

was one of Bruce Lee's first Seattle-area students, and for a number of years he taught under the discipline of Lee's kung fu style. He has since branched off into his own arena, however, combining several different styles, including kickboxing, wrestling and jujitsu, into a pragmatic, overarching discipline. Traditional martial arts methods are regulated by remote governing bodies, but DeMile's blend allows his studio to keep the practice nimble and fresh.

"I can teach a kid to do it one way one year, and then the next year if I learn how to do it better I can say, 'We're doing it this way now.' I don't have to check with the Grand Master."

DeMiles also differs

from his father's teaching style in another significant way. "One of the things that has made us successful over the years is that we love to have fun. Sometimes martial arts are infamous for not being fun. While I believe in having some discipline, some protocol, kids learn better when they're having fun."

The life lessons of self-confidence and empowerment that the martial arts instill, as well as the lessons of practical self-defense, can especially resonate among women and girls. Aduddell's Pacific Fusion studio has classes specifically designed toward this end, with the mindset of teaching girls to "Be Epic." She said that in martial arts "you must work tirelessly for

tiny incremental gains to reach your goal, and for girls, they do this all while finding their inner voice. A strong, proud voice, broadcasting to the world who they are, without fear."

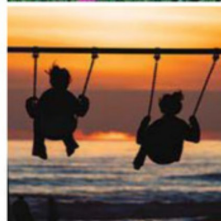
Similarly, Family Martial Arts offers periodic self-defense clinics for girls and women.

In today's world of screens and attention-grabbing media, the practice of martial arts can serve as healthy reminders that hard work and self-discipline—in both body and mind—never go out of style. Especially when there's a whole lot of fun thrown in along the way. ■

» More at [pacificfusionmartialarts.com](http://pacificfusionmartialarts.com) and [bainbridgefma.com](http://bainbridgefma.com).

## In a Calendar Dear

» Veteran commercial photographer **PETE SALOUTOS** has made benefit calendars—curating his stunning images to raise funds for various causes—for decades. But recently, his focus has sharpened in a deeply personal way. "The chickens come home to roost," he said. "They came home really close." In October 2016 after several years of symptoms, Saloutos' wife, Aleta, was diagnosed with Waldenström macroglobulinemia, a rare form of lymphoma. Gratefully, world-class comprehensive treatment at Seattle Cancer Care Alliance (SCCA) put the blood cancer in remission by early 2017. Saloutos is forever committed to expressing his gratitude to SCCA, pledging all future calendar proceeds to the network. "Part of the creative process is to help others," said Saloutos. "Those two things are intertwined. I'm supposed to use the gift that I have to help others." And what a gift it is. The 2018 calendar showcases his vibrant, painterly photographs—images that range from serene, snowy landscapes to explosively colorful spring blooms; from gorgeously framed local landmarks to the exotic and ethereal. Saloutos worked with fellow islander Orlando Boleda, vice president of operations at KP Corporation, to print the collection using donated materials and labor. Look for the calendars at T&C, Eagle Harbor Book Co., Island Fitness and Roby King. —JANICE HUANG



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