



Buhisan's USA Martial Arts

Always Believe in Yourself

USA Martial Arts Newsletter | August 2019

KIDS ❤️ **LIFE SKILLS**™

LIFE SKILL for AUGUST 2019

ACADEMIC: For back to school

Academic means to learn. It could be learning math, grammar, science, social studies and other school subjects. It could also be activities like learning to play the piano or doing the martial arts.

There is a saying, "Knowledge is power." Learning is valuable because it builds your confidence when you learn and know things. The key to being a good learner is to pay attention. When you are learning from a teacher in a classroom, you should look, listen, think about what is being said and sit properly. This way you'll learn better and learning will be more fun.

Curriculum this month

This month will be:

SELF DEFENSE

- **Blocks**
- **Counter Strikes**
- **Kenpo Master Form**
- **Srances**

USA Martial Arts Annual Summer Picnic

Mark your calendars now so you won't miss this great event. This year we will be holding our picnic on Saturday August 17th at Paul Moore Park. Located at the corner of Hillsdale and Cherry Ave.

There will be Awards, USA Martial Arts Demo Team, Great Games and Food. The egg toss and balloon toss are always great favorites.

There will be a pot luck lunch. We will be providing Hot dogs For All Please sign up for the pot luck at the front desk.

Starting time is 11:00 am - 2:00 pm
Every one is invited, Bring your friends come and have a great time.

Buddy Week This Month

Buddy Week this month is August 5th thru August 10th. Bring your friends to class. This is a great chance to share your training experience with your friends. Bring a friend to class all week and you can train together. They do not need a uniform just come and have a great time.

Check with the front desk for the buddy week form for parents to fill out and bring to class.

Information Board

BIRTHDAYS THIS MONTH

Please take a moment to wish them a

HAPPY BIRTHDAY!!

Manuel Cervantes-Lopez - August 04

Jonah Juarez - August 05

Alexander Kuritsyn - August 07

Emilio Galvez - August 09

Charles Morris-Caffall - August 11

Kevin Arreola - August 12

McKayla Bollons - August 16

Luca Moretti - August 19

Max Goltiao - August 22

Kevin Tan - August 29

TIP of the MONTH

Make sure that you write your name or your child's on all of your equipment, clothing and gear. We end up with several items each week that are left around the studio and we have no way of determining who they belong to. All equipment and gear look the same unless we see a name. Protect your investment and help us get your lost items back to the right person. You can use a black sharpie or if you have black equipment you can get white, silver or gold and they all show up pretty good on a black background. Don't forget to label your water bottles also. They stack up pretty fast.

We are currently looking for a bookkeeper to help us out at the studio. I thought I would reach out to our martial arts family to see if anyone has any recommendations for an excellent bookkeeper. If you know of someone please pass this information along to me. Or feel free to have them contact me. Thank you very much.
Master Paul Guerrero
admin@usa-ma.com

NEWS ABOUT FLIGHT 55

This week students for flight 55 begin training. Our flight 55 Black Belt pretest is scheduled for October 26 th. Flight 55 Black Belt Test is scheduled for November 16 th. And our Flight 55 Black Belt show is scheduled for December 14 th. Please mark these dates on your calendar especially December 14 th. The show is always a Great Event to Watch and all family and friends are all invited.

USA Martial Arts Birthday Parties

Have you ever thought of having a karate birthday party? Here at USA martial arts we host great birthday parties that are fun and entertaining for all. For the next two months we are implementing special pricing for our USA martial arts family. If you schedule a birthday party for your son or daughter during the next two months we are offering a special price of \$100. This price includes two hour birthday party with fun and games and fun karate stuff. Please see the flyer included in this newsletter. If you have any questions or would like to schedule party please contact Master Paul Guerrero at the front desk or email us at admin@usa-ma.com.



This Months Calander

USA MA

Aug 2019 (Pacific Time - Los Angeles)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
			Promotions	Life Skill: Academic		Staff Meeting
4	5	6	7	8	9	10
	BUDDY WEEK		Sparring			
11	12	13	14	15	16	17
						11am - USAMA Picnic Paul Moore Park
18	19	20	21	22	23	24
			Sparring			
25	26	27	28	29	30	31
			Tip Testing			



BUHISAN'S USA MARTIAL ARTS

CLASS SCHEDULE

4692 MERIDIAN AVENUE SAN JOSE, CA 95118 408-448-1995

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A M						8:00 - 10:00 BB Training *Candidates only
						10:00 - 10:45 All Ranks Class
						Birthday Parties
P M					BY APPOINTMENT	Birthday Parties Schedule Yours Today
	4:45 - 5:30 <i>Beginning Kids</i>	4:45 - 5:15 LiL' Samurai	4:45 - 5:30 <i>Beginning Kids</i>	4:45 - 5:15 LiL' Samurai		
		5:15 - 6:00 Intermediate Kids		5:15 - 6:00 Intermediate Kids		
	5:30 - 6:15 Advanced Kids	6:00 - 6:45 <i>Beginning Kids</i>	5:30 - 6:15 Advanced Kids	6:00 - 6:45 <i>Beginning Kids</i>		
	6:15 - 7:00 Intermediate Kids		6:15 - 7:00 Intermediate Kids			
		6:45 - 7:30 Black Belt Training		6:45 - 7:30 Black Belt Training		
	7:00 - 7:45 Teens / Adults All Ranks	7:30 - 8:15 Black Belt	7:00 - 7:45 Teens / Adults All Ranks	7:30 - 8:15 Black Belt		