



The Dragon's Way School of Kenpo 800 East High Street, Suite  
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# The Dragon's Way School of Kenpo Karate News Letter

## Latest News

The Dragon's Way is now part of the **Carlisle Chamber of Commerce**. Please check the website for all updates, news and events

### Blog website

Please look at [www.tdwsk.org](http://www.tdwsk.org) for articles, newsletters and blogs about Kenpo and martial arts.

**Update & Emergency closures.** Please look at website for all closures due to inclement weather. If schools are closed we are closed if after school activities are closed due to inclement weather we are closed. All closures will be on the website. [Smithskenpo.com](http://Smithskenpo.com)

**Please note new classes Mondays & Wednesdays** please look at website for details.

### School Kenpo DVD's.

Coming Soon—DVD's will be available shortly at a low price. These will show in detail the requirements for each belt as per the syllabus.

### Little Grasshoppers!

Coming soon —New pre-school classes starting Tuesday November 2nd 2010 9:30-10:00am ages 3-5  
Aiming primarily at Building skills. Social skills-Self Confidence with a little basic karate thrown in!

### Private lessons

These are now available with either Mr. or Mrs. Smith. Prices upon application.

**Tuition Breaks!** Get a friend to sign up- get a month of tuition half price

Get two friends to sign up-get a full month of tuition free.

### Reminders

- Patches**  
It is mandatory for all students Yellow belts and above to have and display a full set of patches.
- Sparring**  
It is a requirement that all students wishing to participate in sparring must have at the minimum a pair of sparring gloves as authorized by the school.
- Equipment**  
All equipment worn in the school must be ordered and purchased through the instructor at the school. This is primarily for insurance purposes.
- Accidents**  
All accidents must be immediately reported to the Senior Instructors
- Incidents**  
All incidents or concerns must be directed to either Mr. or Mrs. Smith

### Special points of interest:

- Wonder Valley Kenpo Camp 2011
- Keep an eye at the Carlisle cinema for Our special advert
- Halloween Nite Prepare your costumes !!!



### Thoughts for the month:

*Without Knowledge, Skill cannot be focused, without Skill, Strength cannot be brought to bear and without Strength, Knowledge may not be applied.*

*Nothing on earth consumes a man more quickly than the passion of resentment.*

*The greatest strength a champion can hold is humility.*

*The more you sweat in peace, The less you bleed in war.*

*Skill and confidence are an unconquered army.*



# Kenpo Theory Topic of the Month

## Backup Mass

What is Backup Mass?

Channeling your body weight and energy while travelling in the same direction.  
In other words ..... Striking your opponent with all of your weight .

If You strike your opponent with a blow that has no force behind it or without any body assistance the effect will be small,

If you strike your opponent with your body behind the action then the force can be devastating.

**Scenario 1:**

If I take a license plate from an 18 wheeler Tractor Trailer and hit you over the head with it- you may feel some pain and you may even receive a bruise or even an imprint from the plate but certainly no major damage is inflicted

License Plate

Speed: 50mph

Head: Stationary

Affect: Little if no damage



If I then screw this license plate back on to the Tractor Trailer and then hit you with this license plate .....

License Plate + Tractor Trailer

Speed: 50mph

Head Stationary



**Totally Tragic!**

Affect: Oh Boy!!

**Scenario 2:**

If I get into the latest Smart Car and decide to ram the aforementioned Tractor Trailer

Smart Car:

Speed: 100mph

Tractor Trailer: 50mph

Affect on Tractor Trailer: Little if no damage



Ha!

Duh!



**Lets change places:**

If I get the Tractor Trailer to ram the unfortunate (not so) Smart car

Tractor Trailer:

Speed: 100mph

Smart Car: 50mph

Uh Oh



Affect on Smart car: Oh Boy!! **Totally Tragic!**