



Tao News



June 2004

Edited by Senpai Don Wismer

The eleven commandments of modern Tae Kwon Do:

- Loyalty to your country
- Respect your parents
- Faithfulness to your spouse
- Respect your brothers and sisters
- Loyalty to your friends
- Respect your elders
- Respect your teachers
- Never take life unjustly
- Indomitable spirit
- Loyalty to your school
- Finish what you begin

Although the literal translation of Tae Kwon Do is "the art of kicking and punching" (Tae means "to kick," Kwon means "to punch," and Do means "art" (or "way" - ed.) this is no more than a superficial translation. Do in Korean implies the philosophical approach to a way of life, a pathway to achieve enlightenment. The students of Tae Kwon

Do, through rigorous physical training, intend to improve themselves physically, mentally and spiritually.

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Tae Kwon Do also teaches the importance of responsibility and honesty as the means to achieve harmony with society. The true Tae Kwon Do student is the one that knows how to behave in any place and at any time. It is very important to stress the need that our world has of trustworthy and sincere people. This is the kind of people that Tae Kwon Do is associated with. This should be the insignia for which anybody could recognize the Tae Kwon Do practitioner.

Respect, humility and high sense of morality are also important teachings that all of those who practice Tae Kwon Do should learn. Respect could never be overstressed, because it is respect which maintains a healthy master-student relationship. If the student does not respect

his master, he will never become worthy of the master's trust, and therefore his presence in the Dojang will not be welcomed. Respect is an important subject in Tae Kwon Do. Respect is expected from all students toward their parents, their nation, their master and fellow students, and in general toward all human beings.

Humility is a quality that all serious Tae Kwon Do students should possess. Although it is true that practicing the art of Tae Kwon Do boosts your self-confidence, this should not convey the false sense of superiority. On the contrary, the good student should be humble and considerate. In the same way, the highest regard for morality and ethics should be observed by all Tae Kwon Do practitioners.

*from "Tae Kwon Do" by Victor Garzon,
<http://nensho.me.engr.uky.edu/~victor/Misc/taekwondo.html>*

KAMP KARATE

August 20-22, Hollowell Recreation Area, Town Farm Road, Hollowell, Maine
Directed by Shihan Jeff Wood
Hosted by the Tao Karate Clubs

Pre-register by August 6th. Pre-registration fee based on number of students from the same school: 1-5, \$75; 6-10, \$65; 11+, \$55. A Kamp Karate T-shirt is included!

Registrations between August 7th and 15th: \$75 per person. After August 15th: \$85 plus \$10 for t-shirt (if available).

Tao Kamp Karate celebrates its 25th year of bringing together family and friends of the Tao in a weekend of fun and special training. Kamp is designed for all to enjoy. It is an opportunity for personal growth for the beginning as well as the advanced martial artist through hands-on experience with other martial

arts styles.

Remember, there is no charge for camping. The only charges are for those who are actually participating in the scheduled classes.

This year features a special demonstration of Kyundo (Japanese archery) by Tamba Sensei who is visiting from Japan.

Friday campers can arrive and set up anytime after noon. Arrive early and settle in, renew friendships from previous years, and meet new friends. Space is plentiful but plan to arrive early so you can get your favorite spot.

Sorry! There are no electrical or water hookups for those with pop-up tent trailers or other types of RVs. No open campfires are allowed! Lights out and NO noise after 10 p.m. Friday - we start early!

(cont. on page 2)



Senpai Deb Barbezat

Kamp Karate (from page 1)

Saturday starts at 7 a.m. with a "power walk." Breakfast next, then the sessions begin. Pot luck supper and then night training and a huge bonfire. Lights out at 11 p.m.

Sunday also begins with a 7 a.m. power walk, meditation, exercises and breakfast. Classes ensue thruout the morning, then we have closing ceremonies and clean-up.

Martial arts techniques from many styles and disciplines! Special events such as a talent show, water fight, scavenger hunt, much else!

Join us -- you'll have a great time!

Boothbay Harbor and Wiscasset Dojo Promotions - February - June 2004

February

Robin Phillips, 2nd Yellow Stripe
Ethan Walker, 3rd Yellow Stripe
Brad Drinkwater, 3rd Yellow Stripe
Trent Spencer, 3rd Yellow Stripe
Ben Scully, 3rd Yellow Stripe
Morgan Scully, 3rd Yellow Stripe
Kimberly Gordon, 3rd Yellow Stripe

March

Tristan Geboskie, 1st Yellow Stripe
Avery Snyder, 1st AND 2nd Yellow Stripe
Nathan Austin, 1st Yellow Stripe
Shaylee Sibley, 3rd Yellow Stripe
Sam Inman, 3rd Yellow Stripe
Max Wentworth, 3rd Yellow Stripe
Janet Fowle, 1st Yellow Stripe

April

Robin Phillips, 3rd Yellow Stripe
Kimberly Gordon, Yellow Belt

May

David Marcus, 1st Yellow Stripe
Tristan Geboskie, 2nd Yellow Stripe
Avery Snyder, 3rd Yellow Stripe AND Yellow Belt

Sam Inman, Yellow Belt
Shaylee Sibley, Yellow Belt
Robert Gorrill, Yellow/Green Stripe

June

Emily Ford, 1st Yellow Stripe
Mackenzie Ford, 1st Yellow Stripe
Vincent Lombardo, 1st And 2nd Yellow Stripe
Andrew Goode, 1st AND 2nd Yellow Stripe
Robin Phillips, Yellow Belt
Ethan Walker, Yellow Belt
Trent Spencer, Yellow Belt
Christopher Reynolds, Yellow Stripe
Brett Mayhew, Yellow Belt
Tony Lombardo, Yellow/Green Stripe
Christopher Hoffman, Yellow/Green Stripe.
Congratulations all!

Osu of Tao

Osu means honor, confidence, respect and courage. Osu is a powerful, positive response used in training and everyday life.

In order for one to develop a strong body, mind and spirit you must undergo very demanding and difficult training. You push yourself to what you believe is your limit, often times wanting to give up, to stop. You must learn to be patient and you must continue to push ahead on your path of improvement. This is Osu.

The reason you subject yourself to hard training is because you care about yourself, and to care about yourself is to honor and respect yourself. This honor and respect evolves and expands to become honor and respect for your family, guardians, teachers, instructors, fellow students, your community and your country. This is Osu.

When you enter or leave the dojo you bow and say Osu. This means you honor and respect your dojo and the time you spend training there, developing a strong body, mind and spirit. This enables you to improve your personal confidence and courage which helps you deal with all of life's negatives and positives. This is Osu.

Thus, Osu is very important to the Tao as it signifies a powerful, positive response and appreciation. This is why we always use the word Osu, to remind ourselves of these must have qualities.

Osu
Shihan Wood
Tao Karate Clubs

The successful martial artist will be one who is able to:

1. Possess fluid speed -- tenseness tightens and slows reaction time.
2. Possess confidence-plus -- at all times.
3. Sock it -- everything there, as soon as the opening is there.
4. Puzzle the opponent -- never do the same thing twice. Whenever the opponent gets set to hit, move. Each combatant has his own gears (speed, etc.).

-- Bruce Lee, Jeet Kune Do (Boston: Charles E. Tuttle Co., Inc., 1997), p. 21

Upcoming Events

Friday, June 25th

No Team Tao workout - testing on Saturday

Saturday, June 26th

10 a.m., colored belt testing, Farmingdale dojo

1 p.m., black belt testing, same place

Saturday, July 17th

Old Hallowell Day demo and parade also: Vermont Tournament - Mark Stockton

Friday, July 30th

No Team Tao workout - summer break

Sunday, August 1st

Maine Internationals - Sanford - Tony Cogliandro

Monday, August 9th

Registration cut-off for Tao Kamp Karate - you must have \$ and registration form in to get a Kamp T-shirt

Friday, Saturday, Sunday, August 20-22

25th Annual Tao Kamp Karate - all kinds of surprises, scavenger hunt, talent show, raffles!

Friday, August 27th

No Team Tao workout - summer break

Saturday, September 11th

Pine Tree Tournament - Freeport - W. Danielle and S. Day

Saturday, September 18th

12 noon testing and promotion, Farmingdale dojo

Saturday, September 25th

New tournament - MA - Scott Allaire

Friday, October 1st

Team Tao workout - Winthrop dojo

Saturday, October 9th

* New date * Maine Karate Classic - Sanford - R. Smith

Friday, October 29th

Team Tao Workout - Holiday Break

Saturday, November 9th

Keene, NH, Nationals - Ed Budd

Saturday, Nov. 13th

Elm City Challenge, Waterville

Thursday, November 25th

Thanksgiving - no classes - be thankful

Friday, November 26th

No Team Tao workout - holiday break

Friday, December 3rd

Tao testing and promotions - time and place to be announced

Saturday, December 25th

Christmas - Merry Christmas and Happy Holidays!

December 27th through January 3rd

No classes - dojo closed for holiday break


Tuesday, January 4th

First class of 2005 - Happy New Year!

January, to be announced

SMART championships - Waterville ME

SUMMER 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>Monday: 6-7 p.m., Private Class (full) 7-8 p.m., Private Class (full) Tuesday: 4-5 p.m., Private Class (full) 5-6 p.m., Private Class (full) 6-7:30 p.m., Group Class-all ages- all ranks Wednesday: 4-5 p.m., Private Class (full) 5-6 p.m., Private Class (open) 6-7:30 p.m., Group Class-green belts and up Thursday: 4-5 p.m., Private Class (full) 5-6 p.m., Private Class (full) 6-7:30 p.m., Group Class-all ages- all ranks Friday, Saturday, Sunday the dojo is closed.</p> <p>Note that Tao T-shirts, solid white or solid black, can be worn in June, July and August.</p>	<p>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.</p>	<p>Karate Monday, Wednesday 3:30-4:30 p.m., 5-12 years, all ranks 4:30-5:15 p.m., 9-12 years, yellow belts and up 7-8:30 p.m., 13 years to adult, all ranks</p>
<p>Shihan and Sensei Wood celebrate their 8th wedding anniversary on August 3rd. The Club joins in offering our warmest congratulations!</p> <p>Tao Ten Step Drills: The First Six In each, the first 3 counts are: 1. Feet together & hands at sides 2. Bow 3. Chunbi The last 3 counts: 8. Chunbi 9. Feet together & hands at sides 10. Bow (cont. next column)</p>	<p align="center">Wiscasset Branch Wiscasset Community Center Sensei Cindy Spear (207) 633-3496</p>	<p align="center">Augusta Branch 50 Stevens Road Sensei Kevin Berry (207) 622-9727</p>
	<p>Karate 4:30-5:30 p.m., all ages/all ranks</p> <p>Tao Boothbay area High School graduates include Emily Fairfield, Brett Mayhew, Michael Hoffman, Zac Spear (Sensei's son), and Carly Walton. Congratulations to each of you!</p> <hr/> <p>Tao Ten Step Drills (cont.) The middle parts of the sets. Note: initial move in all sets is left side first, always: Set #: 1. Move into horse stance and down block, punch, high block, hammer fist 2. Front kick, side kick (both sides) 3. Move into back stance and side block, wind up in cat stance, horse stance and side punch (both sides) 4. Outside crescent kick, round kick, hook kick round kick 5. Move into back stance with knife hand, step and spear hand, back stance to the right and knife hand, step and palm heel strike 6. Inside crescent kick, inverted kick (both sides)</p>	<p>Karate Monday, Tuesday, Wednesday: 6:30-8 p.m., all ages and ranks</p>
		 <p align="center">Kohai Steve Lemieux (soon to be Senpai Steve Lemieux!)</p>

THE SHIHAN SAYS:

PRIVATE LESSONS: They are available - call me at 582-1295.

Join **S.M.A.R.T.** - only \$15 for the basic membership, \$25 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!

SENSEI BERRY SAYS:

PRIVATE LESSONS: Call me at 622-9727

BIG NEWS FROM BOOTHBAY HARBOR: Senpai Emily Fairfield will marry on July 18, and then she and her husband will enter the Army together. Zac Spear is also joining the Army. And Sensei Andrea Orne will marry on August 21st!

Attention All Students and Parents

Due to the small sizes of our current classes and the anticipated annual summer slump due to vacations, camps, recreation programs, etc. we will be combining the 5:30 – 6:30 and 7:00 – 8:00 p.m. classes on Tuesdays and Thursdays for the summer. June through August. The afternoon 4:00 – 5:00 p.m. classes will stop through the summer. The Tuesday and Thursday classes will be from 6:00 p.m. to 7:30 p.m. If the younger students have to leave early, they may leave at 7:00 or stay through until 7:30. The Wednesday advanced class will continue to be from 6:00 to 7:30 p.m.

I have had a lot of feedback concerning the current schedule not fitting in with outside schedules. I hope that the summer schedule will offer a little more flexibility and allow more students to attend the classes. I apologize if this schedule doesn't work for some or if it inconveniences anyone. I will have more open times for privates and will offer individual & family privates at reasonable rates to keep everyone involved if they can't attend regular classes.

I have also had feedback on other instructors teaching the group classes rather than myself. I can assure you that I understand; however with the building of the new dojo and the recent hip operation my time in class has been limited. I have an instructors teaching requirement at the Black Belt ranks and require them to teach regular classes. This is part of their training. If you have a substitute teacher at school, would you not go to school? If you had a new boss at work, would you not go to work? As my hip is healing I will be attending more group classes; however, I will always use my Black Belts to help me or replace me if needed. I will not use a Black Belt that is not qualified or able to teach or one that demonstrates a negative attitude toward teaching of any students. If you see or experience anything that is less than professional, please feel free to speak with me right away.

Finally on the subject of not learning new material, boring classes, doing the same stuff over and over. I agree that sometimes we aren't in tune with everyone and all their needs for rank advancement. So we have put in place a check and balance system to better address those needs. However, everyone must realize that to advance at a normal rate, you must attend at least 2 classes a week and practice at home. Those that do, have all their material down before testing. Those that attend fewer classes and don't work out at home are often having to be retaught or reminded from class to class. This is especially true of the 6 to 12 year old group. If any student and or parent of a student feels that they or their child should be learning or is ready to learn new material, please speak up. The squeaky wheel gets the grease!

Please keep in mind our next testing will be Saturday, June 26th. 10:00 a.m. Colored Belts. 1:00 p.m. Black Belts. Also our Annual Tao Kamp Karate will be held in Hallowell at the recreation area from August 20th thru August 22nd. All Tao students are strongly encouraged to attend. It's Fun!!!

-- Domo, Shihan

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

Place Stamp Here
