

SHAOLIN KEMPO SCHOOL OF MARTIAL ARTS MONTHLY NEWS

August 1 2011

This newsletter is to help inform you of all the things going on throughout our school and our organization. In this newsletter our goal is to bring you information of upcoming events as well as schedule changes, students rank advancements, fundraisers, and all the activities happening on a regular basis.

August

We, at Shaolin Kempo School of Martial Arts, would like to thank all of our students and their parents for all their support throughout the years and we hope to continue the quality of martial arts training to keep your support for many more years to come. If you have any question or concerns with our programs or the training of the students here, please feel free to contact us and we will help in every way.

Contact: Shaolin Kempo School of Martial Arts

(502) 921-0193 Shepherdsville, KY

(502) 296-2248 Taylorsville, KY

Email at Info@shaolinkempomartialarts.com

Upcoming Schedule Changes

Sparring classes will resume for Teen and Adults for the month of August on Tuesdays at 8:00pm

We are now closed every Friday in Shepherdsville

School will be Closed Saturday September 3rd and Monday September 6th for Labor Day

Don't forget every 1st Saturday of the Month at our Shepherdsville location all classes are at 11:00am for Pee Wee and 11:30am for everyone else.

Next 1st Saturdays of the month for 2011 will be:

August 6, 2011

October 1, 2011

SPECIALIZED CLASS (September Only)

For the month of September will be having Grappling Classes instead of adult sparring classes on

Tuesdays 8:00-8:45pm (this class is for Teen/Adults only)

Sparring classes will resume on Tuesdays in November

Upcoming Events

*******Bring a Friend to Class Day*******

Saturday August 27th, 2011

(Bring a friend or family member to class with you and do class together)

Summer Vacations

Remember for those that have been on vacations during the summer months, please get with Mr. Tony and set up your make up privates so that you do not miss out on your training.

We at Shaolin Kempo School of Martial Arts, being a family oriented business, respect family time a great deal and understand that most families vacation during the summer months, but we want our students to remain dedicated to their training as well. Don't miss out on anything in class that might make you a better person and/or martial artist.

Congratulations

We, at Shaolin Kempo School of Martial Arts, would like to recognize the below listed students for their hard work and dedication to themselves and their training....Great Job!!!

Shepherdsville, KY 7-23-11 - Ali Spalding – Purple Belt
Riley Spalding – Blue Belt
Everette Collins – Blue Belt
Daniel Collins – Blue Belt

7-28-11 Hunter Basham – Orange Belt

Taylorsville, KY 7-22-11 Robert Young – Blue w/ Green

7-23-11 Donnie Pay – Green Belt

Topic of the Month

Self Discipline

Many people think of discipline as the act of correcting someone. When we talk about discipline in the martial arts we are referring to self discipline. This is the act of controlling ones actions and staying on task. In the dojo, this is done by practicing the techniques that your instructors ask you to do. Even when you have had a bad day at work or school, don't feel good or are tired. Your instructors pick these techniques by watching you during your review and pick what he/she thinks will make you and your skills better. If you want to improve your defensive skills you should do your best to work hard and not get distracted by other things. Self discipline should also go with you outside the dojo. This can be done by practicing your karate on a regular basis at home or doing your school work. This includes doing right when someone tries to talk you into doing something you know is wrong. For example stealing, fighting or treating someone badly. Remember practice your karate, be the best person you can be and treat others the way you want to be treated. This is the martial way.

By Anthony Reeser

Sparring Classes

Remember, to participate in sparring classes students must have all required equipment. *Mouth guards* are required for everyone, no exception. *Groin* protection is required for all male students, *which should be worn during all classes*, not just for sparring; this is for the students protection. Other recommended equipment, per rank, should be hand and foot gear for all ranks, head gear above purple belt. All equipment, including groin protection and mouth guards, are available for purchase through the office.

Shepherdsville Children Sparring Classes

Monday August 15th, PeeWee and Beginners Class

Tuesday August 16th, Advanced Class

Shepherdsville Adult Sparring Class

Every Tuesday 8:00pm during the month of August - All ranks(ages 13 and up)

Taylorville Sparring Class

Wednesday August 17th, All classes

Monthly Specials

Students Rewards Program

Don't forget, regular student rewards are always available for anyone that recommends someone to Shaolin Kempo School of Martial Arts. As a reminder this is a credit (not cash) for tuition of \$70.00 if they enroll for 4 months or \$20.00 if they enroll for 1 month. Make sure they give your name, at enrollment, to receive these rewards. The rewards will be applied to next renewal period.

Back to School Enrollment Special!!!

**Get 2 months of Karate classes for \$99.00.
(this includes free uniform)**

New Enrollment only

Offer good till August 31st, 2011 (student rewards apply)

See Bulletin Board or ask in the office for up to date Specials

Aerobic Kickboxing

Get Fit, Stay Fit and have Fun

Come try our SKS Aerobic Kickboxing Class. You will get healthy, build stamina, lose weight, shape and tone your body. You also learn self defense without the physical contact in our martial arts program. Good for all fitness levels (beginner, intermediate and advanced) ages 10 to senior citizen. Set to upbeat music, this exercise class is fun and challenging for all.

**\$10.00 per class or unlimited classes for \$70.00 per month
(non-Member)**

**\$5.00 per class or unlimited classes for \$35.00 per month
(Family Member)**

Martial Arts program included with your unlimited aerobic class enrollment (Free)

Give us your opinion on this new format for the newsletter. Due to increased prices we are trying to cut down on the amount of paper used each month for the newsletter and still keep our families fully informed on all activities and upcoming events. If you have any suggestions please let us know.

Thank You, Anthony Reeser and the SKSMA Staff

If you would like to add something to our Shaolin Kempo School of Martial Arts monthly newsletter please contact Mr. Anthony Reeser at (502)921-0193