



# Kamiza Korner

Volume 5, Issue 1

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May 2008

## Seminar of Champions – The Masters



The Master's Group

Soke Harris Warren was accompanied to Orlando, FL by Renshi Andre Sheppard, Sensei Eric Taylor and family, Alex Diaz and Mrs. Edna Stacker-Warren. In the two-day event, Soke and other great Master Instructors presented their various Martial Arts techniques. The list included such names as Professor Lou Ferrer, Soke Sugar Crosson, Shihan David Washington, Shihan Roberto Hernandez, Sifu Diego Rivera, Sensei Chris Lawasha, Kyoshi Jerry Mercado, Shihan Henry Graves, Soke Tony Mayo, Sensei Bob Elder and Soke Thomas Gettling, just to name a few.

Kyoshi Jerry Macado and their Dojo families for a job well done.

In addition to the reunion of friends and new associates, NBFA established a reciprocal **"Affiliate Membership"** with the United States Kodokan Federation (USKF). Soke Harris Warren and Prof. Lou Ferrer agreed to support adjoining future events, building on a long-term organizational relationship.



Prof. Lou Ferrer, Soke Warren & Shihan David Washington

### Giving Back to the Community

Each year, NBFA partakes in many **"character development"** projects to teach the martial art students humility through the Art of Giving.

### December 2007

Holiday Giving Campaign with **The Hosanna House**. Non-perishable goods and other items were collected for Christmas baskets.



Nisei Family and Friends

This 1<sup>st</sup> year's event offered a Saturday evening dinner at Caridad , Sunday training and followed up with a VIP trip to Disney World on Monday. A "Special Thanks" goes out to Shihan Henry Graves,

### Inside This Issue

1	Seminar of Champions
2	Community Activities
3	The Person Within
4	Keeping Our Children Healthy
5	Who's Who In N.B.F.A.
6	Advertisements & Sponsorships

**March 2008**

Spring Giving Campaign with the **Children's Home Society of Florida**. Sixty-nine stuffed animals were donated by members and families of Eagle Landing Dojo. According to a thank you note written to the dojo, "...the children were delighted... they are from our neediest families and don't often receive these items."

**Activities****Seniors Self-defense Seminar (SSAP)**

Three times a year, NBFA sponsors a free self-defense course for individuals over the age of fifty. These courses are held regionally, but the most recent was at **"The Meeting House"**, 5400 Collins Lake Drive. The February 29<sup>th</sup> session had twelve senior citizens in attendance.

**Social Survival Skills Seminar**

This women's self defense course is based on the 3 S's – Self-confidence, Self-Awareness and Self-Preservation. February's outstanding class was held at the Eagle Landing Athletic & Fitness Center, Orange Park, FL

**Street Smarts for Kids**

This session is designed to help give children an **"educational fighting chance"** for street awareness. April's class had three separate sessions for kids ages 5-17 at the Eagle Landing Athletic & Fitness Center. The next sessions will be offered in June and August at The Church at Argyle at 6823 Argyle Forest Blvd in Jacksonville, FL.

**Promotional Announcements**

During April, three students were promoted to yellow belt:

Braeden T.  
Britney B.  
Hannah P.



**Britney, Braeden, Soke & Hannah**

**Belt Ranking Testing Schedule 2008**

June 17  
August 19  
October 16

**Note: June & December, Brown and Black Belt Testing ONLY.**

**Enrollment Campaigns**

**Blue Gi Bonanza** – Eagle Landing Dojo Encourage at least 2 friends or family members to sign up for the 3 month program between March 21-June 1 to win a Blue Judo Gi just like Soke Warren's Gi!

**Three (3) for the price of Two (2)**

New Students pay for 2 months, receive 3 months of training. **Campaign will start June 1<sup>st</sup>**. Eagle Landing Dojo

**New Students**

Thanks to Hannah P's and Dustin G. outstanding powers of persuasion, NBFA has five new members at **Eagle Landing Dojo**. They look FABULOUS in their new blue gi from the enrollment campaign!

Dustin G., Amanda Eklund (Hannah's Mom), Sarah M., Conner M. and Tyler M.

Ichiban Dojo - Renshi Andre Sheppard reports two new members; James Arthur and Robert Good, welcome aboard.

**The Person Within**

*This section of the newsletter allows the reader to meet a student within NBFA.*



**Lyssa Ireland Thomas and Hadley**

Lyssa joined the dojo with her son, Braeden (6), in January. When she is not playing practice dummy for her son, she serves as the current Editor of the Kamiza Korner. Her previous martial arts experience consists of a green belt in Goju Karate. Since she is the mother of two young children she has no free time. If by some miracle she does squeeze out a few moments to herself, she attempts to write her first humor book about surviving motherhood. She also walks the family's demented Golden Doodle dog, whose size is fast approaching that of a baby rhinoceros.

**Training Breaks**

There will be no classes on the following dates at **Eagle Landing Dojo:**

Tuesday, May 13  
 Tuesday, May 27  
 Thursday, May 29

**KickUSA Karate Competition Schedule****June 7**

Jacksonville, FL (Julington Creek area),  
 hosted by Sensei Bill Chiodo  
 (904) 287-8304

**August 23**

Jacksonville, FL  
 hosted by Master Instructor Henry Williams  
 (904) 710-8660  
**(Regional Event)**

**September 27-28**

The Gathering – Martial Art Seminars  
 Sacramento, CA

**October 26-28**

**Disney's Martial Arts Festival**  
 Orlando, FL

**Nisei Bujutsu Annual Beach Training**

To-Be-Announced  
 Clearwater, FL

**Anniversaries****(Mark Your Calendar)****June 6<sup>th</sup>**

Soke Warren's Anniversary  
 Our fearless leader has been practicing martial arts for 41 years!

**August 13<sup>th</sup>**

NBFA Anniversary  
 21 years (1987)

*The Master Said...*

*The wise man is always quiet.  
 You can learn more by listening and  
 observing than by speaking aloud.  
 Knowledge is not found in a book,  
 True knowledge comes from within.*

*- H. Warren, Soke*



### **Keeping Our Children Healthy**

Children in the United States are the first in history who will live less time than their parents. Why? Obesity, which is linked to many ailments, is the cause of shorter life. Childhood and teenage obesity rates have soared. According to the Center for Disease Control and Prevention (CDC), "an estimated 61% of overweight young people have at least one additional risk factor for heart disease, such as high cholesterol or high blood pressure. In addition, children who are overweight are at greater risk for bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem. Overweight young people are more likely than children of normal weight to become overweight or obese adults, and therefore more at risk for associated adult health problems, including heart disease, type 2 diabetes, stroke, several types of cancer, and osteoarthritis."

Fast food is blamed, but lack of exercise is also a culprit. The Lancet study dated July 23, 2006 suggests that children need ninety minutes of daily exercise to avoid heart disease risk factors. There are several steps parents can take to help their children develop good health and to maintain good health.

#### **Juice is wearing a Mask**

The American Academy of Pediatrics reports that many children get most of their calories from beverages. Most of these calories come from soda, but juices

also have a lot of hidden calories. Have you read an orange juice label lately? It's pasteurized. Pasteurization is heating the juice to increase its shelf life for shipping and selling while killing natural nutrients. The refining process zaps natural nutrients including fiber. Then man-made supplements and sugar are added. Homemade juices are healthier and have no hidden processed sugars (more on this in a future article).

#### **Limit TV and Game Time**

The average child spends over 5 hours a day watching television, playing video games and surfing the net. You may say games and computers are educational. Even if your child is engaged in educational activities 100 percent of the time, sitting is enforced. Sitting for extended periods of time is not good for the body.

#### **Assign Chores**

A little work is good. It builds character and self-esteem. It is also a way for the child to learn to respect the family's home and make a contribution. If outside chores like pulling weeds are too challenging try folding clothes, clearing the table and loading the dish washer. These activities burn calories.

#### **Try some Sports**

Not all children are good at sports. I definitely wasn't! Allow your child to experiment with different sports. The more sports they try, the easier it will be to find one your child excels and help you select the right one. Allow your child to have fun. In doing so, they are exposed to different things. They will meet different people. They will exercise. Keep in mind that sports don't just mean team or traditional sports. Swimming, dance, rock climbing and martial arts are very effective sports for building healthy bodies. If you are in doubt, visit Eagle Landing Fitness Center or see the N.B.F.A. website ([www.niseibujutsu.com](http://www.niseibujutsu.com)). There is

a martial arts program offered Tuesday and Thursday, 6 PM until 6:45 PM for children. Parents, there is a class available for you as well. Make it a family affair. Use the time to bond with your child and get fit.

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**New Sponsorship**

NBFA is now operating under the auspice of **Kaizen Concepts, Inc.** It is now a non-profit organization with a mission that mirrors NBFA with an emphasis on educational services.

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**Keep Her In Your Prayers**

**Tatsumaki Dojo** - Sensei Eric Taylor's wife Regina is ill and we ask that all members, families and friends of NBFA to keep her in your prayers for a speedy recovery.

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**“Welcome”**

**Kennin Dojo** -The new memberships at Kennin Dojo; Niceville, FL. I ask that all of NBFA's extended families and friends in the area to assist in their transition and provide continued support.

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**Who's Who In N.B.F.A.**



**Andre Sheppard –Renshi**  
Eastern Regional Director



**Robert Alcorn – Sensei**  
Western Regional Director



**Edna Stacker-Warren**  
Co-Director/Administrator  
**Kaizen Concepts Instructor**



**Gerard Taylor – Sensei**  
Assistant Instructor – Eagle Landing



**Eric Taylor – Sensei**  
Assistant Activity Manager  
Florida Representative

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**Harris and Edna S. Warren**

E-mail: [sokehw@aol.com](mailto:sokehw@aol.com)

(904) 710-0743



### **What's 4 Dessert?**

*Homemade desserts  
by Edna*

*Traditional and Sugar-Free*

E-mail: [esw05@aol.com](mailto:esw05@aol.com)

**(904) 910-9165**

877-684-9952 toll-free-fax



"Change starts where you are"

### **Kaizen Concepts, Inc.**

P. O. Box 966, Jacksonville, FL. 32201

(904) 910-9165,

877-684-9952 toll-free-fax

E-mail: [esw05@aol.com](mailto:esw05@aol.com)

## **Courtesy Advertising**

Students and parents of students at NBFA can advertise their business for free in the Kamiza Korner. Please submit ads in .jpg format (less than 1MB in size) to the email addresses listed below. Publication deadlines below apply.

## **Publication Information**

Kamiza Korner is published four times a year (**February, May, August and November**). All members are encouraged to submit any informational articles, comments to the editor, martial arts trivia and/or dojo announcements. Please have your information turned in by

**January 15**

**April 15**

**July 15**

**October 15**

Submit all info to:

[sokehw@aol.com](mailto:sokehw@aol.com) or [esw05@aol.com](mailto:esw05@aol.com)



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