

# KARATE WORKS ARCHERY WORKS



# JUNE 2015 TIGER TALK

Welcome to our  
Karate Works Family!

## May Sign-ups!!

<b>Junior Holcomb</b>	<b>May 5</b>
<b>Lowe Pace</b>	<b>May 6</b>
<b>J.C. Pace</b>	<b>May 6</b>
<b>Shaiann Beene</b>	<b>May 7</b>
<b>Braden Ellis</b>	<b>May 7</b>
<b>Tajh Thomas</b>	<b>May 13</b>
<b>Walls Devaney</b>	<b>May 20</b>



## SUMMER IS HERE!!

You don't want to miss what we've got planned for this summer! Along with the action-packed and challenging Ninja Warrior and Archery Summer Camps, we have some exciting stuff coming up! Like...

### Skate Party

Come join us roller skating where we have the entire rink to ourselves!

### Popsicle Party

Beat the heat with a popsicle treat after class!

### T-Shirt Days

Wear your t-shirt to class that matches the theme of the day

### Splash Bash

Bring your bathing suit for outdoor water challenges and get ready to be wet!!

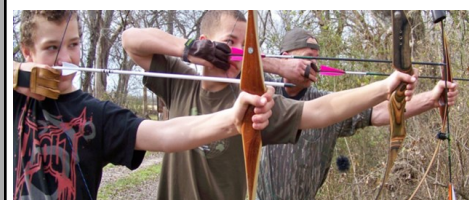
### BOARD BREAK SMASH

DO YOU HAVE WHAT IT TAKES TO DO THE SMASH??

### Denbrook Fishing Party

Enjoy relaxing and catching some fish!

**And LOTS MORE!!!!!!**



## SPECIAL SUMMER CAMPS FOR KIDS

Karate Works and Archery Works will be offering thrilling summer camps beginning in June thru August. Both camps were rated in the Fort Worth's Top 10 Summer Camps for Kids. The Karate Works Ninja Warrior Camp is full of karate moves, actions and challenges that kids love along with things that parents also love such as Morals and Manners, Stranger Safety and Awareness along with Self Confidence builders. As an added bonus, the kids will get to make an action packed movie featuring them as the star!

Archery Works, located at the Karate Works facility, offers an exciting and traditional Archery Camp using longbows and recurves. "These are the types of bows without the modern day gadgets such as wheels, pulleys, releases or sights that take away the simplicity of true archery", states the owner, Mike Gunnlaugsson. This exciting class has the kids flinging hundreds of arrows daily while learning the proper handling and safety procedures when using bows and arrows. They not only become more efficient in shooting the bow, but get to make their own quivers, arm guards and arrows along with learning how to make an actual bow string.

For more information on our special summer camps,  
call 817-377-2111

## STUDENT OF THE MONTH

**GRAYSON OLIVER**



The Karate Works Team would like to send a special SHOUT OUT to Grayson for going above and beyond in volunteering his time helping our instructors teach! He also provided inspiring quotes for our Lobby Board!!

WAY TO GO GRAYSON...  
YOU ROCK!!

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)

### BELT TESTING!!!

Come watch our students earn their next rank!

**Thursday June 4th-Lower**

**Friday June 5th-Higher**

**at 5:00 PM**

**EVERYONE WELCOME!!**

# Exercise During Summer Break Is Crucial For School Aged Children

June 18, 2014 in Value of Martial Arts

Summer break is a time for students to cool off in the pool, go to sleep-away camps and participate in physical activities such as martial arts. However, compared to the academic year, break can also speed up weight gain for kids, according to the Harvard School of Public Health's study "Accelerated Weight Gain Among Children During Summer Versus School Year and Related Racial/Ethnic Disparities: A Systematic Review," cited in Centers for Disease Control and Prevention.

## Children spend more time in front of the television and computer

The report indicated that children in the 5 to 12 age bracket may be leading increasingly sedentary lifestyles. Additionally, poorer minority children and those who are already overweight or obese are most likely to gain weight quickly during summer break. The study attributed these numbers to a variety of causes. For example, low-income children have less access to summer camps and places to engage in physical activity.

## Lower socio-economic status affects kids' access to quality food and physical activity

Many kids rely on school breakfasts and lunch for their food. Without school, children may consume unhealthy food. The academic school year benefits young individuals because of its increase in school interventions, which include the physical and social environment and food and physical activity guidelines. All of these structures decrease the possibility of weight gain of high-risk children.

Rebecca Franckle, a doctoral student in nutrition at Harvard University's School of Public Health, who conducted the study, said it's vital to address this problem now because of the devastating effects of obesity such as heart disease, high blood pressure, stroke and Type 2 Diabetes, according to the National Heart, Lung, Blood Institute.

Martial arts is a cost-effective way for children to build endurance, shed pounds and engage with other peers. Enrolling in a martial arts course, specifically in the summer months, can alleviate school-aged children's increased likelihood of gaining weight.

## Private lessons:

Many students request private lessons with one of our instructors or eligible students.

Private lessons allow students to focus with an instructor on areas of training in which they are most interested, or areas where they just need a little extra help! They can be scheduled Monday -Thursday after 7:00pm until 8:30pm or anytime Friday-Sunday (depending on the instructor's schedule). All private lessons must be requested through Angela, the Office Manager.

Please be aware that Karate Works will not be liable for any injuries that may occur from private lessons or training that takes place outside of the studio.

If you are interested in scheduling a private lesson, see Mrs. Angela for pricing and details!



## SPARRING GEAR REQUIREMENTS



All students that are Yellow Belt and above will need basic sparring gear (head, hands, and feet ) in order to participate in sparring drills.

Green Belts and above will need the deluxe sparring gear (basic plus groin cup, chest guard, and professional mouth piece) in order to participate.

Sparring gear can be purchased through us or at sporting good stores. Sabumnim has very specific recommendations regarding protective gear, so be sure to talk with him before purchasing gear locally or online!

The basic package that we get from SWIFT includes vinyl head, hands, feet, basic mouth piece and case, and a mesh gear bag. The colors available are red, blue, or black. Our price is \$95.00.

The deluxe package that we get from SWIFT includes the basic set plus outer-wear groin cup, professional boxer's mouthpiece, and TKD point sparring chest guard. Our cost for the deluxe set is \$150.00. To upgrade from basic to deluxe is \$55.00.

To order see Mr. Will or Sabumnim!

*In order to see the change that you wish in the world... you must first BE the change that you wish to see!*

**BE STRONG WHEN  
YOU ARE WEAK,  
BRAVE WHEN YOU  
ARE SCARED, AND  
HUMBLE WHEN YOU  
ARE VICTORIOUS.**



facebook.com/AdmittedToMartialArts

## YOUR NINJA NAME



A - ka	J - zu	S - ari
B - zu	K - me	T - chi
C - mi	L - ta	U - do
D - te	M - rin	V - ru
E - ku	N - to	W - mei
F - lu	O - mo	X - na
G - ji	P - no	Y - fu
H - ri	Q - ke	Z - zi
I - ki	R - shi	



Kendall E.	June 1st
James S.	June 2nd
Mackenzie S.	June 4th
Frater B.	June 5th
Marshall R.	June 5th
Sam W.	June 5th
Amelie W.	June 7th
Joey T.	June 7th
Kosca C.	June 8th
Benjamin N.	June 9th
Connor M.	June 9th
Halle H.	June 11th
Alison V.	June 11th
Tyler O.	June 25th
Wesley M.	June 26th
Grant G.	June 29th
Billy H.	June 29th



## NINJAS WORD SEARCH

Words can be found forwards, backwards, up, down and diagonal.

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E U X U R E E T E O U G J F I X
H E N I E S G K M I H A O A N E
N N N L E N O M A E Q S N S E Z
L S E T N P Z H P G N H I F I R
T H M E O I A R J O I I N S E B
T Q N O F E C I S I H N O G S T
V V I S U M P E H H S O A K Q S
K L N B K I E S U R I B E W B E
R R J O I N A C R I B I I A A M
V F A N Y I H S I B U S T E M S
I W D I A N U K K O S H L C G F
I X E D N M P I E N T O P H A D
R S O T A J N I N I E Z I U M O
R K C P S R E M C H T O E N O E
M G A M A G I R A S A K Q I V C
Y F J B Q E I A U S T U J N I N
  
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ninja	chunin	shinobi
ninjutsu	ninjato	kunai
fukiya	jonin	kaginawa
Shuriken	kasarigama	Tetsubishi
metsubishi	shinobi	shozoku

The truth is that there is nothing noble in being superior to somebody else. The only real nobility is in being superior to your self and giving to others. - Whitney Young (Civil Rights Leader)





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUNE 2015	1	2	3	4  LOWER BELT TESTINGS 5:00 PM	5  UPPER BELT & BLACK BELT TESTINGS 5:00 PM	6
	SUMMER					
7	8  Popsicle Party!	9 	10	11	12	13
FUN!!						
14 	15  SPORTS TEAM T-SHIRT	16	17	18	19  SKATE PARTY!!	20 
	Ninja Warrior Summer Camp					
21 	22	23	24 	25 	26	27 
	ARCHERY SUMMER CAMP					
28	29	30	1 PATRIOTIC T-SHIRT	2	3 	4 
			Spear Dodging		INDEPENDENCE DAY	