



WORD OF THE MONTH - CHARACTER DEVELOPMENT / STREET SAFE-SCHOOL SAFE

Attribute: Aspirations - Dream and be Elevated!

BLOCK 3

CHARACTER DEVELOPMENT

Good Self Control wk1 - Mind over Emotion

Good Self Control wk2 - Body over Emotion

Good Self Control wk3 - Balance over Emotion

Good Self Control wk4 - Words over Emotion

STREET SAFE/SCHOOL SAFE

5 Rules of Personal Safety wk1 -Use Your Mind

5 Rules of Personal Safety wk2 -Use Your Words

5 Rules of Personal Safety wk3 -Use Your legs

5 Rules of Personal Safety wk4 -Ask for Help



Mock Testing Classes

Just a quick heads up about the mock testing classes....

These classes are open to everyone that is gold belt and above. No, the class is not for credit, but is designed to give you a concrete idea of where you stand for your test this

coming December 14 or 15th. This weeks Monday portion will revolve around sparring. This is best recommended for adults looking to move to the intermediate level and above.

Children that should probably attend include anyone

testing for blue belt and above. With that said, make sure you have all your gear: gloves, headgear, chest guard, shins and instep, or shins and foam feet, mouth piece, and protective cup.

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Special points of interest:

- *PLEASE REFER TO THE CALENDAR ON THE BACK OF THE NEWS-LETTER.*

Red Letter Week is next Week.

Hey all,

This week is red letter week!!

Q: *What is a red letter?*

A: Red letter is the parents way and the school teachers way of communicating with me around our mutual student. If there is a matter that needs to be handled, then we can all work together to achieve that goal.

Q: *Is it a must turn in?*

A: Yes

With that in mind, please make sure to have your letters in by the end of next week.

You can go directly to the website and download it if need be by [clicking on this link](#).

PS. A word to the students. I do expect to have all your teachers sign it. If you have more than one teacher, have

them all sign them.

Coach Handbag Contest - ilovekickboxingparkerco.com

Yes folks we are running a contest right now where you can win a Coach handbag!

Q: "How do I get to play?"

A: "Easy! Just bring your friends to try to kickboxing and that's it. Each new friend you bring in will get you a new ticket that goes into the drawing!"

Q: "Yea, but who can play; just kickbox-

ers right?"

A: "Nope, the contest is open to any Otomi student or students at the Otomi facility."

Q: "Do they have to sign up?"

A: "No."

Q: "Do I get more tickets if they do?"

A: "Sure. We will give you two more tickets to put into the drawing!"



See you on the mats!!!

32" LCD TV RAFFLE - DATE CHANGE

Hey all,

Otomi Martial arts is raffling off a Westinghouse 32" LCD HDTV this December just in time for you to enjoy ...

Get your tickets now! You can purchase as many as



you would like for yourself or maybe even as a gift for someone else.

Tickets are being sold at \$10 each or 5

for \$40.

The drawing will be held on the 19th of December during the Christmas Party and Belt Ceremony.

GOOD LUCK.

RAC - RANK ADVANCEMENT CAMP!!

Monday - Wednesday ...

high intensity material rich clinic designed to get you caught up or ahead ... Please note that this is 3 months worth of training in just 3 days. Will be a challenge, but worth it!!



Times will be 8 am to 5 pm each day December 26 -28 with the testing starting at 6pm on the 28th.

Investments:

ON OR BEFORE DECEMBER 7TH
\$150 (66% savings)
After December 7th \$300 (33% savings)
Week of \$450

Seminar cap:

Participants may be limited to 12-16 groups so register early!

Payment options

Payments can be made directly at the School or email us at info@otomimartialarts.com to receive an invoice.

How to Walk Away from a Fight with Your Child: Why It's Harder Than You Think by Sara Bean, M.Ed., Parental Support Line Advisor

You've probably heard these words of advice before: "Just walk away when your child is trying to pull you into a fight." And in fact, turning around and walking away is one of the most important things you



can do as a parent to end power struggles with your kids. But what should you do when your child won't *let* you walk away?

[Read more »](#)

Parent's Night Out - New Year's Eve Party

We ARE going to be hosting our Parent's night out/NEW YEAR'S EVE PARTY this year!

What does that mean?

Well two things really....

1. You can now make New Year's Eve plans with your other adult friends or just take time with your special someone.

2. You can also rest easy leaving your kiddo with us at Otomi Martial Arts- from 8-12:30.

The evening will consist of Karate, Karate games, food, movies, and a toast of sprite or 7-up at midnight!

Things to know:

- Investment is \$30 per child

- Doors open at 7:45.
- Check in is between 7:45 and 8:00
- Pick up can be as early as you would like, but **must be** handled by 12:30.
- Open to Otomi parents/children and their friends.
- **CUT OFF IS AT 40 KIDS! No exceptions, so please sign up early.**



**OTOMI MARTIAL ARTS
AND THE KOMPOUND**

6260 East Progress Lane
Parker, Colorado 80134

Phone: 303-840-9383
E-mail: info@otomimartialarts.com

Whatever you do, Do it well.

www.otomimartialarts.com

COMING IN SPRING OF 2012!

What to expect in the next teaching block....

- New Form.
- Bo staff work - if you don't have your bo, please see Mrs. Gonzalez to purchase yours
- Trapping work
- Sparring A lot more movement, drills, and actual matches against your partner. The necessary equipment consists of mouth piece, foam dip head gear, foam dip hands, shins, foam dip feet, and chest guard; of course, men and boys should also have protective cups.

All students will still need their boxing gloves for their kickboxing portion of their training.


Also, if you do have the thai style shin guards, you still need foam feet.

Head gear considerations: foam dip allows for better vision, but full headgear allows for better protection.

Also, at the beginning level, all sparring is light to moderate...intermediate and up sparring intensity will be based off of age

ASPIRATIONS: DREAM AND BE ELEVATED!

December
2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUST HAVE 20 CLASSES BY END OF WEEK TO BE ON TRACK TO TEST	Mock Testing 7:15PM		Mock Testing 6:15PM	1	2	3 SUCCESS - NO CLASS
4 MUST HAVE 22 CLASSES BY END OF WEEK TO BE ON TRACK TO TEST	5 Mock Testing 7:15	6	7 Mock Testing 6:15	8	9	10 SUCCESS 11:45
11 MUST HAVE 24 CLASSES TO TEST	12 Mock Testing 7:15 All Levels Stripe Test	13	Belt Test Kids - 6:15	15 Belt Test Adults - 6:15	16	17 SUCCESS 11:45
18	19 Belt Ceremony 6:15 and Christmas Party!	20	21 Sumo Wars!!	22 Noodle Freeze Tag	23	24 Closed Happy Holidays
25 MERRY CHRISTMAS 	26	27	28 RAC TEST AT 6!	29	30	New Years Party - Parents Night Out! 8-12:30... \$30
2012 Closed - HAPPY HOLIDAYS						