

KARATE WORKS



JUN-AUG 2018 TIGER TALK

SUMMER ACTIVITIES



Wear your bathing suit and bring your water guns to class for outside fun filled with LOTS of wet and wild challenges! We will have a HUGE water battle with water balloons and water guns at the end of each class period!



Karate Works invites our students and families to come skate with us at Rollerland West located at 7325 Calmont Ave, Fort Worth, TX 76116. We have the entire rink to ourselves for 2 HOURS of fun!! Cost is \$5 per skater and spectators are FREE!



Students will be dressed in full protective gear while our instructors will challenge you during your normal class period testing your karate reflexes.

**SUMMER BREAK
CLOSED
August 13-17**

PERSEVERANCE

By: Zachary Crawford

When asked about Perseverance, most think about a physical struggle. One about relentless endurance, or minor annoyances but pushed through anyhow. These are both correct, and to each their own struggle and path. For myself, to persevere within a world consistent and unforgiving is less of a physical struggle and more of a mental one. This deals with depression, anxiety and the factors of how I personally persevered. I do not hold any qualms if you, the reader wishes to stop reading before I delve into a maudlin and depressing topic, pun not intended.

Before I stepped foot inside the dojo of Karate Works, I was someone not balanced. I did not have a clarity about myself, and what I was dealing with. Depression is something that is taboo to talk about, as if admitting it is a fault. I never dealt with my mother's passing, as grief is a natural part of the healing process, I never allowed for myself to grieve. This over the course of six years ate away at my resolve. I fell into a dark place that I struggled, as depression vilifies yourself within your own mind. It also amplifies your mistakes however minuscule they may be. To persevere through something that tires out your mental state rather than physical one is an endurance race, one that never gives up and never lets you have a reprieve. When in a state like this, you are more than likely to falter. As your strength is slowly sapped and it becomes important to find balance, and to find others to help you. I was at my lowest point when I first walked into Karate Works for the first time.

There, the teachers stated the tenants of the academy. These tenants all culminate together to provide a balance, and a peace within life. And that is a key part of how to persevere eternally, within my opinion. It's to make it where one person is balanced fully and never letting one side get unbalanced. It opened my eyes, of how out of balance I was, and it helped me find help, find a plan to get back to being balanced. I understand that I have a long way to go to fully become balanced. Both mentally, and physically but the teachings of Karate Works and Tae Kwon Do are designed for this. To help everyone find balance in their life, and to give them the push they need to become the best they can be. This is how I continue to persevere, and I thank Karate Works for helping assist me in the journey.

All of us at Karate Works want you to know that depression affects everyone in many different ways. Please do not ever feel that you have to hide it. We are here for you if you ever need someone to talk to.

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

Have a friend who would like to try karate?

Give them a Buddy Pass for 1 free month of unlimited classes! If they sign up - you receive \$50 in Karate Kash to be used towards t-shirts, gear and equipment.

Buddy Passes are available anytime at the front desk.

GET YOURS TODAY!!

Mommy and Me Essay Contest

RUNNER UP:

DUNCAN PARKER

Honorable Mentions:

Colby Tiberg
Noah Richner
Shourya Chaudhari
Laney Morgan

Kayleigh Baker
Camille Kennedy
Ella Collier
Grant Luckstead

Everyone did AMAZING on their essays and it was really hard to choose just one winner. We loved reading about all your special memories with your moms.

WHO AM I?

Beginning June 1st, we are going to be featuring fun facts about our Black Belts in order for you to get to know them better. Every other week there will be two new facts and it is up to you to tell us who you think it is. If you guess correctly, you will receive a TREASURE CHEST!!

the grate DAY with MOM!

one day my mom took me to spend time with my grat-grah-mothr I can her grann. We pld a game called Buss n Slugs. my mom was nise to take me to my grat-grnd-mothrs so we could all play a game. afr that we went to wall-mart. wen we filled up my mom found out she had a unexpected gift card she tot me how to be grateful for unexpected card things. Then we went out to get some seeds and flowers. then we went home and we planted the seeds and flowers. my mom tot me how to plant flowers wall she was lookin in the kompst for soil, I was helping her to. wall we were looking, I found a garden snake. I made a trakeum for it. The snake lived in there for a few owsr and then my mom a karing alot about nacht, and she sed I had to let it go in a safe place. I kised it goodbye my mom and I had a grate Day, that Day

CONGRATULATIONS OLIVER HILL!!!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				31  LOWER BELT TESTING 5PM	1  UPPER BELT TESTING 5PM	2  Last Day of School 
3	4	5	6 SPLASH BASH	7	8	9
10	11 / BO STAFF WEAPONS CAMP \	12	13	14 /	15	16
17 Happy FATHER'S DAY 	18	19	20	21	22	23
24	25 ++ SAI WEAPONS CAMP ++	26	27	28	29	30

LIL' DRAGON PRIVATE LESSON PACKS

In the last few months the staff at Karate Works has noticed a growing interest in private lessons geared towards our Lil' Dragons. Taking that feedback into consideration, we've decided to offer private lessons for the Lil' Dragons based on their curriculum and needs. These lessons would focus on specific areas that many of our Dragons seem to struggle with the most, as well as normal review. This would include:

- Current Curriculum
- Fine and Gross Motor Skills
- Proper Exercise Technique
- Overall Technique

If you are interested in a standalone private lesson, or one of our private lesson packages, please contact Mrs. Angela or Mrs. Courtney for details.

INSTRUCTORS	1 Private Lesson for 30 minutes	2 Private Lessons for 30 minutes	3 Private Lessons for 30 minutes	4 Private Lessons for 30 minutes
Mr. Holcomb	\$30.00	\$57.00	\$82.50	\$106.50
Mr. Greg	\$22.50	\$42.75	\$61.88	\$79.88
Mr. Kris	\$17.50	\$33.25	\$48.13	\$62.13

PRIVATE LESSON PACKS

We are VERY excited to announce that for a limited time we are offering discounted Private Lesson Packs!

You will receive discounted rates when you pay for up to 4 private lessons in advance! You can schedule them at your convenience and the lessons must be 1 hour each with either Mr. Holcomb, Mr. Greg, or Mr. Kris. This is a GREAT way to get some one-on-one instruction and save some money at the same time!!! Please see the chart below to get all the different prices and take advantage of this amazing special!!

If you are interested in a standalone private lesson, or one of our private lesson packages, please contact Mrs. Angela or Mrs. Courtney for details.

INSTRUCTORS	1 Private Lesson for 1 hour	2 Private Lessons for 1 hour each	3 Private Lessons for 1 hour each	4 Private Lessons for 1 hour each
Mr. Holcomb	\$60.00	\$114.00	\$165.00	\$213.00
Mr. Greg	\$45.00	\$85.50	\$123.75	\$159.75
Mr. Kris	\$35.00	\$63.00	\$89.25	\$113.75

Birthday Party Package Pricing

We now have 4 options of Birthday Party packages depending on how many guests you want to have! Now you have more flexibility in the size of your party. Just book for up to how many guests you want to invite and we will provide invitations, cupcakes, drinks, and thank you cards for each one of them!

*10 Guests - \$200 w/ \$50 deposit *15 Guests - \$250 w/ \$50 deposit

*20 Guests - \$325 w/ \$100 deposit *25 Guests - \$400 w/ \$100 deposit

FOR MORE INFORMATION, PLEASE COME SEE US AT THE FRONT DESK!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 CLOSED JULY 4th	5	6	7 Skate Party
8	9	10	ASSESSMENTS		13 MENTOR NIGHT 4-6pm	14
15	16	17	18	19 LOWER BELT TESTING 5PM	20 UPPER BELT TESTING 5PM	21
22	23 Spear Dodging	24	25	26	27	28
29	30 Trinity Valley TKD Camp-NO HOMESCHOOL ALL WEEK	31	Trinity Valley TKD Camp-NO HOMESCHOOL ALL WEEK			

Karate Kindness

Over the years Karate Works as a company, and as a community, has had the privilege of assisting our families and their communities in times of need. We've collected donations for fires, food for families, and given money and time to community and school fundraisers; on an individual level, I'm sure that it's no surprise to all of you that our instructors, and even our office staff, have been an open ear for parents and students to bring some comfort during a troubling time. In short, kindness and outreach are values that we hold just as high as any tenet we teach on the mat. In this spirit, Karate Works will be beginning the Karate Kindness Group. This group would be an email list containing the names of volunteers willing to assist in times of crisis. This way if we have a family who needs assistance with tuition during a hard time, clothes and food, or need low cost services to repair their homes we have a group of people willing to spring into action! If the Karate Kindness Group is something that's on your heart to be part of, we'd love to hear from you and add you to our email list!

We at Karate Works thank you for your kindness and generosity!



Homeschool Intro Class

Ages 4 and up are welcome to join us for our Homeschool Program Intro Class. This will be for anyone who is homeschooled to come try out karate for the first time!! Please call us at 817-377-2111 to add your name to the list for this special class and we can't wait to meet you!!!!



IF YOU SEE A NEW FACE IN THE LIL DRAGON'S CLASS, DON'T BE ALARMED...

IT'S MRS. AMY!!

SHE HAS EARNED HER BLUE BELT WITH US AND FROM TIME TO TIME WILL BE HELPING OUT IN THE DRAGON'S CLASSES SO EVERYONE GIVE HER A BIG "DOUBLE CLAP, YOU ROCK!!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h1>AUGUST</h1>						
			1	2	3	4
5	6	7	8	9	10	11
12	13	 <h2>NUNCHUCK WEAPONS CAMP</h2> 				18
19	20	21	22	23	24	25
26	27	28	29	30	31	
		<h2>ASSESSMENTS</h2>			MENTOR NIGHT 4-6pm	

Trinity Valley TKD Camp-NO HOMESCHOOL ALL WEEK



ASSESSMENTS