



BKMAS NEWS – October 2012

Gradings:

The next grading dates are as follows:

Little Ninjas:	25 th October
Cho Dan Bo & Dan:	10 th November
Gup:	6 th December

As normal, students will be invited to grade for their next belt.

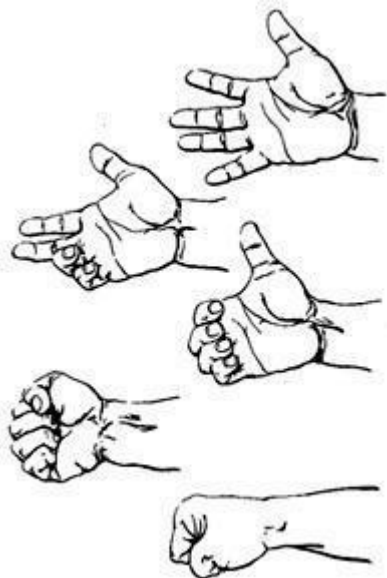
Classes:

Classes will continue as normal over the holidays

There will be a Little Ninja grading on Thursday 25th October; therefore there will be no junior class on this day.

Making a Fist

You have all been shown how to make a fist correctly...here it is again in picture form:



Benefits of training hard:



Establish a strong solid foundation, and the number of levels you can build on top becomes almost limitless. For a house, the foundation is cement, for a person...it is **DISCIPLINE**. Discipline is about learning appropriate behaviour and becoming **confident, independent** and **responsible**. It is a positive way to achieve self-control. As you progress in Tang Soo Do, you will inevitably develop a form of self-discipline, since that is the foundation of our art and all Martial Arts.

TANG SOO!!