

SHAOLIN KEMPO SCHOOL OF MARTIAL ARTS MONTHLY NEWS

March 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.

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 2016 will be:

March 5th, 2016

April 2nd, 2016

Don't Forget...

Shaolin Kempo School of Martial Arts T-shirt

orders are due by March 31st.

Shirts are 15.00 plus tax.

They are available in Black with white writing, Red with white writing and White with black writing and in all sizes.

Upcoming Events

Stop by and see our booth at

Bullitt County Kidsfest

March 12th, 2016

Enjoy the day with your children.

Free!

Paroquet Conference Center

10:00 am until 2:00 pm

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

Come Join in the Excitement

April 30th, 2016

Shaolin Kempo Studios of Self Defense

Presents its

31st 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.

SHEPHERDSVILLE 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

Monthly Power Quote

**“NOTHING WORTH
HAVING COMES
EASY”**

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 2-13-16 Anna Parker – Blue/Green Belt

2-20-16 Conner Harden – Purple belt
Silas Meek – Orange Belt
Shane Schneider- Orange Belt
Wyatt Roederer – Yellow Belt

2-24-16 Kliera Wenzel – Orange belt
Caden Neal – Yellow Belt

Taylorsville, KY 2-13-16 Kenneth Holt Sr.- Orange Belt
Brayden Paulin – Orange Belt
Keagan Prewitt – Orange Belt

2-20-16 Matt Taylor – 1st Brown Belt
Robert Young – 2nd Brown Belt
Rose Wood – 3rd Brown Belt
Joshua Harnden – Blue Belt
Will Pulliam – Blue Belt
Robert Botez – Purple Belt
Joshua Taylor – Purple Belt

Aerobic Kickboxing Classes

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.

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 14-19, Bring sparring equipment to Every Class

Shepherdsville Children Sparring Classes

Sparring the Entire Week of March 14th – March 19th, 2016

Shepherdsville Adult Sparring Class

Sparring the Entire Week of March 14th – March 19th, 2016

Taylorsville Sparring Class

Sparring the Entire Week of March 14th – March 19th, 2016

2016 KARATE SUMMERY Camp

June 1st - July 1st



AGES
6 - 13

264 Hester Street Shepherdsville, KY., 40165

SPACES
LIMITED

RESERVE YOUR SPACE TODAY

LOTS OF FUN ACTIVITIES, WEEKLY FIELD TRIPS, DAILY KARATE CLASSES.

SAFE AND POSITIVE ENVIRONMENT FOR YOUR CHILDREN.

FRIENDLY FAMILY ORIENTED STAFF.



921-0193

VISIT US AT WWW.SHAOLINKEMPOMARTIALARTS.COM



2016 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 All Day Summer Camp
From the 1st day of summer vacation until Friday July 1st.

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