

SHAOLIN KEMPO SCHOOL OF MARTIAL ARTS MONTHLY NEWS

February 1 2016

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.

February

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 2016 will be:

February 6th, 2016

March 5th, 2016

SPECIALIZED CLASS

Every Tuesday 8:00-8:45pm

1st Tuesday – Sparring Class

2nd Tuesday – Grappling Class

3rd Tuesday – Stick Fighting Class

4th Tuesday – Kempo Concepts

Upcoming Events

Start planning on our

31st Annual Karate Tournament

in Georgetown, KY which will be coming up on **April 30th**, 2016. There are Sparring and Forms divisions for Boys/Men and Girls/Women of all ages and ranks.

See one of our Instructors for details.

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 February 17th, PeeWee and Beginners Class

Thursday February 18th, Advanced Class

Shepherdsville Adult Sparring Class

Wednesday February 18th and Thursday February 17th

Taylorsville Sparring Class

Wednesday February 24th, All classes

Topic of the Month

Self Discipline

Many people think of discipline as the act of correcting someone. When we talk about discipline in the martial arts we are referring to self discipline. This is the act of controlling ones actions and staying on task. In the dojo, this is done by practicing the techniques that your instructors ask you to do. Even when you have had a bad day at work or school, don't feel good or are tired. Your instructors pick these techniques by watching you during your review and pick what he/she thinks will make you and your skills better. If you want to improve your defensive skills you should do your best to work hard and not get distracted by other things. Self discipline should also go with you outside the dojo. This can be done by practicing your karate on a regular basis at home or doing your school work. This includes doing right when someone tries to talk you into doing something you know is wrong. For example stealing, fighting or treating someone badly. Remember practice your karate, be the best person you can be and treat others the way you want to be treated. This is the martial way.

By Anthony Reeser

To All Student and Parents!!!

Make sure that you are checking your emails to see if you have received your invitation to sign up on the Kicksite website. This will allow you to access many wonderful thing from videos to help our students practice at home, rank requirement sheet so they can keep track of their learning progress. This system will also allow you to receive billing information and be able to keep track of your payments and much more...please let us know if you did not receive your invitation so that we can make sure you get it.

Thank You,

Shaolin Kempo School of Martial Arts Staff



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SHAOLINKEMPOSCHOOL



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 1-16-15 Summer White – Blue/Green Belt
Julia Doyle – Blue Belt
Abigale Singleton – Blue Belt
Austin McPherson – Orange Belt
Kahlila Sinkfield – Yellow Belt

Taylorville, KY 1-16-16 Baylee Belmont – Purple Belt
Konnor Farris – Purple Belt

Monthly Power Quote

**“From White belt
to Black belt you
shape the tool, at
Black belt you
learn to use it”**

Contunued Specials

Get 10 Kickboxing Classes

\$30.00

Attend any regular scheduled Kickboxing
Classes for 10 classes. Classes do not
expire until you use them all.



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