

Q U E S T

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The Path to Self Mastery

At Quest we focus on creating a constant and never ending better life for all of our members. What does it take? Well, it starts with your thought to do so, then your decision and commitment to let the positive universal force guide you. Then you must understand it is up to you to choose “**character over compromise**” and that we must be responsible for our thoughts, actions and emotions. That we must first learn to lead our self before we can lead others.

Think long term on your goals, use your personal powers that include; vision, enthusiasm, humility and perseverance. Then truly anything can be with in your reach. This is your year!...if you decide it to be. Choose excellence over mediocrity and live the life you were born to live!

StudentNews

Leadership Team Meeting Monday January 14th 7:05 pm This is Instructor training for Black Belt Club members.

COVAR Self-Defense Sat. Jan 19th

Adults 10:45-12:15 pm. Only 10 spaces available
Cost \$49.95 BBC \$39.95

Formal Grading Saturday Jan. 26th, 10:40 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.

Ladies Self Defense 102 Wed. Jan 29th, 2008

Second Level - Red Man Suit training
3 week course Cost: \$139.95

Open House Weds. Jan. 30th 5:15 - 6:00 pm

Bring your family and friends to have a train with you.

Bully Buster Seminar February 1st 4-5:30 pm

Open to Children 6 years old and above Cost: \$39.95

Men's Self-Defense 101 3 wk course Starting Wed. Mar. 11th

Open to men aged 13 and above and will cover Basic Self Defense moves. Course Cost: \$139.95

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: We always say “Enjoy the Journey’ this occurs when we do what we must do whether we feel like it or not. Don’t be to casual in life or you’ll end up being a casual-T.