

SHAOLIN
KEMPO
SCHOOL
OF
MARTIAL
ARTS
MONTHLY
NEWS

June 1
2010

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.

June

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

NEW SPECIALIZED CLASS (July Only)

For the month of July 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 2010 will be:

June 5, 2010

July 3, 2010

August 7, 2010

School will be closed Saturday June 26th for Our Annual Summer Picnic

UPCOMING EVENTS

Shaolin Kempo Studios of Self Defense T-Shirts

We are doing a t-shirt order for those that would like to purchase one of Mr. Wrights organizational (five animal) t-shirts. They are available in all sizes, in the colors black, red or white. They are \$15.00 plus tax. If you would like one of these shirts please let Mr. Tony know so he can add it to his order. These shirts can also be worn in class during the summer months.

Shaolin Kempo School of Martial Arts Annual Summer Picnic

Saturday June 26th, 2010

12:00noon until 8:00pm

McGruder Meadow in Bernheim Forest

Come join in the family fun. We will be playing Volleyball, Ultimate Frisbee, Hiking and many other fun things to do. This is a day of activities to enjoy and bring all our martial arts families together.

Pot luck: we ask that you bring one a dish and sodas for your family.

Please let us know who is coming and what you are bringing so that we have enough food and nothing is duplicated. Signup sheet is next to Tony's office.

Why send your child to a Daycare over the summer, when they could be having fun learning life skills in the martial arts?

Register Now! Kids All Day Karate Summer Camp

Camp starts

June 2nd –June 25th, 2010

7:00 am until 5:00 pm

Monday – Friday

For Ages 6 -13

Safe environment, positive atmosphere, first aid trained staff

Daily Karate Class, Fun Games, Crafts to teach team work & respect, Field trips to local pool and parks

\$70.00 per week (daily rates available)

Save Money compared to daycare prices

Multiple children discounts

\$55.00 Second Child per week

\$35.00 Each Child after that, per week

\$15.00 Registration Fee is waived to all current SKSMA Members

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	5-22-19	Dustin Wilkinson – Yellow belt Daniel Collins – Yellow Belt Noah Allberico – Yellow Belt Savanna Slawson – Yellow Belt Terrence Beavers – Yellow Belt Krillin Peterson – Purple Belt Brandi Tungett – Blue/Green Stripe Krista Tungett – Blue/ Green Stripe Jake Allen - Blue/ Green Stripe Cody Matherly – Blue/ Green Stripe
Taylorsville, KY	5-15-10	Chris Lewis – Orange Belt
	5-29-10	Tara Chadwell – Purple Belt

TOPIC OF THE MONTH

Focus: To concentrate attention or energy!

Focus in the martial arts is essential, if not critical. Out on the street, with adrenalin pumping, heart pounding, attacks coming from anywhere or everywhere; the ability to focus our attention on the immediate threat is the key. Our mind must clear, allowing our training to take over. Focus starts with Front Position, the ability to stand still and concentrate on a spot, ignoring everything else going on. During class, focus allows us to train our body, and our mind; on the task we have been given. Focus allows us to improve control. When we lose focus, techniques can become sloppy, and injuries can occur. When we are being spoken to, or taught, we must focus; our instructors are trying to impart information, correction, or wisdom to us; honestly, isn't that what we are there for?

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

Wednesday June 16th

Thursday June 17th

Shepherdsville Adult Sparring Class

Every Tuesday Evening 8:00pm-8:45pm (open to all ranks ages 13-up)

Taylorville Sparring Class

Wednesday June 16th

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