



APRIL 2008 NEWSLETTER

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover."

-- Mark Twain

Important Dates in 2008:

Ninja Nite	April 12 & 26
Mother's Day Class	May 12 (9am or 7pm)
Summer Camp	June 30 – August 22
K4KUSA Tournament	November 16



2008 Break-a-thon: A smashing success!

We broke boards, bricks, hearts and wind at our second annual K4KUSA Break-a-thon. Thanks to all who participated and volunteered to help make the event run smoothly! We had a great time and also raised money for our scholarship fund!



Summer's coming

Summer is just around the corner which means another exciting eight weeks of karate camp! Martial arts, games, dodge ball, arts and crafts, paper airplanes, library trips, general mayhem and major chaos (please find a flier attached).

Graduate with us

Academics and dedication play an important part in our program. We currently have many students who attend karate class on scholarship and we would like to extend that to college. We are proud to announce the formation of the K4KUSA scholarship fund. The longer you spend with us, the more money we put toward your college education. Keep kicking and keep learning.

Your mama is so...

...invited to a free karate class!
Every day is mother's day and we want to show our appreciation with a special Mother's day class on Monday, May 12 at 9am or 7pm.



What Do You Know About Tang Soo Do?



"Jaseh" means stance. Here are some common stances:

Choon Be Jaseh
Kee Mah Jaseh
Jun Gul Jaseh
Hu Gul Jaseh
Sa Ko Rip Jaseh

Ready stance
Horse stance
Front stance
Back stance
Middle stance



Women's Only Class

If you are a woman, or thinking of becoming a woman- then this is the class for you. Every Wednesday at 6pm, we will be teaching a special class just for women and teens. To help this class grow, we have created an aggressive referral program: For every person you refer who signs up, you get 20% off your next session. Refer five people and you come for free! So bring in a friend and a water bottle and be ready to sweat!

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

A friendly parking reminder

The wonderful No-Ho diner (roach amusement park) has threatened to tow any and all of our cars if we are caught parking in their precious (greasy) lot. Please park in our lot or on the street only. Thanks. We promise we won't tow you.



K4KUSA is Wireless

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

Water = Life

It's okay to sweat. Just remember: Our bodies are over 70% water. Let's keep it that way, shall we? Please bring water to class every time. Chug-o-lug a bunch before every workout.

Congrats to these rising stars who all got promoted in March:



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: April 12 & 26.

6:00 p.m. Drop-off

6:00-7:00 Karate workshop!

7:00-7:30 Pizza! Cartoons!

7:30-8:15 More chaos!

8:15-9:45 Movie! Snacks!

9:45-10 Mayhem! & pick-up!

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





April Students of the Month

Congratulations!

Gracie Hale – White

Trent Elliot – Yellow

Logan Zutavern – Purple

Mike Korotki – Orange

Marcella Dreith – Blue

Kiana Brown – Green

Michelle Yeghyayan - Red





"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do."

- Eleanor Roosevelt



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