

# Kensho Martial Arts

## April 2017

### School Newsletter



#### MONTHLY CHARACTER TRAIT

Self-Control: The ability to regulate your own behavior.

*“Doing what you’re supposed to do, not what you want to do.”*

Ahhh, Self-Control...it’s probably one of the most well-known benefits to studying martial arts—and also the hardest trait to cultivate.

Developing self-control is a journey of constant awareness, not only of our bodies as we move through a technique at the dojo, but also of our thoughts, feelings, and actions in daily life. No wonder learning a new skill (karate, eating healthy, or managing anger—to name a few...) can be so draining!

It’s best to give yourself a little slack, a few kind words, and a load of patience as you (or your child) take on a new skill! We’re all human and mistakes will happen, but the quicker we are to recognize them, the sooner progress happens!



#### Upcoming Events:

**April 1st:** April Fool’s Day! What’s your favorite practical joke!?

**April 16th:** Easter Sunday—The school will be open regular hours the Saturday before and Monday after.

**April 22nd:** Earth Day! If it’s sunny and dry, we’ll try to make it outside for classes this week!

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*In the end, we only regret the chances we didn’t take.*

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Congratulations to everyone  
who tested in March!!!

**Yellow Belt:**

Kingston S.

**Orange Belt:**

JD E.

**Purple Belt:**

Isabelle P.

David H.

**Black Belt Pre-Test:**

Melissa C.

Congratulations to our February Black Belt  
Student of the Month...

*Isabelle P.*

Nice job showing that sincerity and  
honesty are the way to go-inside **and**  
outside of the dojo!

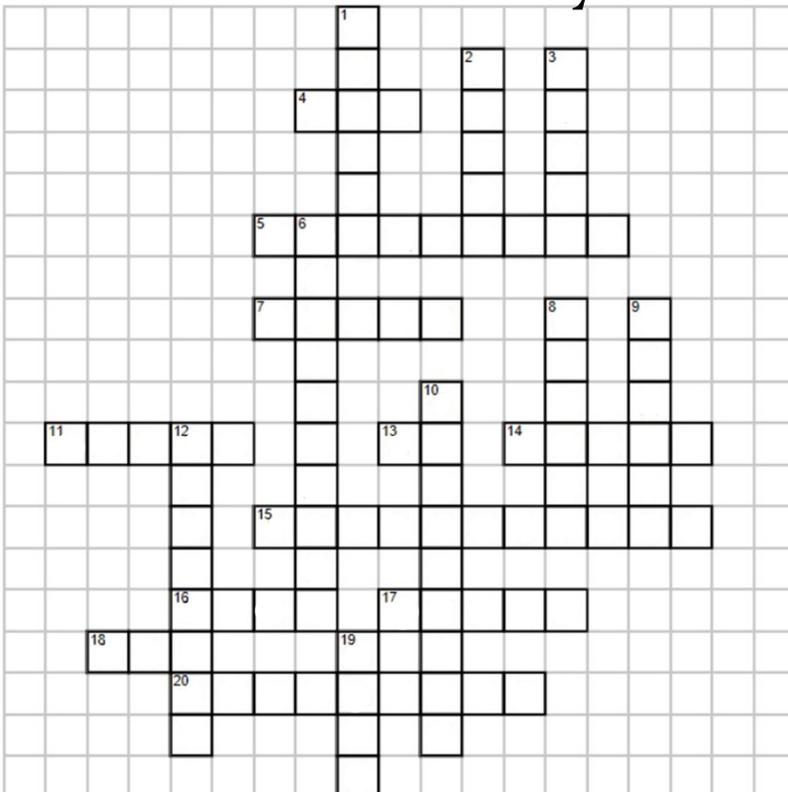
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# Test your SKILLS!



Across	Down
4 Your first combination is # _____	1 Slow martial arts
5 Manners	2 One-legged stance
7 Hand strikes	3 How many blocks there are
11 Our martial art	6 Yearly competition
13 Your uniform	8 How hard you try
14 We kick from a ___ stance	9 Our school name
15 Discipline	10 Meaning what you say
16 How you rank up	12 Karate homework
17 We bow in ___ position	19 AKA Forms
18 AKA your belt	
20 Who you are as a person	