Martial Arts Values!

Martial arts... the art of fighting? Building physical skills, increasing strength, flexibility, and stamina. Learning techniques for self-defense and learning how to take occasional hits. Is that it? Not exactly!

Martial arts is about character development regardless of age. Once you feel confident and self-assured, the sky is the limit as to what you can do and achieve by having a strong sense of character. Learning, goal setting, building confidence and self-respect, dedication and discipline, working through challenges, showing respect and leadership. Martial artists extend their training beyond their body and connect their mind and body. THESE are the true values of martial arts.

It is not always easy. You face difficult times, setbacks, frustrations, disappointment but it shows your character how you face these challenges. Commitment and perseverance is key to progress.

When you train as a martial artist, it is not about choice between this and that sport. It is not about other hobbies vs Taekwondo. It is a commitment and prioritization of life to better ourselves. These are values that make a true martial artist dedicate a lifetime to learning and teaching martial arts. You never hear a true practitioner of martial arts regretting that they started their journey. But you do hear some regretting that they didn’t start their journey sooner.

If you haven’t started your journey, now is the time!

“Martial arts is not about fighting, it is about building character – Bo Bennett”
**Rank Camp**
Open to all ranks and for ages 7-15.

Higher ranks, especially if getting close to test for black belt, sharpen your skills, review your forms. Check website for details:
http://www.journeyma.com/camps.html

**Jiu Jitsu/Grappling**
Mr. K. is proud to offer Jiu Jitsu/grappling foundation. 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 Perseverance which is a reminder to set a goal and work for that goal despite difficulties. In today’s society, probably one of the most important challenges we all face is time commitment.

This cycle’s form is Commitment. Videos will be updated on the secure website. Some changes will be incorporated in the new videos.

**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 professional grade equipment you need. Just ask!

**Member referral special**
Do you see benefits from your training? Share with a friend or family member. If you refer someone, between now and end of Aug. both of you will receive a special gift from us. Ask for details.

**4th of July Demo**
What a great turn out at the 4th of July Parade. Thanks to everyone!

“Many of life’s failures are people who did not realize how close they were to succeed when they gave up.” Thomas Edison
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CALL OUT AN
INTERESTING POINT YO
YOU MAY LIKE TO SHARE
WITH
YOUR AUDIENCE

Notes from Mr. K.

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NOT JUST WORDS!
Every one of us, everyone around us, has a different journey in life. Circumstances, backgrounds, and abilities make us have different life experiences. But humans always desire to do better and achieve more. At the end, however, a desire to do better and to achieve a goal is just a starting point. Those who succeed must commit and dedicate themselves to achieve their goals. A desire without action is just a wish, just words!

One of the most important martial arts tenets is perseverance. Scholars of martial arts consider the training as a non-ending journey that starts with physical training and grows into a lifestyle. They celebrate many accomplishments along the way. The first step may be getting a black belt. But committing to a lifetime achievement takes more than just a few classes and occasional testing. One must decide, set a goal, commit, work hard, and achieve! This is the perseverance that martial arts teaches every student. THIS IS A LIFE SKILL THAT GOES BEYOND CLASS BOUNDRIES! Embrace this training and make a commitment to succeed.

Martial Arts helps build life skills. Get involved!

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