

# 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 Schniedoan	July 2
Grant Garrison	July 6
Cooper Holzheuser	July 6
Jack O'Patry	July 14
Jack Shub	July 16
Holt Hoover	July 27



## 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.



## STUDENT 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!!**

## \$\$\$ 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!

Visit us on the web at:  
[www.karateworks.org](http://www.karateworks.org)  
You can also reach  
us by email at:  
[karateworks1@gmail.com](mailto:karateworks1@gmail.com)



## 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!!!!**



# THE ADVENTURES of KW Kid

Remember KW,  
courtesy means  
to be kind to others



Watch this!



Hey! Are you ok?  
Let me help you  
pick up these  
books



Illustrated by J. Holcomb

....Stay tuned next month!



Brady H.  
Hudson H.  
Holt H.  
Ezekial R.  
Isabella O.  
Jimmie D.  
Benjamin H.  
Hana P.  
Colby T.  
J Paul S.  
Taylor T.

August 3  
August 3  
August 4  
August 8  
August 9  
August 10  
August 10  
August 11  
August 13  
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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 	3 	4 	5 	6 	7 	8 
ARCHERY SUMMER CAMP						
9 	10	11	12	13	14	15 
Ninja Warrior Summer Camp						
16	17	18 	19	20	21	22
23	24 	25	26	27	28 MENTOR NIGHT 4-6	29
30	31 	Testing - September 9th and 10th				