

SHAOLIN KEMPO SCHOOL OF MARTIAL ARTS MONTHLY NEWS

January 1 2020

Happy New Year Edition!!!!

We at the Shaolin Kempo Martial Arts wish you a very Happy and Prosperous New Year.

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 would like to thank all of our students and their parents for all their support throughout the years. We hope to continue the quality of martial arts training to keep your support for many more years to come. Any question or concerns with our programs or training methods of the students contact us.

Contact: Shaolin Kempo School of Martial Arts

(502) 921-0193 Shepherdsville, KY

(502) 296-2248 Taylorsville, KY

Email at Info@shaolinkempomartialarts.com

Class for All Black Belts!

On Saturday January 18th we will be having a Black Belt Class from 1:30 to 2:30pm. This class is Free for all past and current Black Belts. This class is designed to help maintain your martial arts ability as well as deepen your knowledge on application and theory of current and future techniques. **We encourage all black belts to attend. Future Classes will be determined according to attendance of this class. We hope to see you there!**

Upcoming Events

Start planning on our

35th Annual Karate Tournament

in Georgetown, KY

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

Keep your New Year's Resolutions

2020 Aerobic Kickboxing Classes

Ages 10 and Up

Relieve Stress - Lose Weight -

Get Fit – Build Stamina

Get 10 classes for \$30.00 Now!!!

Free to all Active Karate Members

Shepherdsville Classes Times:

Wed. 7:15pm and Sat.11:30am



@ Shaolin Kempo School of Martial Arts – Shepherdsville
@ SKSMA Karate - Taylorsville

Power Quote

“When you are afraid, just train! When something doesn't feel right, just train! When you don't believe in yourself anymore, just train. The only thing that won't betray you is your training.” -Sakaki

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 beginning 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 Arts.

Sparring Classes

Remember in order 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. *This must be worn during all classes* (not just for sparring) this is for the student's protection. Recommended equipment, per rank, should be hand and foot gear for all ranks. Head gear for purple belt and above.

All equipment is required to be purchased through us. This includes mouth guards, groin protection and sparring gear. See office staff for assistance.

Shepherdsville Children Sparring Classes

PeeWee, Beginners- Wednesday, January 22nd

Advanced – Thursday, January 23rd

Taylorsville Sparring Class

All Classes – Friday, January 24th

Congratulations

We would like to recognize the students listed below for their hard work and dedication to themselves and their training...Great Job!!!

Shepherdsville, KY 12-16-19 Meaghan Vowell–Yellow Belt

12-21-19 Kayden Young – Blue Belt

JT Williams – Blue Belt

Derek Martin – Yellow Belt

Maddox Williams – Yellow Belt

Nash Williams – Yellow Belt

Taylorsville, KY 12-20-19 Logan Schoettmer –Blue Belt

Would You like to learn Grappling or Stick Fighting?

We are in the process of adding Specialized classes to our schedule. If anyone would be interested in doing Stick fighting or Grappling Classes please let us know in the office. Thank You.

We encourage all students, parents and family members to please go online and leave a review about the school on Facebook, Yelp, Google, Yahoo, Yp.com and anywhere else. This will improve our rating on Google and other search sites. **Help make our school the Very Best it can be.**

Thank You ,
Mr.Tony



Follow us on
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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.