would appreciate referencing him so his memory lives on. His first lesson is on awareness.

Five states of awareness

1. White - not alert, you must pick the time, place and people. A very secure environment such as your home.

2. Yellow - relaxed alert-aware of what is going on around you. You should be in yellow most of the time.

3. Orange - specific target, no specific threat (for example, a suspicious character walking on the other side of the street).

4. Red - specific target, specific threat. You may have to act in the immediate future. He just crossed the street and is now walking towards you.

5. Black - Action.

Six levels of Force

1. Your presence

2. Verbal command

3. Control and Restraint

4. Chemical agents

5. Temporary incapacitation

6. Deadly force

What must be present to use force?

Non-lethal

1. Ability - suspect must have the ability to hurt you

2. Opportunity - suspect must have the opportunity to hurt you

3. Jeopardy - you must believe you or a third person is in danger of injury

4. Preclusion - did you do what was reasonable to avoid or de-escalate the situation. In some cases preclusion may not be possible.

Lethal/Deadly Force

1. Ability - same as non-lethal


2. Opportunity - same as non-lethal

3. Imminent Jeopardy - you are in fear that you or a third party is in danger of serious bodily injury or death.

4. Preclusion - same as non-lethal

Ken Solomon

WINTER SCHEDULES

<p align="center">Farmingdale HeadQuarters 48 Ryder Road Shihan Jeff Wood (207) 582-1295</p>	<p align="center">Boothbay Harbor Branch Boothbay Harbor YMCA Sensei Cindy Spear (207) 633-3496</p>	<p align="center">Winthrop Branch Fitness Center Sensei Robert Dupuis (207) 377-3615</p>
<p>Karate Tuesday, Thursday 5:30-6:30 p.m. This class will focus on the beginner through intermediate students, ages 5 through 12. Anyone attending this class that is older than 12 must understand that this class is for children. 6:45-7:45 p.m. This class will focus on the beginner through intermediate students, ages 13 and older. Anyone attending this class must understand that this class is for adults.** Wednesday 5:30-6:30 p.m., same as above. 6:45-7:45 p.m. This class will focus on the intermediate and advanced students (green belts and up, all ages). Red and black belts are expected to make this Wednesday class and at least one other class during the week to help with instruction of the lower belts if needed. ** 12 & under green belts and above may attend the 6:45-7:45 p.m. classes on Tuesday and Thursday with their parents' permission.</p>	<p>Karate Tuesday, Thursday 4-4:45 p.m., beginners & stripers thru age 10 5-6 p.m., adult: beginners thru yellow/green stripe; children, yellow belt thru yellow/belt/green stripe 6-7 p.m., advanced, all ages green belt and up 7-7:30 p.m., extended class, black belts only</p>	<p>Karate Monday, Wednesday 2:45-3:45 p.m., 5-12 years, all ranks 4-5:15 p.m., 5-12 years, all ranks 7-8:30 p.m., 13 years to adult, all ranks Thursday 2:45-3:30 p.m., 5-12 years, all ranks 3:30-4:30 p.m., 5-12 years, beginners 7:15-8:45 p.m., 13 years to adult</p>
	<p align="center">Wiscasset Branch Wiscasset Community Center Sensei Cindy Spear (207) 633-3496</p>	
	<p>Karate Monday 4:30-5:30 p.m., all ages/all ranks</p>	
	<p align="center">Augusta Branch 50 Stevens Road Sensei Kevin Berry (207) 622-9727</p>	
	<p>Karate Monday, Tuesday, Wednesday: 6:30-8 p.m., all ages and ranks</p>	

All photographs in this issue are by Sensei Bruce Armstrong.

Ben Hall at testing



Senpai Barry Sherman



Aryeh Wismer - get those hands up!



Sensei Kevin Berry, Senpai SuZen Pond, Sensei Hal Pierce

TAO NEWS FLASH JANUARY 2005

Greetings all students past and present. I hope this letter finds everyone and their families in good health and with positive spirit for this upcoming year. As many of you know, the past few years have been rough ones to say the least, both personally and for the TAO. Our downsizing and relocations have taken their toll on our numbers. However, it has proven to be a positive move in that the quality of our students has gotten much better do to the size of our classes and our ability to give each student more attention.

This brings me to the main point of this letter. HELP! I need your help as a student of the TAO and or the parent of a student. Because of the declining enrollment in group classes and private classes, I am actively seeking other full time employment, which may limit or eliminate group classes and force me into teaching private classes only. All of this of course depends on what kind of job I can find, the hours, pay, location, etc. Naturally I would much rather be right here teaching. Unfortunately at this time the income from the dojo doesn't cover the expenses of the dojo. This is why I need your help! As I said, I would much rather be teaching you and or your children. So if we can get just a few more serious students like yourselves and book a few private classes, we'll be able to keep the headquarters up and running with a full schedule of group and private classes. I can use your help in this way: Recruiting students! Word of mouth is of course the best form of advertising. All other forms of effective advertising are out of reach financially at this time. We have all heard a relative, friend, co-worker or acquaintance say that they would like to do Karate some day. **If you know of any and you send them to the headquarters and they sign up for February, as an incentive to you I will deduct 50% off of your March dues. As well, any former students that want to rejoin and get back to training will receive 50% off their March dues, if they sign up in February or 50% off April dues if they sign up in March.**

I have listened and I have heard! I know that retention is the key to success and that my presence in classes is part of that. My intentions are to teach as many classes as I can and to be in the dojo more often. Also, flexibility seems to be an issue, so to **help I am adding an extra group class on Wednesdays** in the hope that it will enable more students to get their two classes a week in and perhaps open up the schedule to former and new students. We have also implemented the new testing requirement schedules, the class tracking schedules and will soon have all the requirements on video. Classes will be more energetic, fulfilling and fun in 2005. We will also be going back to the rotating teaching system in January. Forms on Tuesdays, Self Defense on Wednesdays and Fighting on Thursdays. In February it will rotate to Self Defense on Tuesdays, Fighting on Wednesdays and Forms on Thursdays. In March it will rotate to Fighting on Tuesdays, Forms on Wednesdays and Self Defense on Thursdays. In April the rotation starts all over again and so on. This type of schedule will enable the instructors to better prepare for teaching classes and help the students be better prepared for their classes. This also ensures that all students are getting a good balance of instruction and not too much or too little of one thing, such as too much form or too little fighting.

Now, the bad news. Starting in February our dues will increase by \$5.00 per participant. This applies to individual, family and group rates. Private class fees will also increase. As well, all Tao students (currently training at one of the other Tao locations) that visit the headquarters will be charged \$7.00 per class or (\$20.00 per month when paid in advance). Please keep in mind that our rates are still lower than most schools in Maine and we offer one of the best all around Martial Arts programs in New England. The TAO was established in 1975 by 5th Degree Black Belt Jeff Wood. We have four other TAO locations to serve the central Maine area (Winthrop, Boothbay, Wiscasset, Augusta).

Please if you have any questions, concerns, ideas and or complaints, please call me or speak with me a.s.a.p.
Call 582-1295.

Wishing you all a positive, healthy, happy new year.

Respectfully,

Shihan Jeff Wood

P.S. In the event of bad weather please call 582-1295 to see if classes are cancelled. The new Wednesday class will help with make up for the classes cancelled.

MORE PROMOTIONS!

December 4 Testing, Wiscasset

Sam Inman to yellow belt/green stripe
Max Wentworth to yellow belt
Andrew Lincoln to 1st yellow stripe
James Pray to white belt/yellow stripe
Kim Inman to white belt/yellow stripe
Henry Goggins 1st yellow stripe

December 9 Testing, Boothbay

Kimberly Gordon to yellow belt/green stripe
Brad Drinkwater to yellow belt

Christopher Reynolds to yellow belt
Andrew Goode to 3rd yellow stripe **and**
yellow belt
Raymond Perry to 1st yellow stripe
Riley Spear to 1st yellow stripe
Joey Paolillo to 1st yellow stripe
Elizabeth Digiulian to 1st yellow stripe
Stephen Bailey to 1st yellow stripe
Joshua Frisbee to 1st yellow stripe
Micilin Kelly to white belt/yellow stripe

December 12 Testing, Gardiner

Tanya Travers earned her 1st degree black belt and will henceforward be known as Senpai.
Mike Hoffman to red belt/black stripe
Nate Schwehm to green belt/red stripe
Mackenzie O'Brien to green belt
Isabel O'Brien to green belt
Ben Hall to yellow belt/green stripe

2004 CHAMPIONSHIPS!

SMART (Maine's circuit)

In his or her Division:

Justin Reed took first place in weapons, kata, and fighting.
Haley West took firsts in kata and fighting.
Devin West did the same.
Laceé White also did it.
Tom Conley, the same.
Pam Hardy, the same.
Chris Butler took a first in kata.

Of the black belts:

Tanya Travers took firsts in kata and fighting.
Evan Travers took a first in fighting.
Brandon Dupuis took a first in weapons.
State Championships:
Justin Reed took the State in weapons, kata and fighting in his Division!
Haley West took the State in kata.

Devin West book the State in kata and fighting.
Tom Conley took the State in kata.

I.P.O.N.E. (a Northeast circuit)

Brandon Dupuis took 3rd runner-up in weapons in his Division.
Laceé White took 2nd runner-up in forms and fighting in her Division.

Congratulations to all our Champions!

In Other Big News...

On December 14 Senpai Andrea Orne gave birth to a bouncing baby boy, 8 lbs. 3 oz., name of Alexander Jacob Orne. Many congratulations from the entire membership and wider family of the Tao!

And remember: Shihan Wood, Sensei Dupuis, Sensei Spear, and Sensei Berry are available for private classes. Their phone numbers are listed with the schedules on page 2!

**Tao Karate Club
48 Ryder Road
Farmingdale, Maine 04344**

**Place
Postage
Here**