



In this issue:

- Master Shirley Bendell
- Our Promise
- A Message from the Master
- Promotion Announcement
- Students of the Quarter



STAY TUNED: On March 26 we will be hosting an in-school tournament, more information to come in the next couple of weeks.

MASTER SHIRLEY BENDELL

6TH DEGREE BLACK BELT



Looking back at the years of a woman that had a great impact on me.

We lost Master Shirley Bendell on 2/14/2014.

I first met her in the summer of 2001 when I was a white belt. I walked into the karate school and saw a petite little lady and thinking this was going to be easy, after all how hard could she hit? "WOW" was I wrong. She taught me how to take your ego and leave it outside and get ready to learn and get the workout of your life.

Throughout the years she became like a mother figure to me. Teaching me what a victim IS NOT! She also taught me what patience is, after all she was a very demanding person and expected a person to fully become the best that they can be. I remember when I was a brown belt and taking privet lessons with her she taught me how to do pushups very well because my back stances were not correct, "The best \$50.00 per hour spent"

Not everything with my journey with her was about the Martial Arts, there were times that I needed guidance and directions in normal life and sometimes a BUTT kicking, and she had no problem holding back and giving them.

There many more stories I can remember but not enough paper in the world to put them on. I just would like the people that knew her to share some of your stories to others and to the people that never met her, look at Bendell Karate and the Instructors. We are who we are today because of her.

Rod Moss

Bendell Karate

This is Our Promise

Karate produces the finest product in the world. This product is people who are empowered, self-reliant, polite, and respectful of others. These are people, who can go forth in our society and make a real impact. They will become the leaders of tomorrow, creating new possibilities and pioneering futures that were not otherwise going to occur. Bendell Karate is fully engaged in this process.

“A person’s potential is limited only by their own concept of who he or she is”. The Martial Arts opens the door to a far greater personal potential for each student. Martial Arts is all about “**who**” you choose to “**be**” in the world, and what you are personally willing to stand for, and then possessing the heart to live it. We say that making a difference in the world honors the integrity of the human spirit and fulfills the possibility of being alive.

Bendell Karate offers a promise to you that we will provide the best training in all areas of the Martial Arts. The physical training is the mechanism by which we communicate and instill the true benefits of Martial Arts. These benefits come from the Five Tenets of Martial Arts, which build character, integrity and honor.

Bendell Karate not only teaches a broad variety of physical self-defense, we teach Character, Integrity, Honor, and the importance of setting goals in life. Students receive a tremendous sense of pride in obtaining intermediate goals in the journey to reaching their life goals.

Bendell Karate supports and teaches the five Tenets of Martial Arts in every class. These five are as Follows:

The Five Tenets of Martial Arts

Respect:

Respect is acting with consideration of others, exhibiting good manners, demonstrating politeness and courtesy.

Humility:

Martial Arts students are expected to be modest about their accomplishments. A feeling of pride in achievement is good, but it should not be broadcast idly about.

Perseverance:

Perseverance is being persistent, steadfast, enduring to the end. Perseverance is the ability to persevere a goal until it is achieved. Only dedication and perseverance can produce the knowledge to obtain a Life Goal.

Self-Control:

Self-Control is learning to manage or govern oneself. Martial Arts teaches self-control in several ways. Control of temper and emotion is required in order to interact with others. Self-Control allows actions to overcome fear.

Indomitable Spirit:

An indomitable spirit is to stand up for what he believes in regardless of the consequences. It is to be invincible, unyielding, and unconquerable.

What You Can Count On From Bendell Karate

Parents have the opportunity to assist in obtaining these goals for their children by supporting our efforts in your home and in their school. When we raise the bar of expectation, the student learns that they can obtain goals that they formally believed to be out of reach

A MESSAGE FROM THE MASTER

Why Do Students Quit?

What Does It Take To Go All The Way?

The other day I was informed of a longtime student had decided to quit his training in the martial arts. I was surprised that a student with his talent and ability would throw in the towel. I would love to say that all students continue training forever. However, that's not the case.

So we ask the question: ***Why do students quit?***

There are 3 main answers to the question of why do students quit... The 1st answer to the question is that the student is not on a consistent training schedule. The 2nd answer is that there is a lack of communication somewhere between the student, parent (if student is a junior), and the Instructors. And the 3rd answer to the question is that the student never cultivated a Martial Arts Lifestyle and therefore has lost his/her love for this art.

Getting on a good 2-3 class per week schedule should be a top priority for parents and adult students. Being on a consistent training schedule will allow your child to grow and develop their Martial Art skills. As well as developing the mental awareness that Martial Arts provides. Is it easy to keep training consistently 2 times per week? No, not at all. No one ever said that it would be easy, but I personally guarantee that it is worth the sacrifice. Keep in mind that it is especially hard to get back on a regular schedule after any kind of break. Once you build it back into your schedule, however, everything falls back into place! That is one explanation for why a student will decide they want to quit. The second reason is communication. That is a little trickier as you will read below.

In the case where a child wants to quit, there is a communication gap between the child and the parent.

EXAMPLE:

Child: Mom I don't want to go to Karate anymore.

Mom: Why not?

Child: I just don't like it anymore.

Mom: Ok, well if you don't want to go you don't have to.

Now, there are 3 major problems with this scenario. Number one, you as a parent are setting precedence for your child. If the parent allows the child to simply quit something like Martial Arts, they are telling the child, "You don't have to stick to commitments. If you don't like it, quit it!" That is an interesting thought, however, how will that work as the child gets older? Will they have a true sense of what commitment is? I'll be the first one to tell you that at a young age I wanted to quit, prior to my brown belt exam. I wanted to quit because I had not practiced my advanced katas and had been slacking off during and between classes. I was worried that I was going to fail. My father (Grandmaster Bendell) was faced with a decision; "*Do I allow Brent to quit?*" Obviously he didn't. He told me that if I quit, I would regret it. He taught me something that day, that when I make a commitment to something, I had to see it through. Now I ultimately did test and also failed but that's another lesson for another time

The second issue with the scenario above is that the parent isn't parenting. As a father of 3, I am always faced with making the tough decisions of a parent. In the case of Martial Arts, a parent has to remember the goals, both short term and long term, that we want our children (or ourselves) to achieve over the years. We are totally fooling ourselves if we think that we are going to go 1-2 decades without a few moments where we want to quit. It is our job to HELP our kids through these moments until they pass, AND THEY ALWAYS PASS. When your child gets his/her Black Belt, there will be nothing but thanks in their minds for you helping them through the rough times!

A MESSAGE FROM THE MASTER

Why Do Students Quit? Continued....

The third problem with the scenario above is mom needs to dig deep to find out why the child doesn't like Martial Arts anymore. Here are a few reasons children have, but don't want to tell you: The child wants to stay home, play, and watch T.V.

The child may not know the material and might feel dumb to ask for help.

The student may feel like they don't have any friends in Martial Arts.

The student may have skipped a testing and feels behind.

A child may need to be pushed more than they are.

What time is it? RE-MOTIVATION TIME! It is natural for a child to simply say "*I just don't like it anymore.*" A parent must ask the child more in depth "Why?". Once you have uncovered the true reason of why they want to quit, you want to immediately set up a conference with your Instructor so together you can fix the problem and the student can come back to class feeling better about him or herself. Our program is about building confidence and developing people, not just kicking and punching. Is allowing your child quit going to boost their self-esteem? My father didn't think so. I know that not everyone can make it to be a 6th degree black belt; But let's just take it one testing cycle at a time and see how close your child can get!

Adult students can also have a lack of communication with the instructors. Believe it or not, when you become an Instructor you don't get ESP with your Instructor Patch. Instructors need to know when you need help learning something as well as when you are becoming bored and need a little push. I have actually had an adult student quit and tell me that he had learned enough. Enough? How much is enough? I haven't even learned enough; and when I do, I'll let you know. Your body needs constant training to keep your material fresh and your instincts sharp. As many of you know I took nearly 11 years off of traditional martial arts when I joined the military. When I came back I felt uncoordinated and sloppy. It took time to feel right again, a lot of individual practice, my timing, speed, and flexibility were all off. With time I felt more confident with standing in front of the class and instructing. Why do **we** practice Martial Arts? For fun? Fitness? Socializing with other adults? Don't get me wrong, all of those are great reasons. But I hope that, at least in the back of your mind, you know you are learning Martial Arts for that day that you hope never comes; the day when you may actually have to use it.

As for cultivating a Martial Arts Lifestyle? It's all about ATTITUDE! Why is it that more and more frequently, "attitude" is getting a bad rap? Too often we tell our children to, "cut out the attitude". We tell friends to not have an attitude with us. Looking at what attitude is and isn't will help you to see that losing an attitude is not nearly as important as simply adjusting it.

I know that we all have those days where we don't want to get out of bed, don't want to go to school, work and yes, even Martial Arts class. However, we do these things because they are a part of life. Doing things and going places is unavoidable. Your attitude while you are doing and going, however, is completely in your hands!

I looked up synonyms for the work attitude and I was a little surprised at what I found. Here's the list: **approach, outlook, manner, position, thoughts, feelings, stance, and mind-set.**

When I read over that list I see that there is a lot more to having the right attitude than just saying yes sir and appearing to work hard. Most of those words have nothing to do with one's exterior image. Just the opposite, they all call into question your interior motives.

A MESSAGE FROM THE MASTER

Why Do Students Quit? Continued....

Express your attitude through your Martial Arts Techniques. Actually, whether you know it or not, you already do. Depending on your “mood” or attitude that day, your Techniques, Form, Sparring and more will silently tell everyone around you what your attitude is like that day. Therefore, train hard in class. Walk onto the mat with a ready to train attitude. Be positive and show your instructors and fellow students that you are there to train. So what if you don't feel like training hard that day? Well you can't fake an attitude, but you can train really hard and through the workout, you will find a better attitude.

Now that we know what it is, let's see what it's not. It's not something you can fake and still progress through Martial Arts successfully. It's also not something that you can snap your fingers and just have. A Black Belt Attitude is a habit. Habits take time to become part of your everyday routine, but once you have a Black Belt Attitude as a habit, it will be hard to lose it. You must be honest with yourself and give true effort. Here are some thoughts on how you can increase your Black Belt Attitude:

- Show up early to either get help or help others.
- Make sure to think about you training and your performance as positively as you can.
- Take challenges with excitement and not with a sigh.
- Challenge yourself to work on more advanced moves.
- Once you are allowed to, make up a Free Style Form.
- Once you are a Black Belt, attend Black Belt Classes.
- Attend the Extras! The more active you can be in seminars, teams, and other events, the more you will keep passion for your Martial Arts training!

I know that this all sounds like a lot of work. If you truly want to live a Martial Arts Lifestyle, you will look forward to working hard and becoming better. Remember that becoming better is the overall goal of everyone, not just being a better Martial Artist, but a better person! Good luck in your training and spread that BLACK BELT ATTITUDE! Remind yourself that you are a Martial Artist for life! Remember that a Martial Arts Master is just a White Belt who never gave up!

WE ARE HONORED TO ANNOUNCE THE PROMOTION OF.....

Mr. Kerry Mulford, who manages the Pueblo West Parks and Recreation Karate program and has been associated with the Bendell Karate School since the 1990's, has been promoted from 4th degree black belt to fifth degree, Master status. Master Bendell spoke to Master Mulford's commitment to the Bendell Schools and their students. Master Mulford has also worked for years to support the physical benefits and character-building values of the martial arts in the Pueblo community.



STUDENTS OF THE QUARTER

Pueblo West Student of the Quarter

COLTON INGO

Colton Ingo is 8 years old. He attend Cedar Ridge Elementary School an is in the 2nd Grade. Colton has been a student at Bendell Karate for two years and has achieved the rank of Green Stripe. Colton enjoys going to school and karate. He like to watch his favorite football team, the Seattle Seahawks, on Sundays. Colton also enjoys camping, fishing, bike riding and playing Xbox.



Congratulations Colton!

Pueblo Parks & Rec Student of the Quarter

DALEM WILLOUGHBY



Dalem Willoughby has been selected as the Pueblo West Parks and Rec Student of the Quarter. He is 32 years old, has been with us for about 8 months, and is a yellow belt so far. Dalem works at McDonalds, but his off time is spent on Karate. He says he's lost 60 pounds since he began--talk about commitment!

Congratulations, Dalem!

Florence Student of the Quarter

COLE HAWK

Cole started with Bendell Karate on June 2015.

Cole is a Orange Belt and is 8 years old.

Cole is always eager to learn and gives his full attention to better not only himself but others. Cole is a outstanding student and a great roll model to younger and older students. Buy the way he is a top mutton buster

Congratulations Cole!

