



March 2008 Newsletter

“All our dreams can come true if we have the courage to pursue them” -Walt Disney



Important Dates in 2008:

Session 2 begins
Women Only Class resumes
K4KUSA Break-a-thon
Ninja Nite
Summer Camp
K4KUSA Tournament

March 3
March 5
March 9
March 8 & 29
June 30- August 22
November 16



It's Breakin' time!

Our spring event is finally here! Sunday, March 9 from 11am - 1pm, is our second annual K4KUSA Break-a-thon! Yippee!

What Do You Know About Tang Soo Do?

Mah Kee means block. Here are five of the main blocks:

Ha Dan Mah Kee – Down Block

Sang Dan Mah Kee - High block

Ahneso Pahkero Mah Kee - Outside Block

Pahkeso Ahnero Mah Kee - Inside Block

Soo Do Mah Kee - Knife-hand Block



Building a Community at Karate 4 Kids USA

Thank you to all who gave to our “Community Fund”! By reaching out and helping those around us, we become better ourselves. One student even came in with their "piggy bank" to give away. Everyone's contribution has been incredibly touching and has made a big impact on a wonderful family, and has even functioned as a morale booster for the whole studio.

Women Only Class is back!

Starting March 5 at 6pm and continuing every Wednesday at 6pm, we will be teaching a special class just for women and teens. This class will focus on self-defense and fitness. Bring a water bottle and be ready to sweat!

An unsolicited letter from a parent:

Dear K4KUSA Parents,

If you have ever entertained the thought, "I'd like to take a karate class to see if I like it", I urge you to begin now.

After deciding to give karate a try, it took me three months to finally take a class and realize how much I enjoyed it. And after three years, I'm really glad I took the opportunity to give karate a chance. Similarly, there are other parents who discovered how much they enjoy karate. Some parents who took classes for a few months discovered that karate was not for them. Either way, we were all successful in determining if karate was for us or not.

The classes are fun and energetic in an encouraging atmosphere with great instructors. And it's a great activity to share with your child.

So, if you have been thinking about it, don't put it off any longer, take a class, you have everything to gain.

I look forward to seeing you in class.

*Tang Soo,
Mr. P*



Our Adult co-ed classes run Monday – Friday at 9am, Monday – Thursday at 7pm and Women Only class, Wednesday at 6pm. First class is free. See you there!

Grandmother Fights her way out of Dinner!

Okay, not quite, but our oldest and one of our most advanced students amazed her waiter with talk of her new sparring equipment. What a great opportunity to inspire others with her accomplishments. She's testing for her black belt this fall. Oh, yeah, and she's 64 years young.

K4KUSA is Wireless

Bring your laptops to the studio and surf the web while your children kiya. The sign-on code is on the dry-erase board. Enjoy.

Be Kind:

Please help us out by taking your cell phone conversations outside and let the instructors make our brief announcements in peace. Thanks!

The More Often You Come, the Better You Get

We recommend multiple classes for everyone, but especially our advanced students. Multiple classes are mandatory for all green belts and up.

Congrats to these rising stars who all got promoted in February



Ninja Nite

Cheaper than a babysitter and twice the fun. Ninja Nites have been jam-packed and rockin' so please make sure you are paid in full to reserve your spot. Ninja Nite this month: March 8 & 29.

6:00 p.m.	Drop-off
6:00-7:00	Karate workshop! Games!
7:00-7:30	Pizza! Cartoons!
7:30-8:15	More games and chaos!
8:15-9:45	Movie! Snacks!
9:45-10 p.m.	Surprise activities & pick-up!



Cost: \$30. per child/siblings \$20. Payment in full is required upon reservation.

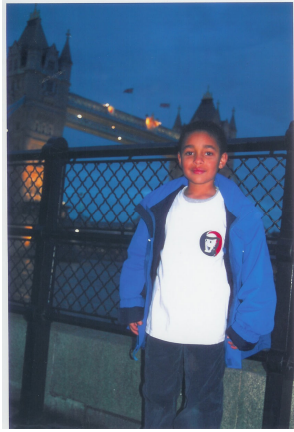


America welcomes Mike K!

Mike receives his citizenship! Something we usually take for granted, thanks for reminding how lucky we are to be in the United States of America.

“We'll never have a woman president. She'd have to admit she's thirty-five.”
-Milton Berle

March Students of the Month
Congratulations!

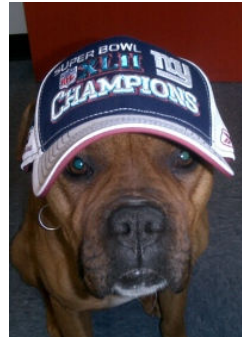


Elias represents K4K USA
in front of the Tower Bridge.

Kamille Duran – White
Heather Barette – Yellow
Erzhan Smith – Purple
Jacob Meserve – Orange
Drew Boysaw – Blue
Nicole Sassounian -Green
Mathew Zebro - Red

A Giant Win.

The New Yorkers, Bostonians, Packer faithful even the hated Cowboy fans were well represented during the NFL playoffs. It was great to see such passion for everyone's favorite team. We all know how this story ends...



www.Karate4KidsUSA.com

