

SHAOLIN  
KEMPO  
SCHOOL  
OF  
MARTIAL  
ARTS  
MONTHLY  
NEWS

June 1  
2011

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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](mailto:Info@shaolinkempomartialarts.com)

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## **UPCOMING SCHEDULE CHANGES**

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### **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 1<sup>st</sup> 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:**

**June 4, 2011**

**July 2, 2011**

**August 6, 2011**

**School will be closed Saturday June 25<sup>th</sup> for Our Annual Summer Picnic**

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## UPCOMING EVENTS

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### **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 25<sup>th</sup>, 2011**

**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 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.

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***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**

**May 31<sup>st</sup> –July 1<sup>st</sup> , 2011**

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**

\$80.00 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*

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## CONGRATULATIONS

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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	5-15-11	Mark Rose – Yellow belt Anthony Rose – Yellow Belt Nicholas Moore – Purple Belt Tyler Watford – Orange Belt Savannah Adams – Purple Belt Allison Spalding – Orange Belt Shelbie Miller – Orange Belt Tyler Hayes – Blue Belt
	5-17-11	Bobby Longest – Yellow Belt Kalie Hahn – Yellow Belt Davy Phelps – Yellow Belt Tucker Mayfield – Yellow Belt Zack Seaton – Bleu Belt
Taylorsville, KY	5-15-10	Lucy Young – Purple Belt

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## TOPIC OF THE MONTH

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### **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, 1<sup>st</sup> Degree Black Belt Instructor SKSMA

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# MONTHLY SPECIALS

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## 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**

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## SPARRING CLASSES

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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 June 20<sup>th</sup>

Tuesday June 21<sup>th</sup>

### Shepherdsville Adult Sparring Class

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

### Taylorville Sparring Class

Wednesday June 15<sup>th</sup>

*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*