Martial Arts Holiday Sale!

Hard to believe holidays are here again! We are going to do our part to provide the best sale we have ever had.

How does it work? During the holiday sales Nov 23-25, you can pre-order anything you need or purchase anything that we have, and have everything in your hands before the holidays.

Talk about stress-free shopping! Training equipment catalogue (yes even punching bags), a new uniform, weapons, things that you see in the catalog, you just let us know and we can get it for you at a discounted price. A price sheet will be available next week.

DON’T MISS IT!

New Schedule Effective Dec. 1

At Journey, we continuously look for ways of improving the quality of our services and training. We are announcing a change in schedule, effective Dec 1. We believe this schedule will better allow the higher ranks to excel in their advanced training and the lower ranks to better build a solid foundation in skills.

For the latest updated schedule, it will be posted on Nov. 30: http://www.journeyma.com/schedule.html

Keep a schedule in your car.
**NEW MEMBERSHIP SPECIALS**

**Adult Fitness Class**
6:30 am Mon, Wed, Fri
ONE MONTH FREE when you pay for 2 months
Easy to KEEP that resolution with Mr. K.!
Valid through January 2, 2016.

**Training with Mr. K. for Adults:**
Once a week TKD class ($29/month) for 3 months. Not a morning person? Train with Mr. K. in the afternoon.

**After School pick up**
Half price on pick-up the first month, while seats last.

**New Cycle and our Tenet**
This cycle’s tenet is **Courtesy**.
Courtesy is the way of interacting with one another by showing respect, being thoughtful and cooperative in how we train with instructors and students, displaying appreciation for rank and experiences of others, practicing humility and being humble and modest. Courtesy creates a positive atmosphere in our day to day lives.

This cycle’s form is **Respect**.

**Physical Education credit for AISD**
We are certified to offer PE for AISD credit for middle school and high school. There is no additional cost for this program. Ask for details.

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**HOLIDAY SALES**

Who loves a sale during the Holidays?

New fun items! **Belt in a Bow!**

Special Weapons (Glow, LED, …)
Stocking Stuffers!
Almost everything on sale.
Shirts, sparring pieces, uniforms, etc.
up to 40% off
Parents shop while the kids drop!

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**After School Pick Up**

Last year we had several requests for after school pick up. We are now offering this service at Doss and Highland Park Elementary schools. Please help inform those who may be looking for an after school pick up service.

**A Black Belt is a White Belt who never quit!**

“Success depends upon previous preparation, and without such preparation there is sure to be failure” - Confucius
HOLIDAY STRESS

As we get into the holiday season, let’s keep our commitment to training and the goal to succeed. Consistency in training becomes even more important at higher ranks.

Challenge yourself by dealing with a more difficult level. Having occasional failures help drive future success; overcoming disappointment is character building and a necessary life skill. It is not always a smooth ride.

A black belt is a white belt who never quits. Work not for the stripe but persevere through the improvement of skills, knowledge, and strength. Build the courage to deal with the challenges in your journey.

The stress of the holidays will pass. The journey never does.