

SHAOLIN KEMPO SCHOOL OF MARTIAL ARTS MONTHLY NEWS

March 1 2014

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.

March

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

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 2014 will be:

April 6th, 2014

June 7th, 2014

For the month of March

We will be having Teen/Adult sparring classes on Tuesdays 8:00-8:45pm (this class is for Teen/Adults only)

Next Specialized Class (April)

We will be doing Weapon Training on Tuesdays during the month of April this Class will teach the proper way of handling basic weapons such as knife, Escrima / club, Nunchaku, and staff or Bo.

Upcoming Events

Stop by and see our booth at

Bullitt County Kidsfest

March 8th, 2014

Enjoy the day with your children.

FREE!

Paroquet Conference Center

10:00 am until 3:00 pm

Free Give-a-ways, Prizes, Exciting Games and Booths

Come Join in the Excitement

April 26th, 2014

Shaolin Kempo Studios of Self Defense

Presents its

29th Annual Karate Tournament

At

Southern Elementary School

Georgetown, KY

Starts 8:00am

Sparring and Forms divisions for Boys/Men and Girls/Women of all ages and ranks.

\$55.00 Participant - All Events (ages 4 and up)

\$5.00 per Spectators ticket

Children 3 and under Free

No video cameras allowed, Flash cameras will be allowed.

To sign up or for more details please see your Instructor.

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 2-8-14 Mia Lindahl – Blue/Green
Andrew Moore – Blue/Green
Cotton Aubrey – Blue Belt
Andrew Basham – Orange Belt
Emily Basham – Orange Belt
Dovy Seymour – Orange Belt

Taylorsville, KY 2-8-14 Nathan Brumback – Blue/Green
Jude Taylor – Blue/Green
Anthony Conrad – Orange Belt
Tallas Crossfield – Orange Belt
Chase Goodlett – Orange Belt
Eli Goodlett – Orange Belt
Kristopher Denton – Yellow Belt
Joshua Taylor – Yellow belt

2-15-14 Bryce Goodlett – Purple Belt
Johnny Eisenback – Purple Belt
Madison Eisenback – Purple Belt
Samual Crossfield – Orange Belt
Cooper Keeling – Orange Belt
Sue Schaefer - Yellow Belt

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.

Students Rewards Program

Anyone that recommends someone to Shaolin Kempo School of Martial Arts and they enroll for 1 month you receive \$20.00 credit (not cash), if enroll for 4 months you receive a Free month (\$70.00 value). Make sure they give your name at enrollment to receive these rewards. The rewards will be applied to next renewal period.

Topic of the Month

Experience

I would like to remind everyone that the tournament is for the enjoyment and development of the student. In life not everything goes our way, so we must learn to deal with wins and loses. We must also learn to deal with the fears and anxiety that comes with doing certain things that feel uncomfortable to us. If we didn't try new things just because we are scared, intimidated or worried about the price. Then we have lost the battle before it has even begun. This is why we recommend that everyone try to participate no matter of age or experience. The student will find that trying wasn't as bad as they thought. They will also find out they did better than they thought they would. None of this could be done without the attempt. We always should encourage our children and peers to attempt anything that will help improve them. Keep in mind the tournament is only once a year and getting the joy and experience will go further in life then any one person can imagine.

By Tony 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 student's 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.

Tournament Prep Week, March 10-15, Bring sparring equipment to Every Class

Shepherdsville Children Sparring Classes

Sparring the Entire Week of March 10th – March 15th, 2014

Shepherdsville Adult Sparring Class

Sparring the Entire Week of March 10th – March 15th, 2014

And

Every Tuesday Evening 8:00pm-8:45pm

(open to all ranks ages 13-up)

Taylorsville Sparring Class

Sparring the Entire Week of March 10th – March 15th, 2014

2014 Youth Karate Summer Camp

Why send your child to a daycare over the summer when they could be having *fun* learning *life skills* in the Martial Arts?

This Year we will be doing our Summer Camp all Summer long!

From the 1st day of summer vacation until the Friday before the new school year starts.

Monday thru Friday - 7am until 5pm

For children ages 6 to 13

Spaces limited

Early registration discount if enrolled by May 1st

Save \$\$\$ compared to Day Cares!!!

\$80.00 per Week, daily rates available

Multiple children discounts

Don't let your child miss out on all the positive experiences of self-discipline, confidence, self esteem and friendship

built while having

Field Trips, Daily Karate Class, Crafts, Movies and Games