

# FEBRUARY 2023



Success Skill for Month: Visualization: Winning black Belts learn to have a positive attitude and enthusiasm. Winners understand that life is a self fulfilling prophecy. What you expect is what you'll get. Winners have high expectations and standards for themselves. How much are you willing to do? Will you give up easily? Will you do it until you get it right?

[If you can't come to class, then you can do your class at home on Zoom Tues. & Thurs. 6 & 7pm!](#)

### Upcoming Events!

Black & Brown Belt Workout! April 21, 22, 23rd  
Bo Staff Seminar TBA!

Private Lessons with the instructor! Fundraiser  
In-house tournament May 20<sup>th</sup>

**Happy Birthday!!!**

SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
<p><i>Basic: Alternating maces</i> Level 1: Thrusting prongs/ Squeezing the peach Level 2: Flashing mace/ Circles of protection Level 3: Defensive cross/ Rotating destruction</p>			1	2	3	4 (If I missed anyone, Please let us know) 1 <sup>st</sup> Charlie C. 2 <sup>nd</sup> Noah S. 3 <sup>rd</sup> Madison W. 4 <sup>th</sup> Aaliyah M. 6 <sup>th</sup> Joel W. & Jerrett C. 7 <sup>th</sup> Chloe H. 11 <sup>th</sup> Julia R. 23 <sup>rd</sup> Mia B.
<p>5 <i>Forms &amp; Sets, Weapons week</i></p>	6	7	8	9	10 <u>Testing Day &amp; Promotion!</u> 6:00pm	11
<p>Testing Week! Don't forget to have all your Karate homework turned in!</p>						
<p>12 <i>Basic: Sword of destruction</i> Level 1: Clutching feathers/ Twirling wings Level 2: Hugging pendulum/ Detour from doom Level 3: Fatal Cross/ Glancing spear</p>	13	14  Happy Valentine's Day!	15	16	17	18 Weekend Blender Booth at Sierra Vista Mall 11-8pm
<p>19 Weekend Blender Booth at Sierra Vista Mall 12-6pm</p>	20! School Closed!	21	22	23	24	25 Coaching Class 1pm-2:00pm 12yrs & up 2:00-3:00 11 yrs. & under Leadership Training Class! 3:30-4:30pm 11 yrs. & under 12 and up 4:30-5:30pm
<p>26 <i>Forms &amp; Sets, Weapons week</i></p>	27	28		<p><u>"To see videos of karate techs., Or print out karate homework; Check out our Student website <a href="http://www.fresnokenpokarate.com">www.fresnokenpokarate.com</a>"</u></p>		

Student Website: [www.fresnokenpokarate.com](http://www.fresnokenpokarate.com), Like us on Facebook! Join our Fresno Kenpo Karate Challenge Facebook Page!

Subscribe to Sascha Williams, and Amazing Kenpo, and Castellanos Kenpo Karate on YouTube! Text Mrs W for password for website