



Buhisan's USA Martial Arts

Be Your Best Self

Newsletter January 2020

KIDS  **LIFE SKILLS**™

Practice: To do something over and over until you're great at it.

Overview: People aren't great at most things the first time they try to do them. The best way to learn something and be great at it is through practice. The challenge is most people find it boring and repetitive. But through hard work and lots of practice, you'll build your confidence when you know how to do something really well.

Parent: If you want your child to learn something and do it well, then they must practice. The challenge is most children find practice boring because of the repetition associated with it. As a parent, you often don't want to force your child to practice. It can be a struggle and you may feel bad for making them do something when they don't want to. The important thing to remember is that most children don't have the maturity to understand the value of practice. If you ask them if they would rather practice or watch TV, their choice would be obvious. So when your child does not want to practice, share with them the benefits associated with it such as the self-confidence they'll gain by knowing how to do something really well. And the best part about practice is that your child will develop good work ethics and excellent study hab-

Curriculum this month:

This month will be:

**Self Defense:
Blocks
Counter Strikes
Kenpo
Stances**

Important Dates this Month

January 6th	First day of class
January 8 -9	Sparring
January 22 -23	Sparring
January 29 - 30	Tip Testing
February 5 - 6	Promotions
February 17 th	Closed for Presidents Day

BIRTHDAYS THIS MONTH

Please take a moment to wish them a

HAPPY BIRTHDAY!!

Ronith Ganjigunta - January 01
Sofia Pietri - January 05
Yashas Mushrif - January 06
Noam Levi - January 09
Apurva Seshadri - January 10
Baarik Ahuja - January 15
Max Carlinsky - January 18
Aarini Biyani - January 24

Practice Continued:

Student: Everybody likes to be great at doing things but most of us aren't great at anything the first time we do it. Were you great at riding a bike or doing the martial arts the very first time you did them? In both cases, probably not. The thing to understand is that if you want to be great at something then you have to be willing to practice. The hard part about practice, and doing something over and over, is that it can be boring. The important thing to remember is that as long as you are willing to do it, never give up, and always do your best, you can eventually be great at anything you choose. Once you become great at something, you feel good about yourself and it's more fun. That's why practicing is so cool.

This Months Calander

USA MA

Jan 2020 (Pacific Time - Los Angeles)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4
Holiday Break / Studio Closed						
5	6	7	8	9	10	11
Holiday Break /	First Day of Class LIFEKILL : Practice Self Defense		Sparring			
12	13	14	15	16	17	18
19	20	21	22	23	24	25
			Sparring			
26	27	28	29	30	31	1
			Tip Testing			

The Current Schedule Will Not be Changing We Will Continue with This Schedule Thru Winter



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							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	6:45 - 7:30 Black Belt Training All Ranks	6:15 - 7:00 Intermediate Kids	6:45 - 7:30 Black Belt Training All Ranks				
	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				
							BY APPOINTMENT	