



KANTHAK KARATE

Family Martial Arts & Safety Training Center



www.kanthakkarate.com

16505 SE 1st Street, Suite I, Vancouver, WA 98684. (360) 260-5115

March News

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

Important Dates – Mark your Calendars

March 7th

- **Bonus Class 4pm** – All belts welcome.
- **Buddy Classes** – 5pm 4, 5 & 6 year olds & 6pm for 7-12 year olds

March 8th

- **Buddy Classes** – 10am 4, 5 & 6 year olds & 11am for 7-12 year olds

March 14th

- **Bonus Classes 4pm & 5pm**- All Belts Welcome
- **Private Birthday** – 6:30pm to 8:30pm.

March 22nd All School Demo – The Winter 2008 All School Demo at Shahala Middle School from 10am to 11am.

March 28th Parent's Night Out 6 to 10pm – 1/\$35, 2/\$60, 3/\$75. Please sign up in the book if you plan to attend.

March 31st - Spring Break begins!! We will hold regular classes during the week of spring break.

March 22nd All School Demonstration Shahala Middle School 10am – 11am

It's time for our Winter 2008 all school Demonstration at Shahala Middle School. The demo will be approximately an hour in length and all students will have the opportunity to show off the skills they have learned. Mr. Kanthak will lead all students through a group warm up and then each group, placed together by age, class and skill level, will demonstrate their moves.

Please wear your full uniform, including your belt, to the demo if you are able to attend. Students who need pieces, parts or a complete uniform need to let their instructors know no later than March 12th to assure they get their gear in plenty of time. As always, you can reach us by email karl.k@kanthakkarate.com, or by phone 360.260.5115 or by speaking to any of the staff directly while at the school.

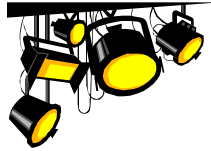
All school demonstrations are a lot of fun and an excellent opportunity to meet other people in the school. You also get a sneak peek as to what you will be learning as you progress in your Martial Arts journey. There are many photo opportunities during the demo and also a group photo at the very end. Mr. K and Mr. B also pose for pictures with students and their families so don't forget your camera!

Graffiti Wall

When we ask – How has Kanthak Karate changed yours or your child’s life? Here’s what people had to say:

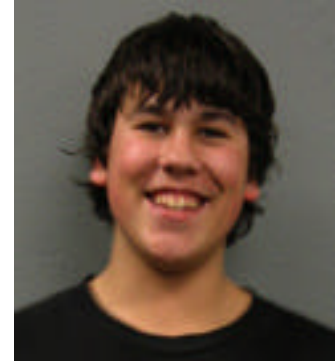
“It’s taught our son a lot more discipline, respect for adults and respect for authority and respect for his peers. It’s helped him a lot in school being focused on his school work and not being disruptive. Coordination. Strength. Agility. Motion. It’s fun and it teaches the kids discipline.”

–Rose Fontaine, Karate Mom



Student Spotlight Marcus Kent

Marcus Kent has achieved his black belt and it will be awarded to him at the Demo this month on the 22nd. Congratulations Marcus! You’re hard work has definitely paid off. When he’s not in school, Marcus works his landscaping business in his neighborhood where he makes extra money. He also enjoys cooking and when he graduates high school in a few years his goal is to become a chef. With his winning attitude I’m sure we’ll see Marcus at the top of his game for many years to come. He’s relocating with his family to Arizona this spring and he will be missed!



Mr. B’s Training Tip

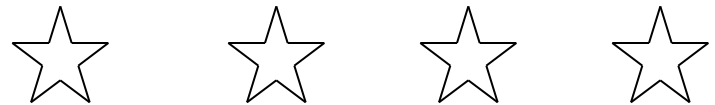
It’s getting pretty close to summer, March is the beginning of spring which means its going to get hot pretty soon. That means lots of swimming and out side activities.

With the better weather you can practice out side of your house. Maybe a back yard or an area in the grass were nothing is going to get in your way. Sometimes it’s hard to practice at your house because of things in your way, furniture, cars in the garage, mom doesn’t want you to break anything (sounds like my mom). Either way, it can be hard to find the time and place to do it.

But if you can find just 15 minutes a day to work on some of your techniques. Your skills will greatly improve. You have to remember that most of us are only here 2 times a week. If you want to sharpen your skills faster than your peers, practice outside class and you’ll see huge improvement in no time.



Keep Training –Mr. B



Want to make headlines?

The Newsletter Crew is always looking for great stories and articles to print. Drop us a line and tell us what you’ve been up to. We would love to hear about your latest accomplishments, future plans and life’s successes! It’s time to step into the spotlight and confirm to the rest of the world what we already know – that you rock!

Kelly’s Corner

You are what you think

Science is finally jumping on the bandwagon and discovering what visionaries of the world have known for centuries – you are what you think. With that idea in mind, it’s no wonder when we wake up late for work, stub our toe on the bedpost, get shampoo in our eyes while showering and finally get ready only to spit toothpaste on the front of our shirt, that nothing can go right. Most of the time in our hurried, frenzied dash out the door we are thinking thoughts of frustration and disappointment. Well no wonder nothing is going our way! Just like the days where nothing can go wrong, we get a raise, traffic is a breeze, they have one super chocolate low fat brownie pie left at the store with our name on it and our family life is serene. On days like that we are probably thinking something like – wow! This day is the best ever! And so it shall be. It is just as easy to have a terrible day as it is to have an amazing day. So when someone says, “It’s all in your head.” They’re absolutely right! Choose to have an incredible day!

Spring Break Safety

Ahh... Spring Break has at long last arrived. For some it's a week off from school and the hassles of homework. And for others it's a trip to Disneyland or Hawaii (I swear with my new diet I CAN fit in your luggage and if there happens to be an "over the weight limit" fee, I'll totally cover it) for a week of fun in the sun.

A vacation is the best way to soothe frazzled nerves, reconnect with family and friends and focus on doing nothing but fun things. Relaxation is not only good for the body, but for the mind and soul as well.

When most people go out of town there is a great shift in their attitude. Of course, you are heading out into wild blue yonder where there's not a worry to be had or a stressful idea to crease your brow, that's the point, right?

While the health benefits of taking some time away from it all far outweigh the dangers of vacation, there are a few things to keep in mind. Harnessing your bliss doesn't mean throwing all caution to the wind. Remember some basic safety rules to make sure your time off is the best it ever!

- **Safety Zone** – People, no matter where you are vacationing, need to respect your boundaries.
- **If it feels creepy** – It probably is. Listen to yourself!
- **Familiarize yourself with a new area** – Buy a map or Google your driving directions.
- **Pay attention** – To the people around you.

If you still insist that taking 17 pairs of shoes in another piece of luggage instead of stowing me away is a better option for you, at least send us a postcard! Have fun and be safe!!



Celebrity Look-a-like



And



The movie was really based on Maya

Mr. K can be scheduled for Safety Talks or Classes for Schools, Church, Service groups and other organizations. To make arrangements for a dynamic presentation please send us an email at Karl.K@kanthakkarate.com or phone the school at 360-260-5115. Unite against boring safety meetings and stop the snoring!!

Have a question or comment? Give us a call at 360-260-5115 or shoot us an Email at – Karl.K@kanthakkarate.com

“Fun. It’s good discipline. The best thing about it is really working hard one night and feeling you got through it without giving up. My parents have mostly supported me. There were times when I wanted to quit and they said keep going on. I just love working hard.”

–**Kevin Athey, Black Belt**

“They would be out of control if they weren’t at Kanthak Karate. No, they’re great kids and they really enjoy it. They listen, they follow directions, they don’t whine which is very good. They do really well in school. The three rules, no whining, no excuse for bad manners and self defense only – we use a lot. It helps us get dinner on the table without hassle!”

–**Gregg & Carolynn Lackey,
Karate Parents**

“Because Kanthak Karate makes me feel good. When I come to Kanthak Karate I get to think about nothing else but karate. It’s a lot of fun!”

–**Marlaina Renton
Karate Mom
and Orange Belt.**

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