

One Voice

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Character Development & Street Safe/ School Safe

Attitude: Attitude is Everything!

[make the situation worse](#)



To conquer you must first get started

BLOCK 1

STREET SAFE/SCHOOL SAFE

CHARACTER DEVELOPMENT

[A,B,C's of Conflict](#)
[Avoidance wk1 – Avoid a Potentially Dangerous Situation](#)
[A,B,C's of Conflict](#)
[Avoidance wk2 – Be calm and breathe](#)

[Good Attitude wk1 – Whatever it takes Attitude](#)
[Good Attitude wk2 – Attitude of Gratitude](#)

[A,B,C's of Conflict](#)
[Avoidance wk3 – Communicate with Confidence](#)

[Good Attitude wk3 – Be a Good Finder](#)

[A,B,C's of Conflict](#)
[Avoidance wk4 – don't](#)

[Good Attitude wk4 – Be Loyal to Those Not Present](#)

Kid Fit Classes

We would like to remind all of our parents, students, and patrons that all of our kids may attend one Kid fit kickboxing class per week.

urdays while the adults may choose one class from any of the www.ilovekickboxingparkerco.com class on the schedule.

please take advantage of this free class.

The kids have their own time slots on Wednesdays and Sat-

With that said, we would greatly encourage everyone to



Sensei Derek Stewart Seminar

I am very proud to announce that my senior student 4th Degree Black Belt Derek Stewart will be here February 6th for a one day special seminar.

He will be covering many aspects of the martial arts with a strong focus on self defense.

For any of you that have not worked with Derek, please be ready to be impressed. Derek has had many teachers in the arts and his skill level is very high to say the least.

Still, his best quality is his ability to get the information

across to the students.

The seminar times will be from 5:30 to 7ish. Your investment to attend is only \$20!

Please make plans to attend!

[Facebook Link](#)

[Register here](#)



Q: What is your greatest fear?

SPARTAN RACE!!!

You are all invited to join the Otomi Martial Arts Team as a Military Sprint Colorado 2012 participant. We are signed up for the 9:30 heat, even if it says it is full, just click on the next time slot and they

will move us all to the 9:30 time. If you cannot click on the link go to spartan-race.com/colorado, and click on join a team, find our team and click on it. Enter the password, **courage** to sign up on our team. Also use

promo code **caspar-ta032** for \$15 off registration. join the Team: <https://register.SpartanRace.com/join.aspx?event=6185&id=2541737&group=97956&pcode=>



Otomi Martial Arts Has a NEW SITE!

We are excited about our new site located at www.otomimartialarts.net

If you have not had the chance to go to the site and check it out, please do. We would also appreciate it if you would like it!

The old site is still up and will

serve as an information sight for current students. With that said we hope you do take advantage of the .com site for all you information needs.

We would also humbly ask you to please send anyone interested in our school to please visit our .net site.

Note: We are also in the process of switching to a new operating system.... So you should start receiving most of our emails via constant contact.

Testing Week

For clarification:

All students will be testing at their normal class times this week.

So on Monday and Tuesday one can expect to be tested on the materials posted on the front page of this newsletter.

On Wednesday and Thursday one can expect to be tested on their empty hand form, their bo form, and their trapping skills.

Some specifics may change based on whether you are in the intermediate class or the advanced class, but the aforementioned requirements are what will be asked in the beginning classes.

Note: the Wednesday and Thursday portions will also consist of a review of the current fundamentals material.



Parenting an Angry, Explosive Teen: [What You Should—and Shouldn't—Do](#)

by Sara Bean, M.Ed., Parental Support Line Advisor

When your teen is angry and screaming at you, the temptation for many of us is to fight back and scream louder so you “win” the argument. But what does that do? It's natural to want to push back or stand up for yourself if someone pushes

your buttons or provokes you in some way. We often unknowingly internalize this message and it becomes a parent's mantra: “I'm not going to let my own child walk all over me.” [Read more »](#)



Reminder

We always want to do our best to help you if you need the extra time

With that said, thanks to everyone that helped with the bonus time this last Saturday at 10am. Also, thanks to those that showed up and put in the extra time on a Saturday morning.

Should you need more help, please don't hesitate to ask Mrs. Gonzalez.