

Q U E S T

U P D A T E

D e c e m b e r 2 0 0 7

Merry Christmas and Happy New Year

To all students, parents and grandparents, Thank-You for being part of the Quest family. The main lesson I want to make sure you understand this year is to THINK POSITIVELY.

- 1) To think gives us the ultimate power. We can think one thought at a time, mind you it seems like a constant stream, but when we really think it is only one thought at a time.
- 2) We can choose our thoughts, so we must focus on what we want with "positive thinking" one thought at a time.
- 3) Your mind is a magnificent goal seeking device that will bring to you what you think about. "I am what I think about" and "I bring about what I think about" are things you have heard in class.
- 4) We have to replace our worry thoughts, which rob us of vital life energy with our goal(s) which gives us life energy. Know that thoughts create **e-motion** which in turn create feelings in our body, that create actions, that create results which become our destiny.

Respectfully, Master Dan

StudentNews

Leadership Team Meeting

Monday December 10th 7:05 pm This is Instructor training for Black Belt Club members.

Christmas Party Friday Dec. 7th 5:30 pm– 8:30 pm

Please sign up at the front desk with the number of guests you will be bringing. Also please bring an appetizer that would equal the number of guests you bring.

Formal Grading Saturday Dec. 15th, 10:15 am

Please ensure you are signed-up at the front desk at least 1 week prior to the grading so that your belt will be in stock for you.

Christmas Break Sat. Dec. 22nd - Tuesday Jan. 1st

There will be no classes during that time so that we can all enjoy time with our friends and family.

**Classes will begin again on Wed. Jan 2nd
at there regular times.**

Additions to the Winter Training Schedule

We are pleased to announce the following classes will be added to our schedule beginning Jan. 2nd, 2008.

2nd and 4th Tuesday 6:00-6:45 pm

Supervised Cardio Circuit Train

Wed. Nights 6:00-7:00 pm

Purple to Red Stripe this will be a technical train focusing on patterns and four direction.

Two Classes on Saturdays All levels All age Groups

8:35 am-9:30 am

9:35 am - 10:30 am

Stripe Grading will be 10:30 am-11:30 am

There will also be a six week Tai Chi course on Wednesday and Friday from 12:00-1:00 pm

This course will be lead by Master Al Stembridge and will cost \$139.95 + taxes and will begin Wed. Jan. 16th. This course is open to Quest Members, however the fees for this course will still apply.

***Knowledge in Our Mind: Your destiny is no matter of chance. It is a matter of choice.
It's not something you wait for it's a thing to be achieved.***