



“There is nothing on this earth more to be prized than true friendship.”

~ Sir Thomas Aquinas

“Judge a man by his questions rather than by his answers.”

~ Voltaire

“Never tell people how to do things. Tell them what to do and they

will surprise you with their ingenuity.”

~ George S. Patton

“We judge ourselves by what we feel capable of doing, while others judge us by what we have already done.”

~ Henry Wadsworth Longfellow

“The world is full of willing people, some willing to work, the rest willing to let them.”

~ Robert Frost



The Benefits of Martial Arts

The practice of martial arts originated in East Asia more than 2,000 years ago and has since grown to about 200 individual types practiced by approximately 100 million people worldwide. Studies of martial arts generally agree on one thing: no matter what style you teach or train in and regardless of the age of the student, everyone benefits from martial arts training. Here are some of the important benefits of martial arts.

Self-discipline

Self-discipline is achieved when students develop a positive correlation between their actions and the achievement of reward. We work to teach students the personal value of self-discipline. Over time, that self-discipline is less of an effort as it becomes a crucial part of the way we live our lives. These new behavioral patterns help student reach their goals in a reasonable time frame, overcome negative habits, and follow through on their decisions.

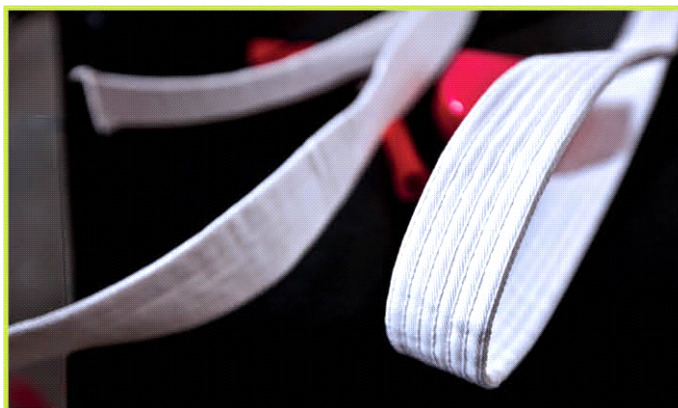
Self-confidence

Self-confidence develops as individuals begin to feel more competent, and it brings with it a feeling of achievement. Student's self-confidence will boost because of their achievements as they learn new techniques and earn their next belt level. A large part of any martial arts training focuses on self-defense, and these new capabilities also contribute to a feeling of self-confidence. Self-confidence, combined with better judgment, integrity and overall improvement in lifestyle, brings out a positive attitude.

Respect

One of the most important concepts taught in martial arts training is respect. Students learn to respect their instructors, each other, and themselves. Respect is often missing in many facets of today's society. For children, improvements in

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WHAT'S INSIDE

The Benefits of Martial Arts

School Calendar

Welcome to Spring

Happy Birthday to:

Alexander Fry-2nd	Isabella Fry-2nd	Jeremiah Edwards-3rd	Austin Trujillo-4th
Nicholas Severance-4th	Rachel Fuller-4th	Andrew Vo-7th	Ethan Mann-7th
Riley Thomasee-9th	Steven Shanks-10th	Elena Heng-11th	Mark Mann-12th
Caleb Bouriaque-15th	Ben Beaudean-15th	Daniel Bae-17th	Chris Rambin-18th
Nevrik Caldwell-19th	Gwen Walker-20th	Christian Caszatt-20th	Keegan Brimmer-22nd
Ryleigh Circu-24th	Sam Davis-24th	Logan Terro-25th	Shelley Ferguson-27th
Jon Townsend-28th	Hann Heng-29th		

Upcoming Events:

**SPRING
BREAK CAMP**
is here!

**Register today for
Spring Break Camp
March 30-April 6
7:00AM-6:00 PM
Only 20 spaces open!!**



**Come join us for an evening of fun filled senior games!!
Saturday, April 11
7:00 PM to 10:00 PM**

A purple-themed graphic for 'Purple Up!' featuring silhouettes of a man and a woman in purple shirts with a 'P' on them. The text 'PURPLE UP!' is written in large, stylized letters. Below it is a small logo for 'OPERATION MILITARY KIDS' with the tagline 'MILITARY FAMILIES & MORE ON THE BACKYARD'.

Wear Purple Street Clothes
April 22 & 23

A yellow graphic for 'BUDDY DAY' featuring a black oval with the text 'BUDDY DAY' in white. Below it is a black silhouette of a person in a dynamic pose, with the text 'KIDS NINJA WARRIOR OBSTACLE COURSE!' in white. At the bottom, it says 'FRIDAY, APRIL 24 5:30 PM'.

DEAR DR. ROBYN

APRIL
2015

GRATITUDE

Young students: I am so thankful!

Older students/teens/adults: Appreciating, recognizing, and being thankful for what you have.

Grateful + Attitude = Gratitude

Dear Dr. Robyn,

We would like to start some gratitude traditions in our home but we do not know where to start. Can you give us some ideas? Thank you in advance.

-- Sue and John F, Seattle, WA

Dear Sue and John,

Creating gratitude traditions in your home is a wonderful way to teach your children to look for ways to show gratitude. In an age in which society seems to yell "bigger, faster, more, more, more!" it's important to slow down and simply appreciate our blessings.

Here are some ways to incorporate gratitude into your home:

(1) Attitude of Gratitude list or journal: Keep a public family list up on the wall or start a public family journal that allows family members to write (or draw) why they are grateful each week. You can then read (or show) the contents of the journal to everyone at the dinner table one night of the week to honor both the one who showed gratitude and the one who deserves the recognition.

(2) Gratitude table: Go around the table before dinner and allow each person to explain why s/he is

grateful. Who is s/he grateful for and for what is s/he grateful? This idea is simple yet effective.

(3) Create a gratitude calendar: If the gratitude table isn't possible due to time or logistics, you can create a gratitude calendar which allows you and your family to write down one reason why you are grateful each day. At the end of the month, it's fun to look back and see all the blessings at once.

(4) Give back: When someone helps you or your family, encourage your family to find ways to give back to that person. Did Grandma baby sit when you needed help? Ask the children to make her a card, plant a garden or find another way to show her gratitude. Did a teacher stay after school to help your child? Send in some extra supplies for the classroom, write a personalized thank you card or find out one of her/his favorite treats and send them along.

(5) Pay it forward: When we

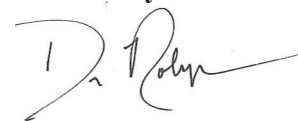
**POWERFUL
WORDS**
CHARACTER DEVELOPMENT

<< Paraphrased from a message; with permission

receive so many blessings, it's wonderful to pay it forward to others who are in need. Create breakfast-to-go bags for the local food pantry, collect animal supplies for the animal shelter, donate family time to helping out the soup kitchen or organize a collection for your favorite charity or family in need.

No doubt your efforts will be appreciated!

Here's to your success!



GRATITUDE

Young students: I am so thankful!

Older students/teens/adults: Appreciating, recognizing, and being thankful for what you have.

Grateful + Attitude = Gratitude

WEEK 1 Gratitude defined: What is an attitude of gratitude & when do you feel it?

WEEK 2 Words & Gestures: How do you show gratitude?

WEEK 3 The Whos & Whats: Who and what are you grateful for at home & school?

WEEK 4 Give & Gain: What does giving have to do with gratitude?

**POWERFUL
WORDS**
CHARACTER DEVELOPMENT

Dear Family,

This month we will focus on the powerful word; “gratitude.”

Gratitude involves recognizing the “good things” that exist in your life already. We can show gratitude for people, places and physical possessions, as well as intangibles such as a fun experience, freedom, love, and friendship.

Those who are appreciative do not take their blessings for granted. They remember to take notice and show gratitude for those who make them feel more comfortable, happy, and inspired. An appreciative person doesn’t only feel grateful but shows appreciation for others who have a positive influence on his or her life. After all, one of the best parts of gratitude is how it makes someone else feel when you credit them with being an

impactful person.

Becoming an appreciative person can be a challenge for young people. As adults, we want our children to realize that “money doesn’t grow on trees” and “there are many people who are less fortunate” because we want our children to show appreciation for their special privileges, freedoms, and assorted “stuff.” However, young people are wired for their own pleasure and often do not realize all of their blessings until they are pointed out as they develop and mature.

Aside from discussing the word of the month in depth, we will be encouraging everyone to find ways to “show appreciation” to parents, teachers, friends, and others in the community. To facilitate gratitude you can; (1) Go around the dinner table and say one person you are grateful for that day and why,

(2) Start at Attitude of Gratitude Calendar or (3) Make a card or send a letter to someone who has made a difference in your life (see “Dear Dr. Robyn” for more ideas).

Research tells us that there are enormous benefits of gratitude from being able to convert an acquaintance to a new friend to improving physical and psychological health. It even enhances empathy and reduces aggression! What a great word!

Thank you for your support. You are pivotal in helping to make our school one of the best personal development centers in the world.

Best Regards,

—*Your Motivated and
Dedicated Instructors*

UPCOMING POWERFUL WORDS

MAY	Teamwork
JUNE	Trustworthiness
JULY	Perseverance

The Benefits of Martial Arts

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social and interpersonal behavior can be directly linked to their progression in martial arts class.

Self-control

Self-control refers to the ability to discipline yourself. Applying that discipline results in the ability to accomplish tasks or to adopt positive patterns of behavior. A variety of studies have shown that a more developed sense of self-control is possible in students who study the martial arts.

Physical Accomplishments

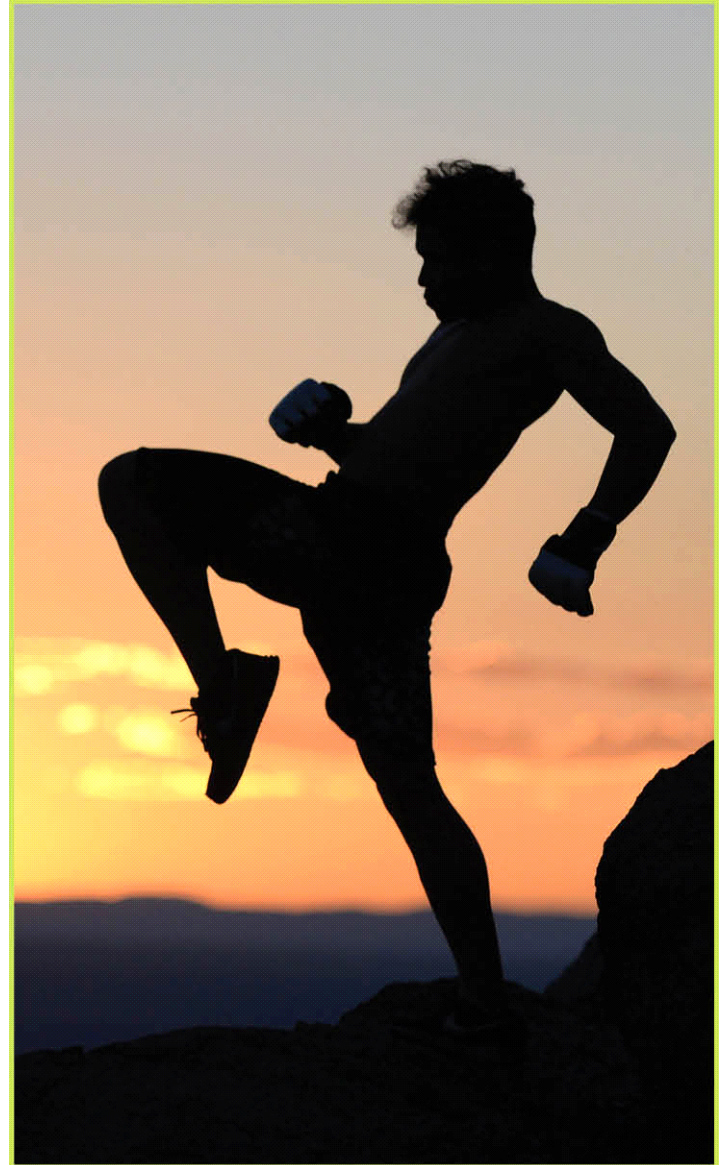
There are many physical benefits that accompany the study of martial arts. A few examples are:

- *Improved Balance and Coordination:*
These improvements, as well as an improvement in agility and speed, become ingrained, which means they carry over into other sports or activities.
- *Flexibility:*
Good flexibility doesn't just promote excellent posture and physical good looks, it also eases the physical effects aging can have on the body.
- *Endurance:*
As with flexibility, the longer a student trains in the martial arts, the greater their endurance. Increased endurance leads to higher overall energy levels, a decrease in fatigue, and a greater athletic ability.

Self-defense

Knowing that you or your loved ones have the skills and confidence to protect themselves in self-defense situations brings a unique peace of mind. Martial arts training teaches students to be alert and aware, while giving them the tools they need to defend themselves in a physical altercation.

This list is only the tip of the iceberg for martial arts benefits. Each student's martial arts journey is different as are the benefits that students will see. But studies show that students of any and all ages who choose to start their martial arts journey continue to reap the benefits of that training for the rest of their lives.



**For more information about
the benefits of martial arts for
children & adults, Contact us!**

Pak's Karate Academy
Bossier City 752-2221
Haughton 949-5675

Welcome to Spring

It's April and, in some parts of the world, that means warmer temperatures and the beginning of spring fever. For those of us in the Western Hemisphere, the month starts off gloomy and cold, but it's said that April showers bring May flowers. Throughout the month, the days get longer and warmer, so it's a good month to begin gardening or just spending more time outdoors.

Plants, trees, and flowers seem to come alive this month, so it's no surprise that April — once called Aprillis — derives its name from the Latin verb Aperire, meaning “to open.” April also brings an end to winter — the season that sees the biggest spike in depression rates. Traditionally, we give bright, happy flowers — like daisies and sweet peas — this month, a tradition that might have been influenced by the happiness and hope associated with spring.



APRIL 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 CLOSED Good Friday	4 CLOSED
	← SPRING BREAK →					
5 EASTER SUNDAY	6 Caddo Spring Break begins Camp registration	7	8	9	10 ITC #2 ICC #2	11 New Student Orientation 100th Day PNO
12 Begins fitness & kick stripe test	13 Camp registration	14	15	16	17 ITC #3 ICC #3	18 10 AM Respect class
19	20 Begin AI distribution Camp registration	21	22 Wear purple street clothes	23 Wear purple street clothes	24 Buddy Day ICC #4	25 Texas Testing BBC event
26 	27	28 Adv/BB run Bossier	29	30 Adv/BB run Haughton		