



KANG'S BLACK BELT ACADEMY

NEWSLETTER

FEBRUARY 2019
CONGRATULATIONS

LESSON OF THE MONTH:

HONESTY

Week 1:

"In a time of universal deceit, telling the truth is a revolutionary act"

- George Orwell

Week 2:

"The truth is always the strongest argument."

- Sophocles

Week 3:

"No legacy is so rich as honesty."

- William Shakespeare

Week 4:

"Nothing is easier than self-deceit. For what each man wishes, that he also believes to be true."

- Demosthenes



Congratulations to our February Students of the Month

Lil' Dragons: Emerson Purdy

Kid Tigers: Luke Denney

Tae Kwon Do: Eon Jeong

Students of the month have been awarded with this honor for their continuous attendance and hard work.

SUMMER CAMP SPECIAL

- Lock in your place in Sleep Away Camp with a \$100 deposit.
- Lock in your Day Camp weeks with a \$25 a week deposit.



President's Day Secret Agent DAY CAMP February 18

Sign up now for President's Day Day Camp from 9am-3pm.

Early drop off/Late pickup available upon request.

Ages 5-12. Cost: \$50

FREE FITNESS FEBRUARY

Zumba, Black Belt Fit, and Yoga classes to help you exercise, stretch and add fitness to your weekend.

(See the other side for details.)

This month we are learning about honesty. This is a complicated value. It is not only important that we be honest with each other, but that we are honest with ourselves. Honesty does not simply mean that we do not lie to others. It means that our actions, words and deeds represent the most truthful version of ourselves. Students are encouraged to conduct themselves in a straightforward manner in class and at home.

HOW CAN YOU HELP?

- Encourage honesty rather than blame-dodging. A child who admits to being wrong ("I'm sorry; I know you said not to run in the house, but I did anyway."), rather than blame-dodges ("I didn't hear you tell me not to run in the house!") should be disciplined accordingly but praised for their integrity.
- Be emotionally honest with your children. Communicate your feelings in a rational, age-appropriate way but do not hesitate to express even negative emotions when prompted (ex. Instead of, "I'm fine," say, "I'm upset because a project at work is not going well.")
- If you realize that you have been wrong in an argument with your children, apologize to them. This will show them that truth is more important than pride, and it will help them realize how important honesty is to everyone – even their role models.



FITNESS SCHEDULE

Try Fitness Classes for FREE in February

• **Saturday Black Belt Fit** will continue 7:00-8:00 am taught by Dr. Baker. Black Belt Fit provides a great opportunity for stretching and fitness training. "Not Just for Black Belts" this class is open to everyone who wants to get in shape.



• **Saturday Zumba** is at 1:30 - 2:15, taught by Carla (starting February 2). Zumba provides fun and effective exercise with dance moves set to Latin and international music. Interval training combines fast and slow rhythms for an effective aerobic workout, while targeting your legs, abs, glutes, and arms.

• **Sunday Yoga** will be 12:15 - 1:00, taught by Teresa. The Yoga class is for all levels and beginners are welcome. In this class postures are practiced to align, strengthen, and promote flexibility. Modifications will be offered to encourage everyone at all levels to participate. Meditation and Pranayama (breath work) techniques are taught to promote relaxation. Class concludes with Restorative Yoga postures which settle the body and mind.

UPCOMING EVENTS

• **February 18 President's Day Secret Agent Day Camp** from 9-3. Drop off will start at 8 and pick up will go to 4. Early and late pickup may be available upon request. Ages 5-12. Cost: \$50

• **Adjusted President's Day evening schedule**
4:30-5:10 – Lil' Dragons
5:10-5:50 – Kid Tigers
5:50-6:50 – TKD open workout

• **Kid Tiger Testing: February 23rd 9:45 am**

DOUBLE DOWN NEW YEAR'S PRIZE

Double Down New Year Prize: \$200 for whoever refers 3 new students to the New Years Special.

LIKE US

Like us on Facebook and Instagram

Instagram: kangs_black_belt_academy

Facebook: Kang's Black Belt academy



VALENTINE'S SALE

15% off standard sparring gear February 10-16



1st YEAR ANNIVERSARY PARTY

Saturday February 16

The new Studio opened one year ago and it's time to celebrate!!! Classes will meet at the regular times and then we'll have our celebration party. Here's the party schedule for the day:

3:30 Party for 3-8 year olds

- Games
- Snacks
- Raffle
- Sales

5:00 Party for ages 8 and up

- Games
- Snacks
- Raffle
- Sales

