



KANTHAK KARATE

Family Martial Arts & Safety Training Center



www.kanthakkarate.com

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June News

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

Important Dates – Mark your Calendars

Non-Enrolled Father's Train Free All Month- Happy Fathers' Day

Fathers Classes T/Th 7:15 Adult Class

Wednesday June 4th – Stripes & Belts Promotion during regular class time.

Thursday June 5th – Stripes and Belts Promotion during regular class time.

Friday June 6th – Kung Fu Panda Cascade 16 theater 4:15 showing. Buy tickets online at Fandango or go to Box Office

Saturday June 7th 10 to 1pm – All School Student Demonstration & Tournament at Shahala Middle school.

Friday June 13th Private Birthday 6:30-8:30pm – Happy Birthday William Butler!

Saturday June 14th Private Birthday 9 to 11 am – Happy Birthday Maika Reed!

Sunday, June 15th - Happy Fathers Day

Saturday June 21st Private Birthday 1 to 3pm – Happy Birthday Lydia Harris!

Friday June 27th Buddy Classes 5pm, 6pm – 5pm 4, 5 & 6 year olds & 6pm for 7-12 year olds.

Saturday June 28th Buddy Classes – 10am 4, 5 & 6 year olds & 6pm for 7-12 year olds

Mondays & Wednesdays June 30 to Aug 20 – 10:00 am Summertime Day Classes- All Belts

Saturday July 19th – Swim Party

Friday August 15th – Star Wars Light Saber Party **Saturday August 23rd** – Water Fight and Picnic

Spring All School Demonstration & Mini Tournament

Saturday June 7th, Shahala Middle School 10am to 1pm

It's time for our Spring 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. After a short break we will set up for the Mini Tournament. Younger students may need a snack? 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 June 2nd 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.

Mini Tournament

At approximately 11:45 following the Demonstration we will be setting up rings and students will have a chance to do Ring Sparring. All students will receive a Karate Dog Tag. Intermediate Students please plan on staying to be officials.

Summer Survey

Summer is on its way and that means travel and time off for fun. Please let us know your plans so we can make our summer classes the best ever!

- A. Regular Attendance
- B. Regular Attendance with set vacation dates.
- C. Intermittent Attendance – 8 Class punch cards are available at the desk for your regular tuition amount.
- D. Summer off

Mr. B's Training Tip

Basics are the foundation of it all. We do lots of different techniques from our hands to our legs, to adding both of them together in multiple strikes using all parts of our body. When it comes down to keeping our students safe it's the moves we practice all the time that will protect us.

Basic techniques such as draw punch, draw palm, and draw shield step kick place, are techniques we practice at karate every class. These techniques are designed to be performed in a standing non defensive stance. We want our students to be able to defend themselves from a normal everyday standing position. These basic moves are the structure or foundation for our styles martial arts.

Performing these techniques on a regular basis will greatly improve our platform, shields, focus, and ability to punch in the blink of an eye from our hand in the holster to the

opponent's nose. Our style of martial art is specifically designed to be instructed in a defined teaching order. We give you tools you will need in the future for more advanced techniques. Practice these techniques as best and as sharp as you can. Get the basics down, and every technique you do will greatly improve.

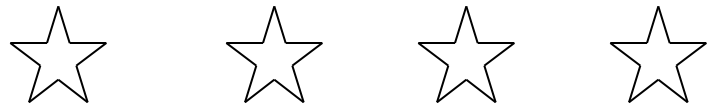
Keep Training, Mr.B



Student Spotlight

Kelly Emerson

Kelly has been attending Kanthak Karate for two and half years and is a brown belt. She joined class when the school offered a month of free training. It was a great thing to do with her son and after a few classes she was hooked. Her favorite thing about coming to class is being able to do something positive, giving her time to focus completely on herself to create something just for her. When doing combos in class her favorite is thundering hammers. Another unexpected bonus is being able to bounce all the drunks out of the tasting room at English Estate Winery where you can find her behind the counter in her free time.



Kung Fu Panda Movie Night

If you have not seen the previews yet, this movie looks like it's going to be a good one. DreamWorks has done it once again, coming out with another animated family movie. The movie features a panda and his Kung Fu friends and there journey with martial arts. Jack Black plays the main character "Po" the kung fu panda. The movie is rated PG. Kanthak Karate staff and students will meet at the theater on **Friday, June 6th** for the 4:15 showing. We hope to see you there! You can buy advance tickets online at Fandango, or go to the box office at Regal Cinemas.

Kelly's Corner

Teaching my new puppies old tricks

With the long, rainy Memorial Day weekend the kids clocked a movie marathon of epic proportions – think trilogies. By Sunday afternoon the cabin fever was killing us and we had to do something. I went to the garage and in 30 minutes and I had rounded up enough supplies and tools to create an old school masterpiece. The rest of the afternoon was spent making pinhole box cameras at the kitchen table. The kids were amazed that I even knew how to make them and could explain how they worked. I was amazed that I remembered all the steps and that we had enough junk in the garage to make it happen. As we glued in the pieces and figured everything out, I witnessed a level of teamwork among them I would previously have thought impossible without bribery. I realized in the techno age they have missed a lot of hands on fun with science. By recreating some of my middle school experiences we learned a lot about science and more importantly, about each other. Laughter chased away our yucky weather blues. Getting our FILM developed has caused a riot in the house and they're looking forward to the next rainy day when we are going to make a volcano with "lava".

Super Summer Series

Kanthak Karate is a year round school. We want our students to be only the best so we offer as much time for them to train as possible. Not only are we open up for the summer, but we have tons of crazy fun things going on all summer long!

Morning Classes- Monday & Wednesdays 10 am – All Belts, Begins June 30th

Escrima Stick Training –We are offering Escrima Stick classes during the summer. Students will learn defensive techniques with a rattan stick. A staff is a small stick around 26” long. Stick classes are super fun and of course are run with safety first as our number one goal. These classes will take place in regular class schedules.

Star Wars/Light Saber Party - Were all big fans of the Star Wars movies. Who doesn't want a light saber or want to be a Jedi? Well if you're one of our students and you have trained in our stick classes you could be one for a night. We teach our students light sabers techniques that are even better than Yoda's, Black the windows out, pull out the black lights and everything is glowing! This party you don't want to miss.

Skamania County Pool Party – About a 40 min drive up the beautiful Columbia River Gorge is Stevenson in Skamania County. They have an excellent rarely used indoor pool. The pool has a water slide, rope swing, and all sorts of fun pool toys. Kanthak Karate rents out the whole place for a day so EVERYONE is invited. Last year we had 70 students and parents all having a blast at the last pool party. Then afterwards we will meet for pizza.

Picnic/Water Fight – Last but certainly not least we are having our annual picnic/water fight. This is a huge hit, everyone that is or was part of the school are welcome to come attend. This is and has been the biggest most fun water fight I have ever been a part of.

In School Tournament

Immediately following the demo on Saturday the 7th, we will be holding our tournament with Kanthak Karate students only. All participants will not only have a great time, but also earn a karate dog tag. Sparring is a lot of fun and remember these basics while in the ring.

1. It's all about FUN, FUN, FUN
2. Judging STINKS!

A Few Summer Reminders

We would like to take a moment to remind all our students that the weather is going to heat up and our activity levels outside the school also increase. Please be courteous of our students, staff and supportive family who are in the school by making sure to shower daily and use deodorant. Please refrain from the use of colognes and perfumes in the school to mask body odors. While we understand that working out makes us all sweat, we appreciate your increased awareness of personal hygiene during this season. Thanks!



Celebrity Look-a-like



And



Why are Jimmy and Shia so disturbed?

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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