



BKMAS NEWSLETTER – August 2013

Gradings

Gup gradings will be held on the following dates:

5th September 2013

5th December 2013

As always, students will be invited to grade dependent on their **attitude, technical ability, effort** and **behaviour** during class time.

Grading invitations will be given out in the next couple of weeks

Aberdeen Tournament

Excellent job by Team BKMAS today at Aberdeen Combat Tang Soo Do 2nd Invitational Tournament:

Hannah - 1st kicking, 3rd forms, 3rd sparring, 3rd self-defence & 3rd sword (paper cutting)

Abbie - 1st forms

Mollie - 2nd forms

Razannah - 3rd forms

Katie - 2nd weapons

Megan - 2nd forms

Ronnie - 2nd self-defence, 3rd weapons

Monique - 2nd self-defence

Huge well done guys!!!!



East Meets West

Reminder that your entry forms for the East meets West tournament need to be in by the end of August.

Words of Wisdom

"Martial arts are a way of life. A true martial artist does not train to become the ultimate warrior, the world's most physically fit specimen, or the greatest sage of all mankind. A true martial artist trains to be a better person."

Sifu Norman Mandarino

"The ultimate aim of martial arts is not having to use them"

Miyamoto Musashi

"When one has reached maturity in the art, one will have a formless form. It is like ice dissolving in water. When one has no form, one can be all forms; when one has no style, he can fit in with any style."

Bruce Lee

"The true science of martial arts means practicing them in such a way that they will be useful at any time, and to teach them in such a way that they will be useful in all things."

Miyamoto Musashi

Website

The website has been recently updated Remember the student area is yours and updates will come out in the near future www.bkmas.co.uk

Tang Soo!