



Spring
Weekly

Reader

Volume 119, Issue 179 June 25, 2015

The Plano Rotary Club
www.PlanoRotary.com

UPCOMING MEETINGS

June 25th

Earnest Burke -
"2014-2015 President's
Final Meeting"



JUNE BIRTHDAYS

Jeff Frauenheim	Jun 01
Charles Milby	Jun 07
Blair Ritchey	Jun 08
Mark Waterbury	Jun 08
Mark Geller	Jun 09
H. Wayne Hendrick	Jun 09
Bradley Keith	Jun 12
Bob Bauer	Jun 19



White Belts All

Sainted Editor doesn't think of himself as a member of a guild but given the photo below, he's obviously a member in good-standing of the **BROTHERHOOD OF THE BLINDING PATES**, Furry-Faced Chapter. **Bruce Mr.**



Clean Glasscock's in another chapter but **Chuck Kinch** (right) shares the full designation with Sainted Editor.

Before he forgets it: **WHO WILL BE OUR SUBSTITUTE EDITOR** starting next week, as Chris and **Pat** are off to Mongolia for the month of July? He hasn't heard that anyone has stepped forward. Granted, Sainted Editor is a hard act to follow, but surely the Club hosts egos greater than his!



President Wonderful presided over his penultimate meeting at 12:13, cajoling **John Caldwell** to deliver the Invocation and **Randy Wright** to lead us in the Pledge. **Karen Sheldon** got the nod for Greeting. Then he summoned **Mr. Smooth** to welcome Visiting Rotarians and Guests.

SERGEANT BARBERA allowed as how he might be **Mr. Irritating** but never **Mr. Smooth**. Chickening out on pronouncing the name of the Visiting Rotarian from **Park Cities**, but **Carl Von Bieberstein** insisted he try, and Nathan acquitted himself with quasi-distinction. Carl then introduced his guest, **Lisa Horne**, no relation to **Rick**, curse the luck.



Brad Keith bade us welcome the former Mayor of Seminole, Oklahoma, **Jamail Aryain**. Randy Wright gave a tutorial introduction to Chuck Kinch then stumbled on a guest he thought was Lynette's, **Sonny Call Me Ismail**, who told us he has started a food truck business for (gourmet?) shaved ice. For parallel structure, Randy posited Chuck Kinch's occupation as Management Consultant for medical record software development. Lynette hadn't done the honors since she had just received notice that her boss, **CAPTAIN KIRK**, had blown two tires (how careless) and needed a ride to Rotary.



Jason Rice, aided by barker, Randy Wright, bounded on stage to gesticulate his way through an invitation for one and all to attend **Rover Dramawerks'** New Season Announcement event the following Saturday at 6 pm. Free food and a neat play were on tap for attendees.

President-in-Waiting (not for long) **Kelly Palmer** stumped for our Independence Day meeting, July 2nd, when all five Rotaries will hear Rep. **Sam Johnson** reminisce about the meaning of July 4th and the PSO's Brass Quintet will play patriotic medleys. We're all to attend with guests!



Mr. Magic, **Larry Bisno**, was called to the lectern to introduce the day's speaker, **Diane Reeve**, owner of **Vision Martial Arts Center**:

www.VMACPLANO.com

Diane Reeve is on a mission to help as many people as she can in some way. Someone once described her as "a force of Nature." Having

been a martial arts instructor for over 25 years, she has touched countless lives through teaching "Positive Life Skills Through Martial Arts™."

Diane's career began by helping people—but in a different way than she does currently. She received her B.S. in Nursing from *Baylor University* and practiced as a Registered Nurse for over 20 years. She also holds a Master's Degree in Education.

- 7th Degree Black Belt in Tae Kwon Do
- Black Belts also in Kenpo, Jujutsu, Kobudo
- Inducted into World Karate Hall of Fame 1999
- Master's Hall of Fame 2014

Much of her time is spent as the 7th degree Black Belt owner of her martial arts academy. One of her proudest accomplishments is that she promoted over 150 students to Black Belt. However, she still finds time for community service. She has donated many hours of self-defense lessons for *Hope's Door*, *Turning Point*, and children who could potentially become targets for bullies.



Besides serving on the *Collin County Advisory Committee for Health Services of North Texas*, she provides character development for at-risk kids in the community with the *Vision Martial Arts Scholarship Fund*. She was Volunteer Honoree in 2005 for the *Collin County Children's Advocacy Center*. In 2009, she was nationally recognized by receiving the *Paul S. Chapman Award for the Improvement of Justice*. The first recipient was **John Walsh**, who created the popular and valuable television show, *America's Most Wanted*.

Ms. Reeve keeps busy in her spare time with her two daughters and their spouses plus four beautiful (of course) grandchildren. Her daughters and grandchildren are the pride of her life. She enjoys gardening and providing a forever home for her three dogs.

Diane was glad she was mic-ed up as she has to move around while she talks. It comes with the territory. She wants to "get people energized and excited." She knew what we were all thinking, "Martial arts? **No way!**" But she was here to tell us, "**It is a way for adults established in Life.**" She started late in life with her daughter for relief from a stressful existence. Her daughter quit saying, "Mommy, I don't like to hit people," but she persisted be-

cause "*Mommy likes to hit people!*" That was in 1989 when she was but a White Belt.

She trained a class of **Steel Magnolias** at the *Cooper Fitness Center*. They ranged in age from 62 to 84, and "You don't want to mess with any of them!" The stresses of everyday living evaporated as she mounted the mat; you can't be concerned with telephone calls or anything else when someone's trying to pound you!



She asked us, "*How many of you are stiff and sore getting out of bed in the morning?*" When a few honest souls raised their hands, she went on, "*Well, martial arts make you feel better!*"

She admitted, "*I hate exercise: jogging, lifting weights,*" but she insisted that the "movin' around" in martial arts is fun. And to prove it, she had us all stand by our chairs and do blocking exercises.

Kids starting out have to be told, "*Don't go around hitting people,*" but if a punch is thrown at you, push it aside with an **Inward Block**. Someone asked, "*Can we yell?*" Diane said that you don't have to, but admitted that "*it is empowering*" and "*makes you feel more confident.*"

She had us adopt a fighting stance (see above) and throw a counter-punch, pushing the opponent's punch aside so that it doesn't land. If your inward block, "*just happens to finish*" on your opponents face, she said all innocence, tell yourself that it was just defense.



If instead of a punch, your opponent tries to kick (few do), the appropriate block is not inward but downward, a **Lower Block**. It is performed by "*hugging yourself, then exploding downward.*" She said, "*You'll be amazed how much that improves your confidence. Confidence is the best thing you'll learn*" in martial arts. **Rick Maucieri** was confident enough to finish his cookie.

She said she'd love to teach us more self-defense techniques, but she was restrained by our not having signed liability waivers. Nevertheless, with a cautionary "*be careful,*" she proceeded to demonstrate how to escape from an **Arm Grab**. One twists away **toward the opponent's thumb**, "*and you're released every time.*" We all practiced that while the volume of chatter in the room rose.

Someone asked about **Hair Grabs**, and Diane admitted that "*they can be dangerous,*" because, she said "*you'll*



be thrown to the ground" swiftly if you don't act. Someone suggested Mr. Clean, Bruce Glasscock, had the perfect counter-measure, but baldness isn't a universal option. Instead, the defense is to grab the opponent's hand gripping your hair (so he can't get away)

and smash upward with your palm into his chin, knocking his head back swiftly. That induces concussion that knocks the assailant out. Don't stand around and taunt; getting away in paramount in such an encounter. (And the opponent's colleagues may not take kindly to your success.)

For a rear Hair Grab, first tromp down on the opponent's ankle, then punch down, causing him to fold forward, then up, since his face is now so handy. In either instance, holding his grabbing hand is the first thing done.

Awareness is a big part of safety, so your peripheral vision needs to be improved. Diane had us hold our arms out to our sides, wiggle our fingers, and move the arms back until the wiggling just disappeared. Then she asked us to lean out and down 45° to discover that they came back into view. So leaning forward while walking (looks silly but) improves peripheral vision.

Most assailants will grab your clothes and pound on you in a frontal attack. Again, disable the grabbing hand by holding onto it, and snap the head back by palm to the chin. Remember to trap the grabbing hand with yours on the grabbing side and strike with the other. That blow "usually ends the fight." But if they don't drop, Diane suggested, "Claw their eyes" as you retrieve your striking hand.

She suggested that we practice that, but it appeared too violent for most. Only **Hubert Aaron** and **David Bowman** squared off against one another. Hubert had the decency to wear the appropriately colored belt to the



altercation. David's brown belt is 2nd highest in rank.

She asked us to remember our childhood game of *Rock-Paper-Scissors*. The fist-to-the-palm gesture of *Rock* is appropriate for a hammer fist to the bridge of the nose. It not only "hurts like Hell," but there's copious blood, and the eyes are blinded by tears. "It gives you 20-30 seconds to **get away**."

Martial arts have given her "more flexibility now than in my 20s," and improved her confidence "more than my business degree!" The activity improves O₂ to the brain, giving you greater mental acuity.

She disabled her mic to show us a yell, insisting that **Jason Kramer** stand in for her assailant because "You look like a bad guy." When she screamed aggressively at him, he threw his hands in the air and retired to his seat.

Patti Schwartz asked of self-defense, and Diane told her that 1/2 her *Tex Kwon Do* is self-defense and the other 1/2 is self-development, which "happens magically."

Earnest Burke almost made the mistake of grabbing her as she retired from the podium, but checked himself just in time. He presented her with our Perpetual Calendar, which, "being an organized person, is totally perfect." Then he led us in the Four-Way Test and ended the round with the bell at 12:58.



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