



December 2016

**Happy Holidays!!!!**

Please remember that we will be closed for the Holidays from Dec. 23th through Tues. Jan. 3rd

**May your Holidays and New Year be filled with Love, Joy and Pyong Ahn (Peaceful Confidence) !**

Calendar:

Dec. 12 - Little Dragon's Belt Promotion

Closed Friday Dec 23<sup>rd</sup> - Tues. Jan 3rd

Jan 13th - Belt Promotion for Adults and Juniors

## **Maintaining your Health and Happiness is Also a Gift to Others**

It's easy to feel as if we are being selfish when we take time away from the people in our lives who are important to us to do something for ourselves. But remember that when we do something that makes us happier and healthier this becomes a gift to those who love us as well as to ourselves. With all the demands daily life places on us it is especially important that we replenish ourselves so that we don't become depleted and resentful. When we re-fuel our own bodies and spirits we can continue to radiate good to those around us. In our increasingly complicated society many feel overwhelmed. But interestingly this is the very reason that many of our students say they are determined to fit their martial arts classes in. Their practice offers them an oasis from their complex lives. When they enter the dojang they have the opportunity for those few hours per week to leave their troubles outside the door and be immersed in the present moment. As we know martial arts classes require nothing less than our full attention!

## **Links to See Forms!**

**(and other interesting demos) Performed by our Teachers**

[https://www.youtube.com/channel/UCwdpm8BL021KHSq9RF8\\_fYQ](https://www.youtube.com/channel/UCwdpm8BL021KHSq9RF8_fYQ)

[https://www.youtube.com/playlist?list=PL0k3pLmsvGBZpPqu5MMt-NSSceAcOR-x\\_](https://www.youtube.com/playlist?list=PL0k3pLmsvGBZpPqu5MMt-NSSceAcOR-x_)

**Focus on the Journey not the destination . Joy is found not in finishing an activity but in doing it .**



**The November Black Belt Promotion was a high energy event - goals we set are goals we get!**

**Junior Black Belt ranks were earned by Anthony LaRocca, Rohan Curran, Erik Larrey, Ben Schiffer, Jared Wyman and Kate Wyman. Max Abrams achieved 2nd Degree Black Belt and Dave Sweeney reached a lifetime achievement with Master Level 4th Degree Black Belt!**

**Parents Train Free in January!**

**For parents coming in as new students**

**A Month of Free Training Plus a Free Uniform**

*If you've been watching from the sidelines and wondering if you would like martial arts classes this is a perfect way to find out! Adult beginner classes are held on Mondays and Wednesdays at 6:45 pm. Sign up now in the office!*



**Congratulations to everyone who reached their next belt rank at the December Belt Promotion.**

**“A good day is not a day without chaos but rather a day when we are able to remain calm within the chaos.”**