



Isshinryu master shares expertise with TIKK students

The uke perspective...

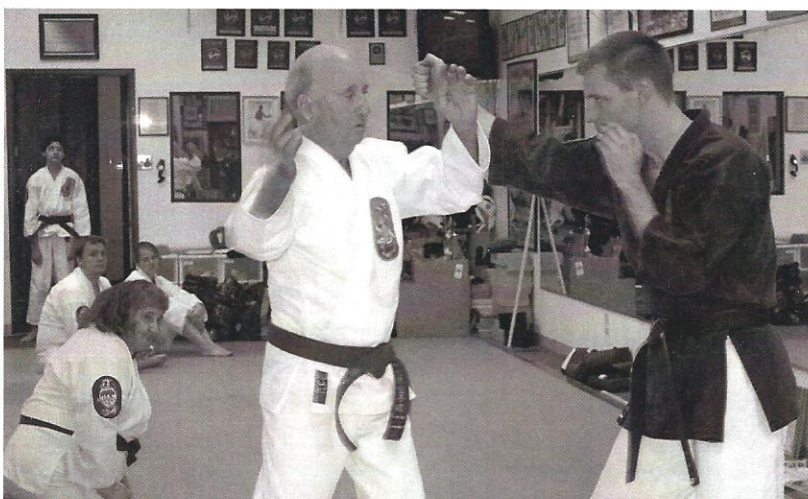
By **MATT EVANS**
San Dan

Hanshi William H. Duessel is a martial arts survivor.

There are many legends and very innovative teachers who have dug deep into themselves and into Isshinryu, or whatever they teach, but they may not have been in situations that required their knowledge and skills to be put to use.

Hanshi Duessel's history is one that put him in not only in the development and growth of Isshinryu but also he was already a martial artist in a time when concern about getting hurt and using control was not priority.

Studying hand to hand outside of policing and the military is still a relatively new thing in the U.S. and has gone through much



Hanshi William H. Duessel shows a technique with San Dan Matt Evans at special class for TIKK students prior to the seminar at the Traditional Martial Arts Winter Classic held in January.

creative interpretation since it started to spread in the 1960s from the movies and public appearances of martial arts figures like Bruce Lee and Chuck Norris.

Hanshi Duessel not only is a

respectable figure from that time, but he also has a military background from the region he taught at.

Hanshi Duessel is not a towering figure; he is actually a pretty small man. Many of the men who are prominent figures in Isshinryu are larger in size, even though the style was founded by a much smaller person who relied on technique not strength.

Hanshi Duessel has been able to prove that technique not strength prevails. Isshinryu in its

(See UKE, page 9)

Winter Shiai culminates another karate year; Three named 2008 Karateka of the Year



Kyoshi Shihan Kristensen names ik kyus Tracy Dickey, left, and Jennifer Wiederkehr 2008 Senior Karateka of the Year. For the Junior Karateka of the Year and complete Winter Shiai story, see page 8.

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SHIHAN'S CORNER

Gasshuku themes offer the best advice on life

If you have the fire within, keep a beginner's mind, have the eye of the tiger and the hidden power of the dragon within, you have to keep finding your balance and have an unwavering spirit.

You must stay focused to conceive, achieve and believe so you can expect nothing but be ready for anything. Then your mission is possible to be the best you you can be.

So walk with a bushido way of the warrior attitude with the one heart way keeping in mind that faith is the factor.

Keep training with patience.

---Kyoshi Shihan Kristensen

(From 1998 to Present /2009)

NEW STUDENTS

December 1	Andrew Timms, Denton
December 9	Colleen Clarke, Plano
January 7	Freeman Hawker, Granbury
January 7	Austyn Marshall, Granbury
January 7	Luke Del Rio, Granbury
January 7	Molly Shade, Granbury
January 12	Shelby Shade, Granbury
January 12	Sophia Mack, Granbury
January 22	Heather Lafontain, Denton
January 22	Elizabeth Madonna, Denton
January 22	Nathaniel Baggs, Denton
January 22	Christian Noble, Denton
January 22	Liberty Vaughn, Granbury
January 23	Ione von Hunt, Denton
February 4	Albert Solares, Aubrey
February 4	Kaylee Bordeaux, Aubrey

CALENDAR

April 3	Mr. Mike Cohen's Birthday
April 15	Mrs. Laura Murray's Birthday
April 17	Mr. Kent Kirkpatrick's Birthday
May 4	Sensei Susan Harris' Birthday
May 11	Sensei Tommy Thomas' Birthday
May 21	Mr. Clement Caraccioli's Birthday
May 24	Mrs. Jeannie Rupp's Birthday
May 30	Hanshi William H. Duessel's Birthday
June 15	Mrs. Carol Gue's Birthday
June 18-20	IWKA World Championships
June 26	Mr. Matt Evans' Birthday
July 22	Kyoshi Shihan Kristensen's Birthday
July 31-August 1	Isshinryu Hall of Fame Tournament
August 5	Mr. Tyler Murray's Birthday
August 29	Summer Shiai

TIKK NEWS

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Publisher

Kyoshi Shihan Robert Kristensen

Editors

Sho Dan Laura Murray
San Dan Matt Evans

Coppell Dojo (Main)

1203 Crestside, Suite 230, Coppell, TX 75019
(817)491-1130

Visit us on the web: www.txikk.com

Aubrey

All About Fitness
(940)390-0192

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Brickhouse Gym
(940)390-0192

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Flower Mound Community Church
(817)491-1130

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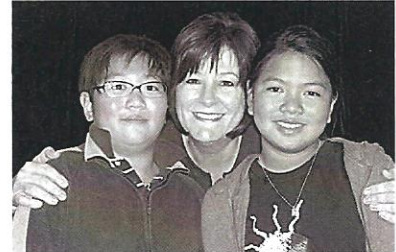
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YOUTH CORNER

TIKK green belt Aisha Espinosa wins spelling bee



Austin Elementary fifth grader and TIKK green belt **Aisha Espinosa** competes in her school's spelling bee.



Aisha Espinosa, right, wins her Coppell school's spelling bee. She celebrates with runner-up Eugene Han, left, and Principal Cheryl Locklear.

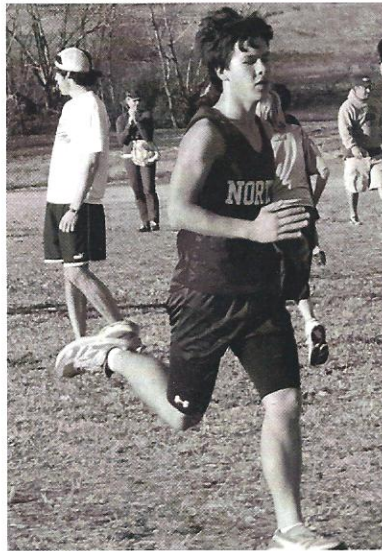
Karate teaches lessons that help in running competitions

Karate is one of my favorite activities, but I also love running. I am a part of my school's cross country and track teams.

My cross country season has been successful in many ways. Whoever works the hardest comes out on top. Karate is where I have learned to pull the energy from within to be able to push my hardest.

While I am running, I get tired and want to quit but push through the pain. Karate has taught me to never give up, and pain is only temporary.

Because of intense training,



I finished out the season at the district meet placing 11th out of 76 runners, running at an 11-minute, 22-second pace for a two-mile run. With the success of my teammates, we earned the title of district champion runner-ups.

Running is a joy for me to do. It is similar to karate, as I look forward to it, enjoy doing it and want to keep going even after I am done.

Running reminds me of an old saying, "If you don't climb the mountain, you'll never see the view."

—Ik Kyu Shane Murray

Sho dan's band wins local church's Coffee House

Sho Dan **Tyler Murray**'s band, The After Party, was named "Best Band" at the First United Methodist Church's Coffee House event Feb. 6-7.

The band was one of 11 bands competing at the fundraiser for youth mission trips.

Mr. Murray, left in photo, is the band's drummer, but he also played ukulele and backed up the lead vocalist and guitarist Chris Teel, right.



TIKK celebrates dojo openings in Granbury, Aubrey



TIKK students and visitors attend the grand opening of the Aubrey dojo on Feb. 2.



Sensei Tina Palos and Mrs. Jeannie Rupp show techniques to visitors at the Granbury opening.

Texas Isshinryu Karate Kai kicked off 2009 with the opening of dojos in Granbury on Jan. 5 and in Aubrey on Feb. 2

This brings the total number of dojos for TIKK in north Texas to seven. TIKK also has affiliated dojos in North Carolina and Ne-

vada.

Ni Dan Jeannie Rupp is the head instructor at the Granbury dojo, which is located at Performance Zone, 919 E. Highway 377. Classes there are being held from 6:30 to 7:30 p.m. Mondays and Wednesdays.

Sensei Tony Palos and Sensei Tina Palos, who are both san dans, are the instructors at the Aubrey dojo, which is located at All About Fitness, 4800 U.S. Highway 377S. Classes in Aubrey are from 6:30 to 8 p.m. Mondays and Wednesdays.

12th Gasshuku to attract record number karateka

A record 77 participants are expected to attend the 12th annual Gasshuku March 27-29 at Camp Summit in Copper Canyon.

The Gasshuku, will cover all aspects of Isshinryu from kata to kumite to self defense and is equivalent to about three months of training, said Kyoshi Shihan Kristensen.

The Gasshuku allows senior students to focus on themselves without as many distractions from every-

day life, he added.

The theme for this year's Gasshuku is the "Faith Factor."

Several out of town students are planning to attend including some from North Carolina and Nevada.

The Spring Shiai for juniors and seniors will follow the Gasshuku on March 29 with sign-in beginning at 1 p.m. and the actual shiai to start at 2:30 p.m.

Kyoshi Kristensen presents seminar in Nevada

Kyoshi Shihan Kristensen traveled to Reno, Nevada March 14 and gave a seminar at the Nevada Isshinryu Karate Kai dojo.

He demonstrated many self-defense techniques and answered participants' questions. The seminar attracted 14 participants with two of those from a different school in the area.

We look forward to doing this every year.

—*Ik kyu Dennis Przybyla*



Kyoshi Shihan Kristensen gives a seminar in Reno, Nevada March 14 at the Nevada Isshinryu Karate Kai dojo.

Plano dojo thrives; students enjoy gymnastics floor

By MARK HENDRIX
Sho Dan

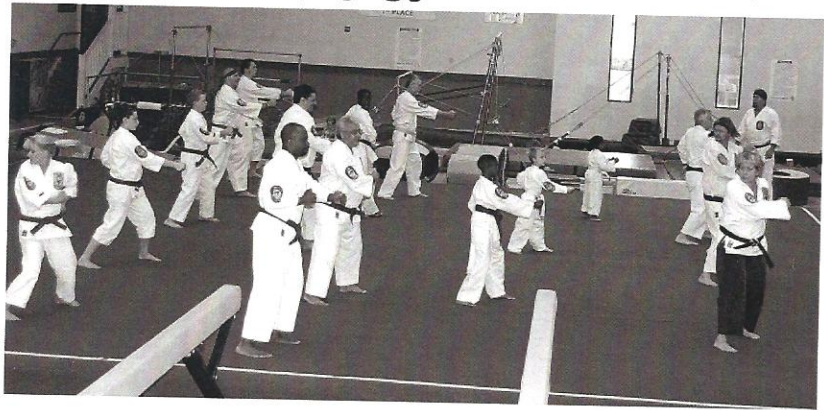
The Texas Isshinryu Karate Kai Plano dojo continues steady growth with Ni Dan Carol Gue and Sho Dan Kent Kirkpatrick leading three classes per week.

Classes are offered 6:45 to 8 p.m. Tuesdays, 7 to 8 p.m. Thursdays and 8:30 to 10 a.m. Saturdays. Kyoshi Shihan Kristensen shares his expertise with students on Saturdays while sho dans Mike Harper and Mark Hendrix assist during the Saturday classes.

All three classes are offered to both junior (ages 12 and under) and senior karate students. Class sizes range from 15 to 25 students. Saturday morning classes are held on the 1600 square foot tumbling floor at University of Gymnastics, 1400 Summit Avenue in Plano.

This special floor provides an excellent surface for students to learn the art of Isshinryu karate, especially for throwing and falling techniques.

Mrs. Gue moved back to



TIKK Plano dojo students work out on a Saturday morning at University Gymnastics in Plano.

Texas from Kansas City in April 2007 and has been instructing at the Plano dojo since then. She was promoted to the rank of ni dan in April 2006 and attends the Tuesday and Saturday classes. She says her favorite thing about the Plano dojo is the spirit and enthusiasm of the students.

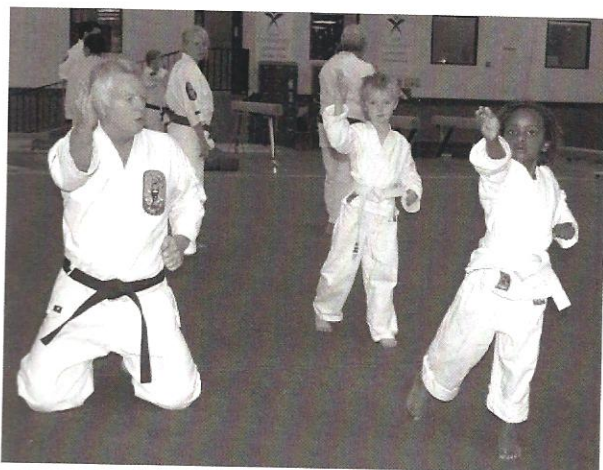
She is also drawn to the "light-hearted atmosphere" of the dojo. As an instructor, she says she enjoys sharing knowledge so that others can learn.

Mr. Kirkpatrick has been a part of the dojo since 2001, rising in rank to sho dan in 2006. Once a

sho dan, Mr. Kirkpatrick began instructing in the Plano dojo and today he co-leads all three weekly classes.

Mr. Kirkpatrick said that learning Isshinryu techniques from eighth dan Kyoshi Kristensen, and then having the opportunity to teach those same techniques to others is his favorite aspect of instructing at the Plano dojo.

In addition, he said, "Instructing forces you to be sharp and enhances your own training."

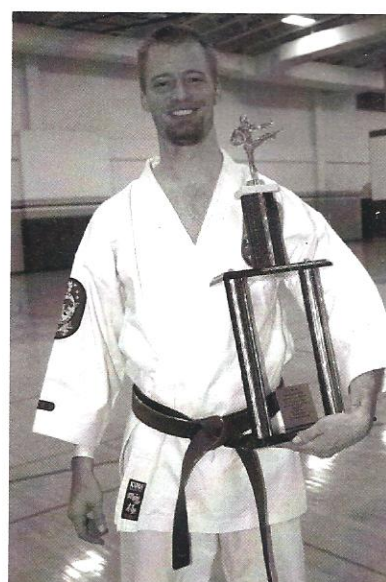


Sho Dan Mike Harper instructs juniors Trey Dickey and Colleen Clark on shuto techniques.



Ni Dan Carol Gue instructs yellow belt Kurt Dickey on technical aspects of Seiuchin Kata

TIKK brings home 150 trophies from traditional tournament; Three TIKK black belts win grand champion titles



Black belts Susan Harris, Mike Harper and Matt Evans win grand champion titles at the tournament.

By **LAURA MURRAY**
Sho Dan

A team of 76 students from Texas Isshinryu Karate Kai brought home 150 trophies from the 2009 Traditional Martial Arts Winter Classic tournament held Jan. 17 in Denton.

The tournament attracted competitors from all over north Texas and Oklahoma.

Competitors also got to experience a seminar conducted by Hanshi William H. Duessel, a ninth degree black belt who received his black belt in Isshinryu personally from the founder, Master Tatsuo Shimabuku, in 1964.

Hanshi Duessel, who is the Isshinryu World Karate Association's highest-ranking black belt in the United States, demonstrated some basic techniques that are helpful to students of all styles in the martial arts as well and some self-defense techniques he developed.

Hanshi Duessel is the teacher of Kyoshi Shihan Kristensen.

Three TIKK black belts earned top honors at the tournament with grand champion designations. Sensei Susan Harris won the women's grand champion title for kata while Mr. Matt Evans won the men's grand champion title for kata. Mr. Mike Harper won the men's grand champion title for kumite.

Following are TIKK's complete tournament results:

Black Belt Divisions

	Kata	Kumite	Weapons
Susan Harris	1 st	3 rd	1 st
Tommy Thomas	3 rd	4 th	3 rd
Matt Evans	1 st	1 st	1 st
Tony Palos	2 nd	3 rd	2 nd
Tina Palos	2 nd	2 nd	2 nd
Carol Gue	4 th	2 nd	—
Jeannie Rupp	2 nd	1 st	—
Clement Caracciolo	—	4 th	—
Kent Kirkpatrick	3 rd	2 nd	2 nd

Kyle Murray	—	4 th	—
Mike Harper	2 nd	1 st	3 rd
Mark Hendrix	4 th	4 th	4 th
Laura Murray	3 rd	4 th	2 nd
Margaret Myers	1 st	3 rd	1 st
Glenn Gibbs	1 st	4 th	1 st
Tyler Murray	1 st	2 nd	1 st

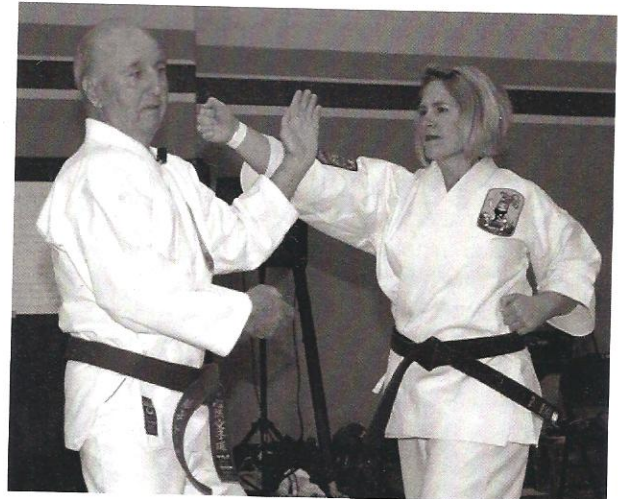
Advanced Divisions

	Kata	Kumite
Chuck Blommaert	1 st	1 st
Tracy Dickey	1 st	1 st
Andrew Black	2 nd	—
Shane Murray	1 st	4 th
Johannes Kroll	4 th	2 nd
Allan Wallander	1 st	1 st
Dan Melendez	4 th	—
Taylor Casale	2 nd	3 rd
Steve Kroll	1 st	4 th
Dakota Wilson	3 rd	3 rd
Ben Collins	4 th	2 nd
Dean Collins	3 rd	3 rd
Carson Dickey	2 nd	3 rd
Perry Lopez	—	2 nd
Jim Wallander	3 rd	1 st
Caleb Stanley	2 nd	1 st

(See TOURNAMENT, next page)



Ik Kyu Tracy Dickey performs her first place kata at the Winter Classic tournament in Denton.



Ni Dan Jeannie Rupp demonstrates a technique with Hanshi William H. Duessel at the seminar.

Tournament...

(From Page 6)

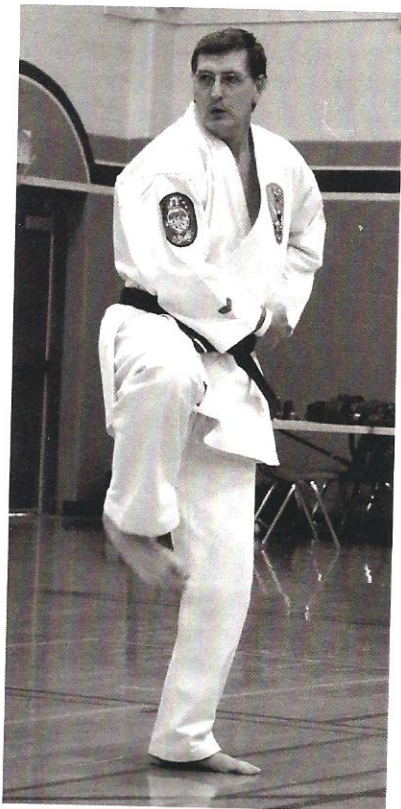
Joey Marcella	—	3 rd
Garrett Marcella	4 th	—
Brian Tucker	2 nd	2 nd
Chance Boyd	3 rd	4 th
Dianne Van Winkle	2 nd	2 nd

Intermediate Divisions

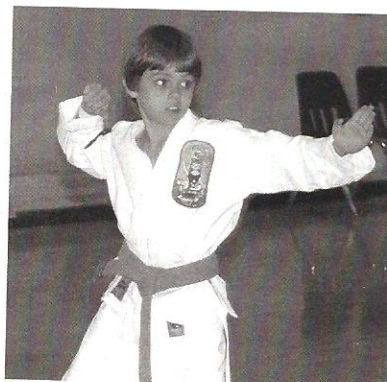
	Kata	Kumite
Ethan Shah	2 nd	3 rd
Ethan Tucker	2 nd	2 nd
Jovi Espinosa	1 st	1 st
Caitlin Boyd	1 st	3 rd
Wyndi Liles	4 th	4 th
Caleb Clarke	3 rd	1 st
Jack Pergantis	3 rd	3 rd
David Van Winkle	1 st	1 st
Mark McLaughlin	4 th	3 rd
Carey Claggett	2 nd	3 rd
Maggie Butterfield	4 th	4 th
Robert Kleppinger	1 st	3 rd
Cheryl Shaffer	3 rd	2 nd
Austin Gillham	2 nd	4 th
Ishan Vengurlekar	4 th	2 nd
Adam Wallander	1 st	1 st
Aisha Espinosa	2 nd	1 st
Kelli Kleppinger	1 st	1 st
Ruthie Dennis	1 st	—
Grant Dennis	3 rd	4 th
Robert Casale	3 rd	2 nd
Elizabeth Kleppinger	3 rd	2 nd

Beginner Divisions

	Kata	Kumite
Erik Van Winkle	2 nd	2 nd
L.B. Herbert	2 nd	2 nd
Laura Becker	1 st	1 st
Daniel Becker	1 st	1 st
Nicole Van Winkle	1 st	1 st
Sarahbeall Shaffer	2 nd	—
Stephanie Kirkpatrick	3 rd	3 rd
Jason Thomas	1 st	1 st
Brandon Kirkpatrick	2 nd	2 nd
Julian Paulino	1 st	—
Tristan Watson	4 th	—
Jack Myers	—	2 nd
Trey Dickey	—	2 nd
Mann-Ning Li	3 rd	3 rd
Madeline Olivier	4 th	—
Micah Maguire	—	2 nd
Abby Olivier	—	—



Green belt Adam Wallander, left, and Ni Kyu Steve Kroll both perform their first place katas at the 2009 Traditional Martial Arts Winter Classic tournament held in Denton.



Hustle, bustle creep into final karate event of year

By **LAURA MURRAY**
Sho Dan

Each year the Winter Shiai at Texas Isshinryu Karate Kai represents the culmination of another year of training for students.

And December traditionally is a very busy time as the holiday season is in full swing.

This year, the hustle and bustle of the season and just life were quite evident as many students' personal lives managed to creep into the kai's festivities one way or another.

Purple belt **Paula Sue Reynolds** probably shows the most dedication by even being present at the shiai. She got married December 12, the day before the shiai, and is there with her new husband Gary Epps in hand.

Mr. **Greg Midkiff**, looking forward to experiencing his first shiai as a black belt, leaves his home in south Texas with his son Ik Kyu **Daniel Midkiff** at 3:30 a.m. to get to the shiai.

The two pick up purple belt **Wyndi Liles**, who now lives in Marble Falls outside of Austin, in Georgetown on their way.

Sho Dan **Tyler Murray** misses the morning training all together because he is rehearsing as the drummer with dozens of musicians for a major holiday service at his church the next day.

After missing most of the shiai, purple belt **Ethan Shah** rushes in putting on his belt just in time to make rank.

Ni Kyu **Allan** Newlyweds purple belt Paula Sue and Gary Epps at shiai

Wallander leaves the training session early to go to a basketball game and then returns during the shiai just as he is told to come forward for his promotion to ik kyu.

Wearing only his gi top and basketball shorts just doesn't cut it, and Kyoshi Shihan Kristensen sends him out to get properly attired in his full gi.

Sho Dan **Kyle Murray** misses the entire shiai for the first time in his more than 11 years of training as he is now living away from home as a college student and must take his first set of finals.

Nevertheless, nearly 100 TIKK students turned out for the morning training session and the shiai at the Lewisville Veterans of Foreign War Post.

The highlight of the day was when ik kyus **Jennifer Wiederkehr** and **Tracy Dickey** were named 2008 Senior Karateka of the Year. Green belt **Adam Wallander** was named 2008 Junior Karateka of the Year.

With no promotions in the black belt ranks, the most significant promotions of the day were when Shane Murray, Allan Wallander and Johannes Kroll were promoted to ik kyu, the last rank in brown belt before black belt.

Caitlyn Boyd was moved to **blue belt** while Sam Wood was awarded **green belt**. Jason Thomas earned his **yellow belt**.

The Winter Shiai ended with the kids being rewarded with gifts from TIKK's own Secret Santa and everyone enjoyed the usual smorgasbord of potluck food and good company.

May 2009 be just as special for students of Texas Isshinryu Karate Kai.



2009 Junior Karateka of the Year
Adam Wallander



Ni Kyu **Allan** Newlyweds purple belt Paula Sue and Gary Epps at shiai



Three earn final brown belt rank...ik kyu at Winter Shiai

TIKK brown belts, from left, Shane Murray, Allan Wal-lander and Johannes Kroll were moved to ik kyu rank at the Winter Shiai. This is the last rank in brown belt before black belt. TIKK students are eligible for junior black belt if they are at least 13 and may become full-fledged black belts, or sho dans, at 16.

Uke...

(From Page 1)

form is technical and it requires speed and courage. It asks the practitioner to be close to his or her target and brave the thought of getting struck to be able to utilize all the weapons and possible combinations that are available at that range.

Hanshi Duessel not only is very aware of this from how he demonstrates self-defense but also from how he has worked among many of the larger-sized practitioners who brought Isshinryu to the U.S.

Whenever I get the honor of working with Hanshi Duessel now, I pay close attention to a few things. One is how much effort he uses to throw a punch; it is all so very subtle. His extraction is very fast and he uses very little effort.

He does not hesitate or think to throw and I can see the intent in his eyes when he is putting more into his strike and the feel is very different. I know if I didn't put up all my armor in both air and abs, it was going to sink into my stomach and give me that sick

feeling.

Fortunately, he knows his punch so well that he knows exactly how much force will get through me and used just what would get through and not make me sick; he was being very gener-



Hanshi William H. Duessel

ous. I already knew he had that punch for I have felt it before and it is still amazing.

The other main point I saw from him was another I knew about but was joined with another that hit hard. He is extremely courageous; he has no fear of being hit and he emphasizes this when demonstrating the smelling of the rose and the stages to get there.

When he demonstrated that

principle, he showed me something else; he is very tricky and malicious. His methods of fighting are not to overpower, out-speed, or even outdo a technique.

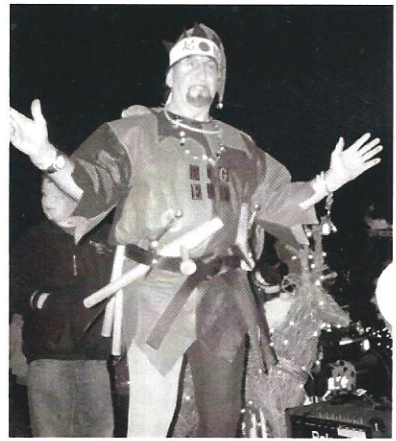
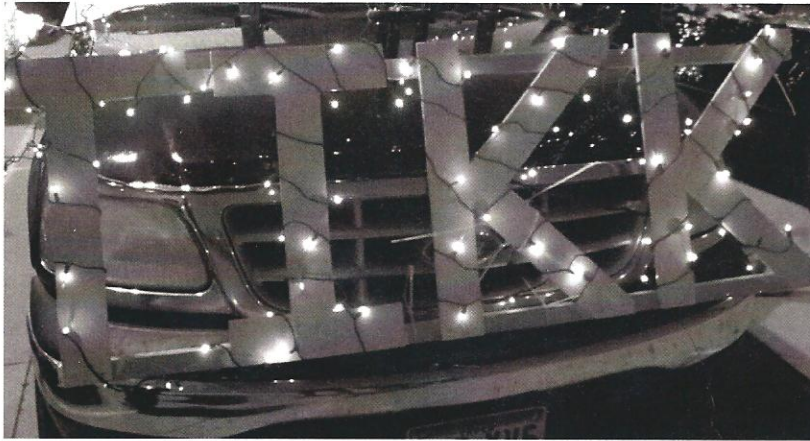
He outsmarts by using cleverness and malicious use of what the opponent gives him which is much nastier than being strong and heavy.

Hanshi's devout dedication to staying the course with Tatsuo Shimabuko's ideals and philosophy of karate also shows the remarkable knowledge base he has from his studies.

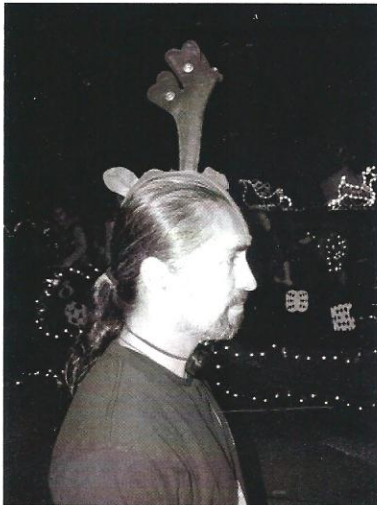
After being in several arts and studying Isshinryu for 11 years, I can see correlations between many different arts and Isshinryu and how they have pulled from each other, finding many ways to pull more self defense from the katas.

Now ponder the fact that Hanshi Duessel has been studying for more than 50 years. Imagine the amount of technical abilities and information he has accumulated over that time. He's probably forgotten more than I will ever know in my lifetime.

TIKK spreads holiday cheer at Coppell parade of lights



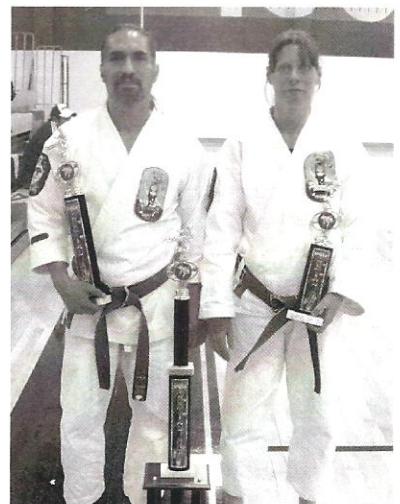
Shihan, right, was the "Big Elf" while Sensei Palos, lower left, tried his turn at being a reindeer.



Sensei Palos wins grand champion at Battle of The Best



Sensei Tony Palos, right photo, shows the grand champion trophy he won at the Battle of the Best Championships in The Colony on Dec. 6. TIKK students competing, above, were Sensei Tina Palos, Trey Dickey, Mrs. Carol Gue, Carson Dickey, Brandon Kirkpatrick, Tracy Dickey, Mr. Kent Kirkpatrick and Sensei Tony Palos.



KNOW YOUR BLACK BELTS

Mr. Kyle Murray

KARATE

Rank: sho dan.

I first started doing karate in: September 1997.

I first started doing karate because: my mom made me.

The thing that has kept me doing karate has been: my parents, Ren-shi and Kyoshi have encouraged me over the years!

I achieved my sho dan on: April 15, 2007.

My favorite kata is: Suansu.

My favorite karate drill is: Multiple Attack routines.

My least favorite karate drill/exercise is: the spinning/sweeping drills.

The one thing Shihan has taught me that has had the most impact on my life is: I can achieve anything I want if I put my mind to it.

To me, karate is: my lifelong journey toward good mental and physical health.

My most memorable karate experience is: fighting my mom at the end of her black belt testing.

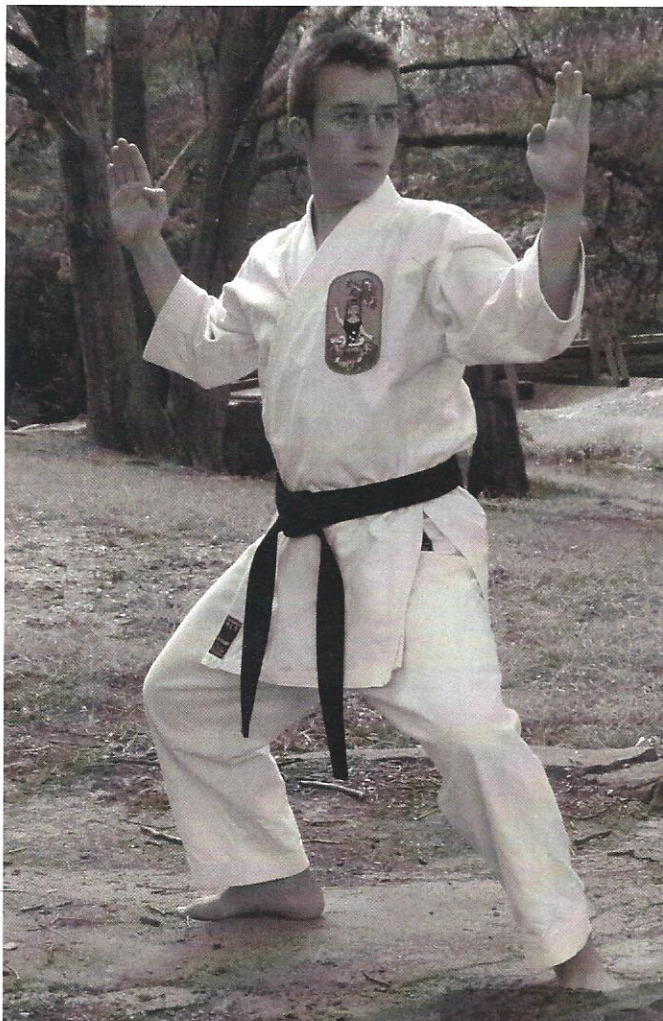
My goal in karate this year is: to keep up my training being far away and get first in something at the world championships!

PERSONAL

Nickname: Mr. Murray.

Birth date and place: February 18, 1990 Galveston, Texas.

Occupation (outside of karate):



full-time student at Baylor University.

Family: Mom (sho dan), Dad (doctor), Tyler (sho dan) and Shane (ik kyu).

I live in: Waco and Coppell, Texas.

My favorite pastime or hobby besides karate is: hanging out with friends.

The three words people use to describe me are: honest, hard-core, friendly.

I wish I knew how to: sleep with the lights on.

I'm most proud of: my music I listen to.

My favorite restaurant is: Pappas Bros. Steakhouse.

I'm happiest when: I'm eating with my friends or family.

The best vacation I've ever had was when: my family went to Hawaii in 2008.

My goal in life this year is to: not flunk out of college and get As.

Mr. Murray has done karate at TIKK for 11 1/2 years. Shown here at the Spring Shiai in 1998, he is a white belt working with the now Sensei Susan Harris, who was a brown belt at that time.



SENSEIS' CORNER

What I have Learned in Karate

Karate is a lifetime of learning:

- Learning by example. Studying my great example, Kyoshi.
- Learning from all circumstances in life no matter how big or small.
- Learning that little things make big things happen.
- Learning that no strength is used in battle. Those who go forth to fight, boasting of their power shall lose. For it is speed and technique that win the day.

You need not say I am true to my karate, *be true.*

—Sensei Tommy Thomas

What is faith? One definition describes it as a complete trust or confidence in someone or something. *Complete trust.*

Have faith in your instructors. When everything else feels overwhelming in your training, or you feel you can't get past a slump in your karate, talk to your sensei. That is what Dojo Rule #21 is for.

Stay the path! Have faith in your training and keep the end result in mind, even if it you don't feel like you're making any progress. That is what faith is all about.

When things aren't going well...well, keep going! That's what faith is. That is what gets you through your journey.

—Sensei Tony Palos

Thought of the Day: Focus on what is important in life — what really matters; yourself, your family and your faith, not necessarily in that order!

—Renshi Maria Kristensen

“The martial arts begin with courtesy and end with courtesy, not in form alone, but in heart and mind as well.”

“Respect other person's rank, especially if higher than yours.”

In the dojo, these two sayings go hand in hand. The longer we train, the more comfortable we feel with each other. While we are like family, we can always take a moment to make sure our words and actions are humble and polite.

Regardless of our rank, we should always try to show respect and courtesy to our fellow karateka, and especially higher rank. After all, we are all working on perfecting our character and becoming true martial artists!

—Sensei Tina Palos

Life has many challenges — tests of strength, faith and endurance of handling stress in your life. Focus on the things that give you peace and health, both mentally and physically.

The stress will always be there; it is just a matter of whether you allow it to overtake your life.

Take time every day for yourself, five minutes doing whatever it takes to focus on you. It will pay off in the end.

—Sensei Susan Harris

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Office: 972.839-8243

jennifer@owen-group.com