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Together we raised
\$340. to fight Breast
Cancer in October.
Thanks to everyone
who donated!

Nov 2016



MAfastbreaks

KIDS' SELF-DEFENSE THROUGH MARTIAL ARTS

Kids martial arts classes are not designed to train children to fight. Instead, they focus on developing a number of mental and physical skills that provide lifelong value. Kids learn to concentrate more effectively and think more clearly. They also learn the value of respect and emotional restraint. The training will also include self-defense strategies that your child can use to ward off threats.

One of the most important elements in kids martial arts classes (in the context of self-defense) is the ability to disengage from situations that might lead to violent confrontation. In many cases, a child can find himself embroiled in circumstances that could have otherwise been avoided. Learning the martial arts can help a child identify and avoid those circumstances.

Martial Arts for Kids

Parents have a number of martial arts styles from which they can choose. All martial arts teach elements of self-defense and character education.

Children who participate in the martial arts can expect to learn confidence, self-control, discipline and respect. Many programs also focus on topics like bully prevention and stranger danger.

Finding A Dojo

Parents who are interested in exploring martial arts classes for their child should visit a few training facilities in their area. They should speak with the instructors and ask about each dojo's respective philosophy. They should also observe a few classes to become familiar with each instructor's training style. For example, one instructor might emphasize aggression while another stresses mental and emotional refinement. The style you and your child choose should be consistent with your values and goals.

Protecting Their Safety

In the end, your child needs to develop the necessary physical and mental discipline to help ensure their safety. That includes learning techniques of self-defense. It also

involves learning how to approach potentially hostile circumstances thoughtfully with the goal of either diffusing or avoiding them. Kids martial arts classes are designed to train young people to develop these skills. If their safety is threatened, they should have the training and discipline to respond in the best possible manner.



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SCHOOL CALENDAR



"IT ALWAYS SEEMS
IMPOSSIBLE UNTIL
IT'S DONE."

- NELSON MANDELA -

"ALWAYS DO YOUR BEST.
WHAT YOU PLANT NOW YOU
WILL HARVEST LATER."

- OG MANDINO -

Congratulations to our Shiai Champions & to everyone who participated:

Grand Champion—Zach Fitchett

Intermediate—Jacob Pascos with special mention to Georgia Britton & Matthew Gaskin

Adult—Kent Greff

Novice—Seth Alvarado

Welcome New Students:

Scott Brown, Andy Bouza
Ava McDermid, Amy Welsh
Liam Armstrong, John Rooney
Siena Armstrong
Thea Armstrong
Marlys Neufeldt
Brayden Paul
Cohen Tonge, Finn Tonge
Emmett Tonga,
Brian Hougham
Mandy Hougham
Shivalik Sharma

We are starting our Adopt-A-Family program early again this year in the hopes of helping more local families. Please review some of the gift ideas on the bulletin board and give what you can. The Children's Foundation is ALWAYS accepting gift cards, especially from grocery stores, Walmart or the Stone Road Mall. Please drop off your donation at the courtesy counter.

We will be adopting 2 families this Christmas & will have more information once it is available.

Thanks you in advance for any help you can give.

Happy Birthday:

Bibi Ali
Tatiana Golu
Jennifer Smith
Tim Plunkett
Nathan Harding
Sarah Morrison
Zachery White
Siena Armstrong
Ryan Figliuzzi
Lexie DeZwaan
Sarah McLachlan
MacKenzie Gibbings
Helena Cruz
Kadin Robinson
Liam Robertson
Lars Panchuk
Maya Parol
Ava McDermid
Jackson Rayner
Jonah Dyck
Ace Stirling
Muhammad Yoreed
Alinda Cote
Megan McElwain
Brayden Paul
Shy-Lynn Ebel
Nicholas Wilson

October Hardest Workers & weekly winners—
Ayanna Loft, Eric Beitz,
Isabella Golu, Cole Pilkey

And monthly winner -
Zane Al-Nadawi
Congratulations All!

Stick Seminar with Sifu Chuck O'Neil

Saturday Nov. 19th at 2:00 pm

Price:

Black Belts \$20. or \$45. with Stick package
BBM \$25. or \$50. with Stick package
Members \$30. or \$55. with Stick package
Non-members \$35. or \$60. with Stick package

Holiday Sale

Saturday November 19 at 11:00—1:30pm

BBM ONLY pre-sale Friday November 18 at
4:00-7:00pm

Join us for some snacks & hot cider and some

AMAZING HOLIDAY SPECIALS!

This sale will offer savings on memberships, equipment & supplies. Up to 20% discount for most catalogue orders. Get your Christmas gifts now & beat the rush!

Great gift ideas: NEW Easy Fit Gi, belt rack, tree ornaments.

2016 / 2017 P.A. Day Camp Dates:

November 25, 2016

January 27, April 28, June 9, 2017

Camps on Winter Break -

Dec. 19-23 & Dec.27-30, 2016

March Break & Summer.

November 26 is a Team SKS Storm Demo & Game. Please let your instructor know if you would like to participate with the Demo Team.

**"YOU ARE NEVER TOO OLD
TO SET ANOTHER GOAL OR
DREAM A NEW DREAM."**

- C S LEWIS -

**"WHAT YOU DO TODAY
CAN IMPROVE ALL
YOUR TOMORROWS"**

- RALPH MARTSON -

**"KEEP YOUR EYES ON THE
STARS AND YOUR FEET ON
THE GROUND."**

- THEODORE ROOSEVELT -

THE NUMEROUS BENEFITS OF TIME MANAGEMENT SKILLS

It's normal to hear time management discussed in business circles; yet, it is a topic that can be of great benefit to everybody. Time is a challenge for all of us, whether we're business people, workers, students or stay-at-home parents. There seems to be less time in today's world, and that's why it's a lot more important to learn how to properly manage our time. In this article, we are going to be discussing a few key reasons why time management is so important.

A big benefit of time management is just how it boosts your productivity. It is something that almost everybody hopes to be able to do. Seldom do you hear of individuals who feel they've got adequate time to do the things they need and wish to do. In lots of instances, the problem is not a lack of time but rather the fact that you do not have an efficient way of managing your time. Time management shows you how to set priorities and to focus on how much time you're wasting every day. The idea is not really to put yourself under more pressure to try and do more, but to utilize your time more wisely so you appear to have more of it.

One positive advantage of time management is decreased levels of stress. Not having enough time is one of the main reasons we experience stress. Think about how tense you feel if you are worrying about being late for a scheduled visit or if you're stuck in traffic. These issues relate to time, and if you have this type of situation often, you could probably benefit from some training in time management. We often believe that the solution to our problems is doing

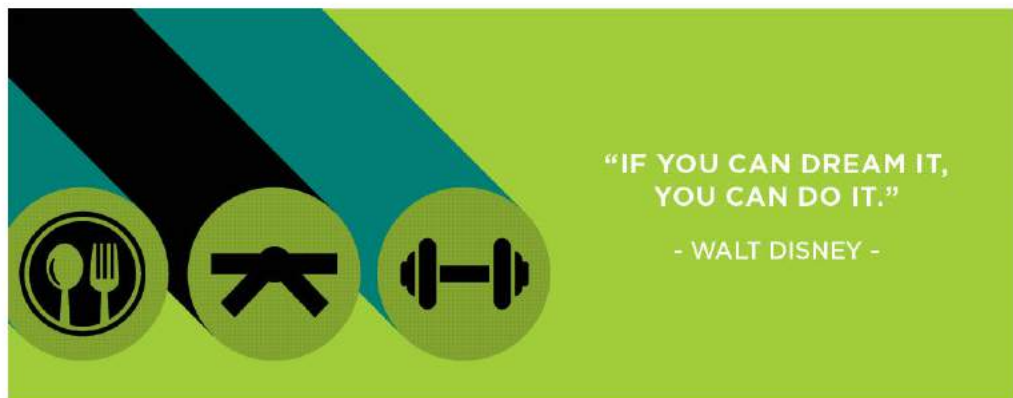


things faster, but it could be even better and more relaxing if we learn how to manage our time better.

Time management doesn't just include boosting your productivity and efficiency; you also want to feel more pleasure and a better quality of life. Time is an important component of life, and so we feel better about our lives when we have the ability to control our time. Conversely, feeling that we're running out of time can create an overall feeling that we aren't good in some part of life. Those who are genuinely successful are aware that time management is a crucial skill they have to get good at. It could be the one determining factor that lets

you live in the moment and appreciate your life instead of feeling that time is a merciless boss.

Time management is very significant in our present times, even more so than in previous decades. Existing technology allows us to do things faster than before, and yet we feel forced to continually increase the pace. As an example, we continue to have difficulty keeping track of the large number of available information even with computers and other gadgets that are extremely powerful. Time management is the component that can give us a sense of control over time so we can quit rushing and loosen up.



TRAVELING TIPS

Stress and the holiday season often seem to go hand in hand. This year, it might help to keep these tips from the Travel Channel in mind.

- **Do your research.** Plan your route, look into scenic drives over packed highways and plan your rest stops strategically.
- **Pack earplugs.** Whether you're blocking out the noise of someone else's crying baby or the noise coming from your own crew, earplugs can be a sanity-preserver.
- **Be strategic about travel arrangements.** If you're flying, traveling on off-peak days, like the actual holiday itself, can mean shorter lines and smaller crowds. Also, according to flight statistics, the earlier the flight, the better the on-time performance. Driving? The best times to hit the road are early morning or late at night.
- **Use the postal service.** Whether you are flying or driving, shipping gifts can free up some space in your luggage, your trunk, and your mind.

November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. BBM Class 2. BBM Tutorial	1. Stick work 2. Nunchucks	1	2	3	4	5
6 1. Kicks & kata 2. Stick work	7	8	9	10	11	12
13 1. Grappling/ Self D 2. Kata basics	14	15	16	17 Grading 5pm & 7 pm	18 BBM Holiday Sale 4-7	19 Holiday Sale 11-1:30 & Stick Sem.
20 1. Weapons 2. Grappling ground & pound	21	22	23	24	25 Free MMA class, P.A. Day Camp	26 Storm Demo
27 1. Stick work 2. Weapons	28	29 Free Self Defense class	30			