



Tao News



November 2003

Edited by Senpai Don Wismer



Justin Reed from Boothbay Harbor on the right. Justin has had great success at various tournaments -- congratulations! (The other fellow is Sensei Robert Dupuis.)

Some Recent Testing Results (Winthrop Students)

Senpai Brandon Dupuis promoted to 2nd degree Black Belt.

Kohai Asher Wismer promoted to 1st degree Black Belt; he will now be addressed as "Senpai."

Kohai Evan Travers promoted to 1st degree Black Belt; he will now be addressed as "Senpai."

Kohai Matt DeWitt promoted to 1st degree Black Belt; he will now be addressed as "Senpai."

Shawn Carroll promoted to Probationary Black Belt; he will now be addressed as "Kohai."

Tanya Travers promoted to Probationary Black Belt; she will now be addressed as "Kohai."

Aryeh Wismer promoted to Red Belt.

Max Chapin promoted to Red Belt.

Branden (B.J.) Sandler promoted to Green Belt w/Red Stripe.

Dennis Emidy promoted to Green Belt w/Red Stripe.

Spencer Smith promoted to Green Belt.

Jeremy Briggs promoted to Green Belt.

Keita Kobayashi promoted to Green Belt.

Koji Kobayashi promoted to Green Belt
Devin West promoted to Yellow Belt w/Green Stripe.

Tom Conley promoted to Yellow Belt w/Green Stripe.

Corey Staples promoted to Yellow Belt.

Jeremy Bazinet promoted to Yellow Belt.

Takui Kobayashi promoted to Yellow Belt.

Haley West promoted to Yellow Belt.

Lacee White promoted to Yellow Belt.

Danielle West promoted to Yellow Belt.

Allison Conley promoted to Yellow Belt.

Niki Gibney promoted to Yellow Belt.

Kelley deWolfe promoted to Yellow Belt.

Conner Weeks promoted to Yellow Belt.

Colby Weeks promoted to Yellow Belt.

Caleb Jackson promoted to White Belt w/3 Yellow Stripes.

Jeremy Mihalakis promoted to White Belt w/2 Yellow Stripes.

Benjiman Hall promoted to White Belt w/2 Yellow Stripes.

Emma Chapin promoted to White Belt w/2 Yellow Stripes.

Nathan Bowers promoted to White Belt w/2 Yellow Stripes.

Tao Basic Dojo Rules and Regulations:

Dress Code: All students must own a complete white Gi before testing. Black Gi's can only be worn by Green Belts and above. Club T-shirts may be worn as a uniform top only in June, July and August. Each student must maintain an all white Gi for traditional events! All Gi's must be clean for classes. Toenails and fingernails must be clean and trimmed. Absolutely no jewelry worn for classes.

Kata: Forms are taught in order, coinciding with specific belt rank. You must have permission by Shihan or your Sensei to move on to or learn the next form. Other students or student instructors shouldn't teach new forms to anyone without first checking with Shihan or Sensei.

Weapons: Weapons are taught to Yellow Belts and above only. White belts should not be handling weapons. No one uses or borrows Shihan's or Sensei's or anyone else's personal weapons without permission.

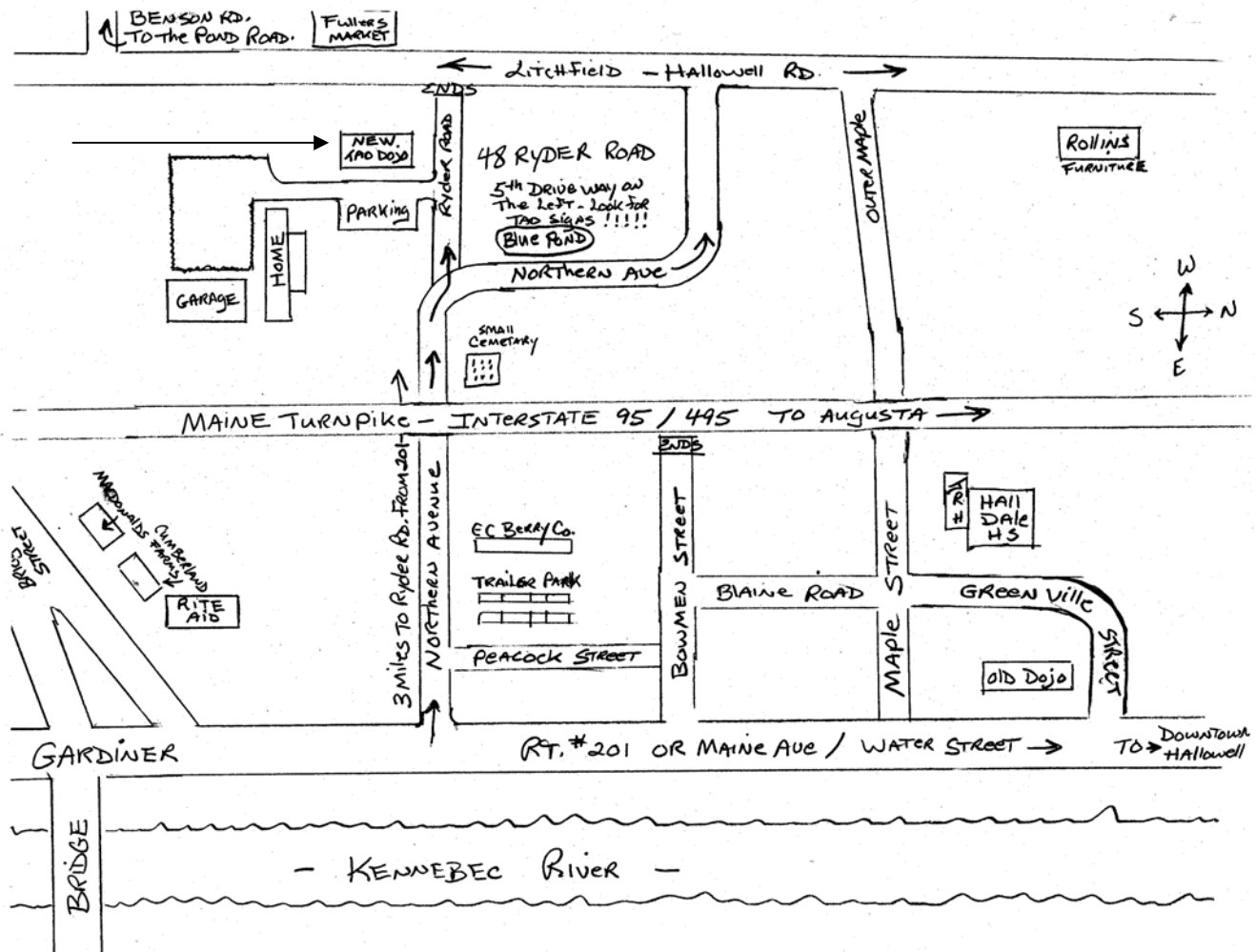
Self Defense: A strong part of your training that must be done with supervision for lower belts. No sweeps, takedowns or joint locks allowed on white belts. Focus and control are a must. Self defense sets (both sides) are taught according to rank with OK by Shihan or Sensei.

Kumite: Fighting is an essential part of your training, but must be done under close supervision, especially for the beginner student. No kumite is allowed without the supervision of Shihan or Sensei or student instructor with permission to instruct kumite or fighting class. No sweeps or takedowns allowed by, or to be done to, white or yellow belts. Absolutely no fighting outside the dojo. Bring all equipment to all classes.

Tournaments: These are not mandatory; however, for the competitor, there are a few rules to abide by. To compete in kumite, one must compete in Kata. You may compete in just kata, but not Just kumite. Gi's for competition must be neat, unwrinkled, clean and in good repair.

Special Note: All forms for competition must be OK'ed by Shihan or Sensei. Above all, students must maintain an upstanding sportsmanship attitude at all times, no matter what the circumstances. Always thank your opponent after a match and congratulate the winners. *(cont. p.2)*

Location of the new HeadQuarters dojo in Farmingdale -- 48 Ryder Road:



Basic Rules (cont.)

Safety Equipment: All students must be equipped with mouthpiece, groin guard, foam rubber hands and feet, and head gear. All other safety equipment is optional. You must bring this equipment with you to each class. No equipment - no fighting. Head gear is mandatory for dojo and competition use.

Rank Line Up: All students must line up according to rank. Junior ranks line up at the end of teen & adults with the same rank. Rank line ups will be posted. When visiting another Tao dojo, line up at the end of your belt rank. At a non-Tao dojo or dojang, line up at the end of the white belts unless invited to line up otherwise.

Testing & Promotions: Testing is a privilege and is up to Shihan and Sensei, not you the student. No student should ask to be tested nor expect to

be unless asked. Technique and time requirements must be completed. All students are individuals and must not compare themselves with others. Promotions are held four times a year. You are what you are no matter what the color your belt is. To test, you must fill out the proper paperwork and submit.

The Pink Belt: This belt is used for students who forget their belt, Gi top, etc. Its purpose is only to remind one not to be forgetful. Pink belts line up at the end of the white belt ranks.

Respect: Last, but not least. You must maintain a humble respect for each other, as well as all Black Belts, especially your Shihan or Sensei, at all times, not just in school or at a tournament. Whenever a Black Belt enters the dojo or dojang, all students must bow. Also bow when approaching Black Belts. You are a reflection!



Frannie Lemieux in action! (with Shihan)

FALL AND WINTER SCHEDULES

<p align="center">Farmingdale Headquarters 48 Ryder Road <i>Shihan Jeff Wood</i> (207) 582-1295</p>	<p align="center">Boothbay Harbor Branch Boothbay Harbor YMCA <i>Sensei Cindy Spear</i> (207) 633-3496</p>	<p align="center">Winthrop Branch Fitness Center <i>Sensei Robert Dupuis</i> (207) 377-3615</p>
<p>Tuesday - Forms and Weapons Thursday - Self Defense and Fighting 5:30-6:30 p.m., white & yellow belts, all ages 7- 8 p.m., yellow, green, red, black, all ages Green belts and above may attend the 5:30 class only if they attend their regular class! No intermediate or advanced material will be taught in the novice 5:30 p.m. classes. Saturday - Weapons, Forms & Self-Defense 10:30-12 noon, karate, all ages/all ranks Private classes are available. A private class consists of one-on-one instruction and/or semi-private offers individualized instruction for 2 or more students with reasonable prices, \$35 per hour for 1 student, \$30 each per hour for 2 students or \$25 each per hour for 3 or more students. Each class consists of 15 minutes of warm up exercise which you do on your own and 45 minutes of instruction on material that you feel you need work on.</p>	<p>Karate: Session II, Nov. 3 - Dec. 19 Tuesday, Thursday 4-5 p.m.: children, all levels of white belt 5-6 p.m.: beginner adults and all yellow belts 6-7 p.m.: all students 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 align="center">Wiscasset Branch Wiscasset Community Center <i>Sensei Cindy Spear</i> (207) 633-3496</p>	<p align="center">Augusta Branch 50 Stevens Road <i>Sensei Kevin Berry</i> (207) 622-9727</p>
	<p>Mondays: Karate 4:30-5:30 p.m., all ages/all ranks Kick Boxing 5:45-6:45 p.m..</p>	<p>Karate Monday, Tuesday, Wednesday 6:30-8 p.m., all ages and ranks</p>
<p>I plan on adding to the schedule in January 2004 and am looking for solid feedback. However, I would like to add Wednesday classes and perhaps a 4:00 p.m. to 5:00 p.m. class if there is enough interest. I would need at least 10 active students to create this class. So the tentative schedule for January 2004 would be: Tuesday, Wednesday and Thursday: 4:00 p.m. to 5:00 p.m. - All ages, all ranks. 5:30 p.m. to 6:30 p.m. - Beginners, White & Yellow Belts. 7:00 p.m. to 8:00 p.m. - Green, Red and Black Belts. No more rotating schedule! This means that every Tuesday we work on Forms and Weapons and related drills. Wednesday we work on Personal Protection and Self Defense technique and Thursday we work on Fighting skills and conditioning exercises. Saturday's 10:30 a.m. to 12:00 noon class would still be a mixture and for all ages and ranks.</p>	<p align="center">Other Recent Promotions</p> <p>Steve Lemieux was promoted to Probationary Black Belt; he will now be addressed as "Kohai." Yana Suponitskya was promoted to yellow belt. Sam Bachelder was promoted to yellow belt. Joan Gaerlan was promoted to yellow belt. Chris Davis was promoted to yellow belt. Abby Stratton was promoted to yellow belt. Jenya Jodrey was promoted to yellow belt. John Frett was promoted to yellow belt. Aaron Young was promoted to yellow belt. Brandye Layden was promoted to yellow belt w/green stripe. Rainger Layden was promoted to yellow belt w/green stripe. Chris Cart was promoted to yellow belt w/green stripe. Devryn Valley was promoted to yellow belt w/green stripe. Brian Allway was promoted to yellow belt. Rachel Fortin was promoted to yellow belt. Michael Rego was promoted to green belt. Nate Schwehm was promoted to green belt.</p>	<p>Emily Boisvert was promoted to green belt. Conrad Frost was promoted to green belt. Laura Smith was promoted to green belt w/red stripe. Larry Fitzgerald was promoted to green belt w/red stripe.</p> <div data-bbox="1146 1121 1479 1619" data-label="Image"> </div> <p align="center">Alex Smith and Ben Fairfield Stars of the Show!</p>

- THE SHIHAN SAYS:** PRIVATE LESSONS: They are available - call me at 582-1295. You can still join **S.M.A.R.T. for 2003** - 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!
- SENSEI BERRY SAYS:** PRIVATE LESSONS: Call me at 622-9727!

Upcoming Events

November 8: Saturday, SMART Tournament, Orono, Maine.

November 9: Sunday, Tao Inner School Tournament, Boothbay, Maine.

November 16: Sunday, Canemaster Seminar, Brunswick, 9 a.m. - 2 p.m. See Senpai Don Wismer for details.

November 27: Thursday, Thanksgiving - no classes! Be thankful!

December 6: Saturday, SMART tournament, Elm City Challenge, Waterville, Maine.

December 12: Friday, 6 p.m., Tao testing, Farmingdale HQ. Black belts.

December 14: Sunday, 1 p.m., Tao Annual Banquet and Awards, Boothbay Harbor, Maine.

December 23 through January 5, 2004: no classes. Happy holidays!

January 6, 2004: Tuesday, first classes of 2004 - New schedule!

January 17: Saturday (tentative), 2003 SMART State Championships.

January 18: Sunday (tentative), filming of 2003 State Championships by Adelphia.

January t.b.a.: Team Tao 2004 sign-up and registration.

January: renew your SMART membership!

To wrap up, I'd just like to say that I appreciate the patience that you have all shown throughout this transition and relocation of the home dojo (Hombu). It's been extremely hard for me but I'm sure it will be worth the struggle in the long run! I'd like to ask everyone to try to come to class with your uniform on whenever possible, as there is limited changing space. Also, whenever possible either drop off your child and/or ride share as our parking is limited and will be more so in the winter.

If you have any questions or concerns, please don't hesitate to call me at 582-1295.

-- Domo,
Shihan

Tao Karate Club
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