



KANTHAK KARATE

Family Martial Arts & Safety Training Center

www.kanthakkarate.com

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September News

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

Important Dates – Mark your Calendars

September 3rd Closed – We will be closed for Labor Day Monday September 3rd.

September 7th Bonus Classes – We are holding Bonus Classes at 4, 5 and 6:00 pm for students wishing to make up time.

September 8th

- **Buddy Classes** – 10am 4,5 & 6 year olds & 11am for 7-12 year olds.
- **Curriculum Catch Up Classes** – If you were out this summer and still want to learn all the Escrima you can, here's your chance! We are holding Curriculum Catch Up Class at 12:00 on Saturday.

September 14th

- **Buddy Class** – 5pm 4, 5 & 6 year olds & 6pm for 7-12 year olds.
- **Bonus Class** – 7pm sign up required.

September 15th

- **Buddy Class** – 10am 4,5 & 6 year olds & 11am for 7-12 year olds.
- **Curriculum Catch Up Class** – At 12:00 for those wanting to catch up.

September 21st Buddy Class

- **Buddy Class** – 5pm 4, 5 & 6 year olds & 6pm for 7-12 year olds.
- **Bonus Class** – 7pm sign up required.

September 22nd

- **Buddy Class** – 10am 4,5 & 6 year olds & 11am for 7-12 year olds.
- **Curriculum Catch Up Class** – At 12:00 for those wanting to catch up.

September 28th Day Camp – Camp is held from 9am to 4pm. Sign up at the front desk.

Please bring a sack lunch, a bottle of water and a good attitude. 1/\$35, 2/\$60 and 3/\$75.

Curriculum Catch Up Classes

For all students who took time off this summer and missed learning Escrima, we are offering curriculum catch up classes in September and October. Not only will you get to learn this art, you will also be able to earn the Escrima patch for your uniform. Make sure to sign up in the book!



Mr. B's Training Tip

No matter what technique you are working on, it is super important that your platform is solid. Make sure your knees are bent, your back heel is up and your body weight is pushed slightly forward. With a solid platform you will be ready for anything. Keep up the good work!

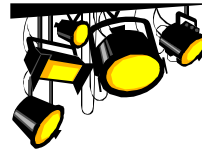


10 Class Punch Cards

All students who purchased 10 Class punch cards in the summer have until September 15th to use all the remaining classes on your card. If you haven't used them, you will lose them as the cards expire on the 15th. If you need to know how many classes you have remaining or have any other questions about your punch card, please let us know!!

Win a Nintendo DS Contest

You may have noticed we have many opportunities to bring buddies to class this month. Introducing your friends to karate is not only totally cool, but it also gives you a chance to win! Every time you bring a buddy to try karate during the month of September your name will be written on a raffle ticket and then put into the drawing. The more friends you bring, the more chances you have to win a Nintendo DS! We will draw the winning ticket on September 28th at the Day Camp. You don't need to be present to win, but if you are at the camp, you will take home your brand new Nintendo DS that day! Stop by the desk for buddy invitations today!!



Student Spotlight William Butler

William has spent his summer riding his bike, going to Boy Scout Camp and building a really cool fort at Burnt Bridge Creek with his friends. Not only is William a green belt, his favorite things about karate are making new friends and learning how to defend himself in serious situations. When he turns twelve he hopes to join the Civil Air Patrol Honor Guard and be a part of demonstrations at local schools. He's looking forward to 6th grade and really enjoys reading and Science!



Back to School Safety

Now that school is back in session a lot of our students will be walking or riding their bikes to class. While it's great exercise it's good to remember a few basic safety rules. You're important to us and we want you to be as safe as possible. Always make sure to:

- **Go with a buddy.**
- **Look both ways** before crossing the street.
- Drivers are less likely to see you if you are moving against the flow of traffic. Make sure to **always ride on the right!**
- As the days get shorter it's important to **wear a lighter colored jacket** to be seen.
- **Never take a ride from a stranger** even if it is pouring buckets!
- Always, always, always – **Keep your Safety Zone!!**

Kelly's Corner

The curse of over scheduling

Want your kid to be a black belt, an eagle scout, a golden glover & an Olympic medallist? Back to school usually means the beginning of many different after school options. While extra curricular activities are great, consider the time commitment required for both of you. Your child already has a full time job – school. Enrolling them in multiple activities for every night of the week would be equal to you taking a second full time job. If you don't have the energy or stamina for that, they probably don't either. Kids, especially teens, need more sleep than adults so take care in scheduling their time. Help them avoid burnout. Not only will it keep their grades in great shape, but also their attitudes!

Celebrity Look-a-like



And

Val wishes he were as cool as Aiden!

Have a question or comment?
Give us a call at 360-260-5115
or shoot us an Email at –

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