

## DATES TO REMEMBER

### FAMILY FUN DAY AND ANNUAL SCHOOL PHOTO

Saturday Aug 5th 12:00

### BULLY PREVENTION SEMINAR

Friday Aug 18th during Leopard and dragons class

### PROMOTIONS

Week of Aug 28th

### ACADEMY CLOSED

Saturday Sep, 2,3 and 4th for Labor day

## Sifu's Corner

CHANGE is an absolute in life. It will happen whether we like it or not and it cannot be stopped. I personally choose to embrace it and flow of change like a dear old friend no matter how challenging it may be. I welcome it as an opportunity to learn, grow, and become a better person.



I believe the challenge with change is that it can often be untimely and very painful. It is because of this that I have often resisted change. I've even tried out of desperation to control it to prevent the inevitable. I humbly accept that my futile attempts to change life as it unfolds has often been an even greater source of pain.

I believe the anecdote for this is the life-skill of acceptance. I choose to accept change as a part of life. As fearful as it can be, I accept that some things I cannot change.

What I can do is choose to live from a growth mindset, welcoming change as a part of that growth. I am ever mindful of the metaphor that when one door closes that another one will open. If I choose to be fixated on the door that is closed I will potentially miss the opportunities of the one that is opening.

So I am encouraged with faith and hope to accept the changes of life as opportunities to learn, live, and grow. If I can master the ability to accept life on life's terms I believe I can offer myself the potential to live my best **life**.  
Much respect,

Sifu Zai

## Birthdays

### AUGUST

*Mandy Burlison*

*Sam Wilhelm*

*Victoria Castiblanco*

*Aiatallah Baeza*



# Aug - Sep

	MON	TUE	WED	THU	FRI	SAT
<b>WEEK 1</b>	31	1 <b>AUG</b>	2	3	4	5 Annual photos 12:00
<b>WEEK 2</b>	7	8	9	10	11	12
<b>WEEK 3</b>	14	15	16	17	18 Bully prevention seminar	19
<b>WEEK 4</b>	21	22	23	24	25	26
<b>WEEK 5</b>	28	29	30	21	1 <b>SEP</b>	2 CLOSED
<b>WEEK 1</b>	4 CLOSED Labor Day	5	6	7	8	9

**FREE**  
**BULLY PREVENTION CLASSES**

**Friday Aug 18th**  
**During Leopards and Dragons class**

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