



Newsletter

November 1988

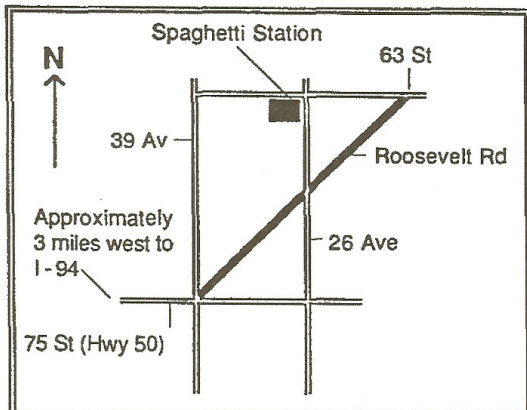
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Yin Yang Do Christmas Party

Dec 3

The annual Christmas party will be held at the Spaghetti Station, 2703 - 63 street, Kenosha, WI (414) 657 - 3964. Cocktails at 6 PM, dinner at 7 PM. Dinner will include chicken, beef, mostaccioli, a vegetable, relish tray, salad, bread, jello, and a beverage, all for \$10.



A Word From Shehan

Sadness

Many of us are saddened by the crudeness and discourtesy of our national and local leaders at election time.

I hope and pray that our people, especially our young people, do not take them as role models. Respect is an essential to a great society. Courtesy is the expression of respect.

It may be that the "martial arts" are a bastion of hope for America in our time. Let us never forget our watchword - Respect!! Respect for others is a foundation of self respect. Without self respect, I would not want to live.

Many fear martial artists. This fear is accompanied by dislike and hatred. Friendly conversation, with a smile, dissipates fear and dislike. Many times I chat and smile when I don't feel like it. This is an expression of brotherly love. It is a practice in courtesy.

He has achieved success
Who has laughed often and loved much
Who has looked for the best in others
And given the best he has

Author unknown

May the Eternal Spirit bless and keep you all.
Shehan Foster

Editors Note:

Once again I am asking for your help in writing articles to be include in the newsletter. We as an organization need your input for our continued growth.

I would also like to thank all the people who help me copy and distribute each newsletter to their respective clubs.

Every Time I Breathe

By: Bob Nelson

One of the most frequent questions we as martial artists have to answer is "Have you ever had to use your Karate?" The person asking the question is usually expecting a story right out of a Chuck Norris movie, complete with kicks and punches. My answer to this question does not have the excitement that the inquisitive person is expecting. Every martial artist has their own answer to this question and mine is by no means the only one or even the correct one. I answer this question by saying "Every time I breathe.", because I believe that if you can control your breathing you control yourself. I will attempt to explain my answer.

Different situations will determine the type of breathing pattern a person will use. The two basic patterns are either a long breath lasting up to one minute, or a short breath lasting only seconds. A breath should start with either a short or long inhalation at the solar plexus and be followed by either a short or long exhalation by pushing down on the intestines. The long inhale and exhale should be used to calm yourself and maintain self-control. This inhale and exhale of this breath should be through the nose. This pattern can be used routinely in your daily activities. Try this pattern the next time you get into an argument and you can remain calm and in control of yourself. The second pattern is that of the kiai, and this brings you strength and energy. The inhale for this pattern should be through the nose and out of the mouth. This breath must not come from the throat, but rather, from the saki-tanden to give you true strength and energy. It is during this exhalation that a person is strongest, and that is why techniques are always executed while breathing out. The fast breathing pattern can be used outside of the dojo to "perk" you up during the day.

Try to think about your breathing patterns inside and outside of the dojo in an effort to control your breath, and control yourself.

Karateka In China

By: Al Gomez

For five weeks I had the privilege of teaching conversational English at the Shenyang Polytechnic University, Shenyang, China. (Approximately 600 miles north-east of Beijing, population 5 million.) I had 15 students with an intermediate understanding of English. They ranged in age from 17 to 37. Most were students from the university, though I did have some teachers and others who were from industry.

While there I saw various early morning exercise activities. Ranging from jogging and tennis to fan dancing and Wu Shu. Needless to say I wanted to find a way to practice Wu Shu. Lucky for me that there was a Wu Shu class which practiced right on the university grounds. I found a Chinese friend who introduced me to master Yu Buo and I was on my way to learning Wu Shu.

Early in the morning I would meet the class and we would practice for approximately one hour. Practice would include Ba Gua (phonetically Ba Kwa), and Qi Gong (Chi Kung). Both come under the general heading of Wu Shu. Ba Gua is a series of movements done to improve balance, concentration, etc. Qi Gong is what we would call a Ki or Chi exercise.

One day after practice I asked a friend of mine and fellow student, Wang Hong Ling (Judy), if she would ask the master if I might interview him about his martial arts views and background. He agreed and I spoke with him one hot night in July. We met in the Foreign Expert House on campus, with Judy as translator and several of his students looking on.

Al Gomez: How long have you been practicing the martial arts?

Master Yu: I started in Liaoning Province (China) when I was 8 years old and have been practicing for 53 years. My master was Yu Gun Qing. He was the the head bodyguard during the Qing dynasty for over 70 years. I also studied with two other masters through the years.

A.G.: When did you start teaching Wu Shu?

Master Yu: I started teaching eight years ago. I was looking for a way in which I could contribute to society and a way in which I could help my students in life.

A.G.: How do you see Wu Shu helping your students?

Master Yu: Wu Shu improves both mind and body. In order to become a master one must become proficient in martial arts, massage, adjusting bones and some people would include traditional Chinese Medicine.

A.G.: What have you found as the most difficult problem in studying the martial arts?

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Master Yu: The most difficult problem is to continue.
To keep the faith through the years one must
have a strong character, patience and a yearning
for perfection.

A.G.: What have you found most interesting in your
study of the Martial Arts?

Master Yu: I find I enjoy practicing Qi Gong most of all.
In particular practicing at night feeling the air
through my body during a full moon.

A.G.: What qualities do you feel a person should
have when teaching the martial arts?

Master Yu: He should love his students as his own
children and love the martial arts.

After the interview Master Yu gave a demonstration
of "Sending Chi" through the air to another person. I
also had the pleasure of receiving several massages by
Master Yu and his students.
