



**AMERICAN TIGER
MARTIAL ARTS & FITNESS**

Kyin Kung Fu Center

www.AmericanTiger.org

Happy New Year 2019!!

This is the year of C.A.N.I. which means Constant And Never-ending Improvement. We will do our best to teach the core requirements in an efficient and engaging way. We will make sure to put in plenty of drills and games that will increase all of our fitness level in cardio conditioning, strength, balance and flexibility in fun and innovative ways. I think everyone will see, and better yet, feel the difference.

Dragon and Eagle students have been improving in a big way since we implemented our monthly Dragon Defense Techniques. We will do our best to help make the transition to Tiger's class for those who are around 7 years old and make sure that they blossom in this new class with more requirements.

We will also make sure that we give all the support that is needed to get our rather large group of students who are Brown Belt and above to reach their next Belt level and prepare for the challenging but totally doable Black Belt Test. We are looking at April 14th for the next one.

We commit to giving you all the best martial arts experience that you can find ANYWHERE! We know what we are good at and seek to improve every aspect of our program.

Please come to us with your input. What are we doing right? More importantly, what are your suggestions to make things better? We are ALWAYS open to hearing what you or your kids needs are.

Also, come to us if you or your child is struggling with any part of our program or losing motivation. We are often able to help get them over the challenging parts and continue on this life enhancing journey that they started.

Let's make 2019 the year where we look back and think "Wow! We really worked hard and look where it has gotten us!" This is a life lesson that will make every student and instructor live their best life possible for years to come.

Studio Tournament

Saturday, February 23rd is date for our second EVER Studio Tournament. We will hand out a flyer next week that will list the events and give some training suggestions to get ready for this fun and competitive event. Students will compete in categories based on their age and rank in most cases. Everyone who signs up and does their best will receive a medal and there will be place ribbons for each event.

Mark your calendars and start practicing your skills!!

Brown Belt & Up Class

All of our Brown Belt rank students and higher are invited to this month's special class meant to help those Black Belt candidates work on the skills and in the areas they need to get down before making that final push for Black Belt. These classes have proven incredibly fun and valuable in the past, where you can work with people who are at your level of training exclusively and get the tips and advice to correct and improve your martial arts. Black Belts are welcome!

This class will be held on Saturday, January 5th at 12 noon. We really hope to see ALL of our Black Belt candidates and Black Belts there!

500 Challenge!

A new year means new challenges, or in this case, the return of an old one! The January 2019 Challenge is to do 500 good push ups, sit ups and squats over the course of the month. You'll have a special sheet which you can keep track of your numbers and mark your progress, and when you reach 500 of all three, you'll receive a special certificate commemorating your dedication and marking your achievement!

The challenge begins whenever you're ready! (we suggest TODAY) Just make it a habit and boss yourself around into doing at least a few of each exercise every day, and you'll surprise yourself how quickly the numbers—and your energy—will climb!