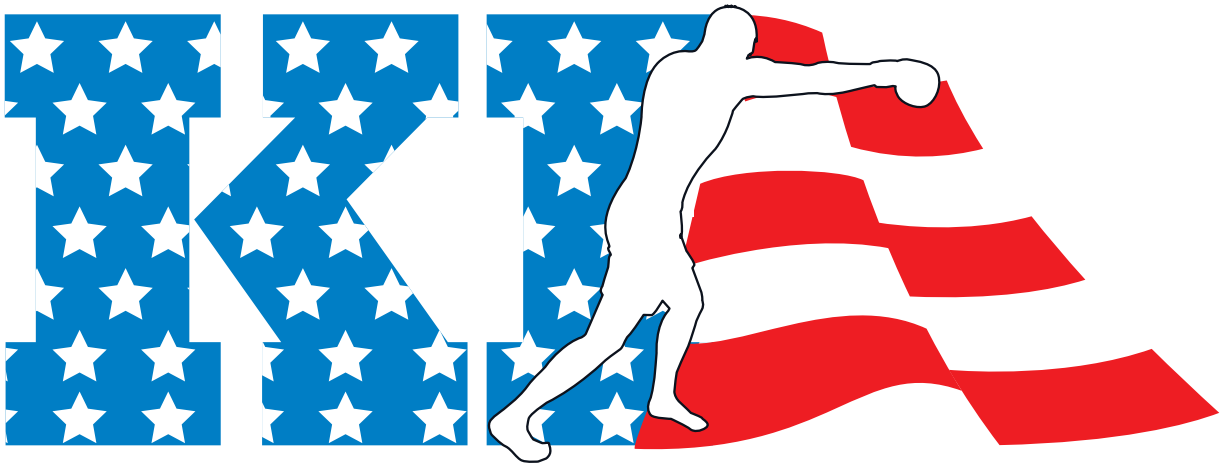


# Summer 2014 Newsletter for Students of



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

# English's Corner

by John English



As we settle in to our new location, I have been thinking about all the steps KI has taken in the community over the years. I am celebrating my 20th year teaching martial arts in the Exeter area. I remember as if it was yesterday beginning my teaching journey next to what is now Steve's diner on Portsmouth Ave! It's hard to believe 20 years later we are still continuing to impact local youth with the benefits of martial arts training! Purchasing our school has really cemented our future and will allow us to start some programs that we have always wanted to do, but just never had the resources to implement.

I want to personally thank everyone who helped us with the renovation and move of the school. It's in the certain seasons of life when people rally around you and support you that show the true mark of friendship and loyalty! I am unbelievably blessed to have you all a part of KI and my life!

Please check out our summer schedule and camp programs! I am really looking forward to the rest of 2014!

Thank you all again and God bless!

Looking forward to seeing you in class!

Mr. English

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## Staff

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## 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 for Belt Exams ←←←

**Serving The Exeter Community Since 1994**  
**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 For Belt Exams**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<b>YOUTH OPEN</b> 10:00AM-10:50AM MAT 1		<b>YOUTH OPEN</b> 10:00AM-10:50AM MAT 1	<b>YOUTH OPEN</b> 9:00AM-9:50AM MAT 1	<b>CLOSED</b>	-Please arrive 10-15 minutes prior to class time
<b>ADULT KICKBOXING</b> 12:00PM-12:50PM MAT 1	<b>TEEN OPEN</b> 11:00AM-11:50AM MAT 1	<b>ADULT KARATE</b> 12:00PM-12:50PM MAT 1	<b>TEEN OPEN</b> 11:00AM-11:50AM MAT 1	<b>RED-BLACK</b> 10:00-10:50PM MAT 1		-Remain in shoe area if a class is on your mat.
<b>YOUTH BEGINNER</b> 4:00-4:50PM MAT 1	<b>TOTS OPEN</b> 3:30PM-4:00PM MAT 1	<b>TOTS OPEN</b> 3:30PM-4:00PM MAT 1	<b>TOTS OPEN</b> 12:00PM-12:30PM MAT 1	<b>TEEN OPEN</b> 11:00AM-11:50AM MAT 1		-Never disturb classes in session
<b>YOUTH ADVANCED</b> 5:00-5:50PM MAT 1	<b>TEEN OPEN</b> 4:00PM-4:50PM MAT 1	<b>RED-BLACK</b> 4:00-4:50PM MAT 1	<b>YOUTH BEGINNER</b> 4:00PM-4:50PM MAT 1	<b>TOTS OPEN</b> 12:00-12:30PM MAT 1		-Quietly stretch on your mat to prepare for class before it begins
<b>BBP</b> 5:00PM-5:50PM MAT 2	<b>TEEN MMA</b> 4:00PM-4:50PM	<b>BBP</b> 4:00PM-4:50PM MAT 2	<b>YOUTH ADVANCED</b> 4:00-4:50PM MAT 2			-All Jewelry must be removed prior to class
<b>TEEN OPEN</b> 6:00PM-6:50PM MAT 2	<b>YOUTH BEGINNER</b> 5:00-5:50PM MAT 1	<b>YOUTH INTERMEDIATE</b> 5:00-5:50PM MAT 1	<b>TOTS OPEN</b> 5:00PM-5:30PM MAT 1			-All valuables should be left in your car
<b>YOUTH INTERMEDIATE</b> 6:00PM-6:50PM MAT 1	<b>TEEN KICKBOXING</b> 5:00-5:50PM MAT 2	<b>TEEN KICKBOXING</b> 5:00-5:50PM MAT 2	<b>TEEN MMA</b> 5:00PM-5:50PM MAT 2			-Clean uniform and hygiene habits are a must
<b>ADULT KICKBOXING</b> 7:00-7:50PM	<b>ADULT KARATE</b> 6:00PM-6:50PM	<b>ADULT KICKBOXING</b> 6:00PM-6:50PM	<b>ADULT KARATE</b> 6:00PM-6:50PM			-School tee shirt and shorts should be worn under uniform

-All guests should remain in the viewing room

-All shoes must be kept in shoe closet. Coats hung up on hooks

TOTS PROGRAM- 4-6 year olds Youth PROGRAM- 7-12 year olds TEEN PROGRAM- 12-17 year olds ADULT PROGRAM- 18+ TEEN MMA- ALL TEENS ALL RANKS BBP- BLACK BELT 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.
- July 7-11th is bring a buddy week. 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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 Web: [waterstreetbooks.com](http://waterstreetbooks.com)

# Summer Calendars

Happy Birthday! Martin Elie, Braeden Dutile, Roger Ellis, Benjamin Hyman, Marc Santagate, Grant Sorber, Elise Vare, Keagan Supple, Chris Tremblay

June 1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Lego Day	17 Puzzle Day	18 Lego Day	19 Puzzle Day	20 Student Choice Day	21
22	23 Sparring Day	24 Crazy Submission Day	25 Sparring Day	26 Crazy Submission Day	27 Student Choice Day	28
29	30	July 1	2	3	4	5
-----CLOSED FOR SUMMER BREAK-----						

Happy Birthday! Emily Allen, Monique Deschenes, Max Miller, Madison Reynolds, Bobby Swist, Wesley Wyman

6	7 Ice Cream Day	8 Board Breaking Day	9 Ice Cream Day	10 Board Breaking Day	11 Student Choice Day	12
BUDDY WEEK! Bring a non-karate friend to class all week!						
13	14 MMA Day	15 Finger Dart Day	16 MMA Day	17 Finger Dart Day	18 Student Choice Day	19
20	21 Team Challenge Day	22 Trivia Day	23 Team Challenge Day	24 Trivia Day	25 Student Choice Day	26
27	28 Brazilian Jiu-Jitsu Day	29 Iaido Day	30 Brazilian Jiu-Jitsu Day	31 Iaido Day	August 1 Student Choice Day	2
3	4 Stratham Hill Park Day	5 7th Family Day	6 Stratham Hill Park Day	7 7th Family Day	8 Student Choice Day	9
10	11 Fitness Challenge Day	12 Talent Day	13 Fitness Challenge Day	14 Talent Day	15 Student Choice Day	16
17	18 Stunt Day	19 Movie Making day	20 Stunt Day	21 Movie Making day	22 Student Choice Day	23
24	25	26	27	28	29	30
-----FALL SCHEDULE BEGINS-----						
31						

Happy Birthday! Talin Sargent, Russell Coddling, Ian Dever, Ryan Dever, Tyler Dutile, Jason Freeman, Cole Hartnett, Iris Katzman, Sophie Turer, Jackson Miller, Ray Portu, Ian Price, Sophie Lyras

# 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.

Starting the week of June 16th, classes will combine curriculum with activities built around fun themes.

Don't miss Family Days! Hot dogs and chips will be served after every class. Ice Cream days are where all students and family members get a ticket for a free ice cream after class for Kimac people. You can eat ice cream that will be served after classes meet. And TWO of the most popular each year, Weapons Day and Board breaking Day!

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 two days 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



Ever since I was a teenager there had always been an inspiring power to the Dojo. I would bow, enter that mat and know that for the next 45 minutes there was nothing to focus on but Karate. I came to appreciate that and always have, especially now as an adult. The world we live in seems to travel at incredible speeds, So much time running to work or the store. We hardly take time out of our day to breathe, much less relax!

I believe that the Dojo (Japanese word for training hall) holds different meaning to everyone who is in it, However for me it is an opportunity to forget about the stress of the day, push my limits, and endure the many challenges we face on the mat.

I encourage everyone I come in contact with to train in the Martial Arts, Now having had the ability to teach everyone from Tots to Adults I can see the different significance that Martial Arts training has for each age bracket and person!

The Martial Arts are an incredible journey, they are life changing and will take you to places you never imagined. I learned that lesson as a student, not a teacher. I have done things in my martial arts training that seemed so far out of the realm of possibility for me that even as I look back it surprises me!

We have started a new chapter in Karate International's great story of martial arts training, If you have been interested in trying the program and haven't yet now's the time! Mr.English and I have worked tirelessly to make sure that we continue to offer the best Martial Arts Program we can.

Bow into the dojo, tie that belt or strap those gloves. Use the time to push your limits and smile at the challenges! In our core every person is stronger then we give ourselves credit for!

Embrace the present, expand your horizons and forget the destination. Use this time to focus on the Journey.

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# Special Events

Call us at (603) 778-8475 for more camp details or email John & Craig:  
John@kimacnh.com or Craig@kimacnh.com

## 10<sup>th</sup> annual KI Martial Arts Day Camp

**Youth:** June 23<sup>rd</sup>-27<sup>th</sup>

**Youth:** July 14<sup>th</sup>-18<sup>th</sup>

**Teens:** August 11<sup>th</sup>-15<sup>th</sup>



### Youth Camp Theme Days:

Star Wars Day • Medieval Day  
Superhero Day • Ninja Day  
Friday Fun Day



## 14<sup>th</sup> annual KI Martial Arts Weekend Camp

June 13<sup>th</sup>-15<sup>th</sup>

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**Closed for Vacation**  
June 30<sup>th</sup> to July 4<sup>th</sup>

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