



Buhisan's

USA Martial Arts

Always Perform to Your Best Ability

USA Martial Arts Newsletter | June 2019

KIDS LIFE SKILLS™

LIFE SKILL for the month of JUNE 2019

MANNERS: To act and speak with respect.

Overview:

Good manners are an excellent display of respect for others. Holding the door for someone, allowing others to go first, or giving up your seat to someone elderly are all acts of good manners. Saying "May I" and "Excuse me" are examples of speaking with good manners.

The use of good manners shows gratitude towards others when you interact with them. You will be viewed as respectful, intelligent and courteous. Manners offer you the potential for having better relationships because they make people feel valued.

Good manners help you to better communicate with people. It encourages others to help you more efficiently and effectively, such as offering you better service at the restaurant or store when you say "Please" and Thank you."

New Summer Schedule

We will be changing the Class Schedule.

We are implementing a New Summer Schedule. Please read the summer schedule closely and make sure to look at what ranks are in each class. Lil Samuri, Beginning, Intermediate, Advance, Black Belt Training and 1st Degree Black Belts and above. We have changed the Adult class to 7 pm on Monday and Wednesday and we have a new Early Adult class on Tuesday and Thursday at 4 pm

NO MORE ATTENDANCE CARDS!

We have finally moved into modern times! No more looking for your attendance cards! We are all set up to take role in class with our new Ipad's. We hope you like this feature and we are so excited about keeping track of all your activities and giving you credit for classes, assisting and much more. Thank you for all your patience.

HOW TO USE THE BLACK BELT TEST

We will be sending everyone a copy of our Black Belt Test. When you receive your copy of the Black Belt test, began with highlighting in yellow, everything you know well. Then make sure you know it correctly and you can perform each technique like a Black Belt, with technical correctness and power. For the material you don't know, when we are teaching it in class, pay particular attention to learning it with all the correct movements and detail. To perform it like a black belt, you must train at home, to perfect it. Training on your own, is called "Black Belt Training". Remember, doing it correctly is everything, we will soon be providing video of forms, basics and other material. You can view it and train with it at home. Use it to help you practice.

Video Yourself

After practicing several times, video your PERFORMANCE! This will allow you to see your technique and the power of each move. It will allow you to make corrections then video it again till you are satisfied with your PERFORMANCE. This is one of the best ways to improve your PERFORMANCE on your journey to Black Belt

Information Board

Curriculum for the month

This month will focus of Equipment

1. Focus Mitts
2. TKD Paddles
3. Mini Bob and Bob
4. Kicking Shield

WE ARE BRINGING BACK OUR KARATE BUCKS PROGRAM

Here's how it works. We will be handing out 5 to 10 cards for Our Summer Special to each student. Put your Name in the box on the card. Then simply hand out the cards to people you know and let them know about our Great martial arts program and to take advantage of our Summer Special. If they enroll into our Summer Special Program, you will receive \$20 in Karate Bucks for the \$199.00 program and \$25 dollars for the \$299.00 program. This is just for the Summer Special, so please hand them out early so they can take advantage of this Great Offer.



Buhisan's USA Martial Arts Summer Special!
3 Months for \$199 Saturday + 1 Weekday Class per Week
\$299 2 Weekday Class's
Bring this card to register

Students name

Must enroll by 6/30/19.
Offer valid for new students only.
(408) 448-1995
4692 Meridian Ave., San Jose, CA 95118

USA-MA.COM

When You Earn Karate Bucks you can use them at the front desk to buy:

1. Sparring Equipment
2. Training Equipment
3. Uniforms
4. Patches
5. Student Manual
6. Gear Bags and More



New Tip testing and Promotion format.

Tip testing will now be the last Wed and Thur of each month and promotions will be in class the following week. If you are in the Mon- Wed class your promotion will be Wed. If you are in the Tues- Thur class your promotion will be on Thursday.

Changing classes: After being promoted to your next rank

If you or your child is being promoted to Green Belt or Blue 1 belt it is time to move to a more advanced class. If this is you please meet up with Master Paul and we will get you placed in the correct class. This is important if you are switching classes, so we can assign you to the correct classes on our computer. This way you will receive credit for the classes you attend.

CLASS ASSIGNMENTS

Your membership includes two classes per week. It is important that you are assigned to the correct class in our computer system so you will receive credit for classes attended. If you attend a class that you are not assigned to you may not receive credit for that class even though attendance has been taken for you. If you are changing classes because of promotion or the summer schedule. Please see someone at the front desk to make sure you are assigned to your new class in our system.

Always Performing at your Best is the Key Achieving Great Success.
PERFORMANCE IS THE KEY