



Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.

— Princess Diana

Today I bent the truth to be kind, and I have no regret, for I am far surer of what is kind than I am of what is true.

— Robert Brault

Christmas gift suggestions:
To your enemy, forgiveness.
To an opponent, tolerance.
To a friend, your heart.
To a customer, service.
To all, charity.
To every child, a good example.
To yourself, respect.

— Oren Arnold

Action is the real measure of intelligence.

— Napoleon Hill

You can always tell a real friend: when you've made a fool of yourself, he doesn't feel you've done a permanent job.

— Laurence J. Peter



Top 10 Reasons to Try Martial Arts

Choosing the right martial arts school for your family can be a very exciting experience. Finding the right school and instructor will make all the difference in your martial arts journey. To get the most out of your training take the time to make sure you find the right studio and team of instructors for your family.

1. **Learn Life Skills** - One of the greatest aspects of martial arts training is the life skills it instills in its students. Focus, courtesy, respect and goal setting are just some of the basic skills you can expect to gain.
2. **Fitness** - Martial arts training provides a great opportunity to get in shape and enjoy doing it!
3. **Self-Defense** - In today's society, we want to know our children are safe and we can protect our families if necessary. Martial arts curriculum will enable children to understand what to do if dangerous situations occur and give them the confidence to deal with tough issues such as bullies and stranger awareness.
4. **Experience a Family Bonding Activity** - One of the most exciting aspects of training is it's an experience the whole family can enjoy together. What other activities offer this type of opportunity? Martial arts is a wonderful and positive activity for the young and the young at heart. Your entire family can go through the process of earning belts and learning something together.
5. **Individual Achievement** - In the martial arts, nobody sits on the bench! Unlike some other traditional sports, martial arts training is not a team activity. Martial Artists strive to become better than they were the day before and not be judged by the performance of the person standing next to them. Individuals are challenged and pushed to achieve their own personal best.

Continues on Page 4



WHAT'S INSIDE

School Calendar

Reduce Holiday Stress

Happy Birthday to:

Janis Townsend-1st
Jordan Parker-3rd
Louis Reed-9th
Colby Ponder-14th
Don Lavoie-19th
Jonah Just-22nd
Terri Martin-31st

Nathan Mallette-2nd
Julio Torres-5th
Micah Thompson-13th
Desiree White-15th
Nathan Atkinson-21st
Treyton Butler-27th
Sharon Whitworth-31st

TJ Porter-2nd
Allyson Smith-5th
Chris Eubanks-13th
Shannon Gray-17th
Dillon Hurst-21st
Tanner Nevels-28th

Lisa Frazier-2nd
Matthew Coleman-8th
Hayden Harris-14th
Ladarius Williamson-18th
Amjad Alatrash-22nd
Austin Lynch-28th

Upcoming Events



Christmas Special
Gift wrapped and ready for the tree!
Custom Screened Uniform and Belt
1 month of Martial Arts lessons
Only \$34.95



on everything a martial artist
WANTS & NEEDS



Last Day of Karate Classes is December 18. TASMA will be open on December 20th & 21st. Pak's Karate will be closed from December 19 until Monday, January 3rd for renovation work and Christmas holidays.



**Be sure to join us on Saturday, December 4th
8:00 am to 12 Noon
End of the year Closeout Sale
Light snacks, Drinks, Music, and More**

Reduce Holiday Stress

Are you looking for ways to reduce your holiday stress? Ask yourself these six questions to have a more relaxing holiday.

- 1. What's important to you?** What does this holiday season *really* mean to you? Is it about family, spirituality, or giving to others? The only right answer is yours.
- 2. What can you *really* afford to spend?** Are you making a budget for your gift-giving? We often equate love and generosity with the value of a gift, but gifts can take many forms. Look at what you have to spend, and then decide what to give.
- 3. Are you imagining stressful scenarios about family interactions or social situations?** Remind yourself that worrying about the future or regretting the past isn't going to change what has or is going to happen. Visualize what else could be true, rather than what you fear.
- 4. Are *all* of these traditions important to you?** Once you're clear about what makes this season meaningful for you, have fun and play with it. Make your own new traditions, and invite your loved ones to participate.
- 5. Do you have the time?** Most holiday stress involves an increase on the demands of your time. Be clear about what works for you and what doesn't. Learn to politely, but firmly, say 'no' to the things that don't fit your schedule.
- 6. What do you need?** Make time for yourself. Even if it's only a few minutes everyday, take your own personal time out.



Top 10 Reasons to Try Martial Arts

Continued from Page 1

6. **Join a Social Network of Positive People** - The saying goes, "It takes a community to raise a child." Martial arts training is a great way to surround yourself with positive influences that will have a lasting impact on your family.
7. **Achieve Goals** - The built-in system of earning belts teaches setting and achieving goals and it instills the discipline of hard work. The rewards will last a lifetime!
8. **Carry on a Tradition** - Martial arts training has been around for centuries, so you become a part of something special and to help carry on the tradition and philosophies.
9. **Learn About Other Cultures** - Training is a great way to learn about and experience other cultures.
10. **Have Fun** - There are many serious sides to training; however, the best part of training is how much fun it will be.




An easy way to find a school is to search for one that offers some type of trial program. Most schools will allow you to take a free class or offer a trial program so you can experience the type of classes your family will be taking and, also, meet the instructors. During this trial period, speak to the families that are currently training. Ask them how their experience with the school has been, and if they would recommend this location to their friends.

Some other fun ways to get to know your local martial arts school is to have your child attend a Parent's Night Out, a Birthday Party, a Buddy Day or a Camp Day. These will allow your child to get to know the instructors and become familiar with the school.

Article written for Active Alex Magazine

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Written by: Jenny Navarro & Stefan Moulinier

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 ITC 7	4 ICC 10 <i>Holiday Sale</i> 8-12 noon
5 Spotlight Week	6	7	8	9 BBC Bo Test	10 Tiny Tiger Testing Black Belt Testing	11 Color Belt Testing
12	13 Banquet Table meeting	14 Christmas Banquet	15	16	17 Bossier Polar Express Night	18 Haughton Polar Express Night
19	20 Haughton Tasma Party	21 Last Day Class Bossier Parish	22	23	24	25 
26	27	28	29	30	31	
← CLOSED-will reopen on January 3rd →						