



If you're not making mistakes, you're not taking risks, and that means you're not going anywhere. The key is to make mistakes faster than the competition, so you have more changes to learn and win.

— John W. Holt, Jr.

While most are dreaming of success, winners wake-up and work hard to achieve it.

— Anonymous

Doing your own thing is a generous act. Being gifted creates obligations, which means you owe the world your best effort at the work you love. You too are a natural resource.

— Barbara Sher

A boss creates fear, a leader confidence. A boss fixes blame, a leader corrects mistakes. A boss knows all, a leader asks questions. A boss makes work drudgery, a leader makes it interesting. A boss is interested in himself or herself, a leader is interested in the group.

— Russell H. Ewing

I'm not in competition with anybody but myself. My goal is to beat my last performance.

— Celine Dion

Winning isn't everything, but wanting to is.

— Vince Lombardi



Who Should Take Martial Arts?

The martial arts have so much to offer people in all age groups. What many people don't know is that back in the 60s and 70s, martial arts was primarily an adult activity. Then, the Teenage Mutant Ninja Turtles and Karate Kid movies arrived, and we saw a shift in the market. For about 20 years, we started seeing more and more children participating in martial arts. Then, when Tae Bo hit the market in the 90s, we started seeing more adults, specifically women, enter the picture. Teens were excited at the introduction of XMA (Xtreme Martial Arts) and, now, due to the growing popularity of mixed martial arts, we have seen the adult participation numbers increase but, this time, by adult males. As the martial arts evolve and people see it has so much to offer, one thing holds true: martial arts benefits everyone. For children, there may be no better

activity for learning self-discipline, self-control, goal setting skills, respect, and courtesy than martial arts. Teenagers find a fun and safe place to develop the same skills as children, but in a judgment-free zone, where they can also make new friends. Both men and woman find the fitness and self-defense aspects second to none. Of course, adults also learn discipline and focus, but find it's great for social networking, too.

If you're a parent of a student or an adult who has thought about taking classes, now is a great time. We are a Martial Arts Industry Association school and subscribe to the highest training standards. Set an appointment today and see how we can have a positive impact on you and your family through martial arts classes.



WHAT'S INSIDE

School Calendar

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Happy Birthday to:

Makenna Daugherty-1st

Ravdeep Warar-3rd

Brandon Beck-4th

Kade Davis-6th

Seve Malfatta-7th

Thomas Carroll-10th

Jordan Besley-16th

Hunter Whiteside-19th

Devon Rogers-21st

Dustin Cox-24th

Alexander Fry-2nd

Tyreke Harris-4th

Michael Clark-4th

Hayden Russ-7th

Tyler Goyne-9th

Brady Gildon-11th

Alex Tomb-17th

Harmon Drygas-20th

Michael Henderson-22nd

Jon Townsend-28th

Jeremiah Edwards-3rd

Michael Sutton-4th

Joshua Bae-6th

Curtis King-7th

Aaron Harper-10th

Charity Myers-14th

Daniel Bae-17th

Jonah Smith-21st

Jeremiah Cortinas-23rd

Brandon Leonard-29th

Upcoming Events:

Tiny Tiger Tournament

Saturday, April 9

11:00 AM until ?

Pak's Karate-Haughton

1040 Bellevue Rd.

Come join us for as we cheer on our Tiny Tigers to victory!!

Events include sparring, basic movements, forms, and Tiger Tails

\$30 for one or two events

\$10 for each additional event

All competitors will receive a medal!!

Proceeds to benefit the annual Pak's Karate Christmas Banquet

Black Belt Club Masters Club April Events

Saturday, April 9

Paintball War

Off Limits (must be 10 or older)

6 PM until?

Party Central (any age may attend)

6 PM until ?

Wear Yellow Day

Wednesday, April 20 &

Thursday, April 21

Wear yellow street clothes in celebration of spring!!



Pak's Karate of Bossier & Haughton will be closed on Friday, April 22 and Saturday, April 23 for Easter

The greatest "Thank You" that you can give our school is to refer us to others. Be sure to ask your instructor how you can receive your referral reward gift certificate!

Competition is Important

“Winning is not a sometimes thing; it’s an all the time thing. You don’t win once in a while; you don’t do things right once in a while; you do them right all the time. Winning is a habit. Unfortunately, so is losing.” Vince Lombardi

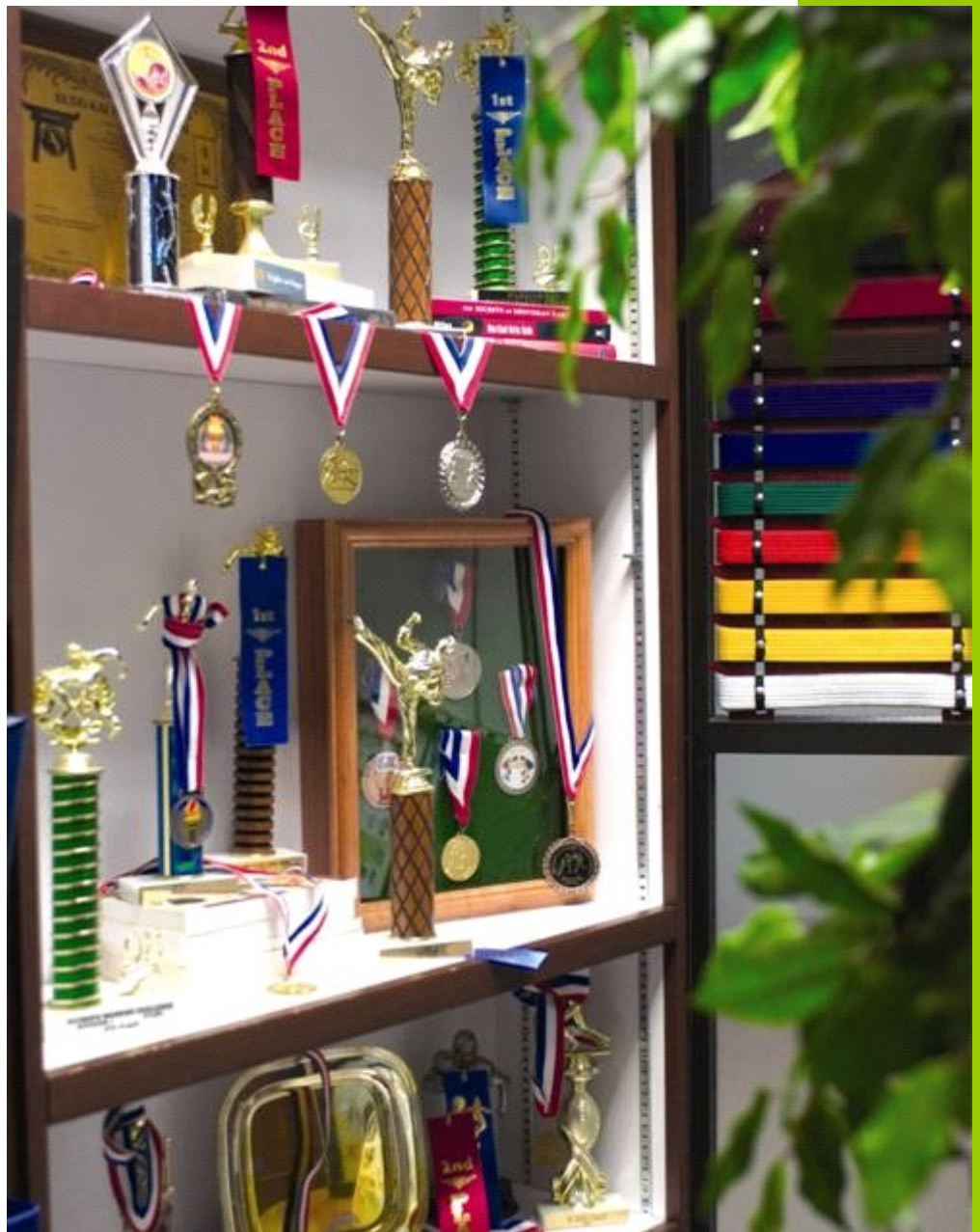
It’s popular in some circles to bash competition. However, we all go through a normal growing-up stage where some competition is essential for development of healthy self-esteem. Competition, when done in a respectable manner, drives individuals to become better and to achieve more goals. It teaches us valuable life skills, such as good sportsmanship, drive, and the desire to win.

There are many different levels in which competition can be a useful tool. You can compete with others, you can compete with yourself, or your team may compete against other teams. In whichever manner you chose to compete, creating a habit, or a drive to win, will help you become a champion in life.

Every time martial artists train, they should strive to challenge themselves to get better, stronger, and smarter than they were the day before. School, work, and martial arts classes are great areas in which you should compete with yourself.

Striving to be better than you were the day before will naturally push you to realize more goals and develop a winning attitude.

Write down daily challenges for yourself and see if you are improving.



What Can I Do with the Holiday Candy?




Yes, Easter is filled with chocolate bunnies and coconut-filled eggs, but does this mean fun for kids or poor diets for the family? This is a great opportunity to educate your children on how to eat right and stay fit and healthy. Remember: candy is not bad in moderation, especially if you offset it with exercise and other healthy measures. Here are a few tips for teaching kids (and adults) how to eat right during candy-filled holidays:

1. Eat in moderation. Part of a chocolate bunny is better than eating the entire bunny at one sitting.
2. Make sure you are working out. Offset bad eating with consistent exercise.
3. Brush your teeth regularly, especially after high-sugar snacks.

It's not realistic to ask anyone, especially children, to give up treats during fun holidays, but it is realistic to use this as an educational opportunity that may last them a lifetime.



April 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					1	2	
3	4	5	6	7	8 <i>ITC #2</i>	9 <i>Tiger Tourny BBC/MC Event</i>	
	← Kick & Self Defense Stripe Week →						
10	11	12	13	14	15 <i>ITC #3</i>	16	
17 	18	19	20 Wear Yellow Day	21	22 CLOSED <i>Good Friday</i>	23 CLOSED	
24 Happy Easter	25 <i>Easter Camp</i>	26 <i>Advanced/BB run</i>	27	28 <i>BBC Escrima test</i>	29 <i>Buddy Day</i>	30 <i>Texas Testing</i>	