



KANTHAK KARATE

Family Martial Arts & Safety Training Center



www.kanthakkarate.com

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October News

Here is a list of upcoming events, important dates and cool stuff in general.

Important Dates – Mark your Calendars

October 3rd Half-Day Camp – Half day on Wednesday October 3rd. Camp will run from 12:00 to 3:30. 1/\$15, 2/\$25 3/\$35. Make sure to sign up in the book!

October 5th Buddy Class – 5pm 4, 5 & 6 year olds & 6pm for 7-12 year olds.

October 6th

- **Buddy Classes** – 10am 4, 5 & 6 year olds & 11am for 7-12 year olds
- **Curriculum Catch Up Class** – At 12:00 for those wanting to catch up. Please sign up in the book.

October 12th Day Camp – Camp is held from 9am to 4pm. Sign up at the front desk. Please bring a sack lunch, a bottle of water and a good attitude. 1/\$35, 2/\$60 and 3/\$75.

October 19th Buddy Classes – 5pm 4, 5 & 6 year olds & 6pm for 7-12 year olds.

October 20th

- **Buddy Classes** – 10am 4, 5 & 6 year olds & 11am for 7-12 year olds
- **Curriculum Catch Up Class** – At 12:00 for those wanting to catch up. Please sign up in the book.

October 24th, 25th & 26th Half-Day Camp – Half day camps all three days. Camp will run from 12:00 to 3:30. 1/\$15, 2/\$25 3/\$35 each day. Make sure to sign up in the book!

October 27th Halloween Party!! – The annual Halloween Party is here! Join us from 4:00 to 6:00pm at Illahee Elementary School Gym. There will be a costume contest, live band and potluck. Last name beginning A-H please bring salad, fruits or veggies, names I-P bring casseroles, meats or cheeses and R-Z please bring crackers, chips or desserts.

Curriculum Catch Up Classes

We are continuing to offer curriculum catch up classes in October. We will be teaching Escrima to those who took time off in the summer and would like to learn and for those of you who would like to continue learning. Make sure to sign up in the book!



Mr. B's Training Tip

Anytime a technique is giving you a hard time, it is really easy to get frustrated and want to give up. Use these 3 steps next time that happens.

1. **Stop**- its hard for your frustration to build if your not doing the technique
2. **Breath**- take a few seconds to cool down and lower your frustration
3. **Think**- Now that your cool, think of the move and what you are doing wrong

Use these steps, and your brain will have an easier time doing the move.

Keep Training!
Mr. B



Halloween Party!

The annual do it yourself Halloween Party is back! Saturday October 27th from 4:00 to 6:00 pm at Illahee Elementary School. Make sure to wear your costume and join us for a live band and the potluck! If your last name begins with A-H please bring salads, fruits or veggies. Last names beginning with I-P please bring casseroles, meats or cheeses. R-Z are asked to bring crackers, chips or desserts. There will be prizes and games for all students and lots of fun, of course! As our event gets closer, keep your eyes open for the flier with a map and more details. We'll see you there!

Kelly's Corner

You are what you eat

Yeah, yeah... we all know we should be eating better. With our busy lives it's tough to avoid the drive-thru and pre packaged snacks. Sometimes buying a healthier variety feels like it will break the bank. At home I combat that with lots of fresh fruits and veggies on hand. If you wash and cut up everything as soon as you get home from grocery shopping, it will be easily available and more likely to be eaten than higher calorie choices. Washing down snacks with water is also an excellent choice. Just because soda and high sugar juice drinks have been invented doesn't mean you're required to buy them or allow your kids to consume them regularly.



Student Spotlight

Sarah Seydlitz

Sarah is in 5th grade this year and excited about learning to play the clarinet. She has been playing piano for the last 6 months and really enjoys music. At school she has participated in Chess club for the last three years. Her team went to the State finals, placed 5th out of 150 teams and have been nationally recognized as top-notch chess players! Not only is Sarah an excellent Martial Artist but an awesome student as well! Her favorite thing about karate is learning how to defend herself. Her goal of getting her black belt is high on her priority list and with her determination there's no stopping her!



Trick or Treat Safety

It's that time of year to get out your costumes and plastic pumpkins and take to the streets in a confectionary free for all. While trick or treating is a ton of fun, there are some safety tips to keep in mind. Always make sure to:

- **Go with a buddy or your parents or your buddy's parents.**
- We know it's exciting, but **Look both ways** before crossing the street.
- **Glow sticks**, either on your shirt or in your bag are excellent tools to help drivers see you!
- Give your parents first pick of the candy. That means – hand over the bag so they can go through the loot to **make sure it's safe to eat.**
- **Never eat candy that has been opened already!**
- Sure, it's Halloween and it's supposed to be spooky, but if things feel a little too creepy, it's ok to not go to the door and it's ok to back away.
- **Never go into a stranger's house** for candy. If they don't have it at the door, move on.
- Always, always, always – **Keep your Safety Zone!!**

Celebrity Look-a-like



And



Hannah should star in the remake!

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Our website is going through some exciting changes throughout this month! Make sure to add us to your favorites and check back often to see our progress. As always, we value your input. Something you want to see on the site? Let us know! We look forward to offering another great service to you!

Have a question or comment? Give us a call at 360-260-5115 or shoot us an Email at –

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