



Bendell Karate Chop Talk



BENDELLKARATE.COM

SUMMER 2010

UPCOMING EVENTS

2010 BELT EXAMS

- July 25, 1pm, color belt
- Oct. 23, 9am, black belt
- Oct. 24, 1pm, color belt

MAKE-UP EXAMS

5:15pm with regular classes
immediately following:

- Aug. 16 PW, Aug. 17 CC
- Nov. 8 PW, Nov. 9 CC

BLACK BELT CLUB

Classes from 6:00—7:30pm

These are tentative dates.
Please watch for official dates
to be posted at the schools.

- August 20, PW
- September 17, CC
- October 15, PW
- November 19, CC

2010 School Closures

- Nov 24—28, Thanksgiving
- Dec 22—Jan 3, Christmas



GRANDMASTER'S COLUMN

There was a young boy named Johnny who grew up in the mountains of Colorado on a really small place. His family had five acres of rocks and a few trees, in fact, most of it was a small hill. His place was surrounded by large mountain ranches, and all his friends came from large ranches. Johnny used to hate having less than all his friends, and he determined that someday he would be rich and own a ranch bigger than all theirs put together.

On the hill behind his house was an old "glory hole" where a miner back in the 1800's tried to dig a mine and soon gave up leaving a small hole in the ground. The glory hole had quartzite and iron pyrrhite in the bottom. Iron pyrrhite is called "fool's Gold" as it is shiny but it is worthless. But it was not to Johnny, who played in that glory hole the whole time he grew up, pretending he was a miner and he carried pieces of iron pyrrhite around pretending like it was real gold, and dreamed of discovering a big rich mine someday and then he would buy his giant ranch and show everybody.

Johnny started going out into the mountains around his home and he would pan for gold for hours. He would discover a giant gold mine and become wealthier than anybody. He did not study or do his homework, because he just knew he would discover gold someday. He did not go on dates or play sports or even buy a car. His family could not afford that. He would not consider going to college, as he knew he would someday soon be very wealthy.

Then his parents died. Johnny sold his small property he inherited to a neighbor and used the money to buy a good Jeep with winch, and he bought mine exploration tools. He traveled all over the Rockies checking old mine shafts for signs of gold, panning streams, and finally when he was 27 years old, high in the Sangre de Cristo mountains, he was killed by a sudden avalanche and nobody was around to notice or even care.

The neighbor who bought his mine was checking out their new property and saw the quartzite and Fool's Gold in the little glory hole and told a friend that both minerals were often found around gold. He started digging and found little chunks of gold inside pieces of the clear quartzite. He expanded the operation and soon had one of the heaviest-producing gold mines in America, right in Johnny's backyard.

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GRANDMASTER'S COLUMN Continued

Johnny grew up living right on top of a mountain of gold, but he ended up very lonely, destitute, and alone. Why? Because he was not willing to appreciate what he had already. He did not work his own mine in his own backyard.

He wanted gold, lots of it for the money and large ranch it would bring, but if he would have simply worked hard he would have found a treasure in his own backyard. Look around you and see if you are living on top of a mountain of gold. Are you wanting your own gold mine for the wrong reasons. The gold is often there in many forms, and it does not make you wealthy, unless you grab a shovel and are willing to sweat a little.

Don Bendell, 2010



CHRISTMAS IN JULY!!



Why is there a snowman in the middle of the July newsletter? Well it is 102 degrees right now, and thought of frosty windows and crystal snowflakes are a welcome respite from the sweltering heat! It is also here to remind you that the Christmas tournament and banquet will be coming up on December 18th!!



School will be starting up soon and in the rush of fall activities we might not have time to make up that gift basket, or finish that blanket we were going to make, or ask a local business for a donation. So go ahead and plan now for those silent auction items. It will be one less thing to have to think about in December, and you can pat yourself on the back for being so organized and planning ahead.

Below is a list of some items that have been popular in the past, but use your imagination and have fun. The tournament and banquet are always a special time in the Bendell Karate family. Plan now to take a break from the hustle and bustle of holiday preparations and enjoy an evening of fun and fellowship with your fellow students and families.

- * Knives—cool looking ones
- * Talking Snowmen
- * Chair massager
- * Kid's movie night gift basket
- * Gift Baskets
- * Jewelry
- * Cool Toys
- * Chocolate
- * Christmas Wreaths

OTHER IDEAS:

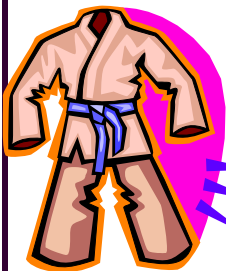
Restaurants and Businesses: Gift certificates or business logo gifts (T-shirts, hats, mugs, etc..)

Your own creations or services: Pottery, computer work, construction services, gift baskets, paintings

Your own donations

- ~ Buy a cool toy or gift on sale
- ~ Find bargains online
- ~ Buy something two-for-one and donate one
- ~ Don't have time? donate \$ and we will buy an item for you.

THIS IS A GREAT WAY FOR A BUSINESS TO GET ADVERTISING & PROMOTION WITH A LARGE GROUP OF PEOPLE!



BLACK BELT CLUB DATES

Please remember to schedule your private lessons by the 15th of each month.

Membership in black belt club is a privilege. Are YOU setting the right example?

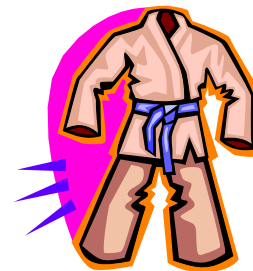
August 20, 2010—Pueblo West

September 17, 2010—Canon City

October 15, 2010—Pueblo West

November 19, 2010—Canon City

December 2010—No Black Belt Club



In odd numbered months, classes are held at the Canon City School, and in even numbered months, classes are held at the Pueblo West school. There is no Black Belt Club in December.

CARE PACKAGES, CARDS AND LETTERS

The following is an editorial comment by the newsletter editor—not an official statement of the karate school.

Care packages to our troops has been one of the largest service projects of the black belt club and other interested karate students. A few years ago, we raised several thousand dollars and purchased flashlights, camp stoves, and other much needed equipment for some soldiers that none of us knew. Some of the soldiers that we “adopted” were so touched by the steady stream of support, that they attended our Christmas banquet and shared their stories with students and families. Those who were there will never forget the impact of their words. We really made a difference to those brave men.

Perhaps with the passage of time, we forget that we still have soldiers in harm’s way. Let’s remember not just Master Bendell and his team, but all of the men and women in uniform and make sure we let them know we care.

There are collection boxes in each school. Please take a moment and write a card or a note. Clip out a funny cartoon or story. Pick up one small item each week at the grocery store and put it in the boxes. Together, we can make a difference, boost morale, and let our soldiers know we haven’t forgotten them and that we appreciate the work they do.

Most importantly—pray for them. Each and every day.

Some helpful items include:

Sunflower seeds (plain and flavored)	Baby wipes
Protein mix	DVDs
Protein bars	Video Games
Jerky	Snack foods
Hard candy	Powdered Gatorade
Anything YOU would enjoy if you were there!!!	



STATE FAIR PARADE

The karate school will have a float in the State Fair Parade. The parade will be August 28th, in downtown Pueblo, and we will need to be there early in the morning, but should be done by noon. Some students will march along the parade route, and younger students will ride. Parade rules prohibit anyone under the age of 10 from walking in the parade for safety reasons and to keep the pace of the parade.

The theme of the parade is "Colorado Love-a-Fair". Start thinking now about how to incorporate that theme into our float. There will be several float building sessions and we will need lots of help. This is a fun way to get to know some of your fellow students outside the karate school. Parents, we need you too!!

The parade is televised each year, so start brainstorming now. We want the coolest float in the parade!!! Watch for more information posted at the schools. We have not done this for a couple of years, but the last time we entered, we won first place!!

BELT COLORS; THEIR MEANING *By Grandmaster Don Bendell, 2005*

WHITE BELT: White represents purity. It is the absence of color. A student enters Bendell karate wide-eyed, innocent, and ready to explore the new world of martial arts.

YELLOW BELT: Yellow represents light. The yellow belt has started a journey to enlightenment. As the warm sun illuminates our pathway, so does the beginning instruction of the yellow belt, which lights his or her way upward on their journey.

ORANGE BELT: Orange represents the colors of the fall. At this level, we are still beginners, but like fall leaves, our old insecurities die and start to fall away as our muscles harden us for the winter of trials and learning that lie ahead.

BLUE BELT: Blue represents the color of the sky, which stretches from horizon to horizon like our now expanding knowledge, as we grow as martial artists and expand our own horizons.

GREEN BELT: Green represents the colors of the trees and the forests. We are now more deeply-rooted as karateka, and we can show strength and also provide shade for newer students when they come under the intense heat of insecurity.

PURPLE BELT: Of all of the colors in this world, aside from gold and silver, purple is described in the HOLY BIBLE more often than any other color as a color defining deep spirituality and beauty. This is the belt where we start to explore our spirituality as a gentle warrior, and start to truly appreciate the beauty of the martial arts. This is when our forms really start to take shape, show symmetry, and mean something to us.

BROWN BELT: Brown belt represents the colors of the earth. Now, as martial artists, we are finally grounded. Our roots in Bendell Karate are not only firmly-planted, but are growing deeper into the rich soil.

RED BELT: Red belt represents the color of our heart. At this point in our training our most obvious strength in our individual growth is the real emergence of heart. This is when intensity comes to the forefront and all are able to see our heart, our spirit.

BLACK BELT: Black belt is the presence of all colors combined, at Bendell Karate, it means the definition of all the colors above coming together into a completed package. As a Black Belt, we have now prepared ourselves to really begin to learn and absorb all truths in the martial arts. The Black Belt means we have fully prepared ourselves to become serious, dedicated students. It is the beginning of the "real" journey.