



BKMAS NEWSLETTER – December 2012

Gradings:

There will be a Gup Grading held on Thursday 6th December.
There will be no class on this date.

Remember that students are invited to grade based on:

Knowledge - knowing ALL required forms, techniques, showing an understanding of self-defence techniques for their ability.

Effort – students should be putting ALL their effort into every class.

Respect & Etiquette – students are all given information on how to behave in class when they join. Little things like not bowing upon entering/leaving the training hall or bowing to Dan grades is noticed and noted.

Attendance – between gradings there are approximately 26 class nights.
Students are required to attend at least 20 hours of training between gradings.
Allowances will be given for holidays and illness, if the instructors are told about them.

Classes:

The last class of 2012 will be on Thursday 20th December.

The first class of 2013 will be on Monday 7th January.

I am a Martial Artist – Karen Eden

"I am a martial artist." I see through different eyes.

I see a bigger picture when others see grey skies.

Though many can't conceive it, I stand...facing the wind.

My bravery, not from fighting, but from my strength within.

I am a martial artist. I'll walk the extra mile.

Not because I have to, but because it's worth my while.

I know that I am different, when I stand on a crowded street.

I know the fullness of winning, I've tasted the cup of defeat.

I am a martial artist. They say I walk with ease. Though trained for bodily harm, my intentions are for peace.

The world may come and go, but a different path I'll choose.

A path I will not stray from, no matter, win or lose.

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

~ Aristotle