



The Martial Arts Center Presents

# Martial Arts News and Report

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## New Century, New Programs

One of the topics discussed, in a recent instructor's magazine, was the idea of "Scheduling for Success."

What this translates into is, the need to bring new programs into a studio, to promote student interest, as well as provide an opportunity for new students to join a school.

One of the trends we've noticed in our school is the number of extra days we have every month that fall outside the normal 4 week class schedules.

In the past we would hold classes as normal, and our students would use those days to get extra training.

What we would like to try, starting this year, is to utilize those extra days to schedule new programs,

New classes that most people would jump at the chance to try out.

So we will lay out a rough cut schedule to get us started, and throughout the year we will adjust the programs according to what you have decided you like the most.

We will use a simple criteria to figure out which classes you like the most, it will be those classes that attract the largest number of participants.

So here we go with a schedule for our new programs:

### Everyone Wins Tournaments

We call our inner school events the "Everyone Wins Tournament." Their fun and provide great competition.

1. Saturday, January 29th @ Noon
2. Saturday, April 29th @ Noon
3. Saturday, July 29th @ Noon
4. Saturday, September 30th @ Noon

The cost to participate is \$15.00, and everyone who participates goes home with an award (usually two).

Brown and black belts will judge the competition, to give them a chance to perfect their judging.

Fliers will be posted prior to the day of the event, and more information will be available as we get closer to the tournaments.

### Seminars

Seminars used to be our most popular adult class. Since it's been over a year and half since our last one, we've planned an aggressive group of seminars this time around.

1. Friday, March 31st
2. Friday, June 30th
3. Friday, September 29th
4. Friday, October 30th

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## Fitness, Safety, Health

### A Day of Good Food Choices

#### Breakfast

Fresh Cantaloupe  
Egg Substitute  
Toast with Jelly

#### Lunch

Sandwich w/2 slices of low fat deli meat, and lite mayonnaise  
Pretzels 1 oz serving

#### Dinner

Chicken breast & Pasta  
Salad w/fat free ranch dressing

#### Treats

Morning - Fat free fudge brownie  
Afternoon - Junior mints one box  
Night - Low fat strawberry shortcake.

If followed closely to this regimen the caloric intake could average 1,650 with fat grams below 30 for the entire day.

*Martial Arts News and Report is published by:*

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**3712 Lemay Ferry Road**  
**St. Louis, MO 63125**  
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**<http://www.KenpoUSA.com>**

# New Programs

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The seminar instructors haven't been contracted as of the date of this newsletter, and will be announced as soon as more definite information is known.

## Special Weapons Days

On these days we will run from one to three weapons training classes each one hour in length.

1. Monday January 31st
2. Monday May 30th
3. Monday July 31st

Ideas for the weapons classes can include Kali/Escrima, Staff, Japanese Sword, Chinese Sword, Nunckaku, fencing and other unusual weapons.

## Open House

The final installment of our new programs will be on the 29th & 30th of December.

An Open House is an entire day dedicated to prospective students. We will offer free classes all day, with discounts on in-stock equipment and the chance to "try it before you buy it" karate classes.

We've done several open house events in the past and they were hugely successful.

People who have never taken a karate class before, will get a chance to try something fun.



**Perceive that which cannot be seen with the eye. Nurture the ability to perceive the truth in all matters.**

-Musashi Miyamoto

# The Symbols of Kenpo

You may have seen your instructor or even one of the other students at The Martial Arts Center wearing unusual patches. The patches that a student or instructor wears is an interesting and fun topic of the Kenpo Karate system.

This month we will continue with the philosophical explanation of the main patch. The traditional meaning of the symbol MON is based on the creation of Kenpo itself. We previously discussed each hand symbol individually, in earlier editions of our newsletter, so we will continue discussing the remaining symbols.

**Octagon** - represents the eight aspects of the Kenpo system.

1. Energy collection.
2. Meditation.
3. Philosophy.
4. Yoga.
5. Nutrition, diet, healing arts.
6. Punching & kicking
7. Push pull arts.
8. Jumping escaping patterns.

The octagon also represents the eightfold path of Buddhism.



## MONSHO

*Monsho translates into "cloth" or thread markings. This can be considered a Coat-of-Arms.*

**Inner Circles** - represent astronomical bodies (Sun, moon & stars) and are called the three warriors.

Each of the three hand positions contained within the circles represents different physical systems of self-defense, and also has specific meanings.

# *Studio Forum and Special Events*

## **LITTLE DRAGONS TEST DATES**

For your convenience here is a list of test dates for our Little Dragons class for the entire year.

We hope that by publishing this list of test dates, ahead of time, it will help you plan to have your son or daughter in attendance for his or her important day of recognition.

January 7th & 8th	July 7th & 8th
February 4th & 5th	August 4th & 5th
March 3rd & 4th	September 1st & 2nd
April 7th & 8th	October 6th & 7th
May 5th & 6th	November 3rd & 4th
June 2nd & 3rd	December 1st & 2nd

## **HOLIDAY SCHEDULE FOR 2000**

Below is a list of holidays that our studio will observe for the year 2000, as well as a date for which classes will be rescheduled.

<b>Holiday</b>	<b>Reschedule Date</b>
New Year's Day	Sunday January 2nd
Memorial Day	Tuesday May 30th
Independence Day	No Reschedule Date
Labor Day	Tuesday September 5th
Thanksgiving Day	No Reschedule Date
Friday 11/25/2000	No Reschedule Date
Christmas Day	Tuesday December 26th

If you have a lesson, that falls on one of these holidays, we will work with you to reschedule your class to a different day.

## ***HERE'S A COMPLETE LIST OF THE PRICING OF PROGRAMS OFFERED AT OUR SCHOOL?***

<b>Program</b>	<b>Cost</b>
Little Dragons	\$45.00 Per Month
Advancing Dragons	\$55.00 Per Month
Cardio Kickboxing	\$35.00 Per Month
Adult Bi-Monthly	\$60.00 Per Month
Adult Weekly	\$100.00 Per Month

Family members receive a substantial discount on classes.

## **PRICE INCREASE ON VIDEOS**

Due to the rising cost of production of video tapes and self-defense manuals it is necessary to increase the cost of both to \$25.00 each.

## **CORRECTION TO PAY BOOKS**

Payment booklets were distributed for January - June 2000 with the due date listed for the first of each month.

The correct due date should be listed as the 10th of each month. New books will be distributed on an ongoing basis. We apologize for any inconvenience.



**Special Offer**  
**First Month**  
**Free! No Kidding.**

(314) 894-8599  
Offer Expires 03/31/2000

**SEE WHAT HAPPENS WHEN YOU DON'T PRACTICE!**

We have an offer that has our competition jumping--Your first month of training at no charge! Not only that, but you can get your first uniform for only \$15 dollars. That's a 50% savings off of the retail cost. It's just our way of saying welcome to the school. To top that off we are one of the few schools that allows our students to train without a contract of any kind.

We don't charge testing fees, board breaking fees, association fees or affiliation fees.

**The Martial Arts Center**

3712 Lemay Ferry Road  
St. Louis, MO 63125

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