

October 2011

At Clyde Stanley's Karate and Self-Defense martial arts training is about making good habits.

Bad habits are easy to make but hard to live with. Good habits are hard to make but easy to live with.

Examples of Good Habits: Focusing your eyes on your teachers eyes.

Concentrating on what is being said in class.

Always trying your best.

Always telling the truth.

Always treating others with respect.

Respecting other peoples property.

Drinking lots of water each day.

Eating healthy foods.

Practicing at home what you learn in class.

Doing your homework.

Exercising.

Examples of Bad Habits: Using tobacco.

Using illegal drugs.

Underage drinking.

Mistreating animals or those less fortunate

Spending too much time with video games, TV, or the computer.

HALF-CIRCLE JU-JITSU

Study sheets for each belt rank in Half-Circle Ju-Jitsu (yellow, orange, blue, green, and red) are now available.

All who successfully complete each test will receive a beautiful Half-Circle Ju-Jitsu certificate (suitable for framing) and colorful patches for their uniforms.

Join the elite group of martial artists with rank in both karate and ju-jitsu.

Pick up your study sheet and sign-up for your belt review today !

October Student of the Month

Major Eric M. Moody is the father of 3 teenagers, Paul 13, Anna 14, and Eric II, 16. He and his wife Victoria have been married 18 years. Eric is currently writing his dissertation to get his Doctorate from the University of Florida in Political Science. After he completes school he is going to be a Professor at the US Airforce Academy in Colorado Springs, Colorado. He is also currently studying Isshin-Ryu Karate alongside his sons under Sensei Stanley. He has always wanted to do activities with his children and karate has brought him closer to his entire family.

We are happy to have Eric and his 2 sons at Clyde Stanley's Karate.

WHAT IS A BLACK BELT ?

A Black Belt is a white belt who never quit.

In the real world winners never quit and quitters never win. In a self-defense situation we can not quit.

It is normal to want to quit. Once you do it becomes easy. It becomes a habit. It defines who you are.

DON'T CHEAT YOURSELF, DON'T BE A QUITTER!

TOP GUN WINNERS

Roman Holliday won the Top Gun Gi in the Little Tigers class. He is 6 years old and his parents are David and Sonia Holliday. Roman attends J.E. Harper Elementary. He started taking karate September 2005.

Congratulations Roman!

Justin Thompson won the Top Gun Gi in the Dragons class. He is 11 years old and attends Phillips Middle School. His parents are Donald and Christi Thompson. Justin started taking karate in May of 1999 at the age of 3. This is Justin's second year in a row to win Top Gun. Congratulations and keep up the good work!