



BUILDING SELF-ESTEEM THROUGH THE PURSUIT OF EXCELLENCE

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January/February 2012

## Inside This Issue

- 1 To My Students:
- 1 Accomplishments
- 2 Upcoming Events
- 2 Policy and Procedure Changes
- 2 City/County School Closures
- 2 Website Information

## Accomplishments

Lois Tayson: 3<sup>rd</sup> Dan black belt  
Cori Jemmett: 2<sup>nd</sup> Dan black belt  
Lieta Tayson: 1<sup>st</sup> Dan black belt



## To My Students:

The only difference between a black belt and a white belt is the black belt did not quit.

You have all heard me say this at some point I am sure. My question is, did you take that statement to heart? I have been actively training since 1968. I know what you are thinking--probably something like, "Wow! He is really old." My point is this, in all that time, I have had to rely on the power of perseverance to be able to say, "I did not quit."

You will all have times in your training when you will need to make a decision to either continue to study and learn or just say, "I cannot do it" and quit. I would hope that when you face these tough times and choices that you would talk to one of the black belts about what you are feeling. They will surely tell you about the times in their training when they felt exactly like you do.

They will probably tell you how sometimes it was all they could do to just show up to class.

*(continued... page 2)*

## Upcoming Events

### Parents Night Out

Fridays (dates TBA) from 5 to 8 p.m. Bring your children while you go out!  
Cost is \$5 per child to cover pizza.

### Stanford Spar Fest

February 11th

**Testing dates** are the last Wednesday of every month (Jan.25<sup>th</sup> & Feb. 29<sup>th</sup>).

Payton Poe and Todd Rodgers will be testing their 3<sup>rd</sup> Dan black belt on Friday, Jan. 20<sup>th</sup>, at 5:30pm.

Payton Poe, Joshua Day, and Tanner Payne will be competing at the US Open in Las Vegas on February 20<sup>th</sup> through 23<sup>rd</sup>.

## Policy /Procedure Changes

For parents who would like to bring their kids to Klamath Family Martial Arts on non-school days (see below), the fee is now \$20 per child per day. Please sign up if you would like this service.

## City/County School Closures

**Monday, Jan. 16<sup>th</sup>** (Martin L. King Jr. Day)

**Friday, Jan. 27<sup>th</sup>** (Grade preparation)

**Monday, Feb. 20<sup>th</sup>** (President's Day)

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*(To My Students:... continued from page 1)*

Then, they will look at their black belt and tell you they would not trade the feeling they have every time they tie their black belt on for anything.

You see, you do not just "wear" a black belt, you become one. You have to train your mind to eliminate the "quit option." As long as we let ourselves have the option to quit if it gets hard or "boring," we will more than likely take the easy path of quitting.

What I would like you to do is this: sit down and write the words "I am a Black Belt and I earned it." It does not matter if you are a white belt or a high brown belt; you have to make a commitment to yourself to become a black belt. Put that statement in a place where you can see it every day. When you get ready to come to class tell yourself, "I am going to be one lesson closer to achieving my goal of becoming a black belt."

In closing, remember this -- no one can earn your black belt for you. You must do the hard training and go through the lumps and bumps that come with what we do. I promise you, when you finally tie YOUR BLACK BELT on, you will be so proud of the fact that you persevered and you did what few people can say they have. I hope you enjoy your journey as much as I continue to enjoy mine.

God Bless you all,

- Grand Master Church

I also wanted to say a big thank you to [Mr. Oravil Headly](#) and [Mrs. Bobbi Headly](#) for installing our new carpet and linoleum.