

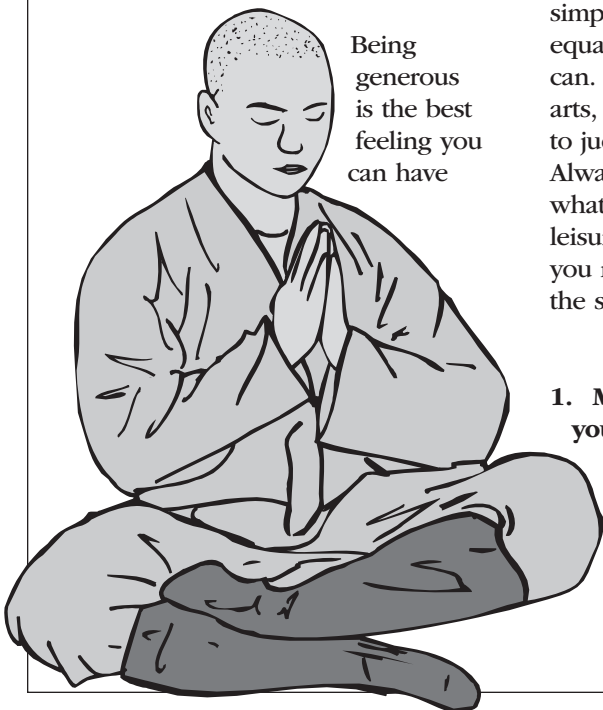
# MATIMES

## MARTIAL ARTS TIMES

### Focus On: Generous

*“There is overwhelming evidence that the higher the level of self-esteem, the more likely one will be to treat others with respect, kindness, and generosity.” ~ Nathaniel Branden*

In the Martial Arts, there are many ways we can extend our generosity. We can offer our time to assist a peer or underclassman with his or her training without asking for anything in return. We can help defend those who are unable to defend themselves. As a group, we can coordinate fund-raisers to help underprivileged people. As martial artists, there is the ICG Fundraiser that is held usually once a year to help the under privileged children around the world to raise funds for books and schools. We can even put on a Martial Arts demonstration at retirement communities to entertain our seniors. Especially in this season of giving, we can do many things out of the kindness of our hearts. We also must remember to do this everyday at sometime in some way.



Being generous is the best feeling you can have

once you experience repercussions and impacts that these can have on just one individual or even a whole society. Give a bit of yourself not just during the season, but also everyday of the year. A kind gesture, a smile, or simply by holding the door open for someone is being generous.

Being generous does not mean to give everything you have away. You must also remember to be generous with yourself as well at times. Often we forget, with our responsibilities to others, to remember that we must take time to be generous to ourselves! That is first and foremost! Because in order to be able to be generous to others, we must be generous to ourselves first to share the wealth! If we neglect ourselves, we could never be able to be generous with others. It simply would be impossible. Keep an equal balance between the two if you can. Concentrate on your studies, your arts, your physical fitness and try not to judge others for their shortcomings. Always keep your thoughts within. Do what is necessary to better yourself at leisure. Steps you can take to be sure you remain generous to yourself during the stressful holiday season:

- 1. Make sure you do not neglect your Martial arts lessons.** Being good to your body is always a great thing to do! Relieving your stress at your martial arts class can help tremendously during the holiday season.

- 2. Make time for yourself:** to relax, to read a book, to have some quiet time, or to simply go to a movie.

- 3. Eliminate the word, “should.”** Every “should” statement is laden with unnecessary guilt. If you say that you “should” do something, that means that someone else expects you to, perhaps even yourself. If your “should” is something that you honestly don’t want to do, then don’t do it. You always have a choice.

- 4. Feed your body good and healthy things to eat and drink.** Take supplements as well. A healthy body make a healthy mind. Your body will thank you for it!

These are just some samples of things you can do for yourself to get you started to make sure you do not neglect yourself. Then being generous to others will come easier to you than you think. You might find a way to make someone’s life easier by helping them run an errand or even as little as letting them in front of you on the road. It could be simply a smile to someone you care about that could mean a whole difference in that person’s day. Remember, generosity is not just a choice, it is a lifestyle!

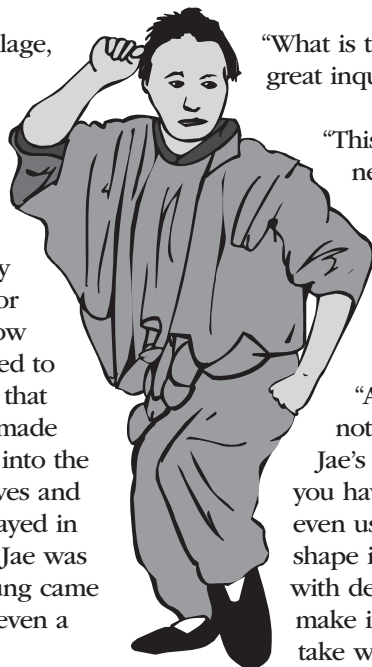
### INSIDE THIS ISSUE

Focus On: Generous ..... 1  
 Tales and Traditions ..... 2  
 Food for Thought ..... 2  
 Philosophy ..... 3

## Tales and Traditions: Generosity

*"The manner of giving is worth more than the gift."  
~ Unknown*

One day in an ancient village, there was a villager named Jae that lived with his brother Jung and his sister Hyo. Jae's birthday was coming up and Jung and Hyo did not have any money to buy anything for Jae. They just did not know what to do so they decided to be creative about the gift that was going to have to be made and what? So, Jung went into the forest to gather some leaves and twigs and berries. Hyo stayed in to clean the house while Jae was out hunting for dinner. Jung came back with lots of things, even a big piece of wood!



"What is that for?" Hyo asked with great inquisitiveness.

"This is going to be for Jae's new bow! I found a tree that had tumbled over and it was easy getting the proper wood pieces to make some bows!"

"Are you crazy? That is not going to be ready by Jae's birthday! How much do you have to do before he could even use it? You have to cut it, shape it, sand it, oil it, soak it with deer fat and deer brains to make it so it won't break! It will take weeks or months!"

"Well, Jae will just have to understand that. We will wrap up what ever it is at the time or something. He will understand." Jung reassured Hyo.

Jung kept working on the bow and the arrows too, without Jae's awareness and finally Jae's birthday came. Jung had wrapped up the bow and the arrows for the unveiling but they were far from ready for hunting. Jae unwrapped his present and Jung and Hyo explained to Jae that it was not quite ready yet, but wanted to give him something. Jae thought the bow and the arrows were wonderful! He couldn't wait until he could use them, but he would! He knew the bow must be made properly to have the right snap! It was the best gift ever!

## You Are What You Eat: Fruit Jello Christmas Shapes

Enjoy your holiday season with some delicious Jello shaped desserts. Simple, yet perfect for the season. You can deck the halls with bell shaped Jello. Perhaps you may want shout "Ho! Ho! Ho," around the Christmas tree with Santa shaped Jello. The fun thing is you can do so much with these simple treats! They're quick and easy by using the instant Jello. If you are a naturalist, it will take longer. You will want to try the fruit juice and an unflavored gelatin and make Jello shapes with your traditional Christmas cookie cutters.

You will want to avoid any food coloring, so using juice like grape juice or fruit juice of your choice will work GREAT! You can even choose from a diabetic stand point and get sugar free juice. The juice recipe is free of all major allergens. Remember have fun

with it, add fresh fruit, and enjoy the generous portions you can have.

**Prep Time:** 15 minutes

**Cook Time:** 3 hours

**Total Time:** 3 hours, 15 minutes

**Yield:** About 2 dozen

**Ingredients:**

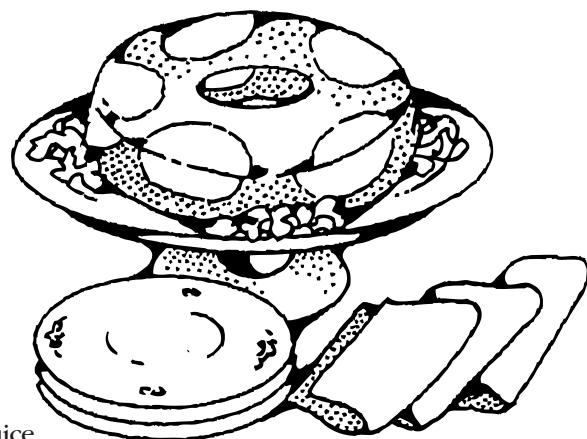
**4 cups** fruit juice

**4 envelopes** unflavored gelatin

**Preparation:**

Place a single cup of cold juice into a large bowl. Stir gelatin into juice and allow to stand. Heat the remaining 3 cups of juice

to the boiling point. Pour hot juice into cold juice mixture. Stir until all gelatin is dissolved, about 5 minutes. Lightly oil two 9 x 13 pans or two jelly roll pans. Pour half of hot gelatin mixture into each pan and place in refrigerator until firm, at least 3 hours.

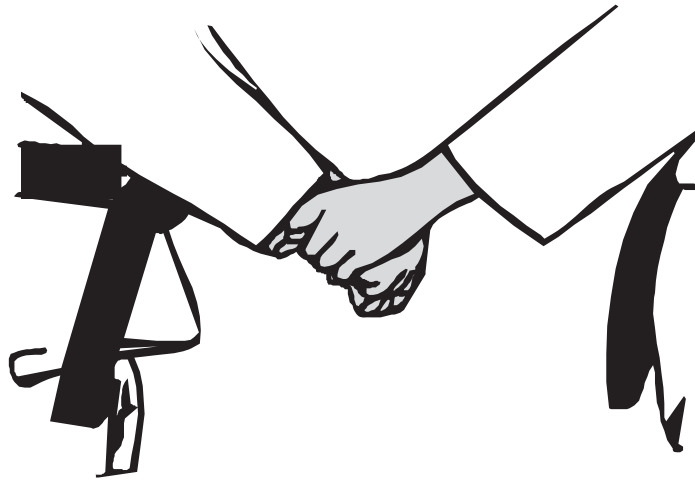


## Philosophy: Generosity

*"Generosity is giving more than you can, and pride is taking less than you need."  
~ Khalil Gibran*

Generosity is one of the great virtues of martial arts. We must give to have goodness. Goodness only comes from the human-heart. In ancient times, the Confucians would say to be truly good, one must have Ren. Ren is translated as human heartedness, goodness, benevolence, altruism, and authoritative conduct.

Martial artists develop a strong talent for many things. The Yin and the Yang between the



generosity and the selfishness within oneself. Martial arts teaches us a way to ensure an ethical generosity. In other words, the knowledge of knowing when to the right things at the right time. It is said that a gentlemen of Ren is more concerned about doing the right thing at the right time. He is also more adept with his own character than belittling the characters of others. This would be being generous in your thoughts of others and more stringent on your thoughts of yourself.

# ~~NO FEAR~~ SHOW NO FEAR! THIS YEAR!

- ➡ NO FEAR OF BULLIES
- ➡ NO FEAR OF HOMEWORK
- ➡ NO FEAR OF PRACTICE
- ➡ NO FEAR OF EXERCISE
- ➡ NO FEAR OF DISCIPLINE



- ▲ GAIN CONFIDENCE
- ▲ GAIN SELF CONTROL
- ▲ GAIN WISDOM

LEARN MARTIAL ARTS