



KANTHAK KARATE

Family Martial Arts & Safety Training Center

www.kanthakkarate.com

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



February News

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

Important Dates – Mark your Calendars

February 15th

- **Day Camp** – Camp is held from 9am to 4pm. Sign up at the front desk. **Must meet minimum to offer.** Please bring a sack lunch, a bottle of water and a good attitude. 1 student/\$35, 2 students/\$60 and 3 students/\$75.
- **Bonus Class** – 5 pm. Please sign up in the book if you plan to attend.
- **Private Birthday** – 6:30 to 8:30pm.

February 18th

- **President's Day** - Regular evening classes are in session. We'll see you there!
- **Day Camp** – Camp is held from 9am to 4pm. Sign up at the front desk. **Must meet minimum to offer.** Please bring a sack lunch, a bottle of water and a good attitude. 1 student/\$35, 2 students/\$60 and 3 students/\$75.

February 22nd Bonus Classes – 4, 5 and 6pm. Please sign up in the book if you plan to attend.

February 29th

- **Bonus Class** – 4pm all students welcome. Please sign up in the book if you plan to attend.
- **Buddy Class** – 5pm 4, 5 & 6 year olds & 6pm for 7-12 year olds.

March 1st Buddy Classes – 10am 4, 5 & 6 year olds & 11am for 7-12 year olds

Vitamin D update

In a previous letter we noted that Vitamin D3, cholecalciferol (not D2, ergocalciferol), research is indicating that most people, especially in northern latitudes during the winter, are chronically deficient of this nutrient. The importance of D3 was even mentioned on a recent Oprah episode.

Black Belt candidates Michael and David Byrne's mother Viree, a medical professional, referred us to an article in the American Journal for Nurse Practitioners about D3. We have permission for reprint and it is now linked at our website www.kanthakkarate.com/vitamind.html

This article is a fully cited and reviewed analysis of the implications of studies about D3. The conclusion of the research is that the current RDA for D3 is only 5 or 10% of what it should be to maintain proper health, 200 to 400 IU, when the conservative research indicates 2,000 to 4,000 IU's. Vitamin D deficiency is indicated in a wide spectrum of health concerns from flu to cancers. There is also a link to www.vitamindcouncil.com a clearinghouse of D3 research for further study.

Finding supplements with more than 800 IU's is difficult, so we have a link where you can purchase a high potency D3 supplement online, and will occasionally have bottles at the desk. 250 capsules, 5000 IU's \$25.

Medical Disclaimer: We are not doctors, don't claim to be or even play them on TV, so use good judgment and common sense about any advice you might get from us or anyone about your health and consult a trusted professional.

Student Spotlight



Erin Sinclair orange belt extraordinaire! Erin is in 3rd grade and loves writing. Math is also a strong subject for her but science is not nearly as much fun as going to Disneyland, which she plans to do over spring break. In class Erin shines at her jumping front kick and has great technique when executing the side headlock escape. Shining like a star is all part of the plan for Erin as one day she hopes to be singing on stage and stepping up to the podium to accept her grammy award. With her experience in the Wizard of Oz production last year, and many more to come I'm sure, it won't be long before we have her number one hit on all our iPods.



Kelly's Corner *Keeping fit in colder weather*

Old man winter have you trapped inside? If you're like me and don't own a treadmill (why did I get rid of that thing again?) don't fret! There are still lots of ways to get in some exercise. Here's what works for me: The housework isn't going away so I mop with terrific vigor, do squats while folding the laundry, practice a little horse stance while cooking dinner or pace the house while I'm on a never ending call from my mom. By the end of the day I've had a great workout!

Mr. B's Training Tip

Being a black belt is one thing, but any one with any colored belt can move and act like a black belt. When you're performing your techniques make sure that you are looking in front of you, or at your opponent. Make sure to hit your platform as best as you can and as soon as you step out. Also in between techniques make sure to stand still and keep a strong focus on what you're doing, as well as keeping your eyes locked on one spot. Speak with good manners using yes sir or no sir, and when you do your best, you will be a black belt in no time.

Keep Training Mr. B



Day Camps This February

This February we have 2 separate day camps,

- Friday February 15th 9:00am-4:00pm
- Monday February 18th 9:00am-4:00pm

Day camps run all day; drop your kids off at 9 in the morning and don't pick them up until 4 in the afternoon. We will run karate games, ropes, pads, karate classes, movies, and much much more. This is a Fee event, 1/\$35, 2/\$60 and 3/\$75. Make sure to bring a sack lunch, a water bottle to drink on, a pillow to watch the movie on, and a good attitude.

MUST MEET MINIMUM TO OFFER

Contract vs. Commitment

The Showdown Begins

The majority of martial arts schools today require that students use contracts for their training programs varying in time from 6 months to 7 years (no kidding). I used contracts for a few years in the late 80's and early 90's.

Proponents of contracts very accurately point to the fact that a committed student has a much greater chance of success that a non-committed student. The issue I have with this logic is that a commitment does not equal a contract and vice versa.

The one thing I did like about contracts was that it kept a certain percentage of parents from rolling over the first time their kids made noise about going to class. Realistically, over time there are going to be times that students will be more excited about training and other times less. Don't panic or push when this happens, talk to us and we can help you trouble shoot this situation. Another percentage of parents liked to make the school the bad guy, "Hey, if it was up to me I'd let you off the hook but we signed a contract and if I'm gonna pay your gonna go." Not really an elegant solution, but it works for some people.

Athletic clubs capitalize on people's desire to have an externally enforced discipline. People commit with the idea that if they have to pay they will go. This may be okay for adults trying to keep themselves going to the gym.

I don't use contracts because if someone loses interest in training a contract won't hold them in anyway. I don't want anyone paying me for unused services. (My bookkeeper paid 16 months after her kid stopped at the school they attended). I don't want to be in the community sending anyone to collections. Most importantly, when I am out and about and run into students who have stopped training they already feel awkward enough about stopping training with adding financial concerns. I have had many students over the years begin classes, attend for a time period, take a break for whatever reason, then return later and finish to their Black Belt. I doubt this would have happened had I been using contracts and required payment during non-attendance.

Optimized Brain Function through Kanthak Karate Training

Many of our students experience benefits from training here that seem to be outside of the expectations of a Physical Program—hyper kids calm down and lethargic ones speed up. Everything begins to improve, from their focus, concentration and cognition to their ability to maintain their emotional balance, i.e. tantrums decrease and empathy increases.

How can physical training achieve these results?

My theory about this has to do with the intersection of many lines of research. The first concept to grasp is that cognition, thinking, our thoughts, and emotions, as intangible as they seem, are physical events. Electro-chemical processes. Brain scans indicate that certain collections of neurons fire together to create an experience.

With that understanding then it would make sense that a brains performance could be improved by optimizing its ability to process thought, by increasing the neuronal efficiency.

One way to increase this efficiency is through the movements that we teach—the systematic, progressive development of learning the right and left sides of the body/brain. The opposite hemispheres control the right and left sides of the body, and we know that each hemisphere has predominance in different areas—Left brain logic, right brain intuitive. Requiring the conscious control (brain) of the body to perform the movements we use forces the cooperation of the hemispheres to perform together. The improvement in inter-hemisphere communication is not limited to the movements—and that is where the unexpected improvements occur.

If you have been around the school you will see that the system has an ever-increasing level of sophistication in the actions. The increased difficulty is caused not by athleticism or acrobatic skill but overall body dexterity.

Is the importance of defined physical movement for brain function new information? Not at all—throughout history in all established cultures the elite and ruling classes incorporated formal movement training in the education of their youth. We are just now having the science to empirically prove what they already knew worked. *Next Newsletter- Social*

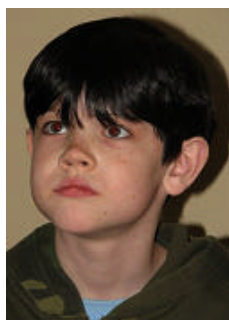
This will hopefully give some outline for what is happening on the floor. How can you help support your student? Positive encouragement, let us do the correcting (especially during classes), and remember that left leg step right hand draw palm is a lot harder than it looks, as parents who have started training can tell you.

Buddy Classes Karate

Buddy classes are available in the month of February. Remember when you bring a buddy, you must also bring at least one of their parents. Help keep your friends safe and have fun at the same time while they learn Safety Zone and some of the basics you know and love!



Celebrity Look-a-like



And

To meet E.T in person, contact Mason

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

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