



# Hall's Martial Arts Connection

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## Special Points Of Interest

### Birthdays

- February 14 - Matt Wright

### January Promotions

- Clifton Hanley - Yellow Belt

### Recommended Reading

- Drills: Training For Sudden Violent Attacks -Rory Miller

### Special Note

- Tuition payments are due no later than Feb. 4. Late fees apply after Feb. 6.
- NEW Children's Class (Ages 6-10) each Saturday, (9:15-10:15am)
- In the event of inclement weather HMAC follows the same policy/protocols as Anderson County School System, District One for school closings.

"Take things as they are. Punch when you have to punch. Kick when you have to kick."  
Bruce Lee

"Teachers open the door, but you must enter by yourself"  
Chinese Proverb

"So you have enemies? Good. That means you stood up for something sometime in your life"  
Winston Churchill

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Hall's Martial  
Arts Connection

We Are On The Web!  
hallsmartialarts.com

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## FUTURE BLACK BELTS



## EDUCATING OUR HMAC KIDS

Educating our HMAC kids in The Saturday Kid's Class:

- Stranger is a person that your parents don't know
- Rules regarding strangers & adults:
  - 1) YOU are never allowed to do favors for a stranger, tell them to find an adult.
  - 2) YOU never get into a car, van or truck with a stranger.
  - 3) YOU never go home with a stranger or anywhere else, like shopping, getting food, going to a park or somewhere else to play.
  - 4) YOU never keep secrets with strangers or adults.
  - 5) YOU never keep secrets from your mom, dad, or grandparents.
  - 6) Don't talk to strangers, unless your parent's are around.
  - 7) Don't allow a stranger to touch or grab you.

**More in next month's HMAC Newsletter**

## COMMENTARY: THE "IMPRESSIVE" BLUE WHALE

Claiming the title of the largest animal ever known to have lived on earth, a Blue Whale can grow up to 100 feet long and weigh 200 tons (that's 400,000 pounds). Their tongues alone weigh 2 to 3 tons. Despite their huge size, Blue Whales survive on a diet of tiny shrimp like animals called krill. An adult Blue Whale may consume 4 tons of krill in 1 day. At birth a Blue Whale calf weigh up to 3 tons. Existing only on mother's milk for the first year of life, they gain about 200 pounds a day. Blue Whales live 80 to 90 years. Quite an IMPRESSIVE animal when you compare it to other animals. That's the way I see H.M.A.C.: very "IMPRESSIVE". We are a Dojo like none other. We teach and promote Tracy Kenpo because it's one of the very best martial arts systems ever devised for self-defense but all of our students are afforded and exposed to other styles of quality martial art systems and formats as well; hence the school's name "Hall's Martial Arts Connection". Think about it... in this school you are constantly exposed to techniques from Kenpo, Hakkoryu, Okinawan Weapons, Shuri Ryu, Shiatsu, Tai Chi, Aikido "Combatant" fighting and more. I call that "IMPRESSIVE."

## TECHNIQUE OF THE MONTH: BRIDGING THE GAP-BLUE BELT

Attack: A "low" two-hand grab or push.  
Defense: 1. Right foot steps to 12:00 ~ both hands circle inside arms to break grip  
Both sides half fists strike forward to 12:00 to ribs  
Cross hand, scissor back-hand strike (right on top of left) to the temples.  
Cross hand double finger strikes to the eyes.