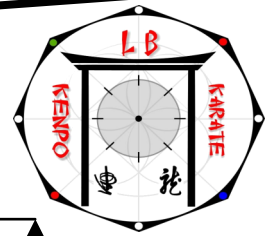


LB School of Self Defense

Volume 1, Issue 3



June Newsletter

Sifu's advice of the Month!

For this month our focus is on Courage, so let's take a moment, what fear are you willing to face, something in your life that you really want to change, to improve on. Set your goal, take a deep breath, and make your journey in life happen, **make a difference.**

Physical Courage "is courage in the face of physical pain, hardship, death, or threat of death"

Sgt. 1st Class John I. Smith Jr., 3rd platoon sergeant with Troop C, 1st Squadron of the 61st Cavalry Regiment, 4th Brigade Combat Team, received the Silver Star Medal for gallantry for his actions in August 2008 while on a recovery mission in Afghanistan during Operation Enduring Freedom.

"I saw one of our own Soldiers get hit and I would not stop, no matter what the cost, to get him out of harm's way," said Smith. "That is what we Soldiers do. The Warrior Ethos states 'I will never leave a fallen Comrade.'"

Moral Courage "is the ability to act rightly in the face of popular opposition, shame, scandal, or discouragement"

A young man in Middle high school witnessed a young girl constantly being picked on because she was small and shy. Facing fear of losing friends and getting picked on himself, he stood up for the girl and stopped the bullies from picking on her.

Emotional courage "means we are willing to connect to all aspects of ourselves, including old, scary and painful experiences"

A person coming from an abusive childhood, faces that past, those painful memories and scars and uses it to become a strong productive individual in society, making a promise to be better than those who were part of his childhood and stops the cycle of abuse, with verbal, physical or emotional.

Are You a Person of Courage?

(Take this self-evaluation and decide for yourself.)

- I stand up for what is right even if I stand alone.
- I don't cave in to negative peer pressure
- Fear of failure does not prevent me from trying things.
- I am not afraid to express myself just because some people might disapprove.
- I work to solve problems without violence.
- I never intentionally ridicule, embarrass, or hurt others.

I think I am / am not a courageous person because: _____

*"We must build dikes of courage to hold back the flood of fear."
- Martin Luther King, Jr.*

Students of the Month

Jody Lyne!

Lil Dragons!

Jody has become such a strong student in the Lil Dragons class. We are very proud of her achievements and also welcome her as a new member to the Split Club! Awesome job Miss Jody!

Devin Martens ~

Junior Dragons!

Devin comes to her classes focused and ready to train. She is always willing to help quickly in class and outside of class. Keep up the fantastic job Miss Devin!

New Students of the Month

Caden Lantz ~ Juniors (Harper)

Colby Lantz ~ Juniors (Harper)

Adrian Moritz ~ Juniors (Harper)

Jackson Shivers ~ Advanced from Lil Dragons to Juniors (Wellington)

James Carey ~ Advanced from Lil Dragons to Juniors (Wellington)

Home Work for the Month

COURAGE

Strength and courage aren't always measured in medals and victories. They are measured in the struggles they overcome. The strongest people aren't always the people who win, but the people who don't give up when they lose..

Message to Students

Having courage does not mean that you are never afraid. Having courage is being afraid but continuing on in the direction you are going. Not giving in to the fear but growing stronger and truer in spite of it!

Birthdays of the Month

Semara Abraham ~ June 7th

Cole Wiens ~ June 21st

Julien Ramirez ~ June 23rd

Brandon Doll ~ June 26th

Happy Birthday!

