

I.R.C.A Sinkenpokai



Newsletter December 2014



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Biography of Dai Soke **Nasiakos K. Spiridon,**

6th Dan KENPO, IRCA Rep for Greece

I started Martial Arts at a young age and I have practiced different styles, in which I have gained several Degrees.

For more than 20 years I have participated in National and World Championships, in which I have managed to win many titles.

I have been honored by several Martial Arts International Organizations for my Contribution to Martial Arts, and I am representative for many of these Organizations.

After 33 years in Martial Arts, I created SEISHINRYOKU RYU.

Today I continue to teach realistic seminars and contests worldwide, continuing to deepen my knowledge and to share it with my students.

They do not only need to be champions in contests, but also in life itself

Sincerely,

NASIAKOS K. SPIRIDON

真術
拳法

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Kenpo, the eternal disease!



Most of us started at a young age with martial Arts.

Millions of people all over the world start a Martial Art, only a small percentage continues till they gain their Black belt or equivalent, only a small percentage of them continue and start an own school or club, and only a small percentage of these continue their Kenpo path for the rest of their life's, they are infected by this eternal virus, called Kenpo, a disease we carry till we die!

In Kenpo there is no space for politics or borders!

Kenpo sayings:

Train Hard, train Regular, and make no excuses!

Whatever the attitude, so is the response!

Kenpo's true value is not in what you know, but what you do.

Mastery of the Art comes when the tiger is seen, but the dragon prevails.

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A true martial artist is not one who fears change, but one who causes it to happen. As one gets older he learns to become a magician with motion; therein lies the secret of wisdom over youth.

Flow with whatever may happen, and let your mind be free: Stay centered by accepting whatever you are doing. This is the ultimate.

The warrior learns of the spiritual realm by dwelling on the cutting edge of the sword, standing at the edge of the fire pit, venturing right up to the edge of starvation if necessary. Vibrant and intense living is the warrior's form of worship.

Soke Oleg Shepruth, Founder and President of Int'l Real Combat Association, was awarded "Warrior of the Year 2014" by the USDA!

Congratulations Soke!!

We are looking forward to receive articles from your side, related to Kenpo, your Kenpo history, your school history etc...



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On behalf of the IRCA board, we wish you, your students and your family a

Merry Christmas and Happy New Year

Geseënde Kersfees en 'n gelukkige nuwe jaar

أجمل التهاني بمناسبة الميلاد و حلول السنة الجديدة

Sretan Božić i Nova godina

聖誕節同新年快樂

Sretan Božić, Sretna Nova godina

Zalig Kerstfeest en een gelukkig Nieuwjaar

გილოცავთ შობა-ახალ წელს

Joyeux Noël et bonne année

Frohe/Fröhliche Weihnachten und ein gutes neues Jahr

חג מולד שמח ושנה טובה

Καλά Χριστούγεννα! Ευτυχισμένο το Νέο Έτος

Selamat hari natal dan tahun baru.

Buon Natale e felice anno nuovo

メリークリスマス新年おめでとうございます

Natale hilare et annum faustum

Linksmų Kalėdų ir laimingų Naujųjų Metų

God jul og godt nytt år

Wesołych świąt i szczęśliwego Nowego Roku

Feliz Natal e Bom Ano Novo

Crăciun fericit și un An Nou Fericit

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С Рождеством и Новым Годом

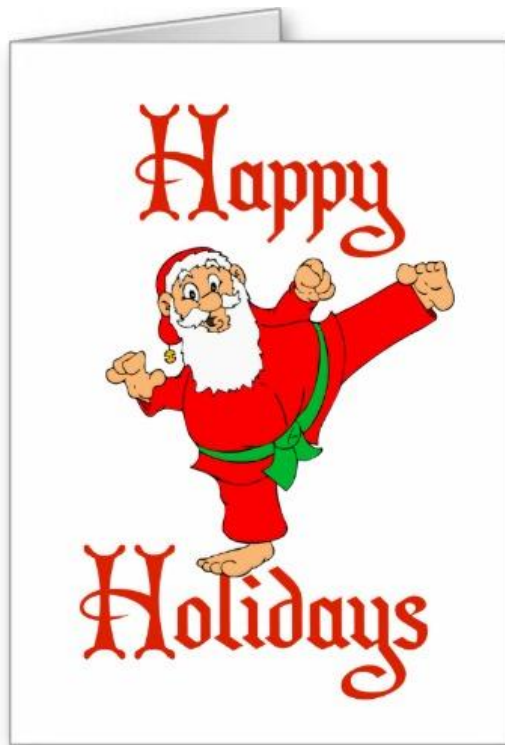
Христос се роди Срећна Нова Година

¡Feliz Navidad y próspero año nuevo!

สุขสันต์วันคริสต์มาส และสวัสดีปีใหม่

Yeni yılınızı kutlar, sağlık ve başarılar dileriz

Веселого Різдва і з Новим Роком



Please send all articles, info on courses and seminars or competitions to

claes@selfdefense-studio.net