



Kickin' Times



Spokane Karate Center

September/October 2024

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Summer's Over, Back to School in 5 Easy Steps



Every year it's the same back-to-school struggle, and parents are always surprised by their children's attitude. I mean, it's not like they don't go back-to-school every year. Think about this:

- * Kids either dread or look forward to a new school year depending on what they remember from last year. Expectations are nearly everything.
- * Are they going into a new school? Will they have the same teacher? What changes are they facing in the new school year? Facing any kind of change can make it even harder to feel comfortable.

So, Mom and Dad, what can you do to help make this year the best.

- **1. Get a Grip** Your [relationship with your children](#) has a great effect on them. So it's important not to act too crazed about the return to school. Build in [extra time](#), put irrelevant projects on hold, stay rested, and try to stick closer to your kids. Dads need to listen up, too. Many jobs seem to pick up at this time of year, and it's easy to get [sucked down by the undertow](#).
- **2. Don't Clean the Slate** Fresh starts are so promising that we tend to overdo them. This may seem like a great time to clean up, sort out, and set new [ground rules](#) for family life. [Chores](#) are reassigned, [allowances](#) renegotiated, and [after-school sports and activities](#) scheduled. While change is good, the timing requires some reflection. Too much too soon can make even the most cooperative child balk. Focus on the start of school, and revisit the other issues after your kids feel more settled.
- **3. Be Reassuring** Tell your kids that they'll be fine! Encourage them to reconnect with [school buddies](#) they may not have seen over the summer. This may take some brokering, depending on the particular [social appetite](#) of your child, but it's money in the bank for reducing fears of isolation in the new classroom. If they want to, let them take part of their sticker or baseball card collection to school (with the teacher's approval). Listen to their worries and don't minimize, dismiss, or try to talk them out of them. These fears are real to your child.
- **4. Set the Stage** Shopping for [supplies](#) and [clothes](#) should be fun, but overdoing this can be boring and a little scary to kids. Spend time thinking together about quiet time and reading and work space in the house. Choose special places, like corners of rooms, or certain tables or chairs, to show your kids that you'll help them find space where they can do the things that matter, like reading and [homework](#).
- **5. Meet the Teacher** Your child is still young enough to feel comforted by an open [communication between parent and teacher](#). In fact, when parents and teachers have regular discussions about school and home events, kids feel a more trusting connection with the school as a whole, and tend to try harder both socially and academically. Check-ins about new or recently lost pets, [family moves](#), births, and [deaths](#) can help a teacher fathom something in your child that might otherwise seem mysterious. Most good schools would rather know sooner than later if you are worried about your child's school experience.

Spokane Karate Center UPDATE

New & Returning Spokane Karate Center Members

Karate
Katia Shiva
Jon Benoit
Taylor King

Modular Stick
& Blade

Returning
Students
Peyton Henry

Welcome to the Dojo!!!

September/October Birthdays!



Don Good 9/5
Asher Gentry 9/8
Ben Mergen 9/29

Nikita Timofeyev 10/14
John Delhomme 10/15
Corbin Parker 10/21
Jill Grabowski 10/27
Danielle Arnold 10/29



July/August Belt Promotions

Juniors

10th kyu—Cole Brigman, Eamon Gaul, Alden Hammond, Jack Hammond
9th kyu—McKenna Parker, Liam Tolley
8th kyu—April Hammond
3rd kyu—Corbin Parker
2nd kyu—Asher Gentry
1st kyu—Alex Hillman, Ben Mergen, James Mergen

Adults

10th kyu—Jon Benoit
6th kyu—Brandon Berlik, Jordan April

Yoku Dekimashita!!!
Congratulations To Everyone!!!

Announcements!

New Class: Brazilian Jiu-Jitsu

Jui-jitsu for Juniors

Monday/Wednesday 4:00 — 4:50 pm
Tuesday/Thursday 5:00 — 5:00 pm

Jui-jitsu for Adults

Tuesday 6:00 — 7:00 pm
Thursday 7:30 — 8:30 pm
Saturday 9:00 — 10:00 am

Seminar with Corey & Jennifer Shane

They taught a seminar this last June that everyone who attended absolutely raved about. The number one comment, "When are they coming back?" Well, they will be here October 11-12 teaching separate classes for the Juniors and the Adults. If you missed it the last time, you definitely don't want to miss this one. Mark your calendar!

New Logo for the Jiu-Jitsu Class!

Even though we are training under Evol Octopus Jiu-Jitsu Academy, I thought it was appropriate for now to have our own logo. If down the road we are totally under the Evol banner, we will make that change then. I hope you like it!





September 2024



Schedule of Events

September 4th & 5th: First Junior and Adult Jiu-Jitsu Classes!

Starting new classes for Juniors and Adults. Jiu-Jitsu classes are not mandatory

September 12th: Street Clothes Training!

No 4 pm Junior Class! Juniors at 5 pm and Adults at 6 pm. All students should come to class in regular street clothes. Be sure to have clean soft-soled shoes with no debris to protect the mats. No Adult jiu-jitsu class!

September 26th: In-Class Belt Exams!

Juniors at 5:00 pm and Adults at 6:00 pm. Be sure to turn in your application to grade by the 20th!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 First Junior Jiu-Jitsu Class	5 First Adult Jiu-Jitsu Class	6	7
8	9	10	11	12 Street Clothes Training	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Belt Exams	27	28
29	30					



October 2024



Schedule of Events

Oct. 10th: Street Clothes Training!

Juniors at 5 pm and Adults at 6 pm. All students should come to class in regular street clothes. Be sure to have clean soft-soled shoes with no debris to protect the mats. No 4 pm Junior Class or Adult Jiu-Jitsu Class!

Oct. 11th -12th: Jiu-jitsu Seminar. No Regularly Scheduled Classes!

Once again, Corey & Jen Shane will be teaching at our dojo, helping to move our jiu-jitsu program further. Be sure to turn in your registration forms by the 7th! No Exceptions!!!

Oct. 24th: In-Class Belt Exams! Juniors at 5:00 pm and Adults at 6:00 pm. Be sure to turn in your application to grade by the 18th!

Oct 30th: Juniors Halloween Party! No Regularly Scheduled Classes!

The fun starts at 4:00 pm. Come in costume for games, treats and fun! Parents, can sign-up to bring treats at the front desk.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10 Street Clothes Training	11 Jiu-Jitsu with Corey & Jen	12
13	14	15	16	17	18	19
20	21	22	23	24 Belt Exams	25	26
27	28	29	30 Kids Halloween Party!	31		