



STUDENT EXPRESS

DavidDeaton.com // ddk@bellsouth.net // Facebook.com/DavidDeatonKarate
Hendersonville: (615) 824-9111 // Brentwood: (615) 370-0745

May 2018

Message of
the Month...

What's Inside...



PAGE 1

~Message of the Month:
48th Annual Summer
Camp for Beginners

~Do What You Can Do,
As Perfectly As You Can
Do It

PAGE 2

~Parent's Corner: Be-
coming a V.I.P. Parent

~May Birthdays

~Upcoming Events

~What is Memorial Day?

PAGE 3

~Kid's Corner: Mother's
Day Fun Facts

~A Picture to Color

48th Annual Tuition Free Summer Camp for Beginners



It's that time of year again! We are in the initial stages of forming our summer camp classes for beginners. These tuition free classes are designed for children ages 4-17. Our goal is to help street-proof the children with vital safety tips and easy to learn self-defense, including how to handle bullies, what to do when parents aren't around, what to do when meeting strangers, and how to determine if the stranger is a good one or one to avoid.

There are two summer camp sessions to choose from. The first session starts the week of June 4th and the second starts the week of July 16th. Both camps run for 4 weeks--that's a full month of classes tuition free! The only cost is the summer camp uniform, (\$45 + Tax).

Limited spaces are available. Call today to set up an appointment to get your child registered; these classes do fill quickly and registration has already begun. See you this summer!

Do What You Can Do, As Perfectly As You Can Do It

Success lies in the details. As a beginner, this is one of the most important lessons to learn. The essence of practice, and often, the success of any technique, lie in the subtle details. If you compare the basic techniques of a beginner, an intermediate and an advanced student, undoubtedly the differences between them will be in the subtleties, not in the gross movements.

In order to discipline the mind, increase awareness, and develop a strong body and strong technique, you must realize that mindfulness of each detail is crucial. You must be aware of mistakes before mistakes can be improved upon. You can become more aware by developing self-control and discipline of mind, keeping the mind focused.

Begin anew with each class. Resist the desire to dwell on your mistakes and/or your accomplishments; your goal in each class is to stay in the moment. Do your best to correct your mistakes without feeling disappointment or frustration. Be patient; while your techniques might need physical improvement, your effort can always be sincere.

With enough awareness, martial arts practice will surpass the mere physical level of punching and kicking, throwing and grappling. It will become a discipline of mind and body, an act of mindfulness.

Adapted from Lessons In Mindfulness



Becoming a VIP (Very Involved Parent)

It is critical for the children's development in our program that each parent becomes a V.I.P. (Very Involved Parent). Parents should abide by these top 10 VIP principles to maximize the development of their children:

1. Stick to a regular schedule as much as possible and arrive for class early. (example: Arrive at the school at 4:00 if class is scheduled to begin at 4:15).
2. Encourage your child to follow school protocol and practice martial arts manners.
3. Observe your child's classes as often as possible, remembering to maintain quietness around the class itself. (Remember to use mobile phone only in designated areas, away from ongoing classes).
4. Praise even the slightest progress, understanding that any and all progress helps keep their interest level high.
5. Support Instructor decisions regarding stripes and promotions; they will always be acting in your child's best interest.
6. Be optimistic and encouraging, even if your child shows signs of frustration or boredom.
7. Keep frequent communications with Instructors regarding your child's progress both in and out of the dojo.
8. Attend special events such as Open House Leadership Days and Tournaments. These are extremely motivational for everyone.
9. Learn the Student Creed along with your child.
10. Help your child understand our weekly messages.



Upcoming Events

April

- 14th -- Karate Challenge at Christ Presbyterian Academy
- 20th -- Hendersonville Graduation
- 27th -- Brentwood Graduation
- 28th -- Open House (Brentwood & Hendersonville)
-- Master Black Belt Star Review

May

- 5th - Black Belt Exam
- 11th - Hendersonville Graduation
- 13th - Mother's Day
- 18th - Brentwood Graduation
- 19th - Black Belt Extravaganza
- 26th - Closed (Memorial Day Weekend)
- 28th - Memorial Day (schools closed)

June

- 4th -- 1st day Summer Camp
- 15th - Hendersonville Graduation
- 16th - Open House (Brentwood)
- 17th - Father's Day
- 21st - First Day of Summer
- 22nd - Brentwood Graduation
- 23rd - Open House (Hendersonville)



May Birthdays



BRENTWOOD

- 9 Jacob Deeb
- 13 Izzy Holcombe
- 15 Quinten Campbell
- 17 Arthur Yount
- 19 Lance Finley
- 25 Tate Allen
Andrew Frankenberg
Cannon Frankenberg
- 31 Indira Dash

HENDERSONVILLE

- 5 Joshua Cloninger
- 9 John Barrett
- 10 KJ Johnstone II
- 11 Elijah Gallimore
Callum Knox
- 12 Jonathan Stratton
- 13 Evan McNatt
Nikolas Morell
- 15 Chloe Johnstone
- 16 Hudson Sartain
- 18 Evan Simonsen
Campbell Woods
- 19 Kyla Barrett
- 20 Luke Cole
- 21 Alexander Mazareanu



What is Memorial Day?

Memorial Day is celebrated on the last Monday in May. It is a day set aside to specifically remember and honor those men and women who have died in the defense of our country. Originally called Decoration Day (because the graves of fallen soldiers were decorated with flowers), Memorial Day began as a way to remember fallen Civil War soldiers. After World War I, it was expanded to honor all military members lost in the line of duty.



excerpts from *The Unknown Soldier*

You need not ever know my name;
this unknown soldier seeks no fame.

America, we marched with pride;
we gave our life, for you we died.

How well we knew the time might come
when life could sound that final drum.

Please think of us as life moves on.
We tried so hard 'til that last dawn.

God bless this country with such love;
hold in your heart abundance of.

And when you stand before my grave,
think not of one but each who gave.

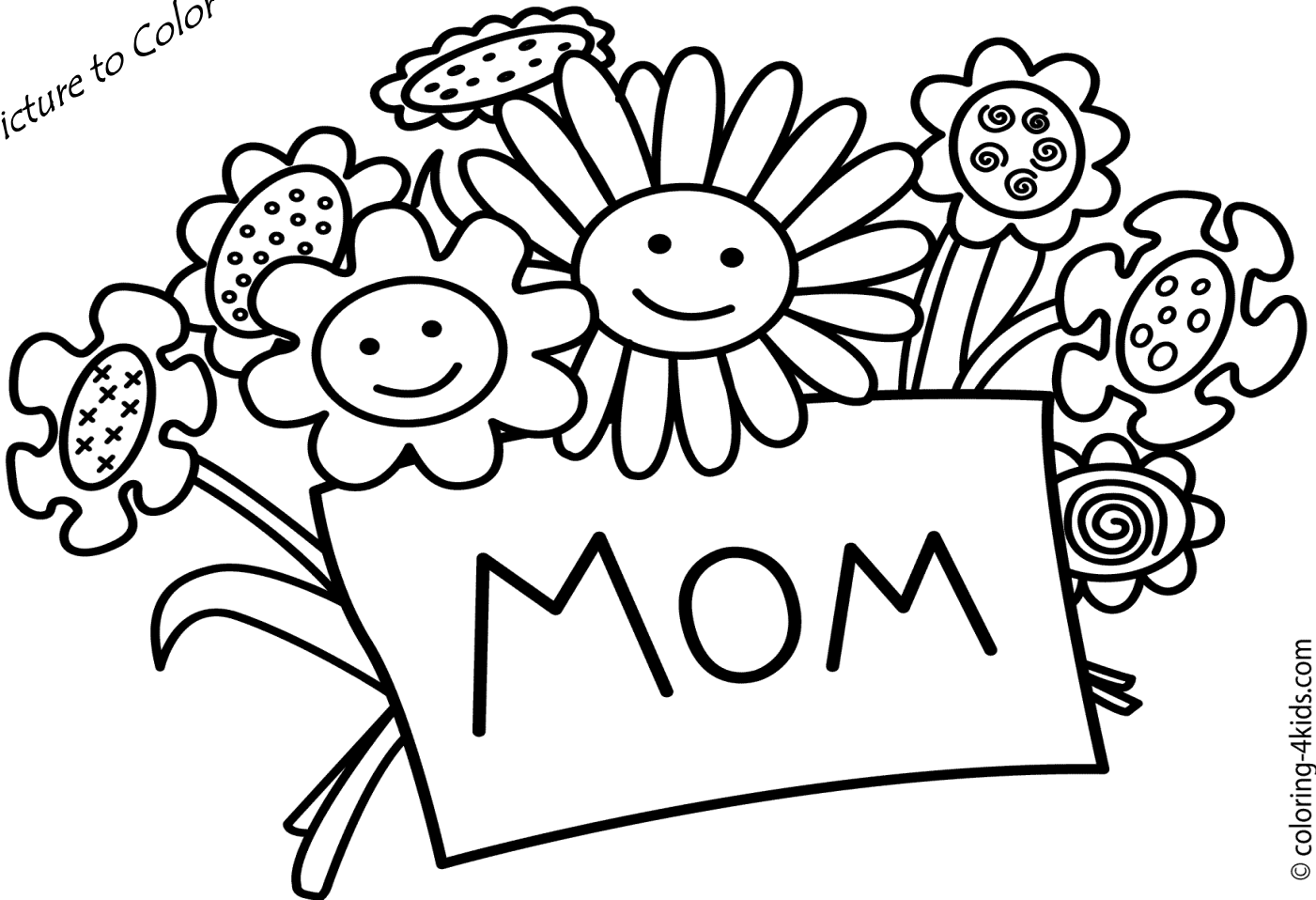
by Roger J. Robicheau

Mother's Day Fun Facts



- ~ The first Mother's Day was celebrated in 1908.
- ~ Mother's Day became a recognized holiday in the United States in 1914.
- ~ Mother's Day is celebrated in roughly 50 countries all around the world.
- ~ Carnations are very heavily associated with Mother's Day; pink and red for living mothers and white for those who have passed away.
- ~ Approximately \$14 billion is spent annually in the United States on Mother's Day gifts.
- ~ Most countries celebrate by honoring their mothers with gifts and other niceties. However, in the former Yugoslavia, children would sneak into their mother's room early in the morning on Mother's Day and tie her up. In order to be freed, she had to pay them with treats!

a Picture to Color





May 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
www.DavidDeaton.com / www.Facebook.com/DavidDeatonKarate / Brentwood: 615-370-0745 / Hendersonville: 615-824-9111						
		1	2	3	4	5 Black Belt Exam
Hendersonville - Test Week						
6	7	8	9	10	11 Hendersonville Graduation 	12
Brentwood - Test Week Hendersonville - PT Week						
13 HAPPY Mother's DAY 	14 Brentwood - PT Week Hendersonville - Bo Week	15	16	17	18 Brentwood Graduation 	19 Black Belt Extravaganza
20	21 Brentwood - Bo Week	22	23	24	25	26 Closed
27	28 Closed  MEMORIAL DAY	29	30	31		