

SHAOLIN
KEMPO
SCHOOL
OF
MARTIAL
ARTS
MONTHLY
NEWS

October 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.

October

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

****We will be doing Escrima /Stick Fighting during the month of November on Tuesdays at 8:00pm**Class is for ages 13 and Up unless discussed with Mr. Tony**

Sparring classes will resume for Teen and Adults for the month of October on Tuesdays at 8:00pm

We are now closed every Friday in Shepherdsville

School will be Closed Saturday October 23rd for 2010 Shaolin Kempo Studios Seminar

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:

November 6, 2010

December 4, 2010

UPCOMING EVENTS

2010 Shaolin Kempo Studios Seminar

With

6th Degree Black Belt Master Wright

Saturday October 23rd , 2010

11:30am till 2:00pm

\$55.00 per person

Must be a student ages 10 and up

Come Join the Fun

2010 SKSMA Halloween Safety Party

and

*******Bring a Friend to Class Day*******

Wednesday October 27th ,2010

6:30pm to 7:15pm

(Wear your Halloween costume, Bring a friend to class with you and do class together)

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!!!

Congratulations to Mr. Nicholas Roller on passing his Black Belt Test in Georgetown

Shepherdsville, KY	9-11-10	Savannah Slawson – Orange Belt Alyssa Hayes – Purple Belt Tyler Hayes – Purple Belt Elizabeth Hendricks – Purple Belt Matthew Hendricks – Purple Belt Zach Seaton – Purple Belt
	9-18-10	Nicholas Roller – Black Belt
	9-24-10	Jake George – Blue Belt Michael Atwell – Green Belt Kyle Cramer – Brown Belt
	9-25-10	Melissa Little – Yellow Belt Sean Little – Yellow Belt Everette Collins – Yellow Belt Brian Uptain – Purple Belt
Taylorsville, KY	9-11-10	Caleb Gettinger – Purple Belt Matthew Chisholm – Blue/Green Stripe
	9-18-10	Lucy Young – Yellow Belt

TOPIC OF THE MONTH

Meditation: emptying or concentration of mind

At the beginning of every class, we kneel and meditate. I realize that after the introductory class, most of us have forgotten all but the techniques taught. There are many things taught, the 5 animals, crane stances, front position, etc. How many of us remember all of that from that class? Many of the things taught we do without thought anymore, hands out on elbows; remember you do a block in the middle. Meditating at the beginning of class is probably one of those; there is a purpose for this.

As we meditate at the beginning of class, we should be emptying our minds. We should breathe in deep through the nose, and out through the mouth. We should be letting the day's worries slip from our minds with each breath. It is not something we do just to do. By emptying our mind, and emptying the "cup", we are able to focus on the class ahead. It is not a time to worry about anything else, it is not a time to wiggle (because it might be uncomfortable), or to look around. With a clear and focused mind, we are able to learn better.

At the end of class, we meditate once again. This time, we should reflect on what was covered in class. Letting what we have learned settle into our minds, and memory. Every class is a class in which we learn something, and during meditation, we have time to contemplate that. It is not the time to think about what's for supper, it is not the time to untie our belts, it is a time, a very good time, for self reflection.

"Through meditation and by giving full attention to one thing at a time, we can learn to direct attention where we choose." - [Eknath Easwaran](#)

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

Monday October 18th Beginners Class

Tuesday October 19th Advanced Class

Shepherdsville Adult Sparring Class

Sparring will be done every Tuesdays 8:00pm to 8:45pm during the month of October

Taylorsville Sparring Class

Wednesday October 20th 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)

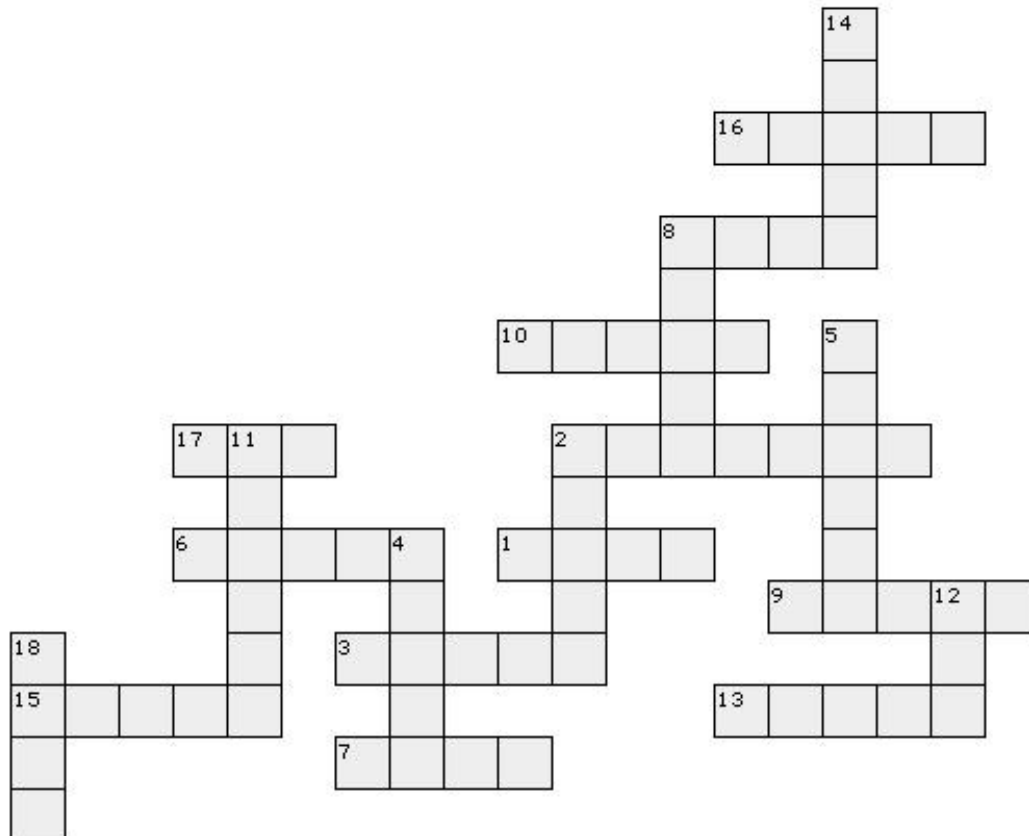
\$5.00 per class or *unlimited classes* \$35.00 per month (Member)

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

HALLOWEEN CROSSWORD PUZZLE (EASY)



ACROSS:

1. BLACK BIRDS THAT FLY TOGETHER
2. HE'S ALL WRAPPED UP IN RAGS
3. WHAT YOU CARVE FOR HALLOWEEN
4. FIELD WHERE PUMPKINS ARE GROWN
6. VAMPIRES USUALLY BITE YOU HERE
7. THEY FLY IN THE SKY AT NIGHT
9. PRANK PLAYED ON HALLOWEEN NIGHT
10. FAVORITE DRINK OF VAMPIRES
13. SAID TO A HAUNT HOUSE OR PLACE
15. TASTES GOOD COVERED IN CARAMEL
16. TREAT GIVEN OUT ON HALLOWEEN
17. A WORD USED TO SCARE PEOPLE

DOWN:

2. A HALLOWEEN RELATED GATHERING
4. PLACE WHERE A GHOST MIGHT BE
5. SPINS A WEB TO CATCH ITS FOOD
8. WITCHES SOMETIMES FLY ON THIS
11. MOST COMMON HALLOWEEN COLOR
12. A WITCH'S MOST FAITHFUL PET
14. VAMPIRES USE THESE TO BITE
18. COVERS YOUR FACE ON HALLOWEEN

Courtesy www.HalloweenGames101.com