

# SHAOLIN KEMPO SCHOOL OF MARTIAL ARTS MONTHLY NEWS

# May 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.

May

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](mailto:Info@shaolinkempomartialarts.com)

## Upcoming Schedule Changes

### Attention Students and parents of our Shepherdsville location!

Don't forget Starting May 14<sup>th</sup> we will be moving to our morning Saturday Schedule.

PeeWee Class 9:30 am – 10:00 am

Children Mixed Rank Class 10:00 am – 10:45 am

Teen/Adult mixed Rank Class 10:45 am – 11:30 am

Aerobic Kickboxing Class 11:30 am – 12:15 pm

### School will be closed

**Saturday May 7<sup>th</sup> for Derby Day**

**Friday May 27<sup>nd</sup>, Saturday May 28<sup>rd</sup> and Monday May 30<sup>th</sup> for  
Memorial Day**

**“YOU ONLY CAN  
CONTROL TWO  
THINGS: YOUR  
ATTITUDE AND YOUR  
ACTIVITY!”**

## Upcoming Events

### Shaolin Kempo School of Martial Arts T-Shirts

During the months of May until September all students will be able to wear our karate school t-shirt in substitution of their karate uniform top.

### Register Now!

### Shepherdsville, Kids All Day Karate Summer Camp

**Camp starts**

**June 2<sup>nd</sup> – July 1<sup>st</sup>, 2016**

7:00am until 5:00pm

Monday – Friday

For Ages 6 -13

**Safe environment, positive atmosphere, first aid trained  
staff**

**Daily Karate Class, Fun Games to teach team work &  
respect, Field trips to local pool and parks**

\$80.00 per week (daily rates available)

**Save Money compared to daycare prices**

Multiple children discounts

*\$25.00 Registration Fee applies for non school members*

## Bring a Friend to Karate Day

Shepherdsville: Saturday May 21<sup>st</sup> (All Classes)

Taylorville: Friday May 20<sup>th</sup> (All Classes)

Bring a friend or family member with you and do class together. Let them have fun learning some of the karate that you learn on a regular basis.

### Mark your calendar to attend

#### 2016 Shaolin Kempo School of Martial Arts Annual Summer Picnic

June 25<sup>th</sup>, 2016

First Street Park Shepherdsville, KY

Games, Fun, Friends and Food

Start planning for our

#### 2016 Free Picture Day

Get your picture taken in your Karate uniform for  
Free!!!

*Date and time to be announced soon.*

## 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.

#### Shepherdsville Children Sparring Classes

PeeWee, Beginners - Wednesday May 25<sup>th</sup>

Advanced - Thursday May 26<sup>th</sup>

#### Shepherdsville Adult Sparring Class

Thursday May 26<sup>th</sup>

#### Taylorville Sparring Class

All Classes - Wednesday May 25<sup>th</sup>

## 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 4-23-16 Hope Parker – 1<sup>st</sup> Brown Belt

Jay Miller – 1<sup>st</sup> Brown Belt

Joseph White – Blue Belt

Alyssa Wenzel – Purple Belt

Brandon Chanab – Yellow Belt

Taylorville, KY 4-23-16 Aaron Persons – 1<sup>st</sup> Brown Belt

Camelia Botez – Orange Belt

Octavian Botez – Orange Belt

***Special Congratulation from Mr. Wright and our Staff at Shaolin Kempo School of Martial Arts to everyone that participated in the 30<sup>th</sup> Annual Shaolin Kempo Studios Tournament...Way to Go!***

## Topic of the Month

#### Always Give Your Best

Martial Arts is about more than punching and kicking, although it seems that is what we spend the majority of our time enhancing, it is about putting your best foot forward regardless of how difficult the task at hand may be. This is not always easy and many times we have challenges seeing the underlying reason for the task, whether it is developing character, learning a little better control of our selves or our technique, learning respect or practicing self discipline. Everything we do is for a reason and that reason is to make you, the student, the best you can be in every part of your life. Many times in our life the question "How is this benefiting me?" comes up in our mind, and many times the answer doesn't come out until we least expect it. The same holds true in your martial arts training and if you always give your best, even when you don't understand why, the rewards will be more than anyone will ever be able to offer you in life. Keep striving to be your best and keep training you won't regret it. Have fun.

# **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 Summer Camp all Summer long!**

Monday June 2<sup>nd</sup> until Friday July 1<sup>st</sup>

**Monday thru Friday - 7am until 5pm**

**For children ages 6 to 13**

***Enroll Now!!!***

***Some spaces are still available, but are filling up fast!!!***

*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 friendships

built while having

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