



Tao News



August 2005

Edited by Senpai Don Wismer



From left to right: Sensei Cindy Spear, Kohai Gene Fairfield, Kohai Ben Fairfield (in front), Shihan Jeff Wood, Senpai Ellen Fairfield, Senpai Emily Fairfield (in front), Senpai Libby Fairfield.

[Editor's note] Five black belts in one family? Actually, 6 – Gene's black belt daughter Heather was unable to be there to watch her dad and Benny earn probationary black belts and Libby earn 1st degree.

Notes from Boothbay Harbor

The Fairfield family began training with the Tao about 7 years ago to make up the girls' phys ed credits as they were all home schooled. They continued up through the ranks and continue to remain active along with their wife and mother Anne, who is currently a green belt and still home schooling some of the children as well as running her own Maine Crafts business both out of home and at a shop in Boothbay Harbor.

Our schedule at the YMCA is a very light one; we have combined classes on Tuesday and Thursday from 5:30 p.m.-7 p.m. Ranks under green are bowed out at 6:30, but may continue to stay and work independently while the higher ranks concentrate on advanced material. The summer schedule is due to have a break from August 18 thru Sept. 13th. Students are encouraged to take advantage of the opportunity to attend Kamp Karate at the discounted rate and to try out a few classes at Tao Headquarters during our hiatus.

Wiscasset Community Center offers Tao classes on Mondays from 4:30-5:30 for the beginner/novice group. We have just finished a successful week of "Karate Camp" at the WCC. We all had a great time with the classes- 2 1/2 hours a day for the full week of 5 days just flew by. I think the group enjoyed the water work-out most (so did I!), but the sparring class was a close second.

At this point we are able to meet the needs of the group in one class, once a week. I would like to see this group expand to either two nights, or two classes on Monday to fully accommodate the ranks and ages currently involved and to encourage more growth within the current program.

The Fall schedule at the Y will be pretty much the same as last Fall. Tues/Thurs; Pee Wee and Strippers from 4-4:45 p.m., novice (yellow belts under age 10) as well as adults (all ranks under green) from 5-6 p.m., advanced children and adults from 6-7 p.m., and an extended class for black belts only from 7-7:30 p.m.

I am interested in beginning an after school program for the Boothbay Region that would include a Monday thru Friday program including; drop off from school, snack time, free play, homework help, followed by the afternoon karate class. At this point it is only a dream, but something I would like to bring to fruition. Thanks so much,

Sensei Cindy Spear



Karen Jones demolishes a board as she tests successfully for Kohai, probationary black belt. The holder is Kohai Bill Crump.



Senpai Asher Wismer goes through 3 boards as he tests for 2nd degree (Sensei Hal Pierce and Kohai Bill Crump holding)



Kobayashi Sensei giving a marvelous drum performance at last year's Kamp Karate.

How Fast Are You?

In the Martial Arts the topic of speed always arises. We are always amazed at how "fast" a fighter may be or "the speed" of a self-defense move executed during a black belt test. To understand this speed component one needs to step back from the purely physical and look at the mental sides of speed.

In the self-defense model, one element is how quickly one acknowledges the act on their emotional distress (detection skills) in a given scenario. This is slowed by the bodies natural flinch response. Two areas of training to reduce this response lag are scenario training and actual sparring in the ring. Actually taking blows and returning them allows your brain to start to pick up the pre-contact cues that let you know what is coming long before it hits you. Your fight training shouldn't just consist of getting your moves in first, but trying to react on your opponent before he lands anything. Musashi said this as, "the height of strategy is not doing your best move, but the worst move for your opponent."

Intellectually, the amount of diligent training you have done will form a mental blueprint of possible scenarios. This triggers the mental response before the physical body even moves. Essentially, how fast can you react with the proper tactic? Fear of getting hurt, denial or lack of

experience can cause the momentary "freeze" that can slow your reaction or get you seriously hurt in a real life altercation.

So what is speed? Speed is broken down into 3 easy components:

Raw: Genetic speed, not much to work with here. It is your natural blend of fast twitch and slow twitch muscles. If you do not train, this is all you have to work with.

Quickness: The controlled speed with which you can execute a learned motor skill with efficiency and economy. By diligently practicing your self-defense toolbox, you can improve the quickness of your response. By working your fight skills in the ring with a non-compliant opponent; your mind and body start to work together.

Suddenness: The efficient use of gap time between stimulus and response. This is the ability to move your own body (raw) and skill (quickness) effectively. This segment of speed is result of ring experience and scenario training. By working scenarios you have your mental blueprints, which allow your body to react more sudden.

So it is not "how fast you are." It is, "how quickly you can move suddenly" that counts.

Sensei Hal Pierce

Damariscotta Promotions

Recently promoted to their first yellow stripe at the new branch: Nathan McIvor, McKenna Squiers and Lillian Plummer.

Congratulations to each of you!

Wiscasset Community Center Promotions - June 6, 2005

Margaret Skiff, to white/1st stripe
Donalee Johnson, to white/1st stripe
Henry Goggins, to white/2nd stripe
Karina Waskiewicz, to white/2nd stripe
Colt Seigars, to white/2nd stripe
Kim Inman, to yellow belt
Karen Giles, to yellow belt

Congratulations!

Boothbay/Wiscasset Students Tao Karate Club Test at Headquarters Promotions - June 12th, 2005

Libby Fairfield, to Shodan
Eugene Fairfield, to Kohai
Benjamin Fairfield, to Kohai
Michael Rego, to red belt
Kimberly Gordan, to green belt
Robert Gorrill, to green belt
Sam Inman, to green belt
Andrew Goode, to green belt

Congratulations!



A scene from last year's Kamp Karate, identity unknown.

Winthrop Promotions

Senpai Asher Wismer, to 2nd degree black belt (Ni Dan rank)
Max Chapin, to red belt/black stripe
Niki Gibney, to red belt
Ben Hall, to green belt
Brigid Chapin, to green belt

Congratulations to each of you!

SUMMER SCHEDULES

Farmingdale HeadQuarters 48 Ryder Road Shihan Jeff Wood (207) 582-1295	Boothbay Harbor Branch Boothbay Harbor YMCA Sensei Cindy Spear (207) 633-3496	Winthrop Branch Fitness Center Sensei Robert Dupuis (207) 377-3615	
Karate Tuesday, Thursday 6-7:30 p.m. all ages, all ranks. Wednesday 6-7:30 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. Private classes are available! Be persistent in phoning me because I don't always receive my messages.	See Notes on page 2.	Karate Monday, Wednesday 4-5:15 p.m., 5-12 years, all ranks 7-8:30 p.m., 13 years to adult, all ranks	
	Wiscasset Branch Wiscasset Community Center Sensei Cindy Spear (207) 633-3496		See Notes on page 2.
	Augusta Branch 50 Stevens Road Sensei Kevin Berry (207) 622-9727	See Notes on page 2.	Damariscotta Branch Sensei Hal Pierce Municipal Parking Lot Lower Level (207) 563-3037
	Karate Monday, Tuesday, Wednesday: 6:30-8 p.m., all ages and ranks	All photographs in this newsletter are by Sensei Bruce Armstrong.	Little Ninjas Tuesday, Thursday. 3:30-4 p.m. Tao Martial Arts - Kids Tues., Wed., Thur. 4:30-5:30 p.m. Tao Martial Arts – Adults Monday, Wednesday: 5:45-6:45 p.m. AMOK! Combatives: Tuesday, 7-8 p.m. Women's PDR: Wednesday, 7-8 p.m. See also News Update below.
	All photographs in this newsletter are by Sensei Bruce Armstrong.		
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News Update from Tao Damariscotta and Defensive Solutions

Hey all,

... I have added a Little Ninja program. This is for 4 to 6 year old little ones. What we do is disguise Martial Arts moves in games. We teach 8 core values, one per half hour class. The core values are: Focus, Teamwork, Control, Balance, Memory, Discipline, Fitness and Coordination. This program is actually easier to teach than the kids class. My trainer for the program is Melody Shuman who runs Shuman's Martial Arts Training Centers at 4 locations in Florida. 2 are in Port Charlotte. When they graduate from the Little Ninjas, you feed them right into your karate program.

One of the moms from my kids class is a graphic artist and is working on my sign and graphics. Hopefully I will get some kind of new logo to start using. Next I am looking at adding 2 teen classes and 2 adult classes. Recently I have been to Youth Promise, the Damariscotta Teen Center and 2 Police Departments. Hopefully this leg work will pay off.

In June I taught several morning classes on Fitness Kickboxing and Boot Camp Fitness. It has to be early so I do not disturb the neighbors during working hours. The problems of renting space. I hope to be in my own facility next year at this time. I have the AMOK! program up and running. In June I taught at a Karate camp in Casco. This fall I want to add a children's grappling program.

I have a lead on training the guards at the new prison being built in Wiscasset. That would be a blast, and it's close to home. Also have a lead on an Engineering consulting opportunity. Not sure how it would fit in with everything, but I am going to chase it anyway. There really is a lot to being self employed. But, you have no boss except for yourself. That is PRICELESS!

In the Fall I would like to introduce the following new programs: Fitness Kickboxing, Boot Camp Fitness, Children's Grappling.
Train Hard, Stay Safe.

Sensei Hal Pierce, Tao Karate Club Damariscotta Branch and President of Defensive Solutions



Here's another board that doesn't have a chance as Zach Cart plows through it on his way to Kohai, probationary black belt.

Boothbay YMCA Promotions - May 24, 2005

Trent Spencer, to yellow/green stripe
 Robin Phillips, to yellow/green stripe
 Elizabeth Digiulian, to white/2nd stripe
 Joey Paolillo, to white/2nd stripe
 Raymond Perry, to white/2nd stripe
 Joanna Shaw, to white/2nd stripe
 Brady Duncan, to white/yellow stripe
 Also, a surprise test was given to Brady Duncan – he earned his yellow belt a month early based on his hard work and lots of practice!
Congratulations!

Shihan Jeff Wood Presents

Tao Kamp Karate

26th Anniversary

August 19th, 20th, and 21st, Hallowell Recreation Area – Town Farm Road, Hallowell, Maine

Pre-register by August 6th and save \$\$\$\$

Pre-register 1 to 5 students from the same school \$90.00 each

Pre-register 6-10 students from the same school \$75.00 each

Pre-register 11 or more students from the same school \$65.00 each.

**** Must be pre-registered by August 6th to receive the above prizes. No other discounts apply.****

All registrations received after August 6th and before August 15th are \$90.00 per person.

All registrations received after August 15th or at Kamp are \$90.00 each, plus \$10.00 for t-shirt (if available).

****Remember only those participating in the training have to register and pay.****

The above prices include all training (as many as 10 classes), free camping, a 26th anniversary Tao Kamp Karate t-shirt and you will receive a certificate of completion. On top of which we will offer fishing, swimming, hiking, a talent show (bring your talent), a scavenger hunt, a water fight (bring your own super soakers), prizes, awards, raffles and much, much more. Oh, yeah, and lots of fun!!

You must supply your own tent, camper, R.V. (no water or electric hook-ups) or motel room (Best Inn – phone # (207) 622-3776).

You must also supply your own food, water, training equipment (weapons, uniforms, footwear, etc.). You must also prepare a food dish to share buffet style on Saturday evening to honor the Black Belt Volunteer Instructors. **No campfires allowed**, gas grills are fine. **No Glass! Please no pets!** Anyone under 13 needs to be accompanied by an adult.

We will offer instruction from 10 of New England's best Martial Artists who will share their knowledge in forms, fighting, self-defense, weapons, grappling, Japanese language and specialized training technique in various styles and systems from Korea, Japan, Okinawa, China, The Philippines and the good old U.S.A.

For more information please call Jeff Wood at (207) 582-1295. Directions: from North or South take I-95 to the Augusta exit 109A for route 202. At the lights take a left onto Whitten Road (road in front of mall with Sears) until the end. The Best Inn is on the left near the Sears mall. Turn right at the end of Whitten Road. Take the first left onto Town Farm Road. Kamp Karate is the 2nd right off the Town Farm Road. Look for signs!

Tao Kamp Karate 2005 Registration Form – August 19, 20, 21 – Hallowell, Maine

Return this portion of the form with full payment to Jeff Wood – 48 Ryder Road, Farmingdale, ME 04344.

Make checks or money orders payable to Jeff Wood.

Name _____ Age _____ Sex _____ Belt color _____

Address _____

Phone # _____ Instructor _____ Instructor's Phone # _____

Parent or Guardian _____ Phone # _____

T-shirt size – Please specify Adult (S, M, L, XL) or Child (M, L): _____

I (we) the undersigned agree that I (we) are participating in any or all of Tao Kamp Karate at my own or my guardian's risk. I (we) will not hold Jeff Wood, The Tao Karate Clubs, Special Instructors, the City of Hallowell, the Shepard Family or other abutting landowners, any of their family members or employees, liable for any injuries sustained during or as a result of Kamp Karate activities and training. I (we) also understand that the only medical treatment Tao Kamp Karate personnel are able to provide is First Aid. I (we) also state that I am of healthy body and mind.

Dated: _____ Signed: _____

If participant is under 18 years old, a parent or guardian must sign this form.

Farmingdale (Tao HQ)

Promotions June 12, 2005

Zach Cart to, to probationary black belt (Sho Dan Ho)

Karen Jones, to probationary black belt (Sho Dan Ho). Both will now be addressed as "Kohai."

Frannie Lemieux, to green belt

Contratulations!

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

Place
Stamp
Here