



Kanthak Karate

Family Martial Arts & Training Center

16505 SE 1st Street, Suite I Vancouver WA 98684

January 2010 Kanthak Karate Newsletter

Happy New Year, Lets make it great one!

December demo was a huge success! Great Job Everyone

First off thank you everyone who helped make this a awesome demo for the record books! We had a great turn out on a Friday night close to the holidays which right away made the night. Everyone assembled right on time and we had a gym full of students looking super sharp with their full uniforms, everyone was wearing the new belts that were awarded the week prior to the demo as well. Uniforms and Belts are now MANDATORY at classes because it looks GREAT!

The demo was started off by an all student warm up. The gym floor is some what hollow and makes a loud noise with the foot work we do. This made side to side two step sound

like a stampede of elephants and really caught the crowd's attention. Mr. K made us short salute and sit down and the warm ups were ended with the applause of the crowd and we were only getting started!

Each class did an amazing job on demonstrating their techniques they had been working on in their classes for the last few months. The newest students were demonstrating basic holster draw techniques and stop, stop, palm scenarios. In a beginner class we are simply building their coordination and left and right skills that they will use in the future in karate. Colored belt students did a great job of demoing more advanced multiple movement techniques and how you would apply these to a defense situation. Finally older advanced students that have been training for a while demonstrated punch defense techniques and how to apply them on a real punch. Advanced students also demonstrated some fancy wrist locks, arm bars, and body restraints on partners. Mr. K also was able to jump in with the advance class even though he had a broken big toe! I personally could not tell by the way he was running the techniques on Mr. B. Advanced class put on a show with single and double stick and one black belt even dropped his stick in front of every-

one! But give him a break it happens to the best of us believe me.

The way we do demos is younger beginning students are first up and we gradually advance to the older and darker colored belt classes. This way the audience has a picture of a beginning student and someone who has been training for a longer period of time.

Over all the instructors were very pleased with the performance form everyone and we can't wait to rock our next demonstration some time in the spring time. Awesome job everybody!

Bonus/Make Up Classes Scheduled All This Month

Due to the holidays the school was closed Thursday 12/24 Christmas Eve, and Thursday 12/31 for New Years Eve.

To help make up these classes we have set some Bonus/Make Up Classes all month of January. These classes are intended to make up for missed times due to closures, vacations, and sick days. These classes are

also just a great extra class to sharpen up your skill that much more. Bonus Classes are intended for all students, but please try and make it to class that best fits you.

Friday January 8th

4pm—All Student Bonus Class

Friday January 15th

4pm—All Student Bonus Class

Friday January 22nd

4pm-Beginner 30 Min Bonus Class

5pm-Colored Belt 45 Min Bonus Class

Friday January 29th

4pm-Beginner 30 Min Bonus Class

5pm-Colored Belt 45 Min Bonus Class

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Karate Newsletter

Kanthak Karate Hoodie Sweat Shirt Order

Cold weather is here, its always nice showing up to classes in a brand new karate sweat shirt! We are doing a sweat shirt order at the end of this month. Sweat shirts come in a charcoal grey color for all students below blue belt, and black for blue belts and up. The sweatshirts come in two different styles. The "pull over" hoodie style is with no zipper and the logo is on the front of the sweat shirt. The "zip up" hoodie style is also available. This is a sweat shirt with a zipper down the

middle allowing you to rock it open or closed. These hoodies have the logo on the back rather than the front. No matter the style these sweat shirts are very comfortable and are machine washable as well. They make for a great winter gift and keeps you real nice and warm in between classes especially on rainy days coming from the parking lot. If you are interested in getting a Kanthak Karate Sweatshirt please place your order at the front desk. We will order them 1/30.

**LOOKING SHARP IN
YOUR UNIFORMS!**

Belts advancement went real smooth and we are super proud of everyone! Everyone looked really sharp with all there uniforms and patches. With this being said we are making it a every day thing to come in ATLEAST your karate pants and karate shirt with a belt! Depending on the weather we would also like you to wear the top of your uniform. Classes look even shaper when every one is in there karate uniforms with belt and patches so we are going to be full uniforms from now on. If you need a uniform or patches please contact the front desk thank you.

Buddy/Introductory Classes

Kanthak Karate is holding Buddy/Intro classes during the month of January. This is a chance for you to bring a friend to karate with you to try out a class. You and your friend will get to meet your instructors, go over the 3 school rules, safety zone training, and basic techniques. These classes are run the same way as a introductory class so any one is welcome to come

try the class out. This is a FREE of charge NO obligation to sign up class. These classes are designed to improve the safety and awareness of all students. It's a chance to learn a thing or two that will keep you safer in every day life, not only in a fight. If you want to bring a friend to Buddy class just give us a call or shoot us a email and reserve your spot today. The next

classes will be:

Friday January 8th

5pm—4, 5, & 6 Year Olds

6pm—7—12 Year Olds

Friday January 15th

5pm—4, 5, & 6 Year Olds

6pm—7—12 Year Olds

Kanthak Karate Birthday Parties Rock! Schedule Yours Today

Does the idea of a Kid's Club, Big Al's, or Chuck E. Cheese birthday party sound awful to you?
Does the noise, and hectic atmosphere at those places Drive you nuts?

Kanthak Karate offers an amazing alternative – a party with an instructor in full control of the group while the kids learn valuable skills and Have a blast!

Kanthak karate has been known to throw some pretty rocking parties for boys and girls of wide ranges in ages.

Even better, a part of your membership to our karate gym gives

you access to a discounted birthday price of only 100\$ that's right only one Benjamin and we take care of everything for you. Invitations, clean up, and it's not at your house!

The party runs 2 hours, we do safety training, ropes, pads, tag, and did we mention get chased by a bamboo sword from a black belt instructor. But don't worry, Safety is our priority.

To have a kicking good birthday party contact the school and arrange your party today! 360-260-5115

Kanthak Karate News

"All In Just Ten Minutes" By Advanced Student Sarah "the spyder" Seydlitz

One Thursday afternoon at 3:05 PM I was in the hallway at King's Way Christian School putting books from my locker into my backpack, getting ready to leave. Everyone else had left. Suddenly, I saw a strange creature enter the 7th grade English room. It was about four feet tall and had the body of Godzilla, except for its fish-like head. I slowly stood up and walked to the door the creature had entered. I peeked through the rectangular window in the door and saw the creature standing on a desk, fiddling with a black device on the ceiling that hadn't been there before. When it was done, it jumped off the desk and turned toward the door. I managed to jump away and duck into another room before it saw me. After the footsteps had faded away, I came out again and saw that the creature was heading down the stairs to the first floor. At first I hesitated. Should I follow it? Should I get someone? Should I walk away and call it a hallucination? What was that creature and what was that black thing on the ceiling? I made up my mind and quietly walked down the hall towards the stairs. Once I caught up with the creature I followed it from a distance out the back of the school, where I saw a giant spaceship that looked like a pyramid with wings and jets at the bottom. The creature approached the spaceship and a ramp came down from it. At the top of the ramp stood a creature that looked just like the one I had been following. "Was the mission successful?" hissed the creature on the ship. "Yes," the first creature hissed back. "Good," said the second creature. "We must report back to the mother ship!" The first creature nodded and then walked up the

ramp. The ramp closed and the giant ship flew away into the sky. I stood there, petrified. I thought about the black thing the creature had put into the ceiling. I quickly ran back up the stairs to the English room. Whatever that black thing was, whatever it was supposed to do, it couldn't be good. I stood on a desk and started pulling the black thing. Finally, after a few minutes of tugging and pulling the black thing came off the ceiling. Almost instantly, a red light started flashing from somewhere inside the device. "Testing, testing." I was so startled that I almost dropped the thing when I heard the voice coming from it. "Oh, no! A human has found our secret research camera! I told that pea-brained lizard to put it someplace hidden!" I recognized the hissing voice of the creature I had seen earlier on the ship. "Set a course for the mother ship for earth!" I panicked, frantically trying thinking of ways to stop the aliens from coming. I looked at the computer on the teacher's desk. Suddenly, I had an idea. I ran over to the computer and turned it and the smart board on the wall on. I thought of a video I had found online about Ancient Roman armies. I quickly searched and found the video and played it on the smart board. The video showed an army of soldiers raising their spears and shields and yelling, "Death to all who dare challenge us!" I positioned the alien camera so it faced the smart board but also close enough so it didn't show it

was on a wall. "If you are thinking about invading earth, I suggest thinking twice about it, you turd-brained, ugly fish-zillas! You are looking at just a small portion of our grand army. In fact, every human on this entire planet is trained to be a blood-thirsty warrior since birth!" I turned the camera so it faced me and gave one of my special death stares that can really paralyze almost everybody, except the teachers and of course, my parents. Giving them my death stare didn't work out too well on my part. The soldiers in the video were now yelling "Blood, blood, blood!" again and again. I just knew that the aliens' hearts and lungs, if they had any had, stopped working. I spoke in my low menacing death voice, which by the way also isn't very lucky sometimes, straight at the camera: "So what's it going to be fish-zillas? Are you going to leave quietly or..." I turned the camera back to the shouting warriors. At first the aliens didn't say anything, but then I heard the distant voice of the creature hissing, "Reverse course! Head back to Zorton!" I heard a humming noise, and then the light on the camera blinked out. I turned off the computer and the smart board, and then I went out into the hallway to retrieve my backpack. I put the black thing in the side pocket, even though I didn't really know what I was going to do with it. It was 3:15. I couldn't help but smiling as I exited the school and headed toward my mom's car. I had probably just saved the world, all in just ten minutes.

Sarah won 2nd place in the Middle School Section for this story.

2009 was a great year, our school has been opened for 6 years now and going strong! We are super appreciative and thankful for all awesome students and families apart of the Kanthak Karate program. Mr. K is coming up on almost 35 years of martial arts experience and back ground of training and instructing literally thousands of successful students. I (Mr.B) have personally over my years of training and instructing seen and witnessed Mr. K transform students from

Month Of January New Year Special Offer

*tripping on the mat on the way in their first day to extremely sharp black belts and over all successful people in every day life thanks to the countless benefits of martial arts training. To celebrate our years of being here and the students we have helped, we are offering to all of our Enrolled families a special offer. Any one in your family that is a **non enrolled stu-***

dent at the karate school is welcome to come and train the month of January for free. That means mom, dad, sister, brother, cousins, aunts, if there family they are cool with us. This is a no obligation offer and is intended for all Kanthak Karate families. At the end of the month if they decide to stay and sign up we will throw in a FREE uniform with the enrollment. Please contact the school for the best class time(360)260-5115 come with pants you can work in and we will give you a T-Shirt for trying the classes.



January Calendar



SUN	MON	TUE	WED	THU	FRI	SAT
	<i>Regular M/W Classes</i>	<i>Regular T/Th Classes</i>	<i>Regular M/W Classes</i>	<i>Regular T/Th Classes</i>	1 NEW YEARS DAY SCHOOL CLOSED	2
3	4 <i>Regular M/W Classes</i>	5 <i>Regular T/Th Classes</i>	6 <i>Regular M/W Classes</i>	7 <i>Regular T/Th Classes</i>	8 4pm Bonus Class 5pm Buddy Class 6pm Buddy Class	9 10am Buddy Class 11am Buddy Class
10	11 <i>Regular M/W Classes</i>	12 <i>Regular T/Th Classes</i>	13 <i>Regular M/W Classes</i>	14 <i>Regular T/Th Classes</i>	15 4pm Bonus Class 5pm Buddy Class 6pm Buddy Class	16 10am Buddy Class 11am Buddy Class
17	18 <i>Regular M/W Classes</i>	19 <i>Regular T/Th Classes</i>	20 <i>Regular M/W Classes</i>	21 <i>Regular T/Th Classes</i>	22 4pm Bonus Class 5pm Bonus Class	23
24/31	25 <i>Regular M/W Classes</i>	26 <i>Regular T/Th Classes</i>	27 <i>Regular M/W Classes</i>	28 <i>Regular T/Th Classes</i>	29 4pm Bonus Class 5pm Bonus Class	30

Mr. B's Training Tip Of The Month

A small goal, that will help A LOT!

The holidays have come and gone, and the time just keeps ticking. Every year seems faster and faster and before we know it 2011 will be here. Every year it seems to be a tradition to make a "New Years Resolution". What does that mean? To most people this is a personal goal that they want to reach or resolve. Things like quit smoking, lose weight, or save money are common New Years resolutions. Now I am no scientist and I can't be certain but I am willing to bet that a good 80% of these goals are not reached and end up not resolved. My challenge for you this year is to come up with a realistic goal that will better you in the new year. Most of the reasons lot of these goals are not reached is because they are simply unrealistic. Losing weight is a great example, most people will set a unreachable goal "I want to lose 50lbs by July" or "I want to eat healthy forever". What ever the case

it can become frustrating or even discouraging when you are not reaching what you have set yourself up for. So here is what I am getting to, I want you to set a goal that you know is possible to reach, and will still make a big difference. Since this is a karate school and you are reading a karate news letter I personally challenge you to try and practice your techniques outside of the school. If you are a average student here at Kanthak Karate we see you 2 times a week 45minutes at a time. That's a hour and a half a week, and 6 hours a month of total training. Now 6 hours a week at a serious focused mind set working at a strong level will get you very sharp. It is completely possible to reach black belt doing this from any were to 6-9 years. Lets just say that every other day (your off days) you took a 15 min-

ute period out of your day to work on your basic techniques at home and tune up all your moves, how good do you think you would get? Lets do the math shall we, if you train every other day for a week that's 3 extra days of training, x15 is 45 minutes x 4 weeks out of the month that's a extra 3hours of training a month to get that much better at what you do. Its very easy to think a 15 minute period is not a lot but you do the math and it will add up over time. Goals are not reached in a day, and improvement takes time and effort. I challenge you to really try this and put in some extra effort to your karate and see how much sharper you are and how you compare to the rest of the class. If you want something bad enough anything is possible, if you want to get good, you will get good! If you work hard it will pay off. Remember black belt simply means you didn't quit and everyone is capable of doing that. So keep at it strong and make 2010 a great year for training.

Keep At It! Mr. B