



Upcoming Dates:

*** May**

10th - Mother's Day

25th - Memorial Day (Dojo Closed)

*** June**

21st - Father's Day

*** July**

4th - Independence Day

11th - Testing

14th - KK Testing/Promotions

The Shuri Gate

Okinawan Shorin-ryu Karate-do
3340 Curry Ford Road, Orlando, FL 32806
407-897-3642, okinawanshorinryu.com



May 2020

**MIND
LIKE
WATER...**



Water takes the shape of the container in which it is placed. Therefore, our minds should adapt to the situation in which we find ourselves.

And VIRTUAL KARATE was born...



*Happy
Mother's Day
to our beloved
Mothers*



Get connected with your dojo community on facebook:

**Orlando
Okinawan
Shorin ryu
Karate-do**

STUDENTS OF THE MONTH

Kinderkarate
Teo Smith

Children's Class
Levi Davis

Adult Class
Jeremy West

Welcome
New Students

Ashley Owens

April Testing

Kinderkarate

Benny Philyaw yellow strip belt

Teo Smith yellow stripe belt 1 tip

Children's Class

Levi Waters white 2 tips

Athen Kozobolis white 3 tips

Adonnis Kozobolis yellow belt

Ryne Wallace yellow 1 tip

Lillian Dukes yellow 2 tips

Beau Holt yellow 2 tips

Elijah Dukes orange 1 tip

Joshua Denton orange 2 tips

Kristopher Moratin red belt

Cayden Ruiz red 1 tip

Marcello Licata red 1 tip

Cali Ruiz blue 1 tip

Levi Davis blue 2 tips

Isabella Moratin blue 2 tip

Caleb Carver blue 3 tip

Alex Lion blue 3 tips

Tristan Wallace purple belt black stripe

Adult Class

Emma Maury 8th kyu

Moises Ortiz 8th kyu

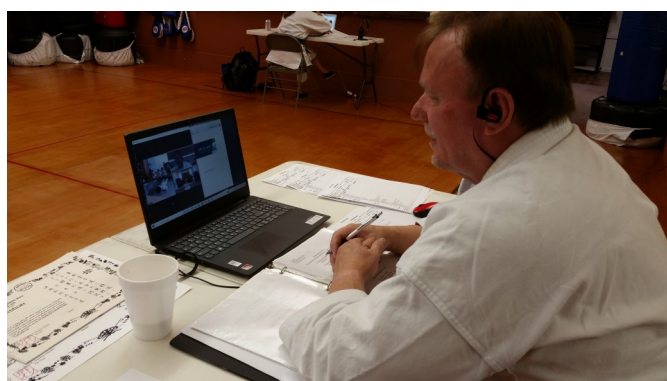
Grant Lion 6th kyu

Danielle Pafford 6th kyu

Logan Waddell 6th kyu

Zane Davis 5th kyu

Andy Parra 2nd kyu



Foods that Heal by Austin Gordon, 1st kyu

Hippocrates, often recognized as the father of modern medicine, made some famous quotes about food and how they relate to health:

“Let food be thy medicine and medicine be thy food.”
“Make a habit of two things: to help; or at least to do no harm.”

Taking his words to heart, we know that there are some foods that are very good for us, and there are some foods that are and can be harmful to us. Asian medicine has helped us go more in-depth of our understanding of this. Taking the hundreds of years of Asian medicine with today’s scientific method we can identify the health benefits of many traditional Asian foods, like: Miso, Tofu, Shiitake, Sesame Oil, Kuzu, and Brown Rice Vinegar.

Miso is a fermented soy product that originated in 800 BC China. Having been brought to the Japanese Islands in 500 AD, it became highly regarded by some ancient healers for its extensive health benefits. These benefits include a great deal of essential amino acids, iron, calcium, phosphorus, potassium, some B vitamins, and minerals. It also has a low percentage of calories and fat, making it quite good for dieting. Aside from the nutritional benefits, Miso has also been used for centuries as a folk remedy for weak digestion, cancer, tobacco poisoning, acidic conditions, low libido, and multiple types of intestinal infections. In 2007, scientific studies on miso indicated that daily use of it can reduce the risk of degenerative disease, as well as improve overall health significantly.

Tofu, another good food originating approximately 2000 years ago, has been said by some to be an essential ingredient for modern living. According to legend, it was created when a cook over-seasoned a soymilk-based soup with too much sea salt, causing the soymilk to congeal into what is now known as Tofu. Easy to digest and one of the healthiest foods on the planet, Tofu is low on calories and packed with nutrition. It is also a good source of calcium, iron, magnesium, selenium, folic acid, essential B vitamins, choline, and fat-soluble vitamin E. It also has linoleic acid, an essential fatty acid important in the regulation of the body’s metabolism. It is a very good food for people lactose intolerant, as Tofu is nearly as easy for the body to assimilate as calcium is from milk.

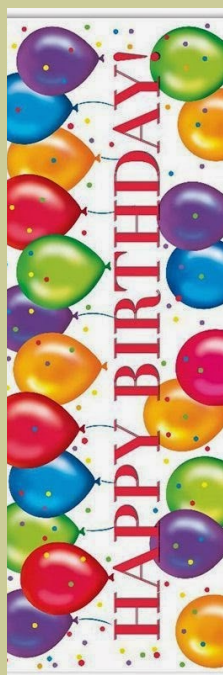
Shiitake, also called the Miracle Mushroom, is a great introduction to the healthy foods of Japan. It is the second most widely cultivated mushroom in the world and is packed with health-improving and medicinal qualities. Shiitake’s appealing flavor and rich nutritional makeup have encouraged many vegetarians to use it as an animal protein substitute. Highly valued as both a medicine as well as food since ancient times, Shiitake has been known to increase energy, cure colds, and eliminate worms as well. Scientists also believe that lentinan (a polysaccharide) and particles found in Shiitake actually trigger increased production of various serum factors linked to immunity and inflammation. The particles, called lymphokines, stimulate the defense system, initiating the proliferation of phagocytes (killer cells) like macrophages and others that attack cancer cells, bacteria and viruses.

Sesame Oil is a dark, warm fragrant and one of the most intriguing flavors of Asia. Biochemical changes occur as the sesame seeds are toasting, radically changing the aroma and taste of it. In terms of nutrients Sesame oil is rich in vitamins A, B and E. It also contains minerals like iron, calcium, magnesium, copper, phosphorous and nutrient silicic acid. Scientific studies have also shown that Sesame oil facilitates the absorption and digestion of certain vitamins. It is believed to be the oldest seed mankind has cultivated, historians believing that it was used as a fuel and lubricant before being used in cooking. In 500 BC, Persians were using sesame oil for cooking, ointment and medicine. It is also immensely popular in India, where it is used for therapeutic massage as part of Ayurveda.

The “Wonder Root” Kuzu, one of the world’s largest vegetable roots, is considered to be medicine in both Japan and China. The Kuzu root is a giant, averaging 200 pounds, and has enjoyed a rather excellent reputation. Since ancient times, the Kuzu and its parts have been used for a variety of things: The leaves and roots have been used as food, the fibrous stems have been used as thread for fabrics and baskets, and its starch is used as both a jelling and thickening agent and as medicine. Some of the root’s complex starch molecules enter the intestines and relieve discomfort caused by overacidity and bacterial infection. In the case of diarrhea, it can also be used to help excess water as well. A cup of Kudzu Cream also brings relief, often in cases of abdominal aching and intestinal irritation. Kudzu Cream is often recommended for children who don’t like the taste of regular stomach medications.

Brown Rice Vinegar is a flavorful and refreshing condiment used daily by billions of people. The traditional method of making rice vinegar was brought from China to southern Osaka in early 400 AD. Vermont senior citizens often use vinegar for fatigue, headaches, high blood pressure, dizziness, sore throat, obesity and many other ailments that affect the human body. Researchers now believe that it is the amino acids in vinegar that is partly responsible for its healing properties. They help counter the effects of lactic-acid buildup in the blood. Lactic-acid buildup can cause fatigue, irritability, stiff and sore muscles, and can contribute to disease.

This is just a small sample of foods that are good for our health. I suspect that as Hippocrates said, most foods can be considered medicine in some way. The effects are just waiting to be discovered.



Birthdays

May

Kristopher Moratin 8th
 Ian Rivera 9th
 Teo Smith 9th
 Sensei Michael Barnes 20th
 Kyoshi Geoff Gaudoin 21st
 Emma Maury 31st

June

Danielle Pafford 5th
 Levi Waters 11th
 Grant Lion 19th
 Sensei Spencer Geren 20th
 Marcello Licata 22nd
 Max Nguyen 21st
 Ryne Wallace 27th

July

Connor Lion 7th
 Cali Ruiz 14th
 Julio Vasquez 17th
 Sensei Ben Heintze 23rd
 Beau Holt 31st

ANNOUNCEMENTS:



Austin Gordon has graduated from high school and will major in Computer Science at Palm Beach Atlantic in the Fall! Congratulations!

The Philyaw Family has grown by two-feet! Elisha Michael arrived 2/2/2020! Welcome to the World, little one!



Job 11:18

You will be secure, because there is hope;
 you will look about you and take your rest in security.

There's no doubt that this has been a challenging time.
 Your Dojo Family misses you and we look forward to being with all of you again soon!

Take care of yourselves...
 Stay Well!



Support your dojo by writing a review on Yelp

