



NEWS LETTER

JULY

Closed for the 4th

TBK will be closed Saturday, July 4th in observance of the holiday. Enjoy time with your family and we will see everyone in class on Monday, July 6th.

Black Belt Testing

All Black Belt testing will take place on August 15th. Those who were supposed to complete their testing in April and those planning on pre-testing for the fall cycle will be testing on this day. **We will be having a black belt candidate training opportunity on July 11th at 2:00pm.** This will take place outside of Eagle Academy in Aurora. You may wear your summer training uniform (mask, shirt, dobok pants, and belt). Mark your calendar and watch for more details to follow.

Current Re-opening Guidelines

As we have moved into Phase 4, we wanted to share with you the safety precautions TBK has put into place.

Entering the studio: Each student will be asked how they have been feeling and have their temperature checked.

Masks: All persons entering the studio must always wear a mask. Even while observing classes or participating in classes.

Layout: There are 6-foot boxes taped out on the mat. There is 2 feet of space between each box. Students will participate in karate class within their boxes.

What to bring: Mask, Uniform, Water Bottle, Appropriate weapons for higher rank. You do NOT need to bring sparring gear.

Signing up for In Person Classes

We will continue to offer ZOOM classes at the same time as in-person, in-door classes. We have enough space between our two rooms for 30 students. To ensure a taped off area is available for you, we ask that you commit to the days and class times you are training (i.e., your chosen class days are Monday at 3:30pm and Wednesday at 6:00pm).

Please use our online portal:

<https://member-site.net/?sid=e8>

to choose your class days for in-person, indoor training. Consistency is the key for success! To achieve Black Belt, consistent practice is

required. This is a great opportunity to practice that discipline and come at a consistent time.

Backpack Drive

We are collecting school supplies to help needy families as school goes back in session in August. More information will be coming, but if you are out picking up supplies for your child, keep someone else's in mind.

After School Program

We are keeping up to date with the current requirements and patiently (or somewhat impatiently) waiting on word from the school districts as to what they are doing. Please let us know if you intend to use this program this year (assuming school is back in session and not e-learning).

With the current space requirements, we are trying to determine how much space we will need based on the 50% occupancy set forth in the Phase 4 guidelines.

Mark your Calendar:

July

- Closed 4th
- Candidate Training 11th @ 2pm
- Ki Gong 12th @ 6:30pm

TRUE CHARACTER



A Balanced Approach to
Character Development

Young students: “When life pushes me down, I bounce back up!”

Older students/teens/adults: “The ability to bounce back from stress, challenge, trauma, failure, or adversity.”

Dear Families,

This month we will focus on the character word “resilience.”

Raising kids in today’s world isn’t all sunshine and roses. There are lots of scary things happening on the news. This makes it easy to see why adults want to shield children from the hardships. Over-protecting children isn’t the answer to adversity, teaching resilience is.

The ability to “bounce back” from stress, challenge, trauma, failure, or adversity is the definition of resilience. We can see children practicing their resilience when they pick themselves up when learning to ride a bike and falling. They try again. We can see it when learning to read or attempting a new skill and continuing to try even when they could have given up.

The ABC’s of resilience are Adversity, Belief, Consequence. When faced with adversity (I fell while doing X skill), do I believe that I stink and won’t ever get it, or do I believe I can with a little more practice. Consequence becomes quitting or getting better at X skill.

Resilient people are problem-solvers. They ask “how?” to get to the bottom of a difficult challenge.

Throughout the month, we will be discussing the following topics about resilience:

Resilience defined: What is it? How can our ABCs determine resilience?

Problem-solving: How does risk & resilience allow us to solve problems?

Tough situations: How does resilience help us to cope & bounce back?

Failure & Success: What’s our new motto and what we learn for next time?

People who are resilient see themselves as powerful and able to make powerful change. In talking with the students about being resilient, we want them to realize that they can handle difficult situations and make positive changes in their lives!

See you on the mat!

Master Helsdon and Master H.

July 2020

"A" Day: Basic Skills, Forms, Falling
 "B" Day: Basic Skills, Sparring, One-Steps
 Leadership: Staff

Sun	Mon A	Tue A	Wed B	Thu B	Fri "A/B"	Sat "A/B"
			1	2	3 Closed for the 4th of July	4 Closed for the 4th of July
5	6	7	8	9	10 Ki Gong 6:30-9:00pm	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29 Request to Test Forms are DUE	30	31	

Leadership Weapon for July is Staff

Levels	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ki Gong (Meditation)		8:30-9:15a				
Little Dragons (White Stripe Belts) Beginners: 3-7 year old	3:30-4:15p 6:00-6:45p	4:30-5:15p	3:30-4:15p 6:00-6:45p	4:30-5:15p		10:30-11:15a
Junior Achievers (Yellow Stripes) Beginners: 8 and older	3:30-4:15p 6:00-6:45p	5:30-6:15p	3:30-4:15p 6:00-6:45p	5:30-6:15p		11:30-12:15p
Level 1 Yellow, Yellow/Orange, Orange Belts	3:30-4:15p 6:00-6:45p	5:30-6:15p	3:30-4:15p 6:00-6:45p	5:30-6:15p		11:30-12:15p
Level 2 Orange/Green, Green, Green/Brown Belts	4:30-5:15p	6:30-7:15p	4:30-5:15p	6:30-7:15p		9:30-10:15a
Level 3 Brown, Brown/Red, Red Belts	4:30-5:15p	6:30-7:15p	4:30-5:15p	6:30-7:15p		9:30-10:15a
Level 4 Red/Blue, Blue, Blue/Black	7:15-8:15p	6:30-7:15p	7:15-8:15p	6:30-7:15p		9:30-10:15a
Level 5 Black Belts	7:15-8:15p	6:30-7:15p	7:15-8:15p	6:30-7:15p		9:30-10:15a
Adult (13+) All Levels		7:45-8:30p		7:45-8:30p		9:30-10:15a Family

DON'T DELAY, space is limited

AFTER SCHOOL ENRICHMENT PROGRAM



TBK
TRUE BALANCE KARATE



TRANSPORTATION
TO KARATE



CHARACTER
DEVELOPMENT



LEADERSHIP
AND
DISCIPLINE



FITNESS
AND SELF
CONFIDENCE



MUSIC
LESSONS

LEARN MORE ABOUT OUR AFTER SCHOOL MARTIAL ARTS PROGRAM (AMP)

WHAT:

An exciting offering geared at promoting physical and emotional growth and development all while having fun!

WHO:

Exclusively for our Downers Grove, Westmont and Oakbrook families

WHEN:

M-F, After School-6:30; 1, 2, and 3-5 day options available

INSTRUCTOR:

Mrs. Sue Helsdon: An experienced classroom educator and an avid martial arts enthusiast, she has carefully designed a curriculum for success both in and out karate class.

Please note: We are not a daycare

CALL TO RESERVE A SPOT: (630) 663-2000

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www.truebalancekarate.com