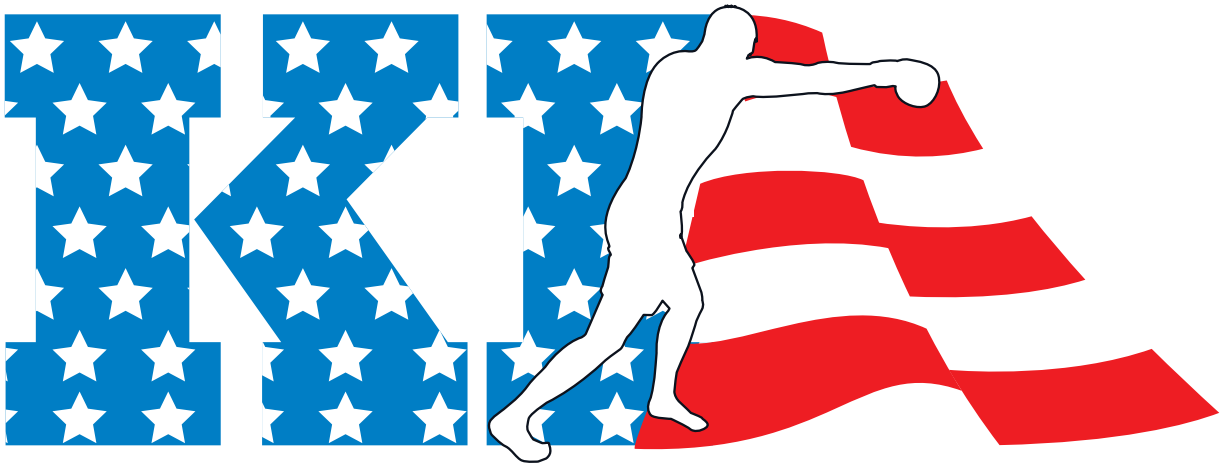


# Summer 2015 Newsletter for Students of



**KARATE INTERNATIONAL**  
**MARTIAL ARTS CENTER**

# English's Corner

by John English



Summer is here! And we all deserve it after the winter we had!

I am really excited about our summer camp and summer training program we have put together this year. For the past 12 summers we have always done our summer blast program in July and August. This year we are improving our summer blast program. Instead of having daily themes, we will have weekly themes based around fun, cool martial arts related material! Every Friday will be Friday fun day and students will be allowed to bring in a friend or family member to train in class with them.

I know summer attendance can be tough for some. Please let an instructor know if you are going away or will have difficulty making the class schedule. We will be offering extra make up classes and private/semi private training for kids who cannot make class in July and August.

Parents, please remember martial arts success happens with consistent attendance and communication.

Thank you all again for your support and loyalty to KI!

Looking forward to seeing you in class!

Mr. English

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## Staff

John English  
Brenda McKenna  
Craig Wharem  
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Brenda@kamacnh.com  
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Mark@kamacnh.com

## Website

[www.kamacnh.com](http://www.kamacnh.com)

## Blog

<http://www.kamacnh.com/blog.brt>

## How we stay in touch

Do we have your current e-mail address? The one you actually check? Keeping our records up-to-date is crucial for us to provide you with the most current information. Weather cancellations, reminders, special events, etc. are all communicated through our e-mail correspondence. If we have inaccurate information, it affects how you, our students and families receive information. We also provide a news and update section on the website as well as our blog.

# Summer Class Schedule

→→→ There will be no Group lessons June 24<sup>th</sup>, July 29<sup>th</sup>, & August 26<sup>th</sup> for Belt Exams ←←←



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137 Epping Rd Exeter NH 03833  
(603) 778-8475 [brenda@kimacnh.com](mailto:brenda@kimacnh.com) [www.kimacnh.com](http://www.kimacnh.com)

**No Group Classes 6/26/15, 8/25/15 For Belt Exams**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			Youth Open 10:00am-10:50am Mat 1	Youth Open 10:00am-10:50am Mat 1		-Please arrive 10-15 minutes prior to class time -Remain in shoe area if a class is on your mat. -Never disturb class in session -Quietly stretch on your mat to prepare for class before it begins -All Jewelry must be removed prior to class -All valuables should be left in your car -Clean uniform and hygiene habits are a must -School tee shirt and shorts should be worn under uniform -All guests should remain in the viewing room -All shoes must be kept the benches. Coats hung up on hooks
			Teen Kickboxing 11:00am-11:50am Mat 1	Teen Open 11:00am-11:50am Mat 1	Youth/Teen Open 9am-10am	
	Adult Kickboxing 12:00-12:50pm Mat 1		Tots Open 12:00pm-12:30pm	Tots Open 12:00pm-12:30pm		
	Tots Open 3:30pm-4:00pm Mat 1	Tots Open 3:30pm-4:00pm Mat 1				
	Teen Open 4:00pm-4:50pm Mat 1					
Varsity Program 4:00pm-4:50pm Mat 2	Youth Beginner 4:00-4:50pm Mat 1	Youth Beginner/Int 4:00-4:50pm Mat 1	Junior Black Belts 4:00pm-4:50pm Mat 2			
Youth Int/Advanced 5:00pm-5:50pm Mat 1	Junior Black Belts 5:00pm-5:50pm Mat 2	Youth/Teen Advanced 5:00-5:50pm Mat 1				
	Teen Kickboxing 5:00-5:50pm Mat 2	Varsity Program 5:00pm-5:50pm Mat 2	Tots Open 5:00pm-5:30pm Mat 1			
Teen Open 6:00pm-6:50pm Mat 2	Youth Beginner/Int 6:00-6:50pm Mat 1	Adult Kickboxing 6:00-6:50pm Mat 1	Youth Beginner/Int 6:00-6:50pm Mat 1			
Adult Kickboxing 7:00-7:50pm Mat 1	Adult Kenpo Open 7:00-7:50pm Mat 1		Adult Kenpo Open 7:00-7:50pm Mat 1			

**Tots Program- 4-6 year olds      Youth Program- 7-11 year olds      Teen Program- 12-17 year olds**  
**Adult Program- (18+)      Varsity Program (Instructor nominated only)**

**Beginners: White-Orange Belt      Intermediates: Purple-Green Belt      Advanced: Adv.Green-Black Belt      Open : All Ranks Welcome**

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# Things to Remember for Summer

- Class times will remain the same whether at the Dojo or during Stratham Hill Park Days! So make sure you read and post your calendar so you arrive at the right location for class!
- If weather is bad on any day that classes meet at Stratham Hill Park, then normal classes will be held at the Exeter Dojo. When in doubt call the school or check the website and your email for verification. We will make the decision by noon each day.
- Please be sure to put sunscreen on your kids on days that are going to be outside! Also water bottles with your kids will insure that no one dehydrates.
- Every Friday is Buddy Day. All we need is a name, address and phone number of the child's buddy. There is no limit on the amount of buddies a student may bring. We just ask that the parents of the buddy be informed of where they are going and the appropriate pick up time be scheduled.
- **Please be sure kids ALWAYS bring something to wear on their feet!** Running shoes or the sandals that strap around the ankle are best. Flip-flops are not recommended. Footwear is a MUST whether we are here at the Dojo or at Stratham Hill Park. Students without shoes will not be allowed outside.

When in doubt, CALL!  
 778-8475 office  
 770-2555 John's Cell  
 770-4037 Craig's Cell  
 Website: [www.kimacnh.com](http://www.kimacnh.com)

Messages will be checked frequently during July and August!

-----Please support these local businesses that support KIMAC.-----

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# Summer Calendars

Happy Birthday! Martin E., Braeden D., Roger E., Benjamin H., Grant S., Elise V., Chris T., Arden L., John F., Artemio G.

	June 1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
-----Weapons Week-----						
28	29	30	July 1	2	3	4
-----Team Challenge Week-----						

Happy Birthday! Max M., Madison R., Wesley W., Alexandra M., Carter R.

5	6	7	8	9	10	11
-----CLOSED FOR SUMMER BREAK-----						
12	13	14	15	16	17	18
-----Fitness Week-----						
19	20	21	22	23	24	25
-----Movie Making Week-----						
26	27	28	29	30	31	August 1
-----Takedown Week-----						
2	3	4	5	6	7	8
-----Karate Animal Week-----						
9	10	11	12	13	14	15
-----Water Fun Week (All Classes at Stratham Hill Park)-----						
16	17	18	19	20	21	22
-----Crazy Kicks and Submission Week-----						
23	24	25	26	27	28	29
-----FALL SCHEDULE BEGINS-----						
30	31					

Happy Birthday! Talin S., Russell C., Ian D., Ryan D., Jason F., Cole H., Iris K., Sophie T., Jackson M., Sophie L., Lucy G., Andy M., Malkias S., Jacqueline D., Emily D.

# Summer Blast!

And it's our tradition to offer our **Summer Blast** program for the summer! Summer Blast is our unique way of teaching martial arts, team building and competition during the hot summer days of July and August. We wanted to try something new this year! We will be hosting "Theme Weeks"! all classes that week will have elements of the special theme, Then Friday we will have a big activity involving that theme right in class!!

Ever mindful of our commitment to martial arts excellence, we will continue to teach forms and other material during summer blast! In fact, our emphasis is on technique and martial arts training. But we also recognize how summer can affect a child's attention and motivation, keeping a focus on the martial arts when the sun is shining and when it's so much fun just to stay home and run through the sprinklers or stay at the beach is a challenge. But we're up to it!

That's why during our Summer Blast we add a heavy dose of fun to our martial arts teaching!

Please look at the attached calendar and schedule. You will see how we've have most of our classes at the Dojo and in August we have some classes at Stratham Hill park. Days at the school will require uniform pants or school fight shorts **and plain white tee shirt or school tee shirt**. Colored or non school tee shirts will have to be turned inside out. Days at the park will just require shorts, shirt and running shoes. We hope the calendar explains what we have planned, but if not, we'll be happy to answer your questions.

Please be sure to check the schedule and be sure you have your days and times right.

This summer bring your children to class and watch them have a BLAST!

And please be sure to supply your child with a water bottle for every class!

Check out the summer blast calendar on our website as well.  
[www.kimacnh.com](http://www.kimacnh.com)

Sincerely,

John English  
Craig Wharem

# Focus On The Journey

by Craig Wharem



In the world today we are surrounded with news of the terrible events striking society. One prominent one that continues to grow and become worse and worse is bullying. There are new opportunities for bullies to strike, new methods that can be employed. One of the core foundational beliefs at Karate International is to stand up and help where you can. It is in that spirit that I'd like to introduce you to an organization.

Stand for the Silent was started in 2010 by a group of students from the Oklahoma State University- Oklahoma City Upward Bound Chapter after they heard the story of Kirk and Laura Smalley's son, Ty Field-Smalley. At eleven years-old, Ty took his own life after being suspended from school for retaliating against a bully that had been bullying him for over two years.

Stand for the Silent exists as a platform to allow Kirk and Laura to share their story and offer education and tools that will prevent their tragedy from happening to another child and family. Kirk and Laura's mission is to continue to change kids' lives and bring awareness to bullying and the real devastation it causes. Since May 2010, Kirk and Laura Smalley have traveled to over a thousand schools and spoken with more than 1,000,000 kids...

I am incredibly excited and proud to announce that over the past few weeks I have been in contact with Kirk Smalley. Karate International and Stand for the Silent are going to join together to stand up against bullying and help raise bullying awareness and prevention!

We are in the process of creating a series of bully prevention seminars and events in order to help those most in need. Please stay tuned to for news of this incredibly exciting step in our continued effort to put an end to bullying and to help Stand for the Silent!

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# *Summer Tutoring*

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## Overview:

My Name is Jay McKenna and I am a 4th grade teacher at Marston Elementary school in Hampton NH. I have a masters degree in Elementary Education and I provide summer tutoring in reading, writing, and math skills for kids in grades 2-8. I also work with high school kids in reading , writing and math topics of algebra 1 and geometry. I can provide support and guidance for kids who are looking to maintain and further develop skills that they have acquired from the previous school year, as well as help kids to prepare for their upcoming school year by introducing academic topics and developing skills and strategies that will be necessary for their success. I meet with kids in a one on one setting or in small group of 2 - 4 students. A brief orientation meeting is required to go over the specific skills parents are looking for their child to receive prior to our first session together. This meeting can take place at Karate International or your personal residence.

## Times:

Sessions run between 8:00 am to 3:00 pm. Monday-Friday.  
During the weeks July 6-10 & July 13-17, any time after 12:30pm .

Each Session runs for 60 minutes.

Sessions Begin: June 25th  
Sessions End: August 8th

## Price:

- \$35 For 1 Hour Session
- \$25 Per Person For 2 or more Students (Limit 4 Students)
- \$300 For 10 Individual Sessions
- \$250 Per Person For 2 or more Students (Limit 4 Students)

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