

# LB School of Self Defense

Volume 2, Issue 10

## October Newsletter

### Sifu's advice of the Month!



Its time for all the Ghosts and Goblins to come out this month and we wanted to remind all Parents and Trick-or-Treaters to always think safety first! Here is a quick list of all those things we need to remember while we are out having a Ghoulish Happy Halloween!

- Walk, don't run.
- If you are out at night, carry a flashlight and wear a light colored or reflective tape on your costume.
- Don't cut across yards and driveways.
- Wear shoes that fit and are comfortable.
- Make sure that your costume doesn't drag the ground.
- If you wear a mask, make certain that you can see out of it real good. If you have to walk a distance between houses, pull it up, so that you can see better.
- Stay away from animals. You are excited, and so are they.
- Only go to houses of people you know and that are lit.
- Never enter a home without parents permission.
- Stay away from cars that slow down or try to get you to come over to them. Never get in anyone's car without your parents permission.

### Home Work of the Month

**Integrity** - Having Integrity is doing what was promised, what's on the inside is displayed on the outside, open, honest and direct in your dealings with others, clarity about what's right and wrong, fair, accountable and responsible.

### Message to Students

Keep your word! Remember, your word is something no one can take from you, you have to be the one to give it away. Once you do that you have compromised your integrity.

### Student of the Month

Jaden Hernden ~ Juniors!

Jaden has been doing a fantastic job in his class, always giving 110%, staying focused and showing us what a true Martial Artist should be. We are so proud of you Jaden!

Great Job Jaden!

### New Students

Ely Ray - Adults

Rachel Ray - Adults

Wade Stewart - Juniors

Welcome!

### Important Dates

Fall Fest: 10/8/11

Weapons Seminar: 10/22/11

Halloween Party: 10/28/11

Mark Your Calendars!

### Birthdays this Month

**HAPPY BIRTHDAY!**

Kayla Prckett on the 19th

Haley Farley on the 20th

Lucas Lynes on the 26th

