

KARATE WORKS ARCHERY WORKS



OCTOBER 2015 TIGER TALK

Welcome to our
Karate Works Family!



September Sign-ups!!

Lauranna Traverso	9/11	Avery McLean	9/21
Micah Keys	9/11	Jesus Tafoya	9/21
Alexis Robles	9/14	Kenneth Warren	9/22
Alex Bosley	9/14	Samuel Hellstern	9/22
Luke Heckman	9/15	Jimmy Rosell	9/23
DJ Hawkins	9/15	Charlie Rosell	9/23
Randol Thompson	9/16	Jayson Ruiz	9/23
Martha Thompson	9/16	Luke Nielsen	9/23
Lily Gilpin	9/17	Ryan Nielsen	9/23
Luke Gilpin	9/17	Chloe Terry	9/24
Christopher Davis	9/18	Bhupesh Sharma	9/24
Sean Moyer	9/18	Henry Warren	9/29
Zion Kiel	9/18	Sally Warren	9/29
Levi Kiel	9/18		

And **WELCOME BACK** to Raines Morrisett, Alyssa Hawkins,
Amanda Hawkins, and Drew Hawkins!!

STUDENT OF THE MONTH

ASHLEY POMPA



CONGRATULATIONS

to our October Student of the month, Ashley Pompa! Ashley has exhibited a consistent strong moral character in the Lil Dragon's class displaying excellent self control, focus and amazing courtesy that goes above and beyond what is looked for in our students. She shows great leadership and is a joy to have in class!

**WAY TO GO ASHLEY!!!
YOU ROCK!!**

Halloween Safety

- H** Hold a flashlight while trick-or-treating to help you see and others see you. Make sure you walk and not run from house to house.
- A** Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.
- L** Look both ways before crossing the street. Use established crosswalks.
- L** Lower your risk for serious eye injury by not wearing decorative contact lenses.
- O** Only walk on sidewalks. If not possible, walk along the far edge of the road facing traffic.
- W** Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.
- E** Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.
- E** Enter homes only if you're with a trusted adult. Only visit well-lit houses. Don't stop at dark houses. Never accept rides from strangers.
- N** Never walk near lit candles or luminaries. Be sure to wear flame resistant costumes.

Attention Green Belts and Above!!!

As most of you know, to test for your Black Belt you must have completed a total of 100 mentor credits. On **November 2nd** from **7:00-8:30PM**, Sabumnim will be giving a Mentor Training seminar that is **MANDATORY** for any Green belt or higher that would like to earn mentor credits. If you are under the age of 13, please ask Sabumnim to attend this seminar. If you already have accumulated mentor credits, attendance is still mandatory if you want to continue earning mentor credits. At this seminar, we will be launching our Mentor Patch system. To mark each milestone in your mentoring journey, you will be awarded a special patch.

10 Credits – Junior Leader
50 Credits – Trainee Instructor
100 Credits – Assistant Instructor

Once you achieve the level of Assistant Instructor before you test for Black Belt, your title will be "Bosabom," which is translated to mean "Assistant to the Instructor." This title is to be used in a similar fashion to the titles "Kushanim" and "Sabumnim." Get out there, earn those credits, and mark your calendars for November 2nd! As a special **THANK YOU** we will be providing **PIZZA!!!**

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

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WHY MARTIAL ARTS?

There is a reason why Oprah, Dr. Phil, Dr. Laura Schlesinger, Jillian Michaels (Biggest Loser), Tony Robbins, pediatricians, child physiologists, and educators the world over all have alluded to the fact that Martial Arts is one of the most valuable things you can involve your child in.

It goes way beyond self-defense and can help a child in nearly every aspect of their life. Improved health and fitness, athletic enhancement, increased confidence, better concentration, better behavior, more courteous and respectful; martial arts can help in all these areas. Does this sound too good to be true? It's not. As a matter of fact, many experts agree that in this day and age of escalating childhood obesity, increased playground violence and deteriorating family structure, if you do nothing else for your child, you should make sure that they learn how to swim and they learn martial arts. Let's discuss why.

Self Defense - "Practice the fight so that you don't have to" is a phrase that is often used to describe the self-defense benefits of martial arts training. It refers to the fact that as the child becomes more confident in their ability to defend themselves through martial arts training. The need to defend themselves automatically decreases because they unconsciously begin to carry themselves in a more confident manner and that confidence is projected to those around them, making them less vulnerable to predatory behavior. On top of that, martial arts' training includes strategic self-defense as well as actual self-defense. Children are taught how to recognize a potentially dangerous situation and how to avoid confrontations.

Athletic Enhancement - There is a reason why virtually every professional sports team in virtually every major sport supplements their training with martial arts. Martial arts training offer several advantages. First off, it is amazingly effective in enhancing general coordination because it uses every part of the body in a balanced way. Upper body, lower body, right side, left side, forward movement, lateral movement, rotational movement, it's all included in martial arts training.

TO READ THE REMAINDER OF THIS ARTICLE.....PLEASE VISIT OUR *NEWLY DESIGNED* WEBSITE UNDER THE ABOUT SECTION.

Thanksgiving Fight & Feast In-house Tournament Saturday November 21st 9AM-1PM

Mark your calendars!!! We are having a Tournament!!! There will be Forms, Self-Defense, and Sparring along with LOTS of Fun! After the Tournament, we will have pot luck food to share....More information coming soon so LOOK for it

Archery Classes and Saturday Shoot information

We are excited to announce that Archery Classes are back! On the 2nd Friday of every month from 6-9pm, there will be a class dedicated to the following:

- Personal One-on-One instruction
- How to safely string, shoot, and store your bows.
- How to select the right bow for your body type.
- How to be accurate and balanced
- Learn how to tune your bow to your arrow and what arrows you should be shooting

This is a one-time class for \$49 per person. Once you have attended one of these classes, you are invited to join us every 2nd Saturday for an Archery Shoot that will be held from 9am-12pm



Note from Sabumnim:

To all my students, I am currently trying to locate a bumper pull trailer approximately around 30' in length, that I could move into and live along the lake. I am also trying to find an older 650 cruiser type or dual sport motorcycle in good condition. If any of you happen to have one, or know of someone who has one and they are ready to sell it to someone who will give it a good home, please let me know. It would be greatly appreciated!

Our students and parents Rock!

Sabumnim :)

THE ADVENTURES of KW Kid



Integrity; means being Honest and doing the right thing, even when no one is looking... You must always try to be Honest KW. Can you do this KW?

Illustrated by J. Holcomb



Aiden R.
Manya S.
Aryn S.
Sebastian S.
Samuel N.
Daniel N.
Griffin W.
Brett M.
Tanner M.
Grant H.
Joey Z.
Mathieu R.

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Oct 23



Avery M.
Christopher D.
Grey L.
Isabella A.
Jack O'P.
Katrina T.
Francisco C.
Ava F.
Christian F.
Harper J.
Hallie H.
Charlie R.

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