

Happy November Karate Parents! Here's what's happening this month at the DOJO.



The pink shirts were such a huge hit with the kids in October. So much so that we were able to raise three hundred dollars to donate to the Susan G. Komen Foundation for breast cancer research.

We announced last month that we are enhancing our Samurai program. We are adding a 3-year old program – Lil' Dragons! Mr. Cameron and Miss Heidi will be attending an Instructor Certification course specifically for this new curriculum. The program is based on science, and the developmental stages of children.

- The 3 and 4 year olds will be together, learning age-appropriate skills.
- The 5, 6 & 7 year olds will be together, developing age-appropriate Life and Martial Arts skills.
- Both programs (Lil' Dragons & Samurai) will prepare the students tremendously for the next level.

As previously announced, WMA will be expanding into Unit 12, the space directly left of our current school. The outside sign is up, we've begun painting, and the mats have been delivered! When it is all complete this will give us a much more traffic-friendly lobby, more flexibility in scheduling, a third training floor, more storage, and a third restroom. Once we tear the wall down, please pardon our appearance.

Our Monthly Fitness Run will be Saturday, November 9th at 7:30AM (that's in the morning) at Westampton Sports Complex, 301 Bridge Street, Westampton. All Junior Students (not Samurai) are required to successfully complete 1 Fitness Run per Belt. The biggest rule is that students must RUN – not stop, not walk – RUN the whole time. The number of required laps is determined by age and belt level.

There will NO classes November 28th, 29th and 30th for Thanksgiving.

Westampton Martial Arts will be represented at the South Jersey MOM Magazine Holiday Expo on Saturday, December 7th from 12-4PM at Cherry Hill Mall. There will be more than 50 vendors with educational, fitness, after school and healthy lifestyle programs. There will also be lots of giveaways, chances to win prizes, free face painting, demonstrations and more. If you plan on stopping by, please wear your Westampton Martial Arts t-shirt.

PLEASE be on time for class. Being punctual demonstrates responsibility and respect. When you arrive late for class, it is not only a distraction to the students who are already in class, but it is disrespectful to those who DID show up on time. I completely understand the occasional emergency and that parents are busy transporting multiple kids to multiple places. After last month's announcements and multiple Facebook posts regarding this issue, there are still students who are often 1 to 5 minutes late. We have one of the most flexible class schedules in the Martial Arts industry and I urge you to choose classes that you can get to on time.

NOISE: We appreciate the effort that some of you have made in taking loud and or screaming children out of the parent area during classes. Please continue to be conscious of the noise level so that the students and instructors are not distracted.

I value your input and would be happy to discuss any of these topics with you at any time. We love teaching your children and want to continue to provide the best learning environment possible. Thank you and have a great day!

-Bob Kirkpatrick