



STUDENT EXPRESS

DavidDeaton.com // ddks@bellsouth.net // Facebook.com/DavidDeatonKarate
(615) 824-9111 // (615) 370-0745

December 2017

90-Day Fitness Challenge

Message of
the Month. . . .



*** Lose Weight * Improve your Health * Feel Great * Gain Self-Confidence * Win Cash ***

Want a chance to win \$500 while significantly improving your health in a fun upbeat environment? Join us for our 90 Day Fitness Challenge! Winner receives \$500 cash!

Registration begins January 2018. Classes start the 2nd week of February 2018.

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Some pictures to color!

Give more than a gift this Christmas; give the confidence of a strong self-defense and the benefits of increased physical and mental health. Give the gift of Karate.
Our Christmas package special of just \$24.95 (+tax) includes a personalized certificate, two thirty minute lessons, a uniform, and a t-shirt.



Merry Christmas

To:

SAMPLE

From:

CERTIFICATE

"NASHVILLE'S FIRST AND ONLY PRIVATE KARATE SCHOOL"



This certificate entitles you to the Quick Start Course consisting of a week of karate classes (private/semi-private) at David Deaton Karate Studios and also includes uniform and t-shirt. Classes begin the week of January 2, 2018. Call to schedule your first class:

Brentwood 615-370-0745
Hendersonville 615-824-9111

Parent's
Corner...

Tips for a Stress Free Christmas

Don't
get your
tinsel in a
tangle

Christmas can be a very stressful time of year for many people. If this is true for you, try the following tips this season to help reduce stress and increase cheer:

If you're in the habit of over-spending, make time to consider your current financial circumstances and future needs. Use this information to create a realistic budget and stick to it. Remember that the greatest gift you can give is that of your love and time.

If you're in the habit of over indulging on holiday treats, go ahead and celebrate while practicing moderation. In this way, you can still enjoy the holidays without packing on the extra weight and harming your health.

Be sure to pause and savor the little moments, for moments become treasured memories.

"One of the most glorious messes in the world is the mess created in the living room on Christmas Day. Don't clean it up too quickly."

~Andy Rooney



Upcoming Events



November

18th -- Master Black Belt Star Review

23rd-25th -- Closed for Thanksgiving Holiday

December

8th -- Hendersonville Graduation

15th -- Brentwood Graduation

21st -- First Day of Winter

22 Dec - 1 Jan 2018 -- Closed for Christmas & New Year

January 2nd

Reopen for
reclass



December Birthdays

BRENTWOOD

4 Meredith Yount
10 Nico Shelton
12 Michael Finger
15 Hanna Barnes
17 Alex Dozier
29 Nolan Woo

HENDERSONVILLE

3 Juliana Malbrough
Joel Smith
10 Darcie Duckworth
11 Burke Mullins
12 Elizabeth Caldwell
Dennis Wallace
14 Phil Sciacchitano
16 Cruz Castro
17 Caleb Alvis
Keegan Noffsinger
19 Jude DeLozier
20 Jesus Calvo
Bobbi Stephens
21 Riley Knaak
Aiden Rigsby
26 Landry Locke
28 Harrison Portell



Martha Stewart's Homemade Hot Chocolate

Ingredients:

3 1/2 Cup Sugar
2 1/4 Cup Cocoa
1 TBS Salt
Milk

1. In a large bowl, combine sugar, cocoa, and salt. Whisk to combine well. Store the mixture in an airtight container.
2. Pour desired amount of milk into a saucepan. Add 2 TBS of cocoa mix for every 1 cup of milk. Warm milk over medium low heat, taking care not to let the milk boil.
3. Stir constantly as it heats. It will be done once all the cocoa mix has dissolved.
4. Enjoy!



Kid's
Corner...

Some Pictures to Color!





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December 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
	Hendersonville--Test Week					
3	4 Hendersonville -- PT Week Brentwood--Test Week	5	6	7	8 <i>Hendersonville Graduation</i>	9
10	11 Hendersonville--Bo Week Brentwood--PT Week	12	13	14	15 <i>Brentwood Graduation</i>	16
17 	18 Hendersonville -- PT Week Brentwood -- Bo Week	19	20	21 <i>1st Day of Winter</i> 	22 <i>Closed</i>	23 <i>Closed</i>
24	25 <i>Christmas Day</i>	26	27	28	29	30
Closed <i>Have a wonderful Christmas Break! See you in the New Year! ***Closed***</i>						
31 <i>Closed</i>	1	2 <i>Reopen for Class on Tuesday January 2, 2018</i>			