



BKMAS NEWSLETTER – July 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.

The Dan grading will be held on 9th November 2013

Classes

There will be no classes on Monday 8th July and Thursday 11th July.

Student Guides

The first draft of the student guides has arrived and requires a few minor changes then the first batch will be ordered.

Website

Remember that there is a lot of training information on the club website – www.bkmas.co.uk – if you have forgotten the password for the student area, ask at class.

Aberdeen Tournament

I am sure you join me in wishing all those competing in Aberdeen on the 6th July the best of luck (not that they will need it)!

Self-Defence Tips

Stay alert. Be aware of people near you and of your surroundings—in your home, on the street, at work, at school, and other places you frequent.

If you think you are being followed, try changing your pace or crossing the street. Do not lead a potential attacker to your home. Instead go to a shop or another populated place.

You can choose to ignore or respond to a verbal harasser, depending on your comfort level. In either case, remain aware of the person or group. Take into account your potential allies in the vicinity, the environment (any safer places?), and your ability to physically defend yourself.

Words of Wisdom

"We are what we repeatedly do. Excellence then, is not an act, but a habit."
- *Aristotle*

"I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times."
- *Bruce Lee*

"The one who has conquered himself is a far greater hero than he who has defeated a thousand times a thousand men."
- *Buddha*