



Meet-a-Student

Chelsea Galager is 12 years old and has just received her Gold Belt. Chelsea is in 6th grade and attends Green Mountain Elementary . She likes attending karate classes 2—3 times a week.

Chelsea’s favorite part about Karate is how it helps students learn to Respect others. She stated the least favorite part of Karate is when students in her class are goofing off and not showing respect to the other students and instructors.

Chelsea loves it when Ms. Sawyer blind folds the students and then have them do a form. When they finish she takes the blind folds off and gives the students advice on how to improve. She loves Ms. Sawyer’s teaching techniques.

Chelsea stays busy when not at Karate class by doing homework, and playing the violin for about 30 minutes everyday after dinner. She also likes to watch Amazing World of Gumball.



Grand Master Hart
9th degree



Grand Master Lewis
8th degree



Grand Master French
8th degree



Master W
6th degree



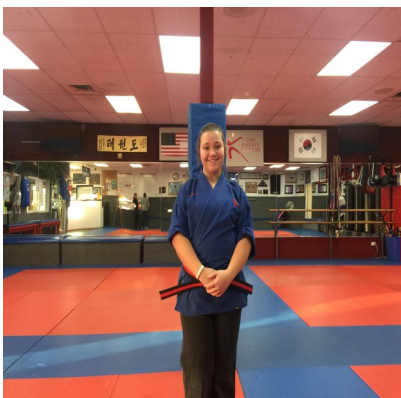
Master Wren
6th degree



Master Dial
5th degree

Meet-an-Instructor

Jasmine Sawyer, is 15 years old, in the 10th grade and her current belt rank is Black Red. Jasmine, enjoys attending Karate class everyday which gives her the opportunity to see each student on a daily basis. She loves teaching and enjoys seeing how each student has different learning styles and having to adapt to their way of learning.



The most memorable thing about her Karate career is being able to laugh with the students when she does something to embarrass herself in multiple ways, and having fun while discovering new techniques.

When Jasmine is not at Karate she enjoys doing her homework and working on her techniques that she is going to teach her students.

We live by our black belt creed: modesty, courtesy, integrity, perseverance, self control, and indomitable spirit.

Students will be working on their new curriculum in December and January:

Level 1: _____	Level 2: _____	Level 3: _____
To-San	Toi- Gye	American Kickboxing 1-7
American Karate Set 1-4	American Tae Kwon Do 1-4	(Offensive / Defensive and Retreating)

December, 2017 Important Dates / Events:

December 4, 2017	Stripe Week
December 9, 2017	After School Program Graduation 12:30 pm—1:30 pm
December 11, 2017	Pre Exam Week
December 16, 2017	Christmas Party (at Lakewood) - Potluck 6 :00 pm—8:00 pm
December 18, 2017	Exam Week—All Levels 5 pm
	Be sure to know both Messages of the month— Message 3 and 4 (levels 1 and above)
	Be sure to have all your stripes (levels 1 and above)
	Be sure to have your Intent to Promote signed by your Teacher(s) and Parents
December 21, 2017	Sparring Test
December 23, 2017	Graduation All Levels 11:30 am
December 24, 2017	Week 1, Module 5
December 26, 2017	Staff Meeting
Dec. 24—Jan 1, 2018	Closed—Enjoy the Holidays—See you Next Year

January, 2018 Important Dates / Events:

January 1, 2018	New class schedule goes in effect
January 1, 2018	Closed—Happy New Year
January 6, 2018	SWAT Training 12:30—2:00 Low Brown and Above
January 12,2018	Black Belt Test - Lakewood starts at 6 p.m.
January 13, 2018	Black Belt Test - Lakewood starts at 7 a.m. (no classes)
January 15, 2018	Fitness Week
January 22, 2018	Progress Check
January 29,2018	Week 1, Module 6

New Class Schedule

January 1, 2018

5280 Karate Academy Foundation - 2018 Lakewood

Class Schedules	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
As of Jan-Dec 2017	A	A	B	B	A & B	A & B
Basic Orientation White	4:00 - 4:45 pm	6:15 - 7:00 pm	4:00 - 5:00 pm	7:00 - 7:45 pm		11:00 - 11:45 am
Little Ninjas'	4:00 - 4:45 pm	6:15 - 7:00 pm	4:00 - 5:00 pm	7:00 - 7:45 pm		11:00 - 11:45 am
Team Reverence						4:30 -7:30 pm
Leadership (All Levels)				4:45 - 5:45 pm		
Level 1	4:45 - 5:30 pm	5:30 - 6:15 pm	6:00 - 7:00 pm	4:00 - 4:45 pm	Level 1	11:00 - 11:45 am
Level 2	5:30 - 6:15 pm	4:45 - 5:30 pm	5:00 - 6:00 pm		Level 2	11:45 - 12:30 pm
Level 3	6:15 - 7:00 pm	4:00 - 4:45 pm	5:00 - 6:00 pm		Level 3	11:45 - 12:30 pm
Black Belts	6:15 - 7:00 pm	4:00 - 4:45 pm	5:00 - 6:00 pm		Okinawan Karate	1:30—3:30 pm
Black Belt Conditionals	6:15 - 7:00 pm	4:00 - 4:45 pm	5:00 - 6:00 pm		2nd Degree & Up	3:30—4:30 pm
Sparring				5:45 - 7:00 pm		

Messages of the Month:

1. **Positive Self Confidence:** As a winning black belt, I know who I am and where I am going. I have an overall attitude of personal optimism and enthusiasm. I effect my environment rather than letting my environment affect me. As a black belt, I have the ability to be happy and function in the world, while showing appropriate conduct and good manners.
2. **Positive Commitment:** As a winning black belt, I have the ability to accomplish anything I am willing to work to achieve. I am a winner because I have HIGH EXPECTATIONS of myself and I work to achieve those outcomes. I commit to my dreams and I know I must work diligently and tirelessly to achieve them. I will rise above the crowd and achieve great heights.
3. **Positive Personal Responsibility:** As a winning black belt, I accept 100% for my own actions and for the outcomes in my own life. I do not “externalize” my failures; Instead I take full responsibility for my own performance and results. Responsibility also means making decisions based upon my own moral compass, not based upon the tides and whims of those around me.
4. **Positive Personal Honesty:** As a winning black belt, I understand that honesty is more than simply avoiding lies. It includes a belief in the pursuit of the truth. Events will not alter my understanding of right and wrong or of truth and fallacy. As a winning black belt I understand that in order to have healthy relationships with other people, honesty must be present.
5. **Positive Respect and Self-Control:** As a winning black belt, I understand that respect represents a sincere appreciation of the values and the rights of other people. I understand that in order to respect others, I must respect myself by avoiding habits and behaviors that are unhealthy or destructive. I must control my physical and mental state so that I will have the ability to maintain a relaxed alertness, thereby maximizing my ability to respond quickly and appropriately in any situation.
6. **Positive Success:** AS a winning black belt, I dwell on the rewards of success, not on the penalties of failure. I understand that life is a self-fulfilling prophecy—I will get what I actively expect over the long run. Whatever I can do, or dream I can... I will begin it. Boldness has Genius, Power, and Magic in it. Do or Do not there is no try... I will not be intimidated by the negative reactions of others — nor will I become mired in mediocrity.
7. **Positive Visualization:** As a winning black belt, I practice, mentally rehearse, and visualize the successful outcome of my activities. My mind cannot tell the difference between what is real and what is vividly imagined. I pre-play and re-play my performances in my mind to anchor success and minimize failure. Positive Self-motivation arrives through visualizing my desires while limiting my fears.
8. **Positive Motivation:** As a winning black belt, I understand that motivation comes from focusing on long-term results I desire, not the daily disappointments and struggles I might encounter. I will always move in the direction of my current dominant thoughts. I control my “inner Dialogue”, creating a supportive conversation within myself. This supportive inner dialogue will nurture my goals and my energies.