



# Tao News



June 2001

*Edited by Senpai Don Wismer*



Sensei Cindy Spear  
Boothbay Harbor/Wiscasset

## March Promotions

(March 3 Testing, Hallowell) Club-wide testing for yellow belts and up:  
Tanya Travers, to red belt  
Steve Lemieux, to red belt

## March 3 Promotions (cont.)

Emily Fairfield, to red belt  
Mel Grant, to green belt/red stripe  
Tony Dix, to green belt/red stripe  
Marcia Conley Carter, to green belt/red stripe  
Elizabeth Fairfield, to green belt/red stripe  
Michale Conley Carter, to green belt/red stripe  
Eugene Fairfield, to green belt/red stripe  
Don McCollett, to green belt  
Trina Lewis, to green belt  
Ben Fairfield, to green belt  
Melissa Jones, to green belt  
Alex Smith, to yellow belt/green stripe  
Jenna Bilodeau, to yellow belt  
Shawn Bilodeau, to yellow belt  
Amber Allen to yellow belt  
Corey Hawkins, to yellow belt  
Kelsey Strickland, to yellow belt

## Additional Promotions

### Hallowell HQ (January)

Diane Lothom, to green belt

### Hallowell HQ (March)

Josh Holt, to 3rd yellow stripe

## Additional Promotions (cont.)

Frannie Lemieux, to 2nd yellow stripe  
Jazmine Richardson, to 2nd yellow stripe  
Bailey Ellis, to 2nd yellow stripe  
Cody Truman, to 2nd yellow stripe  
Zachary Cart, to 1st AND 2nd yellow stripe  
Bradley Atkins, to 1st yellow stripe  
Courtney Putnam, to 1st yellow stripe

## Winthrop Branch

Ben Patten, to yellow belt  
Dominique Berube, to 3rd yellow stripe  
Jonathan Berube, to 3rd yellow stripe

## Boothbay Hbr./Wiscasset Branches

Matthew Rimi, to yellow belt/green stripe  
Stephanie Parise, to yellow belt/green stripe  
Wyatt Colby, to yellow belt/green stripe  
Christin Bailey, to yellow belt  
Ashley Braga, to yellow belt  
Sydney Braga, to yellow belt  
Dillon Zarpentine, to 3rd yellow stripe  
Katrine Wheller, to 3rd yellow stripe  
Sari Weiss, to 2nd yellow stripe  
Max Weiss, to 2nd yellow stripe  
Michael Stoltz, to 2nd yellow stripe  
Robo Bishop, to 1st yellow stripe

## June Promotions

(June 2 Testing, Hallowell) Club-wide testing for yellow belt and up:

### Black Belts

### Kohai to Senpai, 1st Degree (Sho Dan)

Drew Rountree  
Shane Kenney  
Reggie Levesque  
Max Grover  
Brandon DuPuis

### To Kohai, Probationary (Sho Dan Ho)

Ellen Fairfield, to Kohai, probationary  
Zach Sears, to Kohai, probationary  
Ben Meulendyk, to Kohai, probationary

### Colored belts

Evan Travers, to red belt/black stripe  
Matt DeWitt, to red belt/black stripe  
Tom Mellette, to red belt/black stripe  
Spencer Sears, to red belt/black stripe  
Ron Hardy, to red belt  
Darick Herald, to red belt  
Barry Sherman, to red belt  
Jeff Goggin, to red belt  
Diane Lothom, to green belt/red stripe  
Matthew Rimi, to green belt  
Jennifer Hardy, to green belt  
Joseph Sibley, to green belt

Annie Wilcox, to green belt  
Cole Christine, to green belt  
Walter Hezik, to green belt  
Cole Domeyer, to green belt  
Matt Marston, to green belt  
Wyatt Colby, to green belt  
Stephanie Parise, to green belt  
Larry Fitzgerald, to yellow belt/green stripe  
Josh Holt, to yellow belt

### Also in Jine:

Chelsea McCollett, to green belt/red stripe  
Sherri Jewett, to green belt

*(continued next page)*

**Additional Promotions  
(Hallowell)**

Laura Smith, white belt/yellow stripe  
 Kate McKenna, 1st AND 2nd yellow stripe  
 Chris Muir, 1st AND 2nd yellow stripe  
 Tyler Storms, 1st yellow stripe  
 Gabe Nichols, 1st yellow stripe  
**Winthrop**

**Boothbay Harbor/Wiscasset**

***Congratulations to all!***

**Maine Martial Arts Challenge a Success!**

The Tao's 24th annual tournament, coordinated by Sensei Bob Dupuis at Maranacook Community School April 7 & 8, saw many Tao students placing in their various divisions. Among them:  
 Stephanie Parise, yellow, 5th kata and fighting  
 Wyatt Colby, yellow, 5th kata  
 Dillon Zarpentine, white, 3rd kata, 1st fighting  
 Ben Fairfield, green, 1st kata and fighting, competed for Grands  
 Emily Fairfield, red, 2nd fighting  
 Ellen Fairfield, women's red, 1st kata and fighting, 2nd in weapons, competed in Grands  
 Ron Hardy, mens' green, 1st in kata, 2nd fighting  
 Darik Herald, mens' green, 2nd kata  
 Jennifer Hardy, yellow, 3rd kata, 2nd fighting  
 Marcia Conley Carter, green, 2nd fighting, 4th kata  
 Trina Lewis, women's green, 2nd kata, 1st fighting  
 Walter Hezik, yellow, 4th kata, 3rd fighting  
 Adam St.Jean, red, 4th kata, 2nd fighting  
 Cindy Spear, womens' black, 1st kata, 1st weapons, Grand Champion  
 Brandon DuPuis, black, 4th weapons, 3rd kata, 3rd fighting  
 Max Grover, black, 1st weapons, 2nd kata, 1st fighting  
 Matt DeWitt, red, 3rd kata and fighting  
 Tom Mellette, red, 3rd weapons, 2nd kata, 4th fighting  
 Evan Travers, red, 4th weapons, 2nd fighting  
 Josh Pykare, 5th forms and fighting  
 Jonathan Berube, 1st fighting  
 Dominique Berube, 2nd kata, 1st fighting  
 Brandon Stinson, red, 3rd fighting  
 Ben Patten, yellow, 2nd kata and fighting  
 Tanya Travers, green, 2nd fighting

Shane Kenney, black, 2nd fighting  
 Drew Rountree, black, 2nd weapons, 1st kata, 2nd fighting

**The Black Belt**

Black: Black symbolizes the depth of the student's knowledge, and also the mystery and power of the rank. Only one out of every one thousand students earns a black belt. Although most people think a black belt is the ultimate achievement, attaining this rank marks the beginning of real training. There are many degrees of black belt, as many as ten in some styles. In Japanese styles, these are called dan. A Japanese stylist with a first-degree black belt is called a shodan.

Over time, a black belt starts to wear thin. With continued training, the threads of the white cotton begin to show. Eventually the entire belt turns white! This change is symbolic of the return to innocence and purity. It is a reminder to the advanced student to keep a beginner's mind and stay humble. It is also a warning to those students who think earning a black belt makes them hotshots. Ultimately, any color belt or sash reflects one's willingness to learn, show respect to the teachers, and do the hard work of training.

- from page 100 of *The Tiger's Eye, the Bird's Fist: A Beginner's Guidet to the Martial Arts*, by Louise Rafkin (\$3.98 at B&B)

**Tao Ten Step Drills**

The first 3 counts:

1. Feet together & hands at sides
2. Bow
3. Chunbi

The last 3 counts:

8. Chunbi
9. Feet together & hands at sides
10. Bow

The middle parts of the sets:

1. Down block, middle punch, high block, hammer fist
2. Front kick, side kick (both sides)
3. Side block, side punch (both sides)
4. Outside crescent kick, round kick, hook kick, round kick
5. knife hand, spear hand, knife hand, palm heel strike
6. Inside crescent kick, inverted kick (both sides)
7. Inside forearm block, outside forearm block (both sides)
8. Rising kick, spinning straight back kick (both sides)
9. Double forearm block, shuto, reinforced forearm block, ridge hand
10. hook kick, spinning outside crescent kick (both sides)



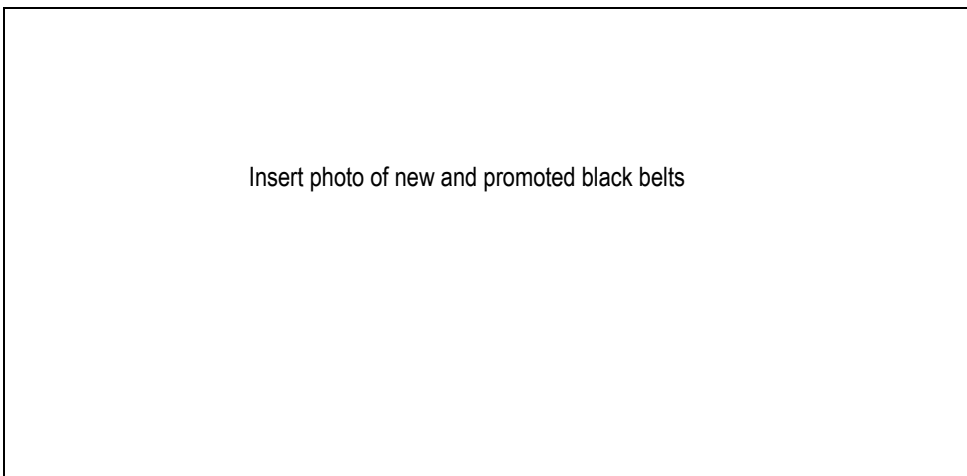
Interior View of the Hallowell Dojo (drawing by Sorah Wismer)

## SUMMER SCHEDULES

<p style="text-align: center;"><b>Hallowell Headquarters</b> 301 Water Street <i>Shihan Jeff Wood</i> (207) 622-4002</p> <p><b>Karate</b> Monday No classes Tuesday 4-5 p.m., ages 6 thru 12 5-6 p.m., private classes 6-7:30 p.m., all ranks and ages Wednesday 4-5 p.m., ages 6 thru 12 5-6 p.m., private classes 6-7:30 p.m., all ranks and ages Thursday 4-5 p.m., ages 6 thru 12 5-6 p.m., private classes 6-7:30 p.m., all ranks and ages Saturday 10:30-12 noon, all ages all ranks Saturday class will continue only if we have the support for the summer. Black belt class will resume in September on Wednesday nights. July 21, Old Hallowell Day parade and demo. August 17-19, Tao Kamp Karate (mandatory). August 20-September 3: Hallowell dojo closed. August dues will be cut by 1/2 to support Kamp Karate August 12-19, we will be hosting a Japanese exchange karate team. September 8 is the next scheduled full club testing at the Hallowell dojo.</p>	<p>Hallowell HQ. (cont.)</p> <p><b>Yoga - call Susan Coady at 685-9011</b> Monday 9:00 a.m.-10:30 a.m. 3:45 p.m.-5:15 p.m. Wednesday 7:30-9:00 p.m. Thursday 9:30-11:00 a.m.</p> <p><b>Tai Chi - call Sifu Dave Dumont at 622-3063</b> Monday 5:45-7:00 p.m. Friday 11:30-12:30 p.m.</p> <hr/> <p style="text-align: center;"><b>Winthrop Branch</b> Fitness Center, Union Street (downtown) <i>Sensei Bob DuPuis</i> (207) 377-3615</p> <p><b>Karate</b> Monday 3:30-4:45 p.m., ages 5-11, all ranks 7:00-8:30 p.m., ages 12 and up, all ranks Tuesday 3:30-4:45 p.m., ages 5-11, all ranks Wednesday Open for private classes* 7:00-8:30 p.m., ages 12 and up, all ranks Thursday 3:30-4:45 p.m., ages 5-11, all ranks Open for private classes* Friday Open for private classes*</p> <p style="text-align: center;">*Call for individual and group rates</p>	<p style="text-align: center;"><b>Boothbay Harbor Branch</b> Boothbay Harbor YMCA <i>Sensei Cindy Spear</i> (207) 633-3496</p> <p><b>Karate</b> 7 week session - begins April 24 Tuesday 4:00-5:00 p.m., ages 5-12 5:00-6:30 p.m., ages 12 and up Thursday: 4:00-5:00 p.m., ages 5-12 5:00-6:30 p.m., ages 12 and up</p> <p><b>Kick Box Workout</b> 7 week session - begins April 24 Tuesday (in the Annex), 6:45-7:35 p.m. Thursday (in the Annex), 6:45-7:35 p.m. Friday (in the Coastal Club Room) 9:00-10:00 a.m. (babysitting available)</p> <hr/> <p style="text-align: center;"><b>Wiscasset Branch</b> Wiscasset Primary School <i>Sensei Cindy Spear</i> (207) 633-3496</p> <p><b>Karate</b> New session begins May 7 Monday 4:00-5:00 p.m., ages 4-8 5:00-6:00 p.m., ages 8 and up <b>Kick Box Workout</b> April 23 - new 8 week session begins</p>
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Often the students of the Shaolin Fist could avoid fighting altogether. They talked their way out of harmful situations or managed to escape. They never fought for money or to show off. The monks had learned well from their teacher. Bodhidharma taught that the best fighters never resorted to fighting. This belief in nonviolence is at the heart of martial arts training: The most skilled fighters are strong enough not to fight. In China, this philosophy is called wu-te, which is the combination of discipline, respect for others, and a quiet, humble belief in oneself.

*- from page 9 of The Tiger's Eye, the Bird's Fist: A Beginner's Guidet to the Martial Arts, by Louise Rafkin (\$3.98 at B&N)*



**THE SHIHAN SAYS:**

**PRIVATE LESSONS:** They are available - call me at 622-4002. \$25 hourly, inquire for small groups.

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

It's time to join **S.M.A.R.T.** for 2001 - only \$10 each! See your Sensei or call me.

**BAD WEATHER:** If classes are cancelled, an announcement will be on WABK and 92 Moose, or call my house (582-1295) or the dojo (622-4002 - someone *might* be there!).

**SENSEI DUPUIS SAYS:**

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

**BAD WEATHER:** Call at 377-3615 to see if classes will be held.

**SENSEI SPEAR SAYS:**