



KANTHAK KARATE

Family Martial Arts & Safety Training Center

www.kanthakkarate.com

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August News

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

Friday,

August 8th – Bonus Stick Classes – 4:00pm - M/W 4:00, T/Th 3:35, M/W 5:25, T/Th 5:00 Students Only
5:00pm - M/W 4:35, T/Th 4:10, M/W 6:00, T/Th 5:35 Students Only
6:00pm - M/W 6:50, T/Th 6:25, M/W 7:40, T/Th 7:15 Students Only

Friday,

August 15th – Star Wars Party - All students will be welcome to participate, make sure to bring your saber, and best star wars costume you got, and don't forget your great attitude! **Flyer coming soon**

Saturday,

August 23rd – Water Fight and Picnic - Get the super soakers out, and fill up the water balloons. Our annual water fight is just around the corner. The event features the famous karate potluck (bring your best dish), picnic activities (Frisbee, baseball, football), a beach and small river to swim in, the water balloon launcher, and of course the WATERFIGHT! **Flyer coming soon**

Friday,

August 29th – End Of the Summer Day Camp – All students welcome to attend. 1student/35\$, 2/60\$, 3/75\$

Wednesday,

August 27th – Last Day of Summer Morning Classes – Last summer 10am class

Kanthak Karate Light Saber Party

Are you a Star Wars fan? Kanthak Karate is having its 2nd Annual Light Saber Party on **Friday August 15th**. All students are welcome to come and put their light saber skills to the test. We will be blacking out all the windows with a space theme back ground, the walls will have glow in the dark Star Wars murals, and don't forget the multiple black lights all over the gym so you really get that out of this world experience.

Light sabers can be dangerous when there is more than one in the room. Since we have limited space there will be 2 different 45 minute parties, with 2 different skilled leveled Jedi. Students will use their stick techniques that they have been practicing over the summer with a light saber.

1st Party **5:00pm – 5:45pm – M/W 4:00 T/Th 3:35**
M/W 5:25 T/Th 5:00

M/W 4:35 T/Th 4:10
M/W 6:00 T/Th 5:35

2nd Party **6:00pm – 6:45pm – M/W 6:50 T/Th 6:25**
M/W 7:40 T/Th 7:15

The Party is free of charge and will run for roughly 45 minutes, you are more than welcome to stay and watch. Make sure to bring some type of light saber, if you do not have a light saber, we will do our best to find you one, and usually some kids will bring more than 1. Also bring your best Star Wars costume, and don't forget to bring your GREAT ATTITUDE! This will not be a party you want to miss.

Bonus Stick Class

We only have a little over a month left to train with our escrima sticks. The winter is our busy time of the year, the lack of space won't allow us to have enough room to move the sticks with all the students on the floor. We have dedicated one Friday night to make sure we get as much stick training in as possible. Look up at the events section and find out what time is your time for the stick bonus classes. The classes will run 45mins to an hour depending on the class. Bring your stick, water bottle, and a great attitude! We will see you there.

Mr. B's Training Tip

Platform all the time! In the summer time when we start our stick program, it is important to remember the all of your other non weapon techniques; more importantly, maintain a strong platform no matter what type of martial art you are doing. The same platform that we are always drilling should be used even when using the stick. When using the stick properly with the correct platform you can cause way more damage on your angle or stroke. Move your body up and down and around with the stick to add your body weight into your strokes. When you swing your stick you want your arm going from bent to strait at the same time you are cracking your wrist similar to a bull whip to get that extra snap. Try this on the pad around the pole the next chance you get and listen for the louder noise you will make on the pad. Remember when used correctly the tip of the stick can travel at speeds up to 120mph. This is very fast considering the fastest punch is probably close to 60mph. Keep working that platform even when using your stick!

Keep Training, Mr. B



We need your help

We are going to be updating the website and would like to get some fresh success stories from our students and families. Examples could be improved focus, reading, or other scholastic achievements. Other students have noted increased social skills, calmness, self-confidence, and general improved outlook and attitude. These can be email, and we are looking for video too!



Readers are Leaders Book Club

Kanthak Karate is a professional school with professional students, not only are they great martial artist but excellent readers as well. Reading is an important part of learning and understanding the world around us. Our readers are Leaders! If you have turned in 5 or more book club slips you will receive a patch and a certificate of achievement of reaching the readers club. Then every 5 more you turned in your name will be written on a dragon scale and added to the dragon on the wall, so start reading and ask for a book club form today.

HERE ARE OUR BOOK CLUB STUDENTS UP TO THIS POINT!

Tristan Robins, Shayleen Odell, Maya Sevy, Megan Garcia, Julian Garcia, Dylan Abt, Hannah Brickwood, Chiaki Mills, Noah Johnson, Erin Sinclair, Riley Sinclair, Drew Williams, JT Correy, Pravin, Cole Yamamura, Jacob Rosumny, Maya Gough, Danilo Kamkenko, Olivia Seydlitz, Sara Seydlitz, Tristen Rockhold, Rehaan Aria

**AWESOME JOB STUDENTS! KEEP UP THE READING.
WE WANT TO SEE EVERYONES NAME ON THIS LIST!**

Kanthak Karate Birthday Parties

Kanthak Karate offers fun and exciting birthday parties for a small price to enrolled students. If you are tired of the old Chuck E Cheeses party and the rats got you going nuts, then this might be just for you. Our birthday parties are ran by trained and experienced instructors to make sure that everyone experiences a good time, as well as keeping it under control at the same time. Enrolled students will receive a special enrolled price for birthday parties. The party consists of a basic karate intro including safety zone, get chased by the bamboo sword, climb, flip, and swing on the ropes, jump, hit and crash into the pads. Our party's rock and form on a regular basis. For more information contact the front desk.

Kanthak Karate Annual Picnic and Water Fight

Saturday, August 23rd

Washougal Hathaway Park

11:00am – 1:00pm

Dust off the old squirt guns and fill up the water balloons because the water fight is just around the corner. All students and their family and friends are welcome to come participate in this event. Everyone will start to show up at the park around 11am. We will do field type of activities like Frisbee, baseball, foot ball, catch, whatever else you might want to bring to play with. At 12pm we will start to dig into the food tables, this is a potluck so everyone will be required to bring some type of small dish, either a main food, or a desert. We have had some pretty awesome dishes in the back, so bring your best concoction, or store bought food works great to. Then finally around 1pm we start the main event water fight. This lasts until everyone is just about squirted out, then we pack up and go home. Don't forget the water balloon launcher; we will be launching water balloons at everyone from a foot ball field away!

- What to Bring?**
- Swim Suit
 - Blanket or something to sit on
 - Some type of dish for the Food table
 - Squirt Gun
 - Towel

Either light rain or shine, (pouring rain cancels), we still have the water fight so we will hope to see you all there. Please sign up at the front desk if you are planning on attending.

Swimming Party Report- Saturday, July 19th

The Second Annual Skamania County Pool Swim Party was a huge success with 50 more swimmers than last year. The best news is nobody drowned, everyone had a good time, and just when we were ready to go a student swallowed some pool water and barfed, requiring evacuating the shallow end and helping to hasten our exit.

We then took over Andrews Pizza and had literally every table filled with our students. Thanks to everyone for being so cooperative at the Pool and the Restaurant, the staff at both commented on how well behaved the kids were! Can't wait till next year!

Celebrity Look-a-like



DREW BACCA!!!!

End of the Summer Day Camp Friday, August 29th 9:00am – 4:00pm 1student/35\$, 2/60\$, 3/75\$

The end of summer is fast approaching. In celebration of the new school year we are having an End of the Summer Day Camp. All students are welcome to come, everyone arrives at 9am and stay until 4pm. The day will consist of a group warm up/mini demo, karate class, tag, rope climbing, swinging, and flipping, pad jumping, hitting, and pad wipe outs, relay races, obstacle course, ball wars, games a movie and more.

What to Bring

- Pillow and blanket to lay on for movie
- Lunch & Water Bottle
- Clothes you can work out in
- A GREAT ATTITUDE!

Sign Up at the Front Desk Today!

“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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