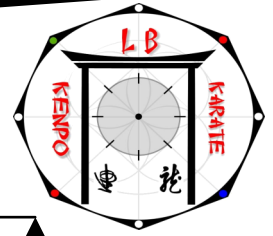


LB School of Self Defense

September Newsletter 2011



Sifu's advice of the Month!

"To be honest, we must possess the courage to confront what we fear: rejection, disapproval, failure, and humiliation.

We demand honesty from our children. We can't stand it when they lie to us. We take it personally. But honesty means so much more than not lying. It's about not deceiving, manipulating, or exploiting others. It's about self-respect and integrity. It's about living a truthful life.

We offer many reasons why we lie, cheat, deceive, and pretend. These rationalizations and justifications enable us to avoid facing our dishonest acts. Your kids' responses to this question may reveal the fears behind their dishonesty.

By comparing various kinds of cheating, you can help your kids see the different motives behind dishonest acts. Take a look at your own actions, too. Let your kids in on the kinds of situations that test your honesty. Pose this type of question to your kids: "If I fail to point out that a restaurant bill has been incorrectly added in my favor, am I cheating the restaurant owner and staff?"

Do certain situations justify lying? Or is it always better to find the best way to face and speak the truth? A few hypothetical questions might help your kids maneuver this gray area. Here's an example: "Grandma spent the whole day baking a special cake for your birthday. It looks nice, but tastes like sawdust. Do you come right out and tell her so? How do you react?"

When discussing honesty with your children, be careful not to engage in self-righteous sermons or lectures. The purpose of this discussion is not to make kids feel guilty, or to scare, or shame, them into being honest. Its purpose is to examine and understand the roots of dishonesty, while encouraging your kids to be courageous and truthful.

Message to Students

Real honesty means telling the truth out of respect for others and for oneself. Someone who is honest does not necessarily have to be asked in order to tell the truth; it is their standard of conduct and communication.

Student of the Month

Rebekah Hurley ~ Adult!

Rebekah is a member of the Black Belt Club at LB School Of Self Defense! She has been doing an awesome job in here classes and was recognized as one of the new Assistant Instructors.

New Students Last Month

Stephen Jamerson August 10th in Mayfield

Important Dates

Game Night: 09/10/11 from 08:00 pm to 08:00 am

Neosha Tourney: 09/17/11

Convey Springs Demo: 09/24/11

Birthdays this Month

HAPPY BIRTHDAY!

Blake Wade on September 9th—Wellington

Joshua Atkinson on September 25th—Wellington

Caleb Reichenberger on September 26th—Wellington

Home Work of the Month

Honesty

honesty implies a refusal to lie, steal, or deceive in any way. Refraining from lying, cheating, or stealing; Being truthful, trustworthy, or upright sincerity; fairness; straightforwardness