



# KANG'S BLACK BELT ACADEMY

## NEWSLETTER

**MAY 2019**  
**CONGRATULATIONS**

### LESSON OF THE MONTH: SELF-CONTROL

#### Week 1:

“As far as your self-control goes, as far goes your freedom.”

–Marie Von Ebner-Eschenbach

#### Week 2:

“Speak when you are angry and you will make the best speech you will ever regret.”

–Ambrose Bierce

#### Week 3:

“No man is free who is not master of himself.”

–Epictetus

#### Week 4:

“If you do not conquer self, you will be conquered by self.”

–Napoleon Hill



**Congratulations to our  
May Students  
of the Month**

**Lil' Dragons:** Edward Bhatnagar

**Kid Tigers:** Eva Bhatnagar

**Tae Kwon Do:** Luke Landreth

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

## SLEEK NINJA CHALLENGE MAY 1 - 14

Come participate in the ultimate body transformation challenge. For 14 days we will eat, sleep, and work out using the Sleek Ninja program designed by celebrity trainer Eric the Trainer. This free event will include sleep and diet coaching as well as regular fitness classes at the studio. Don't worry if you can't make some of the classes, we will have exercise guides to use at home.



**Come join our 14-day challenge, have fun, look great, and feel great at Kang's!**

## KANG'S INTERGALACTIC TOURNAMENT

May 4th at the studio for Kang's Students only. Sign-up sheets are available at the desk.



**Limited edition T-shirts will be available for \$15 at the tournament.**

### Class schedule

Wednesday May 1: 7:50pm

Thursday May 2: 7:50pm

Saturday May 4: 8:00am

Sunday May 5: 2:45pm

Monday May 6: 7:50pm

Tuesday May 7: 7:50pm

Wednesday May 8: 7:50pm

Thursday May 9: 7:50pm

Saturday May 11: 8:00am

Sunday May 12: 2:45pm

Monday May 13: 7:50pm

Tuesday May 14: 7:50pm

This month, we are discussing self-control. This is an important skill to encourage, especially as children take on more personal responsibilities and encounter more situations without constant, direct adult supervision. Self-control is essential for children (and adults!) to succeed emotionally, financially, in their relationships, and in work.

### HOW CAN YOU HELP?

- Set reasonable rules for your child to follow. Make it clear to your child why these rules are in place, beyond “Because I said so.” For example, “You may not eat cookies after 8 o'clock because the sugar will keep you awake, and you need to have energy for school in the morning.” This teaches self-control because it shows your child that there are negative consequences for poor decision-making. Practicing self-control by following fair rules helps build that skill, so that when there are no set rules or no supervision, they still realize the importance of good decision-making.
- Model patient behavior. Patience is a key component of self-control.

# T - SHIRTS

Summer T-shirts will be coming soon. Price: \$20



All of the previous summer T-shirts are on sale for the month of May. Any shirt is \$10, while supplies last.

**Summer camp special:** Anyone who buys a week or more of camp in the month of May will receive the brand new Kang's Summer T-shirt.



**Congratulations to the Kang's Demo Team on winning 1st Place in the Performance Category at the Olney Days Parade on April 28.**

# UPCOMING EVENTS

- Intergalactic Tournament May 4
- Kid Tiger Testing May 11 during 9:45 class
- Studio Closed Memorial Day Weekend Friday May 24 - Monday 5/27
- Mother's Day Special Available all month
- Tae Kwon Do Testing Saturday June 8
- Strawberry Festival June 1-2



# FITNESS SCHEDULE

**Black Belt Fit with Mary Baker**  
Saturday 7:00-8:00 am

**Zumba Toning with Andres**  
Saturday 12:30 - 1:30 pm

**Zumba with Carla**  
Sunday 10:00 - 11:00 am

**Yoga with Teresa**  
Sunday 12:15 - 1:00 pm

IMPROVE YOUR FITNESS / GAIN SELF-CONFIDENCE / LEARN SELF DEFENSE MOVES

*Spend some time with your loved ones!*

# MOM'S "PINK BELT CLASS"



**Earn your Pink Belt with your daughter or son.**

In recognition of Mother's Day students can invite their mothers to take 2 weeks of classes with them and earn their **PINK BELTS**. This offer is available for the month of May.