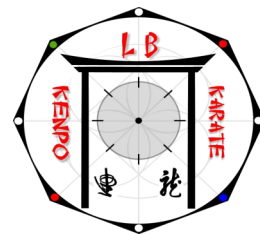


# LB School of Self Defense

Volume 11, Issue 2

## February Newsletter



"Our patience will achieve more than our force. "

Edmund Burke

### Black Belt Homework of the Month: Patience

It has never been easy to be patient, but it's probably even harder now than ever. In a world in were messages can be sent across the world instantly, in which seemingly everything is available for immediate purchase with a few clicks of the mouse, it's hard not to always expect instant gratification. But patience remains a valuable tool in life. We don't always get instant gratification, and some of the best things in life require years of hard work and waiting. Fortunately, patience is a virtue that can be cultivated and nurtured at any age! This month our focus will be on developing our patience as Future Black Belts and as always do your best and forget the rest!



### February Calendar

#### February 5th

Time: 10:00 am to 11:30am

Bo Staff Seminar!

#### February 15th

Instructor's meeting 7:30pm

#### February 24th

Belt testing during regular class times. Good Luck!

#### February 26th

Belt Ceremony 10:00 to 12:00

Happy Valentines Day!



### Message to Students

**"People that have patience accomplish great things because they are not easily frustrated and do not quit"**



### Students of the Month

~ Lil Dragons!

Miss Abby! You are doing great in your Lil Dragons class and we wanted to let everyone know just how awesome you are! Keep doing your best and forget the rest, we are very proud of you!

~ Juniors!

We want to recognize Miss Chloe Zavala for her hard work and focus, she sets an example for all the students in her class! Great job Chloe!

~ Adults!

Mr. Kyle Parsons has started attending one adult class a week and is doing fantastic! He is excelling as an assistant Instructor in training and Mr. E. and I want to say how proud of him we are!

**Congratulations! Keep up the great work!**



### Birthdays this Month

Dylan Hall February 7th—Wellington  
Deitrek Gill February 16th—Wellington  
Jessie Mullendore February 21st—Wellington

**HAPPY BIRTHDAY!**

