



LB School of Self Defense

Volume I, Issue II

November Newsletter

Sifu's advice of the Month!

Its that time of the year, the great holidays and the traditions that come with them. One of the oldest ones is Thanksgiving which goes back to the days of

What is gratitude? And why being grateful is good for you...

"A feeling of thankfulness and appreciation"

When you think about the people and things that you have and appreciate that fact that you have them, you feel good.

You feel content. You feel joyous. You feel love! All great feelings that you have when you are truly -- Happy. Being grateful makes you concentrate on the good things in your life, focus on the joy and the happiness. And you know what? You will get even more joy and happiness!

So be kind to yourself. Give yourself these joyous feelings and be generous, please!

When you feel good about yourself, the people whom you love and care about will feel it too.

Here are some tips to help you become a grateful person:

1. Realize what a blessing it is to live in peace
2. Realize what a healthy and prosperous life you have
3. Open your eyes to see the good things in your life
4. Focus on giving
5. Decide to be a grateful person

Student of the Month

Dylan Hall ~ Adult

Dylan has been a great inspiration to our school. He is doing a fantastic job in his classes, always giving 110%, staying focused and showing us what a true Martial Artist should be. We are so proud of him.

Great Job Dylan

New Students

Jonathon Monroe	James Monroe
Katelynn Monroe	Tina Jacobs
Elizabeth Monroe	
Rebecca Monroe	
Daniel Monroe	
Nathaniel Monroe	

Important Dates

Tournament: 11/12/11
 Testing: 11/17/11
 Belt Ceremony: 11/19/11
 Christmas Shopping Event: 11/28/11

Mark Your Calendars!

Home Work of the Month

Gratitude

"A feeling of thankfulness and appreciation"

Message to Students

See the good in everything. Be positive and be thankful, knowing that you are truly loved by your parents, friends and above all God.

Birthdays for This Month

HAPPY BIRTHDAY!

Carmen Smith on the 19th

