

KARATE WORKS ARCHERY WORKS



NOV/DEC 2015 TIGER TALK

Welcome to our
Karate Works Family!



October Sign-ups!!

Sarah Epperson	10/1
Emily Epperson	10/1
Samantha Russell	10/2
Katherine McGee	10/5
David McGee	10/5
Jack Mason	10/6
Luke Mason	10/6

STUDENT OF THE MONTH



SOPHIA ARORA

CONGRATULATIONS

to our November Student of the month, Sophia Arora! Sophia always comes to class with persistent dedication and outstanding SPIRIT! You can always tell when "Sophia is in the house!!" Her smile and willingness to help her fellow classmates make her a cut above the rest!

**WAY TO GO SOPHIA!!!
YOU ROCK!!**

THANKSGIVING FIGHT & FEAST



In-House Tournament and Pot Luck Lunch

Mark your calendars for Saturday November 21st for an exciting, action packed day of FUN!! We will be having a Tournament beginning at 9:00 AM. There will be FORMS, SPARRING and SELF DEFENSE with multiple divisions for each category and ALL students are invited to sign up! Parents can register with their child for team divisions also.

There will be Medals given for 1st, 2nd, and 3rd in each division and award ribbons for each participant. Special large trophies will be awarded for Red and Black Belt divisions.

Cost will be \$25 for the first event and \$5 for each additional event as long as you pre register by November 18th. After then, the cost will be \$35 for the first event and \$5 for each additional.

After the tournament, we will have a Pot Luck lunch starting at 1:15 PM to have the opportunity to say THANKS to all of our parents and students for being a part of the Karate Works Family. We will have a sign up sheet at the front desk for you to tell us what dish or dessert you would like to bring.

A SCHOOL GROUP PHOTO will also be taken at 1:00 PM and we want as many of you as we can get to participate!! Please bring your complete Gi for the tournament and picture after.

If you are unable to come to the tournament, please try and be there for the picture so we can have as much of the entire school represented as possible!



Visit us on the web at:
www.karateworks.org

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

**WE NEED VOLUNTEERS FOR
THE TOURNAMENT!
PLEASE SIGN UP TODAY!!!**

New Specialty Classes are Here!!

We have added two new classes to expand your training and judging by the response we have received, it has already been a great success!



JU-JITSU classes will be held every Tuesday from 7-8PM and will include ground techniques such as grappling, throwing, sweeping, and submissions to name just a few. All Juniors ages 8 and above and Adults, including parents, are welcome to attend.

SPARRING classes will be held every Friday from 5:30-7PM and will quickly enhance your Sparring abilities and techniques. There will be lots of bag work, sparring drills, free spar, and point sparring! Only Juniors and Adults who have achieved the rank of Green Belt of above or to those who have obtained Sabumnim's approval are able to attend this class.

Take advantage of our FREE TRIAL for both of these classes until January of next year!!

After the trial, you will only need to pay \$10 more a month for either the Ju-Jitsu or Sparring or \$15 more a month for BOTH!! NO COST FOR BLACK BELTS and once you achieve your Black Belt rank, your fee will be waived!

KARATE UNDER THE TREE

Give the gift of Confidence this year!

For only \$29 you can give your friend or family member a certificate good for an entire month of Karate and a full uniform all pre-wrapped in a decorative Christmas Box!



Holiday Closures

THANKSGIVING BREAK- Nov 23rd to 28th



CHRISTMAS BREAK- Dec 21st to Jan 2nd



THANK YOU!!

WOW!! You guys ROCK!! Thank you so very much for all of you that attended the Mentor Night Training and Pizza Party! We had a full house and all 16 pizzas were devoured!!

It shows us that so many of you are dedicated to being a mentor to your peers and that makes us so very proud of all of you!

Karate Works students and parents are the VERY BEST!

MESSAGE OF THE MONTH

CHOOSE WISELY

Today

You can wake up today and choose to be filled with excitement over all the great things you are going to accomplish before the day ends or you can choose to be dejected because you have so much to do so you don't do anything at all.

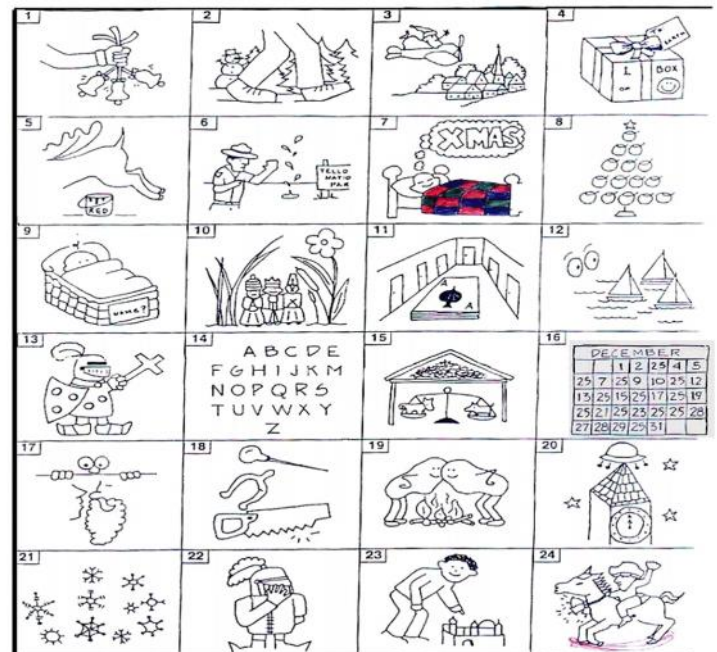
As a Black Belt, you jump out of bed each morning with great enthusiasm. You know it is your job to choose just what kind of day you are going to have. As a Black Belt, you have goals and you know you cannot achieve those goals unless you fulfill your responsibilities each and every day.

As a Black Belt, you are happy that you have the ability to fulfill your goals and make new ones. As a Black Belt, you know that how you choose to shape each day will shape your future.

Goals We Set, Are Goals We Get

There's a great saying that, "goals that are not written down are just wishes." That's very true. It's like a switch of success that flicks on and from that moment on, we start to move in the directions of our goals. When we take the time to write down our goals, we also increase our commitment to the goal. Usually, writing it down makes the goal even more clear to us. Another way to fully commit to your goal is to write down as though it has already happened. "I am a Black Belt" is much more powerful than, "I want to become a Black Belt."

Let's make a point to make a clear list of your goals and keep it handy so you can see it all the time.



NAME THAT TUNE: 24 Christmas Carols

Andrew B.
Raines M.
DJ H.
Sophie S.
Cooper W.
Ellie H.
Amanda H.
Grady S.
Reagan L.
Logan J.
Abigail P.
Ashley P.
Colton S.



Nov 2
Nov 3
Nov 4
Nov 4
Nov 6
Nov 9
Nov 10
Nov 11
Nov 11
Nov 12
Nov 18
Nov 20
Nov 27

Courtney S.
Brady D.
Grant L.
Grayson O.
Gage F.
Paxtyn M.
Randol T.
Truman M.
Drew H.
Sarah Mata
Garrett P.



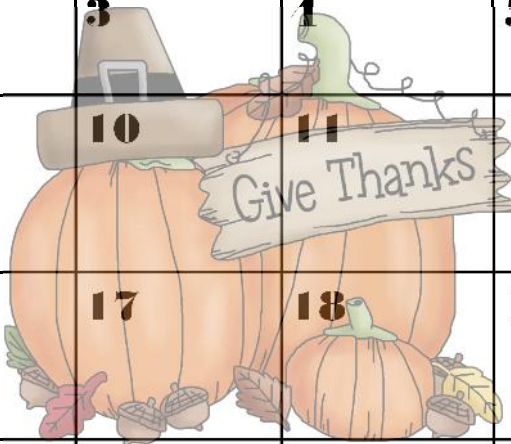
Dec 4
Dec 6
Dec 13
Dec 13
Dec 19
Dec 20
Dec 20
Dec 21
Dec 22
Dec 26
Dec 27



KARATE WORKS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
November						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



ARCHERY CLASS
6-9 PM

Saturday Shoot
9am-12pm
(Must have attended
1 archery class
first)



**FIGHT & FEAST
TOURNAMENT 9AM**



Closed for Thanksgiving Break

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
December						Happy Holidays
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



Assessments

MENTOR NIGHT
4-6PM
ARCHERY CLASS
6-9 PM



Saturday Shoot
9am-12pm



**Lower Belt
Testing
5 PM**



**Upper Belt
Testing
5 PM**

Closed for Christmas Break



12/21/15 to 1/3/16

