

# KARATE WORKS ARCHERY WORKS



# SEPTEMBER 2015 TIGER TALK

*Welcome to our  
Karate Works Family!*

## August Sign-ups!!

Nathaniel Craig	Aug 4
Josh Crowe	Aug 4
Ryse Cole	Aug 10
Gabby Ramos	Aug 10
Bruce Ramos	Aug 10
Ian Ussery	Aug 11
Luke Pullen	Aug 18
Tristan Kercheval	Aug 19
Sara Conroy	Aug 19
Truman Massey	Aug 24
Brady Blackburn	Aug 26



## STUDENT OF THE MONTH

### MADELYN BUDAUS



#### CONGRATULATIONS

to our September Student of the month, Madelyn Budaus! Madelyn shows great leadership in class and strong knowledge and skill which she is always willing to share with her peers. Her consistency as a student assistant instructor is greatly appreciated!

**WAY TO GO MADELYN!!!  
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)

## INTEGRITY

BY JUNIOR HOLCOMB, 11 YEARS OLD



Integrity means being honest no matter what happens. Integrity is also taking full responsibility of your actions. For example, if you break a glass, be honest about it. Don't blame it on somebody. I like the tenet integrity because it teaches you to be honest and increases your character. Integrity means being respectful because honesty makes people believe you more and it's respectful to your parents.

This tenet means a lot to me because I want to be honest about everything. Integrity is like being nice to others when you tell the truth. Your friends like when you're honest about everything and never lie. If you have integrity you are a good person and it's respectful to everybody.

**WE COULDN'T AGREE MORE JUNIOR!**

## BACK TO SCHOOL BUDDY PASS

***Come and get your Buddy Pass at the  
front desk and give them to your friends!  
If they sign up, you will receive \$50 in  
Karate Kash which you can use to buy  
equipment, gear and T-shirts!!!***

# Martial Arts After School

August and September mark the back-to-school season, which means kids are trading summer camp for classes. However, all of the fun activities your children did during their time off doesn't have to end. In fact, extracurricular activities provide an outlet for students to work out some stress, engage in practices they enjoy and, if they're physically active, increase their energy and focus. Martial arts give students access to these benefits, making training an ideal after-school activity.



## De-stress

Students of all ages experience school-related stress, but levels are especially high in teens. The American Psychological Association noted that teens feel levels of stress similar to adults. In fact, 31 percent of teenagers reported feeling overwhelmed and 30 percent said they felt depressed or sad as a result of workload.

This information highlights the importance of having an outlet to de-stress, especially for teens. Martial arts classes provide that method for relaxing for many people. By being physically active in an environment that focuses on concentration, control and discipline, teens and children can release negative energy. Plus, martial arts can be fun! By working out their frustrations from the day while having a good time, participants may find martial arts classes to be the perfect de-stressor.

## Improve energy

It may seem counterintuitive, but exercising can increase energy levels. So while you're kids might spend a bunch of energy in their martial arts classes, they'll be more energetic overall. What's more, being physically active promotes good sleep, further increasing energy levels.

Both these benefits of physical activity mean your kids can focus better in class and use their increased energy for their studies. For this reason, signing your kids up for martial arts classes during the school year is beneficial.

Of course, compare your kids' school workload with how much free time they have and plan extracurriculars accordingly. They should get both physical activity from after-school activities and downtime to relax and recuperate.

## Confidence

Everyone makes mistakes, and in every facet of life. Your kids will get answers wrong on their homework, and that's OK. Being able to learn from errors and become stronger because of them is an important trait to have in their education. Martial arts may teach kids resiliency they can apply in the classroom, ultimately boosting their confidence. They'll learn that messing up a move or being knocked down isn't always a bad thing - they'll remember it next time! The more they realize that making mistakes is fine, the more confident and sure they'll become.

Martial arts class may be an extracurricular activity, but it's one that can support your kids' education.

**We would love your positive feedback for our studio!**

For the month of September, anyone who writes a review for us on Google will receive a free Gatorade and have their name entered into a drawing that will take place at the end of September. The winner of the drawing will be given a free set of deluxe sparring gear, valued at over \$175!!



**September Special!**  
**FREE**  
**REGISTRATION**  
**AND UNIFORM**  
**FOR NEW**  
**SIGN-UPS**

**NEW T-SHIRTS**  
**AND LOGO**

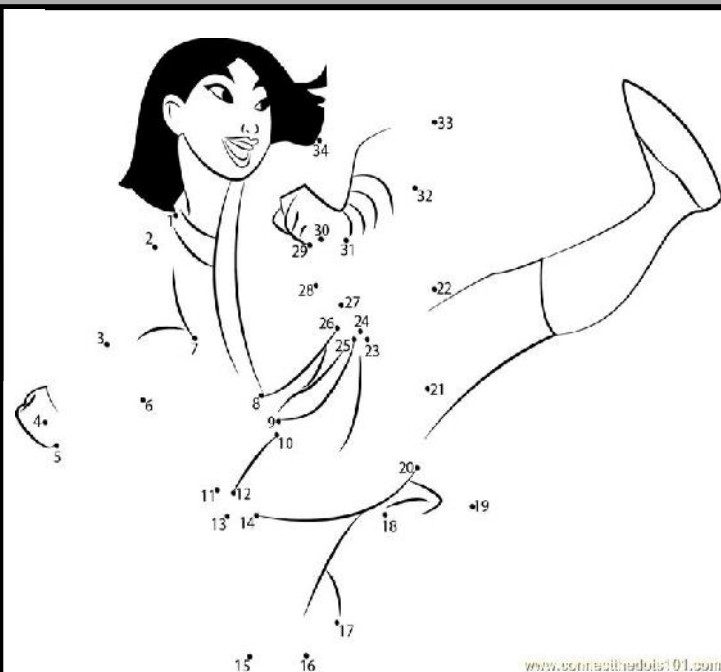
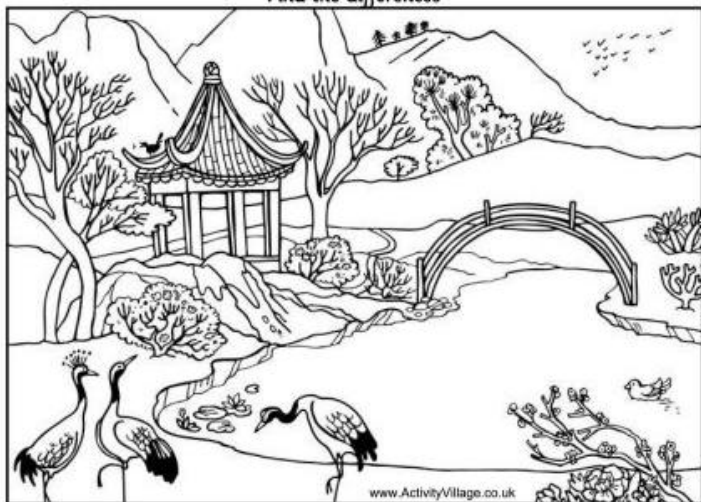
We are very excited to announce that we will have Dri-Fit shirts available for purchase! These shirts will be available in only 6 colors to include White, Yellow, Green, Blue, Red and Black to coincide with your current belt color. When you rank up, you will then be able to upgrade your shirt to your new color! Also, we are working on a new logo that will be on both our standard and dri-fit shirts from now on. We will have the new design and the new dri-fit shirts ready to order by the end of September!!

Standard T-Shirt—\$17.50 + tax  
Dri-Fit T-Shirt—\$21.50 + tax





Find the differences



**THE ADVENTURES** of KW Kid

KW is busy training for his Yellow Belt test and will return next month to learn about Integrity....

....Stay tuned next month!

***"I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times." - Bruce Lee***



Aimee P.  
Jose C.  
Raven W.  
Henry R  
Anna J.  
Connor V.  
Kyle S-H.  
Alex D.  
Kit S-H.  
Jacob H.

Sept 1  
Sept 2  
Sept 3  
Sept 3  
Sept 5  
Sept 6  
Sept 8  
Sept 9  
Sept 9  
Sept 11



Andrew H.  
Tucker H.  
Amelia D.  
Morgan G.  
Rinoa U.  
Ryse C.  
Rising H.  
Sofia D.  
Micah W.

Sept 11  
Sept 17  
Sept 17  
Sept 19  
Sept 21  
Sept 21  
Sept 28  
Sept 28  
Sept 29



# September