KARATE WORKS ARCHERY WORKS



AUGUST 2015 TIGER TALK

Welcome to our Karate Works Family!

July Sign-ups!!

Grady Saunders	July 1
Cody Powell	July 1
J Paul Schniedojan	July 2
Grant Garrison	July 6
Cooper Holzheuser	July 6
Jack O'Patry	July 14
Jack Shub	July 16
Holt Hoover	July 27



STODENT OF THE MONTH

MICAH WARFEL



CONGRATULATIONS

to our August Student of the month, Micah Warfel! Micah shows a consistent character, willingness to learn and has proven his strong moral integrity in school and at home!!

> WAY to go micah!!! You rock!!

Visit us on the web at:

www.karateworks.org
You can also reach
us by email at:
karateworks1@gmail.com

HOMESCHOOL CLASS FOR BEGINNERS

Starting in September, we are opening a new homeschool class for Beginner White Belts! This class will be a solid hour to be held on Fridays from 10:00 to 11:00 am for ages 7 and up. We are working with different homeschool communities to coordinate an entire group of beginners in the hope that they can all rank up together in their journey toward their Black Belt!! If there is enough interest in the program, we may be adding a Lil' Dragons Homeschool class for ages 4-7 also. We are very excited to bring back this class that there has been a great need.



\$\$\$ KARATE KASH \$\$\$

RECOMMEND A FRIEND TO TRY US OUT AND IF THEY SIGN UP, YOU WIN \$50 IN KARATE KASH! YOU CAN USE THIS TO PURCHASE EQUIPMENT, SPARRING GEAR AND TSHIRTS!



Helping Children With ADHD Could Be As Easy As Enrolling Them In Tae Kwon Do Classes

Some parents will try anything to help their child who is suffering from attention deficit hyperactivity disorder, looking for a cure for the condition that can affect the development of their son or daughter. One common method that is believed to treat ADHD is computer-based training programs that can stimulate cognitive functions. While these initiatives have been found to allow children to work on their short-term memory, psychology professor Mark Rapport and his team of researchers at University of Central Florida found that these computer-based training programs are not proven to treat kids with ADHD. "Parents are desperate for help," said Rapport, who runs the Children's Learning Clinic IV at UCF. "If they can afford it, they are willing to spend the money, and some parents even enroll their children in private schools because they offer these cognitive training programs. But there is no empirical evidence to show those investments are worthwhile."

The programs don't improve working memory

One of the biggest problems faced by children with ADHD is their working memory suffers greatly. Kids with a strong working memory are usually solid performers in school, well-behaved and easy to get along with. After Rapport and his team analyzed data from 25 studies on the matter, they concluded that computer-based training programs do not create opportunities for long-term cognitive improvements. Rapport doesn't discount the value of the learning systems, but he does imply that parents should save their money if they are hoping these computer-based training programs will help cure their son or daughter of ADHD. Enrolling children in Martial Arts classes, one that stresses character development along with their new physical skills, has been recommended for children diagnosed with ADHD by many children's experts for a reason....it works!

Turn extra energy into positive energy

Many children who suffer from ADHD are constantly bouncing off the walls, which is exactly why it may be a good idea for their parents to get them involved in Tae Kwon Do. Training and learning the techniques of the martial arts gives kids an opportunity to channel their extra energy into focus to quickly develop an understanding of the tenets of Tae Kwon Do.

Instructors often express to their students that they need to have a strong mind along with a strong body. Children will have to learn how to train their minds to succeed in Tae Kwon Do and the development of their skills will begin to take care of itself. Considering Tae Kwon Do as a way to help children with ADHD can be a solid alternative to medicating them or making them complete computer-based training programs that don't have the same results.

SPLASH BASH FUN



JUMP HIGHER!!

HOW LOW CAN YOU GO?

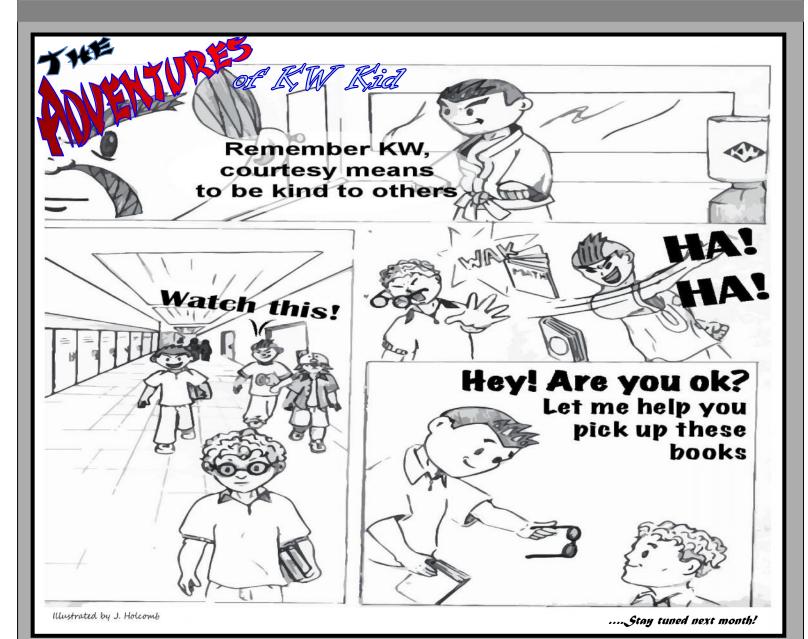


A Long Time Coming.....



We would like to send out positive vibes and wish our best to Mr. Holcomb. He is currently training to receive his 2nd Dan Black Belt which has taken a long time to be able to continue his journey due to some obstacles he has had to overcome. We know he is long overdue of this achievement and we can't wait to see him show us what he can do!! Please join us in cheering him on in September and let him know we believe in him!

GOOD LUCK
MR. HOLCOMB!!!!





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August 14 August 15



Erin M.
Gabby R.
Walls D.
Keylin M.
Kathleen P.
Charlotte B.
Manvi S.
Floyd H.
Ben D.
Dax W.
Joshua H.

August 19

August 20 August 21 August 21 August 25 August 26 August 28 August 28 August 28 August 29

August 30

KARATE WORKS

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