

# One Voice

## Otomi Martial Arts

### Mental Piece for the Month

Attribute

-Responsibility: Success, if it is to be, it is up to me.

BLOCK 2

CHARACTER DEVELOPMENT

[Good Habits wk1 – Self Discipline](#)  
[Good Habits wk2 – Dinner before Desert](#)

[Good Habits wk3 – Taking Responsibility](#)

[Good Habits wk4 – Present focus](#)

STREET SAFE/SCHOOL SAFE

[Stranger Alert wk1 –](#)



Anybody else dreaming of being at the beach?

[What is a stranger](#)  
[Stranger Alert wk2 –](#)  
[What is a LURE](#)

[Stranger Alert wk3 –](#)  
[What is a direction or assistance lure](#)

[Stranger Alert wk4 –](#)

[Internet Lures](#)

## SIMS- 10TH PLANET JIU JITSU SEMINAR

Great news....

We have been able to re-schedule the seminar from last Monday to this coming Friday, February 17 at 6:30 pm.

Registering for the seminar can be handled a few different ways. The easiest way to go to

our online link and register today.

[Click here for online link](#)

The next way is to sign up at

the school. Please don't delay as this will be open to the public and we will only have room for 40 people.



Volume 2, Issue 2

February 12, 2012

### Special points of interest:

- Congrats to Sensei Stewart on the Promotion
- New building follow up
- Testing changes

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## Basic Material for the month of Febraury

The recommended reading this month is from the Psychology of Winning.

This month we will be focusing a lot on movement and its application to your self

defense.

We will also be looking at round house punch defenses as well as headlock defenses.

Psychology of Winning					Self Defense
	Block #4:				
Ch. 1-3	Slide Step	Pivot step	Zig Zag	Net Block	Round House Punch
	Explosive Step	Half Step	Clock Drill	Joe Lewis Net Block	Headlock
Ch. 4-6	Lunge Step	Shuffle	Fake	Spin Elbow	
	Probe Step	Aiki 8	Faint	Ax Kick	

## Congratulations Sensei Derek Stewart on the 10th PJJ Brown!!

This last weekend, I was especially lucky to be at the seminar with Eddie Bravo in Omaha. While the training was great, the special part was seeing Sensei Stewart promoted..

After many long years and tons of mat time, Derek was awarded his 10th Planet Jiu Jitsu Brown Belt. Making the day even sweeter, his star pupil Anthony "Ant"

Lopez was also promoted by Eddie Bravo!



*“every journey begins but with a simple step.....”*

## Welcome to the School

So far this month we have been blessed to add to our Otomi Martial Arts family

1. Nathan Stewart
2. Hudson Stewart

And on the kickboxing side of things we are happy to welcome.

1. April
2. Janet

Thanks to Jennifer Bronson for referrals!!

## Passion: The Fuel of Persistence

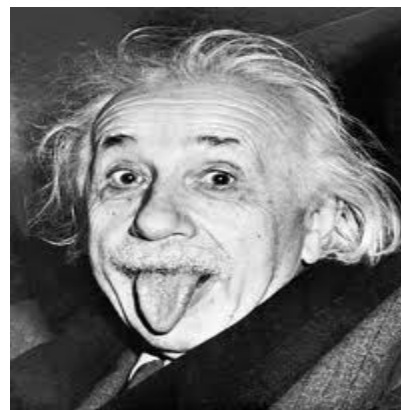
by John C. Maxwell

While reading a magazine at a dentist's office in Paris, Philippe Petit became engrossed in an article about the Twin Towers in New York. As an 18-year old street performer, Petit was constantly on the lookout for venues for his high wire balancing acts. Studying an artist's rendition of the World Trade Center, Petit came up with a vision of walking a tightrope between the two towers.

Over the next six years, Petit focused exclusively on his seemingly preposterous dream. He collected any infor-

mation he could find on the architecture of the Twin Towers, practiced his high wire act endlessly, and saved money for a flight to America. Upon arrival to the United States, he wasted no time in scouting the World Trade Center. Under a variety of guises, Petit and friends surveyed the towers.

[Read the full article...](#)



"I have no special talents. I am only passionately curious."

## New School follow up....

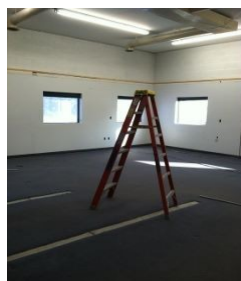
Hello all,

Well the demo is done in the new building and now the patch work and other cool little extras are being done....

With any luck, we should be able to meet our anticipated deadline of being in the new place by March 1st.

As it stands now, we should have 3 separate workout areas in the new school..... Unfortunately, none of these work out

spaces will be as large as what we are used to, but will still be large enough to



have a great class! Thanks again to all of you that have believed in us and have



helped to make this a reality.

We would not be here if it were not for you.

Respectfully,  
Shihan Gonzalez

## Changes to Testing procedures....

We are looking to make changes as we move into the new location as it pertains to belt testing.

The changes that we plan to make will allow for more opportunities to test during a calendar year based on when a student completes his or her required # of classes. All of the kinks are not completely worked out yet, but it is our intend to be able to better serve our students with hectic schedules or who may be unable to com-

plete 24 classes in a 3 month period.

Please note that the final word will always be Shihan Gonzalez's. So train hard and make sure you know your stuff.



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**Whatever you do, do it well**



### PASSION

"Without passion man is a mere latent force and possibility, like the flint which awaits the shock of the iron before it can give forth its spark."

~ Henri Frederic Amiel

"Passion is energy. Feel the power that comes from focusing on what excites you."

~ Oprah Winfrey

"Enthusiasm is one of the most powerful engines of success.

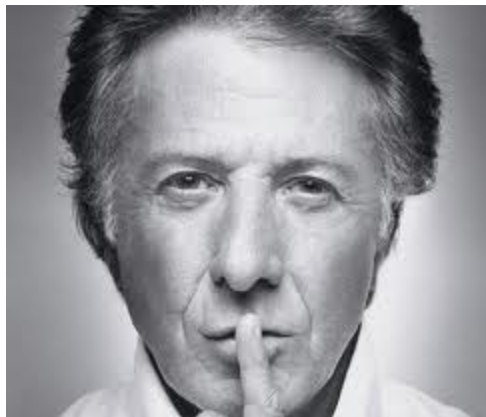
When you do a thing, do it with all your might. Put your whole soul into it. Stamp it with your own personality. Be active, be energetic and faithful, and you will accomplish your object. Nothing great was ever achieved without enthusiasm."

~ Ralph Waldo Emerson

## Populating Your Passion

With \$50 in his pocket, Dustin Hoffman headed to New York, hoping to find work as an actor. Inexperienced and unknown, Hoffman struggled to find employment. Acting gigs were not paying his bills, so he worked an assortment of odd jobs to stay afloat,

**"who will define who you are now or who people will remember when you are not..."**



including typing for the Yellow Pages, stringing together Hawaiian leis, and

checking coats at a local theater.

Each time he acted, even in humble roles, he added to his experience and

fanned the flame of his passion.

[Read the full article...](#)