

## Upcoming Events

9/9/06 - Self Defense and Asian Fighting arts workshop

9/16/06 - Adult Self Defense Workshop

9/23/06 - Movie Night

9/30/06 - Defense against Ultimate Fighting Workshop



## The True Martial Artist

The goal of a true martial artist is to achieve enlightenment by bringing the mind, body and spirit together as one with the Universe.

A true martial artist uses their skill for self-defense or the defense of others. Any other use of the "art" would be considered a perversion.

A true martial artist is not concerned with competition for "pride," "proof of skills" or "plastic trophies."

Ours is the way of honoring those who came before us and those who will follow our way. Those who came before us sacrificed their lives so the martial arts might live. They lived in poverty...owning nothing so nothing would own them.

Those who would choose to follow our way would do so through discipline and honor; the two most important traditions in the life of a martial artist.

Through discipline, we may achieve what others may not. Through the power of

our "will," we unlock our internal energy and forge our bodies with the "force" from within.

Through honor, we learn the difference between "right and wrong," "good and evil" and "yin and yang" (in and yo). Through honor, our spirits guide our hearts.

A true martial artist tries to co-exist in harmony with nature. Unlock the door and free the martial spirit that lies within you. Strive to achieve your full potential.

- Master Johnson

## Defense against Ultimate Fighting

Ultimate Fighting is an aggressive form of entertainment billed as a competition to find the world's best fighter, no matter their style. The UFC was to be based upon a version of Brazilian vale tudo fighting but quickly evolved to an often violent and brutal event with minimal rules, and NO HONOR.

Portland is one of the leading cities in the US for this type of no holds barred fighting. The practitioners are elitist, athletic and have very little morals in how

they conduct themselves.

UFC fights are less sport than spectacle - a brutal form of "human cockfighting."

Political pressures eventually led the UFC into the underground but the UFC reformed itself, slowly becoming sanctioned by athletic commissions, and marketing itself as a legitimate sporting event.

If we were in ancient Japan, we would be training you to defend yourselves against the

Samurai. Today, we must learn to defend ourselves against individuals trained in ultimate fighting techniques.

**Plan on attending the upcoming workshop on September 30, 10:00 - 4:00.** You will learn how to defend and defeat UFC-style techniques.

This workshop will present techniques not found in regular TTJ classes. Visit our web site or speak with Master Johnson for more information.

## Student Birthdays this Month

Grayson Aban

Brad Lockett

Brian Quigley

Sylvan Renner



*"Supreme excellence consists in breaking the enemy's resistance without fighting."*

- Sun Tzu

## Thought of the Month

- By Master Johnson

We often study exotic animals and take clues from their behavior to strengthen our art. Tigers, snakes and cranes are perennial favorites in Kung Fu.

But did you know you can learn a lot by considering the strengths of animals more familiar to our Northwest environment?

**Be a deer.** A deer is always aware of its surroundings. Always with a cautious ear

and an observant eye, the deer is ready to prance way and run from danger. Very few predators can sneak up on a deer; much less catch one once in flight.

**Be a bear.** If you tangle with a bear, what will happen? If you are lucky to survive, you will most likely come away with very severe injury.

A bear would rather avoid human contact and is, for the most part, a peaceful animal.

However, when provoked, there are few wild animals that can match a bear for its ferocious strength, reflex, and sheer killing power.

If you are attacked and must defend yourself, be like a bear. Hold nothing back until your attacker is subdued sufficiently for you to escape and call the police.

A deer is cautious, but not afraid of life. A bear is peaceful, but expert at defending itself and its family.

## Special Events

Tien Tae Jitsu has many upcoming events for our students and school families. Check our Website at [www.tientaejitsu.com](http://www.tientaejitsu.com) to find out about upcoming school functions and other school related information.

**Adult Self Defense** is coming on September 16 (9:00 AM - 3:30 PM). This workshop is open to teens and adults and will teach simple techniques that can easily be used by anyone put into a self-defense

situation. You do not have to be young, fit, strong, or agile to learn and practice these effective techniques! This is a hands-on class – practice makes perfect! You will have fun – bring a friend, or come by yourself!

The next **Movie Night** is September 23 (6:00 PM - 9:00 PM). Come watch on the BIG SCREEN (Many thanks to Mark Gardiner for his monthly contribution)!! The movie is "Mighty Joe Young." If you want, bring a bean-bag and get

comfortable! Students, siblings, and friends welcome. Must be old enough to enjoy & be entertained by the movie. \$5 for movie, popcorn & drink; \$10 for pizza, movie, popcorn & drink. Bring a friend!

For more information on any special event, please call 503-544-9975 for more details or visit our website [www.tientaejitsu.com](http://www.tientaejitsu.com)

## TTJ Merchandise

**TTJ Backpacks** have arrived just in time for school. No pre-ordering is necessary.

The backpacks are black with a red & white TTJ dragon logo on the top portion.

Get yours for only \$20.

**TTJ Pencils** are also available. They come in white and black...with red lettering. Three for a dollar. If you buy a backpack, we'll throw in three free pencils.

Look sharp...be sharp!



## Student in the Spotlight

You may not know it, but black belt/instructor **Phil Seder** is a Portland sculptor and was recently featured in the Oregonian newspaper. The article features Phil's announcement of the creation of what he describes as the largest stainless steel cat's head west of the Mississippi River.

Why does he believe his cat's head is the biggest in the West? He replies that it just seems like it probably is, that he has gone on the Internet for a few minutes and that the only thing close was a big stone lion somewhere in Utah.

He also says the cat's head is bigger than what many scientists have suggested was the size of the universe just before the big bang that perhaps led to its still-inflating size today. Then again, that pre-bang place was thought to have been smaller than this comma, so the next step is to take a look at the head itself.

Soon others will. Within a couple of months, Phil's cat is set for mounting on the outer front wall of the

Broadway Veterinary Clinic, 2315 N.E. Broadway. Part of the clinic's opening ceremonies featured artwork they also commissioned through Phil -- a dog's head that Phil's resume describes as "Doglandia -- largest copper dog's head west of the Mississippi.

The cat's head, it turns out, is not huge -- about 25 inches high, 19 wide and 17 deep with a whisker-spread of 27 inches tip to tip. But he insists that it is still probably five or 10 times bigger than a genuine cat's head.

Be sure to ask Phil about his other pieces of sculpture, and get to know one of our talented TTJ family.



## Technique

### Stretch to Strengthen your Skills

Stretch every day. The only way to improve your flexibility is through consistent stretching exercises. Every muscle is subject to the myotatic reflex (stretch reflex) which opposes changes in muscle length, especially sudden or extreme changes. When a muscle lengthens beyond a certain point, the myotatic reflex causes it to tighten and attempt to shorten. This is the tension you feel during stretching exercises.

The myotatic reflex is desirable because it prevents, in many cases, muscle strains and tears. Without it your muscles

would be allowed to overextend and tear easily. But it is also undesirable in cases where it prevents you from fully using your body.

Through stretching, "deconditioning" of the myotatic reflex takes place. Little by little, you teach your muscles a new limit of safe extension. This is why stretching must be slow and consistent. If you overstretch and injure the muscle, you have to go back to a lower level of flexibility and start over. Set your stretching goals over a period of weeks or months, not days, for best results.

#### Cautions

Do not overstretch. A mild sensation of burning or pulling should be felt in the target muscles. It should be uncomfortable but not unbearable.

Avoid bouncing during a stretch. Bouncing causes the muscles to tighten and heightens the risk of injury.

Follow instructions for exercises carefully. There is right and wrong way to stretch every muscle. Good flexibility exercises are designed to provide a maximum stretch with a minimum risk of injury.

Do gravity assisted stretches with caution and only after fully warming up. Gravity assisted stretches are exercises like splits that use the force of gravity to increase the pressure on the stretch.

You should never feel pain in your joints during stretching exercises. If you do, stop immediately and discontinue that exercise.

When doing flexibility exercises that require bending at the waist, always bend from the hip, not the lower back. The lower back is extremely vulnerable to injuries.

*From "Ultimate Fitness for Martial Arts" by Sang H. Kim*

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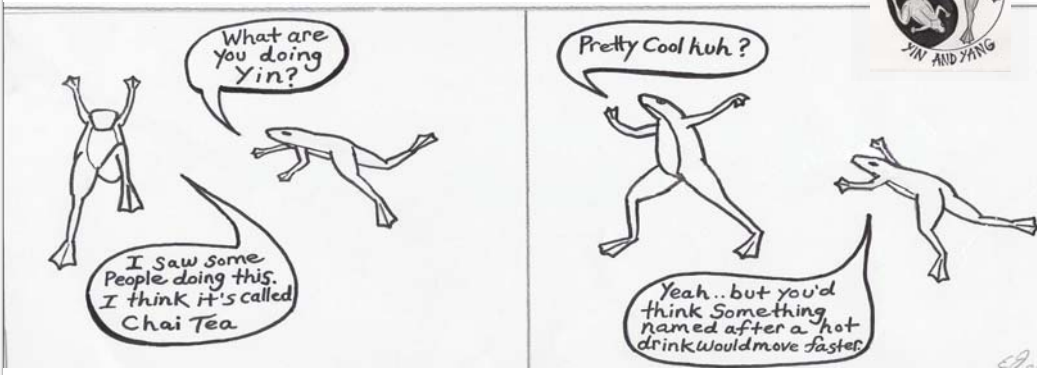
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*"Building Discipline, Honor  
and Respect"*

# The Adventures of Yin & Yang

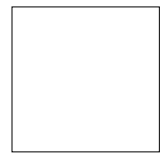


## About Tien Tae Jitsu

Tien Tae Jitsu focuses not just on the physical, but also the mental and emotional aspects of the student. Our goal is a healthy mind, body, and spirit. We place great importance on the principles of **discipline, honor, and respect**. These principles are discussed and enforced as a part of the daily curriculum. The art has produced champions in life as well as in the martial arts.

Master Eric Johnson began studying martial arts in 1975 and he founded Tien Tae Jitsu in 1990. He has a Black Sash (master instructor) in Tien Shan P'ai Kung Fu, and holds a 7th Level Black belt in the Art as well as a 2nd degree Black Belt in Tae Kwon Do and a Black Belt in Kenpo Karate.

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*See us at:*  
www.tientaejitsu.com

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