

SHAOLIN KEMPO SCHOOL OF MARTIAL ARTS MONTHLY NEWS

January 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.

January

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

Upcoming Events

Start planning on our

31st Annual Karate Tournament

April 30, 2016

in Georgetown, KY

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

If you would like a hotel room for the Tournament now is the time to reserve one. Very Limited in Georgetown during the Tournament. See Instructor for details.

New Specialized Class Schedule for Shepherdsville School

Starting Tuesday January 5, 2016 we will be starting a new Tuesday Evening Specialized class Schedule:

1st Tuesday of each month will be a Sparring Class

2nd Tuesday of each month will be Grappling Class

3rd Tuesday of the month will be Stick Fighting Class

4th Tuesday of the month will be Kempo Concepts Class

5th Tuesday of the month will be a Forms Class

Keep your New Year's Resolutions

2016 Aerobic Kickboxing Classes

Ages 10 and Up

Relieve Stress - Lose Weight - Get Fit – Build Stamina

Limited time offer Get 10 classes for \$30.00

Now!!!

Free to all Active Karate Members

**Shepherdsville Classes Times: Mon.1:00pm,
Wed. 7:15pm and Sat.3:00pm**

Topic of the Month

New Year Resolutions

The New Year is about evaluating what we have accomplished in the previous year and what needs to be done to reach our goals for this year. Remember to set goals for every part of your life, health and fitness, career, martial arts, family and spiritual goals. Life is about moving forward by setting these goals we can have a better chance to do that in a positive way for yourself and those in your life and if along the way you run into a challenge don't give up just reset your goals and keep moving forward. Success is not determined by the one left standing, but the one who keeps getting up after being knocked down over and over again and never giving up. May this year be the beginner of a new journey that leads you to the very best of success in every part of your life.

From the staff of Shaolin Kempo School of Martial

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 January 20, PeeWee and Beginners Class

Tuesday January 19, Advanced Class

Shepherdsville Adult Sparring Class

Tuesday January 19

Taylorsville Sparring Class

Friday January 22, All classes

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 12-12-15 Gage Everhart – Purple Belt
Christian Singleton - Purple Belt
JT Worley - Purple Belt
Drew Hobbins – Orange Belt
Alyssa Wenzel – Orange Belt
Riley Ewing – Yellow Belt

Taylorsville, Ky 12-12-15 Greg Hart – Blue Belt

12 -19-15 Jerry Botez – Yellow Belt
Camelia Botez-Yellow Belt

Monthly Power Quote

**“A Black Belt is
nothing more than
a White Belt that
NEVER gave up!”**



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SHAOLINKEMPOSCHOOL

Winter is here!!!

Please make sure that you are signed up for our text messaging and email services so you may stay up to date on our class schedule.... **Get notices of school winter closings and delays** as well as monthly reminders of Sparring classes, tuition notices and schedule changes.

Please verify your information with your Instructor Today.