

Success Skill of the Month: "Positive Self-Expectancy & Goal Attainment": Winning Black Belts learn to have an overall attitude of personal optimism and enthusiasm. Winners understand that life is a self-fulfilling prophecy-a person usually gets what he/she actively expects over the long run. Winners have **HIGH EXPECTATIONS** of themselves and work to achieve those outcomes. A) Identify what you're trying to achieve B) How much are you willing to do C) How easily will you give up D) How much is it worth to you

October 2011

Monthly Assignment (Check front table by doors)
Who do You Admire? Who is Your Hero? Mentor?
Write down and turn in for an Attitude Stripe



Upcoming Events:
In House Tournament Nov. 12th
Brown/Black Belt Workout
December 9th, 10th, 11th,



Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
<p>Don't forget to get your name on the Kilo Chart!</p>	<p>Remember! Bring your sparring gear to all classes!</p>	<p>If you are testing, check your progress chart to see where you are!</p>	<p>Practice! Practice! Practice!</p>		<p>Your Goal should be Black Belt!</p> 	<p>1 Kid Fest 9am-4pm Brown & Black Belt Demo 6pm-9pm</p>
<p>2 10am-6pm Sierra Vista Mall Happy Birthday Daleah V!</p>	<p>3 Happy Birthday Dave B! Happy Birthday Rihanna N! Leadership/Master's Tutoring Class 7:30-8:00</p>	<p>4 Happy Birthday J.D. T!</p>	<p>5 Happy Birthday Brook C! Leadership/Master's Tutoring Class 4:30-5:00</p>	<p>6 Happy Birthday Nicole H! Happy Birthday Jameece M! Brown & Black Belt Demo Practice 6pm-7pm</p> 	<p>7 Mountain View School Carnival Face Painting Gift Basket Entertainment</p>	<p>8 BB Demo Performs @ Fair 3pm-3:30pm</p>
<p><--Pre-Testing Week! Practice Your Kenpo!--></p>						
<p>9 Happy Birthday Anthony Z & Gina C & Remea R! Boomers Demo Practice 2pm-4pm Coaching Class 4pm-5pm</p> 	<p>10 Leadership/Master's Tutoring Class 7:30-8:00</p>	<p>11 Happy Birthday Perla M!</p> 	<p>12 Happy Birthday Giovanni S! Leadership/Master's Tutoring Class 4:30-5:00</p>	<p>13 Leadership Class 6pm-7pm</p> 	<p>14 Happy Birthday Jordan S! Garfield Carnival</p> 	<p>15 Wiggle Waggle @ Fresno State Belt Promotion Day! White to Advanced Green: 3:00-5pm Youth Dance @ 9am</p> 
<p>Cardio & Belt Testing Week for White-Green Belts!!</p>						
<p>16 Happy Birthday Ms. Jenny Martinez! Happy Birthday Jorge R! Boomers Demo Practice 12noon-2pm Coaching class 2pm-3pm</p>	<p>17 Leadership/Master's Tutoring Class 7:30-8:00</p>	<p>18</p>	<p>19 Leadership/Master's Tutoring Class 4:30-5:00</p>	<p>20</p> 	<p>21 Zoo Boo Riverview Carnival</p>	<p>22 Zoo Boo Happy Birthday Meikehl F!</p> 
<p><--Favorite Hoodie Week! Wear Your Favorite Hoodie or Sweater For the Winter!--></p>						
<p>23 Bully Rescue Boomers</p>	<p>24</p>	<p>25</p> 	<p>26 Leadership/Master's Tutoring Class 4:30-5:00</p>	<p>27 Leadership Class 6pm-7pm Happy Birthday Jentry T! Happy Birthday Ryan E!</p> 	<p>28 Zoo Boo</p> 	<p>29 Zoo Boo Happy Birthday Andre J!</p>
<p>30 Halloween on Pollasky</p>	<p>31 HAPPY HALLOWEEN</p>	<p><--Crazy Hat Week! Wear your favorite Hat!--></p>				

