

WATSON'S COMING EVENTS

Some Dates To Be Announced

WE HOPE EVERYONE HAD A SAFE AND HAPPY SUMMER VACTION !!!

Grading September 14, 2007

Black Belt Prep Class September 30, for all Brown belts and above. All Advance Brown belts must attend one prep class before black belt grading

Black Belt Grading

Watson's Challenge in house Tournament

John Atkinson Seminar

Alex Atkinson Seminar

Sifu Dave Chung— 2 person kung fu set November 14, 2007

XMA program will be hosting try outs

More events to Come Watch out for more information and dates.

NEW FALL SCHEDULE

	Mon. Forms	Tues. Forms	Wed. Sparring/ Bag	Thurs. Forms	Fri. Sparring/ Bag	Sat. Forms	Sun. Open classes
White (beginners)	6:45-7:15	4:30-5:00	5:00-5:45	5:45-6:15	5:30-6:15	11:15-11:45	10:30-11:30
Yellow	7:15-8:00	5:45-6:30	5:00-5:45	4:15-5:00	5:30-6:15	10:30-11:15	10:30-11:30
Orange	7:15-8:00	5:00-5:45	5:45-6:45	6:15-7:00	6:45-7:45	11:45-12:30	10:30-11:30
Green	4:15-5:00	5:00-5:45	5:45-6:45	5:00-5:45	6:45-7:45	11:45-12:30	11:30-12:30
Purple	5:00-5:45	7:15-8:00	5:45-6:45	5:00-5:45	6:45-7:45	11:45-12:30	11:30-12:30
Blue	5:00-5:45	7:15-8:00	5:45-6:45	7:00-7:45	6:45-7:45	2:15-3:00	11:30-12:30
Red	5:45-6:45	6:30-7:15	5:45-6:45	7:00-7:45	6:45-7:45	2:15-3:00	11:30-12:30
Brown- Black	5:45-6:45	6:30-7:15	5:45-6:45	7:00-7:45	6:45-7:45	3:00-4:00	11:30-12:30
Extra Classes	3:30-4:15 Teen class All Belts			3:30-4:15 Teen class All Belts	6:15-6:45 Open All Belts		
XMA Classes			6:45-7:30	7:45-8:45		12:30-1:30	
Adult A.M.	10:00-11:00		10:00-11:00		10:00-11:00		
Adult P.M.	8:45-9:45 Self defense/ Weapons	9:00-10:00	8:15-9:15 Sparring/ Bag	8:45-9:45			
Lil' Dragon	11:00-11:30	4:00-4:30				10:00-10:30	10:00-10:30
Weapons Green +						1:30-2:15	12:30-1:15
CARDIO AM	6:00-6:45 BAG		6:00-6:45 BAG		6:00-6:45 BAG		
CARDIO AM	9:15-10:00 BAG	9:15-10:15 CARDIO	9:15-10:00 BAG	9:15-10:00 BAG	9:15-10:00 BAG	9:00-10:00 CARDIO	
CARDIO PM	8:00-8:45 BAG	8:00-9:00 CARDIO	7:30-8:15 BAG		7:45-8:30 BAG		

Students should arrive 10 minutes before class. Sparring classes are Wed and Fr, for Orange belts and Above, full safety equipment is required to participate. Form days are Mon., Tues., Thurs. and Saturday. **727 7144** **Schedule Starts September 4, 2007**



Watson's Family Karate School Kick'n News Letter

Humility

Humility is a great character-builder, especially if you value your friends. It means you have self-control and are not arrogant. Leaders practice humility. People who are humble do not brag, criticize others and take others' criticisms personally.

By Melody Shuman

Humility is a positive quality of a good martial artist. As a student, you must be open to criticism from your instructors or you will not improve your skills, and advance. Arrogant students can interrupt classes and everyone's opportunity to learn, which can lead to injuries and negative confrontations. Those students that demonstrate humility, however, become the best leaders and martial artists, due to their unselfish manners.

Humility puts you more in touch with your real self. It also makes you more genuine, more approachable and more loveable. If you practice humility, then you will be much happier and healthier.

Are you a humble person? Ask yourself the following questions:

1. When you win a game, do you boast and brag, or do you simply enjoy the moment?
2. When you meet people who are less fortunate than you, do you put them down or do you openly accept them regardless of their situations?
3. When you are faced with a new or unfamiliar task, do you struggle to complete it or do you have the courage to ask for help?
4. When someone puts you down, do you take it to heart or do you disregard his comments and focus on your goals?

While being humble means that you will be vulnerable, you will have more pride in yourself and you will worry less of what others think of you. You will also have the courage to admit your ignorance, which means that you will learn more.

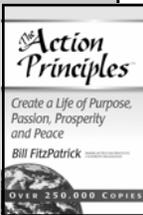
Your life will be better when you practice humility. When you knowingly resist the temptation to brag, you are gaining maturity. When you accept a friend into your life that is not as fortunate as you are, your heart will become more loving. When you have the courage to admit that you have much more to learn, you will open your mind to new abilities and opportunities. There is no better lesson than humility. Practice humility, experience the positive feelings it causes and you'll know it is one of your greatest character traits.

action

Think Win-Win

When you think win-win, you're being open-minded and reasonable with others. You bargain fairly and are willing to accept agreements that occupy the middle ground. You're not taking advantage of a situation when it is understood that you are being trusted to act with honor. Win-win means that everyone benefits and respects each other.

Bill FitzPatrick is a 5th-degree Black Belt, holds a Master's Degree in Education and runs the non-profit American Success Institute at: www.mastersuccess.com.





Little Dragon's

New prices as of September 1, 2007

3 Month Membership \$165 + G.S.T. = \$174.90

1 Month Membership \$60.00 + G.S.T. = \$63.70

Pay As You Go Membership \$15.00 including
G.S.T.

Cardio Kickboxing

1 Month membership \$75.00 +G.S.T. = \$79.50

6 Month Membership \$65.00 + G.S.T. = \$68.90

12 Month Membership \$50.00 + G.S.T. = \$53.00

2 Month Membership \$125.00 = G.S.T. \$132.50
New members only

Kickin' Kids Korner



Welcome to Kickin Kids, the mind-boggling, brain-teasing section of Kid's Zone. If you score: 9 or more, you are a Grandmaster; 7 or 8, a Master; 6, an Advanced Student; 5, an Intermediate Student; 4, a Beginner Student; 3, do 10 sit-ups; 2, do 10 push-ups;

Martial Arts Match Game: Match each character skill that martial arts reinforces with the appropriate definition below. Guess the bonus correctly and add 1 to your score. Good luck!

A. Fairness B. Patience C. Citizenship D. Responsibility E. Cooperation F. Follow-Through G. Discipline H. Trustworthiness I. Assertiveness J. Kindness K. Self Control

- The duty or obligation to complete a task properly
Answer _____
- Taking a goal, plan or project to completion
Answer _____
- The ability not to become annoyed when confronted with delay
Answer _____
- Confident, self-assured behavior; not being afraid to ask questions Answer _____
- The quality of being considerate, warm-hearted and sympathetic
Answer _____
- Restraint of one's actions or feelings
Answer _____
- Rights, privileges and duties of an individual as a member of

Answers: 1. D Responsibility; 2. F Follow-Through; 3. B Patience; 4. I Assertiveness; 5. J Kindness; 6. K Self-Control; 7. C Citizenship; 8. G Discipline; 9. A Fairness; 10. E Cooperation
Bonus: H Trustworthiness

Health Kick

Super Foods: Fact or Fiction?

By Jennifer G. Galea MS RD

Specific foods or food components are promoted as super foods or "magic bullets" that are able to cure various ailments. Nutritional and medical research seems to support these claims.

Experts have consistently found that eating a wide variety of whole foods is a key to good health. Whole foods contain numerous compounds that work together in ways that science does not always understand. Consuming whole foods, rather than supplementing your diet with specific food components, is the best strategy.

In addition to consuming a wide variety of whole foods, experts also agree that there are some "super foods" that can contribute comprehensively toward your overall health. There are well-documented studies that prove the special value of these foods. The lists of such foods generally incorporate deeply colored fruits and vegetables, as you would expect, but some of the items might surprise you.

The Strang Cancer Prevention Center has published the following list of "Power Foods": apples, avocados, beans, berries, broccoli, Brussels sprouts, canola oil, carrots, cold water fatty fish, dark chocolate, garlic, kiwi fruit, nuts, olives/olive oil, oranges, pumpkin, red grapes, skim milk, soy, spices, spinach, tea, tomatoes, whole grains and yogurt.

The list includes a wide variety of foods, which includes low- and non-fat dairy products, such as skim milk and yogurt (which should contain active cultures). I was surprised that the list included apples, since apples are not generally considered as being deeply colored. Red apples, consumed with the skin (where the majority of the phytochemicals reside), can be protective, as the research has revealed. Garlic remains on the list, even though recent research has disproved that it lowers cholesterol. Garlic may still have beneficial effects to prevent other diseases. Add spices to your dishes to increase variety and incorporate the vast array of known and unknown beneficial photochemical that they may contain. Turmeric (used in curry) is one spice, in particular, that has been studied with positive results.

Most scientists and health care professionals advise against limiting your diet to any specific foods. The "Super Foods" list is merely a guide to those foods that can help you develop a well-rounded, healthful diet.

