



# MAY 2008 NEWSLETTER

"Far better it is to dare mighty things, to win glorious triumphs, even though checkered by failure, than to rank with those poor spirits who neither enjoy much nor suffer much because they live in the gray twilight that knows neither victory nor defeat."

~Theodore Roosevelt

## Important Dates in 2008:

Ninja Nite

Mother's Day Class

Black Belt Test

Summer Camp

K4KUSA Tournament

May 10 & 31

May 12 (9am or 7pm)

May 17

June 30 – August 22

November 16

## Billy G or Billy Jack?

Help cheer Billy G on as he tests for his Black Belt on May 17 at 3pm. The Test will be at our partner school in San Diego and we want everyone who tests to have a great experience, so find someone to carpool with and let's have a fun trip and cheer on Billy. Check the office for directions and details or [northcountymartialarts.net](http://northcountymartialarts.net)

## Are You Ready For The Summer?

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. Pick up a registration form today (PDF flier attached).



## Your Mama...

is invited to a free karate day 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.

## 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.

Redeem this for a week of free lessons



**LA's #1  
Karate Program!**

Visit [www.Karate4KidsUSA.com](http://www.Karate4KidsUSA.com)  
or call (818) 755-4573  
for info & directions

Redeem this for a week of free lessons

### **Refer- A- Friend Contest**

Anyone who refers five or more people to sign up between now and June 21 will get 50% off their next session plus a \$50 gift card. Whoever refers the most sign-ups will get 100% off their next session (that's the whole summer for free) plus a \$100 gift card and a choice of either a 25 push-up card or free Dodge-Ball card.

Please pass along the coupon to your friends. We have more at the studio because we know you have a lot of friends.

### **What Do You Know About Tang Soo Do?**

"Mah Kee" means Block. Here are some common blocks:

Ha Dan Mah Kee

Sang Dan Mahk Kee

Ahneso Pahkero Mahk Kee

Pahkeso Ahnero Mahk Kee

Soo Do Mahk Kee

Down Block

High Block

Outside Block

Inside Block

Knife-Hand Block

### **Women's Only Class and Adult Classes**



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!

### **Water = Life**

It's okay to sweat. Just remember: Our bodies are over 70% water. Please bring water to class every time. Drink a bunch before every workout.

## **Be Kind**

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

## **Congrats to these rising stars who all got promoted in April:**



## **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: May 10 & 31.

- |              |   |
|--------------|---|
| 6:00 p.m.    | Drop-off                                |
| 6:00-7:00    | Karate workshop! Games! General mayhem! |
| 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.

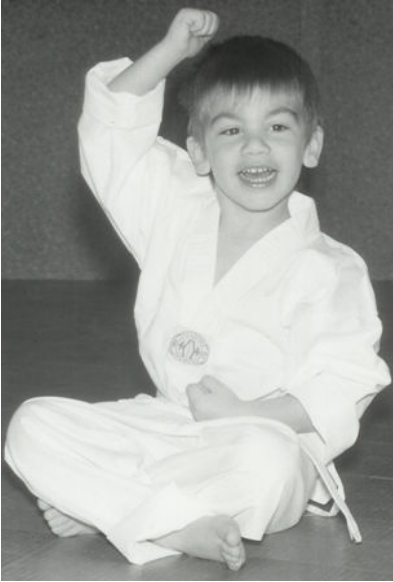


## **The New T-shirts are here!**

Throw one of these babies on over your Karate pants and your all set. Shirts are on sale for \$20 and can be worn to classes all summer. Thanks to our design gal Nicole Short for her retro concept! If you are testing, make sure to wear your full uniform.

# May Students of the Month

Congratulations!  
Taylor Kamemoto – White  
Jesse Harrison – Yellow  
Sam Patrick – Purple  
Alex Heston – Orange  
Chase Mayo – Blue  
Isaac Kaufman - Green



## Recipe for Life:

We start here, at 4 or 5 years old.

Add in: thousands of blocks, kick, punches, push-ups and mix vigorously.

Keep working hard for 10 years+.

Serve hot and enjoy the results of your hard work- forever!



[www.Karate4KidsUSA.com](http://www.Karate4KidsUSA.com)

“Never raise your hand to your kids. It leaves your groin unprotected.”  
~Red Buttons

