

Yearly Outlook

Black Belt Testing

Aug. 10 @ Clear Lake
 1st Exams Aug. 17th @ HQ
 Nov. 2nd @ Clear Lake
 1st Exams Nov. 9th @ HQ

Tournaments

**WORLD—Oct 19th
 Galveston, TX**

Arkansas—November 9th
 U.K.—November 29th

Etiquette Corner

Sportsmanship:

Tournament is right around the corner and approaching competition with the correct goals in mind is crucial. We study an art, we do not play a sport. In a sport, winning is the ultimate goal. In art, self improvement and personal growth is the goal. When we blend sport with art such as during tournament we can easily forget this fundamental premise. We compete to put ourselves under performance pressure and controlled anxiety to better learn to deal with both. In addition, the added training and preparation for the event is so valuable and transfers to all areas of your training. Compete to improve, enjoy, and support your school and you've already won!

September 2019

Kuk Sool Won™ of Clear Lake - Family Martial Art Center

15230 Hwy 3 | Webster, TX 77598 | 281-486-KICK | kuksoolwoncl.com



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|-----|---|--|---|---|
| 1 | 2 Closed Labor Day | 3 | 4 Black Belt 8:30pm Tournament Training | 5 | 6 Black Belt Club 5:15pm Juniors 6pm Adv. Juniors 7pm Adults | 7 Tournament Practice Must sign up for a time slot. Sign up sheet on the display cabinet |
| 8 | 9 Black Belt 8:30pm Tournament Training | 10 | 11 Black Belt 8:30pm Tournament Training | 12 Last day to register for testing. \$10 late fee after today | 13 Make up class 5:15pm Junior Testing 6pm Adult Testing 7pm | 14 Tournament Practice Must sign up for a time slot. Sign up sheet on the display cabinet |
| 15 | 16 Black Belt 8:30pm Tournament Training | 17 | 18 Black Belt 8:30pm Tournament Training | 19 | 20 Make up class 5:15pm Promotion Demo & Pot Luck Party 6:15pm Tournament Meeting during the pot-luck | 21 Tournament Practice Must sign up for a time slot. PARENTS' NIGHT OUT! 6pm to 9:30pm Space is limited! |
| 22 | 23 Black Belt 8:30pm Tournament Training | 24 | 25 Masters Club Class 7:30-8:30 Knife Throwing 8:30-9:30 Indoor Archery | 26 | 27 Black Belt Club Class 5:15pm Juniors 6pm Adv. Juniors 7pm Adults | 28 Tournament Practice Must sign up for a time slot. Sign up sheet on the display cabinet |
| 29 | 30 Black Belt 8:30pm Tournament Training | | | | | |

SPARRING WEEK
 Please bring your equipment all week

Word for the Month: Gratitude

