



BKMAS NEWSLETTER – January 2014

New Year Message

Happy New Year! Hope you all have had a great festive period and are looking forward to getting back to training!

2014 is the year of the horse.... The spirit of the horse is recognized to be the Chinese people's ethos – making unremitting efforts to improve themselves and BKMAS will continue assisting its students on improving their lifestyle in general by bettering mind, body and spirit through the art of Tang Soo Do and by following the codes and tenets.

5 Codes of Tang Soo Do

- Loyalty to country
- Obedience to parents
- Honour of friendship
- No retreat in battle
- In fighting; choose with sense and honour

7 Tenets of Tang Soo Do

- Integrity
- Concentration
- Perseverance
- Respect & Obedience
- Self-Control
- Humility
- Indomitable Spirit

All going well, in 2014 we will see more in the way of seminars, guest instructors and competitions which I hope you will all attend and enjoy. Taking part in the seminars and competitions not only increase your knowledge of Martial Arts, but also allow you to make more friends and broaden our Martial Arts family.

I am looking forward to seeing you all on the 6th January and to training with you all throughout the coming year....let us make it a good one!

Shim Sa

Dates for 2014 gradings are listed below:

6th March 2014

5th June 2014

4th September 2014

4th December 2014

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

The gradings will last for 2 hours, from 6:30pm to 8:30pm for the Juniors & Seniors, Little Ninjas will be grading during the first hour.

Private Classes

If anyone wants extra training (out with class time) let me know and we can arrange some private training. Equally, if anyone wants to learn anything out with the curriculum let me know and we can get something together for you.

Words of Wisdom

"Karate-Do is a lifetime study"(Master Kenwa Mabuni)

"Slow and steady wins the race."(Aesop)

"He who chases around after many rabbits ends hungry."(Okinawan Proverb)

"Those things in life that we find the hardest to do, are the things we are the most thankful we did." (Annette Ueckert)

"The ultimate aim of Karate lies not in victory or defeat, but in the perfection of character of its participants."(Master Gichin Funakoshi)

Tang Soo!