

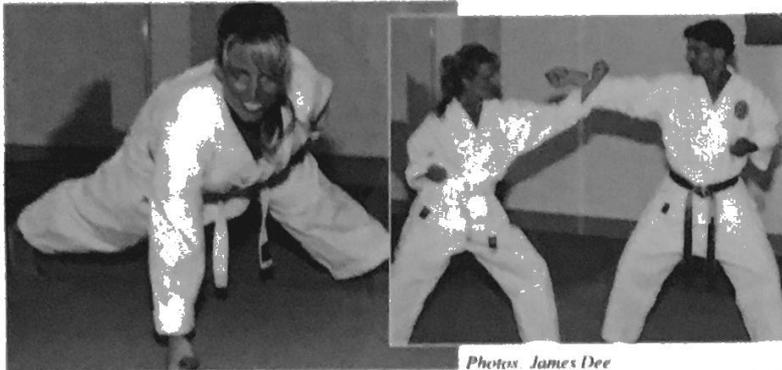


S P O R T S C L U B / N Y

V A R I E T Y

WHAT'S INSIDE

EMPOWERING WOMEN THROUGH KARATE



Photos: James Dee

By Karate brought in Reebok Intl Liaison

What is fear? That can only be defined by each person based on their life experiences. I know that as a woman I was fearful of violence. When Sensei John approached me to take Karate lessons, it was the farthest thing from my mind as a new sport to indulge in. Three things convinced me to try:

- 1 Sensei represents a balanced person both mentally and physically which peaked my interest. I sensed Karate had to be why he projected mental and physical harmony.
- 2 Violence against women is a constant threat and I felt it wouldn't be a bad idea to know a few defense tricks.

3 I needed more variety in my workout routine.

During my first class, I seemed as awkward as a five-year-old at her first day of kindergarten. By the end of the lesson, I felt a new excitement to learn a sport that is both fun and challenging. Although I didn't like the fact that Sensei asked me to cut my nails for closed fist punches, take a minimum of two classes a week to enhance my discipline and be on 'probation' for a month before being accepted into the program, I felt totally comfortable to form ahead.

I found it remarkable how much energy and pride Sensei takes in developing his students' skills. The oddest thing is, he always seems to hit on a nerve with his philosophy of the week regarding my personal life. My confidence in my inner ability to conquer a situation mentally and physically has improved dramatically because of Karate.

The bottom line is, women should not be afraid to try and

excel in Karate. It is one of the most positive and powerful influences for developing your body and your mind that I have come across in 15 years in the sports and fitness arena. Break your personal barriers of fear and the possibilities are limitless!



Martial Arts aficionados will find a variety of disciplines in our traditional **Dojo** with the official marital arts mat of the 1996 Olympic Games. The traditional rice-straw textured vinyl provides a high performance surface to grip and glide without stickiness. The mat's firmness makes it easy to pivot, while it's rebound foam can withstand the impact of a judo throw. Preserving much of the past traditions, students learn harmony between mind, body, and spirit through an intensive program of fitness, philosophy, meditation, and self-defense.

Bill Bouteil
New Teacher

Evolution - Bill has a new strength in life - Karate. Each level serves as a goal to obtain the ultimate in physical and mental endurance.

THE IMPORTANCE OF WOMEN'S SELF DEFENSE

Q: Walking home from work, a woman notices that she's being followed by a stranger. How should she respond?

The best form of self-defense is to be **PROACTIVE**. Women must take the initiative to prepare themselves for life threatening situations prior to any close call encounter.

To meet this growing concern, our very own Sensei has created the annual Central Park Women's Self Defense Workshop. The two main components are prevention and escape. Prevention involves the ability to recognize potentially harmful situations and methods of avoiding them. Many times, attacks can be prevented by simply recognizing possible danger.

WINTER 98

TAKING KARATE TO A CORPORATE LEVEL



*Sensei John Mirrione
Manager and Head Instructor
of Harmony by Karate at RSC/NY*

The art of Karate has outlasted many fitness trends throughout the world. **Harmony by Karate** has taken an ancient eastern way of self improvement into the next millennium. You may ask yourself, how does karate training translate into dollars and cents? Through a program of fitness, philosophy and meditation, a student learns focus, persistence, and self discipline.

Companies now have the opportunity for similar transformations in

Equally important, women also have the opportunity to practice escape techniques that allow them to flee from an assailant. Participating in simulated attacks is the most effective vehicle for learning such techniques.

As a result, women are significantly more in control of their safety, are less fearful, and have a better chance of survival.

Be **PROACTIVE**, contact Sensei John Mirrione at 362.6800 x-3542 for more information regarding the annual Central Park Women's Self Defense Workshop.

A: This woman should stay calm and casually look for the nearest well lit area and/or well populated area. For example, she can enter a local store, hail a taxi or walk in close proximity to the nearest pedestrian.

the form of a workshop. These intensive training sessions will have a dramatic impact on participants and enhance productivity.

Within one month, Stadtmaur & Bailkin LLP corporate executives accomplished things they thought were impossible. Performing tasks such as one thousand kicks and one-armed push-ups changed these individuals, therefore impacting their organization. The **Harmony by Karate** program reverses negative conditioning of the past, impacting the present and future of a corporation.

"The disciplines of Karate — physical vigor, mental focus and spiritual dedication carry over into everyday life... as hard work, tactical, and strategic thinking overcome fear... At its everyday level it is a force for performing at your personal best." — Michael Bailkin Chairman Stadtmaur & Bailkin LLP

For more information on the **Harmony by Karate** program please call Sensei John Mirrione at 362.6800 x-3542.

SPRING 99

CENTRAL PARK SELF DEFENSE WORKSHOP

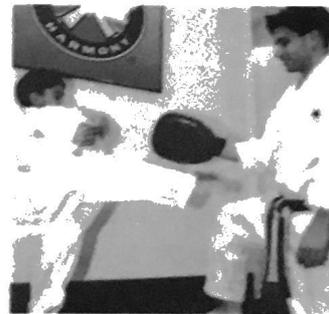
Sensei John Mirrione's popular 4-week Central Park Self-Defense Program for Women has met with tremendous success here at the Club Central Park Defense teaches women basic techniques to use in the event of an attack and safety precautions which they can take. All women are taught how to evade and escape the grab of an assailant, how to strike, kick,

punch and respond verbally. The program has proven to be invaluable to participants both mentally and physically. All RSC/NY female members are encouraged to participate. The next Central Park Self Defense Workshop will be offered on Thursday, February 8th. For more information and to register please call Harmony by Karate at extension 3542.



Learning self defense at RSC, NY - an invaluable program mentally and physically

ENHANCING CHILD DEVELOPMENT THROUGH KARATE



By Sensei John P. Mirrione
I can remember being a child and learning Karate. I was fortunate to have learned from my father. There are many incredible benefits from learning Karate at a young age. At RSC/NY, the Harmony By Karate Rainbow program, consisting of 4 and 5 year olds, has reached great heights.

In the physical aspects of the program, children do various types of drills to improve their endurance. Through foot and hand movement techniques, the young students develop rhythm, coordination, and body awareness. Bare knuckle push-

ups, jumping squats, and other strength conditioning develops the muscular skeletal system. Through stretching exercises the child develops natural flexibility.

Children learn Japanese terms, phrases and numbers. Through confidently reciting these Japanese expressions, children develop tremendous courage and spirit. They are also exposed to another culture which fosters a sense of diversity. During instruction, discipline is balanced with respect so that there is a positive interaction among Dojo-mates (classmates).

Karate is phenomenal when it comes to helping students that are physically or mentally challenged such as children with ADD (Attention Deficit Disorder), Cerebral Palsy, etc. Positive affirmation and creative visualization techniques offer dramatic results in focus and self confidence. Karate is an enriching supplement to any physical therapy program.

For information please call Sensei John Mirrione at 362.6800 x-3542.

WINTER 1997



Dear Club Members,

Reebok Sports Club NY is now a reality. It embodies our vision to cultivate a distinct and inspiring fitness experience in which lifestyle is an integral part. The Club's environment provides the freedom to pursue your own personal ideals of recreation and relaxation.

We are dedicated to our membership. Our mission is based on a commitment to excellence and professionalism. We will continue to provide sophisticated state of the art equipment and facilities. Our fitness professionals will always strive to develop progressive and innovative programming. And our collaboration with Drew Nieporent and Paul Labrecque allow us to confidently provide you with the best restaurant and spa services anywhere.

Our commitment to providing you the highest level and quality of service means that the most important thing we can do is listen and encourage participation and feedback. We do believe we are the exception and can be many things to all of you.

Please stop by the business office to let us know how we can continue to grow. Although our Club is just beginning, the possibilities are endless.

We now proudly present you with the Fall issue of Reebok Sports Club/NY Varsity. We hope you enjoy this edition.

Best of health,

Dave Nelson, General Manager

Jennie D'Amico, Manager Operations

WE HEAR YOU

YES! The Club is now open at 5 am for all you early risers.

YES! The Executive Locker Room now has full-length lockers, make-up mirrors and complimentary Evian.

YES! The Sidewalk Café now offers Starbucks Coffee.

YES! We have moved the lower weight dumbbell rack to the other side of the room, to give you even more space.

YES! We have added another Smith Machine to the workout area.

YES! The Pro Shop now carries more convenient items such as Walkmans, scrunchies, socks, batteries, sneaker balls and blade blocks—a must have.

YES! We have added eucalyptus in the sauna and steam room.

DID YOU KNOW?

That Reebok Sports Club/NY employs over 350 staff members to exceed your expectations?

POWER BREAKFAST COMING SOON!

Stay tuned for our first Power Breakfast coming soon! This special networking breakfast will be held in conjunction with Crains® New York Business Magazine and will feature a dynamic surprise guest speaker. Watch for notices posted in the Club for this special inaugural Power Breakfast to kick off our RSC/NY Crains Power Breakfast series here at the Club!

WORLD RENOWNED SENSEI JOHN MIRRIONE BRINGS MARTIAL ARTS TO THE CLUB



Reebok Sports Club/NY is proud to introduce Martial Arts sensei, John Mirrione. The Club has put forth a great effort to develop programs dedicated to mental as well as physical fitness. With that in mind, Reebok Sports Club/NY is pleased to offer a martial arts program that emphasizes not only physical training but meditation and the philosophies of traditional karate as well. The "Harmony by Karate" program, taught by Sensei John, employs the practices of the Shorinjiryu Karatedo style.

Shorinjiryu Karatedo is one of the oldest and most renowned of all forms of Okinawa karate. There is a strong emphasis on performing kata (forms) and kumite (pre-arranged fighting forms) rather than sparring. The aim is to achieve maximum efficiency in each motion as well as beauty. The goal is also to develop

technique, endurance, karate form, and a sense of judgment and timing.

Sensei John will be teaching the Central Park Self Defense course in our studio for women in the fall. This five week program, which begins on Monday, October 23, is designed to teach women to defend themselves. Participants will learn how to avoid potentially dangerous situations and, in case of attack, how to respond physically, verbally, and how to escape the grasp of an assailant.

Sensei John Mirrione is a second degree black belt in Shorinjiryu Kenkokai Karatedo and Koshiki Karatedo. He is licensed and certified black belt recognized in the United States as well as Japan. For information on the Central Park course as well as additional classes for adults and children, please contact Sensei John Mirrione at 714.7159.

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VARIETY

P.S.



Nanette Pattee Francini

This week as I was pondering my little PS for our January newsletter, the following letter from a Member came across my desk. I was so moved by his experience and how it so beautifully expresses the true meaning of what we are in business to do, that I'd like to devote my column space to share it with you. His name is Richard Miner and this is his story:

When I first considered signing up for Karate classes I had certain expectations in mind. I was looking forward to getting into shape and learning how to protect myself. I knew that any martial arts program would offer a wide range of physical benefits. I expected to become stronger, increase my endurance, enhance my flexibility, increase my mental focus and reduce stress. The last thing I expected when I signed up for Karate classes was a program that would become the cornerstone of my recovery from a catastrophic illness. But that's what I got.

As soon as I entered the program, I knew that it was something special. The fact that I had to write a letter to Sensei John to request admission was my first clue. A personal interview and a subsequent probationary period followed. I was impressed with the fact that I couldn't just walk in with my checkbook and sign up. I felt that I was joining something more than just another aerobics class; I was becoming a part of something really unique. The real depth of the program though, didn't become evident until a few months later, when I was diagnosed with kidney cancer.

The resulting surgical procedure was extremely invasive and almost completely debilitating. Resigned to the likelihood that any aggressive physical training would be beyond my ability for quite some time, I was a little bewildered when Sensei John appeared in my hospital room, telling me to get back to the dojo as soon as I was up and walking around.

So, mostly out of a sense of duty to my Sensei, I limped into the dojo a few weeks later. I am not sure what I was expecting, but I can assure you that it wasn't much. I ended up being very surprised. It was during the next few months that I realized the true potential of the program. Sensei John took me aside and assessed my physical condition. Then, working very closely with me, he created a specialized routine for me that allowed me to do really challenging workouts, with virtually no impact. The routine was composed entirely of Karate stances and movements. These exercises were done very, very slowly or without moving at all. I couldn't believe that he had me sweating on my first day back! But sweat I did! Profusely.

I must admit, the next few months were long and difficult. I attended classes regularly and participated as much as my abilities would allow. Sensei John remained close by my side and my physical recovery progressed at a rate that surprised not only me, but my surgeon as well. This progress proved to be a great source of strength and confidence for me. As my abilities improved rapidly, so did my overall outlook on life.

It was during this period that I came to another realization. This Karate program, unlike so many others, isn't just about punching and kicking and fighting. It's about gaining philosophical insights through our "Philosophy of the Week," a practice of discussing a different aphorism in class each week. In addition, Sensei John's practice of holding a tea ceremony, where students sit together, sip tea and talk, creates a sense of community that is not present in most exercise classes. These characteristics of the program create an environment that allows for personal growth in areas other than just strength and endurance.

The unique qualities of the program, as well as the intense personal concern of Sensei John for his students, proved to be a real source of strength for me during a very arduous time. I really would not have expected so much from a simple exercise class. Of course, now I realize that the Harmony by Karate program is not merely a way to get into better physical shape; it is a way to develop personal character, foster a sense of community, and to discover our own hidden strengths.



THE SPORTS CLUB

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New York, NY 10111

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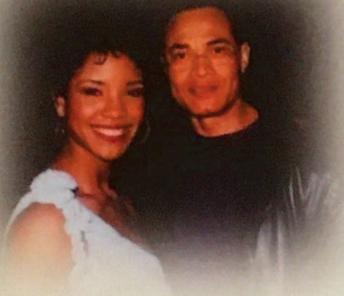
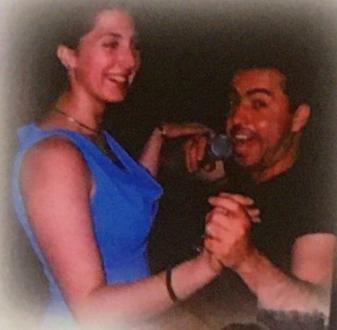
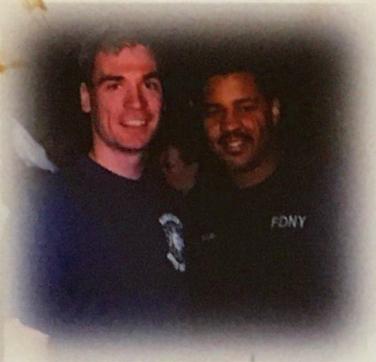
WINTER 2001

VARIETY



S P O R T S C L U B / N Y

Summer Happenings at the Club!



KARATE MAKES ALL THE DIFFERENCE

I have been an Executive Member of Reebok Sports Club/NY since the Club opened seven years ago. It is my pleasure to write to you, in order to compliment you on the terrific experience I have had over the years.

Being a native New Yorker, I have been through my share of poor gym experiences. However, I have been continuously impressed by the quality of the exercise equipment, the care taken in the maintenance of the facilities, the great attitude of the staff and the cleanliness of the locker room. You clearly deliver on your promise.

I would like to especially cite the Karate Program offered by Sensei John Mirrione. When I joined the Club, I had little idea that I would find myself so immersed in the study of martial arts. However,

Harmony by Karate has been the centerpiece of my Club experience since my first year as a Member. Sensei Mirrione creates a truly complete experience for his students. The combination of philosophy, physical exertion and technical preparation in the Shorinjiryu style has offered me the most complete, exhilarating and rewarding training I have ever practiced.

I would like to specifically thank you for integrating Harmony by Karate into Reebok Sports Club/NY's program. I am not sure if you realize the extent to which the Members who participate in the Dojo's activities find it an irreplaceable aspect of their "life" at Reebok Sports Club/NY. You should take great pride in Sensei Mirrione and the program he offers to Members.

Sincerely,
Peter Laurance Herzig

DEDICATED TO ENHANCING OUR MEMBERS' LIVES

I don't spend money frivolously; nor do I relish the world of weights and workouts. But if you are like me, and want to move quickly to a higher level of fitness and strength, you might be ready for a Private Trainer with something special to offer. Spartak Delas is an extraordinary Private Trainer, the best personal coach I've encountered. Here's why.

Spartak pays careful attention to the individual client. He made an exceptional effort to create a highly personalized program for me and he never plugged me into a generic routine. Spartak wanted to know what my fitness goals were and how I had reached them in the past. Then in a gentle but inspiring manner, Spartak designed workouts that were focused on sport specific skills.



For me, the goal was to resume playing competitive squash at the national level. It had been over ten years since I was ranked #1 in the U.S. Men's 35-age level. Squash is a high impact sport requiring superb fitness and mobility. Age, arthritic knees, extra pounds and a diminished confidence in what I could ask my body to do, all made me skeptical of the chances of ever breaking into the Men's 45 ranking at a high level. Spartak changed my mind and my body.

Spartak took great pains to provide a clear and compelling rationale for every exercise. I was never in any doubt about why we were doing a particular lift, stretch, balancing skill or ball related activity. "Just do it", may be okay for some, but Spartak gave me reasons to go for it. Spartak created a workout, which was always varied and engaging. After dozens of Private Training sessions, I'm still learning new techniques. I feel challenged without being overwhelmed and Spartak's sensitivity and warm sense of humor continually impress me especially in the face of my occasional resistance. He never loses interest and regularly elicits my best effort.



In fact, without Spartak's informed and inspirational assistance, I would have never returned to the world of competitive squash, let alone achieve the #3 national ranking in the Men's 45 age in 2000.

For all these practical reasons, plus his friendship, wise counsel and superb motivational skills, I give Spartak Delas my highest recommendation. Thank you, Spartak.

Andrew S. Taylor
Head of History/Horace Mann Middle School



Harmony by Karate Students Take Home the Prize!

Congratulations to our Members in the Harmony by Karate Program! The following Reebok Sports

Club/NY and The Sports Club/LA Members recently placed top honors in The Fifteenth Annual International Shinzen Shaia World Karate Tournament. This prestigious event is the largest strictly Shorinjiryu tournament in the world. The Harmony by Karate program at RSC/NY and SC/LA, led by Sensei John Mirrione, is internationally recognized as one of the finest in the Martial Arts arena.

Shiai (One-on-one Fighting)

1ST PLACE

Karen Lee
Patrick Chapman
Evan Wildstein

2ND PLACE

Marc Arnold

3RD PLACE

Neil McNeil
Zsa Zsa Liu
Bentley Meeker
Roberto Adorno
Cyril Montoya

4TH PLACE

Alexis Hoffman
Tricia Deans
Edgar Mokuvos

5TH PLACE

Victor Bass

6TH PLACE

Jake Gach

Kata (Fighting Forms)

1ST PLACE

Roberto Adorno
Cyril Montoya
Gary Schaeffer

2ND PLACE

Jake Gach
Arlene Getman
Sensei John Mirrione

3RD PLACE

Zsa Zsa Liu
Patrick Chapman
Evan Wildstein

4TH PLACE

Robert Gach
Bentley Meeker

5TH PLACE

Marc Arnold
Marisa Rackson
Lucas Gutterman
Joshua Fishman

6TH PLACE

Alexis Hoffman

Weapons

2ND PLACE

Sensei John Mirrione

For more information about Harmony by Karate please contact Sensei John at 646.387.2073.

Did you know?

Broccoli is a powerhouse of nutrition. One cup (chopped) supplies 90% of the daily RDA for vitamin A in the form of beta carotene, 200% of the RDA for vitamin C, significant amounts of niacin, calcium, thiamin, and phosphorus and 25% of your daily fiber needs. Not only that, but other substances in broccoli, such as sulforaphane, may also protect against cancer. All this for only 45 calories!

Cycle Reebok Posture Tips



FRANK M. DEROSA
Executive Director of the New York State
Physical Fitness Council

Cycle Reebok has been shown to be an excellent form of cardiovascular exercise. However, you can get too much of a good thing. Spending too much time leaning over the handlebars of a bike can lead to bad posture.

Supporting body weight with the arms can lead to over developed chest and front shoulder muscles (pectorals and anterior deltoids). There needs to be a balance between your

chest and your back. If your chest is too strong, it can pull your upper spine and shoulders forward causing a slouched or even hunched back posture.

It is important while cycling to keep the back straight and not allow it to curve forward

The key areas to focus on are the abdominals and the back. When your abdominals and back are strong it is easier for your body to maintain a 45° degree angle from the back to the hips while cycling. You should be able to maintain this position during a Cycle Reebok class.

Another area to strengthen is the upper back. Weakness in the upper back muscles (middle and lower trapezius, rhomboids) will make it difficult to keep the shoulder blades drawn back and down.

You may want to consider some supplementary exercises and stretches. A

well rounded strength and conditioning program is always helpful. A few choice exercises can be very beneficial.

A simple exercise to work the back of the shoulder is to lay face down on a bench and execute a reverse fly with your thumbs pointing to the floor. Point your thumbs to the ceiling for the middle back. Start with 2-3 lbs. and then work your way up to 5-6 lbs. Add in a good stretching routine for the upper and lower body, especially the chest and you'll be on your way to a better looking posture.

Enjoy your workout!

SPEND YOUR EVENINGS IN THE GRILL WITH:

Tuesday Tastings



Wednesday

Flight Night



Thursday

Guest Bartender

Happy Hour



For exact times and details please call

The Grill at

501.1430.

The Importance of Women's Self Defense

Q. Walking home from work, a woman notices that she's being followed by a stranger. How should she respond?

The best form of self-defense is to be PROACTIVE. Women must take the initiative to prepare themselves for life threatening situations prior to any close call encounter.

To meet this growing concern, our very own Sensei has created the annual Central Park Women's Self Defense Workshop. The two main components are prevention and escape. Prevention involves the ability to recognize potentially harmful situations and methods of avoiding them. Many times, attacks can be prevented by simply recognizing possible danger.

Equally important, women also have the opportunity to practice escape techniques that allow them to flee from an assailant. Participating in simulated attacks is the most effective vehicle for learning such techniques.

As a result, women are significantly more in control of their safety, are less fearful, and have a better chance of survival.

Be PROACTIVE, contact Sensei John Mirrone at 362.6800 x-3542 for more information regarding the annual Central Park Women's Self Defense Workshop.

A. This woman should stay calm and casually look for the nearest well lit area and/or well populated area. For example, she can enter a local store, hail a taxi or walk in close proximity to the nearest pedestrian.

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Call For Our Free Catalog

10% discount on all non-sale wines
with your RSC/NY membership card for all
in store purchases until March 31, 1998



DEAR MEMBERS

The Fall and Winter months will prove to be exciting ones as we continue to EXPAND our vision of RSC/NY

September marked the opening of the new CV Loft on Level 4. Responding to the suggestions of you, our members, the Loft was specifically designed to make a more dynamic space for your workout. In our consistent endeavor to keep your workout experience both entertaining and challenging we included eight 40" TV's, a new private training area and even more cutting edge equipment.

Expand your horizons with our new state-of-the-art boxing studio featuring programs designed and taught by world renown instructors, Patricia Moreno and Ilana Montagnani. You can also join Patricia and Ilana for POWERSTRIKE, an intensive cardiovascular workout combining the basics of martial arts and the movements of dance.

The Grill at RSC/NY takes off this Fall with Flight Night every Wednesday at 7:00 pm. Wines will be sampled from around the world. Be sure to stop by The Grill on Thursday nights starting at 7:00 pm as our popular Guest Bartender Happy Hour continues.

Whether it be a wine tasting or a POWERSTRIKE class, private training or a boxing workout, we hope the months to come will keep you challenged and focused on achieving your fitness goals.

David Nelson

Dave Nelson

Jennie D Arrigo

Jennie D Arrigo

ACUPUNCTURE ACHIEVES TREMENDOUS RESULTS

Louis Kiwala, Doctor of Oriental Medicine at Paul Labrecque Salon and Spa

For many people, physical pain is a daily experience.

Much of the time these pains or injuries are work or lifestyle related. What many people do not realize is that pain is your body's way of telling you "Hey! We have a problem here." It's an early warning system, if you will, not something to shrug your shoulders at and resign to live with for the rest of your life.

While many people obtain relief from their signs and symptoms through the use of pain killers, anti-inflammatories, cortisone shots and, in more severe cases, surgery, many gain little or no relief at all. For people in this category, and for others interested in exploring a natural safe and effective method of pain control, there are alternatives. Acupuncture for example, has been used for

approximately 3,000-5,000 years for the control of pain and for a large host of other medical maladies. Only in the last fifteen years or so have we begun to see a loosening of the stiff attitudes toward various alternative therapies whose mechanism of action is not yet understood by western medical science.

Current research has shown that acupuncture has achieved tremendous results with cases of chronic pain, cases which have perplexed some of the greatest minds in medicine. It is also an astounding fact that the World Health Organization (WHO) has identified 104 medical conditions to date, which have been shown to respond strongly to acupuncture.

Many people who have thrown up their hands in submission and resigned to a lifelong diet of analgesics and anti-inflammatories are now going about their daily activities pain free or almost pain free.

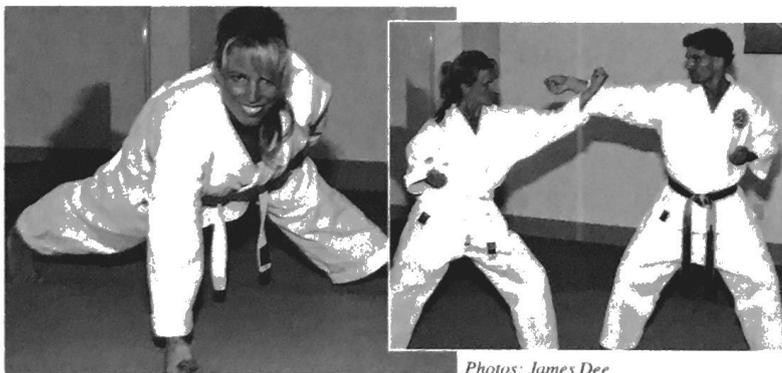
Your body has a gift, as do plants and animals. That gift is an innate intelligence of sorts, an ability to heal itself. Acupuncture works by stimulating and influencing that ability to do its job. You owe it to yourself to explore all avenues of healthcare available to you and to seek educated opinions as to which ones might or might not be beneficial to you. Take charge of your health, and your body will thank you.

Complimentary Acupuncture Consultation

Louis Kiwala, Doctor of Oriental Medicine at Paul Labrecque Salon and Spa, will be available for complimentary Acupuncture consultations on Tuesdays from 4:00 - 8:00 pm.

To schedule your appointment please call Paul Labrecque Salon and Spa at 595.0099.

EMPOWERING WOMEN THROUGH KARATE



Photos: James Dee

By Katie Broughton-Reebok Intl. Liaison

What is fear? That can only be defined by each person based on their life experiences. I know that as a woman I was fearful of violence. When Sensei John approached me to take Karate lessons, it was the farthest thing from my mind as a new sport to indulge in. Three things convinced me to try:

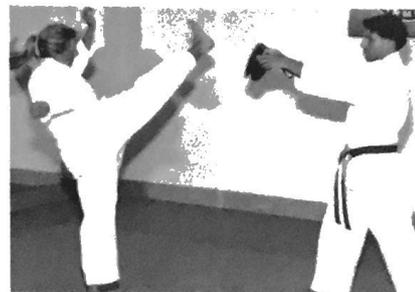
1. Sensei represents a balanced person both mentally and physically which peaked my interest. I sensed Karate had to be why he projected mental and physical harmony.
2. Violence against women is a constant threat and I felt it wouldn't be a bad idea to know a few defense tricks.

3. I needed more variety in my workout routine.

During my first class, I seemed as awkward as a five-year-old at her first day of kindergarten. By the end of the lesson, I felt a new excitement to learn a sport that is both fun and challenging. Although I didn't like the fact that Sensei asked me to cut my nails for closed fist punches, take a minimum of two classes a week to enhance my discipline and be on 'probation' for a month before being accepted into the program, I felt totally comfortable to forge ahead.

I found it remarkable how much energy and pride Sensei takes in developing his students' skills. The oddest thing is, he always seems to hit on a nerve with his philosophy of the week regarding my personal life. My confidence in my inner ability to conquer a situation mentally and physically has improved dramatically because of Karate.

The bottom line is, women should not be afraid to try and excel in Karate. It is one of the most positive and powerful influences for developing your body and your mind that I have come across in 15 years in the sports and fitness arena. Break your personal barriers of fear and the possibilities are limitless!



SAVE THE DATE

Learn How to Balance Your Work and Personal Time

Are you pulled in many directions by professional and personal demands? Do you often feel tired or overwhelmed and find it difficult to balance the many parts of your life? If so, this workshop presented by Erica Komisar, CSW, addresses the needs of all working people to balance their work and personal time. You will learn the tools necessary for achieving this balance which include: time management skills, communication skills, and stress management skills. Participants will learn how to prioritize and express their needs; and how to prevent and manage stress in response to their personal and professional demands. The workshop will be held on **Wednesday, May 14** at 7:00 PM. Please call Erica Komisar at 501.1401 x-3434 to RSVP.

Karate Sleepover for Children

Back by popular demand! Children can look forward to another Karate sleepover on **Friday, May 16** starting at 8:00 PM. The event includes educational games for kids with professional tutor and educational consultant Dalia Shalaby, as well as Karate movies, snacks, and pizza. For event reservations and information please call Sensei John Mirrione at 362.6800 x-3542.

Harmony by Karate Interactive Demonstration

All members are welcome to participate in an upcoming interactive Karate demonstration presented by *Harmony by Karate*. Participants will have the opportunity to try their hand at simple self-defense techniques as well as traditional Karate movements. It will be held on **Sunday, May 18** from 1:00 PM to 1:30 PM.

For event reservations and information please call Sensei John Mirrione at 362.6800 x-3542.

Adult CPR Training

Learn how to save someone's life. Take CPR with RSC/NY Private Trainer Glenn Kudysch on **Sunday, May 18** from 10:00 AM -2:00 PM. Learn how you can make a difference. The cost is \$40. Space is limited. For more information and reservations please call the Fitness Desk at 362.6800 x-1404.

For Kids Only Welcomes Miss Spider

Join us on **Sunday, June 22** at 11:00 AM when RSC/NY and Barnes & Noble present a special Family Day storytelling. Miss Spider will make a special guest appearance, after her featured stories are read, to meet and greet her fans. To RSVP please contact For Kids Only at 501.1405.

KARATE PROGRAM SOARS TO GREAT HEIGHTS

The Harmony by Karate program at Reebok Sports Club/NY continues to soar to great heights! Through private Karate training, adults and children achieve astounding results in strength, endurance, and flexibility. The balance of spiritual and physical conditioning ultimately leads to peace of mind as well as healthy muscle tone.

The following RSC/NY members can attest to the incredible results of private Karate training:

"I recently started Karate with Sensei John, and am already feeling a renewal of confidence and harmony I have been missing for a time. I intend to continue this learning experience."

— Katleen Turner



"Sensei John has taught me to appreciate life to it's fullest. If you come to the Dojo you learn that the meaning of life is about 'love' not money - through your family, friends and anybody who cares around here."

"When I come to the Dojo there is an incredible feeling that goes through my heart that I can not describe"

— Luc Robitaille

"Sensei John at Harmony by Karate offers a great program for mind, soul and body. Besides you never know when you'll run into Howard Stern in a dark alley"

— Elliot Segal WHIZ-100

Come experience how Harmony by Karate can enhance your fitness lifestyle!

For more information please call Sensei John Mirrione at 362.6800 x-3542.

Reebok Sports Club/NY

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THE SPORTS CLUB / LA



Harmony by Karate Students Take Home the Prize!

Congratulations to our Members in the Harmony by Karate Program! The following The Sports Club/LA and Reebok Sports Club/NY Members recently placed top honors in The Fifteenth Annual International Shinzen Shaia World Karate Tournament. This prestigious event is the largest strictly Shorinjiryu tournament in the world. The Harmony by Karate program at SC/LA and RSC/NY, led by Sensei John Mirrione, is internationally recognized as one of the finest in the Martial Arts arena.

SHIAI

1st Place
Karen Lee
Patrick Chapman
Evan Wildstein
2nd Place
Marc Arnold
3rd Place
Neil McNeil
Zsa Zsa Liu
Bentley Meeker
Roberto Adorno
Cyril Montoya
4th Place
Alexis Hoffman
Tricia Deans
Edgar Mokuvos
5th Place
Victor Bass

6th Place

Jake Gach

KATA

1st Place
Roberto Adorno
Cyril Montoya
Gary Schaeffer
2nd Place
Jake Gach
Arlene Getman
Sensei John Mirrione
3rd Place
Zsa Zsa Liu
Patrick Chapman
Evan Wildstein
4th Place
Robert Gach
Bentley Meeker

5th Place

Marc Arnold
Marisa Rackson
Lucas Gutterman
Joshua Fishman
6th Place
Alexis Hoffman

WEAPONS

2nd Place
Sensei John Mirrione

For more information about Harmony by Karate please contact Sensei John at 646.387.2073.

WINTER 2002

P.S.



Nanette Pattee Francini

This week as I was pondering my little PS for our January newsletter, the following letter from a Member came across my desk. I was so moved by his experience and how it so beautifully expresses the true meaning of what we are in business to do, that I'd like to devote my column space to share it with you. His name is Richard Miner and this is his story:

When I first considered signing up for Karate classes I had certain expectations in mind. I was looking forward to getting into shape and learning how to protect myself. I knew that any martial arts program would offer a wide range of physical benefits. I expected to become stronger, increase my endurance, enhance my flexibility, increase my mental focus and reduce stress. The last thing I expected when I signed up for Karate classes was a program that would become the cornerstone of my recovery from a catastrophic illness. But that's what I got.

As soon as I entered the program, I knew that it was something special. The fact that I had to write a letter to Sensei John to request admission was my first clue. A personal interview and a subsequent probationary period followed. I was impressed with the fact that I couldn't just walk in with my checkbook and sign up. I felt that I was joining something more than just another aerobics class; I was becoming a part of something really unique. The real depth of the program though, didn't become evident until a few months later, when I was diagnosed with kidney cancer.

The resulting surgical procedure was extremely invasive and almost completely debilitating. Resigned to the likelihood that any aggressive physical training would be beyond my ability for quite some time, I was a little bewildered when Sensei John appeared in my hospital room, telling me to get back to the dojo as soon as I was up and walking around.

So, mostly out of a sense of duty to my Sensei, I limped into the dojo a few weeks later. I am not sure what I was expecting, but I can assure you that it wasn't much. I ended up being very surprised. It was during the next few months that I realized the true potential of the program. Sensei John took me aside and assessed my physical condition. Then, working very closely with me, he created a specialized routine for me that allowed me to do really challenging workouts, with virtually no impact. The routine was composed entirely of Karate stances and movements. These exercises were done very, very slowly or without moving at all. I couldn't believe that he had me sweating on my first day back! But sweat I did! Profusely.

I must admit, the next few months were long and difficult. I attended classes regularly and participated as much as my abilities would allow. Sensei John remained close by my side and my physical recovery progressed at a rate that surprised not only me, but my surgeon as well. This progress proved to be a great source of strength and confidence for me. As my abilities improved rapidly, so did my overall outlook on life.

It was during this period that I came to another realization. This Karate program, unlike so many others, isn't just about punching and kicking and fighting. It's about gaining philosophical insights through our "Philosophy of the Week," a practice of discussing a different aphorism in class each week. In addition, Sensei John's practice of holding a tea ceremony, where students sit together, sip tea and talk, creates a sense of community that is not present in most exercise classes. These characteristics of the program create an environment that allows for personal growth in areas other than just strength and endurance.

The unique qualities of the program, as well as the intense personal concern of Sensei John for his students, proved to be a real source of strength for me during a very arduous time. I really would not have expected so much from a simple exercise class. Of course, now I realize that the Harmony by Karate program is not merely a way to get into better physical shape; it is a way to develop personal character, foster a sense of community, and to discover our own hidden strengths.