



BKMAS NEWSLETTER – December 2013

Shim Sa

The last Gup Shim Sa of 2013 will be held on 5th December 2013

As always, students will be graded on their **attitude, technical ability, effort** and **behaviour** during class time.

Little Ninjas will be grading at the same time as the Juniors and Seniors

Classes

The last class of 2013 will be Thursday 19th December

The first class of 2014 will be Monday 6th January

Honourary Lifetime Memberships

It gives me great pleasure to announce that Master Vince Tait (KSDMA) and Sensei Alan Mitchell (SFAS) have been awarded a honorary lifetime membership to BKMAS.

Welcome to our family!

Respect

Respect is the cornerstone of the martial arts. Respect begins with respect for oneself. A student needs to develop self-respect before they can truly treat others with respect.

Some of the ways in which BKMAS develop self-respect in individuals include:

- Requiring students to be responsible for wearing a clean and tidy martial arts uniform.
- Addressing others using "sir" or ma'am."
- Being well groomed for class (fingernails short, no jewellery, hair short or tied back).
- Bowing to partners and following formal respectful traditions of the martial arts.
- Requiring punctual attendance for class and tests.

For adults, self-respect is equally important, from how we treat ourselves to our interaction with others, to community involvement and environmental attitudes.

It is vitally important that higher grades lead by example in showing the younger or less experienced students how to behave by, bowing accordingly, addressing higher belts as "sir" or "ma'am", following instruction quickly and professionally, conducting themselves in the proper manner etc. (refer back to October's newsletter about setting the example).

Respect is the first and most important lesson that one can learn through the study of the martial arts.

New Bong Hyung for 2014

We have already started learning these new staff forms, but here they are in black and white. We will start again proper in the New Year.

Form Name	Meaning	Belt Colour
Dong-ji Bong Hyung	Winter Staff Form	Orange
Bom Bong Hyung	Spring Staff Form	Green
Cheong-chun Bong Hyung	Summer Staff Form	Green/white stripe
Seongsug-i Bong Hyung	Autumn Staff Form	Brown

Words of Wisdom

All Martial Artists are beginners; some of us have just been beginning longer!

J.R. West

Deja Fu: The feeling that somehow, somewhere, you've been kicked in the head like this before.

Unknown

Always be yourself, express yourself, have faith in yourself, do not you go out and look for a successful personality and duplicate it.

Bruce Lee

It does not matter how slowly you go so long as you do not stop.

Confucius

I have not failed 700 times, I have not failed once. I have succeeded in proving those 700 ways will not work. When I have eliminated the ways that will not work, I will find the way that will work.

Thomas Edison

Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.

Lao-Tzu

Tang Soo!