

THE DRAGON FIRE



**HOT News
from the Studio**

sdssportsmouth@aol.com

www.sdssportsmouth.com

603-828-6848

**601 Islington Street
Portsmouth, NH
03801**



Portsmouth, February 2026



The **Chinese New Year in 2026 falls on February 17**, marking the beginning of the **Year of the Red (or) Fire Horse**.

This zodiac sign is associated with traits such as energy, optimism, and a desire for success. The Year of the Fire Horse will last until February 5, 2027.

Also known as the **Spring Festival**, this is the most important festival in Chinese culture. Key traditions include:

- **Reunion Dinner:** Families gather for a special meal on New Year's Eve.
- **Red Decorations:** Homes are decorated with red lanterns and couplets to symbolize good luck.
- **Red Envelopes:** Money is given in red envelopes as a symbol of good fortune.

These traditions reflect the importance of family, prosperity, and the hope for a good year ahead.

Here's wishing all a healthy and prosperous year.
Happy Lunar New Year!



STEVE DEMASCO'S
**SHAOLIN
STUDIOS**

Motivate • Inspire • Teach

SAVE YOUR

SPOT TODAY!

**SHAOLIN
FIVE ANIMALS
BOXING FORM
MARTIAL ARTS CLINIC**

Led by **Master Mark Giordano**
student of Grandmaster Steve DeMasco PhD.

Fee: \$90 pp

Family Fee: **\$199** (3-4 Members)
See your Instructor for more details

SATURDAY, MARCH 14th 2026

Clinic Location Concord, NH Studio

1:00 PM to 3:00 PM

An Exciting Opportunity to Learn a New Form!

Sr. Master Mark Giordano will be leading a clinic in March to learn the Shaolin Five Animals Boxing Form. It's been several years since a special form has been offered to students. You won't want to miss this opportunity. Who knows when the next one will be offered!

More details will be coming soon, as will a studio sign-up sheet, but put this on your calendar and plan for it. Concord is an easy commute from here and worth the effort.

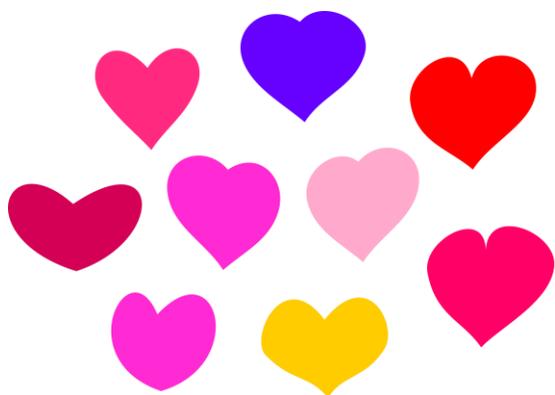
And by the way—to qualify for that family fee, the participant doesn't have to actually be a studio student. So, if there are siblings or parents who want to give it a go, you are welcome to do so. No matter the setting, we always teach to ability, so if you think you don't have the flexibility or coordination, put those thoughts aside. If one of your New Year's resolutions is to try something completely different this year, now's the time!!

Look for the sign-up sheet that will soon be available. Get your name on it!

FEBRUARY BIRTHDAYS.....

Angela D. 2/15

Aurelia S. 2/15



CALENDAR UPDATES:

February 7th Portsmouth Belt Advancement
[NOTE DATE CHANGE]

March 14th CONCORD Martial Arts CLINIC
[Shaolin Five Animals Boxing Form]

April 11th Portsmouth Belt Advancement

May 9th BLACK BELT / BLACK SASH TEST
[Location: Keene Studio]
Portsmouth Studio **CLOSED**

May 22-25th STUDIO **CLOSED**
[Memorial Day Weekend]

June 13th Portsmouth Belt Advancement

The Tiger – Master of Self-Control

The Tiger is one of the animals we study. It's movements are decisive, controlled, and direct. It's a great animal to teach us strength and power. But, we also look to the Tiger for the character aspect of self-control. When we ask the kids what they think self-control is, the answer we get back the most often is "control of your mind and body." That's a great answer and nicely sums things up.

But, let's look a little deeper. Just what is control of your mind? If you ask the experts (whoever they might be), you would probably get as many answers as people you ask. But if you ask *us*, we think control of your mind means taking responsibility for your words and actions. That old saying...*you can't control the behavior of other people, but you can control your reaction(s) to it*" is very true.

It can be tough to not verbally retaliate against a real or perceived insult. But it can be done if self-control is being practiced. The same is true if we're not talking reaction, but initiation. Avoid making derogatory comments, whether in jest or not. Doing so shows good self-control. Sure, you might observe someone doing something foolish, but you need not comment on it. And who knows, that one time you exercise good self-control and *not* make a comment that could hurt feelings, might be the one time that person needed to move on from a possibly self-destructive act. Think about that.....NOT saying something might actually save someone harm. How cool is that??

But moving on to control of your body..... this could mean so many things. When practicing your kung fu, it could mean working your balance and flexibility so that your stances, or kicks, or punches are awesome. When walking on a slippery surface, it could mean knowing how (or how not) to fall to avoid injury. When confronted with a physical threat, it could mean moving in a way that is protective of yourself, yet not overly aggressive or harmful to another. Whatever the circumstance, control of your body is as important as control of your mind. After all, as the two are tied together, this makes obvious sense.

So, the next time you're in the studio, look at the Tiger poster that is above the mirrors. It reflects on different aspects of self-control....aspects the kids sum up very well...."control of your mind and body."



LIKE and Follow us on FACEBOOK!

(Steve DeMasco's Shaolin Studios of Portsmouth NH)

Need a new T-Shirt? Sweats? Gear Bag?

Shop Our Web Store. Safe. Convenient.

<https://ShaolinStudiospa.secure-decoration.com>