



# THE RED BELT

Newsletter for Quantum Martial Arts and MAPI: Martial Arts In the Public Interest ■ Volume 1 Issue 1

## a Word from Master Evans ...

Each time I travel to Seattle and visit the heart of Quantum, I find myself freshly amazed at the intense level of training that you all adhere to!

When I was an unsullied new black belt, I went in search of a dojo that offered what I was looking for in my training, and I came up sorely short.

Left with no choice, I created Quantum in 1995 on Capitol Hill. If I had any idea how much work I was in for, I think I would have run away as fast as I could.

Lucky for me, it took years for me to understand how hard I had been working, because I was having a blast.

Martial arts is a spiritual metaphor for self power that manifests itself as a healthy body, mind and spirit; when one is on the way to creating that reality, there really isn't enough time to think about how difficult the journey is.

The time spent in a back stance, while breaking down how energy can be more efficiently transferred through our bodies, makes us ridiculously strong and centered.

In due time, it becomes more and more apparent that martial arts truly is in our heads (although at the end of a green belt test, green belts might argue that it is in our bodies) because it is our thoughts that either limit what we can do, or reveal our true potential as human beings.

It is this heritage that I strive for, and for the first time in my life, I look up and see that I am not alone.

It is an honor to train with you all. ★

Master Rachael Evans



Meeting more than your mettle:

Take THAT! Green belts Eliza Furmansky and Anthony Evans are tested by black belts in bunny slippers.

## Students test for belt advancement

It was another grueling Saturday, last October 24th, as seven Quantum students tested for advancement before **Master Rachael Evans**, Lead Assistant Instructor Brenda Brown, and black belts **Laura Weinberg** and **Patti Hearn**.

### White Belts

**Kate Fahr**, **Katherine Sather** and **Isaac Brooks** tested from their introductory status as white belts to high white, showing how their studies were advancing and getting more than just a little taste of the sparring to come.

Mr. Brooks, who is 13 years old, was transitioned from the children's course into the adult curriculum, while Ms. Fahr, a former student from Quantum past, and Ms. Sather both demonstrated Basic Form with the careful execution and focus of the new student, and then showed their understanding of basic strikes, and the strength and control developing in their basic kicks.

### Yellow Belts

**Jonathan Verd** and **Dario Gobunquin** both tested from high yellow to green with an eloquence of movement usually found on the professional stage. Both executed their rank form, *Riverbed*, exceptionally well, which

should not surprise anyone that knows Mr. Verd and his background in figure skating, while Mr. Gobunquin's ease in leaving the ground was also notable as he glided through his forms and the adaptations of new and unusual techniques thrown at him by Ms. Brown, as a part of the testing.

The sparring period, on the other hand, wasn't as easily negotiated, as both martial artists had to spar through the attending students, testing their stamina and their ability to control their strikes and kicks, and think their way through great fatigue.

### Green Belts

The green belts' test was another matter altogether, and seemed more of a test of concentration and determination rather than stamina and technique, though both of these elements were in high demand. **Ms. Eliza Furmansky** and **Mr. Anthony**

**Evans**, Master Evans' younger brother, both tested very well.

Ms. Furmansky's execution of *Attitude*, her rank form, brought an enthusiastic and silent cheer from Ms. Brown, and appropriately so, as Ms Furmansky nailed the more difficult shifts with measured precision and a gracefulness that made the form – to the untrained eye – look almost easy. It certainly isn't.

Mr. Evans' demonstration of *Waterfall*, the high green rank form, almost sucked the concentration from the room, so intense was his performance. His execution of the form was something to witness, watching him focus to that degree.

### Sparring

Then, everything changed: the whole school fought these guys.

White belts, yellow belts, green belts, blue belts, red belts — even the new guy, **Mr. Erich LaMontagne**, got in the action with his enthusiastic interpretation of what might have been a Shaolin monk, doing an odd sort of kung fu.

The succession of higher belts engaged the exhausted green belts and managed to keep the skirmish to an almost clinical clinching of sparring, striking, grappling and blocking — enough to sometimes bruise or bloody, but never



Fighting Stance White belts at attention.

> Continued on reverse

# Health Matters

by Talena Kettrel

## Side effects vs. Side kicks

It seems like people will do anything to lose weight, except diet and exercise. They'll even take pills with known side effects. Sure pill-popping has helped people lose weight, but what are the consequences? Medical testing has shown that **pill-popping** has side effects that include nervousness, restlessness, insomnia, high blood pressure, fatigue, arrhythmia, congestive heart failure, stroke, headaches, dry mouth, vomiting, excessive perspiration, disruption in menstrual cycle, blurred vision and urinary tract problems. *Are you kidding me?* Careful observation has shown that the **repetition of side kicks** has effects that may include toner thighs. I don't about you, but I'm going with **toner thighs**.

## Got Turmeric?

It turns out that **Turmeric** (*Curcuma longa*), used commonly as a cooking spice for over 2500 years, also has many medicinal uses. It's an anti-oxidant, hypoglycemic, antiseptic and wound healer. This wonder spice is also used in cosmetics to help achieve beautiful skin. Turmeric is used extensively in the Indian systems of medicine (**Ayurveda**, **Unani**, and **Siddha**). It is used as a carminative and stomachic in the treatment of digestive disorders such as flatulence, bloating and appetite loss. Turmeric can be taken internally as a powder in fresh juice, or externally as paste, oil, ointment, and lotion. It is also applied topically for ulcers, wounds, and inflammations. At Quantum we've tapped in to another use: reduction of sore muscles. When taken in the capsule form, **Quantumites** have benefitted from reduced soreness and have been able to train four times a week. Capsulated turmeric can be found in stores everywhere. Now you can have all the gain with reduced pain.

## Kick butt with Quantum

So, you've been training with Quantum and you're trying to figure out ways to increase your stamina so that you may endure longer sparring rounds and recover more quickly from an intense workout. Well, if you are a smoker, **consider quitting**. Within twenty minutes of stomping out the butt, your blood pressure and pulse rate will return to normal. Imagine returning to your normal pulse rate **in minutes!** Within twelve hours your blood oxygen level will increase to normal. What could you do with more oxygen flowing through your body? Kick some butt, that's what! ★

## Meet the new kids

### Kate Fahr

Kate was born and raised in Vermont and moved to Seattle in 1995 for the sunshine. She's a starving artist, specializing in 3D animation, but has also lettered comic books, made and tested video games, and worked video rental. Her hobbies include science fiction, rollerblading, Ultimate Frisbee, clubbing, and writing about herself in the third person. ★



### Erich Lamontagne

Most people know me as "Squad Leader" because I have a habit of becoming in charge when the going gets

rough. I come from the province "Port Orchard." I love foreigners, Chinese food, languages, Samuel Jackson, pirating software, and engaging to extreme degrees the things I find interesting. ★

### Katherine Sather

I grew up in Northern Idaho, went to school in Montana and moved to Seattle three years ago for work. I'm a news junkie - I work in the media industry and I'm really into blogging. My fiancé and I live in South Lake Union with our pooch, Gatsby. I also like zombie movies. ★



> Continued from previous page

quite enough to hurt.

It was the ceremonial hand-holding to the end of their endurance, in a way that can only be done in a community rooted in trust and support and friendship.

Ms. Furmanky weathered the escalation with grim persistence, and fought her way through missed blocks and grunting falls. Mr. Evans kicked hard and got kicked harder by Quantum's resident bruiser, **Joel Schomberg**, who is something out of the Marvel Comics universe in his utterly non-malicious efficiency.

## End Game

And when that was over, the black belts stepped in.

Ms. Brown has a command of her feet like good typists have of their fingers. She can poke you in the eye with her big toe, and do it gently. Ms. Brown gingerly safeguarded the final phase of Ms. Furmanky's test with precise and heavy sparring, and Ms. Furmanky rallied with plenty of heart.

Meanwhile, Ms. Weinberg introduced Mr. Evans forcibly into the world of submission grappling, even though he easily outweighed her by 30 or 40 pounds. She pinned him securely on a corner of the mat while the room shouted encouragement.

"Use the bridge!" Master Evans instructed from her observer's chair.

"Whrrfff nrr bffrrdjj?" Mr. Evans asked, smothered under Ms. Weinberg's forearm.

"Your hips," Ms. Weinberg instructed.



**The Closers** Instructors Laura Weinberg, foreground, and Brenda Brown help the exhausted green belts along with kicks.

"Use your hips."

(He tried. Perhaps he succeeded. Most students were busy watching Ms. Furmanky get head-slapped by Ms. Brown's feet. Ms. Brown seemed to have six of them, all of a sudden.)

And then it was over. The two spent greenbelts were drawn forward to the post-testing debriefing before the leadership team and were allowed to remove their sparring gear and rehydrate.

This is where testers reflect upon the day, the test, and decide which of the tenets of the martial arts most made itself known to themselves as they faced their true selves: courtesy, integrity, self-control, perseverance, or indomitable spirit.

Maybe a combination of a few, or all five. ★

## Belt promotions

Make sure to congratulate these students!

### to High White

Kate Fahr, Katherine Sather, Isaac Brooks

### to Green

Jonathan Verd, Dario Golbunquin

### to High Green

Eliza Furmanky

### to Blue

Anthony Evans

## Quantum's Outreach

# Strong in Mind, Body and Voice

As part of fulfilling its mission as a not-for-profit school, Quantum Martial Arts runs outreach programs that allow kids to enjoy the benefits of martial arts training at their elementary and middle schools. These programs are often integrated in to their school day or after-school programs and taught at minimal or no additional cost to families. Parents appreciate that their kids are increasing their fitness and learning self-defense strategies in a comfortable environment without having to commute to a different location to train.

Quantum has been teaching at **Lake Washington Girls Middle School** (LWGMS) for ten years, where all of the 54 students are required to take at least one quarter of martial arts per year. **Head of School Patti Hearn** says, "Martial arts represents our mission of teaching girls to be strong in mind, body, and voice. It's important to us that our girls gain confidence throughout their three years here; studying martial arts is one of the ways we instill this confidence."

For most 6th grade students, martial arts training is something completely new, and being required to punch, kick and yell can feel goofy and even intimidating. **Julie Colando**, parent of an 8th grader and a 6th grader at LWGMS says, "Martial arts prowess did not come easily to my older daughter, which is why I believe she has benefited so greatly from the martial arts program at LWGMS. She began as a 6th grader that struggled with learning her forms. Now as a green belt 8th grader, she proudly leads warm ups and counts her growing collection of broken boards among her most treasured possessions. I believe these boards represent her power and ability to achieve anything she puts her mind to." **Jillian Lum**, a 7th grade student says, "The classes made me realize my personal strengths, for example, my confidence really increased when I broke two boards!"

The lessons of martial arts go well beyond learning to feel strong and flexible. In all outreach programs teachers lead kids in discussions about the tenets of the martial arts helping them to see how practicing courtesy, integrity, perseverance, self-control and getting in touch with their own indomitable spirit can enhance their lives beyond martial arts class. "The classes really made me think about how I treat others and myself," Jillian said. "Now I try to live by these tenets." ★

**Contributors:** Master Rachael Evans, Patti Hearn, Talena Kettrel, Domingo Martinez, Dr. Karri Meleo.

The Redbelt is published six times a year by Quantum / MAPI, who is responsible for all content. For more information about Quantum, email [info@mapionline.org](mailto:info@mapionline.org) or call (206) 322-4799.