




# Kanthak Karate



October 1<sup>st</sup> – October 31<sup>st</sup>

Monthly Newsletter

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

- Friday, October 10<sup>th</sup>** – **October DAY CAMP!** – Camp runs from 9am – 4pm, open to all students 35\$/1student, 60\$/2, 75\$/3, sign up @ front desk
- Friday, October 17<sup>th</sup>** – **Bonus/Curriculum Catch up Class – 4:00pm** – Open for all students  
**Buddy Class – 5:00pm** – 4, 5, and 6 years old  
**Buddy Class – 6:00pm** – 7 to 12 years old
- Saturday, October 18<sup>th</sup>** – **Buddy Class – 10:00am** – 4, 5, and 6 years old  
**Buddy Class – 11:00am** – 7 to 12 years old
- Friday, October 24<sup>th</sup>** – **Bonus/ Curriculum Catch up Class – 4:00pm** – Open for all students  
**Buddy Class – 5:00pm** – 4, 5, and 6 years old  
**Buddy Class – 6:00pm** – 7 to 12 years old
- Saturday, October 25<sup>th</sup>** – **Buddy Class – 10:00am** – 4, 5, and 6 years old  
**Buddy Class – 11:00am** – 7 to 12 years old  
**HALLOWEEN PARTY – 4 TO 6 PM** Illahee Elementary Gym  
Potluck, Games, Costumes, flier for more details
-  **Friday, October 31<sup>st</sup>** – **Happy Halloween!** – No Bonus Classes, Be safe and have a fun Halloween!

## October Day Camp

When: Friday, October 10<sup>th</sup>

Time: 9am to 4pm

Where: Kanthak Karate Training Center

Price: 35\$ a student, 60\$/2, 75\$/3



No school means a day camp here.



We are throwing an all student day camp Friday October 10<sup>th</sup>.

The camp will consists of ropes, climbing, flipping, pirate swinging, tag, group warm up with mini karate demo, individual karate workouts, lunch with a movie, karate games, relay races, ball war, pad Jumping, pad, kicking, pad wipe outs AND MORE!!!!

If you are planning on attending the day camp please sign up at the front desk.

## Mr. B's Training Tip

**How much do you practice?** If you are enrolled in our program chances are you are making it to classes 2 times a week for 45 minutes. This is just enough time for a trained instructor to run a hard warm up, the basics, work on new material, and then practice that material on partners. After all that is done, we are at almost a 45 minute class.

Students that achieve the techniques and seem to understand or perform the techniques well are usually the students that practice. To get really good it is going to take a little more than 90 minutes of training a week.

We know that practicing is not the easiest thing in the world, especially with all the things going in our busy lives. First off understand that when we say practice that does not mean that we want you to put a huge chunk aside every day to practice. These can be as small as 5 minute chunks of just practicing the line on your side kick, or horse stance prayer pose on commercials while you're watching your favorite T.V. show. Small amounts of training all the time will pay off in the long run.

If practicing on your own is not your thing and you have to be in class to practice, we do not restrict anyone to a 2 nights a week schedule at the karate school. You may attend an extra class or two each week, (don't burn yourself out.)

**Keep Training Mr.B**

## Student Spotlight

Dylan Floyd



**Dylan Floyd**

Dylan Floyd joined our school in the Fall of 2005. It was Dylan's idea to start lessons after seeing a flyer. Dylan is a Purple Belt, and a 12 year old 7<sup>th</sup> grader. Dylan's favorite karate subjects are sparring, and he is building a repertoire of fancy kicking techniques.

Dylan wants to be a computer Systems Analyst when he grows up, and to get a head start he designed, purchased and assembled his own computer system. When he is not doing Karate or crunching code Dylan likes to play with his Airsoft guns, being very careful to follow the Safety Rules.

## 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!!**

# KANTHAK KARATE ANNUAL DO-IT-YOUR-SELF HALLOWEEN PARTY

Saturday, October 25<sup>th</sup> 2008, 4:00pm – 6:00pm

Illahee Elementary School Gym

Every year Kanthak Karate throws a big Halloween costume party with everyone's help. The event begins at 4pm and gets over at 6pm. The party is a costume party so be sure to dress up. The party consists of a carnival for all ages, pot luck tables filled with food, pumpkin carving contest, and raffle prizes.

Everyone one is invited including the entire family. Friends are welcome as long as you have told them the rules of the school. (no dorks please)

It is a potluck so everyone is expected to bring one dish either a desert or a hot food. These foods do not have to be homemade, store bought works as well. We also need lots of candy for this event because our carnival runs off of candy prizes. The carnival games consist of shooting games, throwing games, and ring tosses.

If you are planning on attending this event please sign up at the front desk and tell us what you will bring to the party. Hope to see you there!

## ***Celebrity Look-a-like***



**Galatia can be found on the show Heroes on NBC on Mondays 9/8c**



## **Curriculum Catch Up and Bonus Classes**



These classes are intended for anyone and everyone that wants to get good!



If you missed one of your regular classes one week or just want to come and catch another one for fun these classes are for you. Come train with older students and learn more techniques.



Check the upcoming events list and find one that will work for you. Or just come to every one!



## **Halloween Party Volunteers / Donations Needed**

Starting Monday, October 13<sup>th</sup> we will have a sign up binder on the Front Desk for Volunteers and Donations for the Halloween Party.

### **Volunteers**

We need help to set up the gym, clean up & take down, supervise games, keep game stations stocked with prizes, monitor the punch bowl (no spiking), monitor the food / treat tables, and be Jack O Lantern judges.

### **Donations**

We will need plastic silverware, paper plates, napkins, game prizes, ice, punch, little game prizes, and gag gifts for the drawing.

## **‘You don’t really know something until you teach it’**

That saying is put into practice at Kanthak Karate. Teaching ability and experience are requirements for upper belt level advancement. From a martial arts standpoint the act of having to organize your thoughts and understanding of your techniques well enough to communicate them coherently will deepen your competence. And there is nothing like having to answer a question that you never thought of to get you thinking about how well you really know what you know.

The students doing the teaching also benefit from becoming comfortable to be in front of a group of people and overcoming their potential fear of public speaking (on some surveys a greater fear than death).

Students having junior instructors benefit from seeing and experiencing someone beside Mr. K and Mr. B to see them as a signpost on their way to become Black Belts or Instructors themselves. They also have a chance to make friends or have role models of other up and coming students in the school besides Mr. K and Mr. B.

For the older students the test becomes whether can they push themselves as hard with a peer instructor as they do for Mr. K.

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