

FEBRUARY 2026



Discussion Topic

We all know this feeling.

You start out with belief, confidence and enthusiasm. You had absolute belief that you could achieve your goals. It was all going so well until it wasn't. Suddenly it got hard, obstacles appeared, your belief and faith got tested, you were no longer sure you could do it.

Failure, fear, frustration, disappointment, despair. You wanted to quit.

But you didn't.

Because on the other side of failure is success. On the other side of challenge is growth. On the other side of fear is confidence. On the other side of disappointment is pride.

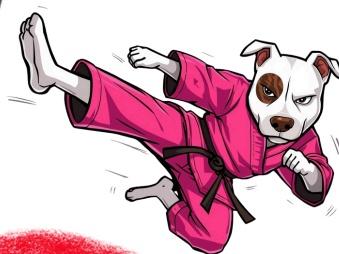
Keep pushing forward.

Without challenges there can be no true success, no true achievement or growth.

When you hit a struggle remember the reason you started, remember your commitment to yourself. Have faith, belief and surround yourself with people who will lift you up and hold you to your highest standard.

Do not give up.

We are just finalizing dates for a 2-part bo staff workshop. This will be held on a Saturday afternoon, each workshop will be 2 hrs long. Once dates are finalized, we will have more information out to you.



IMPORTANT DATES

MON. FEB. 16 - NO CLASS

TUES. FEB. 17 - NO CLASS

**THURS. FEB. 19 -
LOCATION CHANGE
UNDISPUTED BOXING
GYM**

