



# Hall's Martial Arts Connection

11021 ANDERSON ROAD  
PIEDMONT, SC 29673  
864.295.9403 or 864.444.5250

## Special Points Of Interest

### Birthday's

- May 5: Sensei Rick
- May 12: Katherine Wright
- May 19: Noah Ramey (Kids Class)
- May 23: Uke Jon Powell
- May 23: Daniel Spaulding
- May 25: Sensei Butch Taylor

### Promotions

- Jeff Harris:  
Yonkyu (Green Belt)

### Recommended Reading

- *The Kata Manual ~ Based on the Tracy System of Kenpo*  
- Dr. Michael A. Heintz

### Special Note

- Tuition payments are due no later than May 6. Late fees apply after May 8
- Children's Class (Ages 6-10) each Saturday, (9:15-10:15am)
- Thanks to Uke Jon Powell for making the Dojo a new weapons rack.
- CONGRATULATIONS to Sensei Mike Ragan; a soon to be Grandparent.
- Combatant Class every Monday evening: PLEASE contact Sensei Mike Bindas if you ARE coming.

Find Us On Facebook!  
Hall's Martial  
Arts Connection

We Are On The Web!  
hallsmartialarts.com

Volume 3, Issue 5

May 1, 2014

## TECHNIQUE OF THE MONTH: STRIKING MACE (Purple Belt)

Attack: Right Punch

S1: Left foot steps forward to 10:30

S1: Left hand parries to outside of right arm and traps right punch.

S2: Right CW crescent step around right leg to 12:00

S2: Right side punch to temple to 1:30

3: Right side thrust kick to right knee (at 3:00)

## WHERE ARE YOU?

In January, I challenged everyone to set a personal goal for their martial arts training. Here we are in May and I'm wondering...where are you at in reaching your goal? In life personal goals are extremely helpful and important. Goals are necessary like a target for a marksman. Without a target (goal) a marksman has nothing to shoot at or strive for. Simply stated; without a target goal, the marksman can not improve his skills and neither can a martial artist. If you have not attained your goal do not stop trying. NEVER NEVER NEVER give up. There is not an instructor or fellow student in this school that will not take the time to help you reach your goal. Reach your goals and help others to reach theirs. Hard work and dedication pays off.

## I AM KARATE-KA: BY KYOSHI HUNEYCUTT

My life is spent in the Dojo.  
My world is different from yours.  
My arms and my legs are my weapons.  
My mind is a battlefield.  
My life is spent with purpose.  
My average day is spent seeking perfection.  
My soul lives in the time of the Samurai.  
My defense is never having to fight.  
My skills are my tools that help my life.  
My purpose is to pass on what I have learned.  
My belt is a symbol of my efforts.  
My achievements are marked by sweat and blood.  
I AM KARATE-KA.



*"Live or die. It's a choice. Make it, or have it made for you!"*  
Robert Schulte

*"Don't hit at all if it is honorably possible to avoid hitting; but  
never hit softly."*  
Theodore Roosevelt