



# KICKIN'

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JULY & AUGUST 2011

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## SUMMER FOR SIBLINGS SPECIAL

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Have a child who might be interested in trying martial arts like their older/younger sibling? Now is a GREAT time! For the month of July and August we will be giving away **2 Months of Training and a Uniform** for our current student's siblings. The benefits of martial arts have helped your current "karate kid"...a little Self-Discipline, Respect and Self-Control can only continue to benefit your family. To set up an orientation or for more information, please call 830-2233 or stop by the front office.



*\*Offer is only good for "new sibling" students and Summer for Sibling program ends on Aug. 31st.*

**LIMITED UNIFORMS AVAILABLE...SET UP AN ORIENTATION TODAY TO GET STARTED!!!**

## SUMMER DAY CAMPS

Camps are a fun addition to the summer, a big motivation for students and a great physical benefit to their martial arts training.

**July Specialty Camps**—As a new addition to our camps this year, we are offering "specialty" camps to focus on specific advanced training areas.

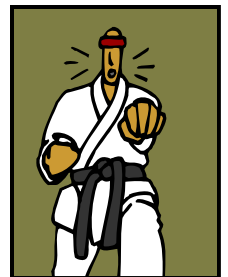
**Monday, July 11th—XMA**

**Monday, July 18th—Weapons** (*Students must be BBT or MT & bring their own weapons*)

**Monday, July 25th—Board Breaking**

Students will receive 2 class credits for each day they attend. The camp will run from 8—12:00 P.M. and be open to students 7—15 years old. Cost of each day camp is \$39. \*Students should bring a sack lunch!

**August Boot Camp II**—Last chance for Karate America's summer Boot Camp! This three day summer camp includes advanced martial arts training, karate games, FUN, and a Boot Camp t-shirt! In addition, students will get 6 class credits for attending this three day camp. The dates are August 15, 17 & 19th, each day the camp will run from 8—12:00 P.M. and cost is \$99. Students who attended Boot Camp in June are encouraged and welcomed to sign up for Boot Camp II which will include new material and a different t-shirts! *\*Students should bring a sack lunch!*



***Spots are Limited to 36 students for all camps, sign-up to reserve your spot TODAY!***

### ALL SCHOOL TOPIC:

#### Good Manners

- ABC's of Good Manners (*Politeness, Courtesy & Respect*)
- You never get a Second Chance to Make a First Impression
- To GET Respect, you have to GIVE Respect
- Leaders are Good & Strong on the Inside
- Good Manner Words

# **REMINDER FOR FAMILY AND FRIENDS**

Karate America would like to remind everyone of our Training Area Policy:

**NO FOOD, NO DRINK, NO NOISE.** We love to see parents watching classes, but we need to make sure that the training area stays quiet. This includes loud talking, crying babies and cell phones in the training area. Please use the lobby area for these purposes.

Being on time for class is 10 minutes early!

**Parking Lot:** Please be cautious when leaving the parking lot after classes. Make an extra effort to look for students & families walking to parked cars and also turning onto Northland Ave. During large classes and high traffic times, it can be difficult to get out of the parking lot. We remind all of our drivers to be patient and look both ways.

In addition, we also ask that you refrain from using **Handicap parking spots** and adjoining areas, unless authorized by appropriate permits. We want to save these spots for families who truly need them.

**Wireless Internet:** This new service is available for our all of our Karate America parents and family members. Please see Mrs. DesRoberts in the front office for password information.

## **GRADUATIONS & TESTINGS**

Mark your calendars for the next belt graduations and testings:

**Kids/Teens Belt Graduations—Thursday, August 25th (NO Regular Classes this day)**

Little Ninjas—5:00 PM, Junior Basic/BBT—5:30 PM, BBT 1—6:30 PM and BBT 2/3—7:15 PM

**Masters Team Module Testing—Monday, August 29th**

All Degrees—6:15 PM

**Adults/Teens Testing—Tuesday, August 30th**

Basic/BBT/MT—7:00 PM

As a reminder, to attend graduation all students must have three black stripes (progress stripes) and one red stripe (signifies that the student has passed all requirements for that belt).

Student's MUST have a red stripe on their belt to attend graduation.

If your child needs extra help, please schedule a private lesson with a instructor in the front office.

In addition, Letters of Intent to Promote and graduation fees must be returned before graduation.

*\*Adults have additional testing during their graduation for stamina and strength.*

## **WELCOME NEW STUDENTS**

**Karate America would like to Welcome it's Newest Members:**

Dominic Unterriker Abby Dorn Connor Scheibe Kurt Rossebo Reid Koepl Espen Dahm  
Ashley Polachek Kellan Glenn Brooklyn Tennie Breelyn Tennie Aditya Bhardwaj Jack Skaletski  
Cameron Chudacoff

**Congratulations New Black Belt Team and Elite Team Members:**

Taya Hahnemann Justin Verkuilen Matthew Rossebo Michelle Klatt Monica Couillard Tom Berry  
Laura Peterson Rich Lukas

**Congratulations New Masters Team Members:**

Dani Galante

# **T-SHIRT POLICY**

Students are allowed to wear "Karate America T-Shirts" as part of their uniform for classes throughout the summer months beginning on June 1st through August 31st. T-shirt designs are on display in the front lobby and may be purchased in the front office (see Mrs. DesRoberts for additional sizes). After August 31st and throughout the school year, students must go back to wearing the uniform tops for classes during the week. *\*NOTE—These Karate America t-shirts may be worn for Saturdays classes year round.*

# **4th DEGREE TESTING**

We are excited to announce that we will have a 4th Degree Black Belt Test at our academy on Friday, August 26th. The 3 candidates include: **Mr. Ben O'Haver, Ms. Tiffany VanBoxtel and Mr. Bill Fleming.**

These three candidates are all fabulous marital artists, have quality character and have been extremely dedicated to the martial arts for many, many years. All three started their training back at the Valley Fair Mall in Appleton with Mr. Denu when he first opened up his academy. The candidates have all had a minimum of 4 years of training since they last tested for their 3rd Degree belt rank, bettering themselves along the way and their community. As a requirement for testing, these individuals have gone through candidate training together over the last few months which consist of weekly training classes in the evenings, each a few hours long, . They have pushed their physical training to the best of their ability with endurance, speed, power, and flexibility...and are more than ready and deserving for this special testing.

**Mr. Ben O'Haver** has specialized in Extreme Martial Arts (XMA style of advanced kicking and tricking), weapons training, competitive sparring teams, team forms and tournament participation—state and nationally. He is a wonderful coach, and role model to many students here at our academy. For his 4th Degree testing, he has expanded his knowledge and training with Kung Fu, and cardio & fitness training programs. Mr. O'Haver, has attended many trainings/seminars from advanced degrees in the martial arts world, volunteers in the community and focuses on instruction to other students—being an amazing, dedicated martial arts teacher to our students.

**Ms. Tiffany VanBoxtel** has recently completed her degree at Lawrence University in Music Education this last year, and opened her own voice studio. She has specialized in Fitness-Kickboxing programs with health/nutrition for adults, and is committed to her own health and endurance with a variety of cardio & fitness training programs. Ms. VanBoxtel has also expanded her knowledge and training in Brazilian Jiu Jitsu, Boxing, and Kung Fu for this 4th degree. She has an amazing sparring ability and has competed in state and national tournaments in a variety of events including team forms. Ms. VanBoxtel has attended many trainings/seminars from advanced degrees in the martial arts world, volunteers in the community, and focuses on instruction to other students—being a dedicated, and detailed martial arts teacher.

**Mr. Bill Fleming** is the father of three fabulous children and husband to a wonderful, supporting wife. His family were some of the first students (along with wife and 2 sons) through Mr. Denu's doors when he opened the academy back in 1985. Both sons also earned the rank of Black Belt. Mr. Fleming has continued his martial arts training over the years by specializing in Kung Fu and earning his Black Sash, which is a "Black Belt" in Kung Fu...a huge accomplishment! He pushes his endurance with being an avid runner (distance in community races and recreation), and also has experience in instruction of martial arts to other students. He has attended many martial arts training/seminars from advanced degrees in the martial arts world over the years, has volunteered in the community, and is truly a wonderful, humble, and respectful individual.

All students and family members are welcome and encouraged to attend special testing here at Karate America on **Friday, August 26th—Time: TBA.** We are extremely proud of all three of these individuals—who are a huge part of our Karate America family. We wish them **GOOD LUCK** with their testing!  
*(NO Regular Classes this night due to the special testing!)*

# **BLACK BELT PARENTING**

If a child avoids a responsibility early in life, it becomes a natural reaction to obstacles in the future. Each time an excuse replaces responsibility, a brick is placed in the wall between the child and success. If parents allow their children to undermine their authority and only do what they feel like doing, they are going to fall short in the real world. Bosses are not as easily persuaded as mom or dad.

You know what is good for your kids better than they do. You need to make sure your children know that with anything in life, quitting is not an option. Quitting sets the child up for a lifetime of letting emotions get in the way of achievement. If they quit any time something gets too difficult, they will never reach their full potential. Insist that your child works hard, even on the most difficult tasks. They can surprise themselves and exceed their own expectations if they stick to it. Though it may not seem like it when they whine and complain, letting them quit will not help them. It only teaches them that it is okay not to follow through on their commitments.

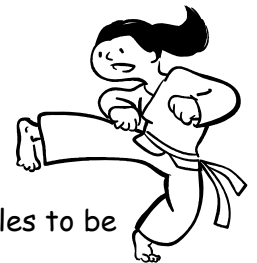
Kids don't always understand the advantages of persevering in something they do not want to do, because there is not instant gratification. They cannot see how discipline and persistence will pay off in the long run because they are only concerned with the here and now. It's your job, as a parent, to keep their future in mind & make them do what is best for them, even if they don't want to. For example, no one will remember 20 years from now if your child failed a testing in the fifth grade. It has no immediate effect on his or her character, and may not seem like a big deal, even at present. But by letting your child scrape by without putting their best effort into everything they do is a big deal and will have an effect on them 20 years from now. Teaching the value of hard work now will only pay off later in life.

Remember the things you have learned through experience and pass them on to your children. They may not always listen to you, but it is your job to make sure that the lesson is learned, even if it is learned the hard way.

By Solomon Brenner author of *Black Belt Parenting*

## **CLASS SCHEDULE**

As a reminder, the Summer Schedule will continue through the week of August 15th. The new Fall Schedule will then begin on Monday, August 22nd. Look for Fall Schedules to be available in the beginning of August!!!



## **KARATE AMERICA BUSINESS SUPPORTERS:**

Discovery Land is a safe, energetic, & interactive learning environment for children six weeks old through fifth grade. On Sunday mornings come discover eternal treasures by digging into the Word of God!

*\*Highly recommended and attended by many Karate America families!!!*



For more information go to...  
[www.DiscoveryLand.org](http://www.DiscoveryLand.org)

or contact

Appleton Alliance Church  
2693 W. Grand Chute Blvd.  
Appleton, WI at (920) 968-0700

## **Fox Valley Montessori Academy**

A NEW hands-on, fun and interactive Montessori Based Preschool, Toddler Program and Childcare Academy right around the corner!

Please call us at 830-FVMA (3862) for more information or to set up a tour.

301 E. First Ave. Appleton, WI 54911  
[www.foxvalleymontessoriacademy.com](http://www.foxvalleymontessoriacademy.com)

Currently Enrolling for Afternoon Preschool and for Fall Sessions!