



Traditional Martial Arts Center

March Newsletter

Hello everybody!

Another month has passed and Spring has to be close by! Hopefully!

With Spring brings lots of activity at the Dojo and in the Association. Be sure to follow what is going on via our Events Page on the www.TraditionalMartialArtsCenter.com and on our Association Page at www.Tenbukan.org and see all that is happening. Also be sure to like the Traditional Martial Arts Center and the Tenbukan Facebook pages for daily inspiration and activities!

I am so thankful for all of the support from the parents and I hope everyone will take advantage of the new Yoga classes (Especially the Kids Yoga Class on Tuesdays!) We are also gearing up for a Spring Break Camp and another Nerf Wars and have the sign up list for it in the lobby of the Dojo. We have also set the dates for the Kids with Kick Summer Camp! There is a sign up list for that as well.

I am looking forward to this upcoming testing for everyone! Remember to practice, practice, practice!

Kyoshi Travis Ginn

Lesson of the Month

Following Through

When you open it, close it.

When you pick it up, put it back.

When you are loaned something, return it in better condition.

When you make a mess, clean it up.

When you start it, finish it.

“A painter isn't finished until all of his tools and paintbrushes are cleaned and put away.”

Simple lessons to follow for sure! When I teach that a martial artist practices everything, these are some of the practices I am referring to. Challenge yourself to be a better person every day.

When you wake up, make your bed. When you eat, clean your dishes. When you see trash on the floor or ground, throw it away. Look around and find something that could help others and not just yourself.

Use kind words to others all the time using our “9 Phrases of Respect”.

Yes Sir, No Sir, Yes Ma'am, No Ma'am, Please, Thank You, Your Welcome, Excuse Me, Bless You.

They are not so hard, I promise, and they make people respect you for them. To get respect you must first give respect.

This is the Way of a Martial Artist!

TESTING DATES

Little Ninjas (White belts ONLY)-Monday, March 25

KWK (White, Yellow, Orange)-Monday, March 25

(Green, Blue, Basic Purple)-Tuesday, March 26

(Advanced Purple and Up)-Thursday, March 28

Adult Students- Tuesday, March 26

Uniforms must be complete with all required patches and testing fees will be due no later than March 18th.

Kid's Fee \$25

Adult's Fee \$45

Events

Thursday, March 14-OPEN HOUSE-Cross-Training

Location-TMAC

Time-6pm-8pm

Ages 12+

On the second Thursday of every month there will be Cross-Training! We will start with a light warm-up then go right into a self-defense type of training. This will give everyone the opportunity to get a taste of some of the techniques gone over in the weekly classes!

FREE FOR EVERYONE-Invite your friends and family!

Friday-Saturday, April 12-13- Chun Moo Hapkido Summit

Registration is NOW OPEN! <https://tinyurl.com/chunmoohapkido>

Pre-registration \$75

Payment at the door \$85

Adults welcomed, Kids with Kick by invitation ONLY.

Friday-Sunday, July 19-21- 19th Annual Tenbukan Summer Camp

Location-Tenbukan Hombu, Etowah, NC

Stay in the Loop!

We would like to help everyone stay informed via social media!

Here are the ways to stay informed:

- Email List- when you signed up as a student you were added to the list. If you do not receive emails from Kyoshi Ginn, make sure to get with him to get yourself back on.
- Dojo Parent Google Group- if you are not on the list to receive these emails as parents, please contact Heather Brunat to get added.
- Facebook Groups- we have our Adult Group, Kids with Kick Group and Little Ninja's Group. If you are not a part of one of these, please contact Kyoshi Ginn or Heather Brunat to get added.
- Traditional Martial Arts Center & The Yin Side Facebook Pages-make sure you "LIKE" both
- Friend requests via Facebook- Kyoshi is under "Travis Ginn", please friend him.
- Websites- www.traditionalmartialartscenter.com, www.tenbukan.org