



## A Healthy Dose of Self-Confidence

One of the most important outcomes parents would like to see their children derive from traditional martial arts study is:

“A Healthy Dose of Self-Confidence”.

Self-Confidence is the sufficient emotion of being at ease with oneself. We are actually born with confidence; we just need to maintain it throughout our lives.

Improving self-confidence is essential for success. Self assurance and trust in one’s own abilities to achieve is the one trait that successful people possess. Those who are self-confident display courage and are more willing to take calculated risks in order to reach their goals and ultimately reach their full potential in life.

Proper martial arts training can help build our self-confidence in a number of ways.

Karate teaches us how to protect ourselves by learning:

- A. Physical Skills: Blocking, Kicking, Striking, Throwing, and Techniques to “Escape to Safety”!
- B. Mental Skills: The knowledge of how and when to use the Physical self-defense skills and the self-control to keep a level head when provoked.

Learning how to protect ourselves makes us feel safe and secure, which builds our self-confidence.

In the Dojo, each time we learn a new Karate technique and practice it over and over, that technique improves and that improvement increases our self-confidence.

Karate teaches us how to overcome our fears by doing exactly what it is we are afraid of doing. If you are afraid of public speaking, your instructor will gently guide you to stand in front of the class and explain, demonstrate, and lead the class in a stretching exercise or kick technique. If you make a mistake, your instructor will correct the mistake and encourage you to try again and again until successful. Each time we try, we’ll improve, teaching us to conquer our fears with actions and to never give up; which increases our level of self-confidence.

The precise movements of kata training, the accuracy of makiwara practice, and the partner self-defense and sparring drills all help develop excellent eye contact and body posture and spirit shout; which all once again boost our self-confidence.

Another way to build self-confidence is by setting goals for yourself and taking the action steps to achieve those goals. Your instructor may ask you to set a New Year’s







# Dojo News and Achievements

**New Instructor**– Congratulations to Leeann Hople, Sandan, on her promotion to Certified Instructor. She currently teaches the Saturday morning Junior class.

**Demonstration**– On June 4<sup>th</sup>, 2016, students and staff of the Randolph Martial Arts Academy were joined by students and staff from our sister school in Parsippany, the Family Martial Arts Center, to jointly put on a martial arts demonstration for the American Cancer Society's Relay for Life event at County College of Morris in Randolph. Students put on an excellent show, and some also participated in doing the walk to raise awareness and money for cancer research.

**Seminar**– On June 11<sup>th</sup>, 2016, our dojo hosted a Women's Self-Defense seminar. All participants did very well & learned a lot. More seminars like this one may be held in the future.

**Featured**– Justin Kott, Shodan, is being featured in Women's Day magazine in a global campaign for pet care.

**Promotion**- Congratulations to our Head Instructor, Mr. D. Hople, who earned the rank of RokuDan, 6<sup>th</sup> degree Black Belt, at our 40<sup>th</sup> anniversary Karate Camp this past year.

## **Black Belt Promotions**

Congratulations to the following individuals who were promoted to Black Belt in 2015:

**Michelle Acosta– Jr. Black Belt– Dec. 2015**

**Devon Kott– Shodan– Sept. 2015**

**Justin Kott– Shodan Sept. 2015**

These individuals worked very hard over the years and made an extra effort to earn their rank. Congratulations!

## **Student Achievements:**

Sophia Keoskey, Green Belt II, raised \$2,400 out of her school's, Mendham Township Elementary, goal of \$15,000 through the Math-A-thon fundraiser for St. Jude's Children's Research Hospital which helps fund treatment as well as housing, travel, and food for patients' families. This marks the 4th straight year that Miss Keoskey has been the top individual fundraiser for the MTES Math-A-thon, and she has helped put her school in the top 50 in the country for this cause. She cares deeply about St. Jude's and the research being done to prevent children's cancer and other life-threatening illnesses. To learn more about or to contribute to St. Jude's, visit [www.stjude.org](http://www.stjude.org).

Michael Simio, Green Belt, is pursuing a career in the U.S. military with the Airforce, and plans to join the Airforce later this summer. He'll be a valuable addition to our military. Good Luck, Michael!

Jarred Veljkovic, Green Belt, and Isabella Schmidt, Orange Belt, both participated in the 2016 Clinic Track Program for Randolph Recreation. Jarred had strong times including 6.12.00 for the 800m run, 58.97 NWI on 200m dash, & 11.63 NWI on 50m dash. Isabella also did excellent with an 11.81 NWI on the 50 yard dash, a time of 3:37:00 on the 800m run, & a long jump of 2.13m. It was an excellent season–congratulations Jarred & Isabella!

Alex Nimmo, Yellow Novice, will be attending Penn State University in the fall. Best of luck, Alex!

Congratulations to the following students for placing in our newsletter naming contest: 1st place- Michael Simio, Green Belt; 2nd place- Anthony Helmstetter, Green Belt II; 3rd place- Michelle Acosta, Jr. Black Belt. And thanks to all students who participated in this contest and made it a success!





Mr. Hopler Sr. has been studying the martial arts since the late 1980's and has been actively teaching since 1992. He earned his Black Belt in June of 1995 at our 20th anniversary Karate Camp, and more recently earned Rokudan (6th degree Black Belt) at our 40th anniversary Karate Camp. He is a certified Renshi and the Head Instructor of the Randolph Martial Arts Academy. Of all his awards and titles, the title of teacher is the most important to him.

***Here's what he has to say:***

*"What nobler profession than to touch the next generation, to see children hold your understanding in their eyes, your hope in their lives, your world in their hands. In their success, you find your own, and so to them you give your all." -Unknown*

For as long as I have been in the Kai, I've always been fascinated by the student-teacher relationship, and the commitment that goes with it. Now, being able to see it from both sides, I would still say, if done properly, is one of the most amazing relationships in the world.

When I first started my journey into this student-teacher relationship from the perspective of the teacher, I was a young teenage brown belt, and I looked at the instructor teaching the class and thought, well this doesn't look too hard. He put me in front of a group of junior students, and I was told to lead the class through basics 1-8. As soon as he started to circulate, I got the class into ready position, and my exact words were, "Basic #1..." and then I forgot the basic that I was supposed to be demonstrating, and froze. Luckily, the instructor realized this and helped me, but I found out in a hurry, it wasn't going to be as easy as I thought. In the years since that time, I have learned that teaching is not just about demonstrating technique, but teaching a way of life. Your teacher can do this by their words and the things taught in class every week, but the strongest way is by their actions. My teacher always told me, if you want a group to follow you, and you want to say the words, then you had better first set their example as "eyes are upon you". When there are signups for anything, I always make sure that I sign up as quickly as possible. Take camp for example- I sign up as soon as I am given the opportunity, partly because I really want to go, but more so, because I want all of my students to go as I know the power of camp and what it can do for them, and I need to ensure that I have set their example. As a student in the kai, the best thing you can do for your teachers is to follow their example, do the best you can with what you have, and back up everything that you say you are going to do with action. Anyone can say the words, but true commitment is taking proper action-time after time, year after year after year.

I would like to thank Master Jenkins for his commitment in starting our association of schools, and all of the things we do in it. I would like to thank the Yudansha Kai, including all of my dear friends who I first met in the Kai, and my brother Eric for always pushing me, as younger brothers usually do. I would like to thank my students for allowing me to teach & guide them and influence their way of life to become the best people they can be. Finally, I would like to thank my Sensei, Miss Felenczak, for being both my teacher and my guide, and for allowing me to teach our students as well as have students of my own, and hopefully, one day, allow them to set their own example for the next generation.

Kanpai,

Mr. Daniel Hopler, #6-025

Head Instructor, Randolph Martial Arts Academy