



Quane Brumitt's

Tri-Star Martial Arts Academy's Monthly News



FEBRUARY 2012

275 N. Industrial Dr., Bradley, IL - www.TriStarKarate.com - (815) 932-5425



Coming together is a beginning. Keeping together is progress. Working together is success.
— Henry Ford

Talent wins games, but teamwork and intelligence win championships.
— Michael Jordan

I have witnessed the softening of the hardest of hearts by a simple smile.
— Goldie Hawn

No one can whistle a symphony. It takes a whole orchestra to play it.
— H.E. Luccoc

Hoping for something is always good for the soul.
— B. Traven

The nice thing about teamwork is that you always have others on your side.
— Margaret Carty

When I first started racing, my father said, 'Win the race as slowly as you can.'
— Richard Petty



Partner Up

Often, February brings to mind pictures of young lovebirds and cupid flying through the sky. Keep in mind, Valentine's Day may be based on partnerships and St. Valentine, but there's a lot we should recognize about the fun, heart-filled holiday.

It offers an opportunity to do things with a partner, whether your partner is a child, spouse, significant other, or friend. That's why, if you mention this article to our martial arts school, you'll be entitled to a free trial class with no obligation when you sign up with a friend or family member.

You may be aware that martial arts training is great for kids and adults. You may even know adults benefit from exercise, stress relief, self-defense, and goal setting, while kids learn discipline, goal

setting, self-defense, and respect building, enhance their motor skills and flexibility, and earn better grades.

Have you thought of doing martial arts with a partner? A partner doesn't have to be in the same class, even though that may be possible. It means, at a minimum, being involved in the same activity so you both have a commonality and maybe even some common goals. Having a partner, in any activity, including martial arts will offer numerous benefits:

Accountability - Having a friend or child always looking to see if you are training is a huge motivation to stick with it.

Commitment and Motivation - There is nothing better than having a partner committed to the same goal as you to keep you involved and motivated.

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February 10th - Overnighter
February 20th-21st - Closed
February 22th-23th – Graduation 6-up Class
February 27th- March 1st – Sparring
February 28th – MMA Testing

March 19th-23rd - Closed
March 26th-30th - Sparring
March 29th - MMA Testing
March 31st - 1st Black Belt Pre-Test

REMINDER FOR:

Beginner, Intermediate, Advance & JBB Belt's

Your Curriculum is online now. Go to
www.TriStarKarate.com
Click on Student Log In Button & Start Your
Online Training Assistant Today.

Having Trouble? Ask Trevor

This month our weekly lessons will cover:

Week One:

"TEAM means Together Everyone Achieves More!"
— Author Unknown

Week Two:

"Coming together is a beginning. Keeping together is progress. Working together is success."
— Henry Ford

Week Three:

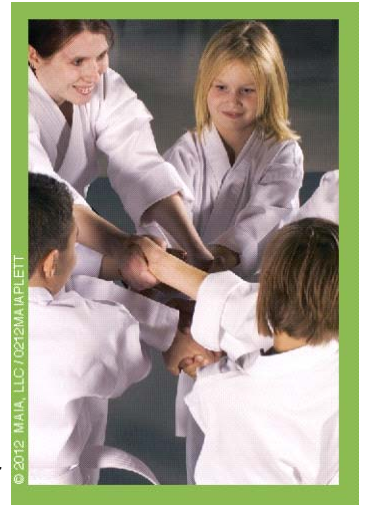
"A group becomes a team when each member is sure enough of himself and his contribution to praise the skills of others."
— Norman Shidle

Week Four:

"None of us is as smart as all of us."
— Ken Blanchard

Dear Parents and Guardians,

This month, our weekly lessons will cover teamwork. **Although martial arts is an individual sport**, there are times when a martial artist will work on a team with other members. This could be in class when everyone is doing the same drill, in a demo when the entire team is performing for a common goal, or in life when they have to work with their peers, co-workers, or family.



How Can You Help?

Be a team at home. It doesn't matter if you're a single parent or a couple with one or more children. Learn how to work together to do things around your home.

- Help your children be team players on their sports teams or at school. Show them the true meaning of good sportsmanship – and that two or more heads are better than one.
- Help your children develop their self-esteem and confidence by allowing them to make some of their own choices and learning from their mistakes. When they feel good about themselves, they'll be able to praise other members of the team, their family, or their friends.
- Teach your children to help other members of the team. Help them develop their sense of giving back. Let them know it goes beyond the martial arts. Show them they can come together as a team with friends and help a friend's family in need.

Share the Fable of the Porcupine with your children:
It was the coldest winter ever, and many animals died because of the cold. The porcupines, realizing the situation, decided to group together to keep warm, but the quills of each one wounded their closest companions. After a while, they decided to distance themselves from one another, but then they began to die, alone and frozen.

They had to make a choice: Either accept the quills of their companions or die. Wisely, they learned to live with the little wounds caused by their close relationships, in order to receive the heat that came from the others. This way they were able to survive.

Moral of the story:

The best relationship is not the one that brings together perfect people; it's when each individual learns to live with the others' imperfections and can admire their good qualities.



Take a Team Approach

February is a great time to start a martial arts class with your partner or your child. If you made a New Year's resolution to get in shape, meet that goal with martial arts classes. Working together, as a team, can keep each of you motivated and involved.

Having someone to work out with, and encourage and inspire you to keep going, is a great gift. Utilize your team for that very reason. In return, give your attention and praise to the people who are helping you. One of the greatest gifts you can give another is interest in what they are doing.

Think of giving your team a membership to the local martial arts school for Valentine's Day. If they are already students, give them gift cards to purchase equipment they may need for their class, or a new uniform.

Regardless of how you express your love to the people who are closest to you, remember you are a member of a team that lives together, works together, plays together, and/or takes class together. Make them proud and earn their respect. Encourage them when they do something well and invite others to join you when they need some inspiration.

If you don't have a team, join one or start one. A team can start with just another person who has the same goal or vision. Work towards your goals and measure the efforts, not the results.

"Individual commitment to a group effort – that is what makes a team work, a company work, a society work, a civilization work."
— Vince Lombardi

Bones

The body of every organization is structured from four kinds of bones.

There are the wishbones, who spend all their time wishing someone would do the work.

Then there are the jawbones, who do all the talking, but little else.

The knucklebones knock everything anybody else tries to do.

Fortunately, in every organization there are also the backbones, who get under the load and do most of the work.

Leo Aikman — Atlanta Constitution



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Competition and Support - As long as the competition is healthy and friendly, having friends in the same workout routine acts as a support community. This may enhance your chances of sticking with it greater than any other motivation.

Variety - When working out with partners, you have the ability to keep it fresh. Even though you will have an instructor guiding the way, you and a partner can practice together outside of classes. This is not always the case in individual exercise programs.



March & April's Weapons

Students will need two escrimas stick. You can find them on our website at www.TriStarKarate.com. Click on Shop Our Store to order yours today!

First Ever
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MARCH
2012



YOU DON'T HAVE TO BE A FIGHTER TO TRAIN LIKE ONE!



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30 Day Trial

See Trevor At The Front Desk To Get Started

