

*Paterson's Karate Works, an Original Program Provider at Tansley Woods since 1996 would like to wish Tansley Woods Community Centre a...*

# **HAPPY 20TH BIRTHDAY**

**Paterson's Karate Works**  
**Tuesdays & Thursdays**  
**Community Room #1**

**Class times are between 6:00 and 7:30pm**



Here are some frequently asked questions about martial arts, and a few answers as well.

- Q. Is my child too old/young to start?**  
A. Age is irrelevant, we start when we start. You are not behind, it is not a race. If your child can take direction, they are welcome to join. AND...they will want to teach you the moves at home!
- Q. How do you know they won't use their new skills at school?**  
A. We want them too! Our Martial Arts are developing Life skills and Leadership. Our martial arts skills are all about making people better. Use your skills to make the world a better place, at home and in your community!
- Q. Do they have to wear that uniform?**  
A. Yes, the Japanese term is "gi", and the Korean term is "do bok", we just say uniform. Speak to the instructor about ordering one.
- Q. Karate..TaeKwonDo? What's the Difference?**  
A. Spelling ;) Karate is from Japan, TaeKwonDo is from Korea. They are both martial arts and develop physical literacy, competency and leadership.
- Q. How do you build Self-Esteem and Confidence?**  
A. Slow and steady, in an amazing, supportive environment that empowers our students to struggle and perform our techniques. We help people get better!

**Remember: We become who we spend time with. The Quality of a person's life is a direct reflection of the expectations of their peer group. Choose your friends well!**

Everyone starts with **Curiosity** about the martial arts. This is common and the beginning of the next step, **Exploration!** You find a club and start classes and all the **Repetition** necessary to get better. As your techniques and skills increase, so does your **Confidence** in these skills!

The vast majority of our members enjoy enhanced fitness and self defence confidence as they achieve higher levels of martial arts skills. This is training to train. It is great fun and incredibly empowering.

A smaller percentage of our club enjoys competition. The skills and emotional strength that develop are amazing! Presentation skills, coping with win/lose, humility, responsibility and courage, to name just a few. This is Training to Compete.

**12 Week Fall Session**  
**starts September 19th, 2016**  
(Lessons make a great gift because you know its something people will use)



**www.patersonskarateworks.com**

# 1996-2016

## 20 Years of Awesomeness

### Paterson's Karate Works & Tansley Woods

## Our Martial Arts help with life skills and life style!

Strong statement, how?

We link many of our physical skills with mental ones, and this leads to a greater understanding of battle. People disagree, it's part of life and living with others. Knowing how to handle that and move forward is a very important life skill! In class, students are taught to deflect, move and change positions when attacked. We reinforce the same skills with a verbal confrontation or disagreement. Also, all encounters, begin and end with etiquette, we bow. Etiquette in battle (sport, debate, sibling rivalry, etc) always helps develop a long term solid emotional foundation for the challenges ahead.

## Courage: It's not the absence of Fear, it's facing it!

Mr. Paterson told a story about two children wanting to climb an apple tree to get some apples, out on the limb. Both were too scared to release their grip on the branches to get the apples. So, one child went off to practice climbing in their karate club. The other child told their Sensei what they were trying to do and how they had failed. The Sensei taught the child a number of balance, jumping and falling techniques. The following week, both children tried to get the apples again. The child that practiced climbing was very quick up the tree, however, still wouldn't let go of the branch to grab the apples. The other child climbed and walked out on the limb thinking, "This isn't that high." He easily reached out to get the fruit, and even jumped down to the ground. His fear was gone.



**The point to the story is "Face your fear. If you get better at what worries you, the worry will disappear. Don't just try and get better at what you already can do, that's easy."**

Stories like this happen during the stretching time of our class and usually lead to some fun conversations about what's going on in our students lives. It's a very interesting and humorous stretch time, and a very exciting martial arts program.

After stretching, we practice all kinds of martial arts techniques, some are difficult and take lots of practice to get good at. That's okay as nothing worthwhile comes without a struggle. It's great to see so many children continuing the program and moving closer and closer to their own Black Belt. We hope to see you in the next session starting September 19th, 2016 and continue on your road to Black Belt. *Happy Kicking, Mr. Paterson*

## Quick Registration Form

Tansley Woods

Name:	Birth Date:	<div style="border: 2px solid black; padding: 5px; width: fit-content; margin: auto;">                 20 Years celebration pricing! Only \$99 for the 1st 20 students! (1996 prices!)             </div>
Address:	Postal Code:	
Contact numbers:	Email:	
Any Special Needs:		

### Credit Card Information

Cardholders name _____	CVC # _____
Type of card      VISA      MASTERCARD      AMERICAN EXPRESS	
Credit card number _____	Expiry date (mm/yy) _____



**12 week program is \$169 plus hst (\$190.97) for ages 3-5. \$199 plus hst (\$224.87) for ages 6 and up. Make all cheques payable to Paterson's Karate Works. For more information, or to discuss your child's progress please email [coach@thekarateguy.com](mailto:coach@thekarateguy.com) or call (905) 639-8055**