



# Hall's Martial Arts Connection

11021 ANDERSON ROAD

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## Special Points Of Interest

### Birthday's

- March 12: Marilyn Bell
- March 20: Sensei Rich Kolb

### Recommended Reading

- Facing Violence:  
Ethically-Emotionally-Physically  
(And Without Going To Prison)  
- Rory Miller

### Special Note

- Tuition payments are due no later than March 4 Late fees apply after March 6.
- NEW Children's Class (Ages 6-10) each Saturday, (9:15-10:15am)
- Thanks to those that took part in the Stroud/Huneycutt Memorial Seminar. We had a great time and you honored HMAC with your participation.

*We are what we repeatedly do. Excellence then, is not an act, but a habit.*  
Aristotle

*Cry in the dojo. Laugh on the battlefield.*  
Author unknown

*In my many years I have come to a conclusion that one useless man is a shame, two is a law firm, and three or more is a congress.*  
John Adams

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**Hall's Martial Arts Connection**

**We Are On The Web!**  
**hallsmartialarts.com**

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## TECHNIQUE OF THE MONTH: FALLING BRANCH - CANE

Attack: Right Punch

Defense:

- Stepping in w/ right foot do an inside block CCW with the cane (Like Chinese Sword)
- Place left palm at "toe" end of the cane.
- Drive bottom of cane (toe) into opponent's side of face or the neck while the...
- Left foot steps to 1:30
- Swing cane striking opponent w/ figure 8 strikes

## EDUCATING OUR HMAC KIDS

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

- Stranger is a person that your parents don't know

- Rules regarding strangers & adults:

- 1) ALWAYS stay in groups
- 2) Never stray off alone
- 3) If you walk or ride your bike somewhere do it with a group and TELL YOUR PARENTS the route
- 4) Check in rule
- 5) No name on clothing or school bag - stranger will know your name
- 6) Walk on pavement towards traffic - if approached you can run in the opposite of traffic
- 7) Know your name, address, phone number
- 8) It is OKAY to say 'NO' to strangers and adults or anyone you don't know or who doesn't make you feel comfortable

## STROUD/HUNEYCUTT MEMORIAL SEMINAR FEBRUARY 22 - KINSTON, NC

**More photos and information about the seminar coming in next month's newsletter.**

