



MARTIAL ARTS NEWS

Volume 2

Issue 1

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Obstacles are all you see when you take your eyes off the goal.

Happy New Year!

LOOK!

New Current Weapon: Chanbara (Sword) - Get yours Today!

New Student Life Skill: Goals / Leadership Life Skill: Communication

Saturday, January 29th - GRADUATION - NO REGULAR CLASSES

Need to have name on List by Monday, January 17th

Need to Pay Graduation Fee by Tuesday, January 25th

10:30 am - Lil Dragons / 11:00 am - 12:00 noon Beginner Graduation & Weapons

12:00 noon - 1:30 pm Intermediate & Advance Graduation

11:00 am - 1:30 am Those Graduating 1st Brown or Higher



WELCOME NEW STUDENTS!

Kayne Galan, Israel Galan, Richard Cauley,
Rashid Wallace

NEW LEADERSHIP STUDENTS

Steve Roehlk, Jamie Roehlk, William Sailes,
Floyd Cook, David Brooks, Daniel Kestler

JANUARY 2011 BIRTHDAYS

Quinton Ford (3), Floyd Cook (4), Justin
Wills (6), Shayla Whitehead (10),
Holly Wanzer (14), Richard Duarte (15),
Haik Iskibay (16), Nicholas Demartini (17),
Daniel Kestler (17), Marshawn Porter (25),
Dante Strickland (29), James Locotosh (30),

A NOTE FROM SENSEI:

Happy New Year! I love starting a new year. The past is gone and we can look forward to the future.

We did have an exciting year in 2010! We had seven people graduate to black belt! What an exciting achievement. Black Belt is a special accomplishment. Just like once you graduate from High School or College or Served in the Armed Forces, you can say, "I'm a High School/College Graduate." or "I served in the Armed Forces.", These seven people can say, "I am a Black Belt!"

It is an accomplishment that will be part of their life. We had others graduate past black belt including Sensei Hendel who went to 4th Degree Black Belt. (Some of you will notice the new belt he has been wearing in classes.) He looked extremely sharp on both Friday and Saturday. Set your goals! Most people can graduate every two months by coming to class twice a week. You can be a black belt. Keep coming to class and doing your best!

- Kyoshi Sensei Ken Piper

Graduation Friday, December 10 2010 Congratulations!



Lil Dragon Graduation -

White/Orange Belt - Raul Serrano

White/Green Belt - Amadou Diallo,
Steffie Roehlk

White/Purple Belt - Max McKean

White/Double Yellow - James Gilmartin

Belt Graduation -

Gray Belt - Sabastian Bright, Ravyn Brown,
Christopher Carr, Gabriel Carr, Floyd Cook,
Citlali Garcia, Itzel Garcia

Tan Belt - David Brooks, Reilly Conwell,
Ryan Conwell, Annette Cosby, Samantha
Floyd, Bruce Fox, Irena Fox, Lydia Fox

Yellow Belt - William Sailes

Orange Belt - Andre Brown Jr.,
Skyler Roehlk

Blue Belt - Savion Colbert

1st Degree Black Belt - Kimberly Curry,
Holly Wanzer, Patrick Wanzer

Jr. 1.5 Degree Black Belt - Johnathan
Appleton, Hannah Wanzer

Jr. 3rd Degree Black Belt - Christy Piper,
Kelsey Piper

4th Degree Black Belt - Matt Hendel

Weapons -

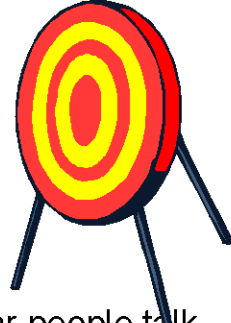
Kama Level 1 - Edward Schneider

Kama Level 2 - Rafael C. Sanchez

Kama Level 3 - Daniel Hernandez

Sai Level 2 - Diego Serrato

Goals or Resolutions?



When a new year begins, I hear people talk about setting Resolutions. I always struggle with that word because it implies the idea that I have to stop something. Many people plan to stop smoking, eating too much, being sloppy or disorganized, or stop some other habit.

It is good to want to improve ourselves, but there is more to habit modification than just stopping something. We must be aiming for a goal. Most people will give up on their "New Years Resolutions" within the first two weeks because at some point they have already failed.

We must have goals! Goals require at least three things.

1. You must write the goal down and become accountable. Have others encourage you to stick with your goal. Hang the goal up where you will see it several times a day. Remind yourself of the goal constantly.

2. When you write your goal down, you must have three parts. The What, When and How! Let us use getting a Black Belt and you are currently a 3rd Brown Belt. What do we want? To become a Black Belt. When do we want it? December 10, 2011. How am I going to get it? I am going to come to class two times a week and graduate every two months. Write down the dates of the graduations that you plan to attend. (Leave some room for missing a couple of graduations! Life sometimes throws us funny curve balls!)

3. If you miss some classes or miss a graduation you hoped to attend, don't give up! Just get back on track. Sometimes the effort is what is important. If my goal is to lose 50 lbs and I lose 30 lbs. I did not fail! But now I have to set a new goal for the other 20 lbs! If I do fail at any point, start over! The character of a person is not how many times we fail, but how many times do we keep getting back up! Start over even if it is March, July or November!

We are going to be talking about goals over the next eight weeks in class. Set your goals today!