



*"Where Students and Families are #1"*

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## **SUMMER EDITION 2015 NEWSLETTER**

### **FROM SENSEI'S DESK**



Summer is such a great time for vacations, BBQs, and relaxing with family and friends. It is also a great time to keep on training! Especially for our older students, the summer provides a catch up time to gain sempai hours and general training hours toward rank advancement. With our OKC vacation policy, it's easier than ever to make sure you get in as much training time as possible. Remember, when planning for vacation, students can make up the expected missed time either before the vacation takes place OR up to a whole year after the vacation is over – that's true, too, for any holidays our studio observes.

I think you'll agree we have many fun activities and training opportunities planned for this special time of year so, I hope you'll make these summer months your absolute best and we'll see you in class!

### **OKC Summer Camps**

This summer, we will be holding two day camps for our OKC Members. There's still time to get in on the fun by registering now for our June 26th camp and our July 31st camp. In June we will be focusing on how to make katas even better than before; July will focus on weapons that are traditional to our style. Both camps will be held on Fridays from 10:00 to 4:00 pm. Don't miss out on these wonderful training opportunities. For more information or to register, please speak with Sensei Becky or Sensei John. *Remember on Friday Camp Days, we will have one karate class for all youth students of all ranks from 4-5 pm.*



## DADS Training Days

We have a special invitation to our OKC Dads, Uncles, and Grandfathers to come join us for class with your OKC student on either Wednesday, June 17th or Thursday, June 18th. Please be sure to sign-up for this event in our Lobby and we will be happy to see you in class! You are sure to have a GREAT time!

## OKC Cardio-Kickboxing is BACK!



Come on! Give it a try! This is such a great workout! Both women and men are invited to join us on Monday/Wednesdays from 7-8 pm and Saturday mornings from 8-9 am. Such a great deal too at just \$5.00/class (a Starbucks can cost almost as much and this is so much healthier!!!) For more information, see Sensei Davis OR just show up. This class really is two tons of fun!

## Summer Charity Event at OKC

Help us make a difference for so many! We are sponsoring a charity drive through the end of July to help benefit the Orange County Rescue Mission. Help us by donating linens to fit a twin size bed, to be used for new intakes to the Mission. The items don't have to be brand new, but they do have to be clean and in good repair. Please bring your donations of sheets, pillows, pillow cases, mattress pads, blankets, and spreads to our studio any time between now and the end of July. *Remember, TWIN SIZE ONLY, and thank you so much!!!*

## Fun Facts about OKC

Did you know that when OKC opened in 1995, we started with just six students and of those six, four of them were directly related to our instructors!

We've come a long way since then and are so proud of our students who earned their black belts and have gone on to do wonderful things with their lives in areas of law enforcement, teaching, nursing, hospital administration, business, and those who hope to work with people of special needs. We are thankful that they have chosen lives that are of help to others and hope that we played a part in their formation.

## Olivia's Bark-Bytes



Summer! A time, always, for tasty treats from the BBQ, chasing squirrels, and basking in the sun. Just a word of caution to all of my fellow canine friends...please remind your owners to never leave you in a hot car; to take you on those wonderful walks in the cool of the early morning or evening to protect your paws ; and remind them that regular grooming and flea treatments will help keep you comfortable beyond barks! Here's to outings, playtimes with family, and those long summer naps. Summer!!! It really is a dog's life!!  
Until next time....ciao!