



Bergamo's MARTIAL ARTS



Newsletter

www.BergamoMartialArts.com

November 2018

Student of the Month: John Shaknaitis

Twelve year old John Shaknaitis has been named Student of the Month because of his improved focus, skill, and self-confidence. He is showing leadership in class that befits his rank and has returned to competition. Congratulations, John, and keep up the good work!



Tournament Results

Team Bergamo continues to shine at tournaments!

Please congratulate the following martial artists who competed at the Nutmeg State Nationals on October 8:

Name	Awards
Mrs. Barbara LeBlanc	1 st place, power concrete elbow, 2 nd place, power concrete foot and power wood hand, 5 th place, power wood foot
Mr. Nathan LeBlanc	1 st place, power concrete foot, 2 nd place, power concrete elbow
Ms. Tina Chang	1 st place, creative wood
John Shaknaitis	2 nd place, power wood hand and elbow, 3 rd place, power wood foot
Sophie Braylan	1 st place, creative wood
Michael Valerio	1 st place, power wood hand and elbow
Gabi Milo	1 st place, power wood hand and foot
Jillian Milo	1 st place, power wood hand and elbow, 2 nd place, power wood foot
Ava Kuchinski	1 st place, power wood hand
Kyle Miller	1 st place, power wood hand <i>first-time competitor!</i>



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Have you joined our BAND app? It's your source for our calendar, important information, links to tournaments and other events, photo sharing, connecting with the BMA family, and more!

PLEASE go to the following link to sign up, and you'll always have BMA info right on your phone!

<https://band.us/n/ada6Y008UbK0T>

USBA/WBA Hall of Fame Awards Banquet and Tournament

Location- Courtyard Marriott, 63 Grand Street, Waterbury, CT 06702.

Hall of Fame Awards Banquet- Friday, November 16- 6-10 pm;

Tournament- Saturday, November 17- 9:30 am start time; Doors open at 8:30 am.

Divisions for all ages and ranks, beautiful local venue!

Register and purchase tickets at:

<https://usbawba.org/events/usba-wba-hall-of-fame-awards-banquet-and-breaking-championships-2018/>



Starting on November 1st, gi tops must be worn to all martial arts classes.



No Class on Thursday, November 22

5 Ways to Bring Mindfulness to Your Martial Arts Practice

By Cameron Conaway, elephantjournal.com

“Awareness has no frontier.” ~ Bruce Lee

The term “martial artist” contains within it the seeds that make us human.

We are a warring people and a peaceful people. We wield as often as we yield. We are of concrete and sky, of hard and soft. We embody all—the swirl of human complexity, the loose ends and the constant forward push to cultivate our empty fields.

Regardless of your form—Brazilian jiu-jitsu to Muay Thai and everything in between—and regardless of your place of practice—renowned dojo or dingy basement—to be a martial artist is, in large part, to engage in the practice of mindfulness.

The best martial artists are those who have mastered the art of bringing a blank notebook into the places of their perceived knowing: into the new counter to the D’Arce choke or the new way to pivot the hips for avoidance of the left hook.

Here are five ways any martial artist can incorporate the lessons of mindfulness into their practice:

1. Breathe. The greatest martial artists are renowned for their conditioning. But one overlooked variable that all great martial artists share is the ability to know precisely when to relax and when to contract—when to flow and when to go. Find those moments of space in your sparring or training and, even if for a brief moment, come back home to your breath.

2. Interconnect. In most martial arts there are traditions of paying respect to your master, to your opponent and to your sparring partner. Whether this is a bow, an extended form or a simple touch of the gloves, work to not let the ritual of it become mindless. With each bow or glove touch, for example, think to yourself, “For our interbeing.”

3. Recognize Privilege. There is a scene in the movie Ip Man, a film named after the Wing Chun master who served as Bruce Lee’s martial arts instructor and mentor, in which a character asks Ip if he’s been training. As the question is asked, the Japanese invasion of 1937 is underway in Foshan, China. Families, including Ip’s, are helpless as their villages are raided and pillaged. Those still alive hang on for dear life to a single grain of rice.

Ip’s answer? No. To train means energy expenditure and therefore the need for additional food, he says. Here is a martial arts legend, a man whose love of training comes second only to love for his family, admitting that training is an act loaded with privilege. May we enter into our training with the awareness that it can only happen because a million other variables in life have come together in such a way to allow us to do so.

4. Visualize. There is perhaps no more radical act in the 21st century than meditation. It’s a courageous act to sit and do nothing, without judgment and distraction, in a world full of both. Carve out time in your martial arts practice to simply sit, eyes closed, visualizing the drills or the move you hope to improve on. Science continues to prove the benefits of visualization on physical performance.

5. Give. May we practice seeing our martial art not merely as a means by which we dish out or avoid punishment, but as a form of engaged empathy. Giving our time to others, whether through teaching our strengths in the dojo or working to better the community outside of it, isn’t merely a gift to others, it’s also a gift to ourselves.