



## BKMAS NEWSLETTER – October 2013

### Gradings

The last Gup grading of 2013 will be held on 5<sup>th</sup> December 2013

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

The next Dan grading will be held on Saturday 9<sup>th</sup> November.

If you would like to come along and cheer on your friend/partner/spouse/child you will be allowed access at 1pm

### Classes

Classes will run as normal over the school holidays.

### East Meets West Charity Tournament

The tournament will be held at the Lochbroom Leisure Centre, Ullapool from 12pm to 4pm on the 26<sup>th</sup> October.

This will be the first of such an event between BKMAS, Cameron's School of Martial Arts and Scottish Fighting Arts Society, and hopefully the first of many.

Proceeds from the tournament will be going to Sands (Stillbirth and neonatal death charity).

### Setting the Example

Remember that no matter what your rank is, there is always someone holding a lower rank. Your behaviour in class (and out with class times) needs to be at its best at all times. Your training should be with all your effort, all of the time, your focus the same. Remember that the lower ranks are looking at you, copying your techniques, stances, general demeanour and attitude, so make sure everything is correct and done in the spirit of Tang Soo Do.

### Website

Remember the website is there for you

If you want to see anything different there let me know

[www.bkmas.co.uk](http://www.bkmas.co.uk)

### Words of Wisdom

"To know that you do not know is the best. To pretend that you know when you do not is a disease." - Lao Tzu

"You are not finished when you lose. You are finished when you quit." – Sensei Masaru Shintani

"Success is stumbling from failure to failure with no loss of enthusiasm." - Winston Churchill

"There is nothing so useless as doing efficiently that which should not be done at all." - Peter Drucker

The one who devotes himself with passion towards a cause with all of his strength and spirit will become a true master. For this reason mastery demands one hundred percent of a person. - GM DA Giacobbe

Something to think about:

Think of life as like driving, you need to look forward and focus on the road ahead. You have your mirrors for glancing backwards, but should only be a glance, to remember and to reflect. If you drive looking backward you will crash. – Bobbie Bass

Tang Soo!