

## An Amazing Story of Life Skills in the Midst of Heartbreak

*"Men are respectable only as they respect." – Ralph Waldo Emerson*

All of our life skills, like discipline, honor, integrity, courtesy and respect, form the bedrock of traditional martial arts. These values set us apart from any other sport or activity and define what it means to be a martial artist.

We teach these life skills on a regular basis. We say, "Have honor and do the right thing. Act in a dignified way. Show respect for others". And so on. But the best way to teach these life skills is by giving you concrete examples. So this month I want to reveal...

### A Stunning Example of Respect - In the Middle of Tragedy

If you want to see a real life example of people demonstrating life skills, look to the Japanese people and how they acted in the days following their *triple tragedy*: killer 9.0 **earthquake**, massive **tsunami** and nuclear **meltdown**. With chaos and devastation

like that, you'd think all the rules would be thrown out the window: Every person for him or herself. Right? Wrong.

While reporting from Japan, the news media noticed something *very different* in the way the Japanese people were reacting to events. Something surprising. Something different from all the other disasters they covered in the past: There was **no looting or lawlessness** in Japan. Instead, there was order. Right after the tsunami, people - many of whom lost everything themselves - volunteered to look for survivors. They set up shelters and cared for the wounded. Restaurant owners served free food to the community. And grocery stores and other markets actually *cut prices*.

Jack Cafferty of CNN pointed this out and posed the following question on his blog:

### "Why Is There No Looting in Japan?"

After all, he explained, looting is something we see after almost *every*



Mrs. Jiroch  
3<sup>rd</sup> Degree Black Belt and Owner

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Through The Ranks is published monthly by:

Ventura ATA Martial Arts  
1449 S. Victoria Avenue "A"  
Ventura, Ca 93003

For a complimentary subscription, please call (805) 650-5425

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tragedy: people looted after the earthquakes in Chile and Haiti, after floods hit England in 2007 and after Hurricane Katrina devastated the gulf region in 2005 (as well as when sports teams win like the Bulls and the Lakers). Anyway, Cafferty posted the question on this blog and waited for answers. The results were fascinating. Although he received more than 130 answers, most of them share a *common theme*. I want to share some of the best ones with you.

### The Best Answers to Why People Don't Loot in Japan

Natasha said, "The Japanese are resourceful, innovative people with a great sense of national pride. While watching the devastation in Japan is heartbreaking, it's so *refreshing* to see the **civility** of people within the calamity they are facing".

Russ answered "Respect for the rights and property of others, something that is seriously lacking in the USA? Having worked for some weeks in Japan in the past, I was always amazed at the **courtesy** and respect shown to others. One could even see store workers practicing bowing before the stores opened to customers."

RedBow said, "It is their up-bringing! They are taught to **honor** and respect their elders"

Judy replied, "I was at a business hotel in Tokyo years ago and I will always remember this little observation. Every floor has the fire extinguisher in the hallway, just the can sitting on the floor. Not in a cabinet, not chained to anything, no need to break any glass. It will not cross anyone's mind to steal it, kick it, or move it. I admire their disciplinary culture and it is very much

needed at a time like this."

Jim said, "In Japan the people share ... beliefs, *respect for learning*, and respect for each other."

Ron said, "We have seen American cities and Mid-Eastern cities looted during disasters. It is refreshing to see respect for each other in Japan."

Sonny said, "Japan is a nation that thinks in terms of the collective good. They realize that when one suffers, they all suffer. Every member of society is afforded respect, simply by being a member of society."

Paul replied, "From what I understand it's because Japanese culture is all about being **humble** and **respecting others**."

Bizz said, "In Japan they are taught at birth *manners* and *respect* for their country."

Kim said, "The Japanese society is based primarily on **honor** and **dignity**. Unlike our Katrina disaster, the Japanese don't see this as an opportunity to steal everything in sight. The so-called civilized world can learn much from the stoic Japanese"

Tom said: "The Japanese are raised with self-respect and respect for others. Their honor is of more value to them than a television set."

Donnq said, "I lived in Japan for 3 years. There is a real sense of community and family with respect for themselves and other people that you don't see anywhere else. It is passed down to them by their parents."

Kathie said, "Love and respect for each other!"

Larry said, "I was blessed to visit Japan several years ago on business. I was told if I lost my wallet in downtown Tokyo, the person who found it would make it their mission to return it to me intact. These people are very gracious and kind."

Kea said, "One word: Respect. The Japanese culture has been infused with morals and ethics for centuries. Children grow up learning respect at home and at school, and *these lessons follow them throughout life*."

### Are You Seeing A Pattern Here?

CNN's Cafferty summed it up as the Japanese "being true to their moral code even in the darkest hours". What is this moral code? The answer is simple: Respect.

If you ever wanted to see how the value of respect works *in practice* – in the real world outside our academy, *demonstrated by an entire people*, look no further than the Japanese and how they are dealing with their tragedy.

***This is precisely the type of respect we in the martial arts strive to instill in our students!***

Is it any wonder Japan is one of the originators of martial arts? Is it a coincidence that Japanese society reflects these *same martial arts values of courtesy, respect, dignity and honor*? It doesn't surprise me at all.

### The Meaning of Respect

What is respect? Respect means "taking someone else's feelings, needs, thoughts and ideas into consideration". It also means admiring others and honoring their wishes and knowledge.

Finally, when dealing with others, you take their *position* into account. For example, you treat your instructors, teacher and parents differently than you do your buddies.

As you saw from the Japanese example, living with respect brings many advantages to you. People reach out to help you more. More opportunities present themselves. Society works more smoothly and you can put your trust in others easily. And when you earn the respect of others, you can look forward to better grades, more friends and a better career, no matter what path you choose.

So here are some solid ways to demonstrate respect:

### How To Develop Respect

- Answer up with, “Yes, Sir” and “Yes, Ma’am” when speaking to others (especially senior ranks).
- Bow in before you step onto the floor.
- Attend classes consistently and get to class on time
- Keep your uniform clean, pay attention in class and listen to

your instructors.

- Stand at attention like a black belt before class begins and avoid horseplay.
- Treat your seniors and juniors with honor – the way you would like to be treated.
- Take your schoolwork and academics seriously.
- Respect school rules and policies (like no gum-chewing in class or running down the halls).
- Treat your classmates in a kind, courteous manner (ex. listen while classmates share their ideas and thoughts).
- Pitch in and volunteer for activities in class.
- Do not tease, mock or bully others...*ever!*
- Offer to help out with chores at home.
- Mind your parents and treat your siblings the way you would want to be treated.
- Respect other family members’ *property and feelings*.
- Keep your room neat and organized (this also shows respect for your possessions).

- Heed home and family rules (such as curfews, etc.).
- Treat your body with respect: Eat right, avoid junk food, avoid risky behavior and exercise regularly.
- Take responsibility for your behavior.
- Stand up for your own viewpoints with your peers.
- Show discipline, follow-through and commitment.
- Stick to your goals and work towards them.
- Honor your commitments to others, show integrity and set a good example.
- Respect your own decisions and respect yourself.

We should all strive to emulate the incredible example of respect (as well as honor, dignity, courage and grit) that the Japanese people are displaying while dealing with their multiple disasters. *They are truly a shining example for the world and show how to embody the martial arts value of respect.*

-- Ms. Jiroch

## Student Birthdays Here at \_\_\_\_\_

Jared Cook 5/4  
Matthew Ogonowski 5/5  
Mike Regano 5/5  
Luke Reed 5/6  
Alex Hunt 5/11  
Tanner Beltowski 5/17  
Layla Richwine 5/20  
Trevor Garcia 5/20  
Arianna Lopez 5/27



A big “happy birthday” to all of you!

# May 2011 Calendar of Special Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	3	4	5	6	7	
8	Buddy Week – Bring a friend to class					13	14 <i>Relay for Life Sign up at Counter</i>
15	Buddy Week – Bring a friend to class				19	20	21
					LEADERSHIP EXTRAVAGANZA & SWORD SEMINAR		
22	Buddy Week – Bring a friend to class					27	28 <i>Closed for Memorial Day Weekend</i>
29	30 <i>Closed for Memorial Day Weekend</i>	31					

## Announcements for May 2011 – Please Read!

### May is Buddy Month at the studio.

Buddy Month is a great time to share Taekwondo with your friends, and give you a chance to win some cool stuff.

Every class day is **Buddy Day** this month, where any student can bring a friend to class for the day.

This is an easy way to have fun with your friends and introduce them to Taekwondo and martial arts. You will also have the chance to be a Leader and assist your friend in class. Make sure and fill out the student information sheet before they hop in class.

On May 14, we are joining forces with the American Cancer Society and have developed TEAM ATA to walk the relay for life. We need walkers and funds to support this cause. Please see the counter for any information on the walk.

### HUGE Leadership Extravaganza and Sword Seminar

Friday, May 20 and Saturday, May 21, is a great opportunity for all students to learn about our Leadership Program and get advanced training with the gum do sword. Friday Night is Leadership Family Night for our current Leaders and their families at 5:30pm.

Saturday is our FREE Leadership Extravaganza ! The classes are free and open to all students. Schedule is: 9:00 – 9:45 TINY TIGERS, 10 – 11:15 – All Karate Kids, Teens, Adults. From: 11:30 – 1pm SWORD SEMINAR.

- Master Brandon is a 6<sup>th</sup> Degree Black Belt and one of the top weapons and leadership instructors in the industry. He teaches seminars across the country and he will be here for this special seminar.

. Space is limited so sign up now to reserve your spot.

# This Year, Throw Your Child a Birthday Party They'll *Never Forget* with a "Cake 'n Punch Party"!

**Attention Parents! For Just \$150, We'll Host Your Child's Birthday Party! No Mess, No Fuss!**

If your child has a birthday coming up...and you dread all the planning, time, work and **clean-up** involved...then I have the perfect solution for you:

## Let Us Host Your Very Own "Cake 'n Punch" Party!

Here's how simple this is: First, we host the party FOR you! You plan almost nothing and leave the details to us! Here's everything you get with our hosted birthday party:

- ✓ Over 1-1/2 hours of fun filled martial arts and party **activities** for the birthday girl or boy and 10 of his/her friends... including pizza for lunch!
- ✓ A special gift for the birthday boy or girl!
- ✓ 4 week FREE martial arts pass for everybody who attends!
- ✓ Special martial-arts themed party favors for all guests!

✓ And lots, lots more!

We provide all plates, utensils, decorations, drinks, and pizza (parents only need to provide cake and candles). And best of all...**we do all the clean up afterwards!** Yes, believe it or not, this year you'll actually have a **spotless house** after the party! Whew!

It's easy to have us host your party! Just fill out the form below and hand it to me (or one of our other instructors). Please keep in mind, our schedule is *extremely limited* and slots do fill up quickly! See us NOW to schedule your own "Cake and Punch" party now!!!

**"We'll Feed 'em and Wear 'em Out!"**

### Fill Out This Form to Get Started With Your Cake 'n Punch Party!

**Yes!** I'm interested in having you host my child's Cake 'n Punch party! I understand you'll take care of all the details like planning and serving lunch (or dinner), party activities, gift bags, a special birthday gift for my child and more! With that, here is my info:

Parent Name: \_\_\_\_\_ Child's Name: \_\_\_\_\_

Date Requested: \_\_\_\_\_ Time Requested – From: \_\_\_\_\_ to \_\_\_\_\_ PM / AM

I will be paying by :  Check  Cash  Visa  MasterCard  Discover  Amex - Total : \$ \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

# May 2011 Student of the Month!

## Dominick Fiscalini

### Diligent Student and Respectful!



**Dominick Fiscalini**  
May 2011 Student  
of the Month

Want to see another shining example of respect in action? Then look no further than our May 2011 Student of the Month, Dominick Fiscalini!

Dominick has really grown since he started here. Not only has he overcome some big challenges – and faced adversity – he has risen through the ranks and I'm now proud to say he's a recommended black belt. Here are some of the ways he stands out when it comes to academics and respect:

- 1.) Consistently exceeds reading books
- 2.) Shows Outstanding Leadership in school.

3.) Came in 4<sup>th</sup> in his school spelling bee.

4.) His teachers consider him very respectful.

5.) He always does what we ask of him in taekwondo with a big "Yes Ma'am"

### Get to Know Our Student of the Month

Here are some interesting facts about Dominick you might not know:

- 1.) Assists EVERY Wednesday in sparring class.
- 2.) Is ranked in the top 10 in California for sparring.
- 3.) Plays electric guitar

4.) Has a better bowling average than his mom.

5.) Loves Astronomy, hiking, and camping.

We're all proud you represent our academy in such a **positive way**. It reflects upon all of us – and makes all of us look good!

Everybody congratulate Dominick on being chosen as Ventura ATA Martial Arts Student of the Month for May 2011!

## Welcome to the Family: New Students and Upgrades

### New Students:

Theresa Van Earden – Adult  
Raphael Porter – Adult  
Tim Canton – Adult  
Isaac Soles – Karate Kid  
Lily Jenkins – Karate Kid  
Jonathan Arroyo – Karate Kid  
Logsn Blackman – Tiny Tiger  
Kailyn Orlinsly – Tiny Tiger  
Brody DeSario – Tiny Tiger  
Chelsea Tate – Tiny Tiger  
Josiah Partlow – Tiny Tiger

### New Leaders!

Conner Lange  
Ida Lange  
David Lange  
Hunter Foley  
Matthew Ogonowski

For those just enrolling – welcome to the family! For those upgrading to Leadership – congratulations on taking the next step in your martial arts journey! And for those who are thinking about Leadership – what are you waiting for?

See me to take your training to the next level!

# Martial Arts Mania!

Test Your Knowledge and Win!

Student Name \_\_\_\_\_

## According to the main article:

**QUESTION #1:** Reporters in Japan were surprised to find no \_\_\_\_\_ after the disasters in that country.

- \_\_\_\_\_ a.) Stray dogs
- \_\_\_\_\_ b.) Street musicians
- \_\_\_\_\_ c.) Sense of community
- \_\_\_\_\_ d.) Looting

**QUESTION #2:** The Japanese people are showing great \_\_\_\_\_ towards others in the midst of this crisis.

- \_\_\_\_\_ a.) Determination
- \_\_\_\_\_ b.) Respect
- \_\_\_\_\_ c.) Drive
- \_\_\_\_\_ d.) Bravery

**QUESTION #3:** If you lost your wallet in downtown Tokyo...

- \_\_\_\_\_ a.) The person who found it would return it to you intact
- \_\_\_\_\_ b.) It would be long gone

- \_\_\_\_\_ c.) You could pick it up at the Shibuya "Lost and Found"
- \_\_\_\_\_ d.) None of the above

**QUESTION #4:** At some hotels in Japan you can find fire extinguishers...

- \_\_\_\_\_ a.) At the front desk only
- \_\_\_\_\_ b.) Under your bed
- \_\_\_\_\_ c.) Behind locked glass (which you have to break)
- \_\_\_\_\_ d.) Sitting right in the hallway

**QUESTION #5:** Respect means taking someone's \_\_\_\_\_ into consideration.

- \_\_\_\_\_ a.) Needs
- \_\_\_\_\_ b.) Wishes
- \_\_\_\_\_ c.) Feelings
- \_\_\_\_\_ d.) All of the above

**Don't forget!** Any student who answers all the questions correctly (without help from an adult) wins a \$5 Karate Dollar towards their next testing, something from the pro shop or tuition! (Note: one Karate dollar per purchase, please).

## Win a Free Month of Tuition!

Want to win a FREE month of tuition? Then read on. Because there is a great way you can WIN a free month – and it only takes a couple minutes. Here they are:

**For the month of MAY ONLY**

### Refer Your Friends

How? Hand this newsletter to friends and relatives. You get a **free month** for every person who asks about classes and signs up as a direct result of your referral. Nothing could be easier. All you have to do is tell them to see me – or call me at (805) 650-5425 and we'll set a time for a free intro class. I promise: we'll take the very best care of any friends or family that you refer our way! For more information about any of these three options in our new referral reward program, see me. It's a great program where, as our way of saying "thanks" we give you a FREE month of tuition as a token of our appreciation for recommending us!

## TOURNAMENT NEWS

# West Coast ATA Championships

**JULY 16, 2011**

**VENTURA COUNTY FAIRGROUNDS**

The first tournament of the new 2011-2012 tournament year is hosted in Ventura by Ms. Jiroch's Instructor, Mr. Marsh. Our hometown is the perfect location to kick off an exciting new season.

We hope that every student plans to participate in the event. Tournaments are a great way to challenge yourself, and many students find competition as a real motivator for their martial arts training. We will be conducting special competition classes in helping students prepare for the event.

**SIGN UP IN OUR SCHOOL!**

**May 2011 Special Offer! School DEMO!**

## **It's SHOW 'n TELL Time**

**Attention Parents! Have your child fill out the Show 'n Tell card and be a Leader at their school**

May is always a busy month for Show 'n Tells, and this is a great opportunity for your child to be highlighted as the "Star of the Day" in their classroom. Ms. Jiroch, Mr. Regano, and Mr. Thornberry are excited to be able to come visit our students' classrooms and do a brief demonstration with our "Star." This is also a great opportunity to share our Life Skill messages with the other children. Simply help your child fill out the Show 'n Tell card and have them take it to their teacher at school. We will do the rest, however, we would love for you to come to take photos and be a part of this special event. See a staff member for more details.

**EARN A PRIZE FOR SCHEDULING A SHOW AND TELL**

# **Summer Camp**

Summer Camps are just around the corner. Students can enjoy a week of fun & games and dynamic martial arts training. Camps are run by our instruction staff, and offer a healthy balance between martial arts training, physical fitness, and fun activities. Our goal is to provide a fun and challenging week for every student.

This year we are offering 2 camps:

**JULY 11-15**

**JULY 25-29**

Camp is open to all Tiny Tiger and Karate Kid students. Camp is also open to FRIENDS who are not enrolled as students. This is a fun way to spend time with friends and introduce them to martial arts.

Friend & Family discounts are available – see a staff member for details.

**Register today.**