Bill as Introduced

HB 1133 – AS INTRODUCED

2000 SESSION

00-2355
08/01

HOUSE BILL ***1133***

AN ACT establishing a committee to study issues regarding martial arts instruction in the state.

SPONSORS: Rep. Goulet, Hills 15; Rep. Stickney, Rock 26

COMMITTEE: Executive Departments and Administration

ANALYSIS

This bill establishes a committee to study issues regarding martial arts instruction in the state.

Explanation: Matter added to current law appears in ***bold italics.***
Matter removed from current law appears [~~in brackets and struckthrough.~~]
Matter which is either (a) all new or (b) repealed and reenacted appears in regular type.

HB 1133 – AS INTRODUCED

00-2355
08/01

STATE OF NEW HAMPSHIRE

In the Year of Our Lord Two Thousand

AN ACT establishing a committee to study issues regarding martial arts instruction in the state.

Be it Enacted by the Senate and House of Representatives in General Court convened:

1 Committee Established. There is established a committee to study issues regarding martial arts instruction in the state.

2 Membership and Compensation.

I. The members of the committee shall be as follows:

(a) Three members of the house of representatives, appointed by the speaker of the house.

(b) Three members of the senate, appointed by the president of the senate.

II. Members of the committee shall receive mileage at the legislative rate when attending to the duties of the committee.

3 Duties. The committee shall examine issues regarding martial arts instruction in the state including, but not limited to, the following:

I. The sufficiency of training martial arts instructors in the state have received.

II. Special issues specific to martial arts instruction of the elderly.

III. Whether there exists a need for a licensure program for martial arts instructors.

4 Chairperson; Quorum. The members of the study committee shall elect a chairperson from among the members. The first meeting of the committee shall be called by the first-named house member. The first meeting of the committee shall be held within 45 days of the effective date of this section. Four members of the committee shall constitute a quorum.

5 Report. The committee shall report its findings and any recommendations for proposed legislation to the speaker of the house of representatives, the senate president, the house clerk, the senate clerk, the governor, and the state library on or before November 1, 2000.

6 Effective Date. This act shall take effect 60 days after its passage.

Speakers

SIGN UP SHEET

To Register Opinion If Not Speaking

Bill # HB 1133 Date 2-9-2000

Committee ED&A

**** Please Print All Information ****

Name	Address	Phone	Representing	(check one) Pro	Con
~~Peter~~					
Nancy Stuckney				✓	
Buzz Durkin	2 Commerce Dr Atkinson	603 893 8949			✓
Joseph Harding				✓	

Hearing Minutes

HOUSE COMMITTEE ON EXECUTIVE DEPARTMENTS AND ADMINISTRATION

PUBLIC HEARING ON HB 1133

BILL TITLE: **establishing a committee to study issues regarding martial arts instruction in the state**

DATE: **February 9, 2000**

LOB ROOM: **202** **Time Public Hearing Called to Order:** **11:10 AM**

Time Adjourned: **12:20 PM**

(please circle if present)

Committee Members: Reps. Mercer, Goulet, Dyer, Langer, Holley, B. Moore, Dickinson, Stickney, Sapareto, Hamel, Millham, O'Neil, Poulin, Zolla, Murphy, Reidy, Virtue, Batchelder, Burkush, Courchesne, Landers and Lent.

Bill Sponsors: Rep. Goulet, Hills 15; Rep. Stickney, Rock 26

TESTIMONY

* Use asterisk if written testimony and/or amendments are submitted.

*Rep. Goulet, sponsor. Introduced the bill at the request of G. M. Seo who has a master's degree in the parts of the martial arts that involve physical therapy.
*Master Seo, Dunstable, MA. Supports bill. Distributed the material "rough draft of NH Proposed Martial Arts Licensing Commission".
Rep. Mendenhall, Opposes bill. Her son is learning every portion of Master Seo's address which involves discipline. Discipline of body, discipline of mind, etc.
Kip Cooper, representing himself. 2 So. State St., Concord, 344-5409. Supports bill. At least 50 schools in the state. Should at least study the introduction of a martial arts commission.
*Joseph Caulfield, representing himself. 330 Penham Corner Rd., Lyndeborough, NH 654-2775. Lawyer. International certification in martial arts. See his resume of law and martial arts education. More injuries in dance schools than in martial arts classes. Represent – teacher part of commission. What is a valid part of martial arts.?
*Don MacKay, representing Black Belt Academy. PO Box 415, Londonderry, 889-6181. Opposes bill. See written material.
*Patrica Cole, representing Cole Martial Arts Center. 7 Grayrock Rd. Bedford, 471-8008. Supports bill. Teaching martial arts in Hooksett. There are some injuries in the schools that need to be looked at. In the shoulder or in the back. Comment "If you are going to get hit – you are going to get hit bad". Some times this occurs. She tried to point out that all programs do not teach the proper training.
*Richard Bernard, representing House of the Samurai. 11 King Edward Dr., Londonderry, 434-1445. Opposes bill. This gentleman read his testimony at a fast rate. Read it.

*Herman Ocasio, Ocasio's True Martial Arts. 160 Plaistow Rd., Plaistow, 382-9175. Opposes bill. Tried to impress the idea that there are many schools that differs in many ways.
Michael Couhre, representing Riverside Taekwondo. 174 Upper Craney Hill Rd., Weare, 529-5425. National "US Taekwando Assoc." is located in Denver CO. A procedure that develops standards that can be maintained during the entire program. There are 157 Countries that have taekwondo as a "sport"? Does not feel threatened if a law was set up and who would be the people that established it. The ones they are concerned with are the "self-designated" "experts" who are training.

Respectfully submitted,

Rep. Ray Langer, Clerk

Testimony

R O U G H D R A F T # 1

STATE OF NEW HAMPSHIRE
"P R O P O S E D" MARTIAL ARTS LICENSING COMMISSION

Purpose: To design, develop and maintain a licensing commission entrusted with the task of providing guidance, supervision and continuing education to qualified individuals wanting to acquire a license to teach martial arts in the state of New Hampshire.
This commission will provide a vehicle for the setting of professional goals and the development of professional standards which will strive to protect the general public from harm

This Martial Art's Licensing Commission will adopt a one year grand fathering clause which will provide an opportunity for those potentially qualified individuals already teaching in this state to become licensed based upon the newly established criteria. A review board will be established from a pool of professional instructors who are nationally and/or internationally recognized and credentialed from their respective governing bodies to serve for a specific designated period of time.

Chapter I. Name of the commission.

Article 1. NH State Martial Art Licensing Commission

Chapter II. Location.

Article 2. This commission will be head quartered in the legislative office in Concord, NH. Business meetings will be held quarterly and as needed.
Licensing review hearings will be held bi-annually.

Chapter III. The purpose of this commission.

Article 3. This commission will provide a vehicle for the setting of professional goals and licensing standards designed to protect the general public from the potential harm caused by unqualified and/or unscrupulous instructors.

Chapter IV. Projects.

Article 4. This commission will execute the following projects designed to accomplish Article 3 above.

Item 1. The establishment of a fair and equitable set of rules and guidelines necessary to govern and administer the criteria, qualifications and standards for licensing martial art teachers.

Item 2. Establish and maintain a public clearing house which will serve to provide the general public with accurate and updated information regarding Martial Arts Schools in the State of New Hampshire.

Item 3. The establishment and maintenance of a review board designated to the carry out the duties set forth by the Martial Art Licensing Commission.

Item 4. The establishment of a fair and equitable set of rules and guidelines necessary to govern and administer the criteria, qualifications and standards for licensing martial art teachers without style bias.

Item 5. The provide the appropriate permits for a licensed Martial Art Instructor to hold a sanctioned Martial Art competition and/or demonstration. The Permit will require fair and appropriate judging/refereeing standard recognized by the USA AAU Martial Art Competition Division (Karate, Tae Kwondo, Judo, Jiu-Jitsu and Kung-Fu).

Item 6. The establishment of a mentoring system designed to assist potentially qualified instructors in their quest to achieve the level of the established standards.

Item 7. The establishment and maintenance of a process for continued education training designed to provide the licensed instructors an opportunity to both

maintain and fine tune their teaching skills. This task will be accomplished through the establishment of State confreneces designed to bring together vendors and workshops provided by regionally and nationally recognized individuals and organizations for the purpose of continuing education.

Item 8. All other projects deemed necessary to professionally accomplish the goals, objectives and purpose of this Martial Art Licensing Commission.

Chapter V. Officials of the Martial Art Licensing Commission

Article 5. The officials of this commission will be set as follows:

Item 1. Executive Board Commissioner - 1

Item 2. Executive Board's Vice Commissioners - 2

Item 3. Executive Board Members - 4

Item 4. Review Board Chairman - 1

Item 5. Review Board - 5

Item 6. Executive Secretary - 1

Item 7. Auditors - 2

Article 6. The Commissioner should represent the licensing commission and assume full responsibility for its operation. The vice commissioners will assist the commissioner in the administration of his/her duties. In the absence of the commissioner the senior member of the vice commissioners should assume temporary responsibility.

Item 1. The Executive Board will work cooperatively with the Commissioner and Vice Commissioner in completing

the projects supported by the goals and objectives of the Licensing Commission

Item 2. The Review Board Chairman will serve as the over-seer of the Review board by accepting the responsibility for this board to administer it's duty as established by the review board hearing guidelines in conjunction with the Executive Board.

Item 3. The Review Board will execute the duties as assigned by the Review Board Chairman.

Item 4. The Executive Secretary will administer the duties as assigned by the Executive Commissioner and/or his/her designee.

Item 5. The Auditors will review all projects for compliance with policy, procedures and guidelines.

Article 7. Selection of officials will be determined as follows:

Item 1. Commissioner will be selected from the pool of licensed instructors.

Item 2. The Vice Commissioner be appointed by the Commissioner from the pool of licensed instructors.

Item 3. The Executive Board members will be comprised of volunteers from the licensed instructor pool.

Item 4. The Review Board members will be comprised of volunteers from the licensed instructor pool.

Item 5. The Review Board Chairman will be selected by the members of the review board.

Item 6. The Executive Secretary will be appointed by the Commissioner

Item 7. The Auditors will be selected by the Executive Board and the Review Board with the approval of the Commissioner.

Chapter VI. Legal Counsel/Advisor.

Article 8. A legal Counselor/Advisor will be appointed for this commission.

Article 9. This legal Counselor/Advisor will be availble to state opinions concerning important issues.

Chapter VII. Meetings.

Article 10. Meetings will include the following:

Item 1. General Meetings.

Item 2. Executive Board Meetings.

Item 3. Review Board Meetings.

MASTER DAESHIK SEO

MAJOR FEATURE AND INTERVIEW ARTICLES PUBLISHED

SPORTS ILLUSTRATED
"A Man of Many Parts"- Kerry Lynch and Master Seo, January 1984
"This Trainer Believes in Pressuring a Boxer Into Stretchng His Talent"- sports medicine feature on Master Seo, August 1983

PEOPLE MAGAINE
"Always a High Flyer: Nordic Combined Competer Kerry Lynch Heads Toward a Gold Medal"- January 30, 1984

ESQUIRE
"Stretching with Master Seo"- sports medicine clinic feature, August 1982

INSIDE SPORTS
"Avant-Garde Dept."- on Master Seo's work with Larry Holmes and other boxers, February 1987
"Boxing's Futch Factor: The Best I Ever Saw"- Eddie Futch on Master Seo, June 1984

INTERNATIONAL HERALD TRIBUNE
"Gym Tonic, Korean Style"- feature, January 24, 1983
"Stretch and One and Two"- full-page story on Master Seo's approach to sports medicine stretching and treatment with Michael Doakes, former World Heavyweight Boxing Champion, January 24, 1983

BALTIMORE SUN
"McEnroe Opens with Win But Lendl Perfect"- August 1987

WASHINGTON POST
"Get Ready, Set, Stretch"- full-page story on sports medicine and treatment for Michael Doakes, January 1983

SAN FRANCISCO GAZETTE
"Master Seo from the East"- feature, January 1983

BIRMINGHAM NEWS
"Will Seo Give Holmes the Winning Edge When He Defends Title vs. Gerry Cooney?"- January 1982

BOSTON GLOBE
"Holmes Turning to Martial Arts"- feature story on role played by Master Seo in Holmes' preparation for title fight with Gerry Cooney, January 1982
"All They Want for Christmas"- article on Michael Doakes, December 19, 1982

CHICAGO TRIBUNE
"Being the Best Can Be a Pain"- how a new knee put Kerry Lynch at the head of the Nordic Combined class, December 1983

LAS VEGAS SUN
"Fred Roach in Comeback"- two years after hand surgery and orthopaedic predictions that he would never fight again, April 17, 1984

LAS VEGAS REVIEW JOURNAL
"Roach Plans To Be Ready This Time"- for featherweight match, April 7, 1983

School-bsed research project on factors leading to low self-esteem: personal, family, school and social. The project included counseling and treatment methods and approaches tailored to the needs of individual students with an emphasis on social and academic improvement. 1964

CERTIFICATION USA

- Physical Education Teacher's Certificate #003567206, State of New Hampshire, Department of Education
- Referee, U.S.A. Amateur Athletic Union Taekwondo Committee, Continental Class A #79USO11

CERTIFICATION KOREA

Instructor

- International Taekwondo Great Grand Master Instructor: World Taekwondo Federation Certificate #(03)E71063
- International Hapkido Great Grand Master Instructor: International Hapkido Federation, Certificate #6(M)017
- Second Degree Balck Belt, Judo: Korean Judo Association, Certificate #1206

Referee

- Korean Ceeleum Association #A015 (a combination of Judo and wrestling)
- Korean Professional Boxing Federation #B027
- Korean Amateur Boxing Federation #B65
- Korean Soccer Association #B61
- Korean Volleyball Association #B95

ATHLETIC ACHIEVEMENT KOREA

- International Great Grand Master of Traditional Martial Arts, Wonhyungsool
  - One of only three original Grand Masters in the World
  - All forms of Martial Arts stem from Wonhyungsool: Taekwondo, Karate, Kungfu, Hapkido
- Former Champion
  - Amateur Boxing: Lightweight 1957-1962
  - Track and Field: 100 meter and high jump 1959
  - Gymnastics: Parallel bars, high bars, and tumbling 1960
- College and High School Championship Teams
  - Soccer
  - Volleyball
  - Basketball
  - Handball
  - Soft Tennis
  - Ceeleum (Korean Wrestling)

PROFESSIONAL AFFILIATIONS

Former Vice President and Director of Training, Performance Enhancement Group of America, Inc., Washington D.C.

Former President, American Taekwondo Association, New Hampshire

MANCHESTER UNION LEADER
"Holmes' Merrimack Trainer Boldly Predicting Victory"- full page story on Master Seo training Larry Holmes and Micheal Doakes with new techniques in boxing and sports medicine, January 22, 1984
"Daeshik Seo Hopes to Strike Gold for Us"- October 1983

NEW HAMPSHIRE BUSINESS MAGAZINE
"A Man with a Master's Touch"- April 8, 1987

EAGLE NEWS, Anheuser-Busch, Inc.
Master Seo's sports medicine backgroung and training of Larry Holmes

JOONGANG DAILY NEWS, New York/California
"McEnroe Is A New Man Thanks to Daeshik Seo: Famous in Sports Medicine and Martial Arts"- August 1987

KOREAN TIMES, New York
"McEnroe's Total Trainer, Taekwondo Grand Master Daeshik Seo"- September 1987
"Korean Makes McEnroe Comeback"- sports medicine and Master Seo, August 1987

KOREAN-AMERICAN DAILY NEWS, New York
"A New Tennis Start for McEnroe: Daeshik Seo Follows McEnroe Like A Shadow"- August 14, 1987

SAEGAE SINBO NEWS, New York
"Holmes Wins from Seo's Instruction"- September, 1982

SPORTS WEEK MAGAZINE, Seoul, Korea
"Miraculous Man Daeshik Seo Helped Win WBA Heavyweight Champion Title: Seo's Magic Hands Helped Michael Doakes Win WBA Heavyweight Champion Title" February 1983

MAJOR BROADCAST FEATURES AND INTERVIEWS

"ABC-TV SPORTS SPECIAL"
1984 Winter Olympics, Sarajevo, feature on how Master Seo healed Nordic Combined medalist Kerry Lynch's knee after Lynch had been told he could not jump

TELEVISION INTERVIEWS, 1983 - 1993
by reporters fron Korea, China, Japan, Taiwan, Thailand, Phillipines, Hong Kong, Austria, England, France, Germany, Italy, Norway, Spain, Sweden, Switzerland, Czechoslovakia, Hungary, and Russia; in the United States by ABC, NBC, CBS, HBO, ESPN, Fox, and USA

MASTER DAESHIK SEO

6 Robbins Farm Road
Dunstable, MA 01827
(978) 649-8734

Professional Advising and Training: USA

1999-Present	Advising and training in total body conditioning for all sports including martial arts masters and boxers; seminars
1994-Present	**Justin Juuko** Current #1 Contender in World Junior Welterweight Boxing
1988-1995	**Riddick Bowe** Former World Heavyweight Professional Boxing Champion; 1988 Olympic Silver Medalist
1992-1995	**Wayne McLullough** *(Boxer from Ireland)* Current #1 Contender in Featherweight Boxing; Former Bantamweight Boxing Champion of the World; 1992 Olympic Silver Medalist
1990	**Chris Macramore** Professional Football Player for Los Angeles Raiders and Seattle Seahawks (benched for 7 months with injured knee that Olympic doctors could not correct - after 1 week with Master Seo he was in training and is currently playing for the Seahawks)
1984-1995	**Michael McCallum** Former World Middleweight Boxing Champion; Former World Super Middleweight Boxing Champion; Former Light Heavyweight Boxing Champion of the World
1988	**US Olympic Boxing Team to 1988 Olympics in Seoul, Korea**
1988	**Vinnie Pazienza** Current Junior Middleweight Contender; Former World Lightweight Champion
1981-1988	**Larry Holmes** Former World Heavyweight Boxing Champion; Named in Guiness Book of World Records as Longest Titleholder (7.5 years)
1987-1988	**John McEnroe** Former Professional Tennis Player 3 Time Wimbledon Tennis Champion; Davis Cup Champion; US Open Champion; French Open Champion, Canadian Open Champion
1984	**Evander Holyfield** Current World Heavyweight Boxing Champion; 1984 Olympic Light Heavyweight Gold Medalist
1984	**Mark Breland** Professional Welterweight Boxer; Olympic Gold Medalist
1984-1985	**Livingstone Bramble** Former World Lightweight Boxing Champion

1984	**Tyrell Biggs** Heavyweight Boxer; Olympic Gold Medalist
1984	**US Olympic Nordic Combined Ski Team to Winter Olympics in Sarajevo**
1984	**US Olympic Boxing Team to Summer Olympics in Los Angeles**
1983- 1984	**Michael Doakes** Former World Heavyweight Boxing Champion (achieved fastest Knock-out in 95 years against Michael Weaver - 63 seconds --Master Seo took total control of Doakes training, spending only 15 minutes on techniques)
1983- 1984	**Kerry Lynch** 3 Time Nordic Combined Ski World Cup Medalist (Lynch had a broken knee and could not move without pain --Master Seo realigned tendons that were misplaced during Lynch's surgery and Lynch went on to the Olympics)
1982- 1984	**Aaron Pryer** Former World Junior Welterweight and Lightweight Boxing Champion; Listed in Guiness Book of World Records for 39 Knockouts in 39 fights
1983	**Alexis Arguello** Former 3 Time World Boxing Champion in Bantamweight, Featherweight, and Lightweight Divisions
1976- 1978	**Manchester Police Department and New Hampshire Police Academy** Special Forces martial arts training and techniques

MASTER DAESHIK SEO
6 Robbins Farm Road
Dunstable, MA 01827
(978)649-8734

COACHING and TEACHING EXPERIENCE: NH/USA

Taekwondo:
New Hampshire College, Manchester 1977-83
Plymouth State College, Plymouth 1976-81
YMCA, Manchester, 1977-79

Soccer:
Daniel Webster College, Nashua 1981-82
World Record: 66 goals in 14 games; gave up only 3 goals
Championship, Small Colleges of New Hampshire and Massachusetts

Special Classes, Manchester Area High Schools:
Taekwondo and Body Conditioning; Memorial High School 1977-78
Martial Arts, entire student body, Gymnastics classes; Central High School 1977-78
Martial Arts, entire student body; Hillside Junior High School 1977-79
Seminars 1977-79

Gymnastics:
YMCA, Manchester 1977-79
New England YMCAs/YWCAs Gymnastics and Stretching 1977-79
Seminars 1977-79

Acrobatic Dance:
New England Professional Dance Teachers Association Convention 1977-79

Owner and Instructor:
Seo's Institute of Physical Culture, Manchester 1976-79
Taekwondo, Gymnastics, Yoga, Exercise Classes

COACHING AND TEACHING EXPERIENCE: KOREA

Seminars for Physical Education Teachers of the Republic of Korea: Developed and introduced a wide range of proper breathing and exercise techniques to enhance national Physical Education curriculum 1966, 1970, 1973

Volleyball:
High School team
Men's and Women's University teams: Women: National Champions
Men: Third Place
Two players became members of the Korean Olympic Team, Montreal, 1976

Soccer:
National Champion High School Team 1962-66
National Junior Soccer Team 1963-66
1965 Team went to Asian Junior Soccer Championship, Tokyo

Daeshik Seo
6 Robbins Farm Road
Dunstable, MA 01827

January 7, 2000

Mr. Maurice Goulet
48 Ministerial Branch
Bedford, N.H. 03110

Dear Mr. Goulet:

Happy New Year. I apologize for not writing earlier. I have been traveling during the holidays and have just recently returned.

I received your letter and materials and I would like to take this opportunity to thank you for your efforts and assistance.

As discussed a while ago, I am enclosing my resume for your reference. I will be leaving for Korea on January 12, 2000 for about a month or so. If you need anything, you can contact my daughter, Yeonok Seo at (617) 437-2280.

Again, thank you and I look forward to speaking with you soon.

Sincerely,

Daeshik Seo

Enc.

MASTER DAESHIK SEO

6 Robbins Farm Road
Dunstable, MA 01827
(978) 649-8734

PROFESSIONAL FOCUS

PHYSICAL THERAPIST with emphasis on Sports Medicine, including

- Sports Kinesiology
- Acupressure
- Therapeutic Massage
- Sports Massage
- Therapeutic Stretching and Exercise
- Sports Nutrition
- Cardio Stretching
- Mind-Body Development
- Seminars on Proper Technique for Injury Rehabilitation (including diabetes, nerve disease, and stress)
- Total Body Conditioning (seminars and teaching for all ages)

ACADEMIC BACKGROUND

Koanju National Teachers' College, Republic of Korea

- **Master's Degree in Physical Education** with emphasis of the Medical Science of Sports
- **Bachelor's Degree in Physical Education**
  Major coursework in:
  - Physiology of Physical Education
  - Anatomy of Physical Education
  - Acupressure Therapy
  - Psychology of Physical Education
  - Psychiatry of Physical Education
  - Sports Nutrition
  - Chiropractic
  - Acupuncture
  - History of All Sports
  - Philosophy of All Sports
  - Proper Technique for All Sports and Conditioning

RESEARCH USA

Back Safety and Injury Prevention: Occupational Safety for All Types of Individuals. Research completed, book in progress.
Performance enhancement research on occupational injury and rehabilitation: The relationship between repetitive work and sport-related motion to physical stress and injury. Book in progress.
Improved boxing defense and hand-wrapping technique.

RESEARCH KOREAN MINISTRY OF

Pilot Research Project: The Martial Arts, Judo and Boxing as a Force for Positive Discipline and Self-Control and a Deterrent to Delinquency. 1964-1965
Led demonstration seminars nationally, 1965-1974. As a result of the pilot project and the subsequent publication of the research, the National Physical Education curriculum was revised and Taekwondo was then taught fron the fourth grade through high school in all schools. After 1974 it was compulsory.
A five-year, school-based research project on the relationship to learning of biological health, including nutrition and total physical conditioning. The project included the development of a Physical and Biological Conditioning Test for students. 1962-1966

HB1133

MASTER DON MACKAY'S BLACK BELT ACADEMY

100 West Pearl Street
Nashua, NH 03060
Tel: (603) 889-6181
Fax: (603) 889-1497

Don MacKay's Kardio Kickbox



KENPO
JU JITSU
USA

February 7, 2000

Re: House bill 1133
Chairman: Robert S. Mercer
Vice Chairman: Maurice Goulet
Clerk: Ray Langer

Committee Members:

My name is Don MacKay; I own and operate Black Belt Academies in Nashua, New Hampshire. I have been a student of the martial arts since 1963, I have been a student of the industry for over 20 years. The Academy has been operating in New Hampshire for 15 years. As a student of the industry I travel around the country providing business consultation to school owners and managers.

I am greatly concerned with the House Bill 1133 regarding martial arts instruction in the state. Like many businesses, we are regulated by the consumer. The consumer makes the choice. If we provide the product the consumer wants we stay in business. Several years ago Forbes Magazine ran an article that stated that martial arts school where the 2nd or 3rd new businesses opening, and the 1st business closing. Our business is very difficult and the martial arts are so varied that to set up a regulating board, even in a relatively small state like New Hampshire would require 30 or 40 people.

Historically in our industry when legislation such as House Bill 1133 is introduced it has been introduced by a martial artist who is attempting to gain control. In this room with me today are friends, fellow martial artist and businessmen who are concerned. We represent amongst us 100 years of martial arts experience, and know adding more bureaucracy is not a good thing. I would like to provide some examples:

In New Jersey regulatory Bills have been proposed and defeated 13, 14 times. Once in Texas, Twice in Pennsylvania, and once in Florida.

The consumer regulates our industry. The Attorney General regulates our financial business under the States Health Club Act. We are regulated. I would like to thank the committee and committee members for this opportunity.

Respectfully,

Don MacKay
Black Belt Academy
Nashua, NH
(603) 889-6181

HB1133

Master An's Tae Kwon Do
United Martial Arts College

270 South River Rd.
Bedford, NH 03110
(603) 627-7744
FAX (603) 627-8070

1519 Middlesex St.
Lowell, MA. 01851
(978) 453-5387
FAX (978) 452-7747



February 8, 2000

To Whom It May Concern:

It is my understanding that there has been a motion presented to the N. H. Legislature to establish a committee to study issues regarding martial arts instruction in the State of New Hampshire.

There is no need for this committee as we are already regulated by State, National and International Associations such as the United States Taekwondo Union, World Taekwondo Federation and the New Hampshire Taekwondo Association.

I have over 40 years of martial arts experience, with 30 of these years instructing, and more than 20 years the owner of a successful martial arts school here in the United States.

I sincerely feel that this proposed committee is not necessary. If you have any questions, please feel free to contact me at either number above. Thank you for your time and understanding.

Sincerely,

Grandmaster Nam Y. An

NYA:bcs

Tae Kwon Do → Discipline → Fine Performance → Happiness Life ...





COLE

Martial Arts Center, LLC



Street Safe
(Self Defense)

Patricia Cole
4th Degree Black Belt
Certified Instructor



Tae Kwon Do
(Korean Karate)

603~665~9995

CardioKarate™
(Fitness Kickboxing)

Fax: 603-665-9970 • E-mail: Pat032254@aol.com
Riverside Park • 11 Kimball Dr. • Suite 129 • Hooksett, NH • 03106



Patricia Cole
4th Degree Black Belt
Certified Tae Kwon Do and
Fitness Kickboxing Instructor

COLE
Martial Arts Center, LLC

Courtesy
Integrity
Perseverance
Self Control
Indomitable Spirit

Knowledge in the mind.
Honesty in the heart.
Strength in the body.

Building character and strength through physical fitness and mental discipline.

DISCIPLINE ▪ DEFENSE ▪ FITNESS ▪ FUN!

Martial art is a system of training the mind, body and spirit to reach the ultimate state of being.

"Martial Arts Training has something to offer everyone. Whether its developing focus, discipline and respect in a young child, increasing the flexibility of a senior, relieving stress from daily life, or providing a fun activity for the whole family, students can get physically fit, have fun, and learn to defend themselves all at the same time."

Tae Kwon Do Master, Patricia Cole found that her Martial Arts Training in the art of Tae Kwon Do (Korean Karate) helped her in all aspects of her life, and is eager to pass on the knowledge to others.

Training in martial arts for more than 20 years, Pat believes the values and self defense skills learned through Martial Arts Training instill inner strength and confidence, mental discipline, self-respect and a healthy, fit body.

When practiced on a consistent basis, the techniques are engrained in your muscle memory enabling you react with confidence rather than panic, in a dangerous situation.

The magic of martial arts training is that the physical skills give students the confidence to avoid conflict, and the mental skills provide the peaceful means to resolve it. And its fun, challenging, and a great way to relieve stress and get in shape!

Fitness Kickboxing (Cardio-Karate℠) is a high-energy, enthusiastic, fun filled class where students exercise to strong, heavy-beat music with kicks, blocks and punches. Calesthenics, isometric exercises, yoga stretches and deep breathing combined with martial arts techniques provide a well-rounded, power-packed workout. You learn self defense techniques while you burn as much as 800 calories in an hour.

Tae Kwon Do (Korean Karate) is the art of "empty hand and foot fighting". This 2000 year old martial art combines blocks, punches and kicks in a repeated, quick and rythmical format to ensure that your "muscle memory" learns the moves.

Forms training, combinations and light contact sparring are taught in a disciplined, controlled environment. The physical exercises and self defense techniques are followed by yoga stretches and deep breathing to provide a total mind, spirit, body workout.

"Street Safe" Self Defense is an unforgettable 3 hour self defense workshop for women offered on Saturday or Sunday afternoons. The specific dates are determined monthly to fit into the training and testing schedule of the school.

In this program you will:

- Learn how to recognize the warning signs of impending danger and how to posture yourself.
- Learn how to diffuse potentially violent situations **before** they escalate
- Learn how to stop and disable an attacker using the top 10 defensive techniques against rape
- Safely practice your new techniques at "full force" against our fully padded attacker!

This course is $99. Advance registration is required and space is limited. What you learn could save your life!

"The real value in these courses is in teaching you to be strong and fit, inside and out and to carry yourself with a confident attitude.

Avoid conflict at all costs! But be ready to fight for your own life ~ IF you have to.

NO-ONE deserves to be disrespected, abused, or beaten."

Biographical Profile

Pat Cole trained under Korean Grand Master B.C. Yu, 8th Degree Black Belt, and taught Tae Kwon Do classes at B.C. Yu Martial Arts Center in Ann Arbor, Michigan where she worked with hundreds of men, women and children of all ages.

Born in Toledo, Ohio, Ms. Cole graduated from Cardinal Stritch High School and attended Bowling Green State University. Prior to moving to New England, Pat owned and operated PK Design, a graphic design and marketing services firm in Ann Arbor, MI where she lived for 23 years.

She has worked as a volunteer for the Rape and Domestic Violence Crisis Center of Concord, and is a strong advocate of martial arts and self defense training for peace.

Ms. Cole has attained her Master rank: 4th degree black belt, and recently opened her new school, **Cole Martial Arts Center** where she teaches Fitness Kickboxing *(Cardio-Karate)*, traditional Tae Kwon Do, and Self-Defense. We feature special guest seminars in all styles of martial arts, as well as wellness workshops on nutrition, yoga and stretching.

Classes are offered 7 days a week. Call now for more information.

665-9995

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February 2000 Women in the Martial Arts

Meet Pat Cole



Pat Cole is a 4th Dan Black Belt in Tae Kwon Do. Her other accomplishments are placing in several tournaments, teaching for Grand Master B.C. Yu in Michigan for many years, and opening her own school, Cole Martial Arts Center, where she passes on her knowledge and experience to help empower other people.

MA Zone.... What or who inspired you to take up the martial arts?

Pat Cole....I got into martial arts training 20 years ago after a boyfriend I was seeing lost his temper and almost killed me.

I was dating a man who I thought was a true gentleman; handsome, charming, nice, lost his temper with me one time and threw me up against the wall and down on the floor. I ran into the bathroom, and he again threw me down on the floor, pinned my shoulders down with his knees and raised his fist like he was going to kill me. My body went totally limp, and I said, "go ahead, kill me if you're going to." I really thought I was going to die. I didn't even try to fight for my life. I had no skills to fight back and had never experienced any kind of violence in my life prior to this. I was 26 years old at the time and was raised in a small village in Ohio with no domestic violence or any kind of other violence for that matter. I thought stuff like this only happened on TV or in the movies. . . WRONG!

He was very jealous and possessive. The people I worked for had a birthday lunch for me which he chose not to attend. I was a secretary for 7 managers at the time -- all men, and had never dated any of them. I had only respect for these men and the relationships were totally professional. But Edd, my "boyfriend" at the time, was very angry and freaked out on me because I went to the luncheon.

I couldn't believe it! This guy who I had been dating for several months and thought I was in love with totally lost his cool, and went into another personality that I had never seen before. . . out of nowhere! I truly did nothing to antagonize this attack. I was totally taken by surprise. I never thought anything like this could happen to me. (famous last words of many women . . .)

This happened to me only one time. But the terror, humiliation and fear I experienced was horrible. I felt so weak, violated and worthless. I got out of it alive but I'm not sure how. He didn't totally beat me up but that ONE time was enough for me. I decided that would NEVER happen to me again.

My children had just started training at B.C. Yu Martial Arts Center at the time. I talked to GrandMaster Yu and enrolled in a class the following week.

MA Zone.... How can the martial arts be beneficial for women?

Pat Cole.... Martial arts training is extremely beneficial for women in many ways:

1. Women learn to become strong -- inside and out. They become empowered by becoming physically fit, believing in themselves, learning to love and respect themselves, and learn self defense techniques to react in a dangerous situation enough to at least get away and possibly save their own lives. They learn they really can do things they didn't think they could -- all they have to do is try and practice, and NEVER GIVE UP!

2. They learn that no one has the right to hit them, abuse them, or hurt them in any way. They learn to stand tall, walk with a purpose, and not look or act like a "victim".

3. They learn they must make the decision to fight back instead of automatically get beaten up. They learn the tools to help them get out of a dangerous situation or attack.

4. Women learn that even though we have been brought up to be kind, gentle, compassionate and little "ladies", we can still become strong, physically fit, confident and capable of defending ourselves.

MA Zone.... What has been the greatest experience in the Martial Arts?

Pat Cole.... My greatest experience in the martial arts is opening my own school and watching my students learn and grow in martial arts. The training is so much more than just learning forms and sparring. It is wonderful to see students learn that they can come out of their shell and become fit, strong and confident as they practice a new way of life. The students (especially children) become focused and learn to respect themselves as they practice the values of courtesy, integrity, perseverance, self-control, and indomitable spirit. It is the most rewarding experience of my life.

MA Zone.... What advice would you like to give other women training in the Martial Arts?

Pat Cole.... The advice I would give to other women is to continue their training -- no matter what gets in the way, stay focused, believe they can do it, and get their black belt! And teach! Pass on the knowledge to others to help people become their personal best mentally, physically and spiritually. And let people know that yes, unfortunately violence can happen to them -- When they least expect it. And the best way to deal with it is to be prepared so you can defend yourself if you have to. No one deserves to be hit.

Visit Pat Cole's Webpage

Visit the Archive to view more Women in the Martial Arts



| Home | About Me | Links | Photos | Shotokan | Karate 4 Kidz | Feature Site | Women In MA | Monthly Quiz |
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December 1999

Kickin'

Published Monthly for the Friends and Family of this NAPMA School



Here's Some Good News About Y2K!

by Joseph Galea

During this time of year, we often reflect on our life's events and look forward to the new year with re-defined goals, new hope, and great anticipation. However, in only a few weeks, we will also cross over into theyear 2000, known by almost everyone as Y2K.

As the media bombard us with cautious words and survival tips for Y2K, martial arts defines Y2K as the Year 2 Kick. Never have there been so many positive reasons for people of all ages to start "Kickin" by taking martial arts.

1. Many activities are either seasonal or short-lived in nature. Martial arts provides the benefits of an ongoing learning and growing experience.

2. Most sports endeavors deal strictly with physical activities, where the martial arts also provides mental development.

3. Many other activities are primarily team oriented. While teamwork is certainly important and addressed at our school, martial arts promotes individualized training, systematic personal growth, and accounts for differences in ability. Each student can develop at his or her own pace.

4. Many sports require losers in order to have winners. Martial arts students are all winners. This promotes self-esteem.

[continued on page 2]

(continued from page 1)

5. Mental discipline is a key ingredient for a successful and happy life. Our mental discipline affects our daily attitude and how we view life and the people around us. The martial arts teaches students how to relax, focus, and be at peace with one's inner self. The end result is that students of the martial arts have control over their lives and the important decisions that confront them day to day.

6. Martial arts programs are very motivational. Students are encouraged to stay involved for longer periods of time, enabling them to reap the benefits of self-accomplishment and commitment.

7. The martial arts is a goal oriented activity. Progressing towards black belt requires the successful completion of belt promotions (smaller goals). Students learn that big goals can be achieved if they develop goal setting strategies.

8. Studying the martial arts develops and improves concentration, which can have a major impact on school grades.

9. Martial arts programs emphasize and teach self-discipline, which many educators and national leaders believe to be a serious missing element in today's youth.

10. Martial arts improves hand-eye coordination, motor development skills, and overall coordination, which helps students in other activities. Many physicians are now recommending the martial arts to help in these areas.

11. Martial arts teaches self-respect and respect for others.

12. Martial arts provides physical exercise that can build strength, tone muscles, and provide a healthy aerobic workout for all ages.

While the 20th century will be regarded as the period in martial arts history where the practice of martial arts developed into a mainstream activity, the 21st century will be regarded as the period where martial arts benefits became widely known and respected. As we cross over into the Year 2000, let us as martial arts students continue to inspire others to discover martial arts training. In that way, Y2K will truly be the Year 2 Kick !

HealthKick: The Future is Now

by Jennifer Galea MS RD

This month not only marks the end of the year, but is also looked on as the end of the century and the millennium. This is a good time to look back on some of what has been learned over this time span.

In the field of nutrition, great strides have been made in what is known about foods and how they work within our bodies. The public perception of foods and their importance has also made monumental leaps.

It is now commonly known that fruits and vegetables can reduce your risk of certain types of cancers. Most people believe and understand that garlicdecreases your cholesterol, lowering your risk of heart disease. Many beverage companies now incorporate green tea into their product lines, because green tea contains antioxidants which may decrease the risk of cancer and heart disease. In the U.S., red wine can now carry a health benefit label, because moderate consumption (one to two glasses daily) has been shown to decrease heart disease risk!

The newest food claims are associated with soy beans. They have been shown to have cholesterol-lowering properties, thereby reducing the risk of cardiovascular disease in people who consume 25 grams or more of soy protein daily. Soybeans also contain isoflavones. Isoflavones are phytoestrogens found in all legumes (peas and beans family), but in greatest quantities in soy beans. Isoflavones are being intensively studied for their protective effect against breast and prostate cancer, osteoporosis and in managing the symptoms of menopause. Examples of soy products that are good sources ofthese all important isoflavones, in addition to soy beans themselves, are: soy milk, soy flour, tempeh, tofu, and soy protein isolate. Try to incorporate a sampling of these products in your diet for better health.

Soybeans appear to be the food of the new millennium. (Beware of soy proteinconcentrate and texturized vegetable (or soy) protein made from soy protein concentrate, as they have little or no isoflavones due to the processing used. Soy sauce and soy oil have neither soy protein nor isoflavones.)

All the beneficial foods discussed are called "nutraceuticals," meaning that they are considered to be pharmacologically active (have drug like properties), while being totally unaltered foods. This differentiates these foods from other groups, such as "functional foods" which are foods that have been altered in some way, and "designer foods" which have been genetically engineered. Examples of functional foods are orange juice with added calcium, apple juice with added vitamin C, candies with added vitamin C, etc. Designer foods have been genetically engineered, such as some tomatoes which have five times the amount of lycopine as non-engineered fruit. Lycopine is believed to decrease cancer risk. Grapes have been engineered also, to increase their antioxidant quantity. The new millennium is sure to see an increase in all types of functional and designer foods.

The use of nutraceuticals (and most functional and designer foods) is directed at prevention. Usually, consuming these foods doesn't make you feel wonderful overnight, but rather the focus is to have a complete, balanced diet, regularly incorporating these foods. The objective, over time, is to have a longer, healthier life.

To make these foods a permanent part of your diet, explore the market and do some experimenting. Don't be leery of a product just because it contains soy protein, for instance. Use some soy milk in baking. Snack on some roasted soy nuts. Pick up a veggie burger instead of a hamburger. Give it a taste test, you might be surprised! And your body will thank you into the year 2000 and well beyond.

About your school ~ Cole Martial Arts Center, LLC.

"A martial art is a system of training the mind, body and spirit to reach the ultimate state of being". ~Bruce Lee

Cole Martial Arts Center is a school where people come together to learn to become their personal best at all times, training the mind, heart and body through martial arts fitness training.

Programs offered are the traditional Tae Kwon Do (Korean Karate), Fitness Kickboxing (Cardio Karate), Kempo Karate, Tai Chi Chuan, Yoga and "Street Safe" self defense. These courses are made available to bring awareness, knowledge and exposure of martial arts training to the community.

The goal of Cole Martial Arts Center is to offer a curriculum to teach martial arts fitness, self defense and other forms of physical and mental wellness programs to students of all ages. Our mission is to empower students to feel safe and be able to defend themselves, tone muscles, increase strength and confidence, relieve stress, and maintain a fit, healthy body.

A Brief History & Overview

Patricia Cole has been training in martial arts for over 20 years and has attained the level of 4th degree black belt in Tae Kwon Do (Korean Karate).

Cole Martial Arts Center, a Limited Liability Corporation, opened in Hooksett, New Hampshire, where it is conveniently located off I-93 and easy to get to from Concord, Manchester, Bedford and other communities. The school opened August 1, 1999, and in the first two months of operation enrolled over 175 students.

Our curriculum is designed to motivate and inspire people to focus on the positive, and maintain a "can do" attitude at all times. The Center is designed to be an open training facility offering a standard of excellence in teaching. All instructors are certified and experienced in their artform. Proper form and technique is emphasized in all classes to prevent injury and ensure the safety of all students.

Cole Martial Arts Center offers a high energy atmosphere where friendship, smiles and support are contageous. Everyone is welcome here.

Bring your friends and family to share in the excitement of having fun while staying fit & healthy throughout this holiday season!

Congratulations to new Kempo Yellow Belts!

Jasmine Morton
Rodney Tocci
Arnaud Gasnier

On Friday, December 10, 1999 Kempo Black Belt instructor Ms. Lisa Yacopucci promoted her students to Yellow Belt rank.

Bad Weather Days

As winter approaches and the snow and ice arrive, please check the radio stations for school closings.

When the Hooksett, Manchester and Concord schools are closed due to bad weather and poor road conditions, there will be no classes here at the school. When in doubt, call 665-9995.

Holiday Schedule Update:

For those of us who who want and need to workout over the holiday season, kickboxing and martial arts classes **will be held as usual the week between Christmas and New Year,** Monday, Dec. 26 through Saturday, December 31.



Suggestions on How to Live a Happy & Rewarding Life

Take time to smell the roses.

Take a nap on Saturday afternoons.

Drink eight glasses of water a day.

Never deprive someone of hope. it might be all they have.

Be thankful for every meal.

Don't interrupt.

Don't tailgate.

Improve your performance by improving your attitude.

Wave to children on the school bus.

Listen to your children.

Leave everything a little better than you find it.

Leave the toilet seat in the down position.

Keep it simple.

Keep good company.

Keep your promise.

Be kinder than necessary.

Take good care of those you love.

Make a habit to do nice things for people who will never find out.

Wear outrageous underwear under the most formal business attire.

Vote.

Judge your success by the degree that you're enjoying peace, health and love.

Be a good winner.

Be a good loser.

Be romantic.

Live so that when your children think of fairness, caring and integrity, they think of you.

Enjoy real maple syrup.

Never refuse homemade brownies.

Remember other people's birthdays.

Sing in the shower.

Don't nag.

Don't gossip.

Don't expect money to bring you happiness.

Be forgiving of yourself and others.

Never give up on anyone.

Miracles happen everyday.

Say "thank you" a lot.

Take your dog to obedience school. You'll both learn a lot.

Martial Artist Creates Award-Winning Website: colemartialarts.com



Donna Rondeau is a Tae Kwon Do green belt, kickboxer, web builder and graphic designer. She recently created the award-winning web site for Cole Martial Arts Center: **colemartialarts.com**, which has won 5 prestigious awards to date. The awards include The Editors Award of Excellence, 3 Star Award from Karate Yellow Pages, Martial Arts Best of Web Award and Best of Web Bronze Award 1999, and Web Design Award: Artist at Work.

Donna is a self-taught graphic designer who began learning about different software graphic design programs in 1995, and started exploring the internet and building web sites in 1997. Through trial and error and many hours of practice, Ms. Rondeau has become a state-of-the-art web designer and builder.

"She has a natural talent for design and her creativity is a wonderful asset to the school," stated Pat Cole, owner and chief instructor. "In addition to creating the website, Donna has designed mouse pads, posters, t-shirts and mini-schedules. Her work is awesome. We always hear great compliments on her marketing materials," added Ms. Cole.

Donna was born and raised in New Hampshire and graduated from Nashua Senior High School in 1984. She presently works for Kinko's where she has been trained in and works in pre-press, printing, and other areas of graphic design and production. She has worked for Kinko's since 1994.

She is available for free-lance graphic design and web building and welcomes the opportunity to help others in need of a website.

Donna has been training in Tae Kwon Do since August of 1999, and continues on her path toward her Black Belt. She is an assistant instructor and helps in the school in her spare time.

Donna can be reached by phone at 665-9359, by e-mail: drondeau@worldnet.att.net and you can visit her website at: www.geocities.com/dezignsbydonna.

Testimonials

If you have a story to tell about benefits you have received from your martial arts training in kickboxing, Tae Kwon Do, Kempo or other programs offered here, we encourage you to submit a written article on how the programs have affected your life.

Many people have seen great results like losing weight, toning muscles, enjoying more energy at the end of the day, feeling better about themselves, making new friends, and feeling more confident about their abilities to defend themselves.

If you submit an article for publication on the web or in the newsletter, we will need your permission to print it. Once you submit the story, we will provide you with a form to sign for publication.

We appreciate your input. We have great students here and want to pass the word that its a fun place to work out and maintain a fit, healthy lifestyle.

Holiday Party Wed. Dec. 22 6:30 ~ 10 pm

Its time to be of good cheer and celebrate the holidays with martial arts friends!

Bring friends and family members to a casual gathering Wednesday, December 22 as we enjoy taking a break in the hustle and bustle of shopping and hectic chores to simply enjoy being with friends.

Bring a snack, munchie, or dish to pass and the beverage of your choice.

There will be no kickboxing or Tae Kwon Do class after 6:30 Wed. evening.

EasyPay Automatic Draft eases pain of paying tuition

The necessary evil of paying bills is a pain, but if you enjoy your kickboxing or martial arts training and are getting value for your money, hopefully paying your tuition isn't as bad as paying other monthly bills.

For those who hate to write those pesky checks each month we invite you to change to EasyPay, an automatic draft from your checking account or credit card that generates the payment for you each month on the date specified by you.

Benefits of using EasyPay are:

- It saves you money.
- It saves you time.
- Your payments are never late and you don't have to think about it again.
- Students like the convenience of EasyPay.
- EasyPay is the safest and most secure payment method available.
- Each payment is completely itemized on your bank or credit card statement.

EFTs (Electronic Fund Transfers) like EasyPay are the safest form of collection other than bringing a check into the school because they're federally regulated and refund guaranteed. EFTs are the only method of payment where a customer can receive up to three months of their payments back if there is proof that the money was withdrawn from their account in error.

Drafts are made on the 5th, 10th, 15th, 20th, 25th and 30th of each month. If you are interested in changing to the EasyPay program, check with Master Pat to complete the paperwork.

Monthly tuition payments are appreciated, and enable the rent and utilities to be paid here at the school so we can all continue our training. Even if you do not train for a month, however, your monthly tuition is still due to maintain your membership at the discounted rate.

Tuition is due before the 10th of each month to prevent a $5 late fee. As of the first of January, monthly invoices will be sent to you. When you bring a check in to the school, your payment is credited and you will not receive an invoice in the mail. Thank you for your support and cooperation!

NAPMA SCHOOL UPDATE

December Birthdays

Happy Birthday to You!

George Borrelli
Noelle Brown
Andrea Doyon
Holly Dustin
Pamela Ean
Stephanie Fortin
Lynn Gandy
Arnaud Gasnier
Jacob Mobley
Penny Pascale
Stephanie Powers
Kathy Slemp
Gail Wilson

Congratulations Tae Kwon Do Color Belts!

Yellow Belts

1. Rich Bell
2. Diane Bell
3. Erik Oyangen
4. Bonnie Boulanger
5. Andy Saunders
6. Stephanie Powers

Green Belts

1. Holly Marden
2. Tony Marden
3. Beth Balmer
4. Donna Rondeau
5. Bryan Currier
6. Noelle Brown

To all students:

Thank you for being a part of our school!

You are the BEST!

Have a Safe and Wonderful Holiday Season!

Special Events

1. **Saturday, Dec. 18, 1:30 PM**
   Tae Kwon Do Promotion Test

2. **Wednesday, Dec. 22**
   6:30 - 10:00 PM
   Holiday Party ~ Potluck
   Bring a dish to pass or a snack and a beverage.
   Bring friends and family members.
   Casual dress. Be comfortable!
   (No Kickboxing or Tae Kwon Do class)

3. **Fri., Dec. 24 ~ Sun., Dec. 26**
   NO CLASS!
   Enjoy the holiday!

4. **Fri., Dec. 31 ~ Sun., Jan. 2**
   NO CLASS!

Happy New Year!

Suggestions on How to Live a Happy & Rewarding Life (cont'd.)

Don't rain on other people's parades.

Don't postpone joy.

Stop blaming others.

Take responsibility for every area of your life.

Take care of your reputation, it's your most valuable asset.

Count your blessings.

Whistle.

When you care about others, reach out to other . . .

When you give of yourself to help others . . .

You make a difference!

Be sure to visit our award-winning website at:
colemartialarts.com
Thanks to Donna Rondeau, our school is the proud winner of 5 prestigeous website awards:

1. Editor's Award of Excellence
2. 3 Star Award from Karate Yellow Pages
3. Martial Arts Best of Web Award
4. Best of Web Bronze Award1999
5. Web Design Award: Artist at Work

Read more about Donna on page 4.

Good Bye Mundane Exercise, Hello Martial Arts Fitness!



As we enter a new millennium, millions of people are discovering the secret to life-long fitness – motivation.

Your program has to be fun, and have a benefit beyond mundane exercise. That's why martial arts fitness is the workout for the new millennium. Combining the most effective workout principles with two thousand years of martial arts technique, makes martial arts the perfect workout. Call now!

MEMBER: National Association of Professional Martial Artists

Special Delivery



COLE
Martial Arts Center



IN THIS ISSUE

Instructor of the Month	Pg 1
Educational Goal	Pg 1
Rank Promotions	Pg 2
January Birthdays	Pg 2
New Classes	Pg 2
Motivational Quote	Pg 3
Special Events	Pg 3
Fitness Kickboxing	Pg 4
Classifieds	Pg 5
January Schedule	Pg 6

Instructor of the Month



Lisa Yacopucci is a black belt in Shaolin Ch'uan Fa (Kempo) Karate. Lisa studied at United Studios of Self Defense under Grand Master Stephen DeMasco and Master Brian Hanson. She was with United Studios for three and one-half years. After receiving her black belt she became the head instructor of the Jr. Adult & Adult Classes at U.S.S.D.'s Concord, NH studio.

Born in Tilton, New Hampshire, Lisa graduated from Franklin High School and then attended Franklin Pierce College where she received her Associates Degree in Business Management. Lisa is currently employed as a Facilities/Procurement Manager with the Mellen Company in Concord. Prior to that, she was in Retail for 11 years where she held positions as a Customer Service Supervisor, a Training Specialist, and as a Manager.

continued on pg. 2

Educational Goal of Martial Arts

In 1956, the White House conference on Education convened in Washington, D.C. to assemble a list of goals for education of America's school children. The following are those goals which apply to martial arts education:

1. Respect and appreciation for human values and the beliefs of others
2. Effective work habits and self-discipline.
3. Social competency as a contributing member of family and community.
4. Ethical behavior based on a sense of moral and spiritual values.
5. Intellectual curiosity and eagerness for lifelong learning.
6. Aesthetic appreciation and self-sepressions in the arts.
7. Mental and physical health.
8. Wise use of time, including constructive liesure pursuits.
9. Understanding for the physical world and man's relationship to it.
10. An awareness of our relationship to the world community.

Cole Martial Arts Center is committed to implementing these and other values into our teaching methodology. Beginning in this issue, we will focus on each goal and discuss how we include these values into our curriculum.

continued on Page 5



Congratulations

to the following students who have been promoted to their next belt level in December!

White to Yellow

Emilee Dodge • Garret Ean • Pamela Ean
Bora Erdem • Michelle Saunders • Rob Stevens
Robert Rojek

Yellow to Green

Diane Belly • Erik Oyangen
Stephanie Powers • Andy Saunders

Green to Purple

Noelle Brown • Rich Belle
Donna Rondeau

Next Test Date will be on January 22, 2000





BIRTHDAYS

Asli Aksoy
Patrick Claugherty
Tara Dwiren
Monica Foley
Tim Goonan
Cheryl Gorski
Bill Hopkins
Donna Hopkins
Jhoanna Ildefonso
Christine Lugtig
Holly Marden
Melissa McDevitt
June Orzechowski
Stacey Perley
Lisa Powers
Nicole Ray
Mela Stewart
Judy Tabor
Brokklyn Touzen
Lisa Vance
Patti Vassallo
Alison Wanta

Instructor of the Month

Lisa Yacopucci *continued from pg. 1*

Since the beginning of Kempo she has also competed in several tournaments in the New England Region. Lisa is currently practicing Chinese HerChun Karate Kung-Fu under Master Michael Geary. Her current rank in this system is a 2nd degree Brown Belt. In March 1998, she was certified in Kardio Kickbox™. Lisa has taught Cardio classes at United Studios in Concord, NH and more recently at Planet Fitness. We are proud to have "Killer Lisa" on board here at Cole Martial Arts.

New Classes Offered

New classes are now being offered and they come highly recommended. If Tae Kwon Do seems too much, why not give the others a try. Brief descriptions of the classes are given and if you'd like more information regarding any of the other classes, don't hesitate to talk to Ms. Cole or the instructor that teaches the class.

- ***Tai Chi Chuan*** -- A Chinese martial art that uses, softness, flexibility and balanced movement. This form is practiced in a completely relaxed state of mind and body; the muscles relax, the joints and sinews open and gently stretch, them mind focuses and the chi ~ the life force ~ moves smoothly and freely through the body. Students build strength in

continued on pg. 3

New Classes Offered

continued from pg. 2

their legs and improve their balance. Over time, strength and flexibility in the upper body increases. We become more flexible, more sensitive and aware, and more self confident.

• ***Meditation*** - A great spiritual tradition that powerfully transforms the practioner, leading you back to the source of consciousness within. Meditation is something you practice in the midst of life rather than isolated from it. By learning to create an oasis of stillness within, you are learning to develop a watchful attitude of mindfulness in any situation. You will experiment with different techniques of meditation to find the method that fits your personal relaxation style.

• ***Kempo Karate*** - This system is based on the Five Animal Forms of Shaolin Kempo. The five animals are the Tiger, Dragon, Leopard, Crane, & Snake. Each contributes something different to the Art. From the tiger we get courage and strength; the dragon teaches us fighting spirit; the leopard teaches us timing and speed; the crane is noted for its balance and gracefulness; and from the snake we learn suppleness and rhythmic endurance. You will learn various stances, hand strikes, and kicks that are the foundation of Kempo. From that foundation you will being to learn pinans, katas, and shaolin defensive maneuvers.

Please Pay First
for Equipment & Product Purchases

Items such as martial arts shoes, gloves, sparring gear and other items can be ordered from a variety of martial arts catalogs. Most items are received within 7 to 10 days and can be special ordered.

Because most orders are shipped COD, full payment is required prior to ordering. We appreciate your understanding and cooperation.

Motivational Quote

Life's Teacher

Do you remember ever having a really great teacher in school - someone who inspired you to learn and to do your best? If so, you'll probably recall that he or she challenged you to a much greater degree than most of your other teachers. At the time the extra challenge may have seemed unfair, or even cruel. Yet looking back on it, you realize that it was not cruel at all, but rather was a true expression of respect for, and confidence in, your ability to learn and grow.

Life outside of school has its great teachers too. And the best ones often seem unfair, unkind and even brutal. Those teachers include disappointment, sorrow, confusion, loneliness, and frustration. They are all painful and yet some of our greatest learning and growth can come from them. They challenge us and compel us to reach higher. They help to reveal our true character, and by so doing build that character to be even stronger.

Amidst despair, take heart. A loving, caring teacher is even now working to bring out the best in you. Though it is impossible to fully appreciate now, the day will come when you surely will. So take this and every opportunity to learn and grow.

~ Ralph Marston

Special Events

Saturday, Jan. 22
Promotion Test - 1:30

Friday, Jan. 28
Sparring Class - 7:30 - 9pm

Saturday, Jan. 29
Instructors Training Class - 1:30 - 3pm
To be held last Saturday of every month through 2000. Check with Master Pat for more information on eligibility, cost and program outline

Fitness Kickboxing Info



Fitness Kickboxing also known as Cardio Karate™ is a high energy, total workout that exercises all of the muscles in the body. The goal of the class is to provide an enthusiastic, fun-filled workout where you will burn calories, get an aerobic workout, and learn basic self defense techniques.

Students exercise to strong, heavy-beat music with kicks, blocks and punches. Calisthenics, isometric exercises, yoga stretches and deep breathing combined with martial arts techniques provide a well-rounded, power-packed workout.

Interval Training - spurts of intense exertion alternating with low-intensity recovery periods. Aerobic kickboxing or Fitness kickboxing is based on interval training in which the recovery periods make it easier for participants to maintain the intensity of the workout, knowing that a low-intensity plus deep breathing period is coming up.

The intense bouts let you work out longer at your optimal heart rate so that your muscles utilize the greatest amount of oxygen (a measure of aerobic capacity). The recovery periods also allow for the removal of some lactic acid that accumulates in the muscles and makes them tire. Another plus is that interval training is less monotonous than steady-pace exercise.

Muscle Soreness - If you do suffer muscle soreness, do not try to work through the soreness the next day. Allow the muscle to heal. If muscles are sore and stiff and you continue the activity, the body will compensate for the damaged muscles by using other muscles or by using the target muscles differently. So any training effect on the target muscle is largely lost.

There is no effective way to speed up the recovery of a damaged muscle. The cure is rest. If you have weakened a muscle by overexertion and continue to use it, you may run a greater risk of injury. So listen to your body, and be patient.

Bag Work

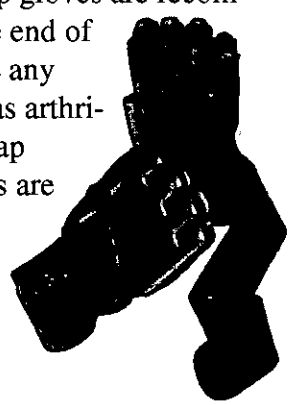
Bag work is a must in a good kickboxing curriculum. You will be kicking and punching bags in your training. It's a great stress reliever and excellent cardio workout.

Bag work allows you to truly let go, to focus all your energy on a target and hold nothing back. This is important because it gives you a realistic idea of the amount of power you can generate.

In making full contact on a surface, you learn to tighten and position yourself at just the right distance to avoid injury to your extremities and keep from losing your balance. Most important, in learning to make contact with a bag, you become less likely to hold back in a real situation.

Bag gloves are highly recommended for this class to enable you to exert maximum power when you punch, and to prevent injury. Sometimes students hold back from striking the bag to full capacity because of the fear of getting hurt. Gloves prevent this fear.

Chuck Norris wristwrap gloves are recommended and on sale through the end of January for $40.00. If you have any problems with your wrist such as arthritis or carpel tunnel, the wristwrap gloves are a must. These gloves are preferred by more black belts than any other glove!



Education *continued from page 1*

1) *"Respect and appreciation for human values and the beliefs of others."*

Martial arts teaches respect for human values very effectively through a system of etiquette and seniority among students and instructors. Students are taught to respect their instructor and senior students from the first day of class. They learn to bow to their seniors and to respect the spirit of the training hall by bowing when entering and leaving. In addition to respect in the class, they are taught to respect all life and never to use their skill to harm others without cause.

~ U.S. Committee for the White House Conference on Education, 1956

For a happy life...

Believe in yourself
but don't be overconfident;

Be satisfied
but know that you can always improve;

Accept love graciously
and always be ready to give more;

Be modest in victory and success
and courageous in defeat;

Give comfort and security to others
and you will always receive it in return;

Be glad... just for being
the wonderful person that you are.

~Lee Wilkinson~

Happy New Year

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SERVICES OFFERED
ITEMS WANTED
FOR SALE

In future issues we will have a For Sale/Wanted/Services offered section specifically for all students.

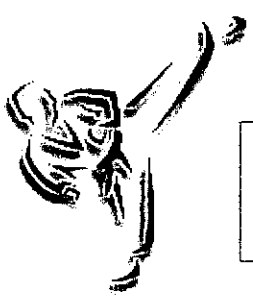
If you have something you'd like to submit for the next Newsletter, please submit it in writing and give it to the Editor. For a more abroad affect, we can also post it on our website with your permission. We welcome all comments and/or suggestions.

Thank You!

EDITOR: ..... Patricia Cole
PUBLISHER: ..... Donna Rondeau

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-8 Tai Chi	6:30-7:15 Kickboxing	6:30-7:15 Kickboxing	7-8 Tai Chi	6:30-7:15 Kickboxing		
	NEW DAY!	9:30-10:30 Kickboxing	NEW DAY!	9:30-10:30 Kickboxing	9:30-10:00 Little Dragons	
12:30-1:15 Kickboxing	3:30-4:00 Little Dragons	11:30-12:15 Mixed Belts (white/color)	3:30-4:00 Little Dragons	12:30-1:15 Kickboxing	10:00-10:45 Color Belts	No Sunday Classes
	4:30-5:15 White Belts	12:30-1:15 Kickboxing	4:30-5:15 White Belts		11:00-11:45 White Belts	
4:30-5:15 White Belts	5:30-6:20 Color Belts	4:30-5:15 White Belts	5:30-6:20 Color Belts	5:30-6:20 Tai Chi	12-12:45 Kickboxing	
5:30-6:20 Color Belts	6:30-7 Kempo Kids	5:30-6:20 Kickboxing	6:30-7 Kempo Kids	6:30-7:30 Kickboxing	3:30-4:30 Meditation	
6:30-7:30 Kickboxing	7-8 Kickboxing	6:30-7:30 Kickboxing	7-8 Kickboxing	Please note the change in the 9:30am kickboxing class from Tue & Thur to Wed & Fri		
7:45-8:30 White Belts	8:15-9 Kempo	7:45-8:30 White Belts	8:15-9 Kempo	Free Childcare Offered Mon-Fri 5:45 to 8pm		

Cole Martial Arts
11 Kimball Dr. Suite 128-129
Hooksett, NH 03106



Mailing Label Here





COLE
Martial Arts Center, LLC



February Schedule

Effective Tues., Feb. 1, 2000

Free Childcare offered
Mon. - Fri. 5 - 8 pm.

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Fax: 603~665~9970

Visit our website at:
colemartialarts.com

Riverside Park • 11 Kimball Dr.
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Indomitable Spirit: *"When I think there is nothing left, let me dig deeper".* *When I thought I was fully spent, and not yet at the finish,* . . . *I did not quit.* No matter how many times you fail, keep going with a positive attitude. This is true inner strength. Don't give up after persevering through so much, after the struggles and the hardship. Finish what you start. Squeeze out the very last drop of spirit and run on it! Indomitable spirit pulls us through at the last minute.	**6:30 - 7:15 AM** Kickboxing ~ All levels Kim Mobley **3 - 3:30 PM** TKD - Tots NEW! Ages 3 - 5 **3:30 - 4 PM** TKD - Little Dragons Ages 5 - 7 **4:30 - 5:15 PM** TKD - White/Yellow Belts ~ family **5:30 -6:20 PM** TKD - Color Belts **6:30 - 7 PM** Kempo Karate Kids age 5-12 **7 - 8 PM** Kickboxing ~ All levels Lisa Yacopucci **8:15 - 9 PM** Kempo Karate Lisa Yacopucci	**6:30 - 7:15 AM** Kickboxing ~ All levels Kim Mobley **9:30 - 10:30 AM** Kickboxing ~ All levels Tammy Parent **11:30 - 12:15 PM** TKD - Mixed class (White & color belts) **12:30 - 1:15 PM** Kickboxing ~ All levels Pat Cole **4:30 - 5:15 PM** TKD - White Belts Kids and/or family **5:30 - 6:20 PM** Basic Kickboxing Patty Martin **6:30 - 7:30 PM** Kickboxing ~ Advanced Pat Cole **7:45 - 8:30 PM** TKD - White/Yellow Belts ~ Family	**3 - 3:30 PM** TKD - Tots NEW! Ages 3 - 5 **3:30 - 4 PM** TKD - Little Dragons Ages 5 - 7 **4:30 - 5:15 PM** TKD - White/Yellow Belts ~ family **5:30 -6:20 PM** TKD - Color Belts **6:30 - 7 PM** Kempo Karate Kids age 5 - 12 **7 - 8 PM** Kickboxing ~ All levels Lisa Yacopucci **8:15 - 9 PM** Kempo Karate Lisa Yacopucci	**6:30 - 7:15 AM** Kickboxing ~ All levels Kim Mobley **9:30 - 10:30 AM** Kickboxing ~ All levels Tammy Parent **11:30 - 12:15 PM** TKD - Mixed class (White & color belts) **12:30 - 1:15 PM** Kickboxing ~ All levels Pat Cole **NEW FRIDAY NIGHT SCHEDULE!** **6:00 - 6:45 PM** Kickboxing ~ All levels **6:45 - 7:30 PM** TKD - White/Yellow Belts ~ Family **7:30 - 9:00 PM** **Sparring Class ("Fight Night")** **Feb. 11** **Feb. 25**	**9 - 9:30 PM** TKD - Tots NEW! Ages 3 - 5 **9:30 - 10 AM** TKD - Little Dragons Ages 5 - 7 **10 - 10:45 AM** TKD - Color Belts **11:00 - 11:45 AM** TKD - White Belts **12:00 - 12:45 PM** Kickboxing ~ All levels Instructors vary **3:30 - 4:30 PM** Meditation with Kim	No classes on Sunday.

Special Announcements

Tae Kwon Do Promotion Test:
Saturday, Feb. 19 ~ 1:30 PM

"Fight Night" ~ Open Sparring Class
For Tae Kwon Do or Kempo students
Yellow Belts & above
Sparring gear required. (Available at dojo.)
No hard contact.
Feb. 11 & Feb. 25
7:30 - 9 PM

Tae Kwon Do Instructor's Training Class:
Sat. Feb. 26 ~ 1:30

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UNDERSTANDING
THE MISUNDERSTOOD ART OF KARATE

Chuck Norris and other Rambo type personalities employ martial art techniques to effortlessly annihilate a small army of assailants. Entertainment of this nature constantly floods our television screens, cinemas and video shops. Consequently, most Americans visualize karate as nothing more than glorified violence.

Historians believe that the art of karate is a direct descendent of ancient fighting systems that originated over 5,000 years ago solely out of need for combative purposes in the then uncivilized world. Karate is in fact a very effective means of self-defense. However, students of this art form are trained to walk away from situations that could escalate into a physical confrontation and to utilize their skills only as a last resort to protect themselves or others against such individuals as murderers, rapists, sex abusers, etc.

If karate were solely a means of self-defense, the American Lung Association would not employ karate techniques to teach asthmatics how to take control of their breathing and more importantly, their lives. The Blue Cross/Blue Shield Corporation would not establish on-site karate programs for such international giants as the Digital Corporation as a method of reducing stress, absenteeism and health insurance payments. Additionally, schools for emotionally handicapped, problem plagued youth would not include karate in their curriculums as a means of promoting a positive mental attitude in their students who traditionally act in an aggressive, rebellious manner.

By viewing a karate class in session, the spectator can easily detect the physical benefits of this activity. The training enhances one's flexibility, strength, endurance, balance and coordination. It is an excellent form of stress relief and weight control. The physical aspects of the training are merely tools utilized by the instructor to transcend into the psychological, intrinsic values of the lesson. Students are constantly reminded of their moral obligations to society and such principles as commitment, dedication, responsibility, discipline, effort and etiquette. Powers of concentration increase dramatically and school aged children realize better grades. More advanced practitioners radiate self-confidence, self-discipline and self-esteem. Yet, they are humble individuals and never act in an egotistical manner. They have expanded on all of their self-imposed limitations. They have learned to respect themselves and others. As a result of knowing themselves, they have come to know others. They do not have to act aggressively to prove their worth as they already know their value.

Thus, karate is rarely used in today's society for combative purposes. It continues to be a superb method of self-defense, however, enabling its students to defend themselves against such devastating enemies as alcohol, drugs and unhealthy peer pressure. Karate is much more than just a sport or a means of exercise. It is in fact a life long pursuit practiced in almost every country in the world. This art harmonizes the mind, body and spirit. It breeds intellectual growth that will last forever. Karate is a way of life!

SELF-PROTECTION
SELF-PERFECTION

士道館

Ocasio's True Martial Arts

To: Committee: Executive Departments and Administrative

From: Master Herman Ocasio
160 Plaistow RD
Plaistow NH 03865

Dear Committee,

I would like to voice clarity on your objectives to pursue a possible regulation of our Martial Arts schools House Bill 1133. I have been a student for 27 years and involved in the industry for over 18 years. I am also an Advisory Board member of the International Black Belt Schools. I am the director of two schools as well as a business consultant.

Our training facility and faculty has an extensive training requirement for all personnel and training aids that have been given all of the professional necessities in training students of all age groups, in character development and physical education.

Martial Arts has been listed as one of the top growing businesses in the country, based on consumer needs, service and desire. It provides a uniqueness that can not be regulated by any one panel. Just consider all of the different styles that are available.

It has been tried before in other states and with no avail because of the complexity of all of the different styles and methods and the consumers ability to make us or break us. We strongly believe that the idea of regulating Martial Arts schools comes from an area with no clarity.

We strongly feel that we provide an outstanding service. There is no stronger regulator than the consumer and our specialty service provides a clear straightforward approach, therefore it makes it easy for the consumer to make us or break us.

With this understanding we ask that the Committee find no need to pursue House bill 1133. I personally wish to thank you for your time, as I know its value and the kind gesture to hear all of our concerns.

Sincerely,

Master Herman Ocasio

BLACK SWORD AIKIDO

Choyokan Dojo at Morningstar Farm
330 Perham Corner Road
Lyndeborough, NH 03082
(603) 654-5730; (603) 654-2775 FAX
jc@tellink.net www.blacksword.net

Joseph Caulfield, Esq.
Founder and Chief Instructor

February 7, 2000

Honorable Maurice Goulet
Executive Department and
Administration Committee

Re: Martial Arts Bill
No: 2000-H-2355-R

Dear Mr. Goulet:

I have been practicing law going on 26 years and practicing martial arts going on 27 years. I have law offices in Lyndeborough, New Hampshire and Pepperell, Massachusetts, and a martial arts school in Lyndeborough.

I hold high rank and international certification in four martial arts. I have published in the area of martial arts, as well as law. I formerly taught at Suffolk Law School.

I feel that I have some degree of expertise concerning the issues regarding martial arts instruction in New Hampshire and would very much like to serve on any committee created. I would also like to be informed of any future meetings and hearings on your bill.

I enclose a copy of my resume.

Respectfully submitted,

Joseph Caulfield

JC/cam

encl.

RESUME

1) *Personal Data*

Joseph Caulfield
Morningstar Farm
330 Perham Corner Road
Lyndeborough, NH 03082

Date of Birth: July 7, 1949
Married, two children

2) *Relevant Education*

1979 - Certification, Emergency Medical Technology
Northeastern University

1974 - Juris Doctor Cum Laude
Suffolk University Law School

1971 - Bachelor of Arts
Boston College

1967 - Diploma
Boston Latin School

3) *Legal/Teaching Experience*

1989 – Present Principal

Law Offices of Joseph Caulfield

44 Groton Street
Pepperell, MA 01463
(978) 433-8647

Morningstar Farm
330 Perham Corner Road
Lyndeborough, NH 03082
(603) 654-2775

Responsibilities include: all aspects of a general law practice in Massachusetts and New Hampshire State and Federal Courts and agencies.

1988 – 1989 Partner

Caulfield & Roberts
44 Groton Street
P.O. Box 1495
Pepperell, MA 01463

Responsibilities included: all aspects of a general law practice in Massachusetts and New Hampshire State and Federal Courts and agencies.

1985 – 1988 Sole Practitioner

Joseph Caulfield, Esq.
44 Groton Street
P.O. Box 1495
Pepperell, MA 01463-1495

Morningstar Farm
P.O. Box 147
Lyndeborough, NH 03082-0147

Responsibilities included: all aspects of a general law practice in Massachusetts and New Hampshire State and Federal Courts and agencies.

1984 – 1985 Partner

McDuffee & Caulfield
44 Groton Street
P.O. Box 1495
E. Pepperell, MA 01463

Responsibilities included: all aspects of a general law practice in Massachusetts State and Federal Courts and agencies.

1976 – 1984 Executive Director and Supervisory Attorney, Legal Assistance Bureau, SULAB – Charlestown

Suffolk University Law School
41 Temple Street
Boston, MA 02114

Responsibilities included: teaching senior law students all aspects of the practice of law from the initial client interview through the litigation of a contested trial; complete management of a legal assistance bureau in Charlestown, MA, representing low income clients from Greater Boston and suburbs; attorney of record in approximately one hundred sixty (160) Probate and District Court cases per year; and lecturing in the areas of Family Law and Probate and District Court practice and procedure.

1975 Instructor, Legal Practice Skills

Suffolk University Law School
41 Temple Street
Boston, MA 02114

Responsibilities included: teaching first year law students all aspects of legal writing, drafting and research.

1974 Associate

Joseph A. Caulfield, Sr., Esq.
21 Beacon Street
Boston, MA 02108

Responsibilities included: all aspects of tort law practice in Massachusetts State and Federal Courts and agencies.

4) *Scholarly Endeavors*

1990 – 1992

- Skeptical Inquirers of New England, Investigations Officer and Legal Officer
- Committee for the Scientific Investigation of Claims of the Paranormal, Legal and Consumer Protection Subcommittee

1992

- Qualified by Superior Court as expert witness in marital law in the legal malpractice trial of Finamore v. Bielagus, Hillsborough County Superior Court, Docket No. C89-2530
- Guest lecturer at Plymouth State for "Testing in Psychology" class

1994

- Guest lecturer at Newman Preparatory School for "Business Law" class

5) *Publications*

1978 - Co-author, Domestic Relations Manual, Suffolk Law School

1980 - Author, Mass. G.L. c.208, Sec. 37: Can Babylon Prevail?, Boston Bar Journal, Vol. 24, No. 8

1981 - Author, The SULAB – Charlestown Family Law Manual, Suffolk Law School

1993 - Co-author, Real Lawers Don't Give In To Stress, Boston Bar Journal, Vol. 37, No. 5; reprinted, Maine Lawyers Review, Vol. 1, No. 12

1994 - Co-author, Aikido and the Trial Attorney, Aikido World, Volume 9, No. 2; reprinted New England Martial Arts, Volume 1, No. 2
- Author, Book Review Of Saviano's Aikido Philosophy And Change; Journal Of Asian Martial Arts, Vol. 3, No. 3

1995 - Author, Book Review of King's Zen And The Way Of The Sword, Aikido Today Magazine, Vol. 9, No. 1
- Author, Aikido, The Way Of Harmonizing Divine Energy, Tastefully New England, Greater Nashua Edition, Volume I, No. 4

6) *Bar Membership*

- Member of Massachusetts Bar
- Member of Massachusetts Federal Bar
- Member of New Hampshire Bar
- Member of New Hampshire Federal Bar
- Member of U.S. Supreme Court Bar

7) *Professional Associations*

- Northern Middlesex Bar Association
- Massachusetts Academy of Trial Attorneys
- New Hampshire Bar Association
- New Hampshire Trial Lawyers Association

8) *Activities*

❖ International Brotherhood of Magicians, Order of Merlin

9) *Martial Arts*

Karate

1960

➢ Trained under P. Ventresca Sensei

1992

➢ Attended Kokusai Budoin seminar with J. Rippy Sensei

Aikido

1973 - 1982

➢ Trained under M. Kanai Shihan

1975

➢ Attended Summer Camp

1977

➢ Organizer and Instructor of Aikido Club at Suffolk University, Boston, Massachusetts

1979

- Attended Summer Camp
- Awarded Shodan, Aikikai by Y. Yamada Shihan and M. Kanai Shihan

1980

- Attended seminar with M. Ueshiba Shihan and M. Kanai Shihan

1981

- Attended Summer Camp and seminars with S. Arikawra Shihan, Y. Yamada Shihan and M. Kanai Shihan

1982

- Attended Summer Camp and seminars with Y. Yamada Shihan, K. Chiba Shihan, M. Kanai Shihan and L. Perriello Sensei

1982 - 1993

- Trained under L. Perriello Sensei

1982

- Awarded Nidan, Aikikai by Y. Yamada Shihan

1982 - 1984

- Co-owner and instructor of Northeast Aikikai, Lowell, Massachusetts

1983

- Attended Summer Camp and seminar with Y. Yamada Shihan and L. Perriello Sensei

1985

- Attended seminar with K. Chiba Shihan

1986

- Attended seminar with C. Takeguche Sensei and L. Perriello Sensei

1987

- Attended seminar with M. Sekiya Sensei

1989

- Attended seminar with M. Kanai Shihan

1990 - 1992

- Instructor at Northeast Aikikai

1990

- Awarded Sandan, Aikikai by Y. Yamada Shihan
- Attended seminar with M. Kanai Shihan
- Represented Northeast Aikikai at Demonstration for Martial Arts of the Orient, Peterboro, New Hampshire

1991 – Present

- Chief Instructor of Choyokan Dojo, Lyndeborough, New Hampshire

1991

- Attended seminar with M. Sekiya Sensei
- Attended seminar organized by M. Kanai Shihan
- Taught seminar at Family Tai Kwon Do Karate Co-op

1992

- Awarded Fukushidoin, Aikikai by Y. Yamada Shihan
- Attended seminar with M. Sekiya Sensei
- Awarded Sandan, Kokusai Budoin
- Attended seminar with Y. Yamada Shihan
- Taught seminar at Milford School of Karate
- Attended seminar with Y. Yamada Shihan and M. Kanai Shihan
- Attended seminar with F. Toyoda Shihan
- Gave demonstration at Barnes & Noble Book Store
- Sponsored seminar with L. Perriello Sensei

1993

- Gave demonstration at Wilton Cooperative High School
- Attended seminar with F. Toyoda Shihan
- Taught seminar at Milford School of Karate
- Attended seminar with F. Toyoda Shihan
- Awarded Yondan and Shidoin, Aikido Association of America, by F. Toyoda Shihan
- Gave lecture on breathing exercises at Spiral Book Store
- Taught seminar at Rhode Island Aikikai
- Taught seminar at Milford School of Karate
- Attended National Instructor's Seminar with F. Toyoda Shihan and participated in Exhibition
- Appointed to American Aikido Association Teaching Committee
- Gave demonstration at Barnes & Noble Book Store
- Taught seminar at Milford School of Karate
- Gave demonstration at Boston University
- Attended seminar with C. Takeguichi Sensei
- Attended seminar with F. Toyoda Shihan
- Attended Women Instructors seminar at Northeast Aikikai
- Attended seminar with F. Toyoda Shihan
- Conducted seminar on "Dealing With Adolescent Anger Through Aikido Principals"
- Attended seminar with F. Toyoda Shihan
- Attended seminar with F. Toyoda Shihan

1994

- Attended seminar with F. Toyoda Shihan
- Attended National Instructor's Seminar with F. Toyoda Shihan and participated in Exhibition
- Gave demonstration at Milford School of Karate
- Taught seminar at Milford School of Karate
- Gave lecture on breathing exercises at Sacred Garden

1995

- Attended seminar with M. Sekiya Sensei
- Taught seminar at Tokyo Joe's Kempo Karate, Merrimack, New Hampshire
- Attended National Instructor's Seminar with F. Toyoda Shihan and participated in Exhibition

- Attended seminar with F. Toyoda Shihan
- Attended Aikido Association of America seminar with E. Haupt Sensei and G. Matsuda Sensei; taught seminar

1996

- Attended seminar with F. Toyoda Shihan
- Attended seminar with M. Sekiya Sensei
- Attended seminar with F. Toyoda Shihan
- Awarded Godan, United States Judo Association, Aikido Division
- Attended seminar with F. Toyoda Shihan
- Attended National Instructor's Seminar with F. Toyoda Shihan and participated in Exhibition
- Awarded Sensei, Aikido Association of America, by F. Toyoda Shihan

1997

- Attended seminar with F. Toyoda Shihan
- Attended tactical applications seminar with L. Perriello Sensei and K. Moore Sensei

1998

- Attended Northeast States Aikido Camp with F. Toyoda Shihan

1999

- Attended seminar with F. Toyoda Shihan
- Attended National Instructor's Seminar with F. Tyoda Shihan and Kobayashi Shihan
- Reappointed to National Teaching Committee

Naginata

1978 – 1992

- Trained under Kuniko Ijichi Sensei

1980

- Attended seminar with Miyako Tanaka Sensei
- Awarded Yonkyu by Miyako Tanaka Sensei

1982

- Instructor at Cambridge Adult Center, Cambridge, Massachusetts

1983

- Attended seminar with Miyako Tanaka Sensei
- Awarded Nikyo by Miyako Tanaka Sensei

1991 – Present

- Chief Instructor at Choyokan Dojo, Lyndeborough, New Hampshire

1992

- Competed in First Annual United States Naginata Championship Tournament and attended seminar with Miyako Tanaka Sensei
- Awarded Shodan by Miyako Tanaka Sensei

1993

- Gave demonstration at Black Ship Festival, Newport, Rhode Island

1995

- Attended seminar with Fran Vall Sensei

1996

- Sponsored seminar by Nippon Budokan International Friendship Naginata Team
- Sponsored and attended seminar with Kyoshi Miyako Tanaka
- Hosted organizational meeting for the East Coast Naginata Federation

1997

- Hosted seminar with Kyoshi Miyako Tanaka

Kobudo

1973 - 1982

- Trained under M. Kanai Shihan in jo and ken

1979

- Trained under Kuniko Ijichi Sensei in jo

1982 - 1993

- Trained under L. Perriello Sensei in jo and ken

1991 – Present

- Chief Instructor at Choyokan Dojo, Lyndeborough, New Hampshire

1992

- Attended Kokusai Budoin seminar with K. Yamaguchi Sensei, J. Payne Sensei, and B. Blaisdell Sensei
- Awarded Shodan in Kobudo, Kokusai Budoin

Jujutsu

1973

- Trained under Segeurns Sensei

1990

- Attended Jujitsu American National Convention and seminars with Professor Wally Jay, Professor R. Bunch, Master R. Byrne, Sensei Ron Layton, Professor W. Cahill, Shihan T. Annesi, Shihan J. Williams, Sensei D. Castoldi, Sifu R. Ogi, Sifu J. DeMile, Sensei T. Maynard, Master K. Griffin, Master P. McAnalen, Sensei R. Beatty, and Professor S. Kufferath
- Attended Hakkoryu Aikijutsu seminar with Professor D. Palumbo

1991

- Attended Aiki Festival seminar with Shihan T. Annesi
- Attended Small Circle Jujitsu Summer Camp with Professor Wally Jay
- Awarded Gokyu by Professor Wally Jay

1992

- Attended Kosho Ryu Kempo seminar with Hanshi B. Juchnik
- Attended Kokusai Budoin seminar with S. Sato Sensei
- Attended Kosho Ryu Kempo seminar with Hanshi B. Juchnik

1993

- Attended Aikijujutsu seminar with Master M. Ibarra
- Sponsored Kosho Ryu Kempo seminar with Hanshi B. Juchnik
- Attended Parker Kenpo seminar with Sensei V. Anfusso
- Attended Parker Kenpo seminar with S. White Sensei
- Attended seminar with J. Herrmann Sensei and C. Hilton Sensei
- Attended Parker Kenpo seminar with Sensei V. Anfusso
- Attended Kosho Ryu Kempo seminar with Hanshi B. Juchnik
- Attended Ryukyu Kempo seminar with G. Dillman Sensei
- Attended Judo seminar with Sensei C. Vezuris

1994

- Attended Shuai Jiao seminar with Master Liang Shou-Yu
- Attended seminar with Sensei Roy Goldberg, Daito-Ryu, Kodo-Kai, and Shihan Tony Annesi, Takeshin Sogo Budo
- Attended Parker Kenpo seminar with Sensei V. Anfusso

1995

- Attended Small Circle Jujutsu seminar with Sensei Dave Castoldi
- Attended Ju Jitsu America 17th Annual National Convention and attended seminars with Senseis Boggs, Pantazi, Robito, Melaugh, Casillas-Boggs, L. Jay, Troy, Arrington, Johnson, True, Sifo, DeMile, Master Campos, professor Wally Jay, Master Van Browning, Professor Kahill, Master Kastoldi, Shihan Olschlager, Master Summers, Professor Kufferath, Professor Muro, Sifu, Macaris, Sibok, Ogi, and Professor Maynard

Chin Na

1993

- Attended Chin Na seminar with Master Yang Jwing-Ming
- Attended Chin Na seminar with Master Yang Jwing-Ming and completed 1st level

1994

- Attended Chin Na seminar with Master Yang Jwing-Ming and completed 2nd level

1995

- Attended Chin Na seminar with Master Yang Jwing-Ming and completed 3rd level
- Attended Chin Na seminar with Master Yang Jwing-Ming
- Attended Chin Na seminar with Master Yang Jwing-Ming and completed 4th level
- Attended Chin Na seminar with Master Yang Jwing-Ming

1996

- Taught Chin Na seminar at Rhode Island Aikikai
- Attended Chin Na seminar with Master Yang Jwing-Ming and completed 5th level
- Attended Chin Na seminar with Master Yang Jwing-Ming
- Attended Chin Na seminar with Master Yang Jwing-Ming and completed 6th level

1997

- Attended Chin Na seminar with Master Yang Jwing-Ming and apprenticed as Assistant Instructor
- Attended Chin Na seminar with Master Yang Jwing-Ming and apprenticed as Assistant Instructor
- Attended Qigong seminar (level one, Qigong theory and Qigong for spine and chest) with Master Yang Jwing-Ming
- Attended Qigong seminar (level four, soft Qigong) with Master Yang Jwing-Ming
- Awarded Teaching Certificate as Assistant Instructor of Chin Na by Master Yang Jwing-Ming
- Assisted Master Yang Jwing-Ming at Chin Na seminar
- Assisted Master Yang Jwing-Ming at Chin Na seminar

1998

- Attended Qigong seminar (level six) with Master Yang Jwing-Ming
- Attended Chin Na seminar with Master Yang Jwing-Ming
- Attended Chin Na seminar with Master Yang Jwing-Ming

1999

- Assisted Master Yang Jwing-Ming at Chin Na seminar

2000

- Assisted Master Yang Jwing-Ming at Chin Na seminar

Black Sword Aikido

1996

- Founder and Chief Instructor
- Participated in demonstration for Warrior Arts of the Orient video
- Gave demonstration at Wilton Arts & Film Festival
- Taught seminar at The Martial Arts Center in Cranston, Rhode Island
- Taught seminar at Hampshire Hills, Milford, New Hampshire in self defense for Girl Scout Troop leaders

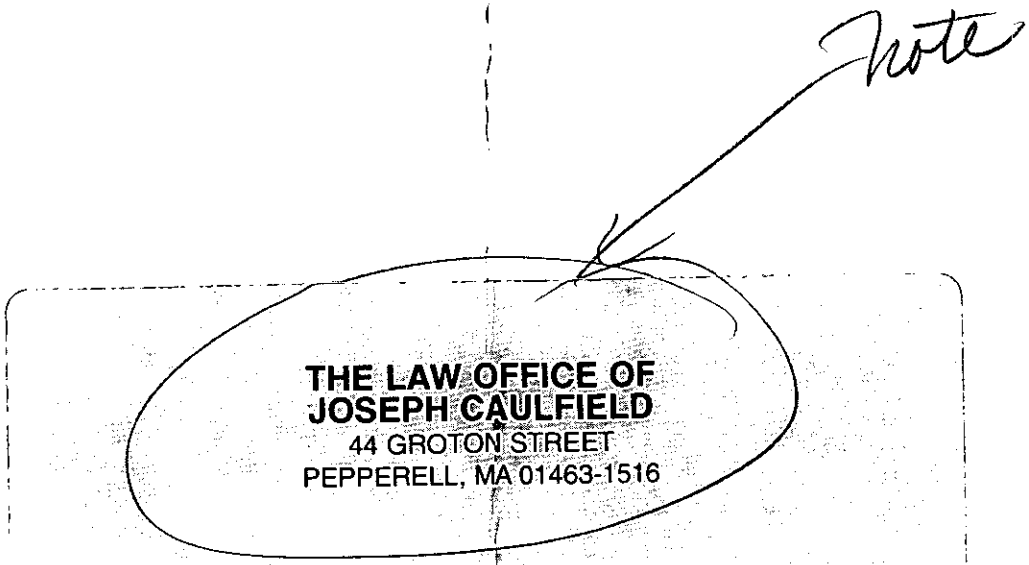
1997

- Taught seminar for Layfaette Artillery Commemorative Celebration

1999

- Gave seminar at Black Ships Festival in Newport, Rhode Island

As of 02/04/00



TO: Honorable Maurice Goulet
Executive Department and
Administration Committee

Voting Sheets

HOUSE COMMITTEE ON EXECUTIVE DEPARTMENTS AND ADMINISTRATION

EXECUTIVE SESSION on HB 1133

BILL TITLE: **establishing a committee to study issues regarding martial arts instruction in the state.**

DATE: March 21, 2000

LOB ROOM: 202

Amendments:

Sponsor: Rep. OLS Document #:

Sponsor: Rep. OLS Document #:

Sponsor: Rep. OLS Document #:

Motions: OTP, OTP/A, ITL, Re-Refer, Interim Study (Please circle one.)

Moved by Rep. Virtie

Seconded by Rep. Gpi;et

Vote: 15-0 (Please attach record of roll call vote.)

Motions: OTP, OTP/A, ITL, Re-Refer, Interim Study (Please circle one.)

Moved by Rep.

Seconded by Rep.

Vote: (Please attach record of roll call vote.)

CONSENT CALENDAR VOTE: 15-0

(Vote to place on Consent Calendar must be unanimous.)

Statement of Intent: Refer to Committee Report

Respectfully submitted,

Rep. Ray F. Langer, Clerk

OFFICE OF THE HOUSE CLERK

2000 SESSION

EXECUTIVE DEPARTMENTS AND ADMINISTRATION

Bill #: HB 1133 **Title:** _____

PH Date: ___/___/___ **Exec Session Date:** 3/21/00

Motion: ITL **Amendment #:** _____

MEMBER	YEAS	NAYS
Mercer, Robert S, Chairman		
Goulet, Maurice E, V Chairman	1	
Dyer, Merton S		
Langer, Ray F, Clerk	2	
Holley, Sylvia A	3	
Moore, Benjamin E		
Dickinson, Howard C	4	
Stickney, Nancy C	5	
Sapareto, Frank V		
Hamel, Albert W	6	
Millham, Alida I	7	
O'Neil, Michael	8	
Poulin, Dave G	9	
Zolla, William R	10	
Murphy, Robert E	11	
Reidy, Frank J	12	
Virtue, Carolyn A	13	
Batchelder, Robert C	14	
Burkush, James A		
Courchesne, Judy A		
Landers, Dana L		
Lent, Donald R	15	
	15	0

TOTAL VOTE:
Printed: 12/30/1999

Committee Report

COMMITTEE REPORT

COMMITTEE: **Executive Departments and Administration**

BILL NUMBER: **HB 1133**

TITLE: establishing a committee to study issues regarding martial arts instruction in the state.

DATE: March 22, 2000 CONSENT CALENDAR YES ☒ NO ☐

☐ OUGHT TO PASS

☐ OUGHT TO PASS WITH AMENDMENT

☒ INEXPEDIENT TO LEGISLATE

☐ RE-REFER

☐ REFER TO COMMITTEE FOR INTERIM STUDY
(Available only in second year of biennium.)

STATEMENT OF INTENT
(Include Committee Vote)

This bill established a committee to study the issues surrounding martial arts instruction and the need for licensure in the industry. The committee heard overwhelming testimony in opposition to the bill and no serious consumer safety issues were identified. The committee unanimously supported inexpedient to legislate.

Vote 15-0.

Rep. Carolyn A. Virtue
FOR THE COMMITTEE

Original: House Clerk
cc: Committee Bill file

USE ANOTHER REPORT FOR MINORITY REPORT

CONSENT CALENDAR

Executive Departments and Administration

HB 1133, establishing a committee to study issues regarding martial arts instruction in the state. INEXPEDIENT TO LEGISLATE

Rep. Carolyn A. Virtue for Executive Departments and Administration: This bill established a committee to study the issues surrounding martial arts instruction and the need for licensure in the industry. The committee heard overwhelming testimony in opposition to the bill and no serious consumer safety issues were identified. The committee unanimously supported inexpedient to legislate. Vote 15-0.

HB1133

Majority Report

I. T. L.

This bill established a committee to study the issues surrounding martial arts ~~and~~ instruction and the need for licensure in ~~the~~ the industry. The committee heard overwhelming testimony in opposition to the bill and no serious consumer safety issues were identified. ~~The committee~~ The committee unanimously supported inexpedient to legislate.

Carolyn A Kadee