



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

January 2010 Newsletter

"Always finish what you start."

Important Dates in January 2010:

January 9th Black Belt Prep Classes Begin.

January 16th Gup Test

January 18th Martin Luther King 1 Day Camp

January 23rd Ninja Nite

**January 26th @ 6:30 Black Belt Promotion
Ceremony**

January 26th @ 6:30 Color Belt Promotion
Ceremony

January 30th

**ROLAND OSBORNE
CLINIC**

EXCITING CHANGES ARE HERE

We have a new schedule beginning this month. Please check the website and print off a copy. We are adding some weapons classes as well as **Dream Team** and **Master's Club** classes. These are by invitation only. Talk to Crystal or either Sa Bom Nim to find out how to be invited.

The **Dream Team** is the program that Roland Osborne developed. Don't know who Roland Osborne is? Check this out. <http://www.youtube.com/watch?v=TU5nbLIR8Ns>

The **Dream Team** is a select group of students varying in age and rank. The **Dream Team** will go through an intense leadership program that will teach them how to teach a class but more than that, it will teach them to be leaders in the classroom and community.

While Roland's clinic is intended to kick off the six month **Dream Team** program, he is inviting all students to be a part of the clinic itself. There will be more information coming about this.

The **Master's Club** is a long term program that not only offers weapons, but also teaches students specific ways to become leaders and examples in class, at home and in the community. Students in the **Master's Club** will also learn XMA style weapons forms to the point of being able to enter tournaments in that division.

Again, talk to Crystal or either Sa Bom Nim if you would like to know what it takes to be invited.

Martin Luther King 1 Day Camp

On Monday, Jan. 18th, we will have a 1 day camp. The schools are out and it's one of those holidays where most parents are still working.

Time: 8: am to 3: pm (AMP keeps regular schedule)

Fee: \$70 **Registration Deadline:** Mon. Jan. 11th

We take care of the fun and mayhem. Please do not wait and miss registration

From the desk of Master Jones



Here we are again, at that time of year where we reflect on the past and prepare for the future.

As I get older (and older and older) I find myself curious about what motivates us and why it's not the same motivation for everyone. Some of us get motivated by success, or money or recognition or all three. Others are motivated by personal achievement or seeing the accomplishments of our family members and our children. These things leave us with a sense of fulfillment.

Then there is the motivation to look good, be thin, defy the laws of gravity, have the perfect hair, skin and smile. There is certainly nothing wrong with these things but how and when do we start.

Here is what I find interesting. We generally, need a launching point to get started. The most common of course is New Year's Day. Here is what it looks like.

- 1) We tell ourselves that we are going to change and Jan. 1st is the target date.
- 2) All of us have the greatest confidence right after Christmas in this new and positive direction we are going to go.
- 3) Jan. 1st shows up and way too many people have a hang over. There's always my birthday. Yeah, that's a great time to start.
- 4) Statistics show that almost all New Year's resolutions are gone by January 14th.
- 5) Summer, yeah summer. I can do it then. I love summer. I can do anything then. I need to look good then anyway.
- 6) Ok, maybe once the kids get back in school, then I can do it. I can have time to myself to reach my goals.
- 7) A new job. If I can just get a new job, that will fix it easy.
- 8) Nov. 1st (the day after Halloween). Did I really eat 12lbs of my child's candy? I am such a loser!
- 9) Thanksgiving, WELL THAT'S NOT GOING TO WORK!
- 10) New Year's Day! That's always a great time to change.

So there is the common life span a New Year's Resolution. One to 14 days followed by more than 350 days of "I will get to it."

So, have I depressed you yet? Do you want the real answer? Have someone else hold you accountable (not your spouse). Very few of us have the ability to stay the course if we have no one to answer to.

I watch Jones Sa Bom three days a week go to a boot camp training. Just like the rest of us, she too finds reasons not to go but the group of women that she trains with keeps her motivated. Now that she has been going for a while, she looks forward to it.

She and I only read books that benefit the school or us. I hate to read (don't tell the kids). So why do I do it? Because I have made you my accountable person. I need to know that what I teach is the perfect balance of tradition, discipline and yet is still keeping up with the natural evolution of the martial arts. Bringing in Roland Osborne's program is a perfect example of this. Keeping it fun for the kids is important if I want them to stay long enough for me to have that positive roll model influence on them.

Now it's your turn. We want to be your motivator. Good health and success comes from a healthy mind and body. A nice new SL550 isn't worth as much if there is dirt in the gas tank. It's time to change the inside. Let me help you overcome your excuses.

- 1) **I'm uncoordinated.** Probably the greatest martial artist I ever met (Grand Master Hwang) said he was extremely uncoordinated before training. He is now in the Black Belt Hall of Fame
- 2) **I don't want to have to test.** Don't. It's about health and physical fitness
- 3) **The class schedule doesn't fit mine.** We will make new daytime or early morning classes with enough interest.
- 4) **I just want to learn self-defense.** We'll make those classes too.
- 5) **Will the karate pants make my butt look too big?** ABSOLUTELY, but you get to take them off in an hour. The three donuts that will also make you butt look too big don't come off as fast or easy.

Here's our commitment to you: Parents get one free month of training and a free uniform. We will even start day time classes if there is enough interest. Make the change. Now's the time to make a resolution that will stick and here's why.

- 1) Starting something new is always exciting
- 2) Committing to someone holds you accountable to success
- 3) Train for yourself, not for rank, just for the benefits of exercise
- 4) Train for your children. They see much better than they hear.

We are willing to do what it takes to get you to experience what the martial arts can really do for you. Don't let another unfulfilled year pass you by.

The Senior's Corner

Each month we will highlight one of our seniors. I can't think of a better place to start than at the top.

Master Jennifer Bettis-Jones

Rank: 4th Degree Sa Dan

Years Training: 18

Born: Iowa (a few years ago)

College: ASU

Married: Yes

Children: Alicia 17 / Brandon 13

Highest Martial Arts Success: Two time National Forms Champion



Why do you train in Tang Soo Do?

I started training because I was in Fiji and a situation arose that made me feel compromised. Since then, the physical and mental benefits have helped me in all aspects of life.



What is your motivation for teaching?

I enjoy seeing students grow not just in Tang Soo Do and rank but also as a person. There is nothing more rewarding than to know I helped a student grow into a positive and strong individual.



What are your favorite pastimes?

My Family, Exercise, Yoga, Read and I love to travel.

What's your favorite food?

Sushi

What advice would you give to someone wanting to start training?

Don't put it off. Start now. It's funny how the "better time" never shows up. It will change your life for the better regardless of where you are on your path. It will impact you physically and mentally.

Next Month: **Kyo Sa Flores**