



# Bendell Karate Chop Talk



BENDELLKARATE.COM

WINTER 2013-2014

## UPCOMING EVENTS

### 2014 BELT EXAMS

- Jan. 26th Colored Belt Exam
- Apr. 26th Black Belt Exam
- Apr. 27th Colored Belt Exam
- Jul. 27th Colored Belt Exam
- Oct. 25th Black Belt Exam
- Oct. 26th Colored Belt Exam

**Be at testing at least 20 minutes before start time with gear.**

### SCHOOL CLOSURES

- Dec 23, 2013—Jan 4, 2014 Merry Christmas!
- May 23-26 Memorial Day

For a full list of school holiday closures, see the current schedule.

### S.A.P. CLINICS

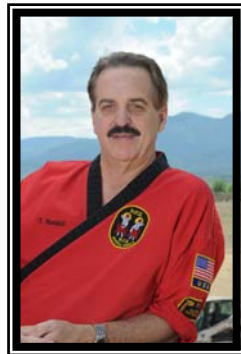
Watch for announcements. Women's self defense clinics coming in the first quarter of 2014

### ANNUAL TOURNAMENT & BANQUET

February 22nd  
Pueblo West Shrine Club

## GRANDMASTER'S COLUMN

*Grandmaster Instructor Don Bendell*



I was in grade school when much larger, stronger, one grade-higher Bernie, the neighborhood bully, knocked me down and sat on my chest, pinning my arms with his knees, while he punched me, slapped me, taunted me, and spit in my face. I

struggled, squirmed, cried, begged, and threatened. I did everything that came to my young frightened mind, all to no avail. I felt so helpless, humiliated, and defeated, and I vowed nobody would ever have that kind of control over me ever again.

As a Vietnam veteran, for decades, I was like the shiny black lumps in the coal bin our basement when I was a little boy. That coal bin was dark, dank, and scary, and out of sight of the neighbors. That is where the American public shoveled all of

us and tried to keep us hidden there. That hidden coal in the coal cellar of my youth, provided my family with life-giving warmth and comfort during the cold Ohio winters. Similarly, my fellow veterans and I did not lose our warmth or fires of passion hidden away all those years. It was just suppressed for a while, blanketed by an icy coldness of public shame and apathy, and we became victims of the collective bullies of American society. Now, Vietnam veterans are in vogue and millions of new self-proclaimed Vietnam veterans are coming out of the woodwork. In fact, most Vietnam veterans you meet are actually phony.

In jobs, we frequently deal with bullies who want more office space than us, credit for our sales, our work efforts, or more visibility with management so they can get promoted ahead of us. In school, we have groups of fellow students who want to exclude us and bully us, because we are quiet, wear glasses, look different, or are simply new in school. We may have a neighbor who wants to try to claim ten additional feet of land along our bordering properties, because he wants to see if he can get away with it.

*(Continued on page 2)*

## Open to women and girls only, ages 12 and up

6<sup>th</sup> Degree Black Belt Master Shirley Bendell has been a victim of both gang rape and acquaintance rape, and years ago, put together

a Sexual Assault Prevention clinic, working with rape counselors, law enforcement officers, psychologists, and martial arts masters. A woman who "has been there" teaches you:

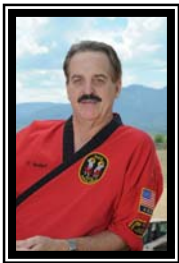
- How to recognize dangerous situations
- Overcome denial and media stereotypes
- Use psychology, voice, and body language to deter an assault
- How to turn everyday items into effective expedient weapons

Without having to become a "karate expert," you will discover how to use modified, easy-to-learn karate, kickboxing, and jujitsu techniques to insure you are a "victor" -- not a "victim" -- if ever assaulted. Many women and girls have been saved by her clinics!

**To be scheduled for a weekend in January or February—Call (719) 240-0193 to Pre-Register**

# Women's Self Defense Clinic

# Grandmaster's Column



There are many reasons people become bullies and many types of bullying. I do not care. I simply do not care why. It is imperative for us to learn to stand up to bullies and most-often do it ourselves, not have parents, spouses, or authority figures do it for us. It is important that we stand up to the bullying force and figure out how to eliminate the threat and harassment. By doing so, we are establishing healthy boundaries for ourselves and our potential enemies, now and in the future. This empowers us to do so for our entire

## THE MARTIAL PATH

Stephen Vaughn

Many people who invest time into the martial arts treat it as learning how to protect one's self when faced with a threat. This often means the person attends classes once or twice a week and spends much of his or her time learning to do physical techniques which would potentially save him or herself in a physical confrontation. A martial artist though goes much beyond just being concerned about learning physical techniques. A martial artist tries to better life through studying and training in the martial arts. For them it is not about attending classes but a way of life.

An example of a martial artist can be demonstrated easily. Often as instructors we attempt to teach students to have a solid foundation. The person who only comes in to train simply learns to get into good stances and be solid and not move except when it is time to move, and then with explosive speed.

The martial artist, however, takes the time to learn having a good foundation does not just apply in stances but applies to all aspects of the martial arts. The martial artist spends time constantly evaluating one's own life and checking to see if the foundation is solid.

What is a solid foundation in life for a martial artist? This can be defined many different ways depending on the martial artist. For many it is having good character and realizing mistakes in life happen, but he or she will recover from the mistakes because of the strong foundation.

As your path moves forward in training do not be afraid to ask, "Am I just going through the motions or am I trying to take what I learn and apply it to life."

lives, and we have self-confidence knowing whatever type of bullying situation we are confronted with we can overcome it.

That is the number one thing Bendell Karate can and will do for you, if you simply train a little and stick with it. We each have a choice in our lives, to either be a victor, or a victim. That choice is yours.

Don Bendell,  
Martial Arts Student



**Congratulations to Britten Kneebone, Blackwell Hird and Cameron Nunez on your recent promotions at Black Belt Club for your outstanding attitude and leaderships qualities.**

## What is the Black Belt Club?

The Black Belt Club (BBC) is an association of active Black Belts and those who have set Black Belt as their Martial Arts goal.

BBC Members can be recognized in class by the patch worn on their uniforms. They participate in several areas of Martial Arts training that aren't covered in regular class. To qualify, students must dedicate themselves to Black Belt Excellence and be nominated by an instructor.

Being a member of the Black Belt club testifies to the student's high level of dedication to proficiency in the Martial Arts. Certain benefits and privileges are made available to members as a way of both rewarding their commitment and supporting them in their quest to perform at their highest potential.

### Benefits

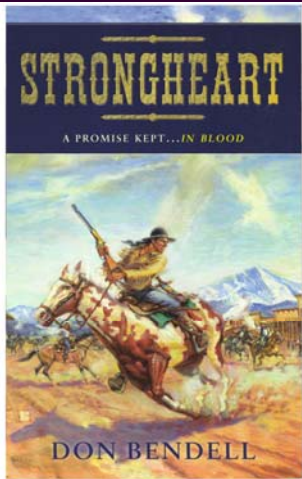
- 🌀 Recognition as an Elite Group within the school
- 🌀 In-depth training along with Special classes and martial arts seminars
- 🌀 Eligibility for the Demonstration Team
- 🌀 Invitations to Special Social Events
- 🌀 Discounts on equipment purchases
- 🌀 The right to wear the Black Belt Club Patch and/or uniform

Overall, the objective of the BBC is to help its member attain their personal best. As Martial Artists, emphasis is placed on skill and technique, but BBC members are also expected to demonstrate leadership within the school, their family, and the community. We always strive to develop our personal skills in order to grow in a well-rounded fashion. The BBC endeavors to further cultivate several personal qualities that were instilled in the first year of Martial Arts Training. These qualities will surely enhance your ability to cope with life's challenges.

***The Black Belt club has been temporarily disbanded, but will be reorganized after the first belt exam in January. If you have been a member, you will be required to submit a brief essay stating why you still belong in the Black Belt Club.***

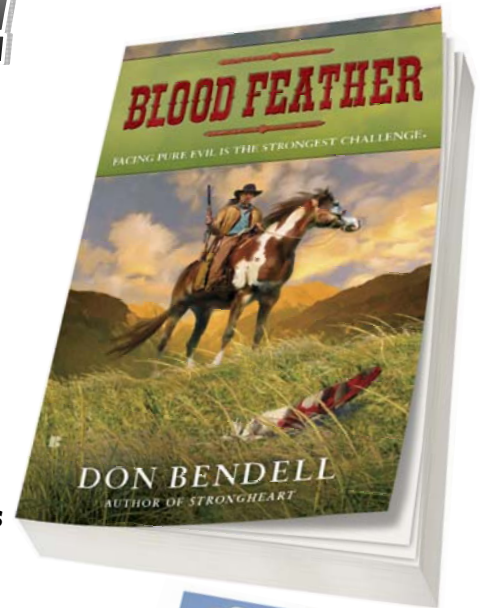


# On Sale Now!



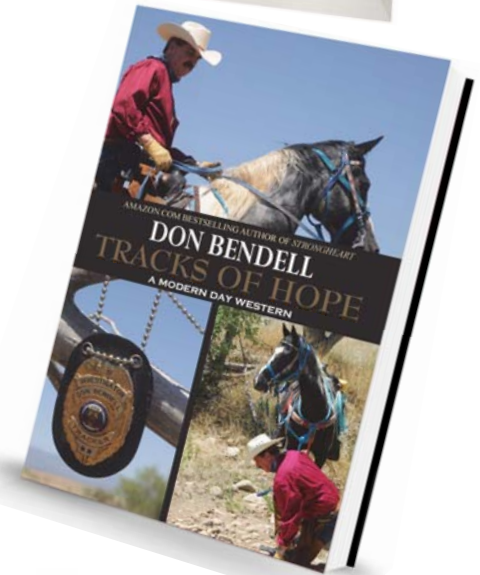
**Grandmaster Bendell's sequel to Best-selling Strongheart, called Blood Feather, is on sale now, along with his hardcover, modern day western, Tracks of Hope.**

**Get your copies now, they make great gifts, and he is happy to personally autograph your copy.**



**Strongheart was the number one best-selling western paperback in 2011 on amazon.com where it enjoys many 5-star reviews. Some critics are comparing it to "the best works of Louis L'Amour and Zane Grey."**

**Tracks of Hope . . . a Modern Day Western, although it did not win, was nominated for the Pulitzer Prize by its publisher. It is a hardcover book outlining in detail some of the dramatic, humorous, and exciting and suspenseful tracking experiences of Don Bendell and horse Eagle in the mountains searching for lost hikers and fugitives.**



## IN-SCHOOL TEAM TOURNAMENT & AWARD DINNER AND DANCE

**TWO BIG, FAMILY EVENTS  
SATURDAY, FEBRUARY 22nd !**

**DON'T FORGET: BOTH EVENTS ARE  
MANDATORY FOR ALL BENDELL KARATE STUDENTS**

It's time to start thinking about the annual tournament and banquet. We'll be looking for volunteers to help plan and organize, so if you can help, contact an instructor or Master Shirley Bendell.

We need people to organize the silent auction items and multiple door prize drawings. We need help with decorations and centerpieces as well as timekeepers & corner judges.



Jan 2014	M	T	W	TH	F	S
<b>547-1432</b>	<p><i>Instructor:</i></p> <p>5:30-6:30 Children's Class All Ranks</p> <p>6:30-7:00 Weapons Orange Stripe &amp; Higher Rank (or BBC member) All Ages</p> <p>7:00-7:30 Advanced Kata All Ages Puple stripe &amp; higher</p> <p>7:30-8:30 Adult Class All Ranks &amp; Jr. Black Belts</p>	<p><i>Instructor:</i></p> <p>5:30-6:00 Mini Ninjas Ages:3-4 yrs</p> <p>6:00-7:00 Children's Class All Ranks</p> <p>7:00-7:30 Intermediate Kata All Ages Orange Stripe &amp; up</p> <p>7:30-8:30 Adult Class All Ranks &amp; Jr. Black Belts</p>	<p><i>Instructor:</i></p> <p>5:30-6:30 Children's Class All Ranks</p> <p>6:30-7:30 Adult Class All Ranks &amp; Jr. Black Belts</p> <p>7:30-8:00 Master's Class Brown Belts &amp; Higher</p> <p>8:00-8:30 Instructors' Class Instructors &amp; Assistants</p>	<p><i>Instructor:</i></p> <p>5:30-6:00 Power Ninja's Prep Class 5 &amp; 6 yrs old White-yellow/stripe</p> <p>6:00-7:00 Beginner's children's Class All Ranks</p> <p>7:00-7:30 Beginners' Kata All Ages &amp; Ranks (First 4 Katas)</p> <p>7:30-8:30 Adult Class All Ranks &amp; Jr. Black Belts</p>	<p>For special events</p>	<p><i>Morning Karate Class</i></p> <p><i>Instructors:</i></p> <p>9:30-11:00 Combined Class All Ages &amp; Ranks</p> <p><i>Watch for closures when there are special school events going on this day: BB exams, SAP, Clinics, Tournaments, etc.</i></p>

<p><b><u>SCHEDULE NOTES:</u></b></p> <p>We observe most national holiday closures. Check announcements for dates If weather is severe, we will cancel class. <b>Children (for class purposes) are from 5 yrs old to 11 yrs. Old</b> <b>Adults (for class purposes) are from 12 yrs &amp; up</b> Fridays reserved for special events, clinics, private lessons, tournaments, instructor, BBC and MC classes. Jr. Black Belts may take adult classes</p> <p style="text-align: center;"><b>ALL SCHEDULES ARE SUBJECT TO CHANGE. WATCH YOUR EMAIL FOR ANNOUNCEMENTS AND UPDATES</b></p> <p>www.Bendellkarate.com or info@bendellkarate.com Master S. Bendell shirlbendell@msn.com 719-240-0193 PO Box 244, Florence, CO 81226</p>	<p><b><u>MANDATORY EXAMS:</u></b> Colored belt exams will be held at 1:30 PM at the Karate School unless otherwise announced</p> <p>Black Belt exams begin at 9:30 AM Exam fees due 2 weeks before exam</p> <p>Jan. 26<sup>th</sup> Colored Belt Exam Apr. 26<sup>th</sup> Black Belt Exam Apr. 27<sup>th</sup> Colored Belt Exam Jul. 27<sup>th</sup> Colored Belt Exam Oct. 25<sup>th</sup> Black Belt Exam Oct. 26<sup>th</sup> Colored Belt Exam</p> <p><b><u>MAKE-UP Exams:</u> 5:00 PM</b></p> <p>Feb 12<sup>th</sup> Make-Up Exam May 14<sup>th</sup> Make-Up Exam Aug. 13<sup>th</sup> Make-Up Exam Nov. 12<sup>th</sup> Make-Up Exam Be at testing at least 30 minutes before start time with equipment</p>	<p><b><u>PRIVATE LESSONS AVAILABLE</u></b></p> <p>Grandmaster D. Bendell: \$55 3 for \$150 or 6 for \$280</p> <p>Master S. Bendell: \$40 3 for \$110 or 6 for \$200</p> <p>3<sup>rd</sup> degree Instructors: \$30 3 for \$80 or 6 for \$150</p> <p>Other Instructors \$25 3 for \$70 or 6 for \$130</p> <p>Prices based on one student per 1/2 hour. Schedule appointments with the instructor of your choice. Privates are taught at the Karate school. Orange/stripe and higher may train with a weapon with Grandmaster Bendell's approval.</p>	<p><b>Black Belt Club</b></p> <p>TO BE ANNOUNCED</p>
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<p><b><u>2014 HOLIDAY CLOSURES:</u></b></p> <p>May 23- 26 Memorial Weekend (Friday – Monday) July 4 - Independence Day (Friday) Sept 1 - Labor Day (Monday) Nov 8- 11 – Veterans' Day weekend (Friday-Monday) Nov 26 – 30 Thanksgiving (Wednesday-Sunday) Dec 22 – Jan 4 Christmas Holiday closure (Mon-Sunday) (Classes resume on Monday, January 5)</p>	<p style="text-align: center;"><b><u>SAP CLINIC</u></b></p> <p style="text-align: center;"><i>TBA</i></p>	<p style="text-align: center;"><b>Annual Tournament &amp; Banquet</b></p> <p style="text-align: center;">February 22<sup>nd</sup> 2014 Pueblo Shrine Club Pueblo West</p>
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