



Roseburg Martial Arts Academy

Student Newsletter

November - December 2019

Students and family members,

Summer has now past and we hope you had some time to get out and enjoy some nice weather and beautiful surroundings we are blessed with here in the Northwest. As we move towards cooler days and the Holiday season, we want to keep you updated about RMAA news, upcoming events and class schedule during the Holiday's

Schedule of upcoming events:

We will be closed the following days:

November 28th & 29th in observation of Thanksgiving.

Belt Testing:

Our final Belt Testing for 2019 will be on **December 4th & 5th**. The details of each test date and times will be posted at the Dojang.

PARENTS NIGHT OUT

Friday December 6th - 6pm-9pm

Hey parents! Drop off the kids with us and go have yourselves a night out together. Our team will have the evening planned with exciting activities, pizza and a kid friendly movie on a big screen. All students, family and friends are welcome to attend.

Minimum age is 4yrs. Cost-\$20.00 ea

Black Belt class will be cancelled for the evening

New Black Belt Promotions

Congratulations to the following students who have recently attained their Black Belt in 2019.

Natalie Chandler	- 2 nd Dan
Caleb Cathey	- 2 nd Dan
Jeremy Pieske	- 1 st Dan
Kent Rutter	- 1 st Dan
Koen Shelby	- 1 st Dan
Nate PeaBody	- 1 st Dan

We are very proud of these members as they demonstrate the higher qualities and leadership skills our World Tang Soo Do Association expects of All Black Belts.

We will be celebrating their achievement during our Holiday Party on December 14th

HOLIDAY POT LUCK DINNER & BLACK BELT PRESENTATION!

Saturday December 14th 4pm-6pm

Location: Holiday Inn Express (Meeting Room)

Please join us for an evening of camaraderie, celebration and great food. All students are welcome to attend along with friends and family, however seating is limited, so be sure to register early and get your FREE entry passes at the studio. This year we have four students who will receive their Black Belt and two that will be presented with their Black Belt Certificate. (See above for specifics on new Black Belt Promotions)

Christmas break: The studio will be closed from **December 23rd – January 1st**. We will resume our normal class schedule on Tuesday January 2nd 2020.

We have provided make up classes during the month of December to compensate for this time off. Please see December schedule at the studio.

With the holiday season approaching, you know that you will be consuming a large amount of different delicious holiday treats. Most of the time people relax the strictness of their dietary intake during this time of year, but for the Martial Artist, health and fitness is a year round concern. You wouldn't want to impede months and months of training and working out by overdoing it during the holidays. Let yourself go a little bit, but not too much. Here are some healthy holiday suggestions.



Roseburg Martial Arts Academy Student Newsletter

November - December 2019

Remember to eat healthy.

It is important that you try to eat as healthy as possible, especially during the holidays when you will have so much temptation from so many different treats. You should allow yourself a considerable amount of freedom when it comes to holiday treats; enjoy some of Mom's cheesecake or Uncle's special stuffing, but don't over do it. It is never good to be greedy. The good Martial Artist can maintain a balance between what he or she eats and how much he or she exercises. By maintaining this balance, you can keep yourself looking good and feeling good. The better you look in the Dojang, the better you will feel about yourself. Not to mention the fact that maintaining good health is its own reward. You will be much happier with yourself after the holidays if you keep your eating and exercising in a comfortable balance. You will feel good when you return in shape and prepared to continue your Martial Arts training in the Dojang.

Thinking out of the Box

In a small Italian town, hundreds of years ago, a small business owner owed a large sum of money to a loan-shark. The loan-shark was a very old, unattractive looking guy that just so happened to fancy the business owner's daughter.

He decided to offer the businessman a deal that would completely wipe out the debt he owed him. However, the catch was that he would only wipe out the debt if he could marry the businessman's daughter.

Needless to say, this proposal was met with a look of disgust.

The loan-shark said that he would place two pebbles into a bag, one white and one black.

The daughter would then have to reach into the bag and pick out a pebble. If it was black, the debt would be wiped, but the loan-shark would then marry her. If

it was white, the debt would also be wiped, but the daughter wouldn't have to marry the loan-shark.

Standing on a pebble-strewn path in the businessman's garden, the loan-shark bent over and picked up two pebbles.

Whilst he was picking them up, the daughter noticed that he'd **picked up two black pebbles** and placed them both into the bag.

He then asked the daughter to reach into the bag and pick one.

The daughter naturally had three choices as to what she could have done:

1. Refuse to pick a pebble from the bag.
2. Take both pebbles out of the bag and expose the loan-shark for cheating.
3. Pick a pebble from the bag fully well knowing it was black and sacrifice herself for her father's freedom.

She drew out a pebble from the bag, and before looking at it 'accidentally' dropped it into the midst of the other pebbles. She said to the loan-shark;

"Oh, how clumsy of me. Never mind, if you look into the bag for the one that is left, you will be able to tell which pebble I picked."

The pebble left in the bag is obviously black, and seeing as the loan-shark didn't want to be exposed, he had to play along as if the pebble the daughter dropped was white, and clear her father's debt.

Moral of the story:

It's always possible to overcome a tough situation through out of the box thinking, and not give in to the only options you think you have to pick from.

Happy Holidays!