The Journey Doesn’t Stop with Black Belt!

Why does martial arts training grow in your heart? How can people train in this sport year after year and decades after decades? This is a non-ending journey of improvements and accomplishments. We strive and work towards that black belt, but then what? “In martial arts, every time you graduate, move to another level, you don't forget everything you've done. You build on it.” A black belt is another phase in this journey. It is not always easy. You face difficult times, frustrations, disappointment but it shows your character how you face these challenges. Do you give up or persevere to move forward? That is what character building is about. This is the true value of martial arts!

Tournament Values

Whether we think about it or not, competition is in all facets of today’s society. We compete to get into better schools, we compete to get better jobs, and so on.

For centuries, martial artists across the world have created competition opportunities and tournaments. Martial arts tournaments bring many values to the participant:

- Accelerate your learning and progress
- Courage to overcome your fears. Step out of comfort zone
- Set a goal, work towards a goal, learn, and move forward
- Build friendship and comradery

Aren’t these valuable life skills for all of us?

Participate in tournaments and have fun. And you may win some medals and trophies too!

“Martial arts is not about fighting, it is about building character – Bo Bennett”

Old Quarry Village, Northwest Hills
7032 Wood Hollow Dr., Suite 105
Austin, TX 78731
512-670-9716
www.JourneyMA.com
Summer camps
Hard to believe we are already talking about summer!! Yes it is time to plan an active and healthy camp for the kids. Journey has two camps this summer. One open to all students Another for members only. Check website: http://www.journeyma.com/camps.html

Jiu Jitsu/Grappling
Mr. K. is proud to offer Jiu Jitsu/grappling foundation now during our sports clinic, Saturday at 10:30 am. This is a great way to learn new self-defense moves and have fun with learning completely new techniques. A minimum of 10 students required to start the classes.

If you are interested, please let us know.

New Cycle and our Tenet
This cycle’s tenet is Indomitable Spirit which means a positive attitude that is impossible to defeat.

This cycle’s form is Strength. Videos can be found on the secure website.

Training Equipment
Many parents ask about where to buy re-breakable boards, clapper targets, gloves, and other equipment. The answer is Journey Martial Arts! We can order any equipment you need. Just ask!

Member referral special
Bring a buddy or friend to try a class with you. If they register, both of you get an appreciation discount. Ask for details.

4th of July Demo
Every year, in support of our community activities, Journey Martial Arts has demos, board breaking, and marching in the NWACA 4th of July parade. We invite all students to participate in this event. If you are interested in doing a demo, contact us immediately.

A Black Belt is a White Belt who never quit!

Strength does not come from physical capacity. It comes from an indomitable will." - Mahatma Gandhi
SPARRING, IS IT DANGEROUS?

Some students and parents are not sure what happens when they get an orange belt and they start sparring. We are not surprised. There are so many styles of sparring and so many different philosophies for sparring that causes confusion. Many students watch online material and videos. Unfortunately, in most cases, that is more harmful than helpful if they don't know what to look for.

At Journey, we follow sparring rules that help students to excel in sparring over a period of time. No hard contact is allowed or promoted. Some students/parents have asked the value of light contact.

Our style of sparring promotes CONTROL as the primary means of developing skills. Sport sparring is designed for athletic competition and development of skills which are rank and age related. Light contact does not mean slow or ineffective. It means practicing in a safe way without causing serious injury. Sparring is fun, safe, and a great work out.