

## Eastern Arts

## Annual SummerFest!

## Last Minute Updates

- Wow... Joe Lewis was here in 2004 on Saturday & Sunday! Check the schedule by the Bell. He may be back!!!!
- Darin Yee and guests will be with us all weekend.
- Long time Uechi teacher from Boston will be honored with his 8th degree certificate Sat. night! Quite a few others will be joining him for 6-7th degrees.
- George, Jimmy, Raff and Gary will be presenting the Friday morning Featured Seminar this year.... Don't miss it...
- ENJOY YOUR WEEKEND!

## New Formats Every Year, Familiar Teachers

**The big story** every year is Junior-Fest! In 2004 we successfully experimented with this new program where organizations and businesses can sponsor a child for a day at our very special martial arts' event. Check the back page for a list of our sponsors.

Dr. Paul Giella, our resident Master's Test moderator and host, will once again oversee Saturday night's celebration in the Library auditorium.

**Schedule explanation:** Instead of having many seminars every hour, this year we will again be presenting a "theme" each session, led by a team leader. The leader will be assisted by a group of team members who are also experts in the subject. Besides being able to fo-

cus on fewer sessions, a savvy group leader will be able to teach a larger group of all rank students. A win-win situation for all.

**New Presenters:** Rory Miller (see below) Robert Hunt, author of "The Art and the Way". A recognized authority on the history of karate, it has been his life's study to search out the origins, traditions and modern developments of the Okinawan martial arts. Robert speaks four languages, including Japanese. In this year's seminar, Mr. Hunt will continue his Okinawan Bo work from last year and the basic movements that go into it. **Roy Bedard and Rory Miller** are out Ground work and submission team leaders, working on techniques associated with military and police work.



*Jim Witherall and his father Bruce teaching World Championship sparring techniques.*

*Note: Bruce is 100% after his 2005 heart surgery and is will once again be working with his Champion son, Jim.*

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## Rory Miller Established a Great On-going Program!

Rory has stated that: "I have certain prejudices and assumptions about how karateka are usually trained and I'd like to take the first two classes out of the theme of self-defense and do some of what I call 'building block' classes." There are two things I'd really like to hammer this year. The first is "perception based training". The idea is that the student must accurately see and respond to what is happening, not their fears or hopes and not limited by training. You

can usually get a leg lock on a judoka very easily because most haven't seen one before. You can't defend an attack you either don't see coming or don't recognize. The refinement is in seeing more and more efficient responses to the stimulus. The second, which complements it, is "Initiative based training". This is all about doing what needs to be done. Decisive action is critical. The students need to know what decisive action looks and feels like. It all fits with

what I was doing last year, it's just a different way to look at skills and situations so that students can teach themselves. Ideal schedule would be three building block classes- "Joint locks", "Takedowns" and "Entries". You guys already know how to hit.

**DON'T MISS THIS!**

