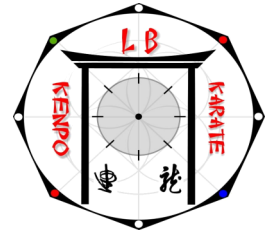


# LB School of Self Defense

Volume 1, Issue 9

## January Newsletter



**"Success comes in cans, not cant's."**

### The Life Skills of Focus and Confidence

When you do the best you can, with the best of what you've got, you can't help but feel good about yourself and your confidence comes through in everything that you do .

Everybody has bad days and obstacles to deal with. Don't let those obstacles steal your confidence. Treat them as opportunities to strengthen your will to always do your best and never give up.

. We all have our down moments, moments of doubt, confusion and uncertainty. When that happens, we must learn how to restore self-confidence. One way is to understand that everyone goes through such moments. Another is to remember past successes, visualize the desired outcome, and keep at it! Practice makes perfect !

Set goals for yourself and then push yourself to reach them. Self-confidence soars when you know you can do what you put your mind to. It makes you feel unstoppable

### January Calendar

**January 22nd**  
Time: 10:00 am to 11:30am  
**Board Breaking Event**

**January 18th**  
Instructor's meeting 7:30pm

**January 27th**  
Tip testing for the month  
During class time

**Happy New Year!!!!**

### Message to Students

We must see ourselves as worthy and capable of achieving anything we choose to achieve.

### Students of the Month

~ Lil Dragons!

Mr. Alec is doing an awesome job in his Lil Dragon's class! Keep it up Mr. Alec and always do your best and forget the rest!

~ Juniors!

Good job Mr. Miles on showing us what it means to stay focused, never give up and to move forward, keep working hard and be the best you can be!

~ Adults!

Mr. Pat Hollman! Welcome to the adults class Pat! You are doing a great job and becoming a strong adult Martial Artists! We are very proud of you!

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

### New Students ! Welcome a board!

Karsten Gill December 9th -Wellington  
Deitrek Gill December 9th -Wellington  
Hanna Hawks December 9th -Wellington  
Aidan Cole January 3rd -Wellington  
Gyler Cole January 3rd -Wellington

### Birthdays this Month

Jackson Shivers January 13th -Wellington  
Moriah Lync January 20th -Wellington  
Gyler Cole January 21st -Wellington  
Cameron Stucky January 22nd -Harper  
Mr E!!!!!! Happy Birthday! We Love You!! (22nd)

**HAPPY BIRTHDAY!**