



North County Martial Arts
7750 El Camino Real "R"
La Costa, CA 92009

November 2009 Newsletter

Important Dates in November 2009:

November 7th: Gup Testing 8 & 10am

November 11th: School Closed for Veteran's Day

November 14th: Sparring / Board Breaking Tournament

November 14th: Ninja Nite!! 6:00pm-10pm.

November 16th: Gup Promotion 6:30pm

November 26th, 27th, 28th: School Closed for Thanksgiving

Congratulations to our Black Belt Candidates



From the desk of Master Jones



This month, I thought I would share an old poem written by a student to his master after moving far away. This can be applied to any roll model. How about you?

THE RIPPLE AND THE ROCK

I STARTED A PATH
THAT I THOUGHT WAS MY OWN,

NOT REALIZING
I WOULD HAVE TO BE SHOWN.

THE POTHOLES, THE PEBBLES,
THE TURNS UP AHEAD.

DEALING WITH PLEASURE,
DEALING WITH DREAD.

PEOPLE CAME BY,
PEOPLE MOVED ON.

SOME STAYED A SHORT TIME,
SOME STAYED FOR LONG.

MY PATH IS NOW LONGER
THAN I THOUGHT IT WOULD BE.

BECAUSE OF YOU, SA BOM NIM,
I AM STARTING TO SEE.

MY PATH HAD SOME CROSSWAYS,
SOME FORKS IN THE ROAD.

SOME UNFORSEEN HAZARDS
THAT HAVE NEVER BEEN TOLD.

BUT IT IS YOU, SA BOM NIM,

THAT HAS HELPED ON THE WAY.

IF IT WERE NOT FOR YOU,
I WOULDN'T HAVE STAYED.

I SAT BY A POND
AND THOUGHT OF MY LIFE.

THE GOOD THINGS, THE BAD THINGS,
THE STRESS AND THE STRIFE.

I TOSSED IN A ROCK
JUST FOR SOMETHING TO DO.

THE IMPRESSION I SAW
MADE ME THINK OF YOU.

EACH RIPPLE MOVED ON,
PUSHING THOSE BEFORE.

THE CIRCLE GOT WIDE,
THEN MADE IT TO SHORE.

I SAT THERE IN THOUGHT
AS THE WATER TURNED CLEAR.

THINKING OF PEOPLE
WHO HAVE BECOME DEAR.

I STARTED TO REALIZE
THE IMPACT OF THAT ROCK.

BEYOND MILES AND DISTANCE,
BEYOND TIME OF A CLOCK.

AS I SAT THERE AND THOUGHT
ABOUT WHAT ALL OF THIS MEANT,

WHERE WERE THE RIPPLES?
WHERE WERE THEY SENT?

THEY'RE STILL IN THE POND
SHARING WISDOM AND STRENGTH.

THEY RECEIVED FROM THE ROCK
DURING TIME AND GREAT LENGTH.

THE ROCK WAS NOW MISSING

AT THE BOTTOM YOU SEE.

BUT BECAUSE IT EXISTED,
IT CAUSED RIPPLES LIKE ME.

YOU SEE, SA BOM NIM,
THE ROCK, IT WAS YOU.

THOUGH NOW OUT OF SIGHT,
YOUR EFFECT IS STILL TRUE.

Sir, YOU ARE THE ROCK.
THE RIPPLES ARE US.

YOUR EFFECT WILL BE KNOWN,
OF THIS YOU CAN TRUST.

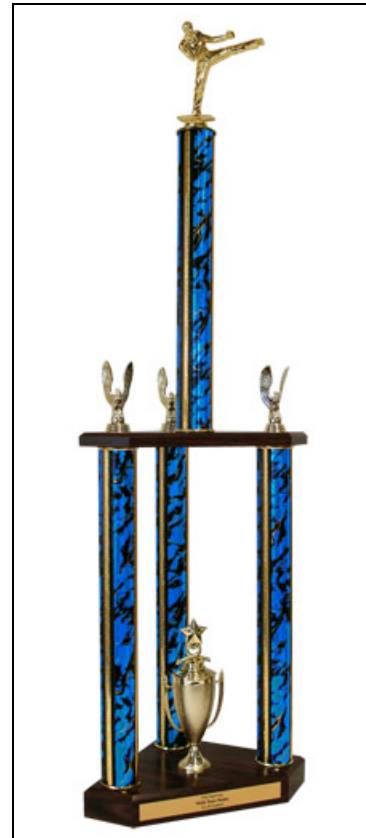
Congratulations to:

Ms. J. Ms. Van Zee & Walker Nasser

They entered the Great Pumpkin Tournament in Corona and did
NCMA proud!



Board Breaking & Sparring Tournament!



**4' Trophy for the
Champion of
Sparring and
Board Breaking**

When: November 14th 9:00am

Where: At our Do Jang

Cost: \$40 for 1 event / \$60 for both 4' Trophy to the Champion

Sparring gear is required and available at the school.

All **ages and ranks** are encouraged to attend the board breaking event. We will begin teaching board breaking techniques in class.

Send an E-mail if you want to participate. The sooner we know you want to attend, the sooner we can start your preparation.