



Official Newsletter of

USA Kenpo Karate

Cycle 1, 2012

www.morethankicks.com

Black Belt Graduates Cycle 10-2011

History was made in 2011. Our first student went from Screaming Eagles to Adult Black Belt. Nine years, hard work and determination as well as the Master Key...supportive parents!!!

Alexandra Taylor accomplished this goal and will forever be in the history books of our school. Ms. Alexandra is also an accomplished softball player, 4.0 GPA in school and STORMS classes every week. We have her five more years before college and her goal is to achieve 3rd Degree Black Belt and teach Kenpo Karate at her college.

Congratulations to:

Ryan Chen—Youth Black Belts

Payton Dobben—Youth Black Belts

Adin Groper—Youth Black Belts

Zarina Haffizula—Youth Black Belts

Anisa Haffizula—Youth Black Belts

Anthony Vicary—Youth Black Belts

Brittany Parsons—5th Level Youth Black Belt



Student Creed and Black Belt Principles Reinstated

Positive affirmation will be said in class. Student Creed at the beginning of each class and the Black Belt Principles at the end of each class.

Please see page 7 and 8 of this newsletter for copies of these affirmation.

Principle of the Cycle Modesty

Humble, reserved, meek.

The quality or state of being modest. Absence of self-assertion, arrogance, and presumption. Avoiding attracting attention to oneself by controlling one's actions or appearance. Downplaying one's accomplishments. Not boosting.

This is Black Belt Principle Number One because this is the first lesson that needs to be learned. When someone comes into karate training, they may feel like they are now ready to

New Classes Added

Wednesday 6:30

Black Belt Only Theory Class
Intermediate Class

Monday 5 pm / Saturday 2 pm

Kids Grappling/Jiu-jitsu
part of CSMMA

Extra Fee applies for Grappling/Jiu-jitsu

\$5 a class or 10 classes for \$40

Except FREE for Black Belt Club and Lifetime members, and Competition Grappling Team members

Lower your payments and go Auto-Debit.

As our school grows, we have to prepare and manage our time more efficiently so we can focus on the important things, like progress of our students!

We do our own direct debit right here at the school, so we control the accounts through our secure credit card system.

We will lower your tuition even more by switching to auto-debit for your tuition. WIN-WIN! This saves us time and energy so we can focus on what we do best and you save money! Remember you may cancel the auto-debit at anytime with a 3 day notice.

Can You Talk and Listen to Someone at the Same Time?

It is difficult to say 100% it is not possible. However, the percentage is extremely high that you cannot and virtually impossible to listen to someone else, enter it into your brain all while talking.

Therefore we are sticking to our comments. It is impossible to listen to someone and learn what they are teaching, and talk at the same time. Maximize your chances to excel with the 3 Ls by look, listen and learn. Knowledge is power!

Modesty continued

defend themselves and gain a false-confidence. With that could come physical challenges from others who want to test you. Next thing you know you are in a fight, maybe lose and out the window goes the value of your training. More important, you get hurt and embarrassed.

As training continues and you do reach the point of efficiency with your training; there comes responsibility to use your skills in a positive manner. Your training is to help people and protect you and your loved ones, not provoke a fight.

In addition we are in an effort to help you succeed in life and how to develop social skills. Bragging is not a good trait (not attractive).

“Conceit is a funny thing, it makes everyone but you sick.”

Being humble also is a sign of appreciation. Because when we do have or get something great, we should also know that it wasn't just us that helped us accomplish what we did. It shows that we know that others helped us.

Show your appreciation and show modesty to those that helped us.

Be great, but be humble. You don't have to tell others how great you are; they will know by your actions. Do your actions demonstrate how great you are?

Give us an example that you showed modesty. Write it on the Intent to Promote. These may be used in future newsletters.

Tickets are back!

*Bring in your report card and B, or 2 or better = 2 tickets

*4s and 5s on Intent to promote = 3 tickets

*Plus when you get caught doing something good!

*They Join our Regular Program = 10 more tickets

*All fives on Intent to Promote = 5 tickets

*Student of the Cycle = 10 tickets

*Good Parent/Guardian Report = 5 Tickets

*Referral a Friend = 5 tickets

After-School and Camp Packages
All –inclusive pricing including activity fees

AFTER-SCHOOL AND ALL-DAY ACTIVITIES

Must be member of this school

After-school by the week \$150

By the Day—\$35

All-Day Activities

After-schoolers, Lifetime Members and Black Belt Club - \$25

All others - \$35

CAMPS

AFTER CARE MEMBERS, LIFETIME MEMBERS, BLACK BELT CLUB

\$129.00 per week/

\$116.10 weekly with deposit prorated over ten weeks

\$986.85 PAID IN FULL (\$303.15 savings)

USA KENPO MEMBERS

\$139.00 per week/

\$125.10 weekly with deposit prorated over ten weeks

\$1251.00 PAID IN FULL (\$139.00 savings)

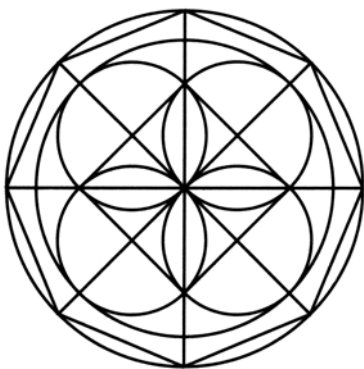
NON MEMBERS

\$169.00 per week/

\$152.10 weekly with deposit prorated over ten weeks

\$1521.00 PAID IN FULL (\$169.00 savings)

Second child discount is 20%



Universal Pattern

instinctive and spontaneous. You must not however , get caught up in manner of study, but the reasons involved within the study.

Universal Pattern: A three dimensional pattern of movements conceived and developed by Senior Grand Master Edmund K Parker (Founder of our system) as a directional key to movement. This extensive pattern is a useful learning tool to enhance students' knowledge of motion. It is also a design that can aid you in systematically understanding the interrelationship of linear and circular movements and the paths in which they travel. Once understood it can be applied to self-defense techniques, forms , freestyle etc. As you learn to correlate moves within the pattern, alternative moves become in-



From Ed Parker's Encyclopedia of Kenpo

954-575-1030		Cycle 1 & Cycle 2				www.morethankicks.com	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1/1/2012	1/2/2012	1/3/2012	1/4/2012	1/5/2012	«1/6/2012	1/7/2012	
Cycle 1 Strong 1							
1/8/2012	1/9/2012	1/10/2012	1/11/2012	1/12/2012	1/13/2012	1/14/2012	
Cycle 1 Strong 2							
1/15/2012	1/16/2012	1/17/2012	1/18/2012	1/19/2012	1/20/2012	1/21/2012	
Cycle 1 Strong 3	No School All-Day Activities Karate Open			Early Release	No School All-Day Activities Karate Open		
1/22/2012	1/23/2012	1/24/2012	1/25/2012	1/26/2012	1/27/2012	1/28/2012	
Cycle 1 Strong 4					Intents Due on-line at morethankicks.com	4 Seasons Tourney NO KARATE	
1/29/2012	1/30/2012	1/31/2012	2/1/2012	2/2/2012	2/3/2012	2/4/2012	
St Andrews Demo 4 pm	Cycle 1 Strong 5		All Stripe Test No Sparring	All Stripe Test No Sparring Early Release	Belt Graduation Parents Nite Out Ticket Drawing Student of Cycle Award		
2/5/2012	2/6/2012	2/7/2012	2/8/2012	2/9/2012	2/10/2012	2/11/2012	
Cycle 2 Strong 1							
2/12/2012	2/13/2012	«2/14/2012	«2/15/2012	2/16/2012	2/17/2012	2/18/2012	
Cycle 2 Strong 2							
2/19/2012	2/20/2012	2/21/2012	2/22/2012	2/23/2012	2/24/2012	2/25/2012	
Cycle 2 Strong 3	No School All-Day Activities Karate Open						
2/26/2012	2/27/2012	2/28/2012	2/29/2012	3/1/2012	3/2/2012	3/3/2012	
Cycle 2 Strong 4						Intents Due on-line at morethankicks.com	
3/4/2012	3/5/2012	3/6/2012	3/7/2012	3/8/2012	3/9/2012	3/10/2012	
Cycle 2 Strong 5			All Stripe Test No Sparring	All Stripe Test No Sparring	Belt Graduation Parents Nite Out Ticket Drawing Student of Cycle Award		

Sign up for March 12-16 Camp—By the Day or the entire Week!

Our Family's Businesses

Thank you to the Business that are helping us grow. Please help them grow by using their services. When you go there, let them know you are from USA Kenpo Karate.



FOR ALL YOUR IMMIGRATION NEEDS...

Call The Green Team!

www.AmericanimmigrationAttorney.com

954-834-0445

JODI B.GREEN, P.A.

Attorney at Law

Bankruptcy Law

Donna Bumgardner

954-724-4366

Century 21 Realtor

Tania Abadie

954-907-9111

Tania.Abadie@century21.com

Coastal Pest Control

Frank Stella

954-358-7175

**RD Mobile Auto Repair
and Performance**

Ross Dobbens

754-281-1223

**Your
Business
Here**

MD House Calls

Farzanna S. Haffizulla M.D.

954-862-1778

www.housecallsmd.us

**Your
Business
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**Your
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All About Kids Inflatables

954-755-3636

www.allaboutkidsinflatables.com

**Your
Business
Here**

**Greg's Aggressive
Pest Solutions**
954-646-0101

Supporting Businesses

Coral Springs Dental Assoc.

In this Plaza

954-575-9800

Coral Square 8 Movie Theatre

In this Plaza

www.frank.tstickets.com

JCC

In this Plaza

A VPK approved Center

Day Care 954-344-6790

US Swim Academy

954-509-0089

www.us-swim.com/

Sophia's Pizza

Mention the School and

get a 10% discount

Referral Program is Donating to GOTMA

Gaining Opportunity Through Martial Arts

A Non-Profit Scholarship program for Martial Arts tuition and
USA Kenpo Competition and Demo Team

Recommend a friend or sibling that joins our regular Karate program and receive a
\$20 cash to you and \$10 will be donated to GOTMA.

Our special is

First Week is Free

\$30 for uniform

Screaming Eagles—\$89 Direct Debit or \$99 if paying at school

Kids, Teens and Adults —\$99 Direct Debit or \$109 if paying at school

Remember unlike most schools we are all inclusive pricing

No belt fees, No down payment and No registration fees



One FREE Week

Karate, Core Fusion, Tae Bo
Blackstar's HealthKicks or
After-School

Guest of _____

Call, click or stop by 954-575-1030
www.morethankicks.com

726 Riverside Dr., Coral Springs, 33071
SW Corner of Riverside Dr & Ramblewood Dr.



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STUDENT CREED

I am developing
self-discipline

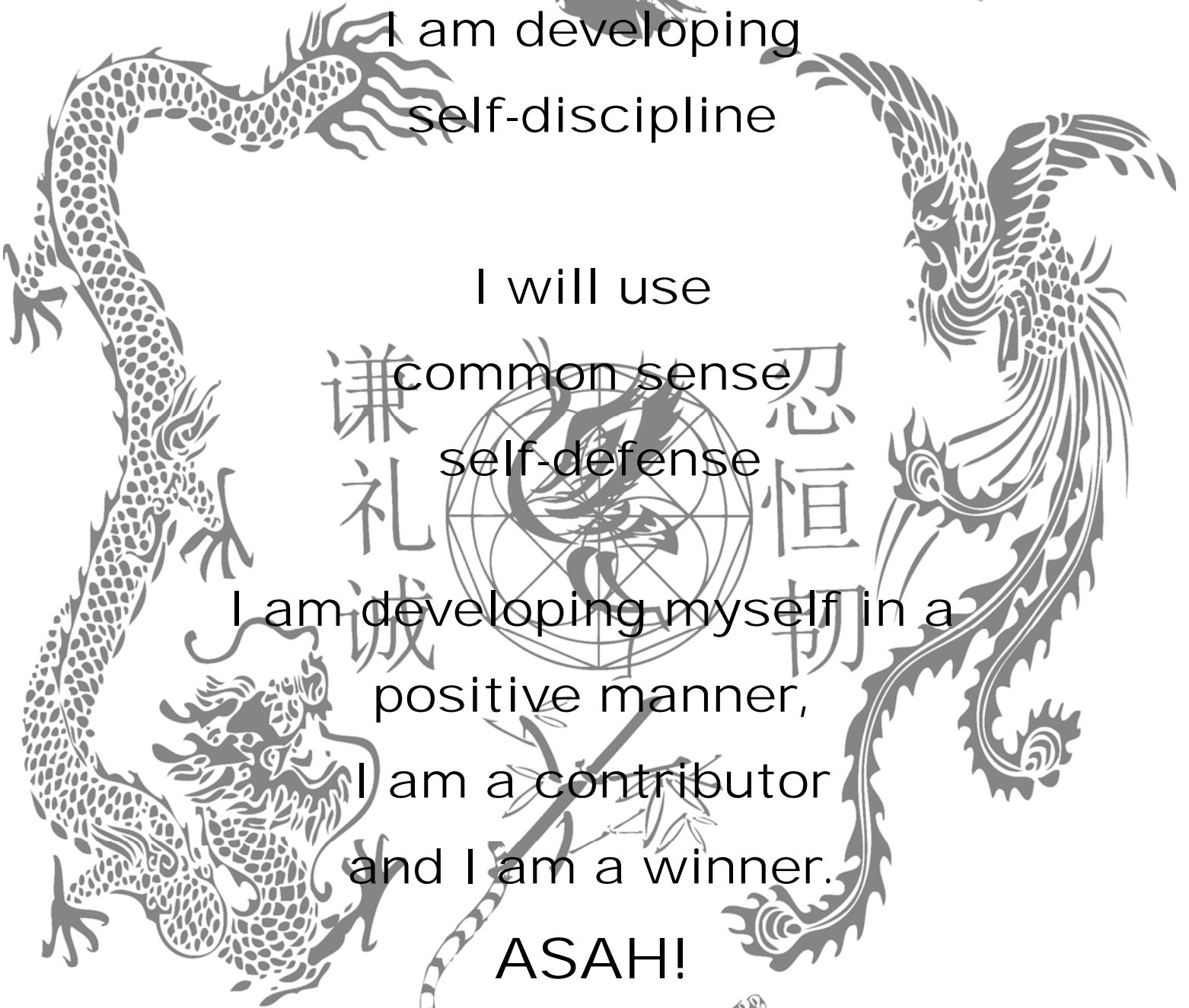
I will use

common sense
self-defense

I am developing myself in a
positive manner,

I am a contributor
and I am a winner.

ASAHI!



USA KENPO KARATE

Black Belt Principle

As a dedicated student of
USA Kenpo Karate

I practice the
Principles of Black Belt

Modesty

Courtesy

Integrity

Self-Control

Perseverance

Indomitable Spirit

What's the goal?

Black Belt

ASAH!



谦
礼
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忍
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