



BBMAC EXPRESS

September 2010

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Tip Health And Fitness THE BENEFITS OF HEALTHY THINKING!

From Kyoshi Steve LaVallee

Here's a reminder of healthy thinking. You must think and believe that you're a healthy and strong person. You must believe that you're not going to get sick when everyone else gets the flu. "I'm healthy, wealthy, happy and fit. I've got a fighting spirit that will never quit."

The mind is a powerful ally to great health and fitness. It can be a great friend or it can be a powerful enemy to your health and wellbeing. If you think healthy and positive thoughts versus negative thoughts, you're likely to be a healthier and happier than a person who is talking about being sick and tired.

Of course you must also have healthy habits, such as regular exercise and good nutrition. To be a healthy person, you can't smoke cigarettes or eat junk food every morning, noon and night and expect to remain lean and fit. Thinking healthy is just the start, but it's a great start.

Did you know? Martial arts training is one of the leading forms of exercise. It provides a great form of physical fitness, stress relief and the confidence to protect you and your family!

TEN-FEET TALL AND BULLETPROOF From LaVallee's USA Black Belt Champions

One of the most valuable life skills we could ever develop as martial artists is a confident and successful mindset, also known as the "attitude of excellence." There are several ways a champion can train his or her brain and condition it for consistent peak performance. One way is to develop a set of beliefs and values that strengthen your own will to win and to achieve at your highest level of performance.

We should be focusing ourselves on developing a black belt mindset called being "ten-feet tall and bulletproof." Imagine that you are really ten feet tall. You'd have a far greater vision of where you were going and you'd be able to see obstacles well in advance. This would give you a greater power, simply because you'd have a very clear view of the path you are traveling in life.

Now, imagine that you were also bulletproof against anything harmful that could slow you down. Nobody could say or do anything that would slow you down or discourage you from taking the actions that lead you to making forward progress everyday. You'd be bulletproof from sickness, negative emotions and even negative comments or actions from others.

Being ten feet tall and bulletproof is like having an armor that can't be pierced and it gives you an advantage in achieving your most important goals and objectives.

What could you accomplish if you really were ten feet tall and bulletproof?

"I'm fit. I'm lean. I'm a highly skilled black belt machine. I am ten feet tall and bulletproof."

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September is Friend's Month at the BBMAC

For the month of September the Black Belt Martial Arts Center is inviting all of our students to invite their friends to participate in class! Have your friend call us to set up their first class and be sure to give them one of the Friend's Month Coupons on the next page!

For every friend you refer that enrolls you will receive a **\$20 gift certificate** to our school store!

**Welcome Our Newest
Members of the BBMAC Family!**



Leslie Rubin



Cristina Cunha



Elizabeth Bucello



Joseph Moawad



Shaun Rudick



Rahul Osuri



Anthony Kublawi



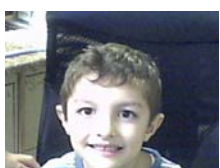
Isabelle Soden



Anthony LaCosta



Cara Klinger



Arman Sagmanligil



Max Grosman



Luke Pinsky



Tatum Pinsky



Luke Dluzneski

Birthdays

Bradley Ingram	September 02
Sam Rigler	September 03
Derek Letourneau	September 04
Anthony Williamson	September 06
Adrian Balderrama	September 07
Sam Boardman	September 08
Rachel Bayard	September 09
Robert Foster	September 10
Rahul Osuri	September 11
John Lee	September 11
Connor Hill	September 11
Tatum Pinsky	September 12
Timmy Fernicola	September 13
Alexander Opont	September 16
Dawit Blackwell	September 17
Xavier Butters	September 18
Donnie Carmody	September 19
Maria Kohlerman	September 19
Ethan Convis	September 20
Dawn Krusemark	September 20
Ethan Park	September 20
Taylor Lee	September 21
Ethan Mincin	September 24
Graham Hopkins	September 24
Elias Gatski	September 26
Tao Ball	September 28
Paddy Swyens	September 28
Harold Witten	September 28
Julian Wright	September 29
Alexis Lee	September 29
Grant Lee	September 29
Ian Becker	September 30

Tiny Tigers
Kamsah Yung

Little Dragon White - Orange
Kamsah Yung

Little Dragon Gold & Up
Kamsah Yung
1/2 Jayoo

Future Black Belts White - Green
Kamsah Yung
Jayoo

Black Belt Champions Purple & Up
Kamsah Yung
Jayoo
Jungye
Pyung Hwa
Jashin

Provisional Black Belts

Chung Ji
Tan Gun
Tosan

1st Degree Black Belts

Won Hyo
Toi Gye
Hwa Rang

2nd Degree Black Belts

Chung Mu
Chung Gun
Gae Bek

Adult Thai Kickboxing

Head Movement Combination
Cover Block Combination
17 Muay Thai Basics

Check our website for the weekly combinations!

This Month's Events

September 4 & 6: Labor Day Weekend

The Black Belt Martial Arts Center will be closed for classes for the Labor Day weekend and on Labor Day.

September 6: Labor Day Parade

Sign up at the front desk to march with us in the Kensington Labor Day Parade! Be sure to wear your FULL uniform and your belt!

9:00—Meet in front of the BBMAC

10:00—Parade Begins

The Parade will end by the Kensington Armory

September 13: Black Belt Boot Camp Begins!

Our next 8 week period of Black Belt testing will begin this week! Be sure to wish our testing candidates good luck!

September 17: Parent's Night Out

Sign your kids up at the front desk! The cost is only \$25 (or \$20 for Black Belt Club members!). Parent's Night Out will go from 6:30 to 8:30 and will include a martial arts class, pizza & refreshments and we will watch a movie.

September 20: Black Belt Boot Camp Week 2

September 21: Board Breaking Class

Sign up for Board Breaking at the front desk to reserve your spot! The class will begin at 6:30 pm.

September 24: Graduation

There will be no afternoon classes today, only the graduation ceremonies. Graduates should arrive 15 minutes early in their FULL uniform and belt.

September 25: Buddy Day

All of our students are invited to bring a buddy to their regular class time. Be sure to fill out an info sheet so your buddy can participate in class!

September 27: Black Belt Boot Camp Week 3

Buddy Day Participation

If one of your friends wants to participate in Buddy Day on September 25th you should go to our website to download a buddy day information sheet!

You can also type this into your browser to download a copy of the sheet:

<http://www.bbmac.com/files/buddyday.doc>

For every buddy you refer that signs up for Friend's Month and enrolls you earn a \$20 gift certificate to our school store!

Friend's Month Coupon

To participate in Friend's Month call us at **301-946-5425** to set up an appointment to start your free month of classes!

Friend's Name: _____

Referred By: _____



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SEPTEMBER

SUN	MON	TUES	WED	THUR	FRI	SAT
			1	2	3	4 BBMAC Closed Labor Day Weekend
5	6 Labor Day Parade! No Classes! Labor Day 	7	8	9 Rosh Hashanah  Happy New Year!	10	11
12	13 Black Belt Boot Camp Begins!	14	15	16	17 Parent's Night Out 6:30 - 8:30	18 Yom Kippur 
19	20 Boot Camp Week 2	21 Board Breaking 6:30 pm 	22	23	24 Graduation No regular classes 	25 Buddy Day! Bring a buddy to class to your regular class to earn a star!
26	27 Boot Camp Week 3	28	29	30		

Kensington Labor Day Parade Sign Up!

The Black Belt Martial Arts Center is marching in the Kensington Labor Day Parade on September 6th! Be sure to sign up at the front desk! We will meet at the school at 9 am. The parade will begin at 10 am.

Make sure you come wearing your full uniform!