



GEORGE MATTSON'S UECHI SUMMERFEST

FEATURING THE PROMOTION OF
BUZZ DURKIN TO 10TH DEGREE BLACK BELT

AUGUST 18TH & 19TH

TWO DAYS OF SEMINARS TAUGHT BY EXPERT INSTRUCTORS

LOCATION: DANVERS, MA

— PRE-REGISTRATION IS REQUIRED —

WWW.UECHIRYUBUTOKUKAI.COM/SUMMERFEST

REGISTER BY MAY 31ST AND RECEIVE 15% OFF



Competition is a Life Pursuit

“Without the spur of competition we’d loaf out our life.” - Arnold Glaslow

Competition is all around us – in school, at work, in sports, and in the martial arts. We are constantly competing with others, whether we know it or not. Your approach to that competition will determine your success.

Some people thrive on competition, others shrink from it, and some misunderstand competition and allow it to consume them. As martial artists, we should have a proper understanding and appreciation for the benefits of competition. It is through competition that we improve our knowledge, skills, and physical abilities, and increase our contributions to our families, employers, and society.

The purpose of competition is improvement – improvement of an individual, of a team, or of an organization. Beyond the scoreboard of athletic games, there are rarely clear cut winners and losers. There is just the competition of life and your approach to it.

Pierre de Coubertin, former International Olympic Committee Chairman once stated, “The most important thing in the Olympic Games is not winning but taking part ... The most important thing in life is not conquering but fighting well.” This is how martial artists should view competition. Do we compete well? Do we try our hardest, learn from our mistakes, and grow as individuals and as martial artists?

No one likes to lose, and martial artists are no different. When we enter a competition, it should be with the intention of winning, but, we understand that no one wins every time. We also understand that to compete well is the true measure of an individual, not just the win/loss columns.

Seek out and embrace competition, and realize that it will improve you if you allow it to do so. However, don't be consumed by it. As Henry Ford once said, “Competition whose motive is merely to compete, to drive some other fellow out, never carries very far.” Engaging in competition without a clear understanding of its correct purpose can cause harm to an individual and those around him or her.

Many martial arts tournaments begin with, “Everyone here who has competed is a winner.” This is also true in life. Your willingness to compete, to improve yourself, and to grow as an individual and martial artist already makes you a winner, regardless of what any scoreboard might say.



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The thrill, believe me, is as much in the battle as in the victory.

– David Sarnoff –

You don't have to blow out the other fellow's light to let your own shine.

– Fyodor Dostoyevsky –

When you lose, get mad – but get mad at yourself, not your opponent.

– Wallace “Chief” Newman –

The competitor to be feared is one who never bothers about you at all, but goes on making his own business better all the time.

– Henry Ford –

The minute you start talking about what you’re going to do if you lose, you have lost.

– George Shultz –

May S.T.O.R.M. Training Dates

S.T.O.R.M.

- **Friday, May 12th 6:00 - 7:00_{pm}**
- **Saturday, May 13th 9:00 - 10:00_{am}**

Instructor Training

- **Saturday, May 13th 12:00 - 1:00_{pm}**

Four Tips for Dramatically Impacting Your Life

In a column for Ziglar.com, author Jason Frenn offers four insights he believes will allow you to achieve tremendous breakthroughs in your personal and professional life. If you implement these four insights, writes Frenn, you’ll make a “quantum leap” in your personal development.

Below are the four insights provided by Frenn and a summary of his discussion:

- **Integrity** – According to Frenn, integrity is what “makes the mission possible.” Honesty with ourselves allows us to clarify our values. “When you honestly come to grips with who you are and where you want to go, the path to get there becomes clear.”
- **Wisdom** – Wisdom allows us to choose the right doors at the right time and to create the right plan. “Wisdom guides your decisions so they are harmonious with your goal,” states Frenn. If you want to become wiser, Frenn recommends reading wisdom literature, listening to speakers who have a reputation for wisdom and helping others, and associating with wise people.
- **Strength & Discipline** – These create fuel for achieving your goal. According to Frenn, staying focused on your goal and taking the daily steps necessary to achieve it will produce success. Once you have created a routine, it becomes a natural part of your life.
- **Hope** – Hope is necessary to overcoming obstacles in life. Believing you can improve yourself, and holding on to that belief, will lead you to success.

Frenn concludes his article by reminding you that you are not “predestined to repeat the same patterns you lived through last year or even as a child.” He writes, “If I can break the barriers, you can, too!”

To read Mr. Frenn’s entire article, go to www.ziglar.com.

MAY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Happy Birthday Jim Whitehouse Eric Johnson	3 Happy Birthday Kris & Jonathan Azaibor Joey Bennett Beth Venuti	4 Happy Birthday Jen Richards	5 Happy Birthday Kanbun Uechi Adam Devaney Laura Lever	6 Happy Birthday Louis Hebbelinc Drew Tremblay
7 Happy Birthday Natalie Kukshtel Liam Sullivan Lauren Martin Bob Arnfield	8 Happy Birthday Erik Haglund	9 Happy Birthday Ben Valyou	10 Happy Birthday Kanmei Uechi Cecilia Robinson Michael Kachanian	11 Happy Birthday Andrew Schalk Raymond Lee Ryan Lague	12 S.T.O.R.M. Training: 6pm to 7pm Happy Birthday Brendan O'Connell	13 S.T.O.R.M. Training: 9am to 10am Instructor Training: 12pm to 1pm Happy Birthday Tessa Parker
14 Happy Birthday Mackenze Ryan Roland Lavoie 	15 Happy Birthday Maya Levine Thomas McGarrahan Todd Perry	16 Happy Birthday Caryl Huebner	17 Happy Birthday Jim Traynor Teri Gerlach Ursula Rys Kiarra Mason	18 Happy Birthday Xander Wojtanowski Lia Faulkner	19 Happy Birthday Eric Jackson Dylan Salvo Renee Martin	20 Happy Birthday Lilli Qvarford
21 Happy Birthday Brady Auclair JB Taleb Sammy-Jo Hamilton	22 Dojo Owner's Workout Happy Birthday Paul Gruppose	23	24 Happy Birthday John Talanian Starr Shallow	25 Happy Birthday Paul Trickett Jonathan Pitts, Emily Langlois	26	27 Happy Birthday Dottie Endres Brent Salvatore Chris Higgins Sandy Gidley Anthony Cirella Bennett Evans Starr Shallow MEMORIAL DAY WEEKEND NO REGULAR CLASSES
28 Happy Birthday Michael Boudreau Sam & Ryan Sawyer-Standley MEMORIAL DAY WEEKEND NO REGULAR CLASSES	29	30 Happy Birthday Tami Little	31 Happy Birthday Kalin Aro Robert Johnson			

JUNE 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Happy Birthday Aidan Delorey Jacob Haynes	2 Jr. Kyu Test: 6 _{pm} (Purple thru Brown Belts) Adult and Junior Nikyu Test: 7 _{pm}	3 Happy Birthday Jake Buck
4 Happy Birthday Kerry Tarquinio	5 Happy Birthday Sara Mersereau	6 Happy Birthday Kristine Auclair, Zachary Haynes Harrison Whorf Tristan Schall	7 Happy Birthday Angela Balliro Hannah Freitas Jill Schall Kristen Lundgren Ben Miller	8 Adult Kyu Test 7:30 _{pm} Happy Birthday James Tarzia Drew Wilson Bryndi Colwell	9 S.T.O.R.M. Training: 4:30 _{pm} to 5:30 _{pm} Jr. Kyu Test: 6 _{pm} (Yellow thru Blue Belts) Kyu Test Party: 6:45 _{pm} Happy Birthday Daniel O'Brien Anna Carbone	10 S.T.O.R.M. Training: 9 _{am} to 10 _{am} Instructor Training: 12 _{pm} to 1 _{pm} Happy Birthday Jackson Burns
11 Happy Birthday Hunter Wolters Nels DeAlmeida Rick Matterson Thomas Mastorakas	12	13 Happy Birthday Nicholas Kukshitel TJ Labatte	14 Happy Birthday Mackenzie Baldwin	15 Happy Birthday Charles Stahley Mark Hideriotis	16 Happy Birthday Gary Corbett	17 Happy Birthday Mitchell Hammond Justin McAuliffe Sam Rind Trenton Brickett
18 Happy Birthday Davie Pierog Ellen Moore Nicholas Day 	19	20 Happy Birthday Andrea Sperl Claudia Richards Cristina Richards Kianna Schofield	21  Happy Birthday AJ Shepard Corbett O'Connell	22	23 Pathway to Success Seminar for Dojo Owners No Regular Classes Happy Birthday Margaret Traynor	24 Happy Birthday Daniel Zabarsky Paul Childs
25 Happy Birthday Jeanne Vickery Tom Marks	26 Happy Birthday Matthew Derrickson Victoria Rind	27 Happy Birthday Noah Kaplan Sam Federico	28 Happy Birthday Robert Pinault Cameron Wells	29 Happy Birthday Jonathan DeRosa Samantha Robinson Ian Tourville Justin Manter	30 Happy Birthday Meghan Hammond Mark Zemgulis	

Annual Summer Vacation
Classes resume Monday, July 10th

Don't knock your competitors. By boosting others you will boost yourself. A little competition is a good thing and severe competition is a blessing.

– Jacob Kindleberger –



Too Tired to Exercise?

Are you making excuses to avoid exercise and say you feel too tired to work out any more? You know it is good for you and you always feel better after, but the “do it anyway” motto isn't cutting it any more. If it isn't due to a physical illness or low-iron level, then here are a few pointers to try to motivate yourself to keep going.

Change your schedule. If you usually exercise in the evening, set your alarm thirty minutes early and get your exercise session out of the way before your day begins. An early morning exercise session will help energize and motivate you for the rest of the day plus, you can look forward to a relaxing evening knowing you've accomplished your goal. This can be a simple solution to the problem of being too tired to work out.

Sometimes the best cure for sluggishness or fatigue is a vigorous exercise session. Have you ever noticed how you can walk into your martial arts class exhausted, but after thirty minutes, you feel energized and invigorated? Exercise gets your blood flowing and zaps fatigue. If you need motivation to lure yourself to

class, promise yourself a small reward after you finish like a long, relaxing bath or 20 minutes with your favorite book; just make sure it's not a hot fudge sundae!

If it is only occasionally that you find yourself too tired to exercise, go ahead and work out, but less vigorously. To help you to take the first step, tell yourself you'll only exercise for ten minutes. Chances are you won't notice when the ten minutes have passed; you'll feel so invigorated that you'll want to keep going.

You can always change your routine temporarily to get rid of the boredom by substituting something fun. Go outside for a brisk walk. Shoot hoops in the driveway. Ride your bike to the local store. You can get back on schedule the next time you exercise and the variety will be good for you both physically and mentally.

If you still find yourself “too tired,” talk to your instructor about ways to exercise outside of class that will also benefit your martial arts skills. Give these tips a try and soon you'll no longer need the old excuse of being too tired to work out. Plus, you'll look and feel like a new person.

Summer Kyu Testing

Friday, June 2nd:

6:00_{pm} - Jr. Intermediate Test (Purple thru Brown Belts)

7:00_{pm} - Adult and Junior Nikyu Test

Thursday, June 8th:

7:30_{pm} - Adult Kyu Test

Friday, June 9th:

6:00_{pm} - Jr. Beginner Test (Yellow thru Blue Belts)

6:45_{pm} - Kyu Test Party!!

Congratulations Class of 2017!



UECHI-RYU BUTOKUKAI CLASS OF 2017

Godan: Jeffrey Bates, Sean Begley, William LaPlante, Christian Maine, Bruce Randall, Claudia Richards and Robert Wittren

Yondan: Mark Bacon, Patricia Daggett, Brian Edmonds, Linnéa Holahan, Sara Mersereau, Peter Pippas, Joseph Ruane, Joshua Ryan and Daniel Zabarsky

Sandan: Josiah Armstrong, Robert Compagna, Hailey Costa, Theresa B. Eichhorn, Theresa Honnellio, Robert Johnson, Thaddeus Lavelle, Jennifer L. Maine, Donna Jean Medugno, John Smith, Patrick Tansey and Stephen Wu

Nidan: Don Bradanese, James Buckley, Bert Cunningham, Jonathan C. Dickson, Brian Favela, Vichka Fonarev, John Guarnieri, Justin McAuliffe, Colette McNinch, Susan Orsborn, Brent Salvatore, Abbey Spencer, Saipreeth Varada and Aaron Woods

Shodan: George AlBanna, David Banister, Gerald Bluhm, Jake Buck, Trey Mathew Bushaw, Sean Cameron, Nicole Conill, Gary Corbett, Kathryn Cordeiro, Bennett Evans, Nick Federico, Lauryn Elise Howcroft, Tessa Kalarickal, Lance Keene, Amrita Krishnakumar, John Maher, Rita Eksoozian Melvin, TJ Melvin, Myles Nicolay, Brendan O'Connell, Naimur Rahman, Nathan Randall, Yash Sathaye, Denise Varney, Tom Walsh, Brandon E. Welch, Tayber Wilder and Janine Zagel

Junior Level Four: Sanny Yu

Junior Level Three: Ashley Costa, Chloe Costa, Taylor Cushion, Nikhil Gorur, Morgan Johnson, Jarit Kratz, Enzo Mitchell, Zakarya Rochdi, Andrea Sperl, Alana Weiner and Calvin Wu.

Junior Level Two: Stefano Adelfio, Taylor Athanasiou, Aaron Barber-Mingo, James Byrd, Trevor Fulford, Sebastian Garcia-Lavin, Valeria Garcia-Lavin, Joseph Kalarickal, Matthew Kalarickal, Thomas LaBerge, Mackenzie Leith, Jack Lowrey, J.W. McDevitt, Georgia Ouellette, Robert J. Petrycki, Alex Porche Fortuna, Benjamin Record, Thomas Ripley, Aidan Schall, Luke St. Pierre, Bella Traynor, Henry Traynor, Erik Vanderberg, Sven Vanderberg and Michael Wu

Junior Level One: Nicholas Anderson, Bhargavram Ariga, Connor Balloch, Surita Basu, Lincoln Boutwell, Collin Burns, Aiden Christensen, Kimiko Clark, Mackenzie Clark, Kathleen Driscoll, Addison M. Englund, Sydney Foster, Michael Gibbs, Josef Glatz, Olivia Gulla, Gus Bates-Haus, Alexander Hippensteele, Ryan Hogarty, Elizabeth Hopkins, Sam Hurley, Adam Ippolito, Varsha Jawahar, Adarsh Karthikeyan, Colin Kelley, Kirtana Krishnakumar, Aakarsha Kumar, Chloe Luongo, Kelsey Maine, Arul Rhik Mazumder, Logan McAdam-Hart, James McGaffigan, Henry Mclarnon, Sofia Moccio, Evan Mono, Beckett Morgan, Bill O'Connor jr., Jillian O'Keefe, Matthias Olsen, Suhani Parikh, Jonathan Pitts, Aryan Ranade, Alex Theodoropolous, Paige VanSickle, Cian Walls and Theo Weismann