JOURNEY MA NEWSLETTER

2015 is THE year!
LOTS of announcements – PLEASE read carefully.

CRUSH the CAN’T! You can’t, you can’t, Ohhhhh but you CAN!
• No shortcuts; must know the skills to pass the rank test.
• Can’t learn just by watching videos. NOTHING replaces practice.
• Trained instructors help you modify errors you can’t see.

OPTIONS!! We have options!!
Going away for an extended time during the summer? Here’s what we can do to help you stay on top of your training and progressing….
1. Mr. K provides a class planner and videos.
2. Videotape yourself practicing and send to Journey MA for review.
3. Mr. K provides feedback.
4. You track your own hours of practice; document in class planner.
5. Get credit.

TWO OPTIONS!

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<tr>
<th>Missing June &amp; June 26 test?</th>
<th>Missing July &amp; August?</th>
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<tr>
<td><strong>In May/June:</strong></td>
<td><strong>Missing July/August</strong></td>
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<td>Get mat time before you leave.</td>
<td>Get mat time when here.</td>
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<td><strong>When gone:</strong></td>
<td><strong>When gone:</strong></td>
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<td>Follow the Crush the Can’t plan and test in early July when you return.</td>
<td>Mat time required before Aug 28 test.</td>
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NOTE: This will involve a LOT of time for Mr. K to review your work so we are offering this to support your goals.

Must sign up by May 10.

Old Quarry Village, Northwest Hills
7032 Wood Hollow Dr., Suite 105
Austin, TX 78731
512-670-9716
www.JourneyMA.com

“Perseverance” is about having the determination to succeed and the patience to overcome obstacles.
Teacher Appreciation

1. Nominate YOUR teacher for the Kickin’ Teacher Award. Get forms from the office.
2. We are asking for local businesses to donate a small gift that we can give to the teachers nominated by the students.
3. Mr. K is happy to talk to an elementary classroom about anti-bullying and character building. Kids can show their leadership by asking their teacher if they would like us to come to THEIR classroom.

Life Skill Achievement awards!

We want to encourage following the black belt principles in daily school and home activities – Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit.

Having a goal is a good thing. If the child gets 1 star initially, this provides incentive to work on the goal and improve. If the child shows marked improvement, the next time he is awarded 2 stars, and if it continues to stay improved she will be awarded 3 stars.

Teachers, parents, anyone can set a goal that is meaningful to encourage improvement.

Congratulations to those who received their stars!

Building a Community!

We are building a community in our school and should celebrate! Picnic in the park time!
May 16 Sheffield NW District park
Signup at school, no cost. Game & fun

OCPE – Off Campus Physical Education
We are getting certified to offer OCPE for AISD, which is middle school and high school credit for physical education. Ask for details.
Notes from Mr. K.

LIL TIGERS!

Students in the Pre School program have just been amazing. Those who have persevered through the challenges of their training are advancing very rapidly. It is absolutely amazing to see what these students have already accomplished.

We now have students who have achieved the highest level of belt rank in the program, and some who will soon be graduating and moving to the Kids program. Way to go!

We are very proud of our Lil Tigers!! Rawrrrr!!

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Old Quarry Village
Northwest Hills
7032 Wood Hollow Dr., Suite 105
Austin, TX 78731

www.JourneyMA.com

Strength is more than a physical ability. It includes the ability to stand by your decisions, have the self-discipline and willpower to deal with life challenges.

Martial Arts helps build life skills. Get involved!