

# OCTOBER 2021



Success Skill for Month: Visualization: Winning Black Belts learn to practice, mentally rehearse, and visualize successful Outcomes of their activities. They learn to pre-play and re-play to anchor success. Create daily affirmations and write out Your goals and look at them every day. We keep our goals in sight!

Upcoming Events!

School Tournament! Saturday, November 13<sup>th</sup>

Black/Brown Belt Workout! Dec. 10,11,12<sup>th</sup>

School Pictures November 8<sup>th</sup> & 9<sup>th</sup>

Watch Amazing Kenpo on You tube for Nunchaku video!

**If you can't come to class, then you can do your class at home on Zoom!**

SUN. MON. TUES. WED. THUR. FRI. SAT.

Basic Class: Attacking Mace Level 1: Gift of destruction/gift in return Level 2: Gripping talon/obscure claws Level 3: Thrusting lance/destructive knee Weapon Form: Nunchaku					1	2	
		<b>Techniques Week! Don't forget to practice &amp; bring in your Karate Techniques paper!</b>					Sierra Vista Blender 11am-8pm
3 Sierra Vista Blender 12-6pm	4	5	6	7	8	9	
<b>PLEASE BRING ALL YOUR SPARRING GEAR &amp; WEAPONS TO EACH CLASS!</b> <i>(We are going to try to work you on your weapon in class or after class!)</i> <b>Tournament Training! Forms, Sparring, Techniques, Weapons</b>							
10	11	12	13	14	15	16	
<b>PLEASE BRING ALL YOUR SPARRING GEAR &amp; WEAPONS TO EACH CLASS!</b> Testing Week! Don't forget to have all your Karate homework turned in! <b>Tournament Training! Forms, Sparring, Techniques, Weapons</b>					Testing Day & Promotion! 6:00pm	!!!Happy Birthday!!! Danika R 1 <sup>st</sup> Daleah V. 2 <sup>nd</sup> Antonio L. 10 <sup>th</sup> Chase G 14 <sup>th</sup> Elisa G 15 <sup>th</sup> Vincent R. 19 <sup>th</sup> Manny S. 20 <sup>th</sup> Maddy P 29 <sup>th</sup> Ricardo L 30 <sup>th</sup> (If I missed anyone, Please let us know)	
17	18	19	20	21	22	23	
<b>PLEASE BRING ALL YOUR SPARRING GEAR &amp; WEAPONS TO EACH CLASS!</b> <b>Tournament Training! Forms, Sparring, Techniques, Weapons</b>				ZooBoo 5-8pm	ZooBoo & BooFest 5-8pm	ZooBoo 5-8pm SUN.	
<b>Sparring/Drills/Cardio Week! Don't forget to bring your sparring gear to class!</b>							
24	25	26	27	28	29	30	
<b>PLEASE BRING ALL YOUR SPARRING GEAR &amp; WEAPONS TO EACH CLASS!</b> <i>(We are going to try to work you on your weapon in class or after class!)</i> <b>Tournament Training! Forms, Sparring, Techniques, Weapons</b>			Halloween Party! & Reptile Show! During Class! Costume Contest!	ZooBoo 5-8pm	ZooBoo 5-8pm	ZooBoo 5-8pm	
						31	
						Happy Halloween!	

Student Website: [www.fresnokenpokarate.com](http://www.fresnokenpokarate.com), Text Mrs. Williams for password! Like us on Facebook! & Instagram!

Subscribe to Sascha Williams, and Amazing Kenpo, and Castellanos Kenpo Karate on YouTube!