



North County Martial Arts
7750 El Camino Real "R"
La Costa, CA 92009

December 2009 Newsletter

It is said, "You can tell a man's character by the path he is on."

Important Dates in December 2009:

December 5th: Ninja Nite!! 6:00pm-10pm.

December 12th: Gup Testing 8 & 10am

December 15th: TUESDAY Gup Promotion 6:30pm

Dec. 24th – Jan 2nd: School Closed for Christmas Break

Congratulations to our November testing Group





Jack is
head over
heels about
his new
orange
belt!

Thank you Nicole
for submitting
these pictures

Want your picture in
the Newsletter?
E-mail them or bring
them in on a disc.
We also need
pictures for the
board at the do jang.

From the desk of Master Jones



It's that time of year where we embrace family traditions, time together with friends and family, eating too much (banana cream pudding is my weakness) and watching way too much football.

It's also the time of year when we become more compassionate toward others. So make the best of it. An act of kindness benefits you much more than the person you show that kindness to. If you give a dollar to that lady wearing the Salvation Army uniform, your dollar is gone. You have no idea how it will be used and either does the lady you gave it to. The dollar is not the point. The feeling of giving, truly giving without regret is far more rewarding than anything that dollar can get you.

How about this? Wave at the guy (with all your fingers) that just cut you off on the highway and be grateful you're not under such time pressure. I think God puts these opportunities in front of us all the time but we don't always see them. During the holiday season our awareness seems to sharpen a bit.

So the next time you're behind a person that would never pass your driving criteria, just remember: "He's the reason for the season." When you're standing in the longest line ever trying to check out only to find out the person in front you has a purse larger than the state of New Jersey and she can't find her wallet: "She's the reason for the season." How about that poor, brand new check out girl that just got her head handed to her by some self-centered moron (you can leave that part out when you read it to the kids). Give her a smile and words of encouragement. You were new at your job once.

Now, challenge #1: Change one person's day for the better each day. Just a smile, a kind word, maybe a card to someone you haven't seen for awhile or maybe just a dollar. Let your heart decide. Set the right example now for your children.

Challenge #2: Stand strong for what you believe in. Your children see everything you do. If you're Jewish I encourage you to wish me a Happy Hanukah. Throw a happy Kwanza my way but don't wish me Happy Holidays. That's for the folks that care more about what is politically correct than what they personally stand for. If you don't have a particular faith, then Jennifer and I would love to have a cup of coffee with you.

Jennifer and I pray that you embrace your faith of choice and use this time to reflect on things of true value. Our faith is the most important thing in our lives and we say Merry Christmas to the people we love and care the most about so.....

MERRY CHRISTMAS!

You just never know what you're going to get at
NCMA on Halloween

The Brave



"Don't mess with Miss USA"

The Beautiful



The Scary



And the **REALLY,**
REALLY Scary!

Looking Toward 2010

We are improving our website. Brian Dister, Colton's dad has been working on cleaning it up and making it more user friendly. Soon, all forms will be available on line. IE: Ninja Nite, Testing and event registrations. We will also have a page designated to our families to promote their businesses.

Currently, all known Ninja Nites, Testing dates and events are on the calendar now, for all of 2010. We will be adding some tournaments to the calendar soon. The calendar can be found on the Schedule Tab.

Starting in **January**, we will have a new schedule (below) that reflects some special classes. Please stop by the office to find out more about the classes and how to join.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:00 - 9:45 White Yellow / Orange
					10:00 to 10:45 Sparring Class Gear Required
3:15 - 4:00 AMP	3:15 - 4:00 AMP	3:15 - 4:00 AMP	3:15 - 4:00 AMP	3:15 - 4:00 AMP	11:00 - 12:00 Green / Red Black Belt
4:00 - 4:45 White/Yellow Belt	4:00 - 4:45 White/Yellow Belt	4:00 - 4:45 White/Yellow Belt	4:00 - 4:45 White/Yellow Belt	4:00 - 4:45 White/Yellow Belt	11:00-2:00 Black Belt Prep
4:45 to 5:00 White/Yellow Orange Weapons	4:45 - 5:30 Green Belt	4:45 - 5:30 Orange Belt	4:45 - 5:30 Orange Belt	4:45 to 5:00 White/Yellow Orange Weapons	
5:00 - 5:45 Orange Belt	4:45 - 5:30 Green Belt	4:45 - 5:30 Orange Belt	4:45 - 5:30 Orange Belt	5:00 - 5:45 Orange Belt	
5:45 - 6:30 Red Belt	4:45 to 6:30 Demo	5:30 - 6:30 Red Belts	5:30 - 6:30 Green Belt	5:45 - 6:30 Green Belt Red Belt	
6:30 to 6:45 Green/Red Family Weapons	6:30 - 7:30 1st Gup / Black Belt	6:30 - 7:30 Family / Adult	6:30 - 7:30 1st Gup / Black Belt	6:30 to 6:45 Green/Red Family Weapons	
6:45 - 7:30 Family / Adult				6:45 - 7:30 Family / Adult	