

SHAOLIN
KEMPO
SCHOOL
OF
MARTIAL
ARTS
MONTHLY
NEWS

February 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.

February

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 questions 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

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Email at Info@shaolinkempomartialarts.com

UPCOMING SCHEDULE CHANGES

We are now closed every Friday in Shepherdsville

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 Saturday of the month for 2010 will be:

February 5th , 2011

March 5th , 2011

UPCOMING EVENTS

Start planning on our 26th **Annual Karate Tournament** in Georgetown, KY which will be coming up in March or April there are Sparring and Forms divisions for Boys/Men and Girls/Women of all ages and ranks.

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	1 - 15 - 11	Luiz Ortiz	Yellow Belt
		Tyler Watford	Yellow Belt
		Alixander Watford	Yellow Belt
		Chris Colvin	Yellow Belt
		Riley Spalding	Orange Belt
		Terry Spalding	Orange Belt
Taylorsville, KY	1 - 14 - 11	Aaron Persons	Yellow Belt
		Alex Campbell	Yellow Belt
		Jude Taylor	Yellow Belt
		Luke Whitlock	Yellow Belt
		Jaykob Smith	Yellow Belt
		Lucy Young	Orange Belt
	1 - 29 - 11	Matthew Chisholm	Green Belt
		Robert Young	Blue Belt
		Nathan Gettinger	Blue Belt
		Ivy Pulliam	Blue 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

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.

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

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

Wednesday February 16th, PeeWee and Beginners Class

Thursday February 17th, Advanced Class

Shepherdsville Adult Sparring Class

Every Tuesday

8:00pm-8:45pm

(Age 13 and up)

Taylorville Sparring Class

Wednesday February 16th, All classes

PUZZLE

Draw a line from the word to the proper definition

Kempo	Small or Young Forest
Karate	Gentle Art
Shaolin	Hard Work; Effort
Kung Fu	Empty Hand
Jiu Jitsu	Laws and Ways of the Fist; Fist Way

Spell the five animals on the proper line.

1. ___ ___ ___ ___ E

2. ___ R ___ ___ ___ ___

3. ___ ___ ___ N ___

4. ___ ___ ___ ___ A ___ ___

5. ___ ___ ___ E ___