



*Lead By Example,
Follow By Choice!*

Foot Notes

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 Week 1 TOPIC Goal Setting	3 <i>Welcome Back!</i>	4	5	6	7	8 <i>January's Saturday Classes</i> <small>Black Belt Class - 8am to 9:15am Return to Training - 9:30am to 10:45am Instructor Training - 11am to 12:30pm</small>
9 Week 2 TOPIC Perseverance	10	11	12	13	14	15
16 Week 3 TOPIC Flexibility	17	18	19	20	21	22
23 Week 4 TOPIC Black Belt Excellence	24	25	26	27	28 <i>Board Breaking</i>	29
30 Week 5 TOPIC Self-Control	31	<i>Happy New Year!</i>				

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 5 TOPIC Self-Control		1	2	3	4	5
6 Week 6 TOPIC By Example	7	8	9 <i>Black Tip Testing</i> <i>Red Tip Testing</i>	10	11 Belt Testing <small>Junior / Adult Test 5:30p Friday Night No Regular Classes Friday Except Little Dragons</small>	12 <i>Family FUN Day!</i> <small>Bring your Family Members for a FUN Class!</small>
13 Week 1 TOPIC Team Work	14	15	16	17	18	19
20 Week 2 TOPIC Awareness	21 <i>School Closed</i> <i>Presidents</i> <i>Day</i> <small>No Regular Classes</small>	22	23	24	25	26 <i>Prep Class</i> <i>Begins</i>
27 Week 3 TOPIC Compassion	28					



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Happy New Year!!! I hope that everyone had a very safe and happy holiday. The Donadio family had a wonderful Christmas and a relaxing New Year. We are now recharged and ready to train! It will be great to see all of the Students back on the mat. Classes resume on Monday, January 3rd! We look forward to a great year of energy and training. See you on the mat!

Fitness: Making the decision to be fit is more than just waking up one morning and going for a run. Fitness starts with a plan that you believe you can follow. Your fitness plan should include well balanced nutritional meals, plenty of water, physical exercise, mental exercise and appropriate rest. Put a basic plan together and then take action. Do not tell yourself that you will start a class or activity "when I get in better shape". Start the activity at an appropriate intensity level and then add time and increase intensity as your fitness improves. If you are not sure what the best first step is then you should talk to a personal trainer, your local karate Instructor, or friend who is involved in the activity that you are interested in. It is also a good idea to talk to your doctor about your health and fitness concerns. Remember, tomorrow never arrives. You must take action today!

Saturday Schedule for January: We are jump starting the year with a high powered Saturday schedule for the month of January. These classes are designed to energize and enhance Staff/CADRE Training so we provide the best training ever! Advanced students and staff can take advantage of this awesome schedule starting on January 8th, 2022! The schedule includes; Black Belt class from 8am to 9:45am, a Return to Training class from 9:30am to 10:45am for students who want to get back to training, and Instructor /CADRE Training from 11am to 12:30pm for Jr. Black Belts, teen/adult green belts & above and those invited by an Instructor.

Board Breaking: On Friday, January 28th there will be a Board Breaking clinic. The Clinic will include instruction, practice, and application. The application phase will allow each student to break a board with their choice of technique (Boards included). This is a great opportunity to test your skills. Do you have the Focus, Determination, and Power!!!

Family Fun Day: Family Fun Day will be held on Saturday, February 12th. Bring your Mom, Dad, and all your siblings (age: 6 & up) to the class where young and old get to train together. Not only will this class be full of Kenpo Basics, but it will also be jammed packed with LOTS of FUN for the whole family. We will be talking about what to expect in class, training with bags, doing some body work, and some fun drills!

Family Month: February will be Family Month. This means that family members who would like to give karate a try can do so for free. To get started all you need to do is participate in the Family Fun Day or Schedule your first lesson for the week of February 14th. After that you have a free full month to decide if training is for you! Uniforms are not required, however if you would like to purchase a uniform they will be discounted to \$25.

Black Belt Prep Class: This class is offered as an addition to regular classes to assist those students who are preparing for their Black Belt Test. All First Brown and Black Belts are eligible to attend. Black Belts who are not preparing for a test should attend to assistance and demonstrate leadership to those who are preparing. Prep class will begin Saturday, February 26th at 7:30am. Mr. D will be speaking to those who are eligible for these classes.

School Closures:

Monday, February 27th ~ In Honor of Presidents Day there will be no Classes.

The Care and Use of a Training Academy: When students are in class I expect great effort and focus, and that is what I see. This reminder is for when you may not be in class (students, siblings & parents). Please be respectful to those who are in class. Keep voices low when chatting, turn the volume down on electronic devices (phones & tablets) and remember that Horse Play is not appropriate in the entry, seating area or on the training floor. The training floor is for students who would like to practice and train. Use of the practice areas are for those in uniform, training in an appropriate way, please limit bag work while classes are in session.

Please supervise your children when they are not training and have them sit down when they are eating. Please take a moment to look around and pick up after yourself. If it belongs to you it is your responsibility.

THIS IS OUR ACADEMY LET'S MAKE SURE WE TAKE CARE OF IT TOGETHER!



PRINCIPLES OF BLACK BELT

- HONOR - INTEGRITY - RESPECT
- COMPASSION - SELF CONTROL
- DEDICATION - COURAGE - INDOMITABLE SPIRIT

