

Q U E S T

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TKD LESSON - Motivation from your Higher Self

This month we will reveal the hidden truth about motivation, and solve the mystery of our behavior which is to **understand**.

We will focus on all six pillars of motivation including finding your **authentic desire** and discovering what you really want.

What role the power of **belief** has to give you a new attitude of success. We will continue to **plan** to transform your desires into your realities. The next pillar is to **act**, which is the essential ingredient of positive change. Finally we will talk about the power to **maintain** through creating the right environment, understanding that success is from within and discuss the driving force behind life long achievement.

Student News

We will see Saturday Sept. 29th for the Black Belt Grading

Rahul Virk, Matt Janzen, Will Pratt, Kevin Gourlay, Ryan Grifone for achieving their **1st degree** J.D. Jensen, Shawn Trainor **2nd Degree** and Kelan Cornfield **3rd Degree**. **You do not climb the high mountain alone! Come out and support these excellent students**

Thanksgiving Holiday Monday Oct. 8th

There will be no classes on those days. Regular classes will begin Tuesday Oct. 9th. Feel free to make up the class before or after that date at a convenient time for you.

Men's Buddy Night Wednesday Oct 10th 5:15

Pick-up a gift certificate for your friend at the front desk. There will be a motivational talk and seminar by Master Dan. Bring in an adult friend and enjoy the train!

Leadership Team Meeting

Monday October 15th 7:05 pm This is Instructor training for Black Belt Club members. Really get to know the six pillars of motivation.

Western Canadian Tournament

Saturday Oct. 20th BCIT Burnaby
Registration forms and payment due Thursday Oct 4th

Formal Grading Wednesday October 24th, 6:05 pm

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.

Halloween Wednesday Oct. 31st No classes

Please take this day and enjoy time with your families. Feel free to make up the class before or after that date at a convenient time for you.

November Seminar

Kickboxing Saturday November 17th

Adults & Kids welcome

Cost \$39.95 BBC \$30.00

Dropping off Kids

Students should arrive no earlier than 10 minutes before class and should be picked up right after class. Thank you for your understanding.

Masters thoughts: "UNDERSTAND" to give a man a fish you feed him for a day...To teach a man to fish you feed him for a life time.