

SHAOLIN
KEMPO
SCHOOL
OF
MARTIAL
ARTS
MONTHLY
NEWS

July 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.

July

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

(502) 296-2248 Taylorsville, KY

Email at Info@shaolinkempomartialarts.com

UPCOMING SCHEDULE CHANGES

We will be closed Monday July 4th for Independence Day

NEW SPECIALIZED CLASS (July Only)

For the month of July we will be having Escrima Stick Classes instead of adult sparring classes on Tuesdays 8:00-8:45pm (this class is for Teen/Adults only)

Sparring classes will resume for the month of August and sparring will be done in regular classes for the month of July

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 Saturdays of the month for 2011 will be:

July 2, 2011

August 6, 2011

September 3, 2011

UPCOMING EVENTS

Summer Vacations

Remember for those that are going on vacations during the summer month to 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. Let Mr. Tony know when you are going on vacation to make sure that you don't miss out on anything in class that might make you a better person and/or martial artist.

Picture Day

Get Your Picture Taken Fro Free!

(All Students)

Sunday July 17, 2011 – **1:00pm**

At Shepherdsville Location

We will be having a photographer come in to do group and individual photos for all students at no cost to them. This is a big opportunity so we would like to have as many students attend as possible. Students are required to be in full uniform, no t-shirts. If you received any trophies or metals at the tournament please bring them.

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	6-18-11	Elizabeth Hines – Green/Brown Stripe Michael Atwell – Green/Brown Stripe Zack Smith – Green/Brown Stripe Jake George – Blue/Green Stripe Kenshin Peterson – Blue Belt Luiz Ortiz – Purple Belt Jay Miller – Purple Belt Emili Reeser – Purple Belt Chris Colvin – Orange Belt Casey Sweat – Yellow Belt Clayton Williams – Yellow Belt
	6-30-11	Evan Hall – Orange Belt
Taylorsville, KY	6-17-11	Greg Taylor – Blue/Green Stripe Codey Kimball – Yellow Belt David Day – Yellow Belt Justin Goodlett – Yellow Belt

TOPIC OF THE MONTH

Practice: Repeat something to get better.

Practice converts what our mind knows, to what our body knows (muscle memory). In most dangerous situations, we do not have time to think, we only have time to react. In the split second it takes to think of what to do, the situation or our lives can be lost. By reacting, our body does what needs to be done without the thought process. Practice takes our techniques and teaches our body to act. Without practice, we must think, wasting precious time. The more we practice, the faster our body will react to any given situation. It will “know” what needs to be done, and how to do it without thought. Practicing in the dojo is great, but if you think about it, it’s just not enough. If you make 3 classes a week, that amounts to only 2 hrs and 15 minutes of class time. If you take into account ...

...stretching, hand strikes and kicks, and new material; that leaves about 1 hour of practice time. This amount of time might allow us to remember our techniques, but not to commit them to muscle memory. Practicing outside of the dojo is essential. Doing blocks while watching television, half mooning down the hall, or working a technique while in the pool; is all practice, which helps set it all to muscle memory. This is how we prepare ourselves to be ready if we ever need to use our defensive skills.

By Mr. Jason Rhule, Black Belt Instructor SKSMA

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

Saturday July 23th All ranks

Shepherdsville Adult Sparring Class

Saturday July 23th All ranks

Taylorsville Sparring Class

Saturday July 23th All ranks

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* \$70.00 per month (non-Member)

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

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

If you would like to add something to our Shaolin Kempo School of Martial Arts monthly newsletter please

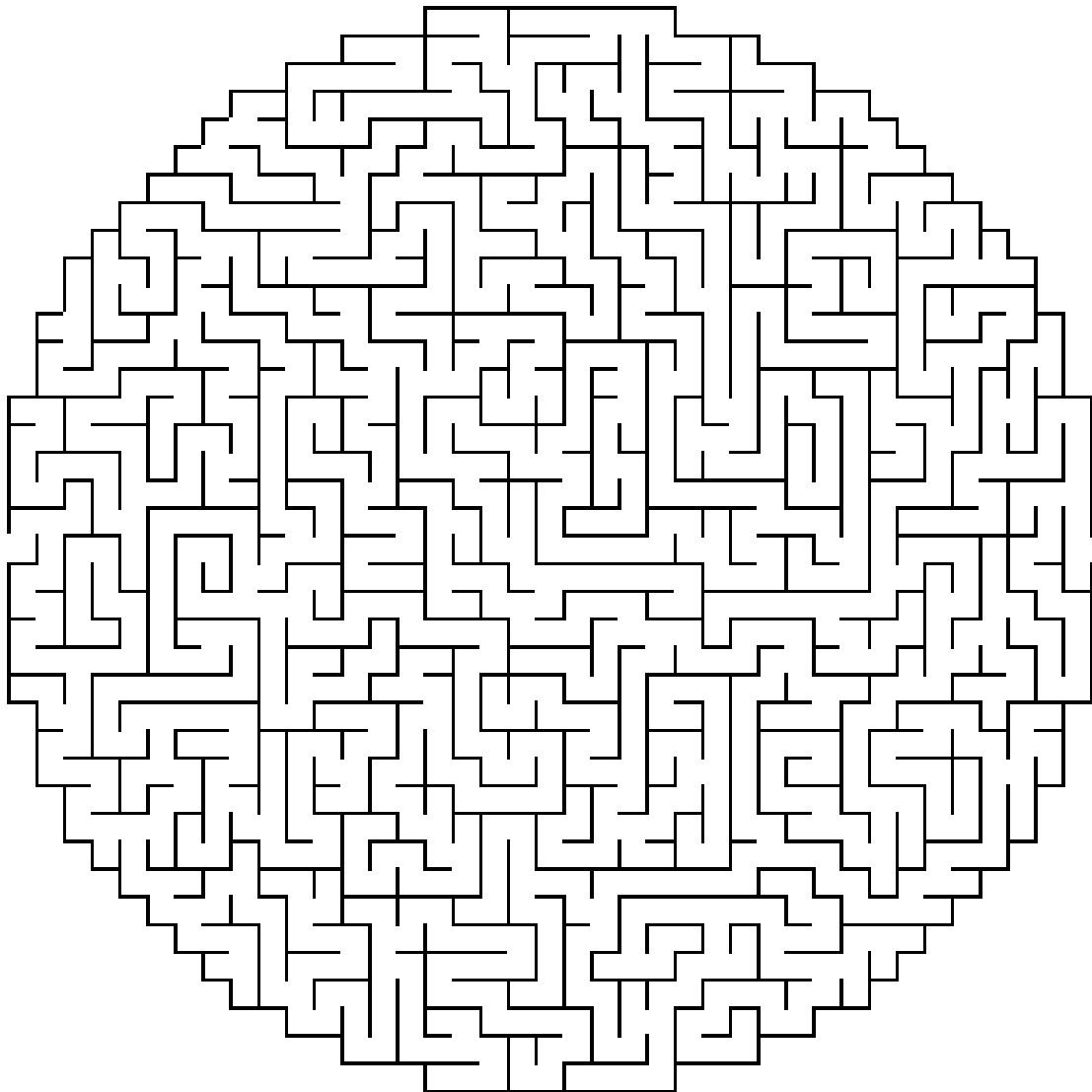
contact Mr. Anthony Reeser at (502)921-0193

PUZZLE

Find your way

Travel through the maze to find Home

Start



Home