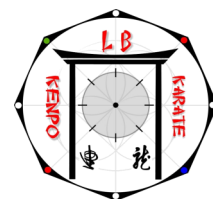


LB School of Self Defense

Volume II, Issue 4



May Newsletter

Black Belt Homework of the Month: Respect

Sifus advice of for the Month!

With the kids getting out of school, families begin the hectic days of summer time. Plans for summer camps, picnics, vacations and other outings are set in motion. Parents, I see you do the best you can for your children. Introducing them into the Martial Arts here at LB School of Self Defense, I believe is a gift you have given your children, or yourselves that will last a life time. So as the hectic summer activities begin be sure and continue to keep that little spot of time every week open so your children may continue their journey in the Martial Arts.

With the children getting into all their activities don't forget about yourselves! Too much stress will take a terrible toll on your body if you let it! Slow down, organize your weeks this summer to minimize your stress level! Breathe! As the children are out getting their exercise, plan a little time for your own. It's a must, and will keep your body in balance and help you sleep a more relaxing sleep at night.

So whether its going to a Martial Arts class with your children this summer (HINT, HINT, we do have combined classes on Monday evenings and Saturday mornings! :0)) or taking a walk or jog every evening be sure to get out there and do something!

Much respect to all,

SIFU

May Calendar

May 1st

Pool Party!

May 7th

LB School Of Self Defense Garage Sale!

May 12th

Parents are asked to join their favorite student and get on the floor for a workout!

May 20th

School's Out Party!

May 26th

Belt Testing

May 28th

Belt Ceremony at the studio!

Message to Students

Having Self Respect is about staying mentally fit. What can you do every day to help stay mentally fit?

Use Affirmations!

- I am a good person
- I am smart
- There is no one like me, I am unique!
- I am irreplaceable!

My challenge to you is to say these affirmations to yourself every day. Just like training our bodies everyday we have to train our minds everyday too! Having respect is about loving yourself.

Student of the Month

AJ Piper!

AJ started off at LB School of Self Defense as a Lil Dragon a few years ago. Through his hard work, focus and strong support from his Mom, Tammy and Dad, Alan, AJ moved onto to the Juniors class and was quickly invited into the Black Belt Club. He has successfully competed in tournaments and has been an important member of LB's Karate Demo Team. More importantly with AJ is his show of respect for others and with his willingness to help. I've been watching AJ, he doesn't wait to be asked to help, he just does it. Mr. E and I are very proud of AJ and want to congratulate him on a job well done! You are awesome AJ!

Birthdays this Month

