



Perserverance

"Just because something doesn't do what you planned it to do doesn't mean it's useless."

~ Thomas A. Edison ~



February has arrived and with it the return of the regional tournaments. This Month Mr. Del Rio will host his annual tournament at the Ontario Convention Center on February 6th. i Hope everyone is planning on attending. We will be holding a Class "C" tournament on Saturday the 20th at the Menifee location at 5:00 PM. Finally, it is time to sign up for Spring nationals. HQ has requested that this be done on-line. If you have any questions, see Mrs. Thomas

Class Schedule Changes

- February 6th - No Class Ontario Convention Center Tournament
- February 13th - Instructors Workout - Menifee Campus
- February 20th - Class "C" Tournament - Menifee Gym 5:00 PM

Instructors

This month we will be focusing on thr "Will IT Work" approach. The goal is to teach the student the proper way of performing a technique and then follow up by having them braek a board, hit a pad, etc. to get it correct. We will then move into their forms where they will be able to quickly apply the new techniques without spendin a great deal of time on baics. While memorization is important, knowing how to use a technique and then apply them is far more valuable in a self defense situation

Next Tournament

The next tournament will be held at the Ontario Convention Center on February 6th. This tournament will be hosted by Mr. Del Rio. This tournament has been moved to this location from Pechanga.

We are currently ranked in the top 5 schools for our region. We want to hold on to this position if possible. Your support helps us in this goal. Thank You.

Our Tournament is tentatively scheduled for April 17th at Murrieta Vista HS.



Promotional Testings

Our next testing will occur on Tuesday March 16th and Wednesday March 17th and Thursday March 18th. As always, you may test at any location. In March we have 4 students testing for the Rank of 4th Degree Black Belt at Spring Nationals. They are James King, Diane Daniels, Eva Evans, and Julie Pulatie. Good Luck to you all



Next Retreat

The next Idyllwild Weekend Retreat will be held Friday April 30th - thru Sunday May 2nd. The Potluck, baseball game and workout will be held on Saturday the 1st. Directions on how to get there and make reservations are online on the web page. Or see Mrs. Thomas for details



Karate for Kids

Kids, the cold and Flu season is in full swing. Please remember to dress warmly and get plenty of liquids after class, especially sparring or cardio workouts. Parents, if your child feels like he or she is getting the flu, it might be a good practice to have them stay home for a day and check with their doctor if symptoms persist. There are multiple Flus this year and we want to help contain them whenever and wherever possible. Don't forget our inschool tournament on the 20th!. All trophies and medals are donated by our Black Belts. This is your chance to bring home some of their hardware.



Pro-Tech

This Month we would like all 2nd Degrees and Above to start learning Oh Sung Do. This weapon was introduced to 1st Degrees over a year ago and is now pretty well established. We will be teaching this weapon in the Gyms on Monday, Tuesday, Thursday and Friday. If you don't have an Oh Sung Do, please see Ms. Thomas and she will get you a practice version. The 8:00 class on Thursday evening is now going to be a weapons class. (The 4th and 5th Degrees will be on the other floor) This will be a great time for all you Instructors to start teaching your weapon,