



# Buhisan's USA Martial Arts

**Be Your Best Self**

Newsletter February 2020



## **Integrity: To always do the right thing**

**Overview:** A person with integrity has a strong moral character and will always do what is right no matter how hard or challenging something may be.

A person with integrity is viewed by others as someone who is honest, reliable and trustworthy because they always do what they say they are going to do.

Having integrity builds self-esteem because you will always feel good about yourself when you do the right thing.

**Parent:** Every parent wants their child to have integrity. It teaches them to be reliable, honest and trustworthy. It also helps to build their self-esteem because they'll feel good about themselves when they do the right thing.

It's not always easy to have integrity, so when your child makes a mistake, be proactive by offering them positive corrections and consequences. This will help them to learn the value of integrity in making good choices.

## **Curriculum this month:**

**This month will be: Kicking**

**Basic kicks  
Sparring Kicks  
TKD Drills**

## **Important Dates this Month**

February 5- 6	Promotions
February 5 - 6	Sparring
February 17th	Closed for Presidents Day
February 19 - 20	Sparring
February 26 - 27	Tip Testing
March 21st	Parents Night Out

**Watch for our new Studio APP  
Coming in February  
Sign up Email coming soon**

## **BIRTHDAYS THIS MONTH**

Please take a moment to wish them a  
Happy Birthday

Arjun Muthukumaran	February 1, 2013
Bear Malick	February 10, 1943
Sara Sangari	February 18, 2002
Yuval Smulian	February 22, 2015
Ananya Jandhyala	February 26, 2005
Dennis Jamali	February 27, 2011
Dillan Wagener	February 28, 2009
Aadhya Seshadri	February 29, 2008

**Student:** It's not always easy to do the right thing but having integrity is awesome because you'll feel great about yourself when you do.

Practice integrity by always telling the truth even if it means you'll get in big trouble. Being an honest person is way cool because people will trust you more.

If you have integrity you always do what you say you're going to do. If you tell a friend you're going to help them practice their martial arts, make sure you follow through and do it. They will like you more because they'll see you as someone they can count on

# This Months Calander

USA MA

Feb 2020 (Pacific Time - Los Angeles)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1
			Tip Testing			
2	3	4	5	6	7	8
	Kicking LifeSkill: Integrity		Promotions Sparring			
9	10	11	12	13	14	15
16	17	18	19	20	21	22
	Closed for		Sparring			
23	24	25	26	27	28	29
			Tip Testing			



# BUHISAN'S USA MARTIAL ARTS

## CLASS SCHEDULE

USA-MA.COM

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>A M</b>						
						10:00 - 10:45 All Ranks
Birthday Parties						
<b>P M</b>		4:00 - 4:45 Early Adult		4:00 - 4:45 Early Adult	BY APPOINTMENT	Birthday Parties Schedule Yours Today
	4:45 - 5:30 <i>Beginning Kids</i>	4:45 - 5:15 <b>LiL' Samurai</b>	4:45 - 5:30 <i>Beginning Kids</i>	4:45 - 5:15 <b>LiL' Samurai</b>		
		5:15 - 6:00 <b>Intermediate Kids</b>		5:15 - 6:00 <b>Intermediate Kids</b>		
	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 <b>Intermediate Kids</b>	6:45 - 7:30 All Ranks	6:15 - 7:00 <b>Intermediate Kids</b>	6:45 - 7:30 All Ranks		
	7:00 - 7:45 Teens / Adults All Ranks	<b>Red - Red/Black Black Belt</b>	7:00 - 7:45 Teens / Adults All Ranks	<b>Red - Red/Black Black Belt</b>		
		Demo Practice		Demo Practice		

Lil Samuri = Ages 4 – 6  
 Youth Karate = Ages 7 up  
 Adult Karate = 18 up

Beginner = White Belt to Gold Belt  
 Intermediate = Green Belt to Blue Belt  
 Advanced = Brown Belt to Red 1  
 Black Belt Training = Red Black