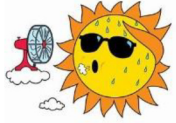


# AUGUST 2023



Success Skill for Month: Positive Self Motivation: Winning Black Belts dwell on the rewards of success, not the penalties of failure. Fear is the most powerful negative emotion. Desire is like a strong magnet. It attracts, reaches, opens, directs, encourages, plans, & Achieves goals. Desire is the state between where you are and where you want to be. Two key emotions dominate motivation with Opposite but equally effective results-fear and desire. "Do or do not, there is no try."

[If you can't come to class, then you can](#)

[do your class at home on Zoom Tues. & Thurs. 6 & 7pm! Code: 4098931871](#)

[Please wear your karate uniform or t-shirt and have a place to practice!](#)

Upcoming Events!

Private Lessons Aug 12th

Pressure Point Seminar Aug. 19th

Aug. Demo Team Tryouts TBA

Sept. 9th Bo Staff Seminar

Sat. Oct. 7th School Picnic

Nov 7th-8th School Pictures

SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
<i>Basic: Alternating maces</i> Level 1: five swords/ Thundering hammers Level 2: Circling destruction/ Circling the horizon Level 3: Escape from the storm/ Leap from death	Ice Cream Week!  7 Forms & Sets, Weapons week Bring your weapons!	1	2	3	4	5
6 Black & Brown Belt Workout 11am-6pm		8	9	10	11	Black & Brown Belt Workout 8pm-10:30pm
13 <i>Basic: Sword of destruction</i> Level 1: Dance of death/ sleeper Level 2: Snaking talon/ Leap from Danger Level 3: Courting the tiger/ Unwinding pendulum	14	15	16	17	18	19
20 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 4:30-5:30 pm	SPARRING WEEK! BRING YOUR GEAR!	22	23	24	25	26
27 <i>Basic: Deflecting Hammer</i> Level 1: Locking horns/ Charging ram Level 2: Gathering clouds/ Backbreaker Level 3: Protecting fans/ Fatal Deviation		29	30	31	"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> "	(If I missed anyone, Please let us know)

Testing Week!  
 Don't forget to have all your Karate homework turned in!

Testing Day & Promotion!  
6:00pm

!!!Happy Birthday!!!