



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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As we prepare to enter our 16 week cycle to grade students to black belt I can't help but think back to when I first received my black belt. My path to black belt was not smooth or easy but in some ways that made it even more fulfilling. The 16 week cycle makes champions out of seemingly ordinary people, it pushes them past what they thought they could achieve and gives them clear precise strategies to succeed at anything. The 40 - 5 km runs build endurance and strength and really tests their determination. The Excellence in Leadership Instructor development program is our 10 week class room course that all Sealy Karate Instructors must complete so it gives our candidates all the skills they will need to be successful in life , at school and with their families. We will be running almost every day so why not come out and walk the course to help provide a safe a secure running course so the kids can focus on their run.

Student Accomplishment

2012 Black Belt Candidates

4th degree

Dan Kenny

2nd degree

Alicia Black
Kirsten Figliuzzi
Tyler Figliuzzi
Joey Freeman
Maya Nowakowski

Black Belt

Seth England
Miranda Ensing
Lexi deZwaan
Damon Giles
Garella Macerollo
Muriel Meehan
Adam Nowakowski
Nathan Walsh
Damian Wilson

Good luck to all our candidates!

Let's show our encouragement to all the new candidates as they train for Black Belt.

Student News & Regular Reminders

Student Of The Month

Brittany Stairs
Willem deZwaan
Natassja deZwaan
Lexi deZwaan
Miranda Ensing
Muriel Meehan
Ryan Hill
Joseph Todd
Vil Feher
Emma Lavoie
Laura Kinzel
Tristen Dennison
Nicholle Chayko
Georgia Bernhard

Congratulations All!

All students are welcome to run with our candidates. Running sign up sheet is on the bulletin board.

New Students

Please join us in welcoming:

Jacob Farrell,
Tristan Farrell,
Kolby Tomas,
Zackery Jackson,
Spencer Jackson,
Aaron McCullagh,
Nancy Kielar,
Marshall Pemberton,
Kyle Hare,
Julie Cordes,
Kieran Frank,
Elsa Edwards,
Quintin Leidl,
Benjamin Gilbert,
Britni Scott,
Sharon Wade,
Anita Riemer,
Olivia Riemer

BIRTHDAYS:

Michael Marsella-5th,
Kieran Frank-5th,
Nicholas Moore-8th,
Seth England-9th,
Ruby Warren Wilhelm-11th,
Nancy Kielar-13th,
Ewan Sleep-13th,
Luke Garnham-14th,
Adrianna Olszewski-16th,
Michelle Pearce-16th,
Trish Bizjak-16th,
Gabiella Macerollo-18th,
Kirsten Kinchlea-21st,
Miranda Ensing-22nd,
Kolby Tomas-23rd,
Ethan Bracken-24th,
Mallory Sanderson-25th

Happy Birthday Everyone

March Break Camp

March 12—16, 2012

Join the FUN indoor & outdoor activities, we keep the kids busy with exercise, fresh air and play time. **Sign up early to be assured of a spot.** We also run camps on P.A. Days & over the summer, no previous experience needed to join our camps.

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*

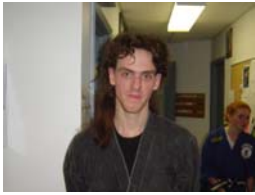
Congratulations to Kevin Sealy (aka K.C. Lee) and his band Persist as they start a road tour with Five Finger Death Punch in March. Persist will be performing at the Hard Rock Hotel & Casino in Las Vegas on March 23rd. Persist will play several venues in Western Canada this summer, then off to the UK to finish up the tour.

Good Luck K.C. Lee & Persist!



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.



**Student of the Month:
Jonathan P.**

Sealy Karate is happy to welcome Jonathan & his sister Emma to our dojo. Jonathan comes to us from

Huntsville where he earned his black belt. Jonathan has been helping out and we are hoping that he will become an SKS instructor one day. Join us in making Jonathan & Emma feel welcome as they continue their training.

Shiai February 18, 2012 at 11:00 am

Feb. 18th is our next Shiai. All students are encouraged to participate in the first of this years' tournaments. There are competitions for all levels with ribbons & trophies for each division. Registration forms are available at the Courtesy Counter or print a copy from our website at sealykarate.ca.

We will be running our Family Fitness Challenge again this year - get a group together & enter to win some awesome prizes. Everyone wins in this competition— Get Fit, Stay Fit, Never Quit!

Buddy Day—Feb. 22, 23 & 24

Bring a friend to one of your classes or all of your classes & show off your skills. Ask your instructor for your Buddy Day Passes.

February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. BBM class 2. Tutorial	1. Weapons 2. Escrima		1	2	3	4 E.I.L week 1 12:30-4:00pm
5 1. Grappling/Self D 2. Weapons	6	7	8	9	10	11
12 1. Kata/kicks 2. Grappling/Self D	13	14	15	16 Grading 7pm Tutorial 6:15 BBM AAA 5:30 Staff meeting 4:30	17	18 Shiai & Family Fitness Challenge 11am
19 1. Sparring 2. Kata/kicks	20 Closed Family Day	21	22	23	24	25
			Buddy Day			
26 1. Weapons 2. Sparring	27	28	29			