



Hall's Martial Arts Connection

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Special Points Of Interest

Birthday's

- June 23: Kevin Hollingsworth (Kid's Class)
- June 30: Kylie Cooper (Kid's Class)

Promotions

- Jed Harris: Yellow Belt (Kid's Class)



Congratulations

- Reese Bindas on his recent promotion to Wolf in the BSA.
- Daniel Spaulding on his recent promotion to EAGLE SCOUT in the BSA.

Way to go guys!

Recommended Reading

- T. A. E. Total Attack Elimination - William Lee
- Mind & Body Weapons T. A. E. II - William Lee

Special Note

- Tuition payments are due no later than June 3. Late fees apply after June 5.
- Children's Class (Ages 6-10) each Saturday, (9:15-10:15am)
- Combatant Class every Monday evening: Contact Sensei Mike Bindas for info.

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We Are On The Web!
hallsmartialarts.com

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TECHNIQUE OF THE MONTH: KNEE LIFT (Orange Belt)

Attack: Bear-hug from front with arms pinned

1. With both thumb strike opponents groin at 12:00
2. Right knee to groin at 12:00
3. Right palm heel strike to heart to 12:00
4. Right thrust kick to opponents left knee at 1:00

KEY POINTS IN GROUND FIGHTING DEFENSE

1. Attack Vulnerable Areas — even though you are on the ground, doesn't mean that you cannot strike your opponent or attack nerve centers or pressure points. Use and attack whatever you can to either setup a joint break or get up and escape.
2. Maintain or Achieve Top Position — typically being in the bottom position is bad, especially in a real fight scenario. The bottom guard position does give you opportunities to sweep or submit your opponent, but the top position offers more opportunities to finish your opponent or escape.
3. Be Aware of Other Opponents — there maybe other attackers or possible enemies. If you are ambushed in a wooded area and you're taken down, be aware of other enemies who may join the fight. If you get in an altercation at a bar, movie theater, etc., be aware of your attacker's friends or people who just feel like "attacking."
4. Be Aware of Weapons — some techniques are better then others when it comes to defending yourself against concealed weapons attacks during a ground fight. Be aware of what opportunities you are giving your opponent to draw his weapon and attack.
5. Not a Wrestling Match — Don't turn the ground fight into a wrestling match. This is a fight for your life, attack what is available to you, break a bone, choke him out and escape.

**"Cry in the dojo. Laugh on the battlefield."
Samurai Maxim**

**"A good back-fist really can never be
overrated."
Billy Chaka**

**"The ultimate aim of karate-do lies not in
victory or defeat, but in the perfection of the
character of its participants."
Gichin Funakoshi**

