



"Where Students and Families are #1"

(714) 538-7620  
Orange Karate Center  
1208 N Tustin  
Orange, CA 92867

## WINTER NEWSLETTER 2014

### FROM THE DESK OF SENSEI BECKY

Wow! It is hard to believe that we are already at the end of February! We are very excited about the events and new programs we will be offering in the year ahead and are so happy that you will be a part of it! On behalf of our OKC Staff, we hope that 2014 will be a great year for you and your families!

## NEWS! NEWS! AND MORE NEWS!



**RATE CHANGES FOR OKC.** First, please don't be alarmed! Our tuition rates will be going up, as of March 1st. In keeping with our OKC Tradition, existing students will not see a tuition increase. **Only students who are enrolling or re-enrolling from March 1st on will be affected by this increase.**

If you know anyone who wants to enroll in karate classes now is the time! Encourage your friends and others to take advantage of rates we have held since 2005! Have them contact our studio to make arrangements to enroll prior to March 1st. We greatly appreciate your continued support and referrals to our studio. Thank you!

Questions, please see Sensei Becky Davis.

## SAFETY FIRST ! FIRST AID, CPR AND AED TRAINING



As of 2014, OKC has its own AED unit! (automated external defibrillator) This acquisition is part of our on-going commitment to ensure a high level of safety for our students and families in the event of an actual emergency.

As part of OKC's commitment to safety, the American Heart Association was at our dojo on Saturday, February 15th to conduct a certification training for our instructors and friends in adult, children and infant first aid, CPR and the use of our AED machine.

Congratulations to our OKC instructors, Senseis Chuck Knight, John Davis, Becky Davis, Deanna Isbell, Don Isbell, William Bauer, Tim Cunningham, Kaylene Truong and Anthony Truong & family members/friends on becoming certified in these three areas and for setting this time aside to learn this very valuable information.

In keeping with our OKC Tradition of Community Outreach, we plan to make this training an annual event!

## **OKC'S G.O.L.D. TEAM! Guidance On Leadership Development.**

Our OKC Gold Team is part of our on-going leadership training at OKC. Building responsible leadership is one of OKC's primary goals for its students. All Black Belt Instructors and Brown Belt Students will be officially welcomed into our Gold Team at the Black Belt Club meeting on Friday, April 4th.

Be on the look-out for our Gold Team Students as they work with our senior instructors and serve as our dojo hospitality and welcoming team, and/or take a larger leadership role with all of our karate

classes. This is a wonderful program to help maturing students become more confident in front of groups and learn the art of communication, team building, and public speaking. **The leadership skills our students learn through this program will benefit them beyond the dojo**, as they bring their knowledge and experience to their school classrooms, their community and, eventually, into their work space.

Look for students who are wearing the distinctive Gold Star on the front of their uniform to know which of our students is a proud member of OKC's Gold Team! Please be sure to let them know how they are doing – your positive words of encouragement go a long way!

## **A ROUND OF APPLAUSE**

**once again** to all of our OKC Students for arriving to class on time! Since introducing our Class On Time Policy in September (of not arriving later than 10 minutes after a class has begun) all of our students have successfully honored this policy. We say "Good For You!" And, we appreciate your continuing efforts in this regard!



## **DAN, DAN THE PHOTO-MAN IS COMING! BE A PART OF OKC'S HISTORY!!**

Since 1996, Dan has been photographing our students and leaving lasting memories for our families. Dan will be at our studio on Friday, March 7th and Saturday, March 8th. As always, there is no obligation to purchase any photos, but the sitting fee does guarantee your face on our 2014 Wall Photo Plaque, so please sign up for your photo time today!!! (You can preview your photos on either Monday, March 10th or Tuesday, March 11th at our studio.)

## **ATTENTION ALL ADULTS AND RED, BROWN AND BLACK BELT STUDENTS!**

Don't miss Sensei Chuck Knight's "Fight to Survive!" Seminar on Friday, March 28th from 5-7 pm at our dojo. Sensei Chuck Knight served as an Anaheim Police Officer for 30 years, during which time he instructed the Orange County Sheriffs Police Academy's cadets in arrest and control, weaponless defense, and impact weapons, and was a member of the Anaheim Police Department's SWAT Team. This is a great opportunity for you to enhance your OKC training experience by learning some real street-wise defense strategies used by professionals in law enforcement. Sign-up NOW at the front desk and we'll see YOU there!

## **FEBRUARY/MARCH EVENTS...**

- Our studio will be CLOSED on Monday February 17th for Presidents Day
- Park & Recreation Classes begin again the week of February 24th.
- Black Belt Club Training – February 28th 6-7 PM
- Photo Days at the Dojo – March 7th & 8th
- Photo Preview Days – March 10th & 11th

- OKC Fite Nite – March 21st 6-7 PM
- Street-Wise Self-Defense Seminar – March 28th from 5-7 pm for All Adult Students and Students with Red, Brown or Black Belts.

## **BARK-BYTES FROM OLIVIA!**



“Woof! Woof!” Hope you all had a wonderful holiday – I sure did! I want to thank all of you who remembered me at Christmas, especially Sophia (Jacob’s little sister) who gave me my little red duck! I love that duck!!!

Sadly, my team did not win the SuperBowl, but I did enjoy the day with my family and ate my fair share of sliders!

Now I am watching the Olympics! What attracts my attention most are the ice dancers!!! (Yes, dear readers, Olivia really does watch TV!).

Anyway, I hope to see you soon. Gotta run – downhill skiers are next!

Until next time...”chow”!

## **THANK YOU FOR MAKING OKC SUCH A GREAT PLACE TO BE!**

[www.orangekarate.com](http://www.orangekarate.com)

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